

Gravesend Northfleet & District

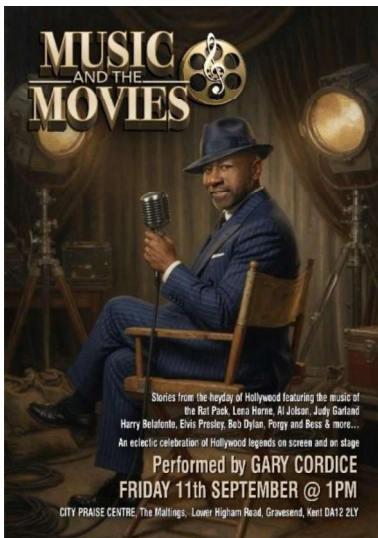
U3A Newsletter



**Sept/Oct
2026**

Keeping you informed of group activities, events, trips and meetings.

**Our meeting on Friday, 12th September
will start at 1 p.m. We are trialling this to see if it
proves popular and to help those with
child pick-up times.**



Our speaker is
Gary Cordice

delivering an eclectic celebration of Hollywood legends
on screen and on stage.

Our speaker for October is **Captain Brian Laverick-Smith.**

You may remember him, a couple of years ago he gave a very interesting and amusing talk called "Bover on the Hover". He was a Hovercraft captain for many years. His new talk, "The Lady and the Mountain" is about his four attempts to climb the Matterhorn in Switzerland and the courageous young lady he met in the process.

Website: [HTTPS://gravesend.u3asite.uk](https://gravesend.u3asite.uk)

The deadline for notices, articles or photographs for next month's newsletter, which Michele Morement will be editing, is:

12 noon on Wednesday, 30th September 2026

Please e-mail items to: newsletter_editor@gndu3a.onmicrosoft.com

Notices:

PARKING AT THE CPC

The four closest parking areas when driving to our Monthly Meetings at The City Praise Centre (CPC), The Maltings, 9-11 Lower Higham Road, Gravesend, Kent, DA12 2LY are shown below. The red text and arrows show where their entrances are. The yellow lines show where to walk to get to the glass French doors entrance. The solid door in car park 2 is now only a fire exit:

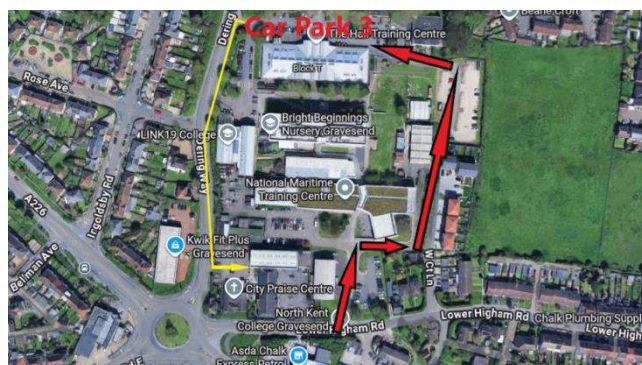
1. The CPC Base Camp car park with its entrance in Dering Way, opposite Kwik Fit.



2. The CPC Maltings and Warehouse car park with its entrance in Lower Higham Road, opposite the petrol station.



3. The North Kent College (NKC) car park with its entrance in Lower Higham Road, opposite the petrol station.



4. On street parking in Lower Higham Road.



Please car share if you can, to reduce the number of cars that need to be parked and to increase the number of members coming in those cars.

There is also a 190/668 bus stop right outside the CPC.

Please don't arrive more than half an hour before the meeting is due to start as we will still be getting the hall ready.

OUR U3A AT THE 180TH GRAVESEND REGATTA

We were delighted to have a free space offered for our gazebo stand at the Gravesend Regatta on Saturday 1st and Sunday 2nd August.

Over the very sunny weekend, our stand was supported by around 40 enthusiastic U3A members, who did a fantastic job of promoting our U3A.



They handed out leaflets and chatted with prospective members and their families, explaining the wide range of groups, activities and opportunities available through our U3A. It was a great opportunity to meet people in the local community, spread the word, answer questions and show just how much U3A has to offer.

A very big thank you to everyone. Special thanks go to all those who helped set up and pack away the gazebo and equipment, supported the stand, handed out leaflets, spoke with visitors, and even, on occasion, chased them along the promenade.

Your time, enthusiasm and teamwork were greatly appreciated. It was a wonderful example of Gravesend, Northfleet & District U3A members working together to promote our organisation and welcome new people into our community. Well done and thank you to everyone involved!

Alan Scott

COULD YOU HELP EDIT OUR U3A NEWSLETTER?

Have you used Word or any word processing program, using copy and paste also adding photos, tables etc? Our monthly newsletter is an important part of our U3A, helping members stay informed about upcoming events, group activities, calendar, announcements, and achievements across the organisation.

We are now looking for an additional volunteer editor to work alongside Michele. By sharing the role, each person would only need to edit the newsletter every other month, making the commitment both manageable and enjoyable.

The role involves:

- Collecting and organising contributions from group leaders and committee members
- Editing articles and announcements for clarity and layout
- Downloading Groups and Calendar listings
- Preparing the finished newsletter for distribution

You do not need to be a professional writer or designer — just someone with reasonable work or personal computer skills and we will provide Microsoft Office Package. You will need a good eye for detail, and an interest in helping keep our members connected and informed. Support will be available, and the workload will be shared equally between the two editors.

This is an excellent opportunity to contribute to our U3A, meet more members, and play a key role in maintaining one of our most valued communications.

If you would like to find out more or are interested in volunteering, please contact Newsletter Editor- Michele Morement or Alan Scott (details at end of newsletter).

We would be delighted to hear from you.

IS THIS A SCAM OR NOT A SCAM?

Hello fellow U3A members.

I consider I have been diddled out of over £500 by what may be called a cash back ruse. (I hesitate to call it a fraud, as Action Fraud does not view the activity as a fraud).

In 2022 I bought a train ticket online from Trainline. When entering my card details, a question arose in a dialogue box, asking "Would you like to save on your next purchase?" I answered yes, which set in motion an unwanted 'membership' for over three years at £15 per month to a cash back scheme run by Complete Savings, a British business controlled from Switzerland.

I discovered the payments only after three and a half years, when the £15 per month rose to £18 per month. I spotted the increase. I had obtained no benefit. I had known nothing about my 'membership'. I complained to Complete Savings, and they did refund 5 lots of £15 but then they stated they were crediting a bank account that I had closed. So, I received no further refunds.

Then, this year, to my very great surprise, I suffered another unwanted 'membership' to Complete Savings cash back scheme. I paid online for a 'drive-through' at Gatwick Airport. This time there was no question asked of me online, and no dialogue box appeared, but I was signed up to the cash back scheme regardless, at a monthly cost of £15. I received no benefit and certainly did not want any kind of membership to a cash back scheme.

Luckily, I discovered my 'membership' fees in month four - I spotted the outgoings on my bank statement. I reported my experience to Action Fraud, who told me "It's not a fraud. It is a cash back scheme." My belief is that this scheme is a very sophisticated way for a vendor (who may not be Trainline or Gatwick Airport) to extract money from an unwitting purchaser online.

I think this warning may be useful: do check your bank statements carefully every month, and receive them on paper if possible.

RG Clark, member, U3A

Who wants ...

u3a friends

This is a free u3a Newsletter emailed out every month from the CEO of the Third Age Trust.
The most recent edition has info on September u3a Week, with lots of free online talks:

Expand your horizons this September with *u3a week*

From 19-27 September, we'll be celebrating *u3a week* and we are delighted to announce our programme of online events, designed to present new perspectives.

- Monday 21 September - *Secrets of the human brain: Sleep and dreams*
- Tuesday 22 September - *The Enchanted Archipelago - a journey through the Galapagos with HX*
- Thursday 24 September - *Promoting brain health: from evidence to action*
- Friday 25 September - *Live cookery demonstration - try something new*

Alongside our online events, we are encouraging members to try something new just for fun. Visit [the *u3a week* page](#) to book your place at an online event and discover ideas for getting involved - and don't forget to [let us know](#) what you try.

Join the Friends newsletter community to share news, learning opportunities and member stories from across the u3a movement. The range of free online courses is truly amazing. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organisations.

U3a Friends is freely available to anyone without the need to sign up via the newsletter page on our website <https://gravesend.u3asite.uk/newsletters>.

Signing up to the newsletter means you are up to date and in touch with all that's happening across the movement as it happens. You'll also gain exclusive access to our Friends Extra website - a range of offers, discounts and services.

Joan Porter

GROUPS UPDATE

ALL AT 'C'

How about a new group, a calm sedentary group combining the following things:

COMPANY - CUPPA - COLOURING – CAKE - CHAT

A group to gather in a house on Thong Lane on a Thursday from 10.30 to 12.30, once a month. Colouring pages, pencils etc will be available but you are welcome to bring your own. Maybe colour your own picture or take part in a group project.

A new hobby in great company, nothing taxing! I could accommodate 6 round my table and maybe 2 more with trays on laps. There will be a sign-up sheet at the next monthly meet on 11th September. Let me know if you are interested.

Sally Spellman

GEOGRAPHY 2 HAS VACANCIES

Do you fancy learning about different countries? You do? Well Geography 2 has two vacancies! We are a very friendly group and meet on the 2nd Thursday of the month from 10am to noon in a member's house. There is a bit of research for each of us each month and we share our research at the following meeting. It really is great fun and very enjoyable. Interested? Want more info? E-mail Colin Nice – see group listing pages at end of each newsletter for Colin's e-mail address

MURDER MYSTERY EVENING

3 October at Three Doors price **£20**. Payment at the next meeting please - Steve Nolan

BARTELLAS MEAL

3 December - Sign up please next meeting - Steve and Lorna Nolan

QUIZ NIGHTS

These are very popular and are always a great evening, the next dates are 17th October and 7th November 2026 (separate sign-up sheets for each)

The 17th October is an additional music quiz and it's almost prepared (I think it's going to be great).

Stephen Nolan

POTTERY

A new group led by Ian Sainsbury on Monday mornings for 6 weeks, after which new members will be enrolled. Each cohort will be limited to 4 + Ian due to limited space and equipment. The group will be inactive during the cold winter months.

PSYCHOLOGY

This group is now inactive. Many thanks to Lin, for her insightful and generous leadership. Having been a member, I found the sessions quite enlightening (RM).

GROUPS SUBJECT TO WEATHER

As Autumn approaches – Lawn Bowling will be suspended until Spring. The Lawn Bowls last session at Woodlands will be September 4th. Bowls on Thursday will return to Stonelodge Dartford from September. Bowls (short mat) will continue at Cobham Bowling Club.

DARTFORD BRANCH YOGA – MAT/CHAIR

Looking to boost your energy, flexibility and balance in a friendly, relaxed setting? Join our new Yoga group led by a qualified yoga instructor and U3A member. This course is designed specifically for all fitness levels and offers an opportunity for mindful movement tailored to your own comfort and pace.

- * Feel Better: Improve your joint mobility, core strength and balance.
- * De-stress: Learn simple breathing and relaxation techniques to calm the mind.
- * Stay Safe: Easily adapt any pose using a chair or simple props.
- * Socialise: Enjoy a welcoming, peer-supported environment where we learn together.

When: Tuesday mornings for a 10-week course. Cost: Upfront payment of £32 to cover hall hire. Where: Stone Pavilion, DA9. What to bring: Comfortable clothing, a yoga mat, bottle of water. A yoga brick/block will be useful.

NB If you are interested in the above, contact Ray Maclean.

Ramble
Friday 18TH
September
with Ian



Ramble – Meopham Green - Fri 18th Sept

Ian Hills is leading a 5ml walk from Meopham Green with some hills, but stunning valleys, vineyards and woods to the rear of Meopham. There are some small stiles but mainly gates. Dogs on leads (if any) due to sheep / horses. There will be a café stop en-route at the Harvel Hill Farm (+ toilets). Please email Colin Nice if you'd like to go

Meet at 10.00am by the war memorial at Meopham cricket green. Parking around the green, and public loos.

Hike
Friday 2nd October
With Tessa



Hike - The Farleighs – Fri 2nd Oct

Tessa is leading our walk which has a bit of everything – riverside, historic bridges, pretty villages, a hill, lovely views, woodland and farmland – and all in about 5 mls. And there's a mobile tea/coffee café (and loos) as well at the end. Sounds perfect! Starting at Teston, it's a circular route with one hill and two stiles en-route, visiting East and West Farleigh before returning to Teston. If you'd like to join the walk, please email Colin

Meet at 10:00am in the Teston Country Park car park ME18 5BX (Loos in the car park)

Directions: A2/M2 to A228 exit just before the Medway bridge. Follow the A228 all the way past Kings Hill and then take the A26 towards Maidstone. Pass through Wateringbury and after about ½ mile at Teston turn right onto the B2163. The car park is the other side of the railway line on the right.

WALKERS TAKE PART AT THEIR OWN RISK

Sunday Lunch Bunch
Sunday 4th October
With Marilyn



Sunday Lunch Bunch will be meeting at Carluccio's, Bluewater on Sunday, 4th October at 1230 pm.

Numbers are limited to 25 so please contact Marilyn by text, email or phone if you would like to attend (contact details at end of newsletter).

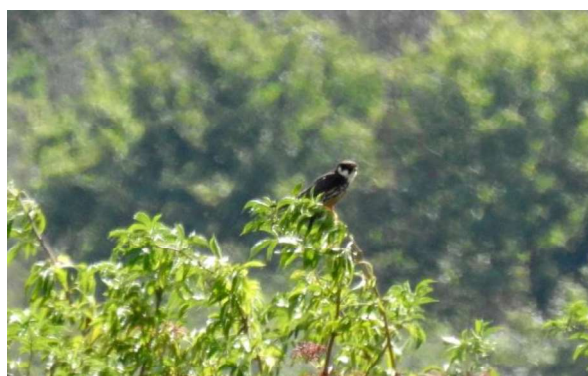


Set of Boules - free to first taker. Unfortunately, the zip on the carry bag has broken. Please contact Jane on 07973383592.



NEWS FROM OUR GROUPS

BIRD WATCHING TRIP TO RSPB RAINHAM MARSHES



This month we went north of the river to Essex. Thankfully the weather had cooled considerably, although it was still quite warm, and was dry for our walk around.

Our first look out over the reserve gave us views of several species of wildfowl and waders, including teal, shoveler and gadwall, all still in eclipse plumage, making it challenging to identify them. The waders however were in pristine plumage, some still sporting breeding colours like the black-tailed godwits with their rich orange necks and breasts. Grey herons and little egrets posed along the edges while some mute swans swam serenely with their cygnets.

There is not much bird song this time of the year but we could hear the quiet autumnal song of the robin and in contrast the loud explosive call of the Cettis' warbler. A kestrel hovered above us and even better from the Shooting Butts hide we had great views of some hobbies hawking for dragonflies right in front of us. One even posed in the top of a tree.

From the same pool we had earlier seen a greenshank and a common sandpiper walking around the edges. These birds would have flown to the arctic to breed and are now returning south for the winter and warmer climes. An interesting extra sighting that we had was of about 3 nests of paper wasps. The wasps had decided to make their nests in the ends of some hand rails. Tessa very kindly pointed them out to us, out of interest and safety!

We managed a count of 33 species during a warm and pleasant walk around the perimeter of the reserve.

Irene Robson

CREATIVE WRITING 2

A MESSAGE IN A BOTTLE BY SALLY SPELLMAN

I'm not sure whether many have experienced the most amazing beaches that I have had the fortune to set foot upon in the Outer Hebrides. The most memorable was the pristine, white soft sand of Vatersay off the Isle of Barra.

Forget the crowded beaches of the Mediterranean. The row upon row of sun loungers and parasols, the discarded buckets and spades and the overpowering aroma of factor 30 suncream! Instead, I sit in total solitude breathing in the cool fresh breeze, listening to nothing but the peaceful flow of the waves as they caress the shoreline.

They say 'leave no trace'. I'm almost obliged to smooth over even the slightest footprint, evidence of my visit, as I sit sipping my cool drink.

The ocean lies before me as it has going back in time. Sometimes, like now, it's serene, tranquil, peaceful. At other times it vents its anger and frustration rushing to the shore, crashing over any, half buried rocks, lobster pots or dislodged seaweed on the way. Although its calm now, there was a recent influx of debris, evidence of a storm in recent days. Almost hidden amongst the tangled fronds of knotted wrack seaweed I caught a sparkling reflection of a glass bottle.

Not wanting to leave this intrusive piece of litter spoiling the otherwise image of perfection I hurried over to retrieve it.

The glass had become somewhat obscured from its time in the water. It was discoloured and scratched having been bashed against rocks and submerged under sand. However inside was a piece of rolled up paper. My heart raced. Had I found a 'message in a bottle'?

The bottle had been sealed by a cork which was now stubbornly keeping the contents dry. It took me some time and persistence to free the message. Written quite crudely in pen it revealed that the author was Calum a gentleman of 84 years. He lived on the island of North Uist almost 100 km away!

Calum had thoughtfully dated his message March 2020. It was now 2026 so it had clearly been adrift for over 6 years. Tightly rolled to fit inside the bottle I carefully unfurled the message to reveal its contents. Tucked inside was a newspaper cutting dated February 2020 bearing the headline 'Residents of the Outer Hebridean island of North Uist share £3million in the latest postcode lottery draw'.

I was both excited and thrilled to read the message wondering what it would reveal about this lottery win and what it had meant for Calum especially.

Calum talked about some of his neighbours particularly Morag who had finally been able to buy the brand-new car that she had always longed for although how much use she'd get on the island only 20 miles from North to South and 13 from East to West was anyone's guess. Another good friend Isla had already decided to donate some of her winnings to the local animal charity. Isla had always loved all animals and had taken in many waifs and strays on her Croft.

But Calum himself was a quiet man. He loved his home on the island which he had lived in all his life. It was left to him by his parents. Sadly, his wife had passed away just a few years ago but he remained there. No one could take away the precious memories it held.

So, he sat in his tired, old armchair thinking carefully about how he might spend the £120,000 he had just been sent! This was more money than he had ever had but what did he need? What did he want to do?

He went outside to tend his small flock of Hebridean sheep whose main purpose these days was to keep the grass cut and save him the task tending to it. Whilst outside he looked at his somewhat battered wheelbarrow, now more rust than metal and held together by gaffer tape and bailing twine. Maybe he could now afford a new one!!

As soon as his winnings were in the bank, he made his way to the only hardware shop on the island. His old friend Robert was ready and waiting for him with a big smile. Smiles were always a plenty on the island, after all they cost nothing, but since the news of the winnings had spread they were even more evident.

Robert lined up the available wheelbarrows. Callum knew that his croft was strewn with rocks, therefore he needed a robust replacement. After several circuits of Robert's yard, he made his choice and returned inside to pay the £84. However, the ability to spend had gone to his head and when Robert encouraged him to look around and treat himself to

something else, he decided that a new waste paper bin and a saucepan to replace his current, battered one, would make equally good purchases. His total bill was therefore. £114.

On the way home he stopped at the local Co-op to get his messages. This time in addition to his usual bread, eggs and cheese he treated himself to some prime Aberdeen Angus steak and an expensive bottle of single malt. He was now really pushing the boat out.

That evening he cooked some of his own potatoes in the lovely new saucepan and ate like a king. He put the wheelbarrow to immediate use taking some more sheep pellets to fill up their trough then retired to his armchair feeling quite pleased with himself.

As he reclined oops yet another spring twanged beneath him. His chair must be even older than him. Maybe he could afford one of those new recliner ones. Callum was quite savvy at using the internet and he rather liked the chair that his neighbour Bruce had been given for his 80th birthday. He didn't want to rush things but his new spending power had gone to his head and he soon chose one, not too expensive, a mere £342. Callum sat back and decided to record this most momentous day. He curled up the message, poked it in to an empty bottle, took it to the shore and sent it on its way.

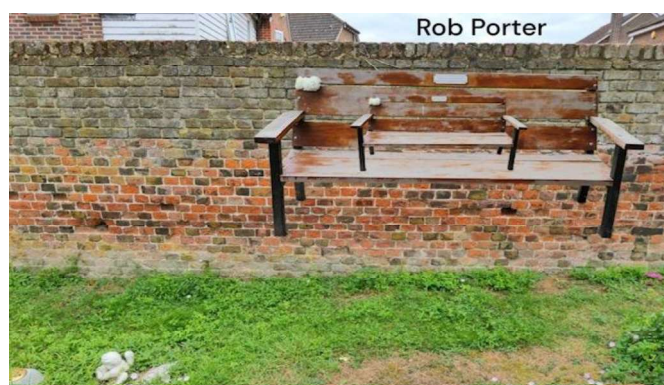
As I sat reading Calum's message I felt totally humbled. In today's world it was heartening to know that simple pleasures can be found in the most unassuming ways.

PHOTOGRAPHY 2 – BENCHES BY WALLS

“But we did Walls, and we’ve done loads of Benches”. What did Group Leader, Ben, say?
 “Do Benches by Walls then”!



As you can see, we did what the Boss ordered! Rob did a little clever editing – very modern art style. Others found some interesting examples, but Photo of the Month must go to Jill – Rear(s) of the Year. Did she ask them to pose for her, sit waiting for just the right moment or just happened to be passing? Next theme – u3a (but not as you might think).
 Joan Porter



Social Diary

Upcoming Events for 2026



Saturday 3 rd Oct	Murder Mystery Event	Stephen Nolan
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The Social Committee is now planning for Next year.
Please let us know if there are any outings you would like us to consider.

IMPORTANT: when paying for trips please add your membership number

Members' contributions

End Of Summer.

*The summer is slipping away
Gone are the garlands of May
Trips to the sea
A celebratory tea
And a sun that shone all the day.*

Des Rees



Mick Brookes

Reminder - all Groups, Activities and Events are undertaken at your own risk

Calendar of Group Meetings and Events

The information printed below has been derived directly from the Beacon website as at 31st August 2026. If your group meetings are missing, or incorrect, please contact the relevant Group Leader.

<i>Date & Time</i>	<i>Until</i>	<i>Group</i>	<i>Venue</i>
Mon 14 Sep 2026 09:55	10:55	Tai-Chi Intermediate	Old Gravesendians
Mon 14 Sep 2026 10:00	12:00	Ten Pin Bowling	Medway Valley Leisure
Mon 14 Sep 2026 10:00	12:30	Pottery	Ian's Pottery Shed
Mon 14 Sep 2026 11:00	12:00	Tai Chi BEGINNERS	Old Gravesendians
Mon 14 Sep 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Mon 14 Sep 2026 14:00	18:00	Cycling	Varies
Mon 14 Sep 2026 14:00	16:00	Line Dancing Basic Beginners	Old Gravesendians
Mon 14 Sep 2026 19:30	21:30	Dance - Modern Jive	Christ Church Hall
Tue 15 Sep 2026 10:00	12:00	Bowls (short-mat)	Cobham Bowls Club
Tue 15 Sep 2026 12:00	14:00	Fully Loaded Lunch Club	St Georges Arts Centre Café
Tue 15 Sep 2026 13:30	16:30	Card Samba	Home in Gravesend
Tue 15 Sep 2026 14:00	16:00	Reading	Home in Gravesend
Tue 15 Sep 2026 14:30	16:00	Pool	Spots and Stripes
Wed 16 Sep 2026 10:00	12:00	Photography 1	Varies
Wed 16 Sep 2026 10:00	11:30	Singing - Rock Choir	Home in Gravesend
Wed 16 Sep 2026 10:00	12:00	Mah Jong 1	Home in Gravesend
Wed 16 Sep 2026 10:00	12:00	Tame Your Digital Tech (TYDT)	Home Frobisher Way, RVP
Wed 16 Sep 2026 10:30	12:30	Bee Walking	Varies
Wed 16 Sep 2026 12:00	12:40	Virtual Get Together	Zoom meeting
Wed 16 Sep 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Wed 16 Sep 2026 14:00	16:00	Badminton on Wednesdays	Cygnets Leisure Centre
Wed 16 Sep 2026 14:00	16:00	Classical Music Appreciation	Home in Meopham
Wed 16 Sep 2026 14:15	16:30	Line Dancing- Beginners Plus	Christ Church Hall
Thu 17 Sep 2026 10:00	12:00	Creative Writing 1	Home in Gravesend
Thu 17 Sep 2026 10:00	12:30	Ramble	Varies
Thu 17 Sep 2026 10:00	13:30	Golf - 9 Hole	Varies
Thu 17 Sep 2026 10:30	12:00	Walking Tennis	Gravesend Rugby Club
Thu 17 Sep 2026 14:00	17:00	Bowls on Thursday	Cobham Bowls Club

Fri 18 Sep 2026 10:00	12:30	Ramble	Varies
Fri 18 Sep 2026 13:00	14:00	Badminton 2	Cygnets Leisure Centre
Fri 18 Sep 2026 14:00	16:00	Canasta	Home in Meopham
Fri 18 Sep 2026 14:00	17:00	Mexican Train Dominoes	ASDA's Community Room
Mon 21 Sep 2026 09:55	10:55	Tai-Chi Intermediate	Old Gravesendians
Mon 21 Sep 2026 10:00	12:00	Ukulele	Home in Gravesend
Mon 21 Sep 2026 10:00	12:30	Pottery	Ian's Pottery Shed
Mon 21 Sep 2026 10:30	12:15	Local History 2	Home in Gravesend
Mon 21 Sep 2026 11:00	12:00	Tai Chi BEGINNERS	Old Gravesendians
Mon 21 Sep 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Mon 21 Sep 2026 14:00	16:00	Rummikub 1	Home Gazelle Glade, Shorne
Mon 21 Sep 2026 14:00	16:00	Line Dancing Basic Beginners	Old Gravesendians
Tue 22 Sep 2026 10:00	12:00	Bowls (short-mat)	Cobham Bowls Club
Tue 22 Sep 2026 12:15	14:00	Pétanque all Year	Gravesend Rugby Club
Tue 22 Sep 2026 14:00	16:00	Bridge	Home in Northfleet
Tue 22 Sep 2026 14:00	16:00	Painting and Sketching	Home in Istead Rise
Tue 22 Sep 2026 14:30	16:00	Pool	Spots and Stripes
Wed 23 Sep 2026 10:30	12:30	Bee Walking	Varies
Wed 23 Sep 2026 12:00	12:40	Virtual Get Together	Zoom meeting
Wed 23 Sep 2026 12:30	13:30	Dance - Zumba Gold	Shears Green Community
Wed 23 Sep 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Wed 23 Sep 2026 14:00	16:00	Badminton on Wednesdays	Cygnets Leisure Centre
Wed 23 Sep 2026 14:15	16:30	Line Dancing- Beginners Plus	Christ Church Hall
Thu 24 Sep 2026 10:30	11:30	Senior Elastixs Fun Fitness	Old Gravesendians
Thu 24 Sep 2026 14:00	17:00	Walking Tennis	Gravesend Rugby Club
Thu 24 Sep 2026 14:00	17:00	Bowls on Thursday	Cobham Bowls Club
Thu 24 Sep 2026 14:00	16:00	French Conversation	Home in Northfleet
Thu 24 Sep 2026 14:00	16:00	Geography 1	Varies
Thu 24 Sep 2026 14:00	17:00	Bowls on Thursday	Stone Lodge Bowls Club
Fri 25 Sep 2026 10:00	12:00	Bird Watching	Varies
Fri 25 Sep 2026 13:00	14:00	Badminton 2	Cygnets Leisure Centre
Fri 25 Sep 2026 14:00	16:00	Wine Appreciation	Home in Meopham
Fri 25 Sep 2026 14:00	00:00	Knit and natter	Home Challenge Close
Sun 27 Sep 2026 00:00	00:00	Local Theatre Group	Varies

Mon 28 Sep 2026 09:55	10:55	Tai-Chi Intermediate	Old Gravesendians
Mon 28 Sep 2026 10:00	12:30	Pottery	Ian's Pottery Shed
Mon 28 Sep 2026 11:00	12:00	Tai Chi BEGINNERS	Old Gravesendians
Mon 28 Sep 2026 14:00	18:00	Cycling	Varies
Mon 28 Sep 2026 14:00	16:00	Line Dancing Basic Beginners	Old Gravesendians
Mon 28 Sep 2026 19:30	21:30	Dance - Modern Jive	Christ Church Hall
Tue 29 Sep 2026 10:00	12:00	Bowls (short-mat)	Cobham Bowls Club
Tue 29 Sep 2026 14:30	16:00	Pool	Spots & Stripes
Wed 30 Sep 2026 10:00	12:00	Tame Your Digital Tech (TYDT)	Home Frobisher Way, RVP
Wed 30 Sep 2026 10:30	12:30	Bee Walking	Varies
Wed 30 Sep 2026 12:00	12:40	Virtual Get Together	Zoom meeting
Wed 30 Sep 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Wed 30 Sep 2026 14:00	16:00	Badminton on Wednesdays	Cygnnet Leisure Centre
Wed 30 Sep 2026 14:15	16:30	Line Dancing- Beginners Plus	Christ Church Hall
Thu 1 Oct 2026 09:30	12:00	Cookery (World cuisine)	Varies
Thu 1 Oct 2026 10:30	11:45	Singles Coffee morning	Arts Café
Thu 1 Oct 2026 10:30	12:00	Walking Tennis	Gravesend Rugby Club
Thu 1 Oct 2026 14:00	17:00	Bowls on Thursday	Stone Lodge Bowls Club
Fri 2 Oct 2026 09:30	14:00	Hike	Varies
Fri 2 Oct 2026 13:00	14:00	Badminton 2	Cygnnet Leisure Centre
Fri 2 Oct 2026 14:00	16:00	Mexican Train Dominoes	ASDA's Community Room
Fri 2 Oct 2026 14:00	16:00	Knit and natter	Home Challenge Close
Sat 3 Oct 2026 17:00	22:00	Murder Mystery plus Meal	Three Daws Function Room
Sun 4 Oct 2026 12:30	14:45	Sunday Lunch Bunch	Carluccio's, Bluewater
Mon 5 Oct 2026 09:55	10:55	Tai-Chi Intermediate	Old Gravesendians
Mon 5 Oct 2026 10:00	12:00	Ukulele	Home in Gravesend
Mon 5 Oct 2026 10:00	12:30	Pottery	Ian's Pottery Shed
Mon 5 Oct 2026 11:00	12:00	Tai Chi BEGINNERS	Old Gravesendians
Mon 5 Oct 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Mon 5 Oct 2026 14:00	16:00	Readers Forum	Home in Meopham
Mon 5 Oct 2026 14:00	15:30	Mindfulness Meditation	Chalk Hall
Mon 5 Oct 2026 14:00	16:00	Line Dancing Basic Beginners	Old Gravesendians

Tue 6 Oct 2026 10:00	12:00	Bowls (short-mat)	Cobham Bowls Club
Tue 6 Oct 2026 13:00	15:00	Model making	Home in Greenhithe
Tue 6 Oct 2026 14:00	16:00	Local History 1	Asda Community Room
Tue 6 Oct 2026 14:00	16:00	Painting and sketching 2	Home Kings Drive
Wed 7 Oct 2026 10:30	12:00	Film	Home in Northfleet
Wed 7 Oct 2026 10:30	12:30	Bee Walking	Varies
Wed 7 Oct 2026 12:00	12:40	Virtual Get Together	Zoom Meeting
Wed 7 Oct 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Wed 7 Oct 2026 14:00	16:00	Badminton on Wednesdays	Cygnets Leisure Centre
Wed 7 Oct 2026 14:15	16:30	Line Dancing- Beginners Plus	Christ Church Hall
Thu 8 Oct 2026 09:50	11:50	Rummikub 3	St Georges Arts Centre Café
Thu 8 Oct 2026 10:00	12:00	Cribbage 1	Home in Meopham
Thu 8 Oct 2026 10:00	12:00	Geography 2	Home in Gravesend
Thu 8 Oct 2026 10:30	11:15	Fitness Low Impact	Old Gravesendians RFC
Thu 8 Oct 2026 10:30	12:00	Walking Tennis	Gravesend Rugby Club
Thu 8 Oct 2026 14:00	17:00	Bowls on Thursday	Stone Lodge Bowls Club
Fri 9 Oct 2026 10:00	14:00	Photography 2	Home Frobisher Way, RVP
Fri 9 Oct 2026 13:00	14:00	Badminton 2	Cygnets Leisure Centre
Fri 9 Oct 2026 14:00	15:00	MONTHLY MEETING	CPC - The Maltings

**You are respectfully requested to shred the remaining pages
to protect members' personal information.**