

u3a Christmas Edition 2022 Newsletter

Saffron Walden

Hello Saffron Walden u3a member, and welcome to the 2022 Christmas Newsletter - full of interesting information and plenty of Christmas cheer. We hope you have had a good year and that you are keeping well.

Open Meetings:

As usual there is, of course, no Open Meeting in December - so our next Open Meeting is on Monday 16th January 2023 and features Peter Warne, who will be giving us a talk on 'Finding Wildlife in Epping Forest' - this promises to be a very information and interesting illustrated talk.

The doors of the Bowling Club in Abbey Lane open at 2:00 pm for a 2:30 pm start. There will be the usual free raffle and refreshments - so come along and enjoy the afternoon.

Group Vacancies:

We currently have spaces available in the following groups, please contact the coordinator of the group you are interested in - see Update or the website for contact details:

Saffron Harmony Choir, Pilates 1 & 8, Cribbage, Tai Chi, Philosophy 2, Philosophy 1 (could start another group if enough interest), **Ramblers 2, Latin 1, Lunch Club and Exploring Churches** (both are limited by the venues), possible new Pilates class on Thursday at 3:15 pm (contact Mary Curtis).

New Groups:

We have 2 new groups in the pipeline:

Gardening - to be taken by Marilyn Hemmings

Poetry Reading - to be taken by John Ellis

If either of these two exciting new groups are of interest to you, then you can contact Marilyn on 07788 544401 or email marilynhemmings@sky.com.

You can contact John on 01799 218324.

The password for my computer is 'beef stew', but my tutor said it's not a good one. I asked him why and he said: 'because it's not stroganoff' !

I keep having dreams that I'm a horse - that's five nights on the trot.

In court recently, there was a man accused of writing a book with no punctuation. He was given a very long sentence.

Safeguarding

Our Safeguarding Policy and Procedure is now on the website (www.saffronwaldenu3a.org.uk) under 'News' temporarily and under 'Publications' permanently.

Please read it because it affects everyone and is also the responsibility of everyone. If you do not have access to the website please ask your group coordinator or a Committee member for details.

Taken from an old Irish medical dictionary:

- ARTERY - the study of paintings
- BACTERIA - back door to the cafeteria
- BARIUM - what doctors do when patients die
- BENIGN - what you be after you be eight
- CAUTERISE - made eye contact with her
- NITRATES - cheaper than day rates
- OUTPATIENT - a person who's fainted
- RECOVERY ROOM - place to do upholstery
- RECTUM - nearly killed him
- DILATE - to live long



A
very
Merry Christmas
and a
Happy New Year
to all our members from
the Committee



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Our Activities Booster Meeting on the 1st November at the Faircroft Café was a great success. Members came in their droves to support us and non-members came to see what we had to offer. Many coordinators were present and they informed newcomers, and existing members, about their particular speciality. Many new members were signed up - no wonder some of our Committee members are looking pleased with themselves in the above photo, taken just after the meeting.

Proposed new Poetry Group:

Subject to sufficient numbers, the new group would be meeting at Faircroft on the first Monday of the month from 2:00 - 4:00 pm, hopefully starting on 6th February. The idea would be for people to choose poems by an agreed poet or poets for a given meeting and read them out. Anyone who wishes could read poems which they have written themselves. Discussion of the poems would be encouraged.

Please contact John Ellis on 01799 218324



Got trouble sleeping? Try sleeping on the edge of your bed - you'll soon drop off.

Easy Riders Cycling

Our Easy Riders Cycling group don't appear to be having an easy time here! They were taking a pleasant ride on 1st December from Wendens Ambo to Wicken Bonhunt when they cycled into this lovely muddy patch. But, like true determined u3a members, they kept calm and carried on to finish their ride with all 16 members surprisingly still remaining in good spirits.



DINGBATS

1

T _ RN

2

**hand
hand
hand
deck**

3

**I FELL
I FELL
I FELL
I FELL
I FELL**

4

MAIL MALE

Answers: 1. No U turn. 2. All hands on deck. 3. Eiffel Tower. 4. Postman