

Of Highbridge
u3a learn,
laugh,
live



U3A of Highbridge Magazine

Registered Charity No: 1184925

Website: www.u3ahighbridge.org.uk

Issue 137

Jul/Aug 2025

Your Committee

<u>Position</u>	<u>Name</u>	<u>Tel</u>
Chairman	Adele Stevens	07486 909687
Deputy Chairman	Allen Owen	01278 784500
Secretary	Janet Preddy	01278 783743
Treasurer	Carol Marriott	01278 795773
Membership Secretary	Nina Richards	07711 560353
Assistant Membership Secretary	Neil Scott	07702 290471
Group & Events Coordinator	Denise Godby	01278 238526
Committee Member	Diane Scott	07484 869011
Committee Member	Peter Manning	01278 780203
Committee Member	Audrey Downing	07467 029154
Committee Member	Paul Parkin	07563 164620

Other non-committee roles

Webmaster	Darryl Knight-Rees	07751 565705
Welfare and Greeting New Members	Fay Burston Dawn Porter	01278 782529 01278 325225

Magazine Editors	Darryl & Linda Knight-Rees <u>Phone:</u> 07751 565705 / 07708 344530 <u>Email:</u> magazine@u3ahighbridge.org.uk
Next Magazine Deadline:	<u>Wednesday August 20th 2025</u>

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Note: In accordance with the requirements of the General Data Protection Regulation 2018, information relating to all of the U3A of Highbridge's members will be held on a computerised database and will be used solely for the U3A of Highbridge's business and communications.

Chairman's Message

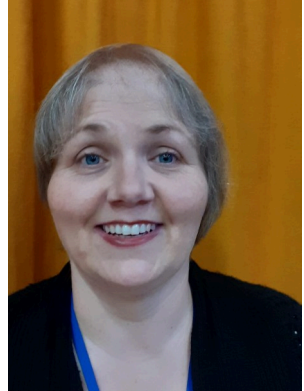
Hi Everyone

Half way through the year already.

We have had an intake in new members and they are so welcome.

We've had a busy few months, some great days out and events.

It's lovely to see so many of you joining in.



The sun is shining, let's hope it continues a little longer.

The Committee continue to do an amazing job every week so thank you to all of you.

Here's to an exciting few months ahead.

Bye for now

Adele



Club and Group News



**HIGHBRIDGE U3A
HIGHBRIDGE
COMMUNITY HALL**

TABLE TENNIS GROUP



**Every Thursday 2-4pm
Starting Thursday 3rd July
(1st Session Free)
£2.50 per week thereafter**

**Contact Adele on
07486909687
for more details**



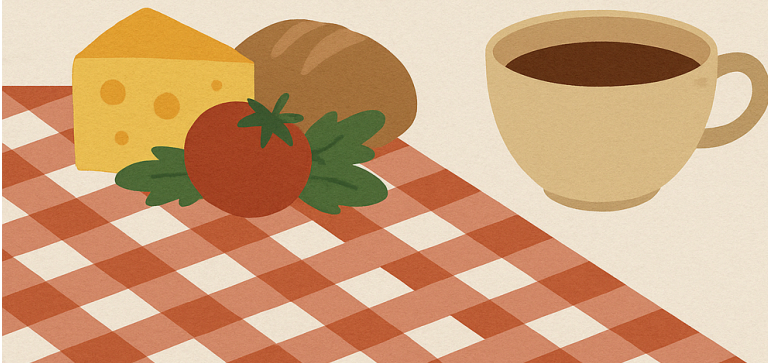
PICNIC IN THE HALL

Wednesday 13th August
12-2.30pm

Ploughman's and a Dessert.
Tea & Coffee and a cold Drink

- £10.00 per head -

See Adele to book



Days Out

The next day out will be on Thursday 7th August to Sidmouth whilst the Folk Festival is on. Cost will be £21.00 per person.



The September visit will be to Stratford Upon Avon. This will be on Monday 29th September. Cost will be £22.00 per person.



Members Contributions

I'M FINE THANK YOU

There is nothing the matter with me I'm as healthy as one can be.

I have arthritis in both my knees and when I talk , I talk with a wheeze.

My pulse is weak and my blood is thin ,
but I'm awfully well for the shape I'm in.

Arch supports I have for my feet , or I wouldn't be able to be on the street.

Sleep is denied me night after night but every morning I find I'm alright.

My memory is failing my heads in a spin ,
but I'm awfully well for the shape I'm in.

The moral of this as my tale I unfold ,
is that for those of us who are growing old.

It's better to say "I'm fine" with a grin , than to let folks know
the shape we are in.

How do I know that my youth is all spent ?

well my get up and go has got up and went !

But I really don't mind when I think with a grin
of all the grand places my get up has bin.

Old age is golden. I've heard it said ,

but sometimes I wonder as I get into bed ,

hearing aid off , teeth in a cup , glasses aside until I wake up

Before sleep overtakes me. I say to myself ,
is there anything else I could lay on the shelf.

When I was young my slippers were red I could kick my heels over my head.

When I was older my slippers were blue ,

but I could still dance the whole night through.

Now I am old my slippers are black ,

I walk to the store and puff my way back.

I get up each morning and dust off my wits then pick up the paper
to read the Obits

If my name is missing I know I'm not dead ,

so I have a good breakfast and go back to bed.

First seen and copied from on an old card at Grandma Towers house in Blackpool
in the early 1970's Unfortunately, signed : "Author unknown".

A few photos of the strollers walk around Brent Knoll and Ralph's Wood



Photo of the churches group at Kilve church on 30 May



Forgot to put the sun cream on!



Group Activities

Monday

<u>Week</u>	<u>Time</u>	<u>Group</u>	<u>Venue</u>	<u>Leader</u>	<u>Tel</u>
1 st , 3 rd & 5 th (excluding bank holidays)	2.00 to 4.00	Board Games	S.H.	Pete Manning Chris Murphy	07976 408843 07947 203046

Tuesday

<u>Week</u>	<u>Time</u>	<u>Group</u>	<u>Venue</u>	<u>Leader</u>	<u>Tel</u>
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Wednesday

<u>Week</u>	<u>Time</u>	<u>Group</u>	<u>Venue</u>	<u>Leader</u>	<u>Tel</u>
Every	10.00 to 12.00	Coffee Morning	C.H.	N/A	N/A
2 nd	12.00 onward	Luncheons	Varies	Adele Stevens	07486 909687

Thursday

<u>Week</u>	<u>Time</u>	<u>Group</u>	<u>Venue</u>	<u>Leader</u>	<u>Tel</u>
Every	2.00 to 4.00	Table Tennis	C.H.	Adele Stevens Janet Preddy	07486 909687 01278 783743
Last	Varies	Classic Car Appreciation	Varies	Malcolm Manser	07932 734473

Group Activities

Friday

<u>Week</u>	<u>Time</u>	<u>Group</u>	<u>Venue</u>	<u>Leader</u>	<u>Tel</u>
1 st & 3 rd	1.30 to 3.00	Skittles	C.A.	Self-Regulating	01278 238526
1 st & 2 nd & 3 rd & 4 th	10.00 onward	Strollers	Varies	Self-Regulating	01278 238526
5 th	10.00 onward	Somerset Churches	Varies	Bernard Martin	01278 787230

Occasional

<u>Weekdays</u>	<u>Activity</u>	<u>Contact</u>	<u>Tel</u>
Varies	Holidays	Christine Owen Diane Scott	01278 784500 07484 869011

Changes since last issue are highlighted in yellow.

Legend

S.H. Southwell House	C.A. Coopers Arms
P.H. Private House	C.H. Community Hall (Room Number)

Should you wish to join a Group please first contact its Leader.



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Monthly Draw

3rd May 2025	No. 9	Bernard Martin
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Winners each received £20.00

Message from the Editors

You have probably noticed that this magazine is a little light on U3A related content. We encourage any members that would like to contribute to future magazines to do so, even if you aren't comfortable with providing write-ups. We are more than happy to accept just photos from any U3A events that you have attended recently. As long as we know which event it was and when it took place, we will provide some text for the magazine.

Photos can be emailed directly to magazine@u3ahighbridge.org.uk, or please use the contact form on the website at <https://u3ahighbridge.org.uk/contact-us>. Select "Webmaster" as the recipient.

Many thanks in advance.

Darryl & Linda

P.S. thank you to Fay Burston and to Audrey Downing for providing content for this magazine.

Quiz (answers on page 18)

1	For which city is Leonardo da Vinci an airport?
2	With which pop group do you associate Gerry Marsden?
3	Which comedy series on TV was set on Craggy Island?
4	What fruit is the flavouring for Slivovitz?
5	Who was Michael Jackson's first wife?
6	What is the chemical formula for Nitric Acid?
7	On what date each year do the United States celebrate their independence?
8	On which day of the week is Pancake Day?
9	Which capital city is also the name of the mythological Trojan prince who slew Achilles?
10	Where was the first of the Butlins holiday camps?
11	In which country is the island of Penang?
12	Name the singer who has had chart success with Olivia Newton John, Elton John, Phil Everley and Sarah Brightman?
13	Which bear eats seals?
14	On whose poems is the musical 'Cats' based?
15	Name the small plants and animals that float in the top layer of the sea?
16	What four letters were placed on the cross on which Christ was crucified?
17	Name the marmalade cat invented by Kathleen Hale?
18	Name the dessert that comprises a peach on vanilla ice cream topped with raspberry puree?
19	Across which river was Charon the ferryman?
20	Which writer's christian names were Pelham Grenville?

Burnham Mobile Foot Health Clinic

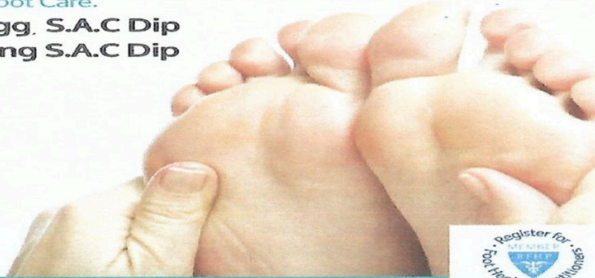
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Lydia Bragg S.A.C Dip

Andrea King S.A.C Dip

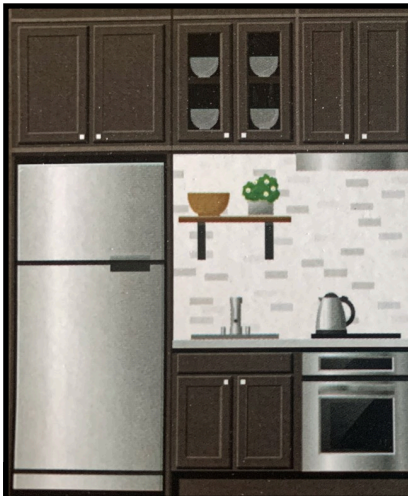


Contact Lydia on

07720 383 994

Contact Andrea on

07729 497 377



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om

**I live in Burnham and cover from Weston to Bridgwater and
to Cheddar area. I have never received anything lower than a
5* review on Google.**

Why I Fired My Secretary

The Day was my birthday and I wasn't feeling too good that morning anyway but I went down to breakfast knowing that my wife would be pleasant and say "Happy Birthday" and probably have a present for me.

She didn't even say "good morning" let alone "Happy Birthday". I thought "well that's wives for you, at least the children will remember".

The children came to breakfast and didn't even say a word.

I was feeling pretty despondent when I set off for work.

As I walked into the office, my secretary said "Good Morning Boss, Happy Birthday". I felt so much better. Someone had remembered my birthday.

Later she knocked on my door and said, "you know its such a beautiful day outside and it is your birthday, lets go for lunch just you and I ". I said, "that's the best thing I've heard all day, let's go".

We went to lunch, not to where we normally go but to a little private place out in the country. We had a couple of drinks and enjoyed lunch tremendously.

On the way back to the office she said, "It's early to go back, lets go back to my place and I'll fix us another drink.

We went back to her place and enjoyed another drink then she said, " if you don't mind, I think I'll go into the bedroom and slip into something more comfortable"

. I allowed her to, the truth, is I didn't mind at all.

She went into the bedroom and after about six minutes she came out carrying a **great big** cake complete with candles, . . .

. followed by my wife and children

. all were singing "Happy Birthday"

and there I sat with nothing on but my socks !

Test For Alzheimer's

The following was developed as a mental age assessment by the School of Psychiatry at Harvard University . Take your time and see if you can read each line aloud without a mistake. The average person over 40 years of age cannot do it!

1. This is this cat.
2. This is is cat.
3. This is how cat.
4. This is to cat.
5. This is keep cat.
6. This is an cat.
7. This is old cat.
8. This is fart cat.
9. This is busy cat.
10. This is for cat.
11. This is about cat.
12. This is forty cat.
13. This is seconds cat.

Now go back and read the third word in each line out loud from the top down.


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Quiz Answers

1	Rome	2	The Pacemakers
3	Father Ted	4	Plum
5	Lisa Marie Presley	6	HNO3
7	4 th July	8	Tuesday
9	Paris	10	Skegness
11	Malaysia	12	Cliff Richard
13	Polar Bear	14	T S Eliot
15	Plankton	16	INRI
17	Orlando	18	Peach Melba
19	Styx	20	P G Wodehouse



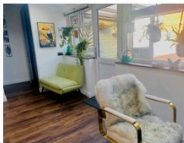
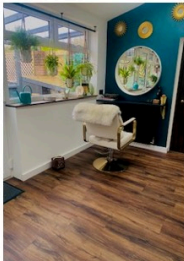
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Calendar

<u>Date(s)</u>	<u>Details</u>	<u>Cost</u>
2025		
July 6th	Free Social afternoon tea 3-6.30pm Main Hall - Highbridge Community Hall.	Free
August 7th	Day Out: Sidmouth	£21
August 13th 12-2.30	Picnic in the Hall Highbridge Community Hall	£10
September 29th	Day Out: Stratford Upon Avon	£22
November 30th to December 4th	Tinsel & Turkey Holiday at Prince Regent Hotel, Weymouth	£304 (+£10 to £25 single supplement)

Cheques to cover payments for all "Away Days", Theatre trips and Holidays must be made payable to "U3A of Highbridge"

Please also add your name, address and phone number on the reverse of the cheque, this: -

a) helps to identify you on the passenger list, and

b) If a trip is cancelled you can be notified quickly.