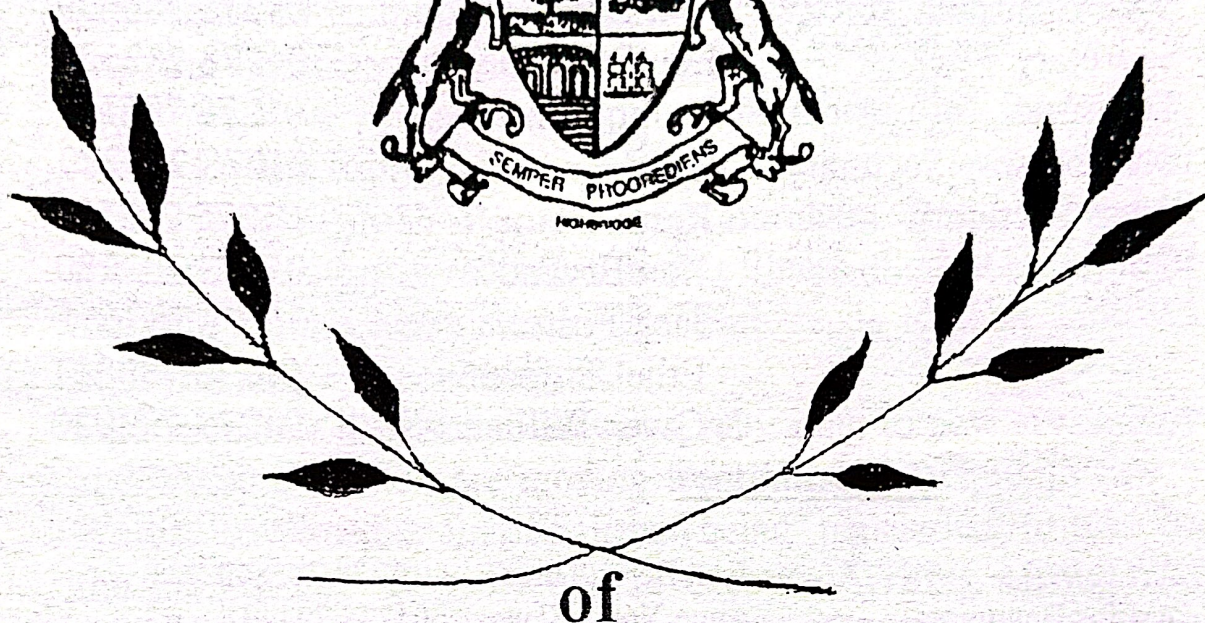
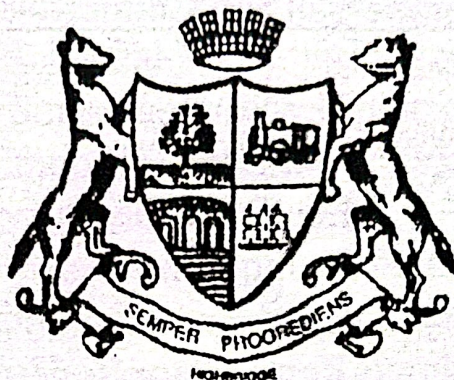


U3A



HIGHBRIDGE

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AUTUMN

2003

NEWSLETTER

ISSUE NUMBER 16

WHO'S WHO 2003/2004

Members of the Committee

Chairperson	Fay Burston	01278 782529
Vice Chairman	Phil Lyes	01278 784629
Secretary	Ken Burston	01278 782529
Treasurer	Pauline Chapman	01278 785163
Membership Secretary	Beryl Bryant	01278 783780
Press Secretary	Ken Burston	01278 782529
Committee Members	Roy Bryant	01278 783780
	Jack Foster	01278 787611
	Ethel Titford	01278 788811
	Gwen Williams-Scull	01278 793020

Co-ordinators

Art	Jean Berry(Tutor)	0 1278 785840
Art for Beginners	Anne Young(Tutor)	01278 794492
Computer Workshop	U.K.On-Line Tutor	
Creative Writing	Ralph Galton	01278 780721
Cycling	Barbara Palin	01278 784187
Gardening		
Keep Fit	Joyce Beard	01278 783913
Luncheon Club	Fay Burston	01278 782529
Play Reading	Tony Webb	01278 787483
Needlecraft	Beryl Hearn	01278 781947
Scrabble/Board Games	Betty Worthy	01278 785106 7958 23
Skittles	Ray Reddish	01278 785411
Speakers Corner	Jack Foster	01278 787611
Strollers	Fay Burston	01278 782529
Swimming	Phyllis Walsh	01278 786486
Social Group	Vi Chick	01278 784033
Welfare	Fay Burston	01278 782529
Yoga Practice	Phyllis Walsh	01278 786486

Should you wish to join one of the above activities please contact the Co-ordinator to obtain details of the venue, times and other relevant information. A small fee is often necessary to cover the rent of the venue and your tea/coffee during a break in activities.

Editorial

This is the Autumn Edition for 2003, it's not long since I did the Spring Issue, where has the time gone? .

Since the last issue, in July, we have again been successful at the West Huntspill Annual Show, picking up awards for art and handicrafts. The Social Club has kept members on the move with visits to Exmoor, Wales, the Cotswolds and a Steamer Trip; the Theatre visits start again soon.

Sadly, we have to say that two male members died in August, Alfred Lovern from Pawlett, had been ill for some time and died in a Hospice. John Pocock from Burnham Road who had appeared to be better recently after his illness, died suddenly one morning from a heart attack. The Club sends to their families our sympathy and condolences.

Four members are soon to leave us, relocating to new areas. Roy and Yvonne Preston are moving from West Huntspill to South Wales; Roy was our first Chairman being 'persuaded' to take on the job by Fay. Roy set up the Creative Writing Group and generally keeping us all on our toes; Yvonne set up Speakers Corner and got that activity going.

The others to leave are Sylvia and Malcolm Shepherd who are moving to France. Sylvia was our Hon. Sec. for the last 3 years and was responsible for setting up our successful exhibitions at the Community Hall and for tireless work in all of our activities. They have been contemplating such a move for some time and are now setting off to a new life on the continent. We will miss them at the skittles and Malc for his Golden Horseshoe competition. The skittlers will be missing them.

We wish them all well in their new environments and hope they can find time to visit us in the not too distant future.

Finally, as this the last issue this year, the Committee wishes everyone a Merry Christmas and a Happy New Year.

News from the Groups

Art I & II

They have done it again, at this years West Huntspill Annual Show the Club took the first three places in the Art Class. 1st Shirley Adams, 2nd Pauline Chapman and 3rd Ken Burston; it is thought all the entries were from the Club, there being 10. The Classes are keeping up the good standard and have encouraged a few new members, let us hope they also achieve some recognition in time.

Whilst on the subject of winners, Anne Young gained a 1st and Derek Hand 2nd in the Handicraft Class; Pam McMonagle 2nd for Stitchcraft.

Board Games

The Tuesday afternoon sessions, which follow Keep Fit, are popular in that some of the members now meet on a Friday evening to play Rummicub etc. It is understood that they meet in each other's homes.

Ceramics

Although there is still a class for this craft it is not now exclusively for the U.3.A. if you are keen to have a go have a word with Pam Lyes.

Computer Workshop

The September course started on the 25th September at the On-Line Centre, 1.00p.m. to 3.00p.m. On a Thursday. We have 12 interested 'students' and are helping to keep this facility running. Should anyone be interested in the course starting in January please let me (Ken Burston) know.

Creative Writing

Roy Preston, as you know, has relocated to South Wales the "Leader" or chief scribe is now Ralph Galton; please contact him for details.

Cycling

This has continued throughout the summer when the weather permitted; the ride in July was called off due to a short hiccup (rain!) during the hot spell.

Keep Fit

The Gospel Hall, off the Old Burnham Road, is the venue for this activity, starting at 2.15 p.m. finishing at about 3.15 and after tea and biscuits its Board Games, through to 5.00.

Luncheon Club

Throughout the summer lunching out has been popular, we have visited a number of different hostelrys and the food, on average, has been quite good. Venues have included the Tom Mogg, The Orchard, The Crossways and The New Moon plus our American Picnic at Lower Maunsell Lock. We have had between 15 and 25 members attend, it is becoming quite a social occasion. See the Notice Board for details of next lunch.

Play Reading

The Thespians amongst us have a jolly time at the Tony Webb residence and, from what I hear, a good laugh at the interpretations put on the characters they are playing. Tony is available on 787483 if you are interested.

Needlecraft

Beryl Hearn holds this meeting in her home at West Huntspill and has informed us that there is room for new members. It is on the second Monday in the month, ie 13th October, ring Beryl on 781947 if you would like to join.

Skittles

On the first and third Friday's of the month members meet at the Royal Artillery Inn at 11.30 for a 'rousing' game of skittles. The numbers vary from 12 to 18 and the completion is keen, you would never guess how difficult it is to get all 3 balls straight through all the pins without hitting one. We do!!

Speakers Corner

Jack Foster is now the Programme Organiser for this monthly meeting, it is held on the 3rd Monday the next is on 20th October. The speaker this month is Judy Burke whose subject will be "Getting to know Axe Vale" presumably she will tell us about the coach company, | Start time is 2.00p.m. All are welcome members and non-members Admission £1.00 includes tea and biscuits. Contact Jack on 787611 for further information.

Strollers

We have had some good strolls lately, Bawdrip (up the old railway track), a flat walk along the lower level of Brent Knoll and from Pawlett down to the brick-works by the River Parrett. We try to keep to flat strolls because some of us can not manage the hilly bits. All starts are at 11.00am from Bank Street Car Park. Ring Fay Burston on 782529 if you want to take part.

Swimming

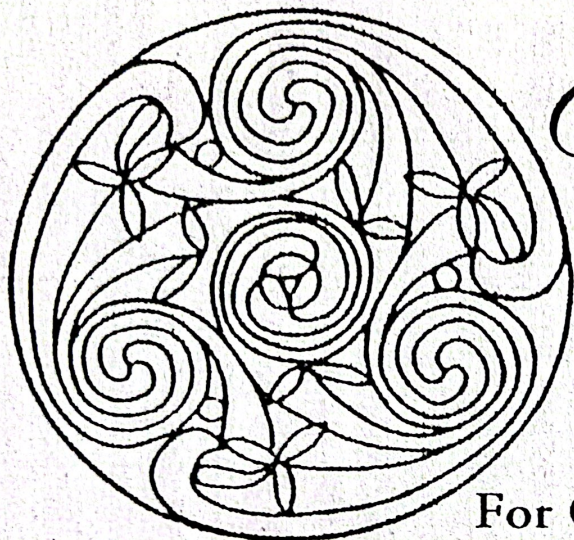
Phyllis Walsh looks after this group, times etc are obtainable from Phyllis on 786486.

Social Group

A very successful group this, so far the weather has been kind to them on all trips, 'sun shining on the righteous' perhaps. There are write-ups in this issue on some of the outings and an up-to-date programme is given later. Anyone wishing to join the Theatre Club should contact Roy Bryant on 783780 or for details on trips ring Vi Chick on 784033.

Welfare

Fay Burston with helpers, looks after this 'service' and sends 'Get Well' cards to those members who may be ill or are in hospital. We regret that two of our members died recently, the Club sends to their families our condolences and sympathy.



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General Information

Some of you may wish to know that The Third Age Trust has a new address and telephone no.

The new details are:

Address-----19 East Street, Bromley, Kent BR1 1 QH

Phone No-----020 8466 6139

The old details were:

The address was----: 26 Harrison Street, London WC1H 8JG **The phone was:-----020 7837 8838**

Childhood-Where did it go ?

It is obvious that the education systems in other parts of the world have problems similar to us; whilst in Malaysia we were given a newspaper and noted an article concerning local schools it stated " Children in pre-schools to-day are exposed to the internet. When children their age were learning to hold a pencil correctly a decade or two ago, today's children are more into learning the keys on computer keyboards. They are also exposed to subjects such as Science and simple arithmetic. Some get bored when they go to Standard One as they have gone ahead of what the curriculum has to offer. Are we listening to them?"

Children today are being robbed of their childhood and are not learning about life, they are not learning how to play or to make up their own games as we did. Life has more to offer than degrees or academic status, growing up is learning how to overcome obstacles in life, how to conduct oneself when confronted by a problem.

Let children be children again.

Highbridge Stroke Club

Members Lynda Parkinson, Joyce Beard and Elsie Butler belong to this local organisation and have recently had their dedication to the cause rewarded by the receipt of a QUEENS GOLDEN JUBILEE AWARD.

Lynda has told us that they were one of 22 Somerset Charities interviewed and then had the agonising wait to see how they had fared. Finally a letter was received to say they were in the FINAL 3!!

A letter was then received announcing that they had won this prestigious award and The Queen had invited four of their number to attend her first Garden Party.

The date was Wednesday 9th July 2003 and at Buckingham Palace. It was a beautiful day and everyone enjoyed this grand occasion, a day to be remembered the rest of their lives.

Congratulations to you all---well done.

The occasion gave Lynda the inspiration to put her pleasure into verse:

Have tea with some-one special

We've been to London to visit the Queen

A dainty lady~smaller than me,

She's 5 foot something but I know not what!

But style and elegance she has~and a pretty frock !

And a Palace of SPLENDOR.

With scones and clotted cream

Dainty French Fancies and petifores

No wonder she reigns SUPREME!

The gallant changing of the guards

Watching carefully their precision!

Waiting to see if they make the wrong decision

The sun got hotter and the queues grew longer

Everyone in their best attire spent in awe and Wonder!

Was this all a dream I've had~

NO .WE'VE HAD TEA WITH THE QUEEN!

Cotswold Trip

We set off from Bank Street Car Park on Thursday 24th August in a 'posh' coach and headed for our first stop at Prinknash Abbey, passing through the lovely village of Painswick. We were scheduled for a thirty-minute break here but left us insufficient time to have coffee and do some sightseeing. Needless to say, everyone enjoyed the coffee break- you have to get your priorities right!

We drove on through some pretty villages and stopped at Bourton-on-the-Water, where a two and a half hour break (including lunch) was planned. This is one of England's best beauty spots, although a little 'touristy', where the River Windrush runs through the centre, its water clear as crystal, a phenomenon. Now follow the next bit carefully!

In the grounds of the Old New Inn is a model of Bourton-on-the-Water and in the garden of the model of the village of Bourton-on-the-Water there is yet another model village of Bourton-on-the-Water, with its own miniature river, (this time around ten centimetres wide) running through it. Does this remind you of that Danny Kaye film about vessels and chalices from the palace? But I digress.

Full of Sticky Toffee pudding and Ice Cream etc we staggered back onto the coach and continued with our tour of some of the most beautiful villages in England, concluding with a stop in Broadway for afternoon tea. Broadway has lots of history attached to it and there are many wonderful buildings and shops to be seen. We came across an Olde Sweete Shoppe, its windows crammed with rows upon rows of sparkling jars of old fashioned sweets such as Sweet tobacco, cinder toffee, aniseed balls, gobstoppers, apple and custard drops etc, etc. They were doing a roaring trade!

We returned home on the dot of 6.00p.m. as predicted by our jovial driver, who regaled us with such nuggets as *Is'nt it a lovely day to knock on the door of the Kremlin and say-Is Len in?*

Once again we thank our Social Group for another successful trip.

Ralph Galton

AMERICAN PICNIC

This is a once a year event, a combination of Strollers and the Luncheon Club, a crafty move on the part of the leader of both groups to unite the two outings.

However, we had a very nice day, beautiful weather a slight breeze made the day comfortable. Fourteen of us went to Lower Maunsel Lock on the Bridgwater and Taunton Canal, arriving about 11.30a.m. I was amazed to find only two members had been to this lock previously, so it is nice to know that others were discovering new pastures. The majority went for a short walk along the canal past a couple of the locks, Barbara investigated and found some local produce for sale, unfortunately no buyers.

The area we finally chose to eat our picnic was in a small paddock, quite secluded. Our choice of food was wonderful, everybody brought plenty, in fact quite a bit was taken back home, we just wouldn't eat any more. Luckily there were no problems either going to or from the picnic area, it is not easy to find. We arrived back in Highbridge mid-afternoon, after I hope a pleasant relaxing break.



Sorry!

At the Frank Foley Fair back in May Babs Whiteway had a 'stall' on our behalf in an attempt to raise something for our funds. She raised £11.00 for the cause, Thank you Babs for your endeavours, apparently contestants were required to 'guess' the number of items in a jar. Who won? ; What were the items and what was the prize? Unfortunately, the information was received too late for the last magazine, Sorry.

Visiting Stately Homes

Prompted by Grace's recent tale about Scrumping Sydney Cox has written to tell me of some of his 'experiences'; these I will relate to you from time to time as space permits.

My good friend Phillip and I were members of the National Trust and, at intervals, would take time to visit their properties. Phillip was into videos and I audio; my audio descriptions of what we saw were often used by Phillip on his films; but he was not allowed to film in the houses.

One day we went to Knightshayes Court which is near Tiverton. After touring the gardens we entered the house. Our membership cards were checked, then the woman behind the desk pointed at the recorder at my side and said "I don't know what that thing is but you are not allowed to take photo's in here, would you care to leave it with me?"

"Would'nt be marvellous" I said "being able to take photographs with a cassette recorder".

I expected her to realise what it was and apologise, instead she said "well I don't think you can use it, are you going to leave it with me? It will be perfectly safe."

I refused so she got the manager, who obviously gave his approval.



Monthly Draw

An up-date on the winners of the draw:-

April 1 st	Gwen Williams-Scull	No 32 (Yes-Twice)
May 1 st	Vi Chick	No 37
June 1 st	Fay Burston	No 21
July 1 st	Gwen Williams-Scull	No 8 (Three times ?)
August 1 st	Brenda Hooper	No 8
September 1 st	Ethel Titford	No 17

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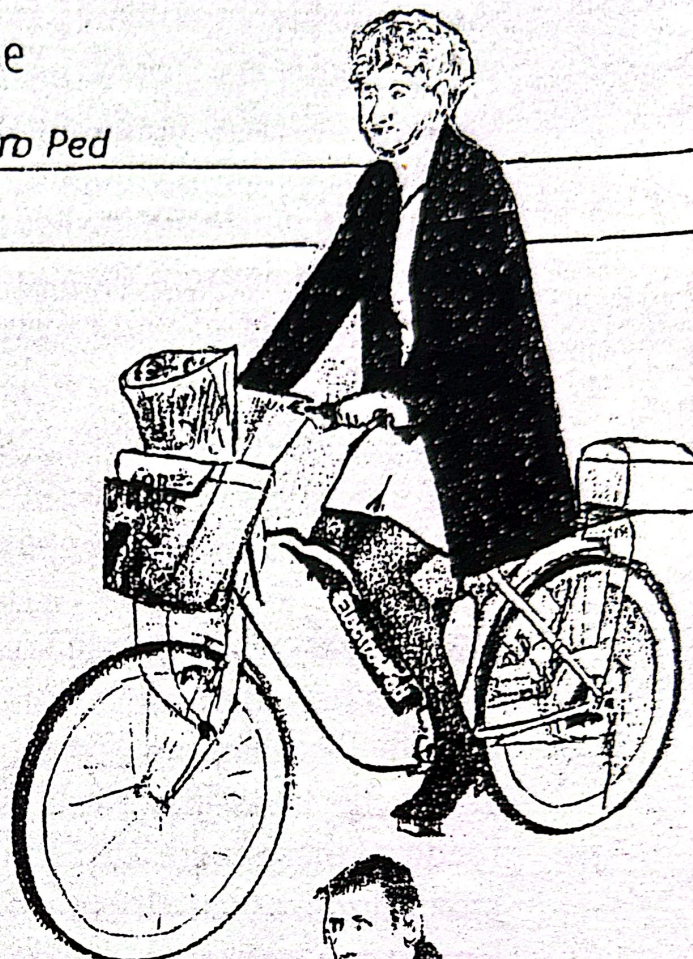
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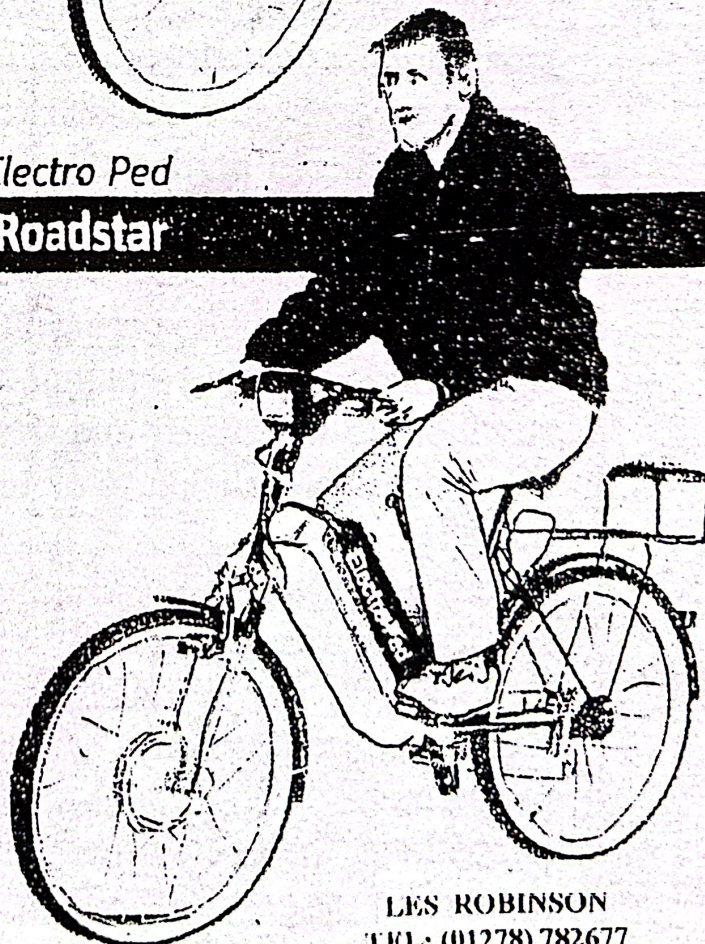
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Trip to Exmoor Falconry

It seems to be the pattern with most Social Club outings, our journey to the Falconry was not without incident! Approximately two miles from Washford we arrived at the back end of a queue of traffic, Police cars and an ambulance passing us to reach a very nasty pile up of three cars. A kind soul informed us that the hold up would last for one and a half hours at least; so we decided to double back and find another route. This was easier said than done, our driver, who rarely drove the mini-bus could't find reverse. Who stole it, I'd like to know.

Eventually, the item was found and we continued on the 'Pretty Route' via Watchet and Blue Anchor. With the sun now shining and the sea sparkling nobody minded.

On arrival we headed for the Tea Gardens; here we were confronted with a riot of English country garden flowers in full bloom. Delphiniums, roses, poppies, foxgloves, nasturtiums et al. In the trees just yards from our table, were numerous bird feeders, these were attracting the attentions of many species of small birds, not at all put off by our proximity. Emma the cockatoo decided to join Violet for lunch and help use up her butter portion.

Leaving the Tea Gardens we wandered off to see the animals; all of which roamed about at will. A blue macaw that loved to be stroked was guarding a clutch of baby chicks. Meercats stood to attention as we passed and, resting quietly on their perches in the shade were all kinds of birds of prey, including a Kooka burra!

In the next field were strutting geese, Shetland ponies, sheep snoozing on a dry stone wall, more chicks on the pond frantically trying to keep up with mother and a pair of Kune Kune(prounced coony) pigs who adored extra strong peppermints. They would sit and beg like dog for these and (since I was the one who happened to have the sweets) followed me around the entire afternoon.

We didn't have time to visit all the animals; a good excuse to return.

The flying display included the Kookaburra(who can swallow a three foot snake in seconds), Sloopy the barn owl, Sar a peregrine falcon and Keela a tawny eagle. The falconer told us that the weather had been very calm and today was the first good, high wind they experienced for a week or more. Keela decided to take advantage of this and having obliged by flying to the glove a few times, was last seen heading towards Selworthy. A pair of wild buzzards over whose nest, she must have flown, accompanying her. The falconer did not seem concerned and said she would return when she was ready.

We wandered on and met a six week old foal named Toby(an orphan, abandoned by his mother on Exmoor) being bottle fed and were then asked to help bottle feed the lambs; this took all of two minutes.

By this time the coach had arrived to pick us up; the visit had been too short. The staff was delightfully dedicated and helpful, the sun shone all the afternoon through a hole in the grey sky!

I'll be going back.

Grace Galton

Sandra

Hairdressers

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A Spur of the Moment Fairy Story

In January of 2002 we visited Australia to see my grandchildren, an annual trip, my husband and I rent a beach house for up to five weeks. My grandchildren, Amy eleven, who has the most beautiful eyes and Nicky nine, a real cheeky boy are on their summer holiday from school, so they come to stay with us for part of the time, this gives them a holiday and great fun is had by all.

At the start of the holiday, we have to visit the local shops to stock up with food, everything is unpacked and jet lag is forgotten. This particular evening as I was preparing the meal, I decided to use a Braeburn apple, which had come over from England with us. I cut it into quarters, we had a portion each and I told the children this was a very special apple and I would tell them a very special story. It prompted the following:

A VERY IMPORTANT BRAEBURN

"I remembered, when I was young, that I must always do my best to grow up big and strong, like all my brothers and sisters. If I could do this, I would get the opportunity to travel a long way to some wonderful places, they must be wonderful, because never had anyone come back. If, when they travelled abroad they hadn't liked it they would have returned.

Some of us, never get the chance to go away because we had caught perhaps, some disease or been infected by a maggot and the farmer had taken us off the tree. The day finally came when I was selected to go to market. I was so excited! At last, my chance had arrived and I was going to see the world. First I was carefully checked and wrapped in soft paper, put in a box with lots of other apples; it was crowded and dark. I wasn't at all sure that I liked this part of the journey but as we were all together and looking forwards to the exciting times ahead, we all made the most of it. (cont.d)

(cont.d)

I waited, to see what was going to happen, the trouble was, we couldn't see or hear and it was getting very cold indeed and so dark. It got so cold and dark I didn't like it at all, but didn't want the other apples to think I was afraid, so I kept very quiet and tried to go to sleep.

I did managed to sleep eventually, but when I woke up it was still cold and dark. There was now something else to worry about, there was now a strange rumbling noise, it sounded like an engine. Eventually this stopped and we were all lifted, in our boxes on to something that was moving very fast. It was still cold and dark, a few of the other apples were beginning to cry and I was beginning to wish the journey would soon be over.

Just as I had these thoughts, the strange rumbling stopped, and was still and quiet, so quiet that we thought we had been forgotten. Joy of joys, we heard people coming towards us, they sounded very happy, and were talking about Christmas, what fun they would have, how they were going to parties, lots of presents, nice things to eat. It was going to be a lovely holiday, so they must hurry up and get ready. We realised that we were to be part of these celebrations, as they quickly unpacked us. How nice it was to be out in the open again, not dark anymore, everybody was dashing about, we were put on shelves and neatly stacked in rows. People were picking us up and we realised we would be going in different directions, and were being parted from our friends. It was still very cold but hopefully we would soon to get warm if someone purchased us. A lady who was spending Christmas at home, with her husband bought me, it was so lovely to get into the warm. I was placed in a dish with some other fruit, they were strangers to me but quite friendly. I told them I thought I was going to have a wonderful adventure, but they said very little. I sat in the dish for ages, nothing happened at all, some of the fruit was taken away. Suddenly, I realised, this was it! the adventure had arrived, as none of the fruit came back. Here I was, sitting in the warm, waiting, it wouldn't be long now, but it was a long time, I thought I must have been missed.

Then joy of joys, the last of the fruit, two bananas and I were picked up and put in a bag. We were off, we were on our way, the bananas thought I was silly. The bag we were in was transferred to hand luggage! And we went into the boot of a car and I learnt we were going on a plane to fly half way across the world, stopping in Singapore and Brunei, how lucky I was!

Unfortunately, I didn't see anything, I was still in the bag, in the hand luggage, however it was lovely and warm again, just like being on my tree at home. After a day, we got on another plane, by now I was fed up, no adventure, all I wanted to do was go back home. I was going to tell the other apples about my experiences, how cold and dark it was, much better to stay at home. Why had none of the other apples come back and told us how boring it was, I couldn't understand, you would have thought at least one would have come back and told us. Overhearing a conversation I found that we were going to Australia and suddenly I knew I was now a very important Braeburn, I was the one to tell all the others, not to travel abroad and why.

On arrival back in Australia I was put in a dish, nice and warm again, all I needed to do was get back to the farm and pass on the news. But no, I was left in the dish again for two or three days, then hooray I was picked up, taken into the kitchen, washed and place on the worktop. Oh! No! I'm cut into four quarters, by a knife, ready to be eaten. So that's why no one ever came back to give us the news."

(Footnote)

Taking any kind of imported food into Australia is illegal, with a fine of \$100 for the smallest item. This apple being in hand luggage and had not been eaten on the journey to Australia simply because it had been forgotten. The hand luggage was not checked, and when I unpacked I found this apple and felt very guilty and fortunate I had been not to be fined.

**THIS BRAEBURN WAS NOT AN ILLEGAL IMPORT
BUT AN EXPORT RETURNING HOME.**

At the end of the story, Amy and Nicky sat very quiet, with rather startled expressions on their faces. Not sure, whether they should be guilty or sorry for the quarter apple they had just eaten.

Fay Burston

Other U.3.A.'s

Grace recently received from U3A Darwin Australia, a copy of their newsletter, it made interesting reading. One item of particular interest was that at a conference in Geneva it was reported that: there are now 19,300 U3A in China with a total of 1.81 million members. This remarkable development has the support of the Chinese Government and the backing from a non-government organisation, the Chinese Association of Universities for the Aged.

Do you think it is possible we might some day get this sort of support?

oooooOooooo

Bluebottle

There it goes again
a angry buzz saw
crashing madly into glass
in his bid for freedom,
disturbing the peace
and raising my wrath.

Dratted bluebottle
Where's that swat?

But wait-

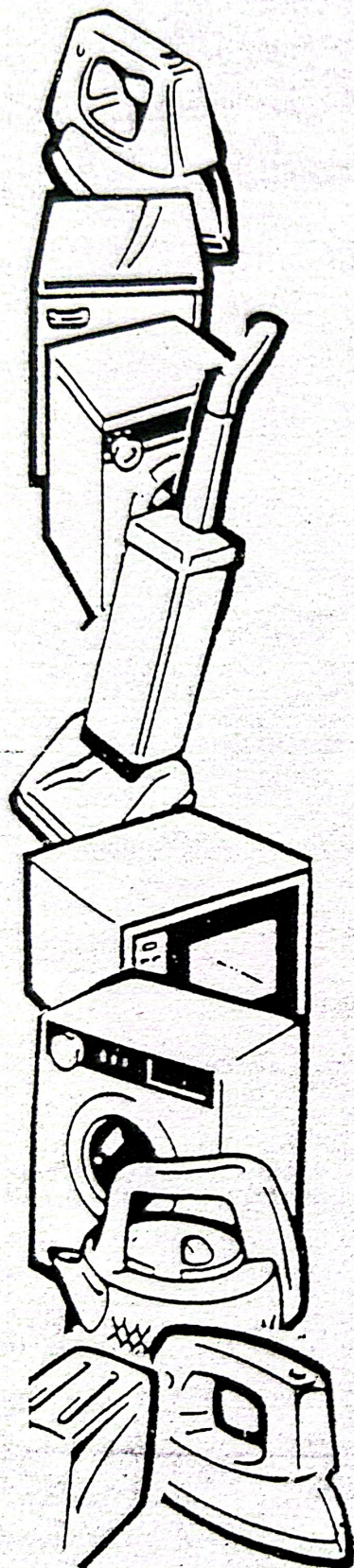
I never noticed before
your iridescent hue of blue
like a peacock's eye...
I'll just open the window
and out you can fly.

GOODBYE!!

Grace

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English? Do we understand it?

I wonder whether other U3A members find modern language as misleading and confusing as I do.

I almost made an embarrassing 'jump to conclusion' recently.

A neighbour's daughter was getting married and I bought a traditional terra cotta pot as a present. I gave it to the mother of the bride-to-be as I thought it might be damaged if posted. I duly received a 'thank-you' letter after the wedding and read 'thank you for the cracked pot'.

I felt embarrassed and told my daughter about the incident and showed her the letter. She laughed and said it does'nt say 'cracked pot' but 'cracking pot'. If you watched Wallace and Grommet you would know it was their catchword for anything desirable. I was so relieved I had not pursued the cracked pot any further!

Phyllis Walsh

Slugs

A programme on Radio Bristol back in May was about dealing with the SLUG problem without using slug pellets; these are harmful to birds if they should eat the dead slugs.

It was said that slugs are deterred by the herb COMFREY (also know as knitbone)

Also, the comfrey flowers are beneficial to bumble bees, which are in decline.

I have plenty of comfrey in my garden and if anyone would like to try this remedy I will bring some young plants in to the Coffee Morning.

Phyllis Walsh

Social Events - Theatre

October 15th Blood Brothers
Bristol Hippodrome Matinee Wednesday

October 25th Don't Dress for Dinner
Taunton Brewhouse Saturday Evening

November 26th Whistle Down the Wind
Bristol Hippodrome Matinee Wednesday

Social Events Trips

December 10th Wells Cathedral Choral Service

Available

ONE - 2004 - U.3.A. Diary. Priced at £1.80 See Ken Burston

Environmental information

Do you have problems with Seagulls, Jackdaws and Crows tearing open your dustbin bags?

Try spraying them with a scented aerosol, no matter what-hair lacquer or any kitchen smell neutraliser. It appears to work, their keen sense of smell tells them to keep away, I tried it and I am winning at present.

Editor Ken Burston

Production Fay and Ken Burston

Distribution Pat Gray, Betty Pocock, Phyllis Walsh,
Heather Swift, Jean Hewitt and Gwen Scull.

Forthcoming Event ?

It has been proposed that early in the New Year, perhaps the end of January or early February that we have a 2004 New Year Party or a Meal. ~~_____~~

This would be open to **ALL MEMBERS**.

We don't know yet what form this 'do' would take but every member would be invited.

What the Committee would like you to do is give them answers to the questions listed below.

Are you interested?.....

Which month would suit you best.....

Type of meal preferred, sit down or buffet.....

Important!! Don't leave it to others

As we have to make the necessary arrangements well in advance, we wish to know how you feel about the idea.

If you have any constructive comments please let us have those too.

We would like you to tear this off your magazine, sign it first and hand it to a Committee Member by the first Coffee Morning in 2003 Wednesday December 3rd

GROUP ACTIVITIES TIMETABLE

DAY	MORNING	WEEK	AFTERNOON	WEEK	Venue
Mon			Speakers Corner Creative Writing Needlework	3rd 4th 2nd	Southwell House Details in Diary Details in Diary
Tues			Keep Fit Scrabble Art II	Weekly Weekly Weekly	Gospel Hall Gospel Hall Southwell House
Wed	Coffee	Morning Weekly			Southwell House
			Yoga Practice	Weekly	Community Hall
Thur			Art I Computer	Weekly Weekly	Southwell House On-Line Centre
Fri	Skittles Strollers Cycling Play Reading	1st/3rd 2nd 4th 4th			Royal Artillery Inn Local Area Local Area 4 Brue Crescent

Luncheon Club This Group meets monthly on various days-See Notice board for details of days , dates and venues.

Committee Meetings Held on the 3rd Monday in the month

If you are a member of a Group and perhaps unable to attend a meeting PLEASE contact the co-ordinator. This is very important and avoids problems when finalising arrangements