



TAMAR VALLEY U3A

NEWSLETTER FOR FIRST SEMESTER, 2018

Welcome to Semester 1 of 2018 and especially to all new members, including residents from Riverside Retirement Villages.

Thanks to all those who worked to make the Christmas dinner such a success. Over 40 people enjoyed the food and frivolity and the talents of the U3A Ukulele group.

Semester details

This semester commences on 12 February and runs to 15 June, with an Easter break from 30th March to 8th April. The second semester is from 13 August to 7 December.

Short talks

The first talk for 2018 will be held on the last Thursday in February, i.e. 22nd, at Beaconsfield House, Grubb Street, Beaconsfield, commencing at 10.30am. Topic 'Gardening between the Lines'. The speaker will be Mark McDevitt, from Birch Grove Nursery in Weld Street, Beaconsfield. Mark has had over 40 years' experience in horticulture and agriculture.

On March 29th, Jill Brasch-Reaney will talk on "Another opening, another show".

There will also be talks at Riverside Community Hall, Gallagher Drive, (via Cormiston Road and Stanton Drive), on the third Thursday of each month. Speakers to be advised.

New Courses

There are 5 new courses this semester.

Flower arranging	Tresca. First Monday of the month starting 5 th March	
Poetry appreciation	Riverside Community Hall, Cormiston Road on Mondays	
Active listening	Riverside Community Hall	Tuesdays
Stress and relaxation	Riverside Community Hall	Wednesdays
Making England great	Riverside Community Hall	Wednesdays.

New ideas

Would you like to try learning Belly dancing for fun and exercise? We have a potential tutor who could set up classes at either Deviot Hall or Beaconsfield House, depending on interest.. Possibly on a Monday or a Thursday.

PLEASE RING FRANKA ON 63 944632 or 0455902075.

Do you know of other potential tutors and their interests?

What topics would you like to hear or learn about? (Italian for beginners; Golf; Bridge; Bowls have been suggested, but we have yet to find tutors.)

Coffee mornings

MONTHLY COFFEE MORNINGS are held on the first Friday of the month at a different venue each time. Details will be e-mailed to members.

Committee members wanted

New committee members are needed following two recent resignations. We are thankful for the work they have done over the past few years, but now we need volunteers to help with the organisation of Short Talks and publication of this Newsletter!

PLEASE MAKE SURE THAT YOU REGISTER WITH THE OFFICE FOR ALL CLASSES.

Subs

A reminder that yearly subscriptions are now due for those of you who joined initially during February. Each sub runs for 12 months, starting at different dates depending on when you joined. LOOK AT YOUR ID BADGE FOR THE MONTH.

President's postscript

I have held many honorary positions in my life but never have I been a "President"! It will be an interesting challenge for me and hopefully, I will be up to the job. There was an interesting TV series recently on the topic of "How To Stay Young", which immediately brought the U3A organisation to my mind. Doctors reiterated again and again, that the secret of "ageing well" was to stay active and better still to get out and about and learn some new skill and make new friends along the way. This could almost be our mantra at U3A. It seems that stretching your brain cells is very good for you, so come along and join us! The Committee would like to thank Adrian, Jan and Alan for spreading the word about Tamar Valley U3A at Riverside and we hope their efforts will be rewarded with many new members. Lastly, I would like to thank Vice-President, Jill Brasch-Reaney and Jo in the office, for their assistance over the past couple of weeks, helping me through the admin!

Celia Cliff