

From the Chairman –

Strangely, the Winter newsletters went missing at the January meeting, so I brought forward the deadline for the next edition which you are reading now.

I missed the Christmas party and heard reports that it went off well and the buffet food from Sainsbury's was better than previous years. Thanks to Chris Gunn who took some photos which you can see later in this newsletter.

Again we struggled to get everyone to renew their membership on time and your committee spent a lot of time and energy chasing up late payers. I sent e-mail reminders to those who have e-mail and quite a few bounced back or could not be delivered and some phone numbers did not seem to work either.

Also, every month I send an e-mail with details of the up coming monthly meeting so if you don't get that, either your e-mail has changed or it's being rejected for some reason. If you change your e-mail address, or home address, phone number, or In Case of Emergency (ICE) details, please let us know.

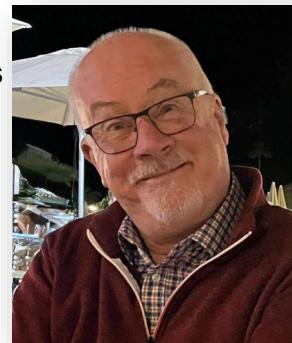
Unfortunately 13 members decided not to renew this year and 14 renewals still outstanding, so our total membership numbers have fallen to half of what we had before COVID. This of course reduces our income so risks increasing next years fee as regular expenses do not reduce. Can anyone suggest ways to attract new members?

As Tony moved away, I put out an appeal to replace him on the committee and Reg Carvell stepped up and joined. Thanks Reg, welcome to the committee. If anyone else is interested in joining the committee please contact me. If you would just like to help in the running of our u3a without being on the committee, again you will be welcome too.

As Tony has moved away, we are looking for someone to take over the Travel and Theatre group too. It's not an onerous task and full support will be given. Tony left us with a list of possible trips, so the work is half done. Please consider it.

So here's to keeping things fun as we move forward—and remembering not to take life too seriously!

Richard



Registered Charity
No. 1108614

Monthly Meetings

Feb 17 Scotland's Bridge Building—Bruce Keith

Mar 17 100 Years of Auntie, The BBC—Dave Andrews

Apr 21 First Aid with CPR & AED — Duncan Spencer

May 19 A Toastmaster's Tale—Geoff Harris

Group Leaders Information

Check that all members of your group are fully paid-up members of the U3A.

Ensure that you have:-

- Checked their current membership card. (Ask the membership secretary to check if you are unsure)
- The name and telephone of each member's In Case of Emergency contact. (ICE)
- The post code of your venue will be required by the emergency services if you need to call them.
- Send articles, reports and photographs about your group to the Newsletter Editor. Copy deadline for the newsletter is 2 Saturdays before the monthly meeting.
- Advise the Group Coordinator and Newsletter Editor of any changes to your group arrangements, e.g. venue, timing, etc.

Members Information

- Advise the Membership Secretary, in writing, of any changes to your address, post code, telephone number, email address or ICE contact.
- If you are unable to attend your Group's meeting, please advise your Group Leader in advance.
- If you know one of our members has a special occasion ahead, e.g. important birthday, anniversary or if they are ill and you feel a card from the U3A would be appreciated, please contact the social secretary.
- Bring your membership card with you to the meeting and have it available for checking in.
- If you cannot get to the monthly meeting for any reason to collect your quarterly newsletter, you can get a copy from either Kettering Library or the Tourist Information desk, Manor House Museum, Kettering or online at www.u3akettering.co.uk
- View & Download the newsletter (in glorious colour) from web site, www.u3akettering.co.uk & click on the links. Select DOWNLOAD LATEST link or to look back for older issues, click newsletter image or any other newsletter links.
- **Membership year runs from 1st November to 31st October and is £17 a year**
- Half year 1st May – to 31st October £9. More details and membership form on the web site
- Payments can be via cash, cheque, credit/debit card

Future Monthly Meeting Dates & Speakers

Jun 16 The Comic Life of a TV Journalist—Bharat Patel

Jul 21 A trip of a lifetime to Antarctica Dave Pinion

Aug 18 AGM + QUIZ + Nibbles

Sep 15 Call of the Kingfisher Nick Penny

Oct 20 From Score Box to Press Box: a Scorer's Odyssey Ray Markham
+ Membership renewals

Committee 2025 - 2026



Your Kettering U3A Committee 2025-2026

Chairman/Programme Sec.	Richard Boyles	01536 744 753	richard@boyles.co.uk
Newsletter/Data Protection/Web Master/E-mails			
Vice Chairman/Membership	Diane Tebbutt	01536 392 556	di_tebbutt@hotmail.com
Secretary/Group Co-ordinator	Jane Slack	01536 516 116	janeslack121@hotmail.com
Treasurer	Ruth Gunn	01536 482 581	ruthgunn@hotmail.com
Assistant Treasurer	Chris Gunn	01536 482 581	gunn.vdloo@btinternet.com
Social Secretary	Brenda Boyles	01536 744 753	brenda@boyles.co.uk
Committee Member	Sue Perkins	01536 519 438	lazygirl_tresham@yahoo.co.uk
Committee Member	Maralyn McLennan	01536 521 322	maralyn.mcconnell@ntlworld.com
Committee Member	Pat Stokes	07845 737 679	patricia.stokes@outlook.com
Committee Member	Reg Carvell	07598 958 332	reg.carvell@virginmedia.com

News — Interest Groups — Visits and Reports

Our meetings at the Eden Centre, 21, Montagu Street, Kettering

Format of the meeting:-

- 1.30 – Doors open – Sign in
- FREE Refreshments
- Buy raffle tickets
- Browse the group notices
- Have a chat with friends
- Sign up to groups and trips
- 2.15 – Chairman's notices followed by this month's Speaker**
- 3.45 (approximately) Meeting ends

Wheelchair disabled access is available at the rear of the building by ringing the door bell or phoning 01536 484 800



Newsletter DEADLINE
is 2 Saturdays before the monthly meeting.



You can read and download the newsletter in **FULL COLOUR** from our internet page at

www.u3aKettering.co.uk

ARE YOU A GROUP LEADER?

Group leaders are required to...

1. Have a copy of your members "In Case Of Emergency" (ICE) details with you so you can contact family or friend
2. Have the postcode location of your meeting so you can direct the 999 emergency services
3. Check that all members of your group are fully paid-up members of the U3A so they are covered by the U3A insurance
4. Ask Richard for a



EDITORIAL + PROGRAMME

I thank the group leaders who have contributed to this newsletter, but wish we had more groups.

Come on everyone, get your thinking caps on !

I am also programme secretary and you can see what's planned on the web site **www.u3akettering.co.uk** on the **MONTHLY MEETINGS** page. As always, if you have any suggestions for speakers, let me know. It's always preferable to book someone who has seen and recommend them.

In addition to announcements at the monthly meetings, for those of you with internet access I have continued to regularly **e-mail** you with updates as well as keeping the **web site** and **Facebook** up to date. So keep reading the e-mails and updates on the web site and please pass on any news to anyone you know who does not have internet access.

Richard

www.u3aKettering.co.uk

Volunteering with Kettering General Hospital

If you were at the January meeting you would have heard how patients are helped when visiting KGH by volunteers, three of whom are our u3a members. Sue Perkins, Trish Cottington and Terry Young who stars in their poster as below.



Special messages for special patient moments

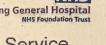
Not everyone can visit in person, but you can still show you care. Send a thoughtful message to a loved one in hospital through our volunteer services team. Whether it's thinking of you, a birthday wish, an anniversary greeting, or marking an important faith or cultural celebration.

It's simple, meaningful and brings comfort when it matters most.

 Please scan the QR code for more information

Kindly supported by Northamptonshire Health Charity





FREE Patient Buggy Service

For pick up call **07976 198127**
Monday - Friday (excluding bank holidays)
8.30am - 4.30pm

Service is subject to volunteer availability.

Bookworms

BOOKWORMS

FOURTH WEDNESDAY OF THE MONTH
VENUE VARIES 2-4PM

Pauline Parkin 01536 799 197



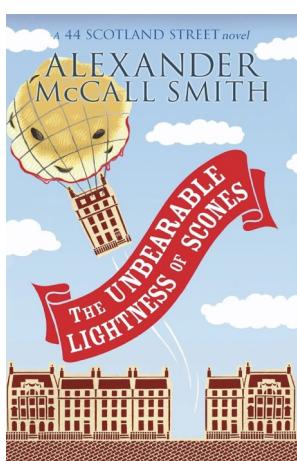
Some of you may have seen the film on BBC2 recently, "One Life", a factual drama about Nicholas Winton, the British banker who saved 669 Czech children from occupying Nazis prior to the second World War.

Our book, "The Child on Platform 1, was based upon this story. The book was a heart wrenching story, centering upon Eva, a gifted pianist, whose daughter, Maria, is transported to London where she is looked after by the family of Pamela and Hugh, together with their son, Will, a Quaker family.

We all found the book very thought provoking and it was enjoyed by everybody.

Our hostess provided some delicious scones, jam and cream, which leads me on to our next read, "The Unbearable Lightness of Scones" by Alexander McCall Smith.

Contact: **Pauline Parkin 01536 799 197**

**Bake It or Fake It**

BAKE IT or FAKE IT

3rd Friday of Month at Home 2-4pm

Bridget Ling 07931 979 596



In January, Pauline hosted the meeting and Rita baked a delicious cake (she obviously hadn't lost the skill of baking – she told us it was the first time she had baked a cake for many years). We will be meeting on the 3rd Friday in February and the 3rd Friday in March.

Contact: **Bridget Ling 07931 979 596**



First of several photos by Chris Gunn

Canasta

CANASTA

WEEKLY every MONDAY
AT THE BRIDGE CLUB, KETTERING 1.30-4.00PM
Di Tebbutt 01536 392 556



Contact: Di Tebbutt 01536 392 556
di_tebbutt@hotmail.com

Card Playing

Card Playing

2nd and 4th Thursday 2-4pm
Kettering Bridge Club, in Field Street
Di Tebbutt 01536 392 556



This friendly group meets every second and fourth Thursday of the month at Kettering Bridge Club from 1.45 until 4.00. The cost is £2 which includes tea, coffee and biscuits. Everyone is welcome and no previous knowledge of any of the games is needed as there is usually someone there who can give some instructions on how to play. There is plenty of room at the Bridge Club so if anyone would like to start or attend a Board Games Group this could be arranged if there was enough interest. The next meetings are on February 12th and 26th, March 12th and 26th, April 9th and 23rd and May 14th and 28th.

If you are interested then just come along or email me.

Contact: Di Tebbutt 01536 392 556
di_tebbutt@hotmail.com

Creative Writing and Poetry

CREATIVE WRITING & POETRY
1ST TUESDAY AT 13.30 IN KINO LOUNGE
ALF HOWES 07546 464 924



The creative writing group continues to be well supported with a good exchange of both verse and prose in a variety of styles.

Contact: **Alf Howes 07546 464 924**
alfh64233@gmail.com

While the cats away

While the cats away the mice will play
The boss is not at home today
Today she safely out of sight
Staying on the Isle of Wight

She's not here to find me a job
This week I can be a slob
Drink too much beer and make a mess
For one week I could not care less

But Friday comes round much too soon
Now I'll have to change my tune
If she should see the things I've done
I feel this sharpness of her tongue

I look around me to assess
Just how to clean up so much mess
So much to do so little time
To remove one week's worth of grime

The bed is stripped the sheets are changed
Some flowers bought and rearranged
Cans and bottles in the bin
With TV dinner packaging

Vacuum round the floors and stairs
Even under all the chairs
All the windows open wide
To try the smell of beer to hide

When she comes home I smile and say
Did you enjoy your time away
It's been very quiet here
Yes, of course I missed you dear.

Alf Howes

Discussion Group

DISCUSSION GROUP

SECOND TUESDAY OF THE MONTH
ST. ANDREWS CHURCH ROOMS 2-4PM

David Clayton 01536 520 965



We meet at 2-00pm on the second Tuesday of each month in St. Andrews Church rooms in Rockingham Rd. We are a small friendly group and the topics for discussion are tabled by the members, and cover all subjects.

We normally have 10-12 people present, but would like to find a few more. You do not have to be a public speaker, simply an interest in what goes on around us all.

A charge of £3 includes Tea/Coffee, and biscuits. Your first visit is free.

The entrance, and car park is in Crown St. which is the first turning right off Regent St. The car park is the last gateway on the right.

Contact: **David Clayton 01536 520 965**
clayton472@btinternet.com

Space Filler !

Photo on the Rutland Belle. A trip organised by Tony from the Travel and Theatre Group which needs a new leader. **Any volunteers?**

**Family History**

Family History

2nd Monday of the month 2pm - 4pm

(PLUS all other Monday's, 3pm at home, a 40 minute Zoom Chat)

at The Church of Jesus Christ of Latter-Day Saints, in the Primary Room. Rothwell Road, Kettering (between Crematorium & Premier Inn/Brewers Fayre)



Dig up an ancestor with
Group Leader

Richard Boyles

e-mail

Richard@Boyles.co.uk

We continue researching our family history with a few talks about various research methods and how people overcome finding that elusive ancestor.

If you missed my annual beginners talk, please contact me for a 1-2-1 session.

We regularly have workshops where we help each other and have the advantage of a resident professional genealogical expert to help as well.

As we meet at the LDS church, some of us also use their FREE research facilities on a first and third Tuesday evening and Wednesday mornings each month. Richard attends the 7-9pm Tuesday evening session and Pat Jones the 10-12am Wednesday morning session where we help others with their family history research.

The u3a Family History meetings are held on the second Monday, 2-4pm in the Primary Room of the Church of Jesus Christ of Latter Day Saints (LDS), Rothwell Road, Kettering next to Brewers Fayre/Premier Inn.

We are continuing our 40 minute Zoom chats at 3pm on all other

zoom

Mondays with regular attendees. Before the Zoom chat, each week we watch a family history video on YouTube and discuss it during the Zoom chat, as well as any other family history related topic. We have watched 280 video tutorials since COVID and always learn something.

Click on the Family History link on the u3a website for more details and useful videos to watch.

Contact: **Richard Boyles 01536 744 753**
richard@boyles.co.uk

Space Filler !

Rather than leave empty space due to reduced groups and other news, I'll add some more from the Family History group.

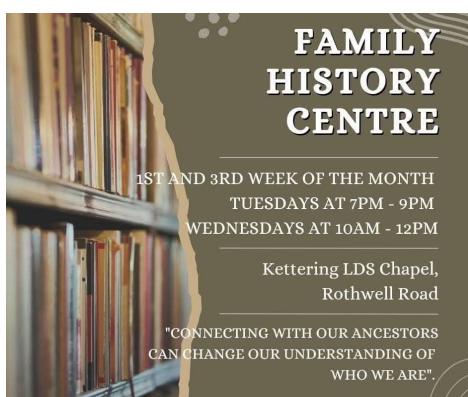
Family History—Part 2—Space Filler

If you would like to start researching your family history, please come along to any of our meetings (it's FREE) and we'll guide you on your fascinating journey.

I run a beginners talk, usually in September each year, but I can also give you a personal 1-2-1 beginners lesson at a u3a meeting, or the Tuesday evening LDS sessions below. Just contact me to arrange it.

In addition to the u3a meetings on the left, there are also FREE sessions at the LDS church on the first and third Tuesday evenings 7-9pm and first and third Wednesday mornings 10-12. Richard from u3a is there on Tuesday evenings and Pat from u3a there on

Wednesday mornings. In addition there are LDS experts and a professional genealogist (FREE) to help you too.

**Gardening**

Gardening
No fixed day
Times and Venues Vary
Ray Bradbury 01536 516 587



Contact: Ray Bradbury 01536 516 587
prbrad@live.co.uk

Friday Pop-In

Friday Pop-In
at Kino Lounge, Every Friday 10-11.15am

David Clayton 01536 520 965



We meet every Friday at 10am in The Kino Lounge on the Market Square. There is no agenda, simply an informal gathering to enjoy an hour or so in pleasant surroundings. Accompanied guests are welcome, as are four legged ones. The group is getting popular, and we now have 10 - 15 people every week. If you are a new U3A member then this is a simple way to get to know our group, and meet other members. Just simply Pop In, and say hello.

See you on Friday !!!!

Contact: **David Clayton 01536 520 965**
clayton472@btinternet.com

Heartbeat

HEARTBEAT

A Short Walk to Improve Fitness
2nd Wednesday at 10am at Various Locations
Bridget Ling 01536 521 250



I am suspending the walks for February and March, and am hoping that the April walk will go ahead, depending on my fitness. For further information.

Contact: Bridget Ling 079319 79 596

Knit and Natter

Knit & Natter

1st & 3rd Monday at home 10.00 to noon

Rita Keany 01536 482 420



Please note that Rita Keany is now the contact for Knit and Natter.

Contact: Rita Keany 01536 482 420
ritakeany@aol.com



Lunch Club

Lunch Club

4th Tuesday at Various Venues

Di Tebbutt 01536 392 556



This is now meeting regularly on the fourth Tuesday of the month which means that people can sign up at the monthly meeting.

I am sorry that there was no lunch organised in January but sadly nobody volunteered and without people willing to do so, things don't happen. My thanks to those of you who have agreed to help but I am still looking for people to sort out lunches for June, August and October.

As Christmas Lunch was such a success last year, we have decided to book Kettering Golf Club for this year. More details to follow later in the year.

Contact: **Di Tebbutt 01536 392 556**

di_tebbutt@hotmail.com

Musical Circles

MUSICAL CIRCLES

Third Wednesday of the Month

Venue varies from 2pm

Eileen Mason 01536 725 925



We are still meeting the 3rd Wednesday every month, we play all types of music also have coffee with a snack and an enjoyable time. If any one would like to join us they would be most welcome, just give me a ring.

Contact: **Eileen Mason 01536 725925**

eileenm1935@gmail.com

Play Reading

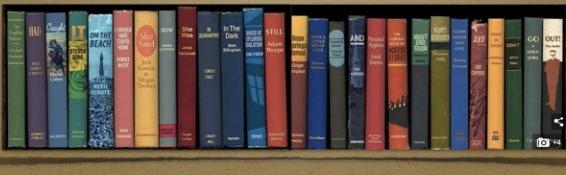
Play Reading

1st Thursday of the month 10.30 - 12.30

Kettering Bridge Club, Field Street

Di Tebbutt 01536 392 556

di_tebbutt@hotmail.com



We meet on the first Thursday of every month at Kettering Bridge Club from 10.30 until 12.30 and the cost is £3.50 which includes tea, coffee, biscuits and rental for the plays. Our next meetings are on 5th February, 5th March, 2nd April but the meeting in May will be on 14th May as I am away in the first week.

We have just finished reading Relative Values by Noel Coward which was very amusing and relevant even though it was written in 1950. Our next play is Trivial Pursuits by Frank Vickery. We still have room for a couple more people to join us, you will be very welcome.

Contact: **Di Tebbutt 01536 392 556**

di_tebbutt@hotmail.com

Stitchin' Time

STITCHIN' TIME

FIRST WEDNESDAY OF THE MONTH

AT HOME 2-4PM

PAULINE PARKIN 01536 799 197



Needles, pins, ribbons, buttons, wool and threads. We could open a Haberdashery with all the items in our bags. As usual, we are producing some lovely garments, and spending a social afternoon putting the world to rights.

Contact: **Pauline Parkin 01536 799 197****Painting & Drawing**

Painting & Drawing

Second & Fourth Monday of the month

North Park Pavilion 09.30-11.30

Jo Beaver 01933 224 474

We are meeting every second and fourth Monday of the month until Easter. We meet at the North Park Pavilion from 09.30-11.30. Anyone interested in joining the group should contact Jo at the monthly meeting or...

Contact: **Jo Beaver 01933 224 474**

beaver.jean@yahoo.co.uk



Strictly Seated

STRICTLY SEATED

ALTERNATE FRIDAYS 10.30-12.00 AT CHRIST THE KING CHURCH

Katy Ellis 07713 550 177



We had a great time performing our two dance numbers at the Christmas meeting!

We chose two contrasting pieces : an American Smooth to 'Blue Moon' and a musical theatre number to '9-5'.

What are we aiming to achieve in dance performance? There is a long list!

In class we always aim for strong posture and a lifted upper body framework. We address technical skills such as strong, straight leg position, neat, pointed toe footwork and a graceful head and arm alignment.

The team, as you saw, are developing a great style and in particular an emotional connection to the choreography- energy and expression are emerging in spades!

It's important that your face tells the story as well as your arms and legs! All this is achieved whilst having fun, (I hope!).

We are currently dipping our toe into the waters of 'freestyle' -so the team are putting their own moves into a small section of the routine - 'Africa' by TOTO.

Please give me a call if you would like to come to a taster session.

Contact: **Katy Ellis 07713 550 177**

Sing (and Laugh) Out Loud

SING (& LAUGH) OUT LOUD

ALTERNATE FRIDAYS
AT CHRIST THE KING CHURCH
10.30-12.00

DI TEBBUTT 01536 392 556



We meet every other Friday at Christ the King Church in Deeble Road from 10.30. Huge thanks go to Sarah, Maralyn and Maria for accompanying us on their ukuleles at the Christmas Party and to all members of the group who entertained everyone so well.

We continue to sing along either accompanied by the ukulele players or music on my phone and have lots of fun. We sing, talk, laugh and sometimes cry. Our next meetings are on February 13th and 27th, March 13th and 27th, April 10th and 24th and May 8th and 22nd. Come along and join us, you will be very welcome and don't forget that singing is very good for your mental health.

Contact: **Di Tebbutt 01536 392 556**

di_tebbutt@hotmail.com



Travel and Theatre Group

A VARIED PROGRAMME OF TRAVEL AND THEATRE ETC.

TRAVEL-THEATRE GROUP

Awaiting a New Leader



Contact: Awaiting a New Leader

Walking Group

WALKING GROUP

FIRST WEDNESDAY OF THE MONTH
TIMES AND VENUES VARY
Jackie Rowson 01536 515 959



Contact : Jackie Rowson 01536 515 959
u3akettwalk@outlook.com

Let's Get Cosy with Ise Valley u3a!

With some of our groups winding down, I've had a thought: what if we buddied up with Ise Valley u3a? We could pop along to their monthly meetings and join their groups. I floated the idea at January's meeting and you all seemed keen!

Unfortunately their committee rejected the idea, but we can still join their groups, space permitting.

On the right is a list on their groups.

If you are interested in joining, please contact their Groups Secretary via their web site

<https://isevalleykettering.u3asite.uk>

Ise Valley u3a Groups listed alphabetically

If you are interested in joining, please contact their Groups Secretary via their web site
<https://isevalleykettering.u3asite.uk>

Art Group Status: Full Weekly on Monday afternoons 2:00 pm-4:00 pm

Book Club Status: Waiting list Monthly on Monday mornings 11:00 am-1:00 pm 3rd Monday

Camera Club (Advanced) Status: Full Monthly on Monday afternoons 2:00 pm-4:00 pm Monday following monthly meeting

Camera Club (Beginners) Status: Full Monthly on Tuesday afternoons 2:00 pm 2nd Tuesday

Coffee Morning Status: Active Weekly on Thursday mornings 10:00 am Every Thursday

Coffee n Craft Status: Waiting list Monthly on Tuesday mornings 10:30 am-12:00 pm on the 4th Tuesday of the Month

Lunch Club Status: Active On Wednesday afternoons 12:00 pm 3rd Wednesday alternate months

Mah Jongg/Scrabble Status: Full Fortnightly on Monday afternoons 1:45 pm-3:45 pm 2nd and 4th Mondays

Play Reading Group Status: Active Monthly on Monday afternoons 2:00 pm-4:00 pm Varies but normally 1st Monday

Recorder Group Status: Active Fortnightly on Monday afternoons 2:00 pm-3:00 pm Can vary but normally 2nd & 4th Mondays

Short Walks Status: Full Monthly on Thursday mornings 10:00 am 3rd Thursday

Singing for Pleasure Status: Full Fortnightly on Friday mornings 10:00 am-12:00 pm

Spanish Status: Dormant Fortnightly on Thursday afternoons 2:00 pm-4:00 pm

Ten Pin Bowling Status: Active Monthly on Thursday afternoons 12:00 pm Thursday following monthly meeting

Ukelele Group Status: Active Fortnightly on Wednesday mornings 10:00 am-12:00 pm

u3a Kettering Interest Group Timetable

Please contact group co-ordinator for more information before joining a group

Day No fixed day	Co-ordinator	Tel.no	Venue	Frequency	Time
Gardening	Ray Bradbury	01536 516 587	varies	varies	varies
Travel & Theatre	AWAITING A NEW LEADER		varies	varies	varies
Monday					
Knit and Natter	Rita Keany	01536 482 420	Member's Home	1st & 3rd Mondays	10.00 – 12 noon
Canasta	Di Tebbutt	01536 392 556	Kettering Bridge Club	Every Monday	1.30 – 4pm
Painting and Drawing	Jo Beaver	01933 224 474	North Park Pavilion	2nd & 4th Thursdays	09.30 – 11.30 am
Family History	Richard Boyles	01536 744 753	LDS Church, Rothwell Road + Online via Zoom	2nd Monday + 1, 3, 4th Mondays	2.00 – 4.00pm 3.00 – 3.40 pm
Tuesday					
Creative Cards	AWAITING A NEW LEADER		Member's Home		
Creative Writing & Poetry	Alf Howes	07546 464 924	Kino Lounge	1st Tuesday	1.30pm
Discussion Group	David Clayton	01536 520 965	St. Andrews Church Rooms	2nd Tuesday	2.00 – 4.00pm
Lunch Club	Di Tebbutt	01536 392 556	Varies	4th Tuesday	12.00 – 2.30pm
Wednesday					
Stitchin' Time	Pauline Parkin	01536 799 197	Home—Salisbury Street	1st Wednesday	2.00 – 4.00pm
Walking	Jackie Rowson	01536 515 959	Varies	1st Wednesday	10.00 start
Musical Circles	Eileen Mason	01536 725 925	Varies	3rd Wednesday	2.00pm
Bookworms	Pauline Parkin	01536 799 197	Varies	4th Wednesday	2.00 – 4.00pm
Thursday					
Play Reading	Di Tebbutt	01536 392 556	Bridge Club, Field Street	1st Thursday	10.30–12.30pm
Card Playing	Di Tebbutt	01536 392 556	Bridge Club, Field Street	2nd & 4th Thursday	1.45–3.45 pm
Friday					
Sing (& Laugh) Out Loud	Di Tebbutt	01536 392 556	Christ The King, Deeble Road	Alternate Fridays	10.30–12.00
Strictly Seated	Katy Ellis	07713 550 177	Christ The King, Deeble Road	Alternate Fridays	10.30–12.00
Friday Pop In	David Clayton	01536 520 965	Kino Lounge, Market Place	Every Friday	10.00 – 11.30am
Bake It or Fake It	Bridget Ling	07931 979 596	Member's Home	3rd Friday	2.00–4.00pm

Meetings below with Ise Valley u3a

The following groups are in conjunction with Ise Valley u3a. Please contact THEIR group co-ordinator before joining a group

Day	Co-ordinator	Tel.no	Venue	Frequency	Time
Monday					
Recorder Group	Mary Cooper	01536 420 336	Member's Home	2nd & 4th Mondays	2.30–3.30 pm
Tuesday					
Ukulele	Alan Bailey	01933 350 147	Member's Home	Fortnightly Tuesday	10.00–12.00
Thursday					
Short Walks	Wanda Moffatt	01536 659 236	Varies	3rd Thursday	varies
Spanish	Pauline McCready	01536 485 416	St. Andrews Church Rooms	Fortnightly	2.00 – 4.00pm
Friday					
Singing For Pleasure	Linda Harris	01536 529 410	St. John's Church Hall	Alternate Fridays	10.00–12.00