



Photo: Waterpump Shutterstock

A Word from the Chairman

Hello, and welcome to the summer edition of our newsletter. By the time you read this, we will have had our AGM and elected several new faces to our committee. As I wrote in the spring, change is an integral part of our u3a development journey and, for the most part, should be embraced — it means progress and challenges the status quo.



One of the new faces you will become familiar with is William Lyons, your new Chair, and he has kindly allowed me to contribute to this frontispiece to say thank you and goodbye to all those I have worked with, past and present, over the past three years. You dedicated your talent and time tirelessly, and I enjoyed working with each of you. It was great to have had the opportunity to be part of such a great team. And I say thank you to our members for the privilege of being your Chair.

I can't waste this opportunity to share one last quote with you. This one is from Tom Petty: *It's time to move on, time to get going.*

Thank you and goodbye.

Jim



I'm William Lyons and I am your new Chairperson, following on from Jim Christie, who has clearly been a terrific rejuvenating force for the last three years. I am honoured to be his successor and will do my best to achieve the very high standards he has set.

Although I was born and bred in Hove, my home has been in and around Ross since 1976 when my steel industry employers decided to move from London to South Wales, and my (late) wife and I decided that Ross was decidedly a better

bet than Newport!

Since leaving BSC to set up my own company, I have also held senior management positions at the Hereford & Worcester Chamber of Commerce, been Chairman of a web development company based in Hereford and once retired became an Open University student and acquired a 1st Class BA in History in 2017, followed by an MA in Classical Studies in 2021. I am 78 years young, I have two daughters and four grandchildren, and after 11 years as a widower I happily remarried in 2020!

Email: u3a.ross.chair@gmail.com

COMMITTEE NEWS

Committee

Chair and Cotswold Link - William Lyons
Vice-chair and Front of House - Mark Eardley
Secretary - Catriona Pearson
Treasurer - Alan Pitts
Membership Secretary and
Beacon Administrator - Caroline Miller
Groups Secretary - Marilyn Reynolds
Publicist and Speaker Secretary - Mike Dinnick
Outings Secretary - Jane Ryland

Co-opted onto Committee

Website - Steve Elliott
Newsletter - Saleha Way
Deputy Groups Secretary - Judith Mackie

We are pleased to announce that vacant committee roles have been filled. But we still need the support of members as the three-year limit on holding a committee role means that the Treasurer job will become vacant later in the year.

GROUP NEWS

Our interest groups continue to thrive — for which we must extend huge thanks to our group coordinators for the time and effort they put in, as volunteers.

Several of our groups are full, and we have members on waiting lists. Once there are sufficient people waiting, we will endeavour to start a new group. If you have any interest in Gardening or Local History, please let us know to add your name to the list.

Creating Your Life Story is also full, and Jane Travers has offered to start a new group for men. In this particular subject, it is felt better to run separate groups.

Life Story For Men

It's a group that meets monthly to share what we call "Moments in time". These might include, people, events, travel, memories that we'd like to pass along perhaps to our children and grandchildren, or just to record for our own pleasure in the remembering.

Our discussions around our very varied experiences and memories promote links between group members and our own experiences which we might not have thought about for ages and are inspired to write for another month.

The writing element isn't onerous and generally each member reads two or three pages to the group who give enjoyable feedback and often share how they now feel inspired to write something on the same, or a similar topic. For more information, please email Jane at bjaneww@aol.com.

For information about any other group please email the coordinator to see if there is space — there is a list in this newsletter.

Marilyn Reynolds
Groups Secretary
incaamba@gmail.com

Judith Mackie
Deputy Groups Secretary
judith@mackiehome.co.uk

ACTIVITIES

Welsh-speaking coffee mornings

Ross U3A members are cordially invited to pop in to the monthly coffee mornings held at St Mary's church – on the first Saturday of every month, at 10:30am.

There are always one or two Welsh-speaking tables – if you fancy learning a little Welsh, or practising a little of what you speak, please come along.

If there is sufficient call for it, we will create a Welsh Group within the Ross u3a.

For further information please contact **Marilyn**, incaamba@gmail.com



Thank you tea

The committee took great pleasure in treating our Group Coordinators to an Afternoon Tea in April. Every coordinator gives freely of their time to bring these flourishing groups together. Without them, the u3a would not exist. A huge thank you to them all.

MARILYN REYNOLDS

ART TRAIL

The Forest of Dean and Wye Valley on the Forest and Rivers Open Studios Art Trail is on until July 9.

There are exhibitions at several galleries and studios open to the public, showcasing beautiful pieces of artwork – from paintings, sculptures, glassware and jewellery to textiles and furniture.

Download the trail brochure on the website or pick up a copy at various locations which lists all artists on the trail with their opening times and addresses.

Fancy Playing Pickleball?

Members of the Ross u3a are invited to have a go at Pickleball.

What is it?

A cross between tennis and table tennis, the game is played at Ross Tennis Courts on Wednesdays between 11:30am and 12:30pm.

You are welcome to go along and try it out – cost £5 per session.

The game is played with solid faced paddles and a perforated plastic ball. You do not need to be a member of the Tennis Club to join in.

For further information please contact **Margaret King** margaretfrances@hotmail.co.uk

Photo: marcialc



Keep the contributions coming

The Newsletter is getting an increasing number of contributions. We welcome articles, news, comments, notices, or anything that may be of interest to fellow members. Please send your contributions to Saleha Way at u3a.ross.newsletter@gmail.com



Exciting Art Group collaboration

An exciting opportunity arose for our u3a Art Group when we were approached by Ross Baptist Church Art Group and asked if we would like to do a joint art exhibition.

The exhibition was held in the Baptist Church in Ross from May 30 to June 3. The Baptist Art Group has been going for around 20 years and this was its first exhibition after covid. The current church building, built in 1881, is a lovely venue, with plenty of wall space and tables to show the artwork off to the best advantage.

We had many visitors come through the door and received lovely comments about the artwork. We even had a gentleman who wanted to thank us by singing a song!

Visitors were asked to fill in a slip stating their favourite artwork and one of our group, Sue Murphy, received the accolade with her pastel piece called 'Tawny'.

A big thank you to the Baptist Church Art Group for making us feel welcome. It was very hard work but a positive experience.



*MARGARET HAY
ROSS U3A
ART GROUP COORDINATOR*



Out and about with the Shutterbugs



The Waterpump Shutterbugs visited Hellens Gardens in Much Marcle on Jun 7 and it was absolutely magical — the weather was perfect; the gardens had been prepared for the Open Weekend and the sculpture trail was magnificent. The group managed to ‘see’ and capture different perceptions and angles albeit of many of the same objects — a great way to learn different ideas, perspectives and ways of doing things.



Recent outings have included a wander down the riverbank in Ross and trips to the Forest for bluebells at their best. The group has been busy working on their 'personal challenge' which for spring has been clouds, lines, architecture and skies for which some spectacular images had been captured.

Our next trip will be to Goodrich Castle on July 12.

PAUL CUMMINGS



Meet the u3a Cruciverbalists

Only the British would get so obsessed with such a creatively baffling yet totally absorbing and addictive brain teaser as the cryptic crossword.

Among these cruciverbalists — as they're called — are members of our very own Cryptic Crosswords group headed by Philip Angus and David Oakman.

“David and I started the group in 2019, with monthly meetings at Morecambe Lodge,” said Philip.

The original membership of five has now grown to nine, including the two coordinators.

“Each session involves a reprise of that month's cryptic crossword, followed by a group session with another cryptic crossword and a stab at some toughie clues to keep the old grey matter ticking over.

“The group members are all excellent thinkers and very receptive to tuition,” said Philip.

Cryptic crosswords first appeared in the 1920s. Edward Powys Mathers — using the apt pseudonym of ‘Torquemada’, the infamous 15th Century Spanish Inquisition torturer — was the first setter to use cryptic clues exclusively and is often credited as the inventor of the cryptic crossword. Most newspapers in the UK today run cryptic crosswords daily although the passion has never caught on in the US.

For the uninitiated like some of us in the group, trying to solve one seems an impossible task. But Philip is reassuring: “It takes time and a lot of practice. I've been doing it for 15 years. You will get there.”

There's a cryptic crossword on Page 9 if you want to give it a go.



The pleasure of writing

The u3a Writing for Pleasure group is now able to welcome new members.

It is a very friendly and relaxed group where members can share their short work from the monthly set choice of topics, or extracts from any bigger personal project.

The main purpose is the exploration and enjoyment of writing either creatively, or factually, whatever level of skill.

We meet on the second Thursday of the month at 2.30pm in my home. If you would like further details then please contact me at wrightmarianne9@gmail.com. We look forward to hearing from you.



MARIANNE WRIGHT

SPEAKERS' CORNER



Photo: pellethepoet



Photo: Alex J Donohue



Keeping books safe with locks and chains

Jennifer Dumbleton took up the post of Hereford Cathedral librarian in October 2022 having previously been the librarian at the University of Worcester.

Jennifer provided a fascinating history of the Hereford Cathedral Chained Library. For several centuries books were stored in cupboards or wooden chests until

the chaining of books was introduced as a widespread and effective security system in European libraries from the Middle Ages to the 18th century.

The 17th-century Chained Library in Hereford Cathedral is the largest in the world to survive with all its chains, rods and locks intact.

A chain is attached at one end to the front cover of each book; the other end is slotted on to a rod running along the bottom of each shelf. The system allows a book to be taken from the shelf and read at the desk, but not to be removed from the bookcase. The books are shelved with their fore-edges, rather than their spines, facing the reader (the wrong way round to us); this allows the book to be lifted down and opened without needing to be turned around – thus avoiding tangling the chain.

The collection contains about 1,500 books, dating from around the year 800 to the early 19th century, including 227 medieval manuscript books. The books are still examined and read today by scholars who come from all over the world to study them. The Cathedral's earliest and most important book is the 8th-century Hereford Gospels.

JIM CHRISTIE



Photo: Meriet Duncan



Creating a Buzz with the Honeybee

Photo: Meriet Duncan



The honeybees live for only six weeks, during which three are spent helping in the hive (house bees), while developing their wings and stings, and the last three actively pollinating while foraging for water, propolis, pollen and nectar which they turn into honey.

Meriet Duncan, beekeeper and author, told members in a lively and riveting talk that “they work their whole lives, using one selfless interaction after another that changes our world for the better.”

“In her entire life, one little honeybee makes only one twelfth of a teaspoon of honey” said Meriet. “For 1lb of honey, the honeybees will have flown 55,000 miles and visited more than 2 million flowers.”

Meriet became a beekeeper more than 16 years ago quite by accident. She was a professional photographer for almost 25 years before a hive was opened before her and she fell in love with the honeybees, which turned her career on its head. The passion was soon to result in two children’s books, *Betsie Valentine and the Honeybees* and *Betsie Valentine and the Honourable Honey Bee*. A third book in The Betsie Trilogy is under way.

“It didn’t take long before I became aware of the extent to which our planet relies on the honeybees... and where better to start than with young children through the medium of their schools, teachers and parents who will all learn at the same time.”

Apart from being a natural sweetener, honey also has many healing properties: it can be taken orally to treat coughs and sore throats, and topically to treat burns and wounds. As an anti-inflammatory agent, a teaspoon of honey can be mixed with a tablespoon of apple cider vinegar (the mother) and a little water, which is said to help relieve arthritis. The honeybees fly between three and five miles to collect the pollen and nectar, so if you’re a hay fever sufferer, it is better to buy your honey from a local beekeeper as there is a better chance that the honeybees may have been foraging on the thing you have an allergy to!

However, Meriet advised that it’s better to go to your nearest beekeeper anyway for honey as most of what you get from the supermarkets, however expensive, is not pure honey.

According to The Guardian newspaper, adulteration of honey with cheap sugar syrup has been exposed in a new investigation by the European Commission, which found 46% of sampled products were suspected to be fraudulent. Ten honey samples from the UK all failed the tests.

Meriet travels all over the UK, giving talks in schools, to communities and at events.

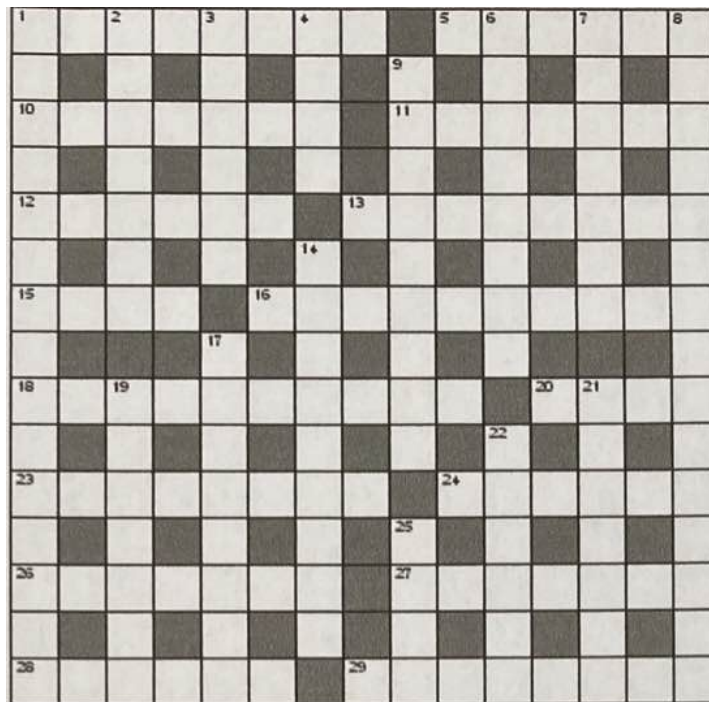
For further details visit mdthequeenbee.co.uk

Monthly talks at the Larruperz Centre, 2.30pm

July 17: Fiona Morison
Edwina Mountbatten of Burma

September 18: Dr Toby Jones
Newport Medieval Ship

GENERAL KNOWLEDGE



Across

Down

- | | |
|--|--|
| <p>1. Reproductive cells in disorganised ship load (8)</p> <p>5. Trap in shrub after noon (6)</p> <p>10. Moves swiftly for callings (7)</p> <p>11. Mumbo jumbo in garden plot (7)</p> <p>12. So slim; made-up, and lithe (6)</p> <p>13. Posh deal arranged for flower (8)</p> <p>15. Bitterness returned in deliberate gesture (4)</p> <p>16. Organic reservoir and fruit for tree! (10)</p> <p>18. Cornish ore dug up for large ungulate (10)</p> <p>20. Chemical found in a cylinder (4)</p> <p>23. Duly I tee off at Christmastime (8)</p> <p>24. Sounds like containers in French Riviera (6)</p> <p>26. Go! I ruin, cut up tropical gourd (7)</p> <p>27. Deduce or otherwise on firestorm (7)</p> <p>28. Invalidated in annulled manner (6)</p> <p>29. Celene is overworked pub owner (8)</p> | <p>1. Mark Twain's fruity character! (11, 4)</p> <p>2. Army jumper's sun umbrella? (7)</p> <p>3. Gone or otherwise in state (6)</p> <p>4. Sprint mark (4)</p> <p>6. Braggards with this moué, upset (8)</p> <p>7. Nana dug about for African (7)</p> <p>8. Edwin's orbital stargazer! (6, 9)</p> <p>9. Iris posed around American citadels (9)</p> <p>14. Al and Ron fix inside of nut tree (9)</p> <p>17. Prisoner hackneyed - penitent! (8)</p> <p>19. Sounds like sick bird is criminal (7)</p> <p>21. French ducks stories (7)</p> <p>22. Bewilder and muffle (6)</p> <p>25. Femininity includes a short skirt (4)</p> |
|--|--|

Answers on Page 12

LIFE STORY

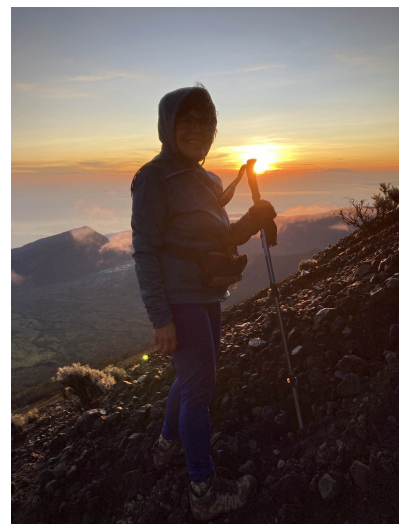


The mountains are calling...

What do you do for some excitement in retirement? Travel, buy a Porsche, paint, keep bees... With determination and discipline the possibilities are endless.

I do mountain trekking — most recently up Mt Rinjani, an active volcano on the island of Lombok. At 3,726 metres (12,224 feet), it is Indonesia's second highest mountain and last erupted in 2016.

The local operator, Jou, was bothered about my age, stamina and fortitude for the endeavour. Get to the top of Mt Rinjani? You must be the oldest person that I know if you did, he said. "When was the last time you walked up a mountain?"



Err, not so high but not so long ago, and regularly, I replied. He didn't seem convinced, so of course I had to disabuse him of the notion that old is weak, and succeed.

It was a difficult climb — from the starting point in Sembalun to the crater rim where the base camp was at 2700m, it involved walking four to five hours through rough terrain scattered with big boulders, which my little legs tackled with big groans. Some people cheated by getting on the back of bikes to take them halfway to the rim.



But the porters, many barely out of their teens, provided some hope and comfort as they nimbly and confidently bounded up the slope in flip flops or even bare feet with their burden of camping gear and food for the whole two or three-day trip.

By the time my guide Anton and I got to the campsite, which was filled with tents, my two porters had already put up mine and dug up my very own hole in the ground. We'd lunched earlier at a stopping post. Now they were preparing my

afternoon snack — banana fritters topped with cheese, which sounds a bit odd but it was fresh and delicious as were the meals served throughout the trip. It was an early night and I was tired but tents and I don't agree so sleep never came.



The journey up began at 2am, after breakfast, apparently to catch the sunrise at the top. Guided by a head torch each, we began trudging in the dark and the cold of about 5C. It was quiet, and beautiful with the moon giving the white clouds an eerie glow. The dirt trail became scree and black volcanic rocks at least 15cm deep. One step up and two slides down. It was mentally and physically exhausting.



It took me four hours to get to the summit, catching the sunrise along the way. It was a clear day and the view was breathtaking! I was chuffed, it had been a hard climb and the final stretch was a real test of grit. I was met with big smiles and cheers from younger climbers and even the guides. Word must have got round of this old lady trying to get to the top of a volcano that many bloggers have warned as 'very challenging'. It was a feat many have failed to accomplish.



The way down was a series of easier slides and slips, and giving encouragement to those still struggling up the slope for the summit.

On the way back, Anton rang his boss Jou to say mission accomplished. When I met a beaming Jou later, he repeated the claim that I was the oldest person to have reached the summit of Mt Rinjani. I didn't believe him, but it made me feel 20 years younger!

FORAGING

Summer treat: What better time to make preserves than in the summer when our woodlands, forests and hedgerows are rife with berries and other wild fruit and flowers. Here's a couple of recipes from Herefordshire-based Wild Food UK.



Bilberry Jam

A simple preserve that celebrates the sprightly flavour of fresh bilberries. As you'll know from your purple-stained

hands if you've ever picked them, the berries can be quite delicate – but this recipe makes good use of any that may have suffered a little in gathering or in transit.

2x350ml jars Prep: 10 mins Cook: 15 mins

- 600g bilberries, rinsed
- 400g granulated sugar
- 1 tablespoon fresh lemon juice

Method

Put a saucer in the freezer to chill.

Put the bilberries, sugar and lemon juice in a large, heavy-based pan and set it over low heat. Stir slowly but constantly to prevent the sugar scorching on the bottom of the pan. As the sugar melts the berries will yield their juice. Continue stirring until the mixture comes up to the boil.

Simmer gently for 15 minutes, then test the jam for a set by putting a teaspoon of the mixture onto the chilled saucer. After a few seconds, drag your finger through the puddle – if it does not run back into the pathway made by your finger, then the jam is ready. If it is still runny, return the pan to the heat and saucer to the freezer and test again in 3 minutes.

When the jam is ready, turn off the heat and leave it to stand for 10 minutes to allow the fruit to disperse. Then ladle into warm sterilised jars and seal while still slightly warm.

Stored in a cool dry place, the unopened jam should keep well for about a year.



Brandied Cherries

This is a great way to preserve cherries – there's very little preparation involved but you

do need to be patient. The cherries must be steeped in the sweetened brandy for at least six weeks. Once they're ready you can use them as a boozy dessert with whipped cream or ice cream, or add them to retro cocktails such as a classic Manhattan or Old Fashioned.

For the best flavour, select ripe, unblemished cherries with their stems intact and don't stone them. We use wood avens root to infuse the brandy with its gentle, clove-like flavour, but you could use a cinnamon stick or a vanilla pod if you prefer.

Makes 1x750ml jar Prep: 10 mins, plus 6 weeks steeping

- 400g wild cherries
- 1 wood avens root, thoroughly cleaned
- 100g granulated sugar
- 350ml brandy

Method

Wash the cherries and drain them. Trim the stems 1cm in length (leaving the stems on brings a nice nuttiness to the finished flavour).

Layer the cherries, wood avens root and sugar in a sterilised 750ml (or larger) jar. Pour over the brandy and fasten on the lid. Shake the jar well and store it in a cool, dark cupboard or the fridge for six weeks before using, shaking the jar every now and then to disperse the sugar.

Notes: Remember to pull out the stalks before serving the cherries and to warn people about the stones.

RECIPES AND PHOTOS BY
OTHERWISE FOR WILD FOOD UK
www.wildfooduk.com

CRYPTIC CROSSWORD ANSWERS

Across: 1. HAPLOIDS 5. AMBUSH 10. CAREERS 11. RHUBARB 12. LISSOM 13. ASPHODEL 15. BILE.
16. BLADDERNUT 18. RHINOCEROS 20. ACYL 23. YULETIDE 24. CANNES 26. INGUIRO 27. INFERNO
28. NULLED 29. LICENSEE

Down: 1. HUCKLEBERRY FINN 2. PARASOL 3. OREGON 4. DASH 6. MOUTHIES 7. UGANDAN
8. HUBBLE TELESCOPE 9. PRESIDIOS 14. ALMENDRON 17. CONTRITE 19. ILLEGAL 21. CANARDS
22. BAFFLE 25. MINI

ROSS u3a GROUPS

Yellow highlight has space

GROUP	CO-ORDINATOR	TELEPHONE	MEETING TIMES	EMAIL ADDRESS
Ancient & Med History	Brian King	01989 567125	3rd Thurs 2pm	margaretfrances@hotmail.co.uk
Armchair Opera	Alan Stringer	01989 562792	2nd & 4th Tues 12pm	alan.stringer26@outlook.com
Art	Margaret Hay	01989 763564	1st & 3rd Fri 2-4pm	m.hay008@btinternet.com
Book Group	Ginny James	01531 821904	3rd Wed 11am	vjames1909@gmail.com
Book Group 2	Judith Mackie	07766 134956	4th Thurs 10am	judith@mackiehome.co.uk
Bridge	Rochelle Nash	01989 563195	4th Tues 2:30pm	nash_rochelle@yahoo.co.uk
Chess	Dave Tomlin	01989 720455	1st & 3rd Thurs 10.30am	gorsleydave@outlook.com
Crafts	Joyce Meyer	01989 568607	Alternate Thurs 10am	No email
Creating Your Life Story 1	Jane Travers	01989 562308	1st Thurs 10am	bjaneww@aol.com
Creating Your Life Story 2	Jane Travers	01989 562308	2nd Tues 10am	bjaneww@aol.com
Creating Your Life Story 3	Jane Travers	01989 562308	3rd Thurs 10am	bjaneww@aol.com
Crewel	Gail Harley	01989 567672	Wed 2pm	No email
Crime Book Club	Sandie Cotterell	01989 763546	2nd Tues 2pm	sandiecotterell@gmail.com
Cryptic Crosswords	Phil Angus	01989 562455	1st Thurs 10am-12pm	pandsangus@gmail.com
Current Affairs 1	David Mason	01989 762022	1st Fri 11am	djmasonross@gmail.com
Current Affairs 2	Ben Norris	01989 485273	2nd Fri 10am	bennorris@windowslive.com
Current Affairs 3	Mary Alam	01989 567009	1st Mon 2pm	marycalam@gmail.com
French Revisited	Elizabeth Holleis	01989 565352	Mon 10am-12pm	keholleis@gmail.com
French 2	John Stern	01989 577020	1st & 3rd Tues	jon.stern.kimpton@gmail.com
Gardening 2	David Thomson	01989 762949	2nd Tues 2pm	dthr95jz@gmail.com
Genealogy	Di Taylor	01549 860645	3rd Fri 11am-1pm	zpundit@yahoo.com
Geology & Landscape	Tim Barrett	01989 567906	1st Fri 10am	trbarrett@btinternet.com
History of Science	Brian King	01989 769736	3rd Fri 10am	margaretfrances@hotmail.co.uk
Jewellery	Nola Bates	01989 610150	1st & 3rd Thurs in house 10.30am or 2pm	nolabates1@gmail.com
Joys of Gardening	Suzie Kemp	01989 566998	Ring for details	witchiepoo_007@yahoo.com
Keep Fit	Rae Duffield	07971 968469	Wed 11.30am	glasym@hotmail.com
Line dancing	Hilary Smart	01989 762383	1st & 3rd Wed 2pm	hilarysmart@ymail.com
Local History 1	Belinda Legge	07964 821930	1st Tues 10.30am	belinda@richardnet.co.uk
Mah Jong	Jane Collins	01989 750866	1st & 3rd Fri 10.15am	janelouisecollins@gmail.com
Modern World History	Brian King	01989 769736	4th Wed 2pm	margaretfrances@hotmail.co.uk
Nature	Catriona Pearson	01989 769425	1st Mon 10.30am	catriona64@gmail.com
Philosophy	Brian King	01989 769736	1st Tues 2pm	margaretfrances@hotmail.co.uk
Photography	John Ryland	07752 661390	2nd Tues 10am	jryland42@gmail.com
Photography 2	Andrew Mackie	01989 750860	2nd Wed 10.30am	andrew@mackiehome.co.uk
Play Reading	Anne Summers	01989 218432	1st & 3rd Tues 2pm	annemesummers@gmail.com
Pub Walks	Dixie Collins	01989 750866	2nd Fri 10am	dixie4028@gmail.com
Quiz	Mike Travers	01989 562308	4th Mon 10am-12pm	miketramvers1@hotmail.com
Rock Music	Mike Goff	01594 862640	2nd Tues evening	mikejgoff@outlook.com
Rummikub for Fun	Sandie Cotterell	01989 763546	1st & 3rd Tues 10am	sandiecotterell@gmail.com
Science & Technology	David Colenso	07857 940143	2nd Mon 2-4pm	davecolenso@yahoo.com
Scrabble	Nola Bates	01989 762803	2nd & 4th Wed 2pm	nolabates1@gmail.com
SOLO	Janet Bond	01531 820982	Wed 10.30am	janet.bond1@btinternet.com
Spanish Intermediate	Diana Wood	01989 562355	Wed 10.30-11.30am	diwood407@gmail.com
Spanish Conversation	Marilyn Reynolds	01989 564830	2nd & 4th Tues 10am-12pm	incaamba@gmail.com
Table Tennis	Keith Westwood	01989 562697	2nd & 4th Mon 2-3.30pm	kw@keithwestwood.plus.com
Tai Chi	Jane Travers	01989 562308	Thurs 2pm	bjaneww@aol.com
Theatre	Fiona Leathart	01989 565271	1st Thurs 2pm	leathart.holly@gmail.com
Walking	Vivienne Nutt	07812 826155	2nd Mon 9.30am	vivnutt@hotmail.co.uk
Whist	Rochelle Nash	01989 563195	1st Thurs 2:30pm	nash_rochelle@yahoo.co.uk
Writing for Pleasure	Marianne Wright	01989 762949	2nd Thurs 2pm	wrightmarianne9@gmail.com
Yoga	Marilyn Reynolds	01989 564830	Wed 11am	incaamba@gmail.com