



Saleha Way

## ***A Word from the Chairman***



Welcome all existing and new (see below) members to the Winter Edition of the Ross & District u3a Newsletter. Christmas approaches and I hope you will have a great festive season and let's also hope that we get some drier weather!

The most significant event for us since our last Newsletter was our Annual Open Day meeting which took place on Monday, November 18. Despite decidedly unpleasant weather which, without doubt, caused a slightly lower attendance than usual, we nevertheless secured during the day a total of 32 new members, bringing our total membership level up to near 600 – a really gratifying number for such a small town as Ross-on-Wye but which demonstrates just how important the u3a message has become to the population at large.

The influx of new members means a corresponding increase in numbers of people joining our groups, which is always most welcome as I know that all our selfless Group Coordinators are delighted to welcome new participants.

On that subject of selflessness may I as Chairman make a plea for more volunteers to step forward from the ranks because we are always looking for members who are prepared to put their shoulders to the wheel and actually join us in the exacting but very rewarding task of keeping this marvellous u3a vehicle trundling along. We have a pressing need for someone to fill the highly important role of Outings Secretary (without which we are unable to organise any more of the ever popular visits to interesting locations). We should also welcome any approaches from members who might wish to join us on our General Committee, even as 'members without portfolio' as all positions are time restricted and require re-filling every three years or so. Please contact me for an informative chat if of interest.

In the meantime I trust you will enjoy reading this newsletter — see you again next Spring!

*William*

**Email: [u3a.ross.chair@gmail.com](mailto:u3a.ross.chair@gmail.com)**

# COMMITTEE NEWS

## Committee

Chair and Cotswold Link - William Lyons  
Vice-chair and Front of House - Mark Eardley  
Secretary - Anne Pye  
Treasurer - Simon Silver  
Membership Secretary - Heather Whitehouse  
Groups Secretary - Marilyn Reynolds  
Publicist and Speakers Secretary - Catherine Silver  
Beacons Administrator - Jacqui Ehlen

## Co-opted onto Committee

Website - Jim Christie  
Newsletter - Saleha Way  
Deputy Groups Secretary - Judith Mackie

## Situations vacant

**Outings Secretary:** *We are still looking for a volunteer to take over this crucial role of organising visits to interesting places. The trips are only quarterly but always very much enjoyed and appreciated by members. Please contact our u3a Chairman William Lyons at [u3a.ross.chair@gmail.com](mailto:u3a.ross.chair@gmail.com) for a chat. We need your help to keep our u3a running.*



**Newsletter Editor:** *How time flies when you're enjoying yourself. It's been fun, it's been creative, but my role as editor of the Ross u3a Newsletter will end come Spring. We are hoping for someone to take over the helm from the Summer edition. This may seem a long way away but vacancies often take a while to be filled! I will be very happy to provide help and guidance. Please contact me, Saleha Way, at [u3a.ross.newsletter@gmail.com](mailto:u3a.ross.newsletter@gmail.com) or William as above.*

## GIFT AID: EXTRA TAX RELIEF FOR US AT NO EXTRA COST TO YOU

For some time now all donations by individuals to charities have been tax free. The Government Gift Aid scheme allows charities like ours to claim back the tax that you have paid on your subscriptions and donations to Ross u3a.

With your agreement we can claim an extra 25p for every £1 that you give us, effectively increasing the value of your donation by 25% at no extra cost to you. It makes an important addition to our income and means that we can keep our subscriptions as low as possible.

There are rules for Gift Aid of course. First, you must be a UK taxpayer and have paid income or capital gains tax during the year. Second, the amount of tax you pay must be at least equal to the value of all the Gift Aid that charities will claim on your donations during the year. If you are eligible but have not made a Gift Aid declaration yet, please consider doing so now. Forms and further advice are available from our Membership Secretary Heather Whitehouse [u3a.ross.membership@gmail.com](mailto:u3a.ross.membership@gmail.com)

# GROUP NEWS

It was a joy to welcome so many newcomers to Ross u3a at our Open Day in November. There were lots of interest in our many groups. Judith and I are now 'eyes down' working our way through the information sheets, chatting to group coordinators to see what space is available, and planning to set up new groups as needed. If you have registered an interest in any groups, you will be contacted eventually – please allow us time to work through this busy time.

In the meantime, please remember the u3a ethos – our groups work by sharing information and by being participative. Group coordinators are not necessarily an expert in the subject – they act as the communicator for the group by keeping members in touch by email. It is up to group members to contribute, by suggesting things to discuss, or offering different ideas for learning. We're all here to keep the brain cells ticking over! Preparing a brief presentation for the History Group, for example, should not be an onerous task. Consider it a pleasant way of doing a bit of research and learning more yourself, ready to pass on to others.

Here's to a Happy and Brain Awakening 2025!

Marilyn Reynolds – [incaamba@gmail.com](mailto:incaamba@gmail.com)

Judith Mackie – [judith@mackiehome.co.uk](mailto:judith@mackiehome.co.uk)

# OPEN DAY



## A crowd-puller yet again

It was a delight to see the number of visitors attending the recent u3a Open Day. In spite of the rather gloomy weather, the event was crowded with keen potential members moving from one table to the next and keeping group coordinators busy explaining their offerings of activities.

We managed to attract more than 30 new members on the Open Day alone, pushing membership level to nearly 600.





## A crowd-puller

And still more are yet to join as many of the visitors have put their names on the waiting lists of groups that are already full but ready to start a new set.

“What a surprise. So many interesting groups to join,” commented one caller.

The visitors were also treated to cream tea.





## Afternoon delight

Pianist Peter Gill returned to entertain members, both in words and his jaunty keyboard accompaniment, with 'Musical Satire of the 20<sup>th</sup> Century'.

He explores the evolution of the comedy song in the 20<sup>th</sup> Century – from the rude ditties sung in the trenches of WWI to the genius of George Formby and other famous singers and comedians including Victoria Wood, and finishing with The Life of Brian's *Look on the Bright Side*.

The afternoon delight ended with mince pies and tea/coffee for the audience.

## Monthly talks at the Larrupez Centre, 2.30pm

**January 20: Dorothy Nichols: The Origin of a Naturalist (Charles Darwin)**

Darwin was born in Shrewsbury and as a young boy he was the despair of his father and school teachers. This talk describes how he grew up to become one of the finest scientists of the age.

**February 17: Andrew de la Haye Wild about Ross**

**March 17: Andrew Gerrard RNLI - the charity that saves lives at sea**

# GROUP ACTIVITIES

## Groups flourish along with surging interest in the u3a



*We take a look at a couple of groups formed a few months ago and also at two not so recent ones*



### PICKLEBALL

U3A Pickleball started in Ross at the beginning of March 2024.

We play the 1st and 3rd Fridays of the month at 2pm at Ross Tennis Centre.

In the first trimester we averaged six to seven players; now we average nine to 10 players with 15 potential players on the list.

Pickleball is an easy, fun and sociable game to learn. Within a few sessions you will have picked up enough to be playing and enjoying. We play outdoors although the game can be played indoors. Most of us enjoy the fresh air and the session will only be called off due to persistent rain or icy conditions.

Pickleball is played on a badminton sized court, which can be marked out on a standard tennis court using the tennis net lowered by a few inches. The game is a combination of tennis, badminton and table tennis but is of lower impact than tennis. It is played with a racquet called a paddle and a ball called a wiffle ball. There are different pickleball balls for indoor and outdoor play. The outdoor ball is heavier and more durable, while the indoor one is lighter and smaller.

Once you start playing pickleball, you'll quickly find it easy to learn but could be challenging to master. The basic shots that everyone will need include:

- **The dink:** A dink is a light shot, usually hit just over the net, making opponents scramble forward. Rather like a drop shot in tennis.
- **The volley:** A volley is a shot hit before the ball bounces, keeping your opponents on their toes and forcing them to react quickly.
- **The lob:** A lob is a high, arching shot that forces your opponents to move back. It's great for taking control of the court and setting up an easy winner.
- **The smash:** A smash is a powerful shot hit downward, usually at the end of a rally to win a point.

If you are still curious come along on the 1st or 3rd Friday of the month, sit on a bench and watch. Before we have finished the hour you will be wanting to join in. If you need a little more convincing look it up on YouTube and watch a few videos. Beginners are welcome!

LESLEY LYONS



## CYCLE AND COFFEE GROUP

This is a new group formed in August. Having moved to Ross recently I was keen to get to know the area and there is no better way to do this than by bike! Being short of a cycling companion it seemed the obvious thing to do is to see if any other U3A members would be interested in coming along. They were and they did!!

The first ride saw seven of us meet close to the Town Trail and enjoy an easy ride out to Walford and then back to the garden centre for coffee. It's gentle easy bike riding – we average nine miles an hour. We aim for a good coffee stop. Knowing the undulating countryside

around Ross most of us prefer electric bikes.

And now three rides later we have a core of like-minded cyclists who can all transport our bikes and already forming ambitious plans to head for the Forest!

We go out on the fourth Thursday of the month; we keep to quiet country lanes and use the Town Trail where possible; we stop and admire the views; we enjoy each other's company. We aim to leave at 10am and return at about 12.

New members welcome!!!

*YVONNE MCKEON*



Tony Hearn minding the book table

## BOOK TABLE

I have been running the book table for just over two years. The idea is to have a display of books for sale at each monthly large U3A meeting at the Larruperz.

The books are all donated by members and are priced at only 50p for a paperback (3 for £1). We seek to encourage members to pick up a bargain and for us all to recycle and reuse our books. All proceeds are passed on to our local U3A Funds.

Several members donate their purchased books to us after they have read them. We also welcome members bringing us books (recent titles especially welcome), to help us replenish and refresh the selection we offer.

Please do come and take a look at the book table on your next visit to a monthly large meeting, and do come back regularly to browse as you may just find something new.

*FELICITY HEARN*

## ROCK MUSIC

The Rock Group started early last year after Mike Goff made a request to the u3a for the creation of one. Soon he had a meeting with those interested in joining the group.

Today, the Rock Music group has settled to a routine, practising every two weeks on a Tuesday evening at a church hall in Bailey Lane End. There are five members: four men on the guitar and a woman singer.

“We managed to get a group together quite easily, thanks to Marilyn (the Ross u3a Groups Secretary),” said Mike. “We could do with a variety of musicians rather than just guitar players, but we are an enthusiastic lot.”

The group has performed at a charity event for the local church (photo below).



# CELEBRATING WINTER

## Food, food, glorious food for Christmas

**“Beef, mutton, and pork,  
shred pies of the best,  
Pig, veal, goose, and capon,  
and turkey well drest;  
Cheese, apples, and nuts,  
jolly carols to hear.  
As then in the country is  
counted good cheer”**

THOMAS. TUSSEK  
16<sup>TH</sup> CENTURY POET



Photo: Canva

Winter festivities can be traced back to pagan times. The Romans celebrated Saturnalia, their version of Christmas, with huge feasts, heavy drinking and exchange of gifts. With the rise of Christianity came less revelry but even then Medieval tables would be groaning with food and drinks at Christmas. The Tudor period that followed continued the tradition.

There are various theories as when multi-bird roasts were first served at Christmas but historians believe that these extravagant offerings were the height of fashion in Tudor times, taking centre stage in grand dining rooms as proof of the wealth of the household and the abundance of game thriving within the estate.

The Puritans dealt a blow by outlawing Christmas in 1647 but the fun and gluttony returned with the Georgians: Christmas became a month-long celebration starting on St Nicholas Day on December 6. Servants got a day off work on December 26 and often given a box of food leftovers, clothing and even money – hence the term Boxing Day. But it was the Victorians who set the Christmas traditions as we know it: instead of very large parties and gatherings, the Victorians saw Christmas as a family occasion.

### Turkey

We eat more than 10 million turkeys at Christmas, which some believed to have been introduced to us by Yorkshireman Bill Strickland. The story goes that he brought six turkeys back on his return from the New World with Venetian explorer Sebastian Cabot, and sold them for tuppence a piece to traders in Bristol. Legend has it that the Tudor king Henry VIII was the first person to swap the traditional goose for turkey on Christmas Day, but it only became more common in the Victorian era. Charles Dickens in particular spread the idea of a Christmas dinner with a roast bird, all the trimmings and a pudding on the table.



Photo: Doug Greenberg

### Christmas pudding

This speciality began life as something called plum porridge, a pretty unappetising sounding dish made from beef shin, spices, sugar and fruit jellified in a broth. The first recipe to resemble the Christmas pudding we know today appeared in the 1830s, as a combination of flour, fruit, sugar and spice, with plenty of suet to replace the beef shin.

Photo: formalfallacy



### Mince pie

Yet another example of the tradition of mixing meat with dried fruit and spices brought over from the Crusades, mince pies had minced beef listed as an ingredient up until the 19th century. They used to be much bigger, made to serve crowds of around 20 people, and were to symbolise Jesus' crib. Once sugar became more accessible and cheaper to the average cook, mince pies lost their savouriness, although lots of beef suet was still used for an extra rich flavour. This meant they would last longer, so bakers started to make them bite-sized.



Photo: niksarebi  
Vermala Photography

Photo: Canva



## Mulled wine

Mulled wine has been around for at least 2,000 years and was a prominent feature of the Roman Saturnalia. It was thought to help ward off winter illness. The Romans would heat leftover wine and add spices such as pepper, laurel, saffron, and bay leaves to create a warming drink called *Conditum Paradoxum*, which translates to “surprise spiced wine”. They also added honey and dates to the mixture.

As the Roman Empire expanded, so did the custom of drinking mulled wine. The Romans introduced the drink to the local populations of the areas they occupied, and variations of the drink developed across Europe.

Mulled wine fell out of favour around the 19th century, but it became associated with Christmas in Victorian times and regained popularity. In the UK today the wine is usually with festive spices such as cinnamon and cloves.

## The distinctive flavours of merry feasts elsewhere

**Many countries celebrate Christmas with longstanding traditions. Dinners are particularly interesting**

### Japan

Christmas food in Japan revolves around fried chicken, with KFC outlets specifically experiencing its busiest time of the year with orders from more than 3.6 million families, many made months in advance to avoid hours of queuing. The Christmas pack usually include a whole chocolate fudge cake, a commemorative plate featuring Colonel Sanders as Santa and, of course, made-to-order fried chicken.

The tradition began in 1974 when the American fast food outlet created an advertising campaign called “Kentucky for Christmas”, which soon became popular.



Photo: clamshack

### Poland

Polish people celebrate Christmas with *Wigilia* or Christmas Eve dinner comprising exactly 12 dishes to represent the 12 disciples of Jesus Christ and the 12 months of the year, and also because the number is considered financially lucky in Polish culture.

The Christmas supper is traditionally meat-free, except for fish, so you can expect to see an array of pescatarian and grain-based dishes laid out on the table. The main dish of the meal is carp. It is traditionally bought alive a few days before Christmas and killed in the bathtub by the lady of the house.

### Italy

Seafood also plays a prominent role on the Christmas dinner table with the “Feast of Seven Fishes”, known as *La Vigilia*, being served on Christmas Eve. This meal is meant to be meat-free as is traditional in the Catholic faith. In America, families with Italian heritage may follow this popular tradition.

For starters, you’ll find dishes such as calamari, octopus salad and mussels in broth. For the main course you might have baccala (salted cod), seafood linguine or fish soup.

Meat is back on the menu for a Christmas Day meal of several courses. This often starts with an antipasti platter, followed by dishes that vary from region to region, such as lasagne in northern Italy and tortellini in Rome.

### Greenland

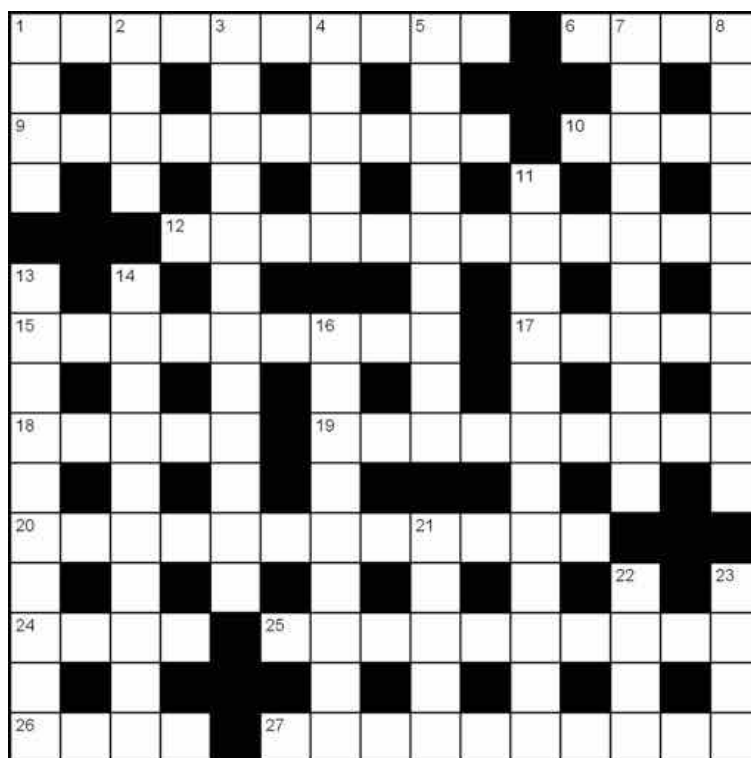
In addition to roast or barbecued reindeer, a Christmas meal in Greenland might include mattak, strips of whale blubber encased in whale fat and typically served raw in small cubes with soy sauce or coarse salt. There’s also “kiviak,” an Inuit dish of a seal carcass stuffed with 300 to 500 small auk seabirds and buried underneath stones and served once it begins to decompose.



Photo: Risager

Mattak

# CRYPTIC CROSSWORD



## Across

1. Can Francis change to bring order (10)
6. Tundra flower worn by Samurai (4)
9. Big Mrs Lulu regurgitates with colic (10)
10. Bluish water found in paraquat (4)
12. Good oilstone ground for dental practices (12)
15. 'Big Bolita' recomposed piece of music (9)
17. Capital I held and changed (5)
18. Horde assembled for Roman king (5)
19. Gabriel - mischievous spiritual messenger (9)
20. Restorative growth! (12)
24. Boinking hides porcine grunt (4)
25. Ancient seamen worked on temperance (10)
26. Told off, being a stupid person (4)
27. Yuletide Mancunian sweetmeat! (6,4)

## Down

1. Smoke and seethe (4)
2. Friend in scallywag (4)
3. Babysitting - one up from this? (12)
4. Alluring klaxon (5)
5. Arabism company promotes as food of the Gods (9)
7. Parisian make-up? (10)
8. Thoroughfares with capsules lead to shedded loads (10)
11. Vicars go down to create artefacts (12)
13. Maternal gangster? - on the contrary! (10)
14. Rating earliest for indigene (10)
16. High work-rate in an aerobic suite (10)
21. Petrol totting-up? (5)
22. Three cardinals with a forces entertainment (1,1,1,1)
23. Strain in epigenesis (4)

Answers on Page 11

# COMMUNITY



## Ross Warm Space Winter 2024/25

Local organisations have very kindly offered a warm space for people to visit this winter including **Ross Library, Ross Community Garden, Ross Community Larder and Forest & Wye Community Church**

### Monday

**09.30 to 16.30** Library, Cantilupe Road

**10.30 to 11.30** Zero Waste Stall - at Ross Community Garden, Old Gloucester Road

**12.30 to 13.30** Ross Community Garden - free soup and roll

### Tuesday

**09.30 to 12.00** Library, Cantilupe Road

**09.00 to 11.00** Ross Community Larder has a drop-in Tea and Toast session on Tuesday mornings at St Mary's Church Hall. All are welcome and there is no charge. Soup is also available. The hall has disabled access via the Crossfields entrance to the Churchyard.

**10.30 to 11.30** Zero Waste Stall - at Ross Community Garden, Old Gloucester Road

### Wednesday

No Library

**12.30 to 13.30** Ross Community Garden - free soup and roll

**10.30 to 11.30** Zero Waste Stall at Ross Community Garden, Old Gloucester Road

### Thursday

**09.30 to 16.30** Library, Cantilupe Road

**10.30 to 11.30** Zero Waste Stall - at Ross Community Garden, Old Gloucester Road

**10.00 to 12.00** Warm Cafe, Forest and Wye Community Church, 15 Henry Street. All welcome for tea, coffee, a chat and mobile charging.

### Friday

**09.30 to 16.30** Library, Cantilupe Road

**10.30 to 11.30** Zero Waste Stall at Ross Community Garden, Old Gloucester Road

**12.30 to 13.30** Ross Community Garden - free soup and roll

**12.00 to 14.00** The Friday Lunch Club at The Larruperz Centre for those aged 75 and over. We provide a 2 course home-cooked meal with hot drinks for £10. Social interaction group, fun activities and a chance to chat and be a part of our Friday family. Pre booking is essential via **Sarah O'Neill** by the Monday the week you would like to attend **07814624417/01989720627**.

### Saturday

**09.30 to 13.00** Library, Cantilupe Road

**10.30 to 11.30** Zero Waste Stall - at Ross Community Garden, Old Gloucester Road

## CRYPTIC CROSSWORD ANSWERS

### Across:

**1. Franciscan, 6. Amur, 9. Mulligrubs, 10. Aqua, 12. Odontologies, 15. Obbligati, 17. Delhi, 18. Herod, 19. Archangel, 20. Regenerative, 24. Oink, 25. Abstinence, 26. Dolt, 27. Eccles Cake**

### Down:

**1. Fume, 2. Ally, 3. Childminding, 4. Siren, 5. Ambrosia, 7. Maquillage, 8. Roadspills, 11. Woodcarvings, 13. Motherhood, 14. Aboriginal, 16. Anaerobics, 21. Total, 22. ENSA, 23. Gene**

# ROSS u3a GROUPS

Highlighted groups have space

GROUP	CO-ORDINATOR	TELEPHONE	MEETING TIMES	EMAIL ADDRESS
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
Art 2	Lynda Mower	07771 760052	2nd & 4th Thurs 10am-12pm	lynda.mower@btinternet.com
Beginners Astronomy	William Lyons	07743 123903	Pending	<b>william@kinachio.co.uk</b>
Books	Ginny James	01531 821904	3rd Wed 11am	vljames1909@gmail.com
Books 2	Judith Mackie	07766 134956	4th Thurs 10am	judith@mackiehome.co.uk
Bridge	Rochelle Nash	01989 563195	4th Tues 2pm	nash_rochelle@yahoo.co.uk
Canasta	Pat Milnes	01989 762028	2nd & 4th Wed 2pm	patmilnes49@gmail.com
Chess	Dave Tomlin	01989 720455	1st & 3rd Thurs 10.30am	gorsleydave@outlook.com
Crafts	Joyce Meyer	01989 568607	Alternate Thurs 10am	sandiecotterell@gmail.com
Creating Your Life Story 1	Jane Travers	01989 562308	2nd 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
Creating Your Life Story Men	Jane Travers	01989 562308	3rd Wed 10am	bjaneww@aol.com
Creating your Life Story 5	Jane Travers	01989 562308	4th Tues 10am	bjaneww@aol.com
Cribbage	Suzie Kemp	07721 988125	1st & 3rd Thurs 2-4pm	witchiepoo_007@yahoo.com
Crime Books	Sally Beswick	07808 183911	3rd Thursday 10.30am	sally.beswick@hotmail.co.uk
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	Michael Wood	01989 769836	2nd Fri 10am	enawood1@gmail.com
Current Affairs 3	Mary Alam	01989 567009	4th Mon 2pm	marycalam@gmail.com
Cycle & Coffee	Yvonne McKeon	01989 567125	4th Thurs 10am	ybmckeon@gmail.com
French Revisited	Elizabeth Holleis	01989 565352	Mon 10am-12pm	keholleis@gmail.com
French Conversation	Jon Stern	01989 577020	1st & 3rd Tues 2-4pm	jon.stern.kimpton@gmail.com
Gardening	Maggie/Ken Jones	01989 568780	2nd Tues 2pm	collcost@yahoo.co.uk
Genealogy	Di Taylor	07425 154730	3rd Fri 11am-1pm	zpundit@yahoo.com
Genealogy 2	Judith Mackie	07766 134956	3rd Tuesday 10.30am	judith@mackiehome.co.uk
Geology & Landscape	Tim Barrett	01989 567906	1st Fri 10am	trbarrett@btinternet.com
History	Brian King	01989 769736	4th Wed 2 pm	margaretfrances@hotmail.co.uk
Jewellery-making	Nola Bates	01989 610150	1st & 3rd Thurs 10.30am/2pm	nolabates1@gmail.com
Keep Fit	Rae Duffield	07971 968469	Wed 11.30am	glasym@hotmail.com
Line dancing	Hilary Smart	01989 762383	1st & 3rd Wed 2-3pm	hilarysmart@ymail.com
Local History 1	Belinda Legge	07964 821930	1st Tues 10.30am	belinda@richardnet.co.uk
Local History 2	Diane English	07845 088497	3rd Thurs 2pm	di.english13@gmail.com
Mah Jong	Jane Collins	07887 768485	Every Fri except 2nd 10.15am	janelouisecollins@gmail.com
Mini Bridge	Roy Milnes	01989 762028	1st & 3rd Thurs 10am-12pm	roy5.milnes@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	Gordon Hay	01989 763564	2nd Tues 10am	gordh777@gmail.com
Photography 2	Andrew Mackie	01989 750860	2nd Wed 10.30am	andrew@mackiehome.co.uk
Photography 3	Jac Ehlen	07968 351629	3rd Wed 10.30am	jacehlen@hotmail.com
Pickleball	Lesley Lyons	01989 769931	1st & 3rd Fri 2pm	gilmourlesley@yahoo.co.uk
Playreading	Anne Summers	01989 218432	1st & 3rd Tues 2pm	annemesummers@gmail.com
Pub Walks	Dixie Collins	07789 474091	2nd Fri 10am	dixie4028@gmail.com
Pub Walks 2	Carol Carney	01989 780787	1st Fri 10.30am	carolcarney001@gmail.com
Quiz	Mike Travers	01989 562308	4th Mon 10am-12pm	miketrovers1@hotmail.com
Rock Music	Mike Goff	01594 862640	2nd Tues evening	mikejgoff@outlook.com
Rummikub 1	Sandie Cotterell	01989 763546	1st & 3rd Tues 10am	sandiecotterell@gmail.com
Rummikub 2	Sandie Cotterell	01989 763546	2nd & 4th Wed 2pm	sandiecotterell@gmail.com
Science & Technology	David Colenso	07857 940143	2nd Mon 2-4pm	davecolenso@yahoo.com
Scrabble	Nola Bates	01989 610150	2nd & 4th Wed 2pm	nolabates1@gmail.com
SOLO	Caroline Miller	01989 569903	Wed 10.30am	up7ailsa11@gmail.com
Spanish Intermediate	Diana Wood	01989 562355	Mon 10.30-11.30am	diwood407@gmail.com
Spanish Beginners	Marilyn Reynolds	01989 564830	2nd & 4th Tues 10.30am-12.30pm	incaamba@gmail.com
Spanish Beginners 2	Marilyn Reynolds	01989 564830	1st & 3rd Tues 10.30am-12.30pm	incaamba@gmail.com
Table Tennis	Keith Westwood	01989 562697	2nd & 4th Mon 2-3.30pm	kw@keithwestwood.plus.com
Table Tennis 2	Catriona Pearson	01989 569425	1st & 3rd Thurs 2-3.30pm	catriona64@gmail.com
Tai Chi	Jane Travers	01989 562308	Thurs 2pm	bjaneww@aol.com
Theatre	Fiona Leathart	01989 565271	1st Thurs 3pm	leathart.holly@gmail.com
Walking	Vivienne Nutt	07812 826155	2nd Mon 9.30am	vivnutt@hotmail.co.uk
Whist	Rochelle Nash	01989 563195	1st Thurs 2pm	nash_rochelle@yahoo.co.uk
Writing for Pleasure	Marianne Wright	01989 762949	2nd Thurs 2.30pm	wrightmarianne9@gmail.com
Writing for Pleasure 2	Lynda Roger	01989 561045	2nd Thurs 2.30pm	lynda.rodger@hotmail.co.uk
Yoga	Marilyn Reynolds	01989 564830	Wed 11am	incaamba@gmail.com