

Wheathampstead U3A November Newsletter

Speaker Meeting – This Thursday 28th November – 2.30 at The Memorial Hall at 2:00 for 2:30pm.

We have an unusual format for our meeting this time. We will start with Emma Loader telling us all about the charity “Herts Musical Memories” This amazing organisation has branches across Hertfordshire and the volunteers deliver fun and stimulating singing sessions for people living with dementia and their carers.

Emma’s talk will last for about 15 minutes, after which the Clover Singing Club ensemble will give a performance with a wide variety of songs – and there will be an opportunity for the audience to join in and have fun too. The Club’s emphasis is on laughter and relaxation, so we are looking forward to an informative and fun afternoon.

As always there will be refreshments after the talk and an opportunity to chat with your u3a friends.

Guests are welcome to attend 2 Speaker meetings a year for a small fee of £2.50.

NB. As the Clover choir members will be joining us for the “Apres-Singsong” refreshments, space in the hall will be at a premium so we will abandon the jigsaw table this time.

Coffee Mornings – The next one will be held on Wednesday 11th December at The Swan 10.30.



Do come along and meet other u3a members for a chat over a coffee and biscuits. It only costs £3 and you are welcome to bring a friend along as it’s a good opportunity for anyone thinking of joining us to see what a friendly bunch we are.

Christmas Event – Thursday 19th December 7pm at Marford Hall – “A Highland inspired Fling!”

The invitations went out a couple of days ago and already we have started getting replies.

We have musicians and callers to lead you in a bit of Scottish dancing a bar, kindly run by The Swan, a Raffle, a Scottish Themed Quiz and some yummy snacks to keep up your energy levels for dancing (or watching!). There will be a small charge of £5 for this event to help cover costs.



Raffle Prizes - We would love a few extra raffle prizes for this so if you'd like to donate something or are having a pre-Christmas clearout and come across any unwanted presents from last Christmas or birthdays etc, we'd love to have them. You can bring them to the next coffee morning or Speaker meeting and hand them to a Committee member, or get in touch with either me janice.danby@gmail.com or Chrissie chrissie.chadney@gmail.com and we'll tell you where to bring them or get someone to collect.

Supper Club – Please note there will be no Supper Club in December as most restaurants will be busy with Christmas bookings.

The aim of the Supper Club is to enjoy good food, locally, at reasonable prices and in good company. It is for singles and couples alike. The only proviso is that you have to be prepared to organise, or help organise, at least one of the Supper Club outings. If you are interested in joining, please contact Chrissie Chadney <mailto:chrissie.chadney@googlemail.com>

Look out for the Supper Club emails in 2025 to let you know what exciting venues are going to be cooking for us.

Outings – Always popular so keep a close eye on your inbox as they get snapped up very quickly!

17th December – “Christmas at Kew” (Fully booked)

The Coach will be leaving Marford Hall bus stop at 2.30pm, returning to Wheathampstead by about 9pm. This outing will not include refreshments as there are many eating and drinking places as you wander around the gardens, so you can choose what and when to have a break.

Your outings team have come up with some really exciting outings for 2025 so if you enjoy our trips, watch out for the Outings Invitations in your emails. The first ones next year are -

20th February 2025 - [Banbury - Snowdrops and Lunch](#)

25th March 2025 - [Milton Keynes - Medical Assistance Dogs](#)

Workshops -

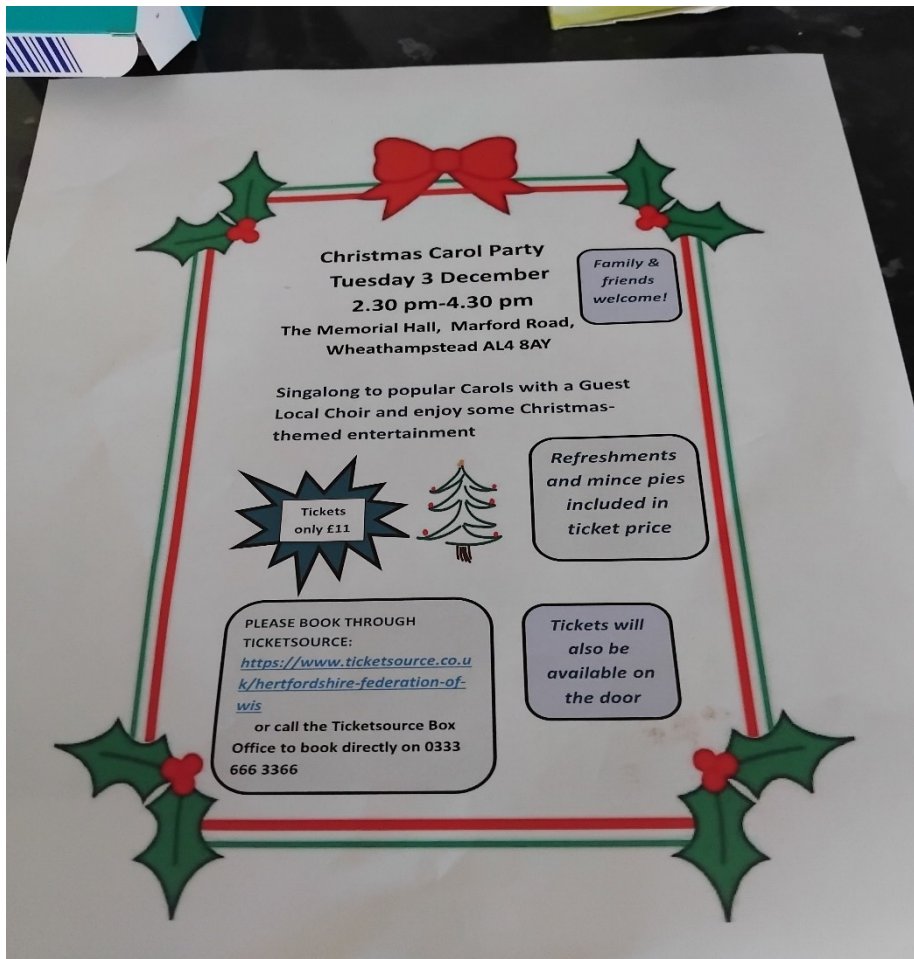
26th November – Sugarpaste **cancelled** – Regrettably this has had to be cancelled due to unforeseen circumstances

3rd December – Christmas Card Making – Sue Hawkins has sent out the invitations so those of you who are interested will have already signed up by now, but I think there may still be a couple of spaces if you'd like to attend.

Groups – We have nearly 40 Groups running at the moment – have a look at our beautifully updated website to see what’s on offer or come and chat to your Groups Convenor and have a browse at the newly formed Groups Noticeboard at the next Speaker meeting to find out what’s new, what’s in the pipeline and most importantly, what else you would like. If you have any photo’s of your groups “doing their thing” do bring them along and we’ll display them.

Before I sign off there are a couple of other things to advertise which may be of interest to you –

December 3rd – Memorial Hall, 2.30 to 4.30 – Christmas Carol Party- singalong to popular Carols with a guest choir and enjoy some Christmas themed entertainment – Tickets £11 - Details in this photo



Anyone for a spot of Tai Chi?

From 10.10 to 11am in Chapel Halls at a cost of £10 a class. The TaiChi instructor isYoko and here’s a video clip of her winning gold at the national championships for her 24 Posture Taijiqun pattern.

<https://youtu.be/MYCWjF2-p9U?si=BXa2x5pbWB8ElzNH>

Take five minutes to enjoy and relax to the smooth fluid movements and feel the calm wash over you.

There are still a few places starting in the New Year. If anyone would like to join the u3a TaiChi Group from 15 January, please ask them to contact Richard Brett (richard.brett@can-do.co.uk)

Please let us know if we've missed any vital info.

And finally - Thank you to everyone who has agreed to pass this newsletter on to people who do not have email. Your help in this is invaluable.

I look forward to seeing some of you at the Speaker meeting or other events soon.

Janice Whiting

(Communications & Vice Chair)

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