

Bulletin for Interest Groups



The 'BIG' aim:

- To give updates from Committee members
- To advertise future events and outings
- To provide information about new Interest Groups
- To share other u3a news

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Learn
Laugh
Live

Group Co-ordinator's Update

We have a few new groups forming and awaiting expressions of interest from members:

Country Music | Badminton at the Walnuts on Fridays | Curry Club Crafts | A History of Shopping in Orpington | Mahjong for Beginners

We also have suggestions for other new groups – still at the ideas stage.

Would you be interested in joining one of the proposed new groups? If so, please contact the Groups co-ordinator.

Have you got an idea for a new group? Why not consider starting your own group? It's a lot easier than you think!

We can advertise in our Newsletter or the Bulletin, announce it at our monthly General Meeting and will offer you help and advice. The best groups are those where everyone shares the responsibilities of running the group – 'The more you put in, the more you get out' – so we can arrange discussions with people who have a similar interest.

For more information, speak to the Group Co-ordinator at the General Meeting, or send an email enquiry.

Treasurer's Update

Orpington u3a Asset Register – A document recording all the equipment our u3a owns is now available in the members' area.

For each item of equipment purchased in 2023, there is an 'Equipment Purchase Justification' form, which records full details of the item and who is using or looking after it. For transparency, the reasons for the purchase are also given. Equipment purchased prior to 2023 is listed and location/keepers identified. The cover note for the Equipment Insurance policy provided by the Third Age Trust is included.

If you have any questions or comments please let the Treasurer know.

Message from the Chairman

Our Christmas Social was a great opportunity for our hardworking Group Leaders and Committee to get together to chat and swap ideas. There is an overwhelming sense that groups are going strong, with many members helping things to run smoothly: organising a meeting or outing; contributing refreshments; offering lifts and taking turns to host.

Going forward, groups need to consider finding a second in command to shadow the Leader in case of illness. This is a perennial problem for u3a when Leaders stand down, it is very difficult to find replacements from within the group, which is why we advocate people taking equal responsibility and sharing roles.

On your behalf, I would like to thank all our Group Leaders for their effort and dedication this year. We are so proud of our over 90 Interest Groups and look forward to even more starting in 2024.

I wish you all a wonderful Christmas and a Happy New Year.

Chairman

***“Thanks to all
our Group
Leaders for
their effort
and
dedication
this year”***

Old Berry, New Berry

by John Owen of Worcester Area Group u3a

A metaphor for the change of year leaving the darkness behind and looking forward to hopefully a brighter future

[u3a Competition 2022](#)



Crofton Halls

Doors open
at 2pm for
refreshments
until the main
meeting starts
at 2:30pm



**Primetime
Classes for 60+**

General Meeting — 15 January

Orpington u3a Annual General Meeting followed by:

The Benefits of Exercise

Speaker — Ann Wilbourn (15 January)

A community within the community – Mytime Active’s Primetime programme has transformed where and how the over 60s access wellbeing throughout Bromley. Primetime is more than just an exercise class, it’s a lifeline for many of our older residents, to ensure everyone can keep active and make new friends.

Mytime Active’s Ann Wilbourn explains: “It’s a really special, joined-up approach that means leisure doesn’t happen exclusively in our leisure centres. We want to be out in the community, meeting people where they live and socialise. Going into community spaces, such as Crofton Hall, Wickham Hall, the squash club Blundells, St. Marks Church Hall and Farnborough Village Hall.

We understand that for some people, simply getting to a venue is a challenge, and that is why we provide sessions that are embedded in the community. These locations are smaller and can be less intimidating for some of our frailer customers. Many of our community venues don’t have stairs, ensuring that even more people can access our sessions.

It’s fantastic to see many of our more physically able Primetime customers, take advantage of the 60+ free bus travel, and attend classes each day at different venues around the borough. This holistic, interconnected approach allows customers to visit 11 sites for physical activity and socialising daily, nurturing a vital sense of inclusivity and community. Our ‘Primetimers’ are such a friendly bunch, and if you feel a bit apprehensive our Primetime Buddy volunteers are always on hand to give a warm welcome, a smile and a chat.

Under the one membership umbrella, Primetimers can engage in everything from senior football, line dancing, table tennis, Pilates, dementia-friendly golf, senior circuits, Zumba Gold and strength and stability exercises to social gatherings like coffee meet-ups, our Christmas lunch and our summer gatherings. Plus, caregivers attend for free. So, whether you want to wiggle your hips at line dancing or practise your swing at golf, there really is something for everyone.

<https://www.mytimeactive.co.uk/activities/primetime>

Monthly General Meetings

Dates for your diary (2–4pm, Crofton Halls)

- 15 January** The Benefits of Exercise (Ann Wilbourn) – see article
This talk will follow the Orpington u3a Annual General Meeting
- 19 February** Behind the Scenes at the Chelsea Flower Show (Chris O'Donoghue)
- 18 March** Behind the Scenes at the BBC (Peter Wood)
- 15 April** Venice and the British (Martin Heard)
- 20 May** London 1851 and The Great Exhibition (Michael Gilbert)
- 17 June** Dresser in London Theatres (Paul Read)
- 15 July** Soldiers', Sailors' & Airmen's Families Association (Louise Phelps)
- 19 August** Chiropractors and Postural Tips (Dean Blackstock)
- 16 September** James Gillray: First Ever Political Cartoonist (Ian Keable)

*Provisional
list of
speakers
for 2024*

Can you make a cup of tea? Do you have a friendly smile?



We need help at the monthly General Meetings (3rd Monday of the Month) in Crofton Halls. We have a rota of volunteers to help with serving refreshments and greeting new members at the door – it's a great way to meet people.

For more information please contact the Vice Chairman

Badminton at the Walnuts

Would you like to rekindle an old enthusiasm for Badminton? We currently offer Table Tennis and Short Mat Bowls on Friday afternoons at the Walnuts between 1pm and 3pm and we are

considering adding the option of Badminton if there is sufficient interest.

Once we have an idea of numbers we will hold a brief meeting to discuss with a view to offering one or more courts in the New Year.



Please contact the Group Leader for more information.

Chi Kung

Dear fellow u3a members, we have had a very successful beginning to our Orpington u3a Chi Kung group. Twenty four members have attended at least one of our classes, and a small group have attended every week with great success.

Our weekly classes closed on Monday 11th December, in recognition of the approach of Christmas, and the inclement weather. We have been

able to practise outdoors in the fresh air most weeks which has been wonderful, but this is no longer possible. Classes restart next year, and the group is open to accepting new members.

Chi Kung helps to relieve tension, promotes restful sleep, invigorates the whole body, strengthening the internal organs.

Traditionally it aids the immune system, helping to ward off illness, and holds back the effects

of the aging process. It is a wonderful tonic for the whole body.

It also works on the mind as well as the body, helping to alleviate many debilitating conditions that manifest themselves, particularly as we age. It is also easy to learn and builds slowly but surely with practise, just like charging up a mobile phone that has gone flat.

Please contact the Group Leader for more information.

"a wonderful tonic for the whole body"

Tai Chi – New Group starting on Monday 8th January

We had a very successful promotion of this new group at the November General Meeting and there are now enough members to start a Tai Chi class.

I have arranged to hold the classes in the Meeting Room at Crofton Halls on Monday mornings from 11.30 to 12.30, starting

on 8th January for an initial 5 weeks.

A contribution of £10 per person for 5 sessions will be requested to pay for the space. It is a fair sized room so anyone interested can turn up.

For more information please contact the Group Leader



The Rock 'n' Roll Years (1955-69)

This is a small music appreciation group that specialises in a key fifteen-year period of popular music. The first fifteen years of rock 'n' roll, covering other than Elvis and the Beatles originals and imitators such as genres as doo-wop, trad jazz, folk, the Brill building,

Motown, flower power and more.

Each attendee chooses at least four titles based on the month's chosen theme, discussion and commentary taking place between records.

Members take turns at choosing the following month's theme.

Meetings are on the last Thursday of the month, 2-4 pm at members' homes.

We now have one vacancy for The Rock 'n' Roll Years group.

Please contact the Group Leader for more information.



Country Music — New Group Starting 8th Feb

Once a month members will meet in a member's home and play songs according to a chosen theme from across the broad spectrum of country music through the decades.

This new group was advertised in last month's Newsletter and there has been a great response. So much so, we now have only two vacancies.

The current thought is to hold the meetings

once a month, on the second Thursday (2-4pm) at a member's home – starting 8th February.

Please contact the Group Leader for more information.



London Explorers — Stationers' Hall, 23rd Feb

Visit to the Stationers' Hall, Ave Maria Lane, City of London

Friday 23rd February 2024 at 11 am

We'll catch the 9.44 am Cannon Street train from Petts Wood

The cost is £20.00 per person which includes a Guide and refreshments.

Maximum 20 people. Please contact the Group Leader for more information.

MOTO 1 — Events in January

- Saturday 6 January:** Coffee morning at The Second Home in Orpington from 10.15am
- Wednesday 10 January:** Lunch at The Buff in Green Street Green from 12.00pm
- Thursday 18 January:** Breakfast at the BR6 Bakehouse in Orpington from 10.30am
- Friday 19 January:** Brunch at Richmal Compton (Wetherspoons) Bromley South, 11.00am
- Wednesday 24 January:** Monthly meeting at Orpington Methodist Church from 2.30pm
- Wednesday 24 January:** "Murder at the Micropub" with 2 course dinner'. At 7.15pm in the Bulls Head pub, Chislehurst.
- Wednesday 31 January:** Lunch at The Buff in Green Street Green from 12.00pm
- Please contact the Group Leader for more information.

Merry Christmas from the Android Users



Curry Club — New Group Starting 18th Jan

What could be better to spice up those long cold winter evenings than a warming curry in congenial company ?

So please join us for the inaugural meeting of the Curry Club Group at Masala Dabbas in Orpington High Street on Thursday 18th January.

It is hoped that this new group will meet monthly to enjoy Indian and perhaps other Asian cuisine at good restaurants chosen by the members locally and in Central London.

Please contact the Group Leader for more information.



Choir — Christmas Songs at the General Meeting



"..Faithful friends who are dear to us

Gather near to us once more..."

Have your say — Comments and suggestions from members

JUST A THOUGHT.... Why not introduce a section where members can informally give suggestions? This could be a platform for members who have an idea about starting a group and would like to 'test the water' by ascertaining amount of interest initially.

The member could publicise in the Bulletin, providing address or contact telephone number for other members to respond.

Thank you - This is exactly what we have in mind for the Bulletin, in addition to advertising events for existing Interest Groups. We hope other members will follow your lead.

Newseditor

**Answers
are at
the end
of the
Bulletin**

Quick Quiz

Questions and answers are all related to Orpington u3a Interest Groups.

Answers may be found in previous Orpington u3a publications and are also given at the end of the Bulletin.

If you have any questions for a Bulletin Quiz please send them (with the answers!) to the Newsletter Editors

1. PHILOSOPHY - Who said, "I think therefore I am"?
2. COFFEE CULTURE CLUB - Who starred in the title role of the film 'Mrs Harris goes to Paris'?
3. LONDON EXPLORERS - Which architect designed the Royal Hospital Chelsea?
4. SCIENCE & TECHNOLOGY - In which year did the first man walk on the moon?
5. GOLF - If you could add together a Birdie, an Eagle and an Albatross. How many strokes under par would this be?
6. ENLIGHTENMENT TO ROMANTICISM - The Bromley Union Workhouse opened in 1844. What was it used for in later years?
7. BOOK - The novel 'Captain Corelli's Mandolin' was set on which island?
8. INDUSTRIAL ARCHAEOLOGY - In which year was the Wright brothers' first successful flight?
9. CRIME NOVEL READING - What nationality is Agatha Christie's character Hercule Poirot?
10. CRYPTIC CROSSWORDS - Initially children and cats touch interesting succulent and spiny plants (5)?

u3a Logic Puzzles for Fun

As well as being fun, there is evidence that puzzles and quizzes are good for you! Test your logic skills by trying out different puzzles every month or try the weekly maths challenge on the u3a website:

[Logic Puzzles for Fun \(u3a.org.uk\)](http://u3a.org.uk)

[Maths Challenge \(u3a.org.uk\)](http://u3a.org.uk)

Exercising your brain helps to build up your 'cognitive reserve': This is the idea that people develop a reserve of thinking abilities during their lives, and that this protects them against losses that can occur through ageing and disease. The cognitive reserve hypothesis gives hope that exposure to various sorts of stimulating activities including leisure, learning and social interactions (for example, being an active member of the u3a), can help us to age successfully.

[What is cognitive reserve | Age UK](#)

Logic

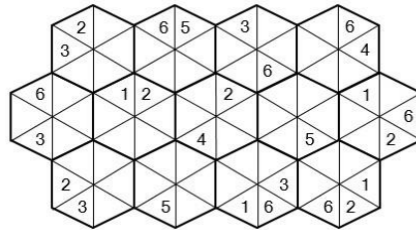
Fit the numbers 1 – 6 in each hexagon and where the hexagon segments touch each other, the numbers in these segments will be the same. No number can be repeated in a hexagon.

Puzzle

Example:

Difficulty

Level I



u3a Online Learning Events

u3a members can join a wide range of online talks, workshops, and courses for free with their membership!

Most of these opportunities are presented by u3a members themselves, sharing their knowledge or skills with others across the movement. There is also a wide range of talks on offer from well-known speakers and organisations, plus in-person events at venues like the Royal Institution.

Take a look on the National u3a website or follow this link to find out more.

[u3a - Online Learning Events](#)



**Deadlines
for the
next
Newsletter
and
Bulletin**

Deadlines for the next publications

Please make a note of these dates in your diary

Newsletter 157 – 16th January 2024

Bulletin 4 – 20th February 2024

**Please send articles to the Newsletter Editors
Marked either 'For the Newsletter' or 'For the Bulletin'**



QUIZ Answers: 1. René Descartes; 2. Lesley Manville; 3. Christopher Wren; 4. 1969; 5. Six under par (1 + 2 + 3); 6. The building was opened as a workhouse in 1844 but by 1928 it was a hospital. In 1936 it became the 'Farnborough County Hospital', which has now been replaced by the PRUH; 7. The Greek Island, Kefalonia (Cephalonia); 8. 1903, the flight lasted 12 seconds; 9. Belgian 10. Cacti.

www.u3aorpington.org.uk

PLEASE LOGIN WITH YOUR USERNAME AND PASSWORD
FOR CONTACT DETAILS OF THE GROUP LEADERS

u3aorpington

**learn
laugh
live**