



## August 2023 Bulletin

**PLEASE NOTE: There is no monthly meeting in August**

Welcome to your U3A monthly bulletin from me, John Peters the new editor. Please send items for inclusion in future editions of the Bulletin to me, at [johnpmu3a@gmail.com](mailto:johnpmu3a@gmail.com).

Thanks to all this month's contributors.

### **NOTES FROM THE CHAIR- *Mike Chantry***

First a quick reminder – there will be no Monthly Meeting at the Church in August, although some groups will still be holding meetings, please check with your group leaders.

A big thank you for all the members who attended the AGM in July. Also, thanks to all the groups who put in so much effort to advertise their groups through the posters they displayed. The prize for the best display was won by the Modern Jive Dancing Group with a very impressive multi-media display – enjoy the chocolates!

Nothing special to report this month just a request for you all to please take every opportunity to promote Meopham u3a. If you're on Facebook, please join the Mu3a Facebook group and post reports of any interesting meetings. Also please tell all your local friends and

relatives how much you enjoy u3a and encourage them to come along and take a look at us.

If you haven't yet renewed for 2023/24, please try to renew online. It looks difficult to start with, but mine was really very easy. If you have any difficulties, you can still renew in the normal way.

I'm off on my holiday shortly and if you're going away as well, I hope that you thoroughly enjoy it.

### **FITNESS FOR FUN – *from Rosemary Romuna***

Fitness for Fun was started approximately 4 years ago after I had a conversation with the manager at Meopham Leisure Centre about the possibility of offering an exercise class specifically designed for older people.

At the time I was using the gym there 3 times a week in an effort to get fit after having 4 broken bones in 2 years and had found it not only very helpful but, to my amazement, very enjoyable too. I have never been a 'sporty' person but at the age of 75, out of necessity, I was suddenly exercising regularly and enjoying feeling very much fitter as a result.

With the zeal of the converted then, I talked to Steve the manager, who agreed to put on an exercise class specifically for u3a members. It was so successful that a second class was offered and shortly after that a u3a yoga class was offered every Saturday morning. Due mainly to lockdown and the retirement of the yoga teacher, only Fitness for Fun is running now.

We meet every Thursday at Meopham Leisure Centre from 11am to 11.45 am led by our trainer Kate. The Centre charges u3a members a much-reduced fee of £4.90 per session for which they provide an air-conditioned hall and the trainer plus all the other facilities.

The first 15 minutes of each session is devoted to aerobic exercises, then we have 15 minutes of working with weights, followed by 15

minutes of work at the wall bars. All exercises are gentle, but we all feel as though we've had a good work out by the end of the class. The staff at the Centre are all extremely friendly and helpful, consequently there's a relaxed, happy feel to the place. The manager has asked me to tell you that some new low impact classes are just starting, designed for people with health issues, injuries and disabilities.

The classes are as follows:

Tuesday: 10.15 - 11.15 am - Tai Chi

Wednesday: 6.00 - 6.45 pm - Chair-based fitness

Thursday: 12.00 – 1.00pm - Assisted gym session

All the above classes cost £3 per person.

Contact the Centre with any queries on 01474 814199 or email [info@meophamleisure.org](mailto:info@meophamleisure.org)

## **NEW GROUPS FOR SEPTEMBER**

The following groups are seeking expressions of interest with a view to starting to meet from October onwards.

Proposed groups need between 6-8 members to sign up before they can be considered viable. Please email [mepgroups1@gmail.com](mailto:mepgroups1@gmail.com) if you would like to sign up for one or more of these groups.

Once a group is viable, a meeting will be then arranged so dates, times etc. can be agreed and the first group meeting set up. Please be assured that attending this meeting does not put you under any obligation to join as you may decide it isn't for you or the timings may not work with your other commitments.

- *LOCAL WALKING*
- *HISTORY 2*
- *MONEY MATTERS 2*
- *WINE APPRECIATION 4*
- *MUSIC 2*
- *CURRENT AFFAIRS 3*
- *PAINTING AND DRAWING 2*
- *TUESDAY NEEDLE CRAFT*

## **GROUPS CO-ORDINATOR**

As you all know Sue Bates stood down as our Groups Coordinator at the recent AGM and no one has yet offered to take over this vital role. We need your help to help us run Meopham u3a.

Heather Wright, Ann MacEwan and Carole Dickenson have agreed to care take the role until December, but Mu3a needs a more permanent solution. Can you help?

What does the Groups Coordinator do?

- Sets up new groups;
- Supports existing groups and our Group Contacts;
- Shares news about our groups via the Bulletin and keep the committee informed; and
- The Groups coordinator does not need to act alone. A team of 3 or 4 sharing the role is probably better.

Please talk about this in your groups and considered offering your help and if you would like more information then please email

[mepgroups1@gmail.com](mailto:mepgroups1@gmail.com)

## **DATES FOR 2023: 16-24 SEPTEMBER – *from Mike Chantry***

u3a Week is an annual event to showcase the activity, learning and fun which takes place across the movement every day. It is a celebration of positive ageing, highlighting our members' lived experience.

In 2023, u3a week is 16 – 24 September. u3as can choose which day to celebrate.

If you would like to receive updates about preparations and celebrations for u3a week, you can sign up to our [national online newsletter](#).

Join our [u3a Week Facebook community](#) to share ideas and receive regular updates about events happening across the movement.





If you are not currently a u3a member, we'd love you to come along to your local u3a event and help us celebrate the new experiences and fun we are having in the third stage of our lives. [Find out more](#) about the benefits of joining a u3a near you.

**SAVE THE DATE: 17 TO 19 JULY 2024 – *from Mike Chantry***

Plans are already underway for u3a Festival '24 which will take place in July 2024 in the beautiful city of York.

The festival will run over 3 days and will be held at the University of York based around their exhibition centre:

<https://yorkconferences.com/venues/exhibition-centre/>

and sports centre:

<https://www.york-sport.com/centre/>

Accommodation will be available in the student halls, and we will provide more information on this in the coming months.

It's early days, but as the weeks and months go by, we will



add more information to this webpage about all the wonderful activities that members, groups, u3as and subject specialists will bring to Festival '24 in York.

Stay updated by following us on our social media channels (Facebook, Twitter, Instagram) and subscribe to the u3a national newsletter.

For more information now, and to offer your skills and support, contact us on [festival@u3a.org.uk](mailto:festival@u3a.org.uk)

## **REFRESHMENTS ROTA**

A resume of the refreshment rota for the following two months:

12 September – Cycling for All

10 October – Fitness for Fun

## **ARCHAEOLOGY – *from Carol Bayliss***

On 26th July we visited the excavations of the Roman villa at Otford. Our guide, Kevin Fromings from DROP (Darent Roman Otford Project), escorted us to the site and for 2 hours talked to us about the Roman way of life and how they came to occupy and subsequently leave the area.

There are some photographs from our visit below.

We are not meeting in August and in September hope to visit the English Heritage site at Richborough.









END OF THE BULLETIN