



2023 Bulletin

MONTHLY MEETING

Tuesday 12 December 2023

St Johns Church Meopham

2.00pm

NOTES FROM THE CHAIR – *Mike Chantry*

I hope you're all ready for our Christmas get together on Tuesday 12 December 2023. We will be having entertainment from several of our very talented groups. There will also be a chance to join in a Christmas singalong as well as enjoying mince pies and shortbread with your tea and coffee in the hall afterwards. Same time and place as normal, St John the Baptist Church, Meopham 1.45pm for a prompt 2.00pm start.

This could be an opportunity to invite your friends and neighbours along to join us. The cost to them is only £3.00 which is fully refundable if they decide to join us. No need to book them in, just pay on the door.

By then, the Christmas Tree Festival at the Church will unfortunately be over. If you're passing the Church between the 4th and 10th of December, please call in and take a look. We have sponsored a tree and decorated it to reflect Meopham u3a and, hopefully attract a few more members. Thanks to all those groups who have gone to the trouble to make a decoration for the tree to reflect their group. I hope to take some photos for the January Bulletin.

Apart from the quiz the take up for several proposed social events has been disappointing this year. From feedback we've had I understand that we might get a better take up if we publicised the proposed calendar in advance.

There are still several things to firm up on and we will be giving you more details in the new year but here's what we have planned so far with dates and likely cost where known.

MEOPHAM U3A SOCIAL PROGRAMME 2024

Cream Tea Quiz (NOW FULL)	11/01/2024	£6.00
Murder Mystery Evening with a Fish and Chip Meal BYO Booze	Apr-24	£20.00
Windsor Coach Trip 3 pick-up points in Meopham	May-24	£20.00
Silverhand Wine Tours Luddesdown	June/July 24	TBC depending on what's on offer
Picnic Local Park Details to follow	July	FREE
Sikh Temple trip, Gravesend	September	FREE
Cream Tea Quiz	2 October	£6.00

On the subject of the social events, we are still looking for a few people to step up and help. You won't need to run the committee or take on an event single handed but we do need more helpers. Please let me know if you could spare some time.

If you can't make the December meeting, I would like to take this opportunity to wish you a very happy Christmas and a prosperous New Year.

MEOPHAM LEISURE CENTRE HEALTH MEMBERSHIP - *from Rosemary Roumana*

The Manager at Meopham Leisure Centre, where Fitness for Fun is based, is soon to launch a new Health Membership with exercise classes aimed at improving fitness levels of the over 55's and those with specific conditions and is asking if they could be advertised for u3a members. The Centre has been very obliging to our u3a class over the years and I know from personal experience how helpful they've all been there when I have been recovering from broken bones and illness. The sessions have been designed to be affordable at £25 per month direct debit or individually £5 per class.

Members can use the Fitness Gym Monday to Friday between 8.00a.m. and 4.00p.m. and the low impact classes listed below.

Tuesday	Therapeutic Yoga 12.30-13.30
Wednesday	Chair based Fitness 12.30-13.30
Wednesday	Bowls Club 12.30-13.30
Thursday	Therapeutic Yoga 11.00-12.00
Thursday	Assisted Gym 12.00-13.00
Friday	Zumba Gold 11.00-12.30

POST BOX TOPPERS – from Liz Peters

The Post Box Topper Group were out in Meopham on 1 December putting up the Christmas tops on the local Pillar Boxes. Some photos follow below:



LONDON VISITS 1 VISIT TO COVENT GARDEN – from Ann Macewan

What a superb visit on a glorious Wednesday morning! We were taken on a two-hour guided tour of Covent Garden by our favourite Blue Badge Guide, Caroline. She had been brilliant during "lockdown" zooming us around the sites and history of London and she did that again today taking us through the famous and infamous nooks, alleyways, bars, theatres, eateries and streets of the area. We looked at the architecture and the impact of changes brought on by war and economics.

What a beautiful place London really is!

Many thanks to Fran and Andrew Dunk for organising the visit and for looking after us all.



REFRESHMENTS AT DECEMBER MEETING – *from Carole Dickenson*

This month it is the turn of the two French Groups.

BEACON NEWS – from Carole Dickenson

The latest edition of Beacon News is a separate attachment to this mailing.

END OF THE BULLETIN