

NO COFFEE MORNING OR GENERAL MEETINGS IN AUGUST

OPEN DAY

Free Entry - Free Tea & Coffee

Open to friends, family & the general public

Friday 14th August 2:00pm – 3:30pm

Waterlooville Community Centre

(WACA - in the ASDA Car Park)

See displays of some of our Interest Group activities, register your interest :-

Art, Birdwatching, Bridge, Books, Card & Board Games, Current Affairs, Drawing, Geology, Genealogy, Line Dancing, Languages, Local History, Painting, Pétanque, Photography, Sewing & Knitting, Singing, Walking and many more

20TH ANNIVERSARY CELEBRATION

FREE TEATIME CABARET FROM 3:00 PM

14TH AUGUST AT WACA

FULLY BOOKED!

Our anniversary celebration is fast approaching so if you've signed up then gird your loins for an afternoon of sociable entertainment and refreshment. We are now at capacity for the hall and have a waiting list in operation and we cannot accept any more – sorry!

Afternoon tea is being provided courtesy of Wu3a funds and seats should be available from 3:00 pm.

The current entertainment lineup is :

- Southern Sounds Retro Disco
- u3a Ukulele
- Musical Theatre singers
- Solent City Chorus
- u3a Line Dancing For Fun – audience participation welcome!
- Southern Sounds Retro Disco



If you signed up for this event but can no longer attend, please let me know so that your space can be offered to someone on the waiting list. My email is nibarrell1@gmail.com or text me on **07763 799377** – quote your full name and, if known, membership number.

Nigel Barrell, Social Events Organiser

COFFEE MORNINGS 10:00 am – 11:30 am

Sacred Heart Church, 356 London Road, Waterloooville, PO7 7SR



NO COFFEE MORNING IN AUGUST

Monday 14th September

All members, particularly new ones, are very welcome.
Find out about our interest groups and social events.
Bring along your friends.
Have a cuppa and chat, make new friends.

SEPTEMBER GENERAL MEETINGS 2:00 pm – 4:00 pm :

Wednesday 16th September

Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ

Film : National Emergency Briefing on Climate Change in the UK.

A 45-minute film, hosted by the TV presenter and environmentalist Chris Packham, sets out the implications of climate and nature breakdown for health, food systems, national security and the economy. This eye-opening film highlights what the consequences of the climate and nature crises are likely to be for the UK and offers some solutions. At the end of the film, viewers will have an opportunity to gather in small groups to share their reactions.

Wednesday 23rd September

Sacred Heart Church, 356 London Road, Waterloooville, PO7 7SR

Speaker : Steve Herra

Topic : The Body Through the Porthole

A true story from 1947 when a young actress sailing from Cape Town to Southampton aboard the *Durban Castle* had a liaison with a deck steward. During one such liaison she died and he pushed her body through the porthole! The ship was 90 miles from the nearest land and in shark-infested waters. The audience act as jury and decide if the accused was guilty or not guilty of murder.

IT DROP-IN TECH HELP (PHONE, TABLET, LAPTOP)

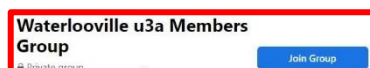


One of our members – Colin Reardon – has kindly offered his services to help members with any tech queries they may have. Colin will be at most of our Coffee mornings and will do his best to help our members. Whilst Colin has a long and extensive experience in the tech world, his advice is offered on a free and informal basis with no guarantees – so please don't be disappointed if he is unable to resolve your issue.

Queries will be dealt with on a first come-first served basis for the duration of the Coffee morning.

WU3A FACEBOOK GROUP

We have a private Facebook group that is open to any Waterloooville u3a member. To join, login to Facebook, search for 'Waterloooville u3a Members Group' and request to join. Or click [here](#).



SOCIAL DATES FOR YOUR DIARY

Here is the line up so far for various social events planned for the rest of the year. Full details will be provided nearer the dates – in this monthly bulletin, via email and at the general meetings and coffee mornings.

Annual Open Day &

20th Anniversary Cabaret

Fri 14th August

WACA

Quiz evening

Sat 12th September

Springwood Community Centre

Barn Dance

Fri 16th October

Cowplain Social Club

Prefer not to receive these member bulletins?

We issue regular bulletins to our members to inform them of meetings, social events, group activities, membership information, etc. However, **IF YOU NO LONGER WISH TO RECEIVE THIS BULLETIN**, please tell us so that we can remove your details from the distribution list. A confirmation email will be sent to you but you can change your mind at any time.

To unsubscribe contact bulletin@waterloovilleu3a.org.uk.

CALLING ALL BIKE OWNERS

The local Neighbourhood Policing Team will be holding another Bike Register event this month. Police regularly arrange Bike Register events to provide cycle security advice and offer security marking and registration onto BikeRegister's online database :

<https://www.bikeregister.com/>

Bike marking is a proven method to prevent the theft of bicycles. Not only does it tend to deter thieves but, should a bike be stolen, it can be marked as such on the database, providing a greater chance of returning a stolen bicycle to the rightful owner if recovered. It also helps police and retailers to identify and verify the legitimate owner of bikes that have been stolen or are being resold.

It's free!

Make sure you take your bike with you.

The next local **Bike Marking Event** run by Hampshire Constabulary is :

Date : **Saturday 8th August**

Time : **10:00 – 12:00**

Where : **Waterlooville Town Centre**, at the Bandstand by Costa Coffee



ANOTHER QUIZ EVENING!

When? Saturday 12th September starting at 7:00 pm

Where? Springwood Community Centre, Springwood Avenue, PO7 8BJ

How much? £4 without food or £9-£11 for a Fish & Chip supper (options available)

There will be a break for a Fish & Chip supper (or bring your own food if you prefer).

Either enter as an individual or get a few friends to join you. Group Coordinators can enter a group team of six.

Teams will be for six people; any individuals or groups with less than six members will be placed with others to make the numbers up – a great way to meet new people and have fun at the same time.

To enter as an individual or as a group, please email Kevin Stock at kevc4@gmail.com

BRANSBURY PARK PROJECT

Bransbury Park in Copnor is having a major makeover to provide sports, swimming and healthcare facilities all together in a new hub. The plans include a new leisure centre with a swimming pool, gym, fitness studios and GP surgery, along with a relocated play area with brand new equipment.

Progress between March and July, 2026 :



Buried treasure?



Digging around the site has unearthed some goodies, including a collection of glass bottles, including one marked *Brickwood & Co.* They were a local brewery dating back to the 19th century. And Perkins operated in the area from the late 1890s supplying mineral waters and soft



drinks to residents and workers across Portsmouth.

The aerial photos of Bransbury Park progress were taken on behalf of Portsmouth City Council by *MyPortsmouthByDrone* and you can look at some drone footage here :

Portsmouth drone footage - not just of Bransbury Park, but anything Portsmouth-related (and beyond) – Fratton Park, coastal improvement works, Beach Dubbin 2026, cleaning up Canoe Lake, glorious sunsets and much, much more – fascinating stuff.

THE THORNYCROFT HAMPSHIRE ROAD RUN

Sunday 16th August –hosted by Milestones Museum, Basingstoke

This is a free event although there is a charge for access to Milestones Museum itself



This is an annual 50-mile road run featuring vintage commercial vehicles organised by the Thornycroft Society and Basingstoke Classic Car Club. The road run includes a scenic route through Hampshire locations such as Cheriton, Alton and Winchester, starting and finishing at Milestones.

Vehicles will be on display from 8am before setting off on the Road Run at around 10am, returning around 2pm giving visitors another opportunity to see them in action.

Follow the link for more information **Thornycroft Hampshire Road Run**

And click **HERE** to book a museum admission ticket.

WHY NOT VISIT THE HOTWALLS STUDIOS OR THE WINDBREAKS?

These started out as Point Battery and Barracks which, along with the Round Tower, formed part of Portsmouth's original military defences. The Round Tower began as a wooden structure built between 1418 and 1426 but in the 1490s was rebuilt in stone. Point Battery and Barracks was first constructed in the 1680s as a line of ramparts that connected the Round Tower to the nearby Square Tower and they were reconstructed as a coastal artillery in the late 1840s. The arches that now house artists' studios provided living accommodation for soldiers along with gun positions.



Photos courtesy of Portsmouth Museums (the right-hand photo taken by J. Arthur Dixon)

The Windbreaks is an outdoor gallery on Southsea seafront where local artists can showcase their work for both residents and visitors to enjoy all year round. The artists and exhibits change every three to four months.

NATIONAL U3A FREE ONLINE EVENTS

Each month, national u3a offer free online talks and workshops on a wide variety of topics to keep our minds and bodies going.

Click the link below, then click on the event of your choice for full details and how to book:
<https://www.u3a.org.uk/events/educational-events>

The current offerings include :

Flight inspirations – tales from a WWII Mosquito Pilot – Flt. Lt. Colin Bell	4 th Aug
Building the world's most advanced airliners	5 th Aug
Digital hobbies for the third age – to help older people use tech and explore	11 th Aug
Laughter yoga with Judith	12 th Aug
Deepfakes demystified – understanding the risks and staying safe	14 th Aug
Cryptic crosswords in context	18 th Aug
Scottish colourists inspired by the light and colour of Iona	20 th Aug
Laughter yoga with Merrie Maggie	25 th Aug
Flight inspirations – reaching for the stars : NASA's early days	1 st Sep
Wild, edible autumn seeds – identification, folklore and practical uses	4 th Sep
Triumph to trauma (940-1042) – Danes before Normans	7 th Sep
Drones, huh? What are they good for?	11 th Sep
Exploring world faiths – understanding gratitude and thankfulness	14 th Sep
Mindfulness and meditation	16 th & 17 th Sep

GROUP MATTERS

To join or leave a group, or for more information :

visit the Groups table at a general meeting or coffee morning,
email groups@waterloovilleu3a.org.uk or call 07769 266879

You can also find out more about our groups by visiting the **Groups page** of our website. All our groups are listed there and each have their own page – just click on a group name to open their page and discover more about when/where they meet and what they do.

OPEN DAY

Nearly 50 of our groups are having a display at our Open Day on 14th August so do come along to see what they do. You can even sign up to join them on the day! I will be on the Groups table where you can also sign up for any of our 118 groups.

BEGINNERS LINE DANCING

The new Line Dancing group for Beginners is going very well and still has a few spaces left. It meets every Thursday at 1:30 pm at Cowplain Activity Centre. It has vacancies so let me know if you are interested!

POTENTIAL NEW GROUPS

The following new potential groups need a few more interested people and it could be worth starting new ones!

MEMBERS ON THEIR OWN 2 – social activities for our single members

WEEKENDERS 2 – Looking for things to do at the weekend? Pub lunch, a walk, meet for coffee or a drink?

Have an idea for a new group?

Groups don't magically appear – they are born when enough members express an interest in a particular activity and someone (or two) volunteers to act as Group Coordinator. There is a wealth of support for budding groups so get in touch and see what happens.

If a group is full, you can be placed on the waiting list; you will be offered a space when one becomes available and you are at the top of the list. Don't wait to go on a waiting list – popular groups usually have one and being on the waiting list increases your chances of being offered a space.

Kevin Stock, Group Liaison

U3A RADIO PODCASTS



The national u3a produce monthly podcasts for members to listen to. It is run by a team of u3a volunteers who have radio experience and features interviews with members, interest group coordinators/leaders, Trustees, national volunteers and Subject Advisers.

These podcasts are available on the dedicated u3a **YouTube** channel as well as via **Spotify** and **Apple Podcasts** or just put *u3a radio podcast* in any search engine.

NATIONAL u3a MATTERS MAGAZINE



The national *u3a Matters* magazine is published five times a year. It includes stories about members and u3a activities, celebrity interviews and features on technology, recipes, travel and competitions as well as a letters section. To read the magazine online, visit [u3a Matters magazine online](http://u3aMattersmagazineonline.org.uk) where both the current and previous issues can be seen.

If you would prefer to receive a postal copy of this magazine, please contact treasurer@waterloovilleu3a.org.uk for advice on postage costs and payment method.

AUGUST BITS'N'BOBS

"August creates as she slumbers, replete and satisfied"

(Joseph Wood Krutch)

Deity :Sekhmet (Egyptian) – goddess of transformation, fire and divine justice.

Tree/flower : Gladiolus and Poppy. Also known as *sword lily*, the gladiolus got its name from the sword-like appearance of its leaves. Roman gladiators would wear the flowers around their necks in competitive games. The flower has long been a symbol of strength, victory, healing and honour as well as moral character, remembrance and intelligence.



The poppy is also a symbol of remembrance but its opiate qualities also link it to sleep, peace, death and resurrection. Greek mythology associates the poppy with Demeter, the goddess of agriculture – if poppies grew in your field then a bountiful crop would surely follow. In ancient Greece, poppies were associated with the gods of Hypnos (sleep), Thanatos (death) and Morpheus (dreams).



Crystal : Peridot – symbolises strength and good fortune. Sometimes called the *evening emerald* due to its light green colour, it is said to calm the mind, aid restful sleep and is associated with harmony. According to Hawaiian beliefs, peridots are said to be the tears of Pele – goddess of fire and volcanoes and the creator of the Hawaiian Islands. Ancient Egyptians called it the *gem of the Sun*, believing it protected those who wore it from the terrors of the night.

Herb : Coriander – associated with peace and love, this is an energising herb with an uplifting aroma thought to bring healing energy when grown in the garden. According to Chinese folklore, eating the seeds or leaves whilst pregnant ensures your baby will be a genius!

Bird : Kingfisher – lightning fast and technicoloured, loud and brash! Ancient Greeks believed the kingfisher to be sacred which was associated with the kingfisher goddess Alcyone who brought about peace and tranquillity (hence the term "halcyon days"). Native American folklore views the kingfisher as a harbinger of good luck and in Chinese mythology it is a symbol of good fortune and abundance, bringing prosperity and love.



Star signs :



LEO 22nd July to 23rd August; symbol the lion; element Fire (energetic, enthusiastic, impatient); quality fixed (persevering); *"I will"*; ruling planet Sun (the heartbeat); body parts – heart, spine, back.



VIRGO 23rd August to 23rd September; symbol the virgin; element Earth (practical, realistic, cautious); quality Mutable (adapting); *"I observe"*; ruling planet Mercury (the critic); body parts – nervous system, intestines.

INTERESTING AUGUST DATES

- 1st (1740) the first performance of **Rule Britannia** took place at Cliveden in Buckinghamshire – the then country home of Frederick, Prince of Wales. It was part of the celebrations for Frederick's daughter's third birthday
- 2nd (1870) the world's first underground railway opened – the Tower Subway beneath the river Thames sadly closed within a few months because of bankruptcy and the tunnel is now used for utilities.
- 3rd (1577) **Black Shuck Day** – named for the giant black phantom dog that ran amok during a thunderstorm in the churches of Blythburgh and Bungay in Suffolk.
- (1879) A freak localised storm threw hailstones and substantial lumps of ice down on the Richmond area, smashing some 3,000 panes of Kew's Temperate House and



another 700 in the Palm House. The storm only lasted about five minutes but caused damage worth around £10,000 – a small fortune in the Victorian age and roughly £1.6 million today.



- 6th (1926) **Gertrude Ederle**, an American Olympic swimmer, was the first woman to swim across the English Channel which she did in 14 hours and 34 minutes. Only five other people (all men) had swum across the Channel before her.
- 7th (1926) Britain's first Grand Prix was held at Brooklands. The track was 2.75 miles long and because of the famous banking it was said that drivers who followed a particular



line would not need to touch their steering wheels! Only cars from four makers, a total of nine vehicles, raced – Aston Martin, Bugatti, Delage and Talbot; nevertheless, it was the biggest field for an F1 race that year. Only three cars finished, the winner being a Delage with two drivers (Robert Wagner and Louis Senechal) and averaged 71mph. Notably, the driver of the third place car (Andre Dubonnet in another Delage) had never before been behind the wheel of his car and wore an ordinary lounge suit!

- 10th (1675) the foundation stone for the **Royal Observatory, Greenwich** was laid. Commissioned by Charles II, the Royal Observatory started operating in 1676 under the supervision of John Flamsteed, the first British Astronomer Royal.



- 12th (1981) The IBM Personal Computer was stocked in stores for the first time – it had no disk drives and sold for around \$1,500 – roughly equivalent today to around £4,000!
- 13th **International Left-Handers Day**. Some well-known "southpaws" include Leonardo Da Vinci, Marie Curie, Lady Gaga, Spike Lee, Charlie Chaplin, Helen Keller, David Bowie and Jimi Hendrix to name but a few.
- 29th The Beatles' last commercial performance took place at Candlestick Park in San Francisco. The group also came together one last time for an unannounced performance in January 1969 on the rooftop of the Apple building in London.

- 31st **World Gravy Wrestling Championships** – yes there IS such a thing! A wild and wacky competition in a pool full of Lancashire Gravy – why not? Contestants must wrestle in the gravy for 2 minutes with points scored for fancy dress, comedy effect and entertainment. The fire brigade are on hand to wash down wrestlers in between bouts! For more info go to



<https://worldgravywrestling.com/>



COPC (formerly Highbury College) have acquired funding to run a number of free courses in the autumn.

For further details or to join any of the courses contact Hugh Cull either by email to hugh.cull@copc.ac.uk or call 023 9232 8676

Basic IT Starts at the beginning and explains in simple terms how to use a computer device. Learn how to find and use applications, how to navigate the computer's interface and much more.

Southsea Library - Tuesday afternoons 1st – 29th September

Cosham Library - Monday mornings 7th September – 5th October

Intro to Word Processing Learn how to use Microsoft Word to create professional looking documents – ideal for beginners to word processing.

Southsea Library - Tuesday afternoons 6th October – 10th November

Cosham Library - Monday mornings 7th September – 5th October

Use the internet in a safe and private way With identity theft and online scams as well as data harvesting a major concern, it is important for people to know how to navigate the dangers on the internet and how to keep themselves and family members safe and private online.

Cosham Library - Monday afternoons 5th October – 23rd November

Southsea Library - Thursday afternoons 8th October – 26th November

Intro to Libre Office Libre Office is a free alternative to Microsoft Office. It is a fully featured office software package consisting of a word processing, spreadsheets, presentation, database and drawing packages. This course will introduce you to Libre Writer, Libre Calc and Libre Impress.

Cosham Library - Monday afternoons 30th November – 14th December

Southsea Library - Thursday afternoons 3rd – 17th December

Intro to Spreadsheets Learn how to use Microsoft Excel to create useful spreadsheets to run your home or business - ideal for beginners to spreadsheets.

Southsea Library - Tuesday afternoons 17th November – 15th December

Cosham Library - Monday mornings 23rd November – 21st December

Preparing to work in a school Ideal for anyone who is interested in working in a school assisting children with their learning. The course will provide an insight into what is needed to support children in a school environment with their learning and development. No experience needed.

Adult Learning Hub, Arundel Street – Friday mornings 2nd October - 13th November

60+ Festival (History of Portsmouth) Discover the amazing history of Portsmouth.

Southsea Library - Thursday morning 8th October

Cosham Library - Monday afternoon 28th September

MISSING PIECES – CONNECTING PEOPLE AND PLACES

Missing Pieces is a collaborative learning activity where u3a members help uncover the stories behind historic buildings in their local communities. Inspired by *Historic England's* national project, u3a members are invited to look beyond official records and explore the lived experiences, memories and personal connections that bring listed buildings to life.

u3a

Missing Pieces:
connecting
people and place



Anyone can take part by creating a short written or visual record inspired by a listed building in their local area. Contributions might include memories, photographs or historical research using archives and online sources.

To find out more go to :

<https://www.u3a.org.uk/what-we-do/learning/learning-activities/missing-pieces>

Scroll down the page to read some stories that have already been shared – they include Beverley Farmhouse in Canterbury, White House Farm at Inskip-with-Sowerby, 5-7 Church Street in Cardiff and more.

WE'VE STILL GOT IT!

This is an ongoing national u3a project celebrating positive ageing through photography. Click the link below to see some interesting and sometimes intriguing pictures of what u3a members get up to. There's a link on the page if you would like to submit your own photos

Still got it photo project



Milton Keynes
74 & 2 replacement knees



Sidmouth
Quad biking safari



Crediton
70th birthday celebration



And playing on regardless, members of the Glenfield Pétanque group

GROUPS WITH VACANCIES (as of 31st July) part 1

To join any group contact Kevin Stock groups@waterloovilleu3a.org.uk or 07769 266879

Interest Group	Meeting Day / Frequency	Venue
Archaeology 2	Monthly 1 st Wed 10am-12	Springwood Community Centre
Art Appreciation	Monthly 2nd Fri 2pm-4pm	Members' Homes, Drayton
Art History 1	Monthly 2nd Wed 10am-12	Zoom
Art Using Mixed Media	Weekly Thu 1pm-4pm	Members' Homes, Cowplain
Backgammon	1st & 3rd Mon 10.30am-12.30pm	The Woodman, Purbrook
Badminton 1 (Improvers)	1st & 3rd Wed 1pm-3pm	Horizon Leisure Centre, Havant
Badminton 2 (Beginners)	2nd & 4th Thu 10am-12	Horizon Leisure Centre, Havant
Birdwatchers	Monthly last Sat 9.30am-12	Various places
Board Games (Modern)	1st & 3rd Mon 1.30pm-3.30pm	Denmead Community Centre
Board Games 2	Monthly 3rd Mon 2pm-4pm	Members' Homes, Cosham
Books 2 – Friday group	Monthly 4 th Fri 2.00pm-4.00pm	Members' homes, various places
Bridge	Weekly Fri 10am-12	Acorn Community Centre
Bus Trippers	Variable	Various places
Café Philo (Philosophy)	Monthly 2 nd Tue 10am-11.30	Pear Tree Court, Horndean
Canasta 3	2nd & 4th Mon 2pm-4pm	Acorn Community Centre
Country & Western music	Monthly last Wed 2pm-4pm	Members' Homes, Widley
Cribbage	2nd & 4th Tue 10am-12	Springwood Community Centre
Cycling	Weekly Thu 9.15am-12.30	Various places
Dining Out	2nd Wed & 4th Sun lunchtime	Various places
Drawing 2	1st & 3rd Tue 10am-12	Jubilee Centre
Film Club	Monthly 3 rd Tue 2.00pm-4.00 pm	Pear Tree Court, Horndean
French Beginners	Monthly 4 th Fri 2.30pm-4.00pm	Members' Homes, Drayton
French Conversation 1	Weekly Tue 2pm-4pm	Members' Homes, Waterlooville
Genealogy	Monthly 1st Thu 2pm-4pm	Church of the Resurrection, Drayton
German (Intermediate)	Fortnightly Mon 10am-12	Members' Homes, Drayton
German Conversation	Monthly 1 st Tue 3.45pm-5.15pm	Pear Tree Court, Horndean
Learn Guitar/Sing 1 Beginners	2 nd & 4 th Tue 2pm-4pm	Members' Homes, Widley
Learn Guitar/Sing 2 Proficient	1 st & 3 rd Tue 2pm-4pm	Members' Homes, Widley
Line Dancing 1 (Improvers)	Weekly Mon 2pm-3pm	Waterlooville Baptist Church
Line Dancing 3 (Beginners)	Weekly Thu 1.15pm-2.15pm	Cowplain Activity Centre
Lunch Club	Variable 12.30pm-2	Various places
Mah Jong 1	1st & 3rd Tue 10am-12	Age Concern, Cowplain
Mah Jong 2	2nd & 4th Tue 2pm-4pm	Portchester Parish Hall
Members On Their Own 2	TBD	Potential new group!
Music Appreciation	Monthly 2 nd Tue 2.00pm-4.00 pm	Members' Homes, Cowplain
Painting 2	Weekly Mon 9.30am-12	Lovedean Village Hall

GROUPS WITH VACANCIES (as of 31 st July) part 2		
To join any group contact Kevin Stock groups@waterloovilleu3a.org.uk or 07769 266879		
Interest Group	Meeting Day / Frequency	Venue
Pétanque (French <i>boules</i>)	Weekly Tue 10.00am-12	Bedhampton Bowling Club
Photography 1	2 nd & 4 th Tue 10am-12	Various places
Pilates 4	Weekly Thu 11.15am-12.15pm	Cowplain Activity Centre
Poetry	Monthly 2 nd Wed 2.00pm-4.00 pm	Members' Homes, Cowplain
Quizzers 1	Monthly 2 nd Thu 10.30am-12.30pm	Springwood Community Centre
Quizzers 2	Monthly 2 nd Wed 2pm-4pm	Age Concern, Cowplain
Radio Hams	Variable	Various places
Rummikub 1	1 st & 3 rd Tue 2pm-4pm	Springwood Community Centre
Rummikub 2	2 nd & 4 th Wed 2pm-4pm	Springwood Community Centre
Science	Monthly 4 th Thu 10am-12	Springwood Community Centre
Scrabble	1 st & 3 rd Thu 2pm-4pm	Springwood Community Centre
Sewing B	Monthly 2 nd Fri 10.00am-12	Acorn Community Centre
Singing For Pleasure	1 st & 3 rd Wed 2pm-3.30	Sacred Heart Church, Waterlooville
Snooker 2	1 st & 3 rd Thu 1pm-4pm	Waterlooville Sports Bar
Table Tennis 3	2 nd & 4 th Fri 1.45pm-3.45pm	Age Concern, Cowplain
Tai Chi 1 (Improvers)	Weekly Fri 11.45am-12.45	Waterlooville Community Centre
Ukulele	Weekly Thu 2pm-4pm	Lovedean Village Hall
Walking 1 - Strollers	Monthly 1 st Fri 10am-12	Various places
Walking 2 - Striders	1 st & 3 rd Mon 1.30pm or 2.00pm	Various places
Walking 3 - Striders	Fortnightly Fri 10.15am-1pm	Various places
Weekenders 2	Weekends TBC	Potential new group!

And finally, some nostalgic pictures sent in to the regular u3a Eye competition :



David, Mawdesley
Three classics



Linda, Caterham
A wind-up handle and
disposable needles



Noel, Mawdesley
State of the art
(at the time!)