

Bulletin for Interest Groups



Group Co-ordinator

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Learn
Laugh
Live

WHAT CAN YOU DO FOR ORPINGTON u3a?

Anyone who came along to our February General Meeting will have seen that we are a vibrant organisation. With over 75% of our members having already renewed for next year and tens of new members joining us, we can offer you a fun and fulfilling experience.

However, it is important to remember that everything we provide is because of the hard work of a very small percentage of our members. We have a Committee of only 9 people (with 3 excellent associates) coping with running a society for nearly 1000. Although we have 98 Interest Groups, many of our Group Leaders are stepping down as they have been leading for years, often with little support.

The premise of u3a is that it is run by members for members!

Please think hard about offering us your help in any capacity you can. Specifically, we are looking for people to help us run some social events: contacting venues; sourcing any equipment needed; helping run the event. We need more Group Leaders, either to step forward from existing groups or propose new ones, remember –

We will help you

A perennial problem for us is finding volunteers for the refreshments and greeting at the door for General Meetings – can you offer to do this just once for us?

If you do nothing else, please make sure that your Group Leader is not running things entirely on their own: offer to arrange a meeting; make the tea; give someone a lift; speak to new members.

Make the most of your membership – participate fully in all we have to offer and we will be very grateful.

Chairman

Crofton Halls

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



General Meetings

18th March

Behind the Scenes at the BBC – Peter Woodley

Peter will take a light-hearted look at life and work in the television industry with the hope that he can hold fast to the BBC's intention to "Inform, Educate and Entertain".

Peter worked at the BBC for 45 years. When he started they were still making some programmes in Black and White! In that time he progressed through the ranks, seeing TV change from Black and White to Colour, the introduction of Stereo Sound, the change to Widescreen, then Digital Television, and lastly the launch of High Definition, and ending as the most Senior Maker of Tea in the BBC!



He also had experience in the production side of television, which is where some of his stories come from, and was responsible for the recruitment and training of technical people for the Corporation.

15th April

Venice and the British – Martin Heard

Venice is unique. The city of canals, gondolas and iconic monuments its culture and identity is world famous. Today, with more than 20 million visitors a year, it is one of the truly great tourist destinations. Yet the popularity of Venice is no modern phenomenon. Historically the city has been a magnet for travellers wishing to experience its exotic atmosphere, the vices of the flesh and gaming, or the aesthetic virtues of its art, architecture and music. Venice was (and still is), if anything, an *experience* in which to be immersed, an experience that has been cherished and celebrated by artists, composers, and writers for centuries.

Martin discusses the contribution and involvement in Venice's cultural history of the British, who have defined much of what is the Venetian experience.

Monthly General Meetings

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

15 January	The Benefits of Exercise (Ann Wilbourn)
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)

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

On the Tuesday following each General Meeting we have a coffee morning at 10.30am in the BR6 Café, Orpington College – All members are welcome

“Behind the clouds the sky is always blue”
February in the Priory Gardens, Orpington





Membership Renewal Deadline – 1st March

The fee remains at £12 per annum

Details of how to renew online or by post can be found at

[Membership Renewal 2024 | Orpington U3A \(u3aorpington.org.uk\)](https://u3aorpington.org.uk)

Or in the Membership Renewal Form enclosed with this Bulletin

If you joined after 1-Dec 2023 you do not need to renew until 2025

Many thanks to the 75% of members who have already renewed their membership

A gentle reminder to those that haven't that the deadline is fast approaching

Interest Groups

We currently have **98 Interest Groups** available to Orpington u3a members. These are listed on the [website](#) in alphabetical order – this is where you can find out more about a Group, when it meets, and how to contact the Group Leader.

Alternatively you can speak to the Group Co-ordinator at the General Meetings or send an email enquiry.

- [Ambling London](#)
- [Android Users](#)
- [Apple Users](#)
- [Art Appreciation](#)
- [Badminton](#)
- [Backgammon](#)
- [Big Band Jazz](#)
- [Birdwatching](#)
- [Book Groups](#)
- [Bridge](#)
- [Canasta](#)
- [Chess](#)
- [Chi Kung](#)
- [Choir](#)
- [Coffee Club Culture](#)
- [Computer Discussion](#)
- [Concerts](#)
- [Country Music Appreciation](#)
- [Creative Writing](#)
- [Cribbage](#)
- [Cryptic Crosswords](#)
- [Curry Club](#)
- [Digital Camera](#)
- [Enlightenment to Romanticism](#)
- [French \(multiple levels\)](#)
- [Gardening](#)
- [German](#)
- [Golf \(Ladies and Mens\)](#)
- [Handbells](#)
- [History](#)
- [Industrial Heritage](#)
- [Italian \(Multiple levels\)](#)
- [Ladies keep Fit](#)
- [Learning to be Retired](#)
- [London Explorers](#)
- [Lunch Club](#)
- [Mahjong](#)
- [Meditation](#)
- [Members On Their Own \(MOTO\)](#)
- [Opera and Ballet Appreciation](#)
- [Painting](#)
- [Philosophy](#)
- [Piano and Instrumental Duets](#)
- [Play Reading](#)
- [Plays in Production](#)
- [Poetry](#)
- [Pop Music 1955-1979](#)
- [Real Ale Appreciation](#)
- [Recorder Playing](#)
- [Rummikub](#)
- [Science and Technology](#)
- [Scrabble](#)
- [Short Mat Bowls](#)
- [Sunday Lunch](#)
- [Table Tennis](#)
- [The Rock 'n' Roll Years \(55-69\)](#)
- [Theatre Matinees](#)
- [Town and Country Lunches](#)
- [Upwords](#)
- [Walks](#)
- [Whist](#)
- [Wine Appreciation](#)
- [Women Achievers](#)
- [Wordsmiths](#)

London Explorers

28 March The visit to Royal Mews on 28-March is now fully booked, but names can still be put on a reserve list in case anyone has to drop out nearer the time.

17 April The next London walk with Kim, our Blue Badge Guide will be 'Beautiful Belgravia' on Wednesday 17-April. Cost £10.

13 May A boat has been booked on Monday 13-May for 11am (to 2pm) for a guided cruise along the Old River Lea and the Lea Navigation canal to Three Mills, starting from the Olympic Park. This is a different itinerary to last year but hopefully with the same guide. Tickets cost £23

This will be the last trip Judy will be organising due to mobility issues. We would like to thank Judy for her commitment over the last 10 years. She assures us it has been interesting and not too arduous. We are now down from 4 London Explorers contributors to 2 so unfortunately we will only see outings every other month going forward unless other volunteers come forward.

Could you help out? Maybe you could work together with one or more friends to organise trips. Please contact our Group Co-ordinator if you'd like to know more about getting involved.

Golf

Are you a retired male golfer of reasonable ability who would like to play with similar guys in a very friendly golf group? If so, the Orpington University of the 3rd Age (u3a) Men's golf group is the group for you.

The group meet on Monday mornings at Cray Valley Golf Club for 9-holes and also on Thursday mornings at Bromley Golf Course (Magpie Hall Lane) for

9-holes. Also, over March to November a monthly 18-hole Stableford competition is played mainly at MyTime courses normally on the first Monday of the month.

During April to September there are monthly 9-hole Stableford competitions held at Bromley Golf and Cray Valley Golf Courses. Other single round 9-hole competitions are played

in support of Charity.

Playing in the group requires annual Membership of the u3a (£12) and payable course green fees or otherwise membership of MyTime.

We look forward to welcoming you to the group.

For further information please contact the Group Leader:

"Are You Looking to Join a Friendly Men's Golf Group?"



MOTO 1 — In Focus

MOTO 1 (Members on their Own) group continues to meet during 2024 at Hulbert Hall, Orpington Methodist Church on the 4th Wednesday of the month for a friendly get together. Sharing time with members who live on their own through bereavement, single or divorced. We serve refreshments at our monthly meetings.

The aim of the group is that our members organise events that we can all share. So we meet during the month with activities organised by MOTO 1 members. These can include



coffee mornings, trips to the theatre, both in London Borough of Bromley or in London, local Sunday lunches cinema visits, lunch at local restaurants.

Details of events planned for the next months are published in the u3a bulletin and u3a Newsletter.

We do have vacancies within the Group so why not come along to Orpington Methodist Church at 2.30pm and see if MOTO 1 is for you.

MOTO 1 — Events in March

- 26 February** Brunch from 10.30 at Richmal Crompton (Wetherspoons) Bromley South.
- 28 February** MOTO 1 monthly meeting from 2.30pm at Hulbert Hall, Orpington Methodist Church, Sevenoaks Road.
- 2 March** Coffee Morning 10.15 at Second Home in Orpington.
- 2 March** 3pm Theatre trip in West Wickham.
- 6 March** Lunch from 12.00 at The Buff in Green Street Green.
- 7 March** Theatre Trip "Guys & Dolls" at London Bridge.
- 20 March** Lunch from 12.00 at The Buff in Green Street Green.
- 27 March** MOTO 1 monthly meeting in Orpington.



If you wish to join MOTO 1 or would like further details, please contact the Group Leader

The Members On Their Own group is to provide friendship to members who live on their own and appreciate the opportunity to spend time and share activities with others in the same position



BOARD GAMES

Calling All Board Games Enthusiasts!

Would you be interested in playing a variety of board games with other members?

The first meeting is proposed for Wednesday 3-April at 1.30 to 4.00pm and subsequent meetings will be at the same time on the first Wednesday of the month.

Meetings will take place at the Group Leaders' home.

There is room for 8 members but if the demand justifies it the Group Leaders would be happy to move to an outside venue later on.

Details of the group

The group will aim to play a variety of games provided by the Group Leader and by members bringing their own games. The games should be able to be played to completion within one or two hours.

Examples of the type of game that could be played include: Ticket to Ride; Azul; Catan etc.

If you are interested please contact the Group Co-ordinator.



Family History



The Family History Group is now under new management. I would like to take this opportunity to thank Brenda for running the group for many years and also for the advice and help she has given to the members of the group.

We meet on the 4th Thursday of the month, venue to be decided. Although we have no vacancies at the moment I would like to set up a "Standby Membership Group". If an existing member cannot come to a meeting I will arrange for a "Standby" to fill the gap, so if you are interested in "Family History" please get in touch.

Curry Club

We are happy to give details of a new interest group, namely :-

The **Curry Club** which had a very successful and convivial get together at Masala Dabbas restaurant in Orpington High Street last month.

It is intended that the group will arrange evening meals at local restaurants offering Indian or other Asian cuisine every 4-6 weeks.

The next visit is at **Bombay Restaurant** Green Street Green on Tuesday 27th February at 7pm.

If you are interested in coming to that event and/or future meetings please contact the Group Leader.



The Bombay in Orpington, wins best restaurant at the British Bengal Curry Awards 2023

Bridge for Beginners/Bridge for Improvers

A slight change of routine:

The Beginners and Improvers Bridge classes are now on Mondays and Wednesdays, 3.15-5.15pm.

The Beginners Course (Wednesdays) is now full, but please get in touch if you would like to be added to the waiting list.

The Improvers Course (Mondays) has vacancies, and you will be very welcome if you would like to come along and give it a try. In the first instance, please email the Group Leader.



Scrabble

Do you love playing Scrabble and are interested in getting together with like minded Scrabblers?

At the moment, the group that met previously on 1st and 3rd Tuesday is temporarily paused and we have a member who is happy to lead another group, meeting at members homes on a rota basis.

If you would like to join, please contact the Group Co-ordinator.



Country Music

We had our first session on the 8-February.

The aim of the group is to meet once a month to enjoy two hours of listening to each other's choices of country music.

Define country music? I leave that to each of us as the genre and the artists cannot always be easily compartmentalised; Hank Williams to Shania Twain, Patsy Cline to Garth Brooks ... then there's country output from Elvis Presley, the Everley Brothers and Buddy Holly etc. So if you think it's

country we shall play and listen.

If the group has any rules they are very simple! Within your weekly selection only one per artist, so not six by George Jones only ONE! We like to listen to the music, so debates and questions between tracks please. That's it.

Each month's host will provide tea/coffee and a slice of cake ... please leave a £1 by way of appreciation.

PLEASE LET ME KNOW IF YOU CAN HOST.

The proposed date for our gatherings is the second Thursday of each month. The Monday before each Thursday I shall endeavour to send out a reminder email of that month's meeting.

From March onwards we shall have a monthly theme for that month's tunes (e.g. place names/transport/colours etc).

Currently we have two vacancies. For more information please contact the Group Leader.

"once a month we enjoy two hours of listening to each other's choices of country music"



learn, laugh, live

"Last year I joined a u3a group for procrastinators... We haven't met yet!"



Photography



“CALLING ALL PHOTOGRAPHERS”

Come and join the Photography Group and discover your inner David Bailey!

We have room for a couple of new members to join our friendly existing group, which is relaunching.

A full range of ability is already represented: some experienced photographers and those (like me!) who love it, but only use their mobile phones.

Please contact the Chairman.

Local Entertainment

Each month, one of the members will choose a local entertainment venue for us to visit: a film, a play, a music event.

There's a lot to choose from: cinema, folk and

jazz clubs, amateur dramatics, concerts in local churches.

Day and time will depend on the event.

Interested? Please contact the Group Co-ordinator.

“It's time to start a new group!”



Piano Duets and Instrumental

One of our members is learning the mandolin and is looking for a fretted string player who can read music, to play duets together.

We are a friendly, group which meets on the 2nd Monday of the month at 10am in members' houses.

For further details, please contact the Group Leader.



**Deadlines
for the
next
Newsletter
and
Bulletin**

Deadlines for the next publications

Please make a note of these dates in your diary

Newsletter 158 – 19th March 2024

Bulletin 5 – 16th April 2024

Please send articles to the News Editors

Marked either 'For the Newsletter' or 'For the Bulletin'

Have your say

We welcome all suggestions of interest to our members and anything that would help us to improve the Orpington u3a.

In addition:

- * Perhaps the Book or Theatre groups would like to write a review?
- * Maybe the Writing or Poetry groups have a contribution to make?
- * Do the Painting or Crafts groups have photos of their artwork that we could show?

If you have anything of interest please send by email to the News Editors

www.u3aorpington.org.uk

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

