



U3A July & August Newsletter

A big warm welcome is extended to all our members with this, a combined July and August issue of our newsletter. It is a combined edition simply because there are now many of our groups and activities in hibernation for the summer. The next newsletter will be published in September. However, and particularly for Group Leaders and Committee members I am at your disposal for any stop press notices and announcements.

Because this is a much reduced version of the newsletter here is a quick check of the following groups which are currently in hibernation and which are not mentioned, as such, in the newsletter.-


Ancient Civilisations, French Conversation, Genealogy, **French Conversation (through lack of support group might close in its present format)**, Line Dancing, Movie Group, West End & Broadway.

The meeting regarding the formation of a new U3A sub group for solo members received an encouraging response. It is important to note that this is not a breakaway group and remains firmly under auspices of the U3A Larnaca Club, but provides the opportunity for our solo members to enjoy the flexibility of attending group functions and meetings in the company of others rather than alone.


The idea for a late summer BBQ is slowly taking shape and we are currently looking at several options and venues, We will be looking for additional help and support in this venture and ask for volunteers to register their interest to do so with Jacky (page 2 for contact details).

Don't forget to check out our website if you are away in the summer period www.u3alarnaca.club

Current Committee

Position	Name	Phone	Email
Chairperson	Carol Anderson		
Vice Chairperson	Geoff Penn		
Group Coordinator			
Treasurer	David Barraclough		
Secretary	Barry Bicknell		
Social Secretary	Kevork Hovsepian		
Meal Club Secretary	Jacky Durrant		

Days When Groups Normally Meet

	Morning	Afternoon	Evening
Monday	Beginners Bridge Sounds, Like The 70s	Scrabble Pilates	
Tuesday	Painting Brunch Bunch Computer Skills Line Dancing		
Wednesday	Pilates Astronomy U3A Fun Quiz	Yoga	Ancient Civilisation
Thursday	Beginners French Tuition	West End and Broadway Shows Movie Group	
Friday	Book Group English Monarchy (various Days) Backgammon	Patchwork and Quilting Other Clean Crafts Genealogy	
No Set Day	Charity Events Exploring Cyprus	Greek Conversation Boules (Sat Afternoon)	

ASTRONOMY & COSMOLOGY Carol Anderson carolanderson65@yahoo.com

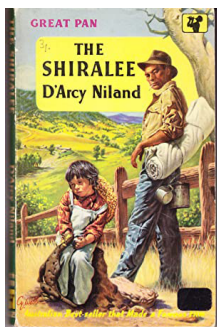
There will be no Astronomy Sessions in July and August. Check the September Newsletter for eventual sessions of Astronomy/Cosmology.

BACKGAMMON Serge



Our Backgammon sessions are now held on Friday mornings from 10am to around noon. The venue is 'Restolake'. All members are invited to join us for this stimulating and engrossing board game. All players even complete beginners are welcome to join in the fun. Although Serge will provide backgammon boards, if you have one bring it along. Contact

BOOK GROUP Margaret Gross



The Newsletter for us this month announces the longer break to September as so few members will be around but before then The Book Group will be starting up again and creating the Reading List for the coming months, so all ideas of a good read will be welcomed even if you don't currently belong, and of course we would love for you to come and join us. Any suggestions can be sent to me on the e-mail

I will be sending out the titles up for discussion at the beginning of September so let me know if you would be interested in receiving a copy

The next meeting will be on Friday 9th September at Restolake 10 for 10.30 am when we will review the deferred read,

The Shiralee by Darcy Niland. (We always aim for one classic read a year and this is it for 2022 everyone is welcome and we look forward to seeing you in September..

BRIDGE Errikos Leonidou



Bridge has now returned to the Flamingo Hotel, 'Face to Face' That is every Monday at 5:30 pm and Every Tuesday at 2:30.

BRIDGE FOR BEGINNERS Carol Anderson

There will be no bridge lessons in July and August for either the advanced beginners or beginners. Details of the September lessons will be in the September newsletter.

BRUNCH BUNCH Par Beaver patsybeaver@gmail.com



Our Tuesday get-together's remain an important part of the U3A diary when members and their friends can chat about U3A activities and plan together their programme of events for the coming month. This group also remains the first port of call for new members to get to know others. So join us at 10am for an all exclusive reasonably priced breakfast at 6.50 euros or indeed later for a coffee.

Next meeting is Tuesday 5th July at the Tuck Inn Finikoudes (Nearby to Larnaca Fort)

COSMOLOGY +GROUP John Palmer / Carol Anderson

Cosmology Plus will return after the summer break (July and August) in mid-September with an exciting programme for the fall. More details in the September newsletter. (Please note that we are waiting verification of John's email)

EXPLORING CYPRUS



Our final outing before the summer is a visit to Choirokitia from 10am on Tuesday 12th July where we will meet Petros Nicolaou who is a basket-maker and entrepreneur. Some of you may remember that we visited before and had an excellent morning out. Petros has now expanded his operation and has moved premises, establishing a basket weaving museum and an area for making traditional halloumi cheese.

On arrival at the village, which is only about 30 minutes from Larnaca, we will have coffee before seeing a demonstration of traditional halloumi making. Then we will have a Cyprus Brunch featuring fresh local produce, after which Petros will give us a demonstration of traditional Cyprus basket making, using local pokalami and sklinitza reed. You may well have a chance to try your hand at that. You may also look around the museum which has many samples of these traditional baskets. You may also buy if you wish.

Choirokitia is a pretty village so you may wish to wander around afterwards and explore further. Nearby there is also the archaeological site comprising a well-preserved settlement from the Neolithic Age which is also listed as a UNESCO World Heritage site. If you have not been it is interesting as there are reconstructions of some of the round huts which formed homes at that time. If you are fit and brave enough to walk to the top of the site in the hot weather there is a great view as well! Entrance to that is only €2.50.

I have not had much success with coach trips lately so the plan is for people to take their own cars. For those without transport or who prefer not to drive I will facilitate car sharing. Should there be sufficient for a bus or minibus that will be at an extra charge to be notified once I have numbers.

The price for the trip is €15 including the Cyprus brunch. Please do not expect it to be as extensive as the one at Jars but it will have fresh produce and the price includes drinks and Petros's time and expertise during the visit. The visit will be around 2 hours. I checked with Petros and there is parking within 50 metres of his house (so not a problem for those of us who are less mobile) and there is shade where he does his halloumi and basket-making demonstrations so it should work fine even though it will be warm at that time.

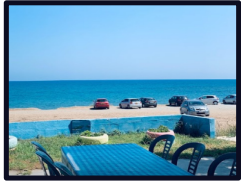
I need to know numbers quickly so that Petros knows how many to cater for. Please respond to my email as above no later than the 5th July. Please indicate whether you require transport and/or whether you can offer transport to others.

GREEK CONVERSATION vathoula Klumbies



The format for our Greek conversation group depends on where I am currently located, and is either in the form of face to face meetings or by video call. At the moment I am located in Cyprus and therefore a good time for you to contact me, as above, for a face to face meeting to discuss the purpose of the group. Please note this is a conversation group for people with a knowledge of Greek and is not suitable for members wishing to learn the language from scratch.

LUNCH & DINNER CLUB JACKY DURRANT j [REDACTED]



Akroyiali Beach Restaurant in Mazatos, is the most beautiful of settings and one that Jacky has selected for our next lunch time date on Thursday 21st July at 12.30 for 1pm

This is a family run beach tavern which on a Wednesday should allow plenty of space and hopefully a lovely cooling sea breeze. Check out the following link

<https://www.facebook.com/Akrogiali.Beach.Bar/> If you would like to join us- Email Jacky before Friday 15th July so that we can secure an outside location At the same time please give her your choice from the following:

Fish & Chips :€10

Sea Bream €12

Chicken kebab :€9

Mix pork kebab: €6.50

All drinks will be at the menu price

Cyprus coffee & sweets/fruit on the house courtesy of the restaurant

PILATES & YOGA Gillian Armstrong [REDACTED]



Gillian's classes are held on the following days: Monday at 2pm for Pilate's and Tuesday at 10pm for Yoga subject to holidays etc. Both classes are held in her air conditioned home studio which is located near to Stelios Supermarket in Levadia. Cost is 5 euros per session. You will need to bring a towel, Contact Gillian to make an appointment as

PAINTING GROUP [REDACTED]



Now following our Painting Group meeting in June we now take a short break for the summer and then meeting again in September when we will resume our doodling, zen tangles, dot art and sketching. Such techniques of which we are eager to pass on to anybody who would be interested in joining our happy throng of artists. Everybody is welcome to join us no matter how skilled you are or even if you are complete beginners. Contact Liz as above for more information.

PATCHWORK & QUILTING Lynne Moses [REDACTED]



As announced in the June newsletter the sessions for this group are currently being held at Lynne's home whilst the lower than normal level of attendees allow this to be possible. For those interested in pursuing the art of 'patchwork and quilting.

Please contact Lynne as above to make arrangements to join her. It should be noted that Lynne also fronts other craft groups which you can join, email her for more information.

SCRABBLE Tricia Cooper [REDACTED]



If you enjoy word puzzles come along and join us for some rounds of the classic board game scrabble. We meet every week on a Monday afternoon at 2:30 pm at different members homes such details being forwarded in advance. Some of the group members also play Scrabble on line.

If you would like to join us then contact Tricia as above.

SOUNDS, LIKE THE SEVENTIES Geoff Penn [REDACTED]



As always this group is for members interested in listening to and learning more about the more complicated aspects of rock music especially progressive rock, blues and psychedelic music with a distinctly 1970's feel. However, our sessions tend to be a mixture of both the older classical styled British progressive rock items mixed with huge helpings of music from current underground bands from both Europe and the USA.

At our early June meeting we listened to a selection of current Norwegian bands. Contact Geoff as above to enter into the chasm of underground soundscapes.

Solo's Friendship Group. Joy Bett [REDACTED]

Note That the point of contact for July and August is [REDACTED]



The introductory meeting of the Solo's friendship group was very successful. with eight people present and four people who gave their emails and wished to be kept informed.

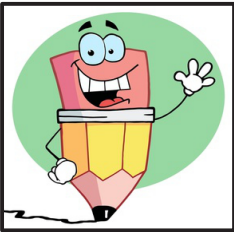
Firstly everyone present wanted me to point out to prospective members that **this is not a "lonely heart's club or a dating agency"** but the formation of a supportive friendship group for people with shared interests and people who want to network. Please note that the emails given on the day will only be shared with members of the Solo group.

There was much discussion of the way forward and it was agreed that we should have one meeting a month to chat and exchange ideas for activities and future venues.

However we are going to keep the group more spontaneous by exchanging emails so that if one person sees an event they want to go to they can find a like minded person or more than one person to join them at short notice. For example : It might just be that a member feels they want to go for a walk and have a coffee or ice-cream but they don't want to do it alone preferring convivial company. They can then email the group to find a member to accompany them.

The facility for car sharing, joint holidays, weekends away and events such as Christmas venues were discussed especially where venues need to be booked early, In September the idea for an outing or weekend away has been discussed.

This is a lovely group that welcome male and female members and receive all ideas in a positive manner and as such the group will look forward to meeting new members as the months progress. The next meeting will be held on Friday July 8th at The Café Nero on Mackenzie Beach at 11 o'clock but as I am away in England until September the July and August meetings will be hosted by Gill Line as above.



The writing group met in Paralimni on the 14th June and listened to richly entertaining pieces on the theme of colour. Each member chose a different colour and offered a penetrating look at what the colour meant to them.

The group will now take a break to allow for holidays and when our members return in September or October we look forward to some more entertaining writing.

We would love to see our numbers grow. Should you wish to join the group please email Joy as above.

U3A MONTHLY FUN QUIZ Geoff & Janet Penr [redacted]



The conclusion of our U3A monthly Fun Quiz took place on the 8th of June. We can inform you that after an exciting season of these monthly tussles the 'Busy Bee's Quiz Team' finally took pole position with the 'Jerms Quiz Team' taking second place. It was an extremely close call between these two teams with the lead regularly changing hands. But of course, and apart from winning the monthly prize of some wine, the purpose of the quiz was to be a fun social morning with our members and their friends checking out their general knowledge.

We will be starting afresh again in September giving you the opportunity to form and register new or existing teams. As a reminder a team comprises four persons two of which need to be U3A members. If you would like to participate on a regular basis but do not currently belong to a team contact Geoff as above who will arrange an introduction to a team short of players. In addition we welcome members to come along as floating substitutes to join those teams which might be short on the day. A further announcement will be included in the September Newsletter.

Busy Bees	383.50
Jerms	381.00
Jam Dodgers	327.50
United Nations	332.00
Bee Gee's	290.00
Anna & Co	274.00
Us & Them	205.00
Team Scandinavia	173.50