



U3A November Newsletter

**Dear Members, welcome to this our November Newsletter.
There are three items to note in your Diary:-**

1. Tickets are still available for Our Pre-Christmas Social from committee members. As advertised earlier this event is being held on the 14th November at Moments Hall, Larnaca. Check out the poster on page 8 for full details. At 30 euros for members and 32 euros for guests this event represents great value for money.

2. On the 5th December Catherine is opening her doors for a Christmas inspired coffee morning. Further details will follow in the form of a stop press.



3. Thursday 27th November is the date for our daytime Christmas Lunch with all the trimmings being held at the Lithos Bar & bGrill See Page 5 For Details

Other Items:-

Gerry, has a list of members who need to pay their subscriptions for 2025 . Paying By Bank Transfer to 'Bank of Cyprus' is Easy and Trouble Free

U3A account number is .

If you know of anyone not receiving the newsletter and other U3A notices Please refer them to Gerry ,our membership secretary ,so that he can check their email details and correct them if applicable,

U3A Committee As Voted On 21 st March 2025 and the positions of such indicated below were agreed at the additional committee meeting held on the same day

Name	Position	Email	Phone
Geoff Penn	Chairman and Courses Coordinator		
Keith Swales	Vice Chairman and General Secretary		
David Barraclough	Treasurer		
Jacky Durrant	Lunch & Dinner Club Secretary		
Gerry Harrison	Membership & Social Secretary		

DAYS WHEN GROUPS NORMALLY MEET (Check newsletter for actual dates)			
Day	Morning	Afternoon	Evening
Monday	Beginners Bridge Scrabble	Sounds Like The 70s Pilates	Club Bridge 6pm
Tuesday	Yoga Brunch Bunch Art Group & Urban Sketching	Club Bridge 2:30pm (At 14 Meropis St. Ancient Civilisations (5.15 pm)	14 Meropis St, Larnaca Behind Radisson Blue Hotel
Wednesday	Backgammon Fun Quiz	Writing Group	
Thursday		West End & Broadway French Conversation Craft Group	Classical music
Friday	Book Group	Greek Conversation	
No Set Day	Talks & Presentations Coffee Mornings Film Afternoons	Lunch & Dinner Club	

ANCIENT CIVILISATIONS CATHERINE YATES



This group has been exploring the Ancient world for the last 14 years and we are continuing to do so. Topics have included: [Ancient Rome](#), [Ancient Greece](#), [Ancient Egypt](#), [Peloponnesian War](#), [Cities of the Ancient world](#), [Ancient masterpieces](#), Etc ,etc. We enjoy these great courses with the help of a number of American University Professors who are experts in particular historical fields. [Our break for refreshments adds to our enjoyment of the evening and provides an opportunity to socialise.](#)

Now, We have just dealt with one of the most famous pharaohs in Ancient Egypt and the discovery of his tomb and will continue in November to Cleopatra, who is considered to be the last Pharaoh. We have a new starting time of 5.15 every Tuesday which seems to suit well. Contact Catherine for further information

BACKGAMMON SERGE

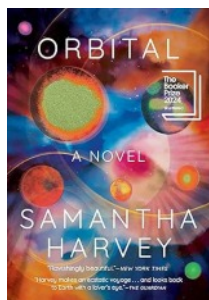


Have you ever wondered about the board game Backgammon, its rules and its intricacies of play.

Well! come and find out with our ultra friendly group who are keen to show you how to play.

Backgammon is held on a Wednesday morning at Restolake from 10 am to around noon. All prospective players are welcome to come along to learn and to play this fascinating game of strategy. So whether you are a seasoned player or a complete novice contact Serge above if you would like to join in

BOOK GROUP -Margaret Gross



The Book Group will be meeting on Friday November 14th at 10 am .at Restolake As always refreshments will be available to purchase from the venue. We will be reviewing the October read which is by Samantha Harvey titled Orbital. Harvey watched a continuous live stream of Earth from the International Space Station while writing the novel. The novel, told over the course of 24 hours, follows six astronauts and cosmonauts from Japan, the United States, Britain, Italy, and Russia, four men and two women, aboard the International Space Station as they orbit Earth. A fascinating account which incorporates elements of science fiction,literary fiction, and philosophical drama

BRIDGE ERRIKOS LEONIDOU



1 Club bridge is every Monday at 6pm and every Tuesday at 2.30pm.

2. Teaching bridge is every Tuesday at 6pm

The venue. is 14 Meropis street in Larnaca, behind the Raddisson Blue Hotel.

BEGINNERS BRIDGE



After a long Spring/summer break, bridge lessons are again being offered for U3A members. Bridge is a well-known mind game which combines mental acuity and social enjoyment and is credited with reducing the onslaught of dementia. In addition to those who have already tackled the rudiments of the game and are eager to continue, several new members will join the lessons.

The first session will be on Monday, November 3rd at 10:00 AM and the second lesson will take place on Monday, November 17th at 10 AM, both at my home at Oroklini (close to Restolake). The schedule will be flexible to meet the needs of the members. Please contact me If you are interested in exploring this fascinating, mentally Stimulating game.

BRUNCH BUNCH PAT BEAVER



Our Tuesday get-together's remain an important feature of U3A social interaction and is often the first port of call for new members seeking introductions to both U3A groups and the people involved in running these activities.

All U3A members are invited to come and join us at 10 am for a hearty reasonably priced breakfast or just a coffee if you would prefer

Next Meetings will be held on Tuesday 6th November At Alexander Restaurant



There Were No Takers Last Month Please Support Vathoula With This New Venture

BOULES GROUP



NEW GROUP

A new group for members wishing to exercise in the fresh air right at Finikoudes beach. The boules field is situated next to the Marina at Finikoudes, Larnaca.

We would like to play fortnightly on Wednesdays, at 11.00 am, with the choice of having a small lunch in the area after the game.

Our 1st session will be on

Suitable for beginners as well as anybody familiar with this fascinating game.

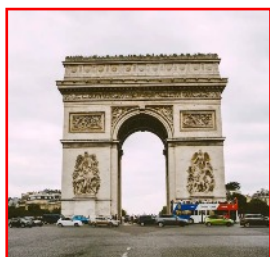
CLASSICAL MUSIC GROUP



This group meet twice a month on a Thursday at Kevork's Larnaca apartment. Here you will not only embrace the joy of a huge variety of classical music but also learn about the various composers and their various works

Normally, a stop press will be issued detailing Kevork's address and the dates for his music presentations.

FRENCH CONVERSATION



As well as those participants who are more fluent in French, this friendly group is also open to members who have a limited knowledge of the language. Meeting over a cup of coffee, we discuss topics of interests brought forward and suggested by the group members. We meet at CAFFE NERO Makenzie fortnightly on Thursdays at 3.00 pm.

Contact Vathoula for more specific details.

GREEK CONVERSATION



This friendly group is suitable for members with a knowledge of Greek but not for participants who wish to learn the language from scratch.

We meet fortnightly on Fridays at Caffè NERO Mackenzie at 3.00 pm.

LUNCH & DINNER CLUB - Jacky Durant



Following the success of last years Lithos outing "Jacky has again organised for a traditional Christmas Buffet Lunch to be partaken at the Lithos Bar & Grille, Oroklini. on the Thursday 27th November 2025 meeting at 12.30 for 1pm. The price agreed is €30 + any drinks at menu prices. Please advise Jacky by return jackyd@cytanet.com.cy if you would like to be included . We have to supply the Lithos with numbers by the 23rd November"

PAINTING GROUP LIZ NAEPLIN



Generally, this enterprising group meet every Tuesday throughout the month, but this is divided into two specific areas as follows; Three times during in the month we meet at interesting locations to to carry out urban sketching. This facet of the group is open to all U3A members, who are welcome to come along and join us.

Once a month we meet up to learn and practice water-colour techniques, these sessions are currently fully occupied and unfortunately there are currently no free spaces.



PILATES & YOGA GILLIAN ARMSTRONG



Gillian undertakes both 'Pilate's (Monday at 2pm) and Yoga (Tuesday at 10am) You will need to book in advance (as above), Both classes are held in her air conditioned studio which is located nearby to 'Stelios Supermarket 'in Levadia. For both classes you will need to bring a towel.

SCRABBLE CATHERINE YATES marcat282@gmail.com



In this particular group all levels of expertise are represented and are very welcome. Sometimes we have as many as 8 or more gathering on a Monday morning. The break for refreshments is an integral part of our time together. Depending on numbers we could be playing in pairs or groups of 3. Our rules for the game probably would not be accepted at the highest levels, but they suit us all very well and add to the enjoyment of the morning. Scrabble continues each Monday at 10am at various venues. Please contact Catherine for information concerning location.

It is a great opportunity for meeting up and enjoying company.

PATCHWORK & QUILTING

Great News From Lynne as Follows:-



'I'm open to resurrecting my Patchwork and Quilting group but this time I will hold it at my house in Larnaca. I have 3 spare sewing machines that can be used on site only. Participants can bring along their own machines as well. I will also welcome knitters and other sewers who want to come along just for the chat. I'm open to a discussion on which day would be best, Friday afternoons suited me but as its in my home I'm more flexible, though I would still prefer an afternoon as many of my mornings are already occupied. I also have some bits and pieces of material to practice with and plenty of patterns for people to look through. We can always use the TV or computer to view some of the videos of quilting that are available on You Tube. I used to run the group monthly but am open to more frequent meetings if that is later requested.'

SOUNDS LIKE THE SEVENTIES GEOFF PENN geoffinmk@aol.com

On the basis that several people have asked me to describe the kind of music that I play. And also because of the interest generated by 'Kevork's' classical music group I have decided to piece together a selection of music as a sample session for members to try, This as idea is far simpler than trying to describe the kind of music I play. The actual range of music, I present ,is very diverse and obviously, because I know what my usual testosterone fuelled audience like, I can be pretty outrageous with my selected programme of musical choices, to be precise I repeat the phrase 'knowing your audience'. However, if sufficient interest is shown I will offer this opportunity for members to get aquatinted with something different but melodic and well constructed.

The "classical" side of progressive rock is the incorporation of classical music's complexity and structure, not its sound. This includes using classical composition techniques like changing time signatures and distinct movements within a song, and drawing on classical forms such as the symphony or sonata. Many early prog musicians were classically trained, leading to an ambition to apply symphonic structures and instrumental virtuosity to rock music

(New) TABLE TOP GAMES



With the cooler days ahead, the opportunity offered by Julie to run a group devoted to tabletop games seems an exciting prospect, Fun Games such as **Pictionary, Lexicon, Monopoly, Risk, Smart Ass, Trivial Pursuit, Taboo, Yahtzee, Quicktionary, Code Names, & Scrabble.** are all on offer to brighten up what otherwise might be a dull afternoon/ early evening starting in September on a Thursday at 5pm for a couple of hours.

Initially Julie can accommodate 6 people maximum at her apartment Just off Okkular road in Central Larnaca' If you would like to join in the fun call her as above to receive further details and location etc.

QUIZ GEOFF PENN

Wednesday 12th is the date for our next fun quiz The venue is Restolake in Oroklini arriving at at 10am for a 10|30 kick off . Thus giving you time to purchase a drink from the counter as we do not pay for the room. A team comprises of four players, two of which must be U3A members, If you do not have a regular team, you can join in as a floating player, that is joining a team that is currently short of the four required players. Each team must appoint a captain for liaison purposes.

The charge per person is one euro, which equates to one bottle of wine as a prize if you win. So it makes sense to have four players per team.

U3A Fun Quiz -September 25 Start									
Team	Oct	Nov	Dec	Jan				Running Total	Current Position
Jerms	0							0	
Jammy Dodgers	22							22	2
Busy Bees	21							21	3
United Nations	27							27	1
Anna & Co	22							22	2

WESTEND & BROADWAY Judith Mansell

The group usually meets the last Thursday of the month at my home at 2pm. It is for like minded people of Musical Theatre. The stage version is shown where ever possible but sometimes we have to resort to the film version . There is a break for tea or coffee with pastries off sweet and savoury. The contribution given by the group is given to PACYKAF at the end of the year. Further information please contact, Judith Mansell. as above

WRITING FOR FUN



This friendly group is all about, "writing for fun" more specifically the construction of a little story around an observation, memory, experience or idea which we then share at our monthly meeting. However, we take it in turns to select the subject matter for the following month's meeting. In other words you have a month to prepare your story.

The subject for November was "The Ballet" a rather tricky theme to be honest but somehow, everyone managed to produce an interesting interpretation of the subject, The next meeting will be held at my home in Oroklini on Wednesday 19th at 3 pm The subject for preparation by the next meeting is **'A Day To Remember'** -Contact me, as above, for more information.



The U3A Winter/Early Xmas

Buffet Dance

Moments Hall, Larnaca

Friday 14th November

6.30pm for 7.00pm

Singing and Dancing provided by

Shirley and Phil

€30 per person (guests €32)

Buffet, includes local beers/wine/soft drinks and water.

Spirits can be purchased from the Hall

Dress code: Smart please - suit or jacket & trousers,

Party or evening dress.

