



October 2024 Newsletter

Dear Members, welcome to our October Newsletter which is your guide to our group activities and events.

We have some important dates for your diary:-

As mentioned previously , we have once again booked the 'Lee Bay Hotel', Dhekelia Road for our Christmas Social. This will take place on Friday 13th December and will once again include local vocalist Greg Orton to lead the entertainment. More details will follow especially the date for the sale of tickets.

Of course it is realised that the Christmas Social as an evening event is not suitable for some members, so Jacky is putting together plans for a Christmas lunch. In this respect she is investigating the possibility of an afternoon 'Turkey with all of the trimmings' lunch at one of the Larnaca restaurants for around 30 euros (not including drinks) More details will follow.

Our U3A AGM has been scheduled for the 1st November at 'RESTOLAKE'. We are currently putting together the finishing touches to the AGM pack before its distribution to our members in a week or so. The AGM is an opportunity to voice your opinion and provide essential feedback. All of our committee posts are up for re-election. Please think about applying for a committee post, as an injection of new-blood helps generate new ideas and interest for all.

IMPORTANT -LUNCH & DINNER CLUB - JACKY IS CURRENTLY UNABLE TO COMPLETE ARRANGEMENTS WITH THE Sawa Lebanese restaurant See Page 4. Therefore please contact Geoff Penn Who will finalise arrangements on Jacky's behalf. Please send Geoff a firm indication of your intention to attend this event.

U3A Committee as of 11 th June 2024 Agreed at Extra-Ordinary Meeting			
Position	Name	Email	Phone
Chair Person	Keith Swales		
Vice Chair	Geoff Penn		
Course Coordinator			
Treasurer	David Barraclough		
Social Secretary	Gerry Harrison		
Lunch & Dinner Club	Jacky Durrant		
Members Secretary	Margaret Gross		
Legal Affairs Secretary	Crol Anderson		

Days When Groups Normally Meet Check Newsletter For Actual Dates of Groups			
	Morning	Afternoon	Evening
Monday	Beginners Bridge Sounds Like The <u>70s</u>	Scrabble <u>Pilates</u>	5:30 <u>pm</u> Bridge Held at The Ballroom Larnaca
Tuesday	Brunch Bunch Art Group Painting/Sketching Tuesday <u>10am weekly</u>	2:30 <u>pm</u> Bridge Held at The Ballroom Larnaca	Ancient Civilisations Group 2
Wednesday	<u>Pilates</u> Computer Skills Backgammon U3A Fun Quiz	Yoga	
Thursday	Writing Group	West End & Broadway Group Film Group French Conversation	
Friday	Book Group	Craft Group <u>Genealogy</u>	
No Set Day	Charity Events Exploring Cyprus	Greek Conversation Lunch & Dinner Club	

ANCIENT CIVILISATIONS CATHERINE YATES



Catherine has informed us that she will be back in November and will continue with the History of Ancient Egypt.

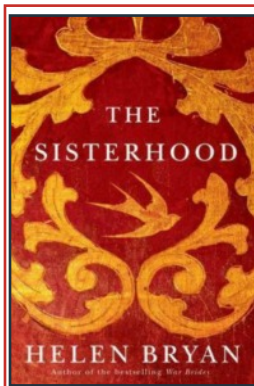
A stop press announcement will be issued once dates have been arranged.

BACKGAMMON SERGE



Our Backgammon sessions are now held on a Wednesday morning at Restolake from 10 am to around noon. All prospective players are welcome to come along to learn and or 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



Deferred from September:-

The Book Group will be reviewing "The Sisterhood" by Helen Bryan. It is a story about "Menina Walker, a child of fortune. Rescued after a hurricane in South America, doomed to a life of poverty with a swallow medal as her only legacy, the orphaned toddler was adopted by an American family and taken to a new life".

The group are actively creating a Reading List for 2024/25 with some interesting and varied titles.

New members are always welcome at Restolake 2nd Friday of the month at 10am

BRIDGE ERIKOS LEONIDOU



Bridge is now held 'Face to Face' in the 'Ballroom', Larnaca. That is every Monday at 5.30 and every Tuesday at 2.30

Contact Errikos as above for further information.

Bridge For Beginners Carol Anderson



Bridge games are back in the U3A. After months of inactivity due to unforeseen interruptions, we will restart bridge for absolute beginners as well as those who have already been bitten by the bridge bug and want to continue to progress.

I will hold 2 sessions in October on the Monday, 21st and 28th of the month, at 10:00 at Restolake. And for those who wish a head start, I will be at Restolake with my cards on Monday, 30th September.

Bridge is one of the five world-recognised Mind Games, and if you keep forgetting the name of your neighbour or who won the latest grammy,

bridge exercises the brain and helps keep Alzheimer at bay. As a plus, it is a wonderful social occasion.

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 1st October

FRENCH CONVERSATION BARBARA TURNBULL



Following the Summer break our French conversation sessions will resume during the month of October with get-togethers on Thursday, 10 October and Thursday, 24 October at 3.00 p.m. at Caffe Nero, MacKenzie beach area. I hope you will be able to join again our friendly sessions where those with a limited knowledge of the language as well as those more fluent are welcome to participate.

GREEK CONVERSATION vathola Klumbies



Greek conversation resumes this month, if you would like to participate contact Vathoula as above. It should be noted that that this group is a conversation group for people with a knowledge of Greek and is not suitable for members wishing to learn the language from scratch.

GENEALOGY /SOCIAL HISTOR GEOFF PENN

Currently all of our members have reached the limit of their explorations. So It is with much regret that we have placed our group into a state of hibernation until greater site wide interest is shown. It is a shame that with such expert knowledge of 'Family Tree' construction available in house, that our offer to provide a Genealogical help service for our U3A colleagues has remained unanswered.

LUNCH & DINNER CLUB JACKY DURRANT

Following many enthused recommendations from our members and further to the recent "stop press" our next lunch date will be held at the Sawa Lebanese restaurant in Larnaca. where we will enjoy a seductive Middle Eastern Meze. **on Thursday 3rd October . Arriving at 12.30 for 1pm.**



The restaurant located at [Archiepiskopou Makariou III 39, Larnaca, Cyprus](#)

SEE ALSO NOTE ON PAGE 1

The INSPIRATIONS WRITING GROUP

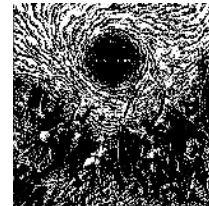
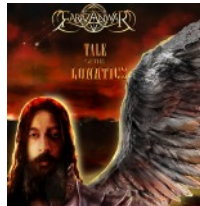


Due to extenuating circumstances this group is closed until further notice.
My thanks to all my "writing buddies".I have enjoyed your contributions enormously.

SOUNDS LIKE THE SEVENTIES GEOFF PENN

If you like progressive rock music from the seventies and are interested in discovering underground bands from that period and indeed modern bands following the same artistic principles you might like to consider joining this friendly group.

A meeting in October is currently being planned. - Contact Geoff as above for details.



SCRABBLE TRICIA COOPER



Scrabble, is a fascinating board-and-tile game in which two to four players compete in forming words with lettered tiles on a 225-square board; words spelled out by letters on the tiles interlock like words in a crossword puzzle. Players draw seven tiles from a pool at the start and replenish their supply after each turn.

As you can see from the photo we have a Scrabble group who currently play this fascinating word game on a Monday afternoon at 2pm, Meeting at peoples homes in and around the Larnaca / Oroklini area.

Overtime and due to people moving back to the UK etc our numbers have diminished and so we welcome new players including complete beginners, contact Tricia as above for further details.

PAINTING GROUP LIZ NAEPLIN



This productive group meet on a weekly basis alternating between painting indoors and if weather permits, getting out and about to various places of interest where we sketch and draw what takes our fancy. Our emphasis this past month has been drawing people as they stroll around St. Lazarus Square Generally, we experiment with a vast array of artistic materials and painting techniques this active group is both interesting and fun. Currently the class is full to capacity but potential new members can register their interest with Liz for future inclusion. **We will be meeting on the 8th of October.**

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.



On Thursday 31st October at 2 pm the curtains at Judith’s ‘West End & Broadway’ group once again open to present another series of musicals, starting with ‘Hamilton’ which features actors of various racial and ethnic backgrounds portraying the period surrounding the time of America’s founding fathers. This

inclusive representation, coupled with the infusion of hip-hop and R&B music, sets Hamilton apart from other Broadway shows.

Please contact Judith if you are attending so that she can organise seating arrangements.

QUIZ

Come and join us at our fun quiz on **Wednesday 9th October** If you would like to attend but do not have a team that you can join in as a floating player, within a team that is currently short of layers.

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. All mobile phone to be switched off and kept away from the table top.

USA 2024 Fun Quiz														
Team	Wk 1	Wk 2	Wk 3	Wk4	Wk5	Wk6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Running Total	Current Position
Jerms	28	28	20	25	26	21	26						174	2
Jammy Dodgers	25	29	26	0	24	20	22						146	4
Secret Squirrels	22	0	0	0	0	0	0						22	9
Busy Bees	27	27	25	21	32	26	25						183	1
Bee Gee's	29	28	22	24	19	18	0						140	5
United Nations	24	0	21	26	30	23	23						147	3
Anna & Co	22	25	0	24	27	21	0						119	6
Us & Them	0	22	16	19	0	18	18						93	7
Rexless	0	0	14	14	0	0	0						28	8