



# U3A January Newsletter

**HAPPY NEW YEAR EVERYONE, From Your Committee**

**1. Our New Arrangement For Paying U3A Subscriptions Comes into Force This Month, Keith Our Secretary Will Be Writing To Every Member To Outline The New Arrangement.**

**Gerry, has circulated a message reminding members that Paying Your Subs By Bank Transfer to 'Bank of Cyprus' is Easy and Trouble Free. U3A account number is [REDACTED], and the BIC is [REDACTED].**

**2. With thanks to Catherine for holding a Christmas inspired coffee morning on the 5<sup>th</sup> December at which the amazing sum of 250 euros was raised for Pasikaf the cancer support charity**

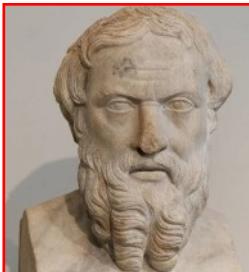
**3. Our idea regarding the organisation of a post Christmas visit, to one of the village markets, received only minimal interest . Unfortunately not sufficient interest for such a trip to be economically viable and so we have abandoned the idea.**

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			
Keith Swales			
David Barraclough			
Jacky Durrant			
Gerry Harrison			

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



We are still getting used to a new lecturer as we explore Herodotus, the Father of History. I will probably be away from mid January but will continue as long as possible.

Contact Catherine for further information

## BACKGAMMON SERGE

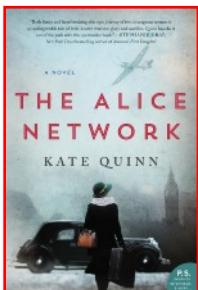


Have you ever wondered about the board game Backgammon, its rules and its intricacies of play.

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



Happy New Year everyone, another year of reading to look forward too.

In January we will be meeting at Restolake on January 16th 2026 ,please note this is the third Friday just for this month , 10am for 10.30 start when we will be reviewing The Alice Network by Kate Quinn, a tale of 2 women and a First World War spy network

Look forward to seeing existing group members and anyone else who would like to join this friendly group.

## BRIDGE ERIKOS 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 Radisson Blue Hotel.

## BEGINNERS BRIDGE



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.

Here are the dates for bridge classes for January,

Beginner: Tuesday 6 January at 10 AM at my house. (Exceptionally on Tuesday, normally on Monday)  
Beginner : Monday 19 January at 10 AM at my house

Advanced bridge Thursday 8 January at 10 AM at my house

Advanced bridge Thursday 22 January at 10 AM at my house.

All is a bit squeezed but I hope that most of you will be able to attend the lessons.

## BRUNCH BUNCH



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 6<sup>th</sup> January, At Alexander Restaurant

## 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.

## GREEK CONVERSATION



This group is suitable for members with a knowledge of Greek, but not for those who wish to learn the language from scratch. It takes place fortnightly at CAFFE NERO, MacKenzie, on Fridays at 2.30 pm.

**Our 1st session in 2026 will be on Friday, 9th January, at 2.30 pm.**

## LUNCH & DINNER CLUB -



Our lunch time venture for January is the ever- popular Balti Indian Restaurant on the 22nd January, At 12.30 for 1pm,

Jacky has negotiated the same menu as last year for price €18 + €2 for prawn & lamb. (See Next Page For Details of What's On Offer) Members to Advised me of their interest by 19<sup>th</sup> (at the very latest) January to book your place please email Jacky at [jackyd@cytanet.com.cy](mailto:jackyd@cytanet.com.cy)

## PAINTING GROUP LIZ NAEPLIN



Meeting every Tuesday we have now come to the end of our artistic year with a celebratory meal on the 9<sup>th</sup> December. But no worries we start up again on the 13<sup>th</sup> January 2026 to continue our artistic cycle of water colours and urban sketching. I wish to everyone Merry Christmas and a Happy New Year.



## Special U3A - Balti MENU

Papadaums & chutney's

Starter

Platter of bhajees, amosas AND IF POSSIBLE VEGETABLE SAMOSA

Main Course

Choose from the a-la-carte menu any one chicken, fish or vegetarian dish

To share.

Assortments of rice, naan's and a selection of vegetable dishes

The above for only € 19.00 (drinks & desserts are naturally extra)

If you prefer king-prawns or lamb as your main course there is an additional charge of €2.

Afterwards :-

There is a small selection of desserts and Liqueur Coffees at Bar Prices

## 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



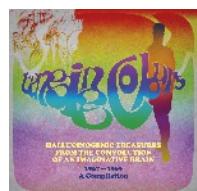
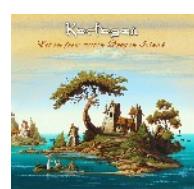
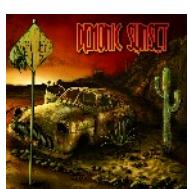
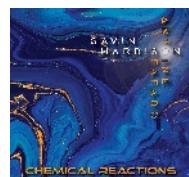
Into the New Year ,Scrabble continues every Monday morning at 10 am in various venues. It is a wonderful time to relax and enjoy each other's company and test our wits with the game. In this particular group all levels of expertise are represented and are very welcome. Sometimes we have as many as 8 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.

**Please contact Catherine for further information and locations.**

## SOUNDS LIKE THE SEVENTIES

As mentioned last month, and as encouraged by others, I have put together a selection of melodic rock music that hopefully will surprise you regarding its quality and instrumental virtuosity .For those interested I am sure we can work out a common date to share my efforts in this direction.

*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.

## PATCHWORK & QUILTING



'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.'

## QUIZ

**Wednesday 14<sup>th</sup> January is the date for our next fun quiz at Restolake in Oroklini, Please Arrive At 10 am for a 10:30 Start.** 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.

**Note! There will not be a quiz in February**

**U3A Fun Quiz -Octoberr 25 Start**

Team	Oct	Nov	Dec	Jan				Running Total	Current Position
Jerms	0	32	17					49	5
Jammy Dodgers	22	24	29					75	2
Busy Bees	21	28	31					80	1
United Nations	27	27	21					75	3
Anna & Co	22	0	29					51	2
Us & Them	22	19	18					59	4

## WESTEND & BROADWAY Judith Mansell



I intend to show RIVERDANCE on the 29th January at 2pm at my home. Please let me know if you will be attending so that I can arrange seating etc.

## 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 December was, no surprise, 'A Christmas Story' The next meeting will be held at my home in Oroklini on Wednesday 21st at 2pm The subject for preparation by the next meeting is "**My Favourite Month**" -Contact me, as above, for more information.