

Waterlooville

News Bulletin

April 2025

COFFEE MORNINGS 10:00 am – 11:30 am : Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR

<mark>Monday 14th April and 12th May</mark>

All members, particularly new ones, are very welcome. Find out about our interest groups and social events. Bring along your friends. Have a cuppa and chat, make new friends.



APRIL GENERAL MEETINGS 2:00 pm – 4:00 pm :

Wednesday 16th April

Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ Speaker : Matt Wingett – Ten Years in a Portsmouth Slum

From his arrival in Portsmouth in 1885 at the behest of his Bishop, the Reverend Robert Dolling applied himself to missionary work in Landport. The slum he found was a den of vice, iniquity, drunkenness and violence. Over his ten years in Portsmouth, Dolling used unconventional methods to bring together a community, fighting with the Church authorities against depravity and vice to build that community.

Wednesday 23rd April

Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR Speaker : David Gane – Inside the Nudge Unit

David looks at the work of the Government's "Behavioural Insights Team" and how small changes, based on Social Science and Psychology, can lead to big improvements. Why did painting Copenhagen's bins reduce littering? How does a simple leaflet reduce speeding by 20%? And are those doctor's appointment reminders saying "500 missed appointments last month" making matters worse instead of better?

Prefer not to receive member bulletins?

We issue regular bulletins to our members to inform them of meetings, social events, group activities, membership information, etc.

IF YOU DO NOT WISH TO RECEIVE THIS BULLETIN, please tell us so that we can remove your details from the distribution list. A confirmation email will be sent to you but you can change your mind at any time and request your details to be added back on to the distribution list.

Members also receive the "*u3a Matters*" magazine issued several times a year by the Third Age Trust. **To unsubscribe** from either of these, contact the Membership Secretary at **members@waterloovilleu3a.org.uk**.

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SPEAKER'S CORNER - review of March's talk : Speaker : Jessica Thurtell – Dining with History

Who knew that the origin of **not** putting your elbows on the table came from when tables were made of loose planks set across trestles? If you leant on the "table" with your elbows you were likely to end up with your food in your lap!

Jessica Thurtell gave an interesting and informative talk to an audience of 81. She began with the very restricted diet of the day to day meals of Anglo Saxon times when bread, used as plates, and a type of vegetable stew or pottage was the staple fare. Feasts enabled meat to be added to the food on offer with the added bonus of the villagers eating together.

In Medieval times there were six months of non-meat days required throughout the year. Normans introduced hops to preserve beer and an allowance of one gallon of beer per day was allocated to workers. The Tudors introduced breakfast as a dedicated meal and sauces went with the courses. Sugared and decorated fruits were desserts.

The Industrial and Agricultural Revolutions brought about breeding of larger animals and a greater variety of vegetables. Migrating to the cities meant that food had to be bought; long working days with only Sunday off heralded in the Sunday roast. In Regency times the upper classes introduced great formality with elaborate rituals. Table decorations and candelabras were placed down the centre of the tables to prevent conversations taking place across the table.

The Edwardians favoured dining *a la Russe* : portions were dished up prior to serving at the table. Up to 16 courses plus wine and special cutlery were the order of the day. Lower classes had to make do with one meal a day - bread and potatoes with vegetables plus a dessert of sweet dough boiled with dried fruit or jam added when cooked. These were the first forerunners of Spotted Dick and Jam Roly Poly!

With the World War years of rationing there was a levelling off of food consumption between the classes. Meals were simpler and everyone got used to making the most of what they had.

Finally, we arrived at the modern era - eating out and having takeaways are now the order of the day. Food is available from anywhere in the world. TV chefs and recipe books abound.

Hilary Ryan, Speakers' Secretary

DATES FOR YOUR DIARY

Here is the line up so far for various social events for the rest of this year. Full details will be provided nearer the dates – in this monthly bulletin, via email and at the general meetings and coffee mornings.

Beetle Drive Skittles event Open Day Quiz evening Barn Dance Members' Xmas Dinner Fri 9th May 1:30 pm Sat 19th July 4pm Fri 8th August 2pm Sat 27th September 7pm Fri 24th October 7pm Tue 16th December 7pm Purbrook Centre Springwood Waterlooville Community Centre Springwood Community Centre Cowplain Social Club Waterlooville Golf Club

NEXT SOCIAL EVENT – MAY 9TH - BEETLE DRIVE

The ever popular Beetle Drive is back again! And we will return to the Purbrook Centre which used to be a Methodist Church near to the old A3 Portsmouth Road.

If you are not familiar with the game, it is a simple party game played in groups of four which change throughout the event. The aim is to throw the numbers you need to complete



the very simple drawing of a beetle and the quickest wins. It is great fun, very informal and very sociable

Date : Friday 9th May 2025

Time : 2.00pm to 4.00pm.

Where : Purbrook Centre, Stakes Road, Purbrook, PO7 5LX

Cost : £5.00 (Wu3a members), £6 (guests) – <u>cash on the door</u> This includes entry, score sheet, tea or coffee and biscuits and cash prizes.

We need the names of those wishing to come by **Friday 2nd May**.

Please send your name and any guests to our Treasurer, Tony Paul at treasurer@waterloovilleu3a.org.uk

A reminder will be sent out to everyone nearer the time. Looking forward to seeing you at the event.

Nigel Barrell

MAY GENERAL MEETINGS 2:00 pm – 4:00 pm :

Wednesday 21st May

Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ Speaker : Paul Tracey – Theatre through Pictures and Facts



Based on Paul's book *100 Theatres : Portraits of the Playhouse* and illustrated with paintings and old prints. The talk covers the establishment of English theatres in the regulated days of Elizabeth 1st and Shakespeare up to present day West End and local theatres, with a few interesting facts about well-known international theatres, including, of course, the funny and not so funny disasters.

Wednesday 28th May

Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR

Speaker : Jackie Dimmock – 40 years in Hampshire Constabulary part 2

A return visit from the highly entertaining and informative Jackie Dimmock bringing to life tales of her time with the Hampshire and Isle of Wight Constabulary. As she relates her memories and funny stories from her career, she beautifully illustrates these with a series of excellent mini quilts.



GROUP MATTERS

To join or leave a group, or for more information :

visit the Groups table at a general meeting or coffee morning, email groups@waterloovilleu3a.org.uk or call 07769 266879

You can also find out more about our groups by visiting the Groups page of our website at <u>https://www.waterloovilleu3a.org.uk/groups.htm</u> All of our groups are listed there and each have their own web page – just click on a group name to open their page.

Our long standing Pub History group has closed. A big thank you to David Ewens who started the group over ten years ago and has been running it ever since.

GROUPS WITH VACANCIES

See list at the end of this bulletin.

NEW SNOOKER GROUPS

A second Snooker group has formed! It will meet twice a month on the 2nd and 4th Wednesdays in the afternoon. Let me know if you would like to be part of it.

NEW POTENTIAL GROUPS

The following new potential groups need a few more interested people and it will be worth starting new ones!

<u>CREATIVE WRITING</u> – Fancy writing something and getting others to read it?

LOCAL HISTORY – Learn the history of places in our area – may include a guided tour and talk.

MEMBERS ON THEIR OWN – To provide companionship for members living on their own – visit gardens, stately homes, have a pub lunch, or coffee and cake etc.

OUTINGS – Visit places of interest, tours, lunch etc

<u>PHOTOGRAPHY</u> How to use a digital camera, how to take a good photo and get members to comment and make suggestions, visit locations for a photoshoot.

TABLE TENNIS for beginners and experienced players knocking a ball over a net indoors. **WEEKENDERS** – Looking for things to do at the weekend? Pub lunch, a walk, meet for coffee or a drink?

TUTORS NEEDED

There are some groups with a waiting list of members that are eager to form a new group – but there can't be a group where everyone wants to learn and there's no-one to teach it! Are you able to tutor for any of the following? And no, you don't have to be the Group Coordinator as well.

ARCHAEOLOGY LINE DANCING TAI CHI FOR BEGINNERS

Have an idea for a new group?

Groups don't magically appear – they are born when enough members express an interest in a particular activity and someone (or two) volunteers to act as Group Coordinator. There is a wealth of support for budding groups so get in touch and see what happens.

If a group is full, you can be placed on the waiting list; you will be offered a space when one becomes available and you are at the top of the list. Don't wait to go on a waiting list – popular groups usually have one and being on the waiting list increases your chances of being offered a space.

Kevin Stock, Groups Liaison

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OUTINGS 5 WENT TO THE ROYAL OPERA HOUSE

We went to London by coach for a guided tour of the Royal Opera House. We were greeted by our enthusiastic guide Tom – an actor – who was a mine of information. We learnt about the two previous structures which were destroyed by fire and the subsequent building, which was renovated and raised in the 1990s.





We saw models of sets, the theatre, the Royal Box (and Royal toilet!), costumes, including those worn by Rudolph Nureyev and Margot Fonteyn, well-worn ballet shoes and much more. There were also auditions happening for the Royal Ballet School. It was a great tour and we would recommend it to other members.

Diane Forster, Group Coordinators

NATIONAL U3A MATTERS

The national *u3a Matters* magazine is published five times a year. It includes stories about members and u3a activities, celebrity interviews and features on technology, recipes, travel and competitions as well as a letters section. The magazine is available as a hard copy sent to you by post or you can read it online. To read the latest February issue online, visit



https://www.u3a.org.uk/news/u3a-matters/screen-reader-editions/u3a-matters-february-2025-screenreader-edition

If you currently receive the postal hard copy and would like to unsubscribe please ask for your details to be removed from the distribution list by emailing the Membership Secretary at **members@waterloovilleu3a.org.uk**

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ARCHAEOLOGY WENT TO DORCHESTER

The Archaeology Group went to the Dorchester area to visit the Museum, Neolithic henge Maumbury Rings and the Iron Age Hillfort at Maiden Castle which is one of the largest Hillforts in Europe.

The group with Maiden Castle ramparts in the background :



Maumbury Rings started as a Neolithic Henge but the Romans repurposed it into an amphitheatre and during the English Civil War it was used as a gun emplacement to protect Dorchester.





Dorchester Museum contains many Roman mosaics and local artefacts. There was an excellent exhibition about Gladiators in Britain which will be featured at various museums around the country.

See our group web page for other visits and trips we have made : https://www.waterloovilleu3a.org.uk/Archaeology.htm

Hilary Ryan, Group Coordinator

NATIONAL U3A ONLINE EVENTS		
Each month, national u3a offer online talks and workshops on a wide variety of topics to		
keep our minds and bodies going.		
The below list goes to early April, but the web page will have later events.		
then click on the event of your choice for full details and how	v to book:	
https://www.u3a.org.uk/events/educational-events		
The current offerings include :	8 th April	
How to get published with writers and artists	-	
Laughter Yoga with Judith	9 th April	
A glimpse at the Pre Raphaelites : the Potential of Love	10 th April	
From Turmoil to Joy : the sculpture of Auguste Rodin	10 th April	
Duplicate Bridge tactics for improvers	11 th April	
How AI can save you hours when researching your family history	14 th April	
Using the web to learn something new	15 th April	
A relaxed introduction to Artificial Intelligence	16 th April	
Getting going with Local History	16 th April	
Mindfulness and Meditation	17 th April	
The future of digital in our daily lives	17 th April	
Laughter Yoga with Merrie Maggie	22 nd April	
The assassination of President Kennedy	25 th April	
What the future changes in landlines will mean for you	28 th April	
Understanding online content, misinformation and disinformation	29 th April	
Poverty : a sociological perspective	30 th April	
Flight Inspirations	6 th May	
Turner and Impressionism	8 th May	
A life living and exploring with the most exciting wildlife in the Galapagos	8 th May	
Staying Safe Online – a u3a presentation with Q&A	9 th May	
Exploring world faiths : chaplaincy	12 th May	
How generative AI works	12 th May	
Simple tip to make your device easier to use and stay safe on social media	13 th May	

COMPUTER HELP



Two of our members – Rich Edwards and Andrew Leonard – have offered to help members with any queries or problems related to their computer/tablet/iPad. This is mostly in the form of advice given over the phone or by email. Many problems can be resolved by user intervention. This informal advice is provided free but home visits are not offered.

Rich and Andrew can be contacted, initially, by email at **it-advice@waterloovilleu3a.org.uk**

WU3A FACEBOOK GROUP

We have a private Facebook group that is open to any Waterlooville u3a member. To

join, login to Facebook and search for 'Waterlooville u3a Group Members Group' and request to join. Or click this link

Waterlooville u3a Members

https://www.facebook.com/groups/WaterloovilleU3A/permalink/5260385320729203/

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EGGSTRA SPECIAL EASTER FACTS

- Did you know that in the south west of France, in the town square of Haux, people gather every Easter Monday to share a large omelette! Around 15,000 eggs are used together with 50kg of onions and garlic.
- At the White House, an annual Easter egg roll is held on the lawn, usually on Easter Monday. The tradition dates back to 1878 when the then President Rutherford B Hayes started it.
- In Sweden and Finland on the Thursday before Easter, children go door to door trading paintings and drawings for chocolate eggs and sweets wearing colourful headscarves, red cheeks and carrying bunches of willow twigs decorated with feathers.
- On Easter Saturday, Brazilians host Sabado de Aleluia, a mini carnival held as a celebration for the end of Lent. They give gifts of large chocolate eggs either hollow or filled with tasty sweets.
- In Central and Eastern Europe, hard-boiled eggs are painted with beautiful designs and left on tables as decorations. The eggs are a symbol of fertility and rebirth.
- In Bulgaria, bright red eggs are the tradition and the oldest lady of the house rubs the faces of the children with the first red egg she has painted.

Submitted by an anonymous member

MI5 : OFFICIAL SECRETS – EXHIBITION AND TALKS AT TNA, KEW



This exhibition and series of talks take place at The National Archives, Kew and runs from 5th April until the 28th September.

MI5 was established in 1909 as the Secret Service Bureau by Army captain Vernon Bell and would go on to play a

vital role in the capture of German intelligence agents operating in the UK in the early part of the First World War.

Talks include :

The Many Lives of Anthony Blunt	1
MI5 : Official Secrets Curator tour	S
MI5 & 10 Downing Street : the first 100 years	7
MI5 : Official Secrets – online Curator tour	2
A Very Expensive Poison	4
Secrets & Spies : with Mick Herron	1
Spies, Secrets and Archives	2
Burgess and Maclean Disappear	1
Leading MI5	1

16 th April 7:30 pm	Online
Sat/Sun 11:15 am or 1:30 pm	Kew
7 th May 7:30 pm	Online
28 th May 7:30 pm	Online
4 th June 7:30 pm	Online
11 th June 7:00 pm	Kew
2 nd July 7:30 pm	Online
11 th July 2:00 pm	Online
10 th September 7:30 pm	Online

Tickets range from pay-what-you-can to £15.

Some events are available online and others, such as tours by curators of the exhibition, are in-person at Kew.

Click the link below for more information about what is on offer and to book tickets :

https://www.eventbrite.com/cc/mi5-official-secrets-4019033

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ST. JOHN AMBULANCE FIRST AID AWARENESS

St John Ambulance has kindly offered to run free '*First Aid Awareness*' sessions for u3a members. According to demand, we will hold several sessions in Waterlooville and Cosham.

The course covers Emergency Response. What to do if you find somebody in a muddle.

It is an awareness course, uncertified. **THERE IS NO BLOOD!**

It is presented as an animated Power Point presentation, with group engagement and participation. It is quite light hearted and covers :

What to do in an emergency Casualty management and assessment. Getting Help Choking Shock Severe Bleeding Catastrophic Bleeding Heart Attack Cardiac Arrest Stroke



It normally takes about 1.5 to 2 hours, depending on engagement.

To book a space (and advise whether you have a preferred location) :

Email groups@waterloovilleu3a.org.uk or call/text 07769 266879

Kevin Stock

APRIL ASSOCIATIONS & TRIVIA

Astrology

1st-20th Aries, ruled by the planet Mars; element Fire

20th – 31st Taurus, ruled by the planet Venus; element Earth

Bird of the month – Pied flycatcher

A male pied flycatcher looks a little like a magpie's baby cousin, being a bit smaller than a house sparrow with fine black and white plumage, while the female's colouring is browner. Most commonly seen in the west of the UK, this visitor from West Africa is fond of oak trees and will search for insects in tree trunks, arriving in this country just in time to find caterpillars to feed its young.

Trivia

Asparagus spears can grow up to 10cm/4" in a single day.

Branches of heather have a history of being used as brooms with the word *calluna* derived from the Greek word for cleaning.

A slug has roughly 27,000 microscopic teeth.

Many believe rain in April is a sign of good fortune for farmers and gardeners.

In Thailand the Songkran Festival (13th-15th) marks the New Year with massive water fights, symbolising cleansing and renewal.

April fruit : rhubarb, bananas, kiwi fruit.

April vegetables asparagus, broccoli, jersey royal new potatoes, lettuce, purple sprouting broccoli, radishes, rocket, samphire, spinach, spring onions.

Info gleaned from *The Wildlife Community, Awareness Days, National Trust Gardener's Almanac, National Farmers' Union, British Dietetic Association*

<mark>April dates</mark>

- 2nd **Ferret Day** The ferret is a much maligned and misunderstood animal, widely believed to be a smelly, quarrelsome, amoral, biting beast. However, this stereotype couldn't be further from the truth. Ferrets are often kept as working animals due to their agility and intelligence but are also increasingly known to make loyal and rewarding companions.
- 13th **Scrabble Day** –invented by Alfred Mosher Butts, born on the 13th April 1899. He was an architect by profession and invented the game during a period of unemployment; originally called *Lexiko* the name changed to *Scrabble* when it was later sold.
- 13th Full moon this month is known as a Pink Moon, which has got absolutely nothing



to do with its colour – in fact I's more likely to appear orange! The name is more of a reference to the onset of spring and the pink flowers that blossom around this time of year. It is believed to be named after Phlox which blossoms scented, pink flowers. This month's full moon is also what is known as a

micromoon. The Moon's orbit around Earth is not a perfect circle, it is elliptical or eggshaped. As a result, sometimes the Moon is closer to Earth than at other times. This year's Pink Moon coincides with the point at which it is furthest from Earth in its orbit and thus appears to be smaller than usual; it also leads to smaller spring tides.

- 12th (1961) Yuri Gagarin was part of the first human space flight
- 15th (1452) Leonardo da Vinci was born (1912) the sinking of the Titanic
- 16th Banana Day. Celebrated on the third Wednesday of April, today is an opportunity to enjoy a Banana Split, some Banana Bread, Flambéed Bananas or perhaps chocolate covered bananas. Did you know that the banana is technically not a fruit but really a berry? This is due to the fact that the seeds are located inside the flesh rather than on the outside. They are also technically radioactive as they contain isotope Potassium-40 thankfully not enough to harm anyone unless you eat around 700 or more bananas a day for your entire lifetime.

18th Amateur Radio Day – marks the day back in 1925 when the International Amateur Radio Union (IARU) was founded in Paris. The theme for 2025 is *Entering the Next Century of Amateur Radio Communications & Innovation*. Today shines a light on amateur radio operators and their unique hobby that spans communication, emergency support and technical innovation. It's not just about chatting across the airwaves but a lifeline during natural disasters when modern communication infrastructures fail. Over 3 million licensed operators can send messages across towns, around the world and even to space.

23rd (1564) William Shakespeare was born.

25th **Penguin Day** – takes place during the annual northern migration of Adèlie penguins, native to Antarctica but celebrates all species of these water-loving creatures. Although penguins are aquatic and flightless, they are birds. The oldest penguin fossils are millions of years old. They prey on krill, squid and small fish whilst serving as food for leopard seals and sharks. Penguins are able to hold their breath underwater for 20 minutes and can swim around 5 times faster than an Olympic swimmer – Gentoo penguins can reach speeds of up to 22 miles an hour! They are also gifted divers – Gentoos can dive down to 600 feet, whilst King penguins can reach depths of 1,125 feet.



Recycle right this Easter!

Easter Egg Boxes - cardboard boxes can be put in your recycling bin at home!

Easter Egg Foil - unfortunately at the moment foil cannot be recycled in Hampshire and any foil packaging will need to be put in your general waste bin.

Sweet wrappers and plastic packaging - soft plastics cannot currently be recycled in Hampshire and need to be put in your general waste bin.

Flowers - Any cut flowers can be put in a compost bin or garden waste bin if you have one! If not the best way is to dispose of them is in your general waste bin.



Easter Decorations - Keep them somewhere safe and re-use them next year! If they cannot be re-used put them in your general waste bin or consider donating them if they're in good condition!

CRIME PREVENTION ADVICE - HAMPSHIRE & ISLE OF WIGHT CONSTABULARY

KEYLESS CAR THEFT

Thieves only need to be within a few feet from your car keys to capture the signal. Any vehicle that uses keyless entry is at risk.

It can take less than two minutes for thieves to gain access to your car.



Make it as difficult as possible by putting your keys in a Faraday pouch which blocks the signal to your keys.

Use physical products and locks. Police recommended resources include Sold Secure and Secured by Design.



https://www.securedbydesign.com/ or https://soldsecure.com/about-us



Busy Bees by Ashwin Great Glen Oadby & Wigston

FOUND IN NATURE



Fly Agaric Fungus by David Wrekin



Goldcrest by Jenny Abbey Wood & Thamesmead

GR	GROUPS WITH VACANCIES (as of 30th March)			
To join any group contact Kevin Stock 07769 266879 or groups@waterloovilleu3a.org.uk				
Interest Group	Meeting Day & Frequency	Venue		
Art History 1	Monthly 2nd Wednesday am	Zoom		
Art History 2	Monthly 1st Tuesday pm	Denmead Community Centre		
Art in the pm	2nd & 4th Monday pm	Springwood Community Centre		
Backgammon	1st & 3rd Monday am	Hampshire Rose, Widley		
Badminton	1st & 3rd Wednesday pm	Horizon Leisure Centre, Havant		
Birdwatchers	Monthly last Saturday am	Various places		
Board Games (Modern)	1st & 3rd Monday pm	Denmead Community Centre		
Bus Trippers	Variable	Various places		
Card Games	2nd & 4th Wednesday am	Waterlooville Community Centre		
Cookery & Baking	Saturday am	Horndean Technology College		
Country & Western music	Monthly 4th Wednesday pm	Members' Homes, Widley		
Current Affairs 1	Monthly 2nd Wednesday pm	Members' Homes, Waterlooville		
Cycling	1st & 3rd Tuesday am	Various places		
Dining Out	2nd Wed & 4th Sun lunchtime	Various places		
Drawing 2	1st & 3rd Tuesday am	Jubilee Centre, Waterlooville		
French Beginners	Monthly 4th Friday pm	Members' Homes, Drayton		
French Conversation 1	Weekly Tuesday pm	Members' Homes, Waterlooville		
French Improvers	1st & 3rd Wednesday pm	Members' Homes, Various places		
French Refreshers	Monthly 4th Monday pm	Members' Homes, Drayton		
German (Advanced)	Fortnightly Monday am	Members' Homes, Drayton		
German Conversation	Monthly 1st Tuesday pm	Members' Homes, Clanfield		
Learn Guitar & Sing	2nd & 4th Tuesday pm	Members' Homes, Widley		
Line Dancing (Improvers)	Weekly Monday pm	Waterlooville Baptist Church		
Lunch Friends	Variable	Various places		
Mah Jong 1	1st & 3rd Tuesday am	Age Concern, Cowplain		
Mah Jong 2	2nd & 4th Tuesday pm	Portchester Parish Hall		
Poetry	Monthly 1st Wednesday pm	Members' Homes, Cowplain		
Radio Hams	Variable	Various places		
Railways & Transport	Monthly 3rd Monday am	Portsmouth Golf Club, Widley		
Rummikub 1	1st & 3rd Tuesday pm	Springwood Community Centre		
Rummikub 2	2nd & 4th Wednesday pm	Springwood Community Centre		
Science	Monthly 4th Thursday am	Springwood Community Centre		
Scrabble	1st & 3rd Thursday pm	Springwood Community Centre		
Singing For Pleasure	1st & 3rd Wednesday pm	Sacred Heart, Waterlooville		
Tai Chi 1 - Improvers	Weekly Friday pm	Waterlooville Community Centre		
Tai Chi 2 - Improvers	Weekly Thursday am	Jubilee Hall, Horndean		
Ten Pin Bowling	Weekly Thursday pm	Tenpin, Chichester		
The Potting Shed	Variable	Various places		
Ukulele	Weekly Thursday pm	Lovedean Village Hall		
Walking 2 - Striders	1st & 3rd Monday pm	Various places		
Walking 2 - Strollers	Monthly 3rd Tuesday am	Various places		
Walking 3 - Strollers	Fortnightly Friday am	Various places		
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Wine Appreciation 2	Monthly 2nd Tue or 3rd Mon	Members' Homes, Waterlooville		

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