

COFFEE MORNINGS 10:00 am – 11:30 am :

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



Monday 10th November and 8th December

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.

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

Wednesday 19th November

Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ

Speaker : Paul Lillie (Speaker, Singer, Painter)

The History of Rock

A unique talk by Paul which includes 'live' painting and singing as he documents 50 years of popular music.

To avoid numbers exceeding seating limit **please reserve your place** with Linda by email to members@waterloovilleu3a.org.uk or in person at any Coffee

Morning or General Meeting

Wednesday 26th November

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

Speaker : Alan Jones – Can You Say That Again Please?

Ever wondered why we "let the cat out of the bag" or "hit the nail on the head"? The English language is full of weird and often confusing expressions! This talk will spill the beans on the origin and strange stories behind these phrases, so the next time you hear them, they won't throw a spanner in the works.

2025 AGM

An "AGM pack" has been issued to all members, either by post or email.

If you are unable to be at the AGM in person you can still take part in the voting element of the meeting by submitting a postal vote to the Secretary – no later than the 19th November.

The pack included a postal voting form but you can also access one from the link below; full details of where to send the form are included in the document.

[https://www.waterloovilleu3a.org.uk/members/documents/2025 AGM postal vote form.pdf](https://www.waterloovilleu3a.org.uk/members/documents/2025%20AGM%20postal%20vote%20form.pdf)

NO GENERAL MEETINGS IN DECEMBER
Normal service resumed in January, 2026

SPEAKER'S CORNER - REVIEW OF OCTOBER'S TALK BY ANDREW NEGUS:

Southampton : Water Slaughter & Trade (part 3) – A War-winning City



Our most popular speaker, Andrew Negus, once again held his audience with his combination of history and humour.

After a chequered history of good fortune and hard times, the city recovered when it was called the '*Gateway to the Empire*' due to its huge docks. However, in 1910 Edwin Moon built a plane called '*Moonbeam*'.

Noel Pemberton started Supermarine and soon many other aeroplane manufacturers built their factories there – Avro, Fairey and Sopwith- aircraft that helped win the First World War.

From 1913 to 1931, Frenchman Jacques Schneider organised an air race for seaplanes and flying boats for which the Schneider Trophy was awarded to the winner. Supermarine won it four times and thus was entitled to keep the trophy permanently.

R.J. Mitchell, an aircraft designer with Supermarine, led the team that designed the Spitfire, the iconic fighter plane that was produced continuously throughout WW2. The city suffered tremendously from German bombing campaigns - 10,000 buildings destroyed, 40,000 damaged, although the loss of life was much reduced by the cellars that were prevalent beneath the houses and shops.

In preparation for D-Day the area became the largest military camp in history with 5.5 million military personnel preparing for embarkation to Normandy. The Mulberry floating harbours and the Pirelli (PLUTO) pipeline were essential for the success of the endeavour.

After the war the slums were cleared, the docks reinstated and the first Civic Centre in the country was built. Land was reclaimed and West Quay shopping centre came into being along with other commercial outlets.

The town was awarded city status in 1964 and in 1977 the Itchen Bridge was completed, bringing an end to the Woolston car ferry. In 1982 the '*Sir Galahad*' set sail from Marchwood bound for service in the Falklands war. Tragically it was bombed causing a catastrophic fire with a loss of 48 lives. Ocean-going liners were converted to troop carriers and hospital ships.

In 1980 the container port came into being – the second biggest in the U.K. The 1990s saw the city become the cruise capital of the world.

The city never stands still for long and the docks are due to be enlarged yet again in Marchwood.

Andrew will be back with us next year with a change of topic : his world travels!

Hilary Ryan, Speakers' Secretary

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 Autumn 2025 issue online, visit

<https://www.u3a.org.uk/news/u3a-matters/screen-reader-editions/u3a-matters-autumn-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

MEMBERS' CHRISTMAS DINNER – LAST FEW PLACES AVAILABLE

Tuesday 16th December 7:00 pm
Waterlooville Golf Club, Cherry Tree Avenue

Our annual Christmas Dinner for members this year will be a two-course carvery for £27. Let me know if you would like to come! You can also book at the November Coffee Morning or General Meetings.

This is a great way to meet other members in a relaxed setting, either individually or with some friends. New members are particularly encouraged to meet others at this dinner.

Kevin Stock 07769 266879 or kevc4@gmail.com

QUIZ AFTERNOON – WITH SEASONAL REFRESHMENTS

When Wednesday 17th December; 2:00pm – 4:00pm

Where Cosham Baptist Church

Free to Wu3a members; visitors £3

The teams will have 5 members each.

If you are an individual and would like to be in a team, just send in your details and you will be placed with like-minded members.

If you wish to register a team then please send your details to Linda at lindazika84@hotmail.com and she will be in touch with further information.

GET YOUR U3A 2026 POCKET DIARY

These are produced every year by the Third Age Trust and can be purchased from the u3a shop. Single diaries cost £7.70 or you can get a pack of 10 for £47.00 :

<https://u3a-shop.co.uk/product/u3a-diary-2026-single/>

<https://u3a-shop.co.uk/product/u3a-diary-2026-pack-of-10/>

The left-hand page is for a week's appointments with a ruled page on the right for notes, ideas and reminders. It is a handy and versatile planner doubling up as a notebook and a diary. It has a soft cover in coral red, elastic closure and a ribbon bookmark.



PHOTOGRAPHY 4 SHARED SOME PHOTOS

These are only a small selection of photos taken by members of Photography 4. To see more, visit their web page at <https://www.waterloovilleu3a.org.uk/Photography4.htm>



Sue Jenkins, Group Coordinator

OUTINGS 5 WENT TO COSHAM FIRE STATION

Some members of Outings 5 were fortunate to have a guided tour of the new Cosham Fire Station. Our guide was Watch Manager, Mitch Creighton. His extensive tour took us over the whole building and included the training ground, washing and drying facilities for kit, conference facilities, bedrooms, mess facilities and three fire engines, which all carry different kit. His knowledge was extensive and he was happy to spend time discussing the types of calls they receive, some of which were quite amusing!



Diane Forster, Group Coordinator

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 <https://www.waterloovilleu3a.org.uk/groups.htm> All of our groups are listed there and each have their own web page – just click on a group name to open their page and discover more about when and where they meet and what they do.

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.

NEW SEWING GROUP

A second Sewing group has formed called *Sewing B*. It will meet once a month on the 2nd Friday at 10am. Let me know if you are interested in joining it!

NEW PHOTOGRAPHY GROUP

A fourth Photography group has formed. It will meet on the 2nd and 4th Tuesdays at 10am. Let me know if you are interested in joining it!

NEW PILATES GROUP

A fifth Pilates group has formed. It will meet every Monday at 10am. Pilates is so popular that it may be full already, but me know if you are interested and I can put you on a waiting list for any of our other Monday or Thursday groups.

NEW BEGINNERS BADMINTON GROUP

I hope to form a new Badminton group that is suitable for beginners, or those that haven't played for some time and would be open to all levels. The day and time would be agreed by members of the group. Let me know if you are interested in joining it!

NEW WEAVING & FELTING GROUP

One of our members would like to share their interest in Weaving and Felting (including Needle Felting Art) with some like-minded members of the u3a. She has all the necessary equipment and materials for you to use and also the ability to introduce you to these crafts. Refreshments available. The group will meet on the 1st and 3rd Tuesdays at 2pm. Let me know if you are interested!

NEW FILM CLUB

A local Nursing Home has offered our u3a free access to its 15-seater cinema room. They show films using DVDs, and can even provide the popcorn. If anyone would be interested in forming a new Film group to make use of this facility, then let me know!

POTENTIAL NEW GROUPS

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

BOOKS – read a book then discuss it with other members

CANASTA – A popular card game

MEMBERS ON THEIR OWN – Social activities for our single members

PAINTING – any medium

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?

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, Group Liaison

NATIONAL U3A ONLINE EVENTS

Each month, national u3a offer free online talks and workshops on a wide variety of topics to keep our minds and bodies going.

Click the link below, then click on the event of your choice for full details and how to book:
<https://www.u3a.org.uk/events/educational-events>

The current offerings include :

Flight Inspirations – aviation’s evolution from fantasy to reality	4 th Nov
Is hydrogen the fuel of the future or should we focus on alternatives?	5 th Nov
The Talking Drums of Africa	6 th Nov
The UK and US constitutions – part 2	7 th Nov
Exploring World Faiths – Interfaith Week – More in Common	10 th Nov
Catherine the Great – how her ambition and vision transformed Russia	10 th Nov
Making your smartphone easier to use – Android	11 th Nov
Laughter Yoga with Judith	12 th Nov
What next? From Retired to Redefined	13 th Nov
Adapting to Climate Change	14 th Nov
Tiny Algae with Big Impact – the response of micro-algae to river pollution	17 th Nov
The mind of your microwave – u3a let’s talk tech	19 th Nov
Take Ten Songs 1 – how pop songs work	20 th Nov
Mindfulness and meditation	20 th Nov
AI news = your personal AI Assistant has arrived	21 st Nov
Staying Safe Online	24 th Nov
Are you influential? Get your voice heard in the UK Parliament	25 th Nov
Laughter Yoga with Merrie Maggie	25 th Nov
Secrets of the Human Brain – pros and cons of the blood-brain barrier	27 th Nov
Geology of Britain in the Mesozoic, the Era of Middle Life	27 th Nov
Take Ten Songs 2 – how pop songs work	28 th Nov
Safes and Safe breaking	1 st Dec
Flight Inspiration – the Battle of the Beams	2 nd Dec
Inflammation and cancer – removing dying cells to control immune response	3 rd Dec
Bridge – what’s it all about?	4 th Dec
Secrets of the human brain – brain research and scanning	8 th Dec
The importance of fungi for the environment and humans	9 th Dec
Making your smartphone easier to use – Apple	9 th Dec

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.

NOVEMBER DATES & TRIVIA


1st (-31st) **Blocktober/Unblocktober (sewers)** – simple changes to our kitchen and bathroom habits can improve the health of our drains, sewers, watercourses and seas. None of these everyday things should be disposed of via a sink, drain or toilet - cooking oil, food (even crumbs!), butter/margarine/lard, cooking sauce, wet wipes, sanitary products, nappies, cotton buds, contact lenses, bandages, plasters, dental floss, razor blades, face masks, disposable gloves. Visit



<https://www.unblocktober.org/>

2nd (1959) the M1 opened – a 60-mile run from Watford up to Crick near Rugby. Transport Minister Ernest Marples attended the opening ceremony but was scared to death by drivers passing his official car on the road at high speeds – there was no speed limit at the time although a “temporary” speed limit was brought in some six years later.




5th  **Beaver full moon** – also a ‘supermoon’ (the second of three successive supermoons) - when a full moon happens while the moon is within 90% of its closest point to Earth. Named after beavers who build their winter dams at this time of year.

8th **Tongue Twister Day** – or **Finger Fumbler** in sign language. And did you know that *She sells sea shells on the sea-shore* comes from a poem by Terry Sullivan, based on the life of fossil collector Mary Anning.

12th (1984) It was announced that the **pound note would be phased out**. First issued by the Bank of England in 1797 following gold shortages, the original pound notes were replaced in 1821 by gold sovereigns. In 1914 new pound notes replaced gold sovereigns and the last notes were issued in 1984, being replaced by a nickel and brass one pound coin.



14th  (1922) BBC begin radio broadcasting and the radio sets were valve or crystal units. The first radio programme broadcast was a news bulletin and the first BBC weather forecast went out that same day. Legend has it that those on air wore dinner suits although obviously they were not visible to their listeners!

19th (1994) the **first National Lottery draw** – seven winners shared the jackpot, claiming around £800,000 each (just over £2 million today).



23rd (1852) **First Post Office Pillar Box** appeared in Jersey and Guernsey. A practical solution to the problem of the island Post Offices regularly being closed to receiving letter deliveries due to bad weather affecting the mail packet services. The unmanned pillar boxes enabled letters to be held safely until the Post Offices opened.



23rd **Fibonacci Day** – when the date is written in the mm/dd form (11/23) it forms a Fibonacci sequence : 1,1,2,3. For those not in the know, a Fibonacci sequence is a series of numbers where a number is the sum of the two numbers before it. The sequence can be found in petal arrangements in flowers, leaves in plants, the shell of the nautilus, the DNA module, pineapples and more.



26th (-4th Dec) **National Tree week** – a time to celebrate the beginning of tree planting season and to acknowledge the role trees and woodland play in our lives.

NOVEMBER ASSOCIATIONS

Astrology

1st-22nd Scorpio (the scorpion); element Water; "I desire"

23rd – 30th Sagittarius (the Archer); element Fire; "I see"

Bird of the month – Waxwing



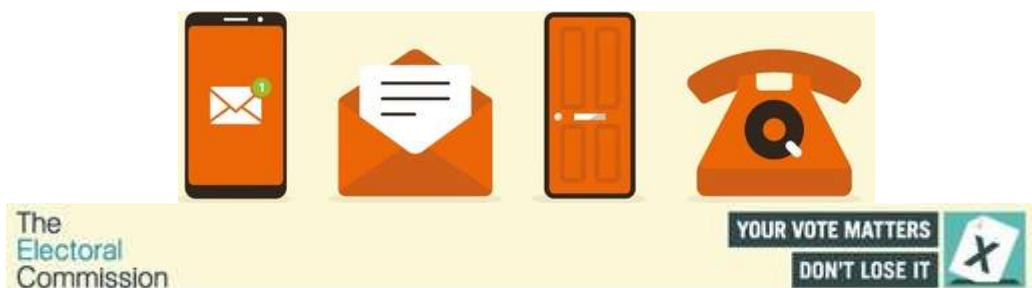
When food levels in Scandinavia and western Russia run low,, this striking bird begins to head to the UK, particularly the eastern side. There may be thousands making the trip or hardly any at all, depending on the availability of berries where they are. A plump bird, slightly smaller than a Starling, it has a magnificent crest, a black throat, a pinkish-buff body with yellow-tipped tail feathers and tiny flashes of yellow and red on its wing. They are very partial to berries, especially those of the rowan tree. Large numbers of visitors are known as *irruptions*.

November fruit : apples, clementines, cranberries, elderberries, passionfruit, pears, pomegranate, quince, satsumas.

November vegetables artichoke, beetroot, brussels sprouts, butternut squash, cabbage, carrots, cauliflower, celeriac, celery, chestnuts, chicory, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, pumpkin, salsify, shallots, swede, Swiss chard, turnips, watercress, winter squash.

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

MAKE SURE YOUR POSTAL VOTE STILL COUNTS – HAVANT BOROUGH COUNCIL



Postal votes will now expire after three years - so if you applied to vote by post before 31 October 2023, you'll need to reapply by 31 January 2026 to continue.

If you haven't reapplied by 31 January 2026, your postal vote will be cancelled and you'll receive confirmation of this in February.

The easiest way to reapply for your postal vote is online. You just need your date of birth, National Insurance number and a signature.

You can also download a paper form and return it by email or post to the addresses given below.

If you no longer want to vote by post please tell us as soon as possible.

Contact details for our Electoral Services team, whether you are reapplying or cancelling :

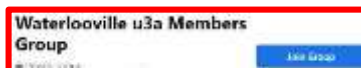
Email : elections.office@havant.gov.uk

Telephone : **023 9244 6225**

Post : **Electoral Services, Public Services Plaza, Civic Centre Road, Havant, PO9 2AX.**

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 Members Group' and request to join. Or click this link



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

DOORSTEP CRIME – JUST SAY “NO!”



HAMPSHIRE & ISLE OF WIGHT

CONSTABULARY



Trading Standards across Hampshire and the Isle of Wight have issued this warning for people to be wary of leaflet drops, cold calls and people knocking on your door - particularly offering to undertake guttering and roofing work.

If you engage with doorstep criminals to do one piece of work, during their visit, they will try to persuade you to allow them carry out unnecessary work costing hundreds/thousands of pounds. They may ask to enter your loft space or access your roof and could cause further damage to your property.

Trading Standards strongly advise you not to agree to work instigated as a result of a cold call on the telephone, leaflet drop or in person at your front door.

Ideally obtain at least three quotes from reputable businesses or traders who are either members of Trading Standards *Buy With Confidence* approved business scheme or a recognised trade association.

Members of the *Buy With Confidence* scheme are fully audited to ensure their trading practices are legal, honest and fair. All members are checked for trustworthiness and compliance with consumer protection laws. To find an approved business or for more information - visit <https://www.buywithconfidence.gov.uk/> or call 0808 223 1133

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



FREE CPR & DEFIBRILLATOR Awareness Session

WOULD YOU LIKE TO LEARN ABOUT CPR AND PUBLIC AED'S
(AUTOMATED EXTERNAL DEFIBRILLATORS)?

South Central Ambulance Charity are hosting an 2 hour awareness session.
This session will cover;

Introduction to South Central Ambulance Charity

What is a cardiac arrest?

Safe use of a defibrillator

How to provide effective CPR

Differences between age groups

A practical session at the end where attendees can practice
CPR and use the training defibrillator

Saturday 15th November
10:30am - 12:30pm

St Michael's & All Angels,
Chalton, PO8 0BG

Registered Address
South Central Ambulance Charity
7-8 Tallisman Business Centre, Tallisman Road
Bicester, Oxfordshire OX26 6HR.
Registered Charity No
1049778

Kevin Stock



FREE NHS HEALTH CHECKS IN HAMPSHIRE

SPRINGWOOD COMMUNITY CENTRE
WATERLOOVILLE
MONDAY 1st DECEMBER
09.00 - 17.00




Working with
 Hampshire
County Council



BOOK AN APPOINTMENT :

Visit <https://nhshchampshire.randox.com/> or call 0800 2545 452

What is an NHS Health Check?

The NHS Health Check is a free health check-up for adults in England aged 40-74. It's designed to help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

Why should I have an NHS Health Check?

It's not only an opportunity to put right any health problems, but to get personalised advice on keeping yourself healthy and active in the future. After a check you will be more confident and know more about your health. You should also receive personalised advice on how to improve or maintain your health. It will give you the knowledge you need to take control of your health.

What happens after the check?

After your NHS Health Check, you will receive a number of results. This is the time to take action to improve these results to give you a longer, better life. Research shows small changes to your habits can have a beneficial effect on your health. By giving up smoking or taking up regular physical activity you can reduce your risk of heart attack, stroke and cancer. Changes like this could add many years to your life.

What happens at the check?

An NHS Health Check will include:

- height and weight measurements
- blood pressure measurements
- waist measurement
- a simple finger prick test for cholesterol
- questions about your health, diet, exercise and family medical history
- assessment of your level of cardiovascular risk and what you can do to reduce it

Who are Randox Health?

Established in 1982, Randox is the largest healthcare diagnostics company in the UK. Our goal is to provide individuals with access to unrivalled health data that empowers you to take control of your health and make positive changes to help prevent future illness.

Kevin Stock

GROUPS WITH VACANCIES (as of 5th November)

To join any group contact Kevin Stock groups@waterloovilleu3a.org.uk or 07769 266879

Interest Group	Meeting Day / Frequency	Venue
Art Appreciation	Monthly 2nd Friday pm	Members' Homes, Drayton
Art History 1	Monthly 2nd Wednesday am	Zoom
Art History 2	Monthly 1st Tuesday pm	Denmead Community Centre
Backgammon	1st & 3rd Monday am	The Woodman, Purbrook
Badminton (Improvers)	1st & 3rd Wednesday pm	Horizon Leisure Centre, Havant
Birdwatchers	Monthly last Saturday am	Various places
Board Games 2	Monthly 3rd Monday pm	Members' Homes, Cosham
Bridge	Weekly Friday am	Acorn Community Centre
Bus Trippers	Variable	Various places
Canasta 3	2 nd & 4 th Monday pm	Acorn Community Centre
Card Games	2 nd & 4 th Wednesday am	Springwood Community Centre
Country & Western music	Monthly last Wednesday pm	Members' Homes, Widley
Craft	Monthly 1st Wednesday pm	Cosham Baptist Church
Current Affairs 1	Monthly 2 nd Wednesday pm	Members' Homes, Waterlooville
Cycling	Weekly Thursday am	Various places
Dining Out	2nd Wed & 4th Sun lunchtime	Various places
Drawing 2	1st & 3rd Tuesday am	Jubilee Centre, Waterlooville
French Beginners	Monthly 4 th Friday pm	Members' Homes, Drayton
Fun with Watercolours	Weekly Thursday pm	Members' Homes, Cowplain
Geology 2	Monthly 1 st Monday pm	Springwood Community Centre
German (Advanced)	Fortnightly Monday am	Members' Homes, Drayton
Learn Guitar & Sing	2nd & 4th Tuesday pm	Members' Homes, Widley
Line Dancing (Improvers)	Weekly Monday pm	Waterlooville Baptist Church
Lunch Club	Variable	Various places
Mah Jong 1	1st & 3rd Tuesday am	Age Concern, Cowplain
Mah Jong 2	2nd & 4th Tuesday pm	Portchester Parish Hall
Photography 1	2 nd & 4 th Tuesday am	Pear Tree Court, Horndean
Poetry	Monthly 1st Wednesday pm	Members' Homes, Cowplain
Quizzers 1	Monthly 2 nd Thursday am	Springwood Community Centre
Quizzers 2	Monthly 2nd Wednesday pm	Age Concern, Cowplain
Radio Hams	Variable	Various places
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
Sewing B	Monthly 2 nd Friday am	Acorn Community Centre
Singing For Pleasure	1st & 3rd Wednesday pm	Sacred Heart, Waterlooville
Snooker 2	1st & 3rd Thursday pm	Waterlooville Sports Bar
Tai Chi 1 - Improvers	Weekly Friday pm	Waterlooville Community Centre
Ten Pin Bowling	Weekly Thursday pm	Tenpin, Chichester
Ukulele	Weekly Thursday pm	Lovedean Village Hall
Walking 1 - Stragglers	1st & 3rd Tuesday am	Various places
Walking 1 - Strollers	1st & 3rd Friday am	Various places
Walking 2 - Striders	1st & 3rd Monday pm	Various places
Walking 3 - Strollers	Fortnightly Friday am	Various places

FREE

Waterlooville u3a ANNUAL LECTURE

EVENT

Wednesday 19th November 2025 @ 2.00pm
Cosham Baptist Church, Havant Road, Cosham PO6 2QZ

A Talk with 'Live Singing & Painting' by Paul Lillie

To avoid numbers exceeding seating limit please reserve your place with Linda by email to members@waterloovilleu3a.org.uk or in person at any Coffee Morning or General Meeting

