

#### COFFEE MORNINGS 10:00 am – 11:30 am :

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



#### Monday 9<sup>th</sup> February and 9<sup>th</sup> March

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.

#### FEBRUARY GENERAL MEETINGS 2:00 pm – 4:00 pm :

##### Wednesday 18<sup>th</sup> February

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

**Speaker : Mike Cooper – The Joy of “FLOD” – what surnames can and can’t tell us**

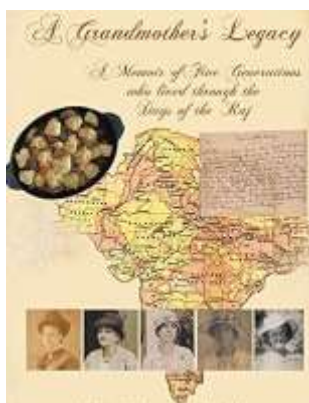
‘Onomastics’! That’s the proper term for the study of names and naming, within the study of language as a whole (or ‘linguistics’).

This talk will be an enjoyable and thought-provoking lay-person’s introduction to surnames: their nature, history, meanings and significance, using lots of examples from English and some other languages – some of those will be familiar and some will be surprising.

##### Wednesday 25<sup>th</sup> February

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

**Speaker : Jenny Mallin – A Grandmother’s legacy – my Great Aunt Constance**



My great aunt Constance was a woman of high social status, a wife of a British official, born in 1898 this is her account of her life in Burma and the story of a civilian trek in 1942 involving thousands of people who faced an arduous hike across some of the world's most treacherous terrain, dealing with monsoon climatic rivers, jungles and steep mountain ranges and dangerous wildlife. We learn how Rangoon was at that time the world's busiest immigration port with millions arriving into this rich, stylish and exciting destination and how Burma was recognised as the most beautiful country in South East Asia. We discover how living in Rangoon throughout its heyday of the 1930s meant a charmed life, one that was filled with opulence, bon viveur and style. We then learn how life can change overnight and the juxtapose of a situation where there was no possibility of turning back but only in moving forward.

## NOTE FROM THE CHAIR ABOUT THE COMMITTEE

There have been recent unexpected changes to our Committee. Linda Hugo-Vieten has resigned for personal reasons from the Committee in respect of her two roles, Membership Secretary and Vice-Chair as from the end of January. I am very grateful to Linda for her contribution to the Committee, especially for her help with the transition of members' engagement with Wu3a following the closure of Portsdown u3a in 2024. Linda will continue to volunteer as General Meeting Organiser – Cosham venue as well as being Group Co-ordinator for the Walking 3 Strollers and the Page Turners groups.

This leaves us with the task of filling the two roles (which do not need to be done by the same person). Kevin Stock has very kindly said he will temporarily caretake the Membership Secretary role, in conjunction with the existing Membership team of five volunteers, until a successor can be found.

If you feel that you might be able consider helping out in any capacity, please contact me on [chairman@waterloovilleu3a.org.uk](mailto:chairman@waterloovilleu3a.org.uk).

## MARCH GENERAL MEETINGS 2:00 pm – 4:00 pm :

### Wednesday 18<sup>th</sup> March

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

**Speaker : Andy Thomas – the Story of English Freedom**

From the rebellions of Boudicca against Roman invaders to Magna Carta, the Peasants' Revolt and the modern Poll Tax riots, from the revolutionary ideas put forward in



Cromwellian times to influential movers and shakers such as Thomas Paine, the Suffragettes, and George Orwell, 'Freedom' has always been a key issue in English history. Andy shines a light on the most significant leaps of the centuries and sees how they still resonate today and why maintaining freedom matters as much as ever.

### Wednesday 25<sup>th</sup> March

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

**Speaker : David Gane – the Story of Life**

David will take us through a whistle stop tour through life's evolution on Earth, outline some of the evidence for it and explain why Robinson Crusoe didn't eat beef!



## SOCIAL DATES FOR YOUR DIARY

Here is the line up so far for various social events planned for 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	Fri 20 <sup>th</sup> March	Springwood Community Centre
Quiz evening	Sat 18 <sup>th</sup> April	Springwood Community Centre
Skittles	Sat 25 <sup>th</sup> April	Springwood Community Centre
Anniversary Celebration	Fri 14 <sup>th</sup> August	WACA
Quiz evening	Sat 12 <sup>th</sup> September	Springwood Community Centre
Barn Dance	Fri 16 <sup>th</sup> October	Cowplain Social Club

### CANASTA 3 HAVE ROOM FOR MORE!

We are looking for new members to bolster our numbers as we can accommodate up to 24 people. We are a friendly group of people who meet every 2<sup>nd</sup> and 4<sup>th</sup> Monday afternoon for a couple of hours playing Canasta and having a chit chat along the way, fuelled with tea/coffee and biscuits.



If you are interested please contact [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk). If you are new to Canasta we will be happy to teach you and you can always come along to a taster session to see what we're about.

**Peter Arnold, Group Coordinator**

### PHOTOGRAPHY 1 – COME AND JOIN US!

The latest version of Photography 1 came to light in November 2025, having developed following the earlier closure of a couple of our established photography groups and includes members with varying levels of experience. Our inaugural visit in early December was to Chichester.

We meet twice a month with a location visit followed by a "show and tell" at a welcoming location in Horndean..

The group members are all very friendly and happy to share their experience, advice, technical tips as well as a sociable chat and a cuppa.

As a bit of friendly competition we have a *Photograph of the Month* where the best picture based on a theme is judged by the group members.

Our December theme (no surprise) was **Christmas** and the most popular submission was taken by Paul Stone :

Our doors are open to new members and if you are interested to find out a bit more then contact [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk)



**Glen Bush, Group Coordinator**

### RUMMIKUB 2 – SPACES AVAILABLE!



Are you free in the afternoon of the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month?

If so, we're looking for new members to join our small friendly Rummikub group.

Rummikub is a tile-based game similar to the card game of Rummy. It's an enjoyable, brain-stimulating game that encourages critical thinking and friendly competition.

To find out more and try a free taster session, please contact Kevin Stock, Group Liaison by email to

[groups@waterloovilleu3a.org](mailto:groups@waterloovilleu3a.org) or at the Groups table at Coffee Mornings and General Meetings.

**Carol Kinnaird, Group Coordinator**

## NO LONGER WITH US

Sadly we have been advised of the death of some of our members – our condolences have been passed on to their families.

**Anne Baily** who was a member for well over 10 years and latterly was a member of the Poetry and Singing for Pleasure groups.

**Margaret Newell** who joined us in 2016 and latterly was a member of the Bus Trippers, Canasta 2, Card Games and Cribbage groups.

**Angela Perry** who joined us in 2019 and latterly was a member of the French Conversation 2 group.

**Kevin Stock, Membership Secretary**

## NATIONAL U3A MATTERS MAGAZINE



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. To read the magazine online, visit [u3a Matters magazine online](http://u3aMattersmagazineonline) where both the current and previous issues can be seen.

If you would prefer to receive a postal hard copy please contact [treasurer@waterloovilleu3a.org.uk](mailto:treasurer@waterloovilleu3a.org.uk) who will advise how much the postal charge will be for the rest of the year and how to pay it.

## NEXT SOCIAL EVENT – FRIDAY 20<sup>TH</sup> MARCH - BEETLE DRIVE

The ever popular Beetle Drive is back again! And we will be at the Springwood Community Centre.

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 20<sup>th</sup> March, 2026**

**Time : 1.00pm to 3.00pm.**

**Where : Springwood Community Centre, 110 Springwood Avenue, Waterlooville, PO7 8BJ**

**Cost : £6.00 (Wu3a members), £7 (guests) – cash on the door**

This includes entry, score sheet, tea or coffee and biscuits and cash prizes.

We need the names of those wishing to come by **Monday 16<sup>th</sup> March.**

Please send your name and any guests to our Treasurer, Tony Paul at [treasurer@waterloovilleu3a.org.uk](mailto: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/Tony Paul**



## WEBSITE NEWS FROM SOME OF OUR GROUPS

**Birdwatchers** published their 2026 programme :  
<https://www.waterloovilleu3a.org.uk/Birdwatchers.htm>

**Photography 1** added a photo to their page. Taken by one of their members and voted by the group members as winner of their December *Photograph of the month* competition on the theme of "Christmas".

<https://www.waterloovilleu3a.org.uk/Photography1.htm>

## SHARE (PORTSMOUTH)

Save storage space and stop spending money on things you only use every so often and keep your own things lasting longer.

In 2018 a group of volunteers started Repair Café Portsmouth which ran monthly pop-up events in Fratton and quarterly events in Southsea helping people to repair items and extend their usable life. The project grew and grew and in 2022 the charity *Share (Portsmouth)* was born which combined the Repair Café Portsmouth and the Portsmouth Library of Things.

The joint venture allows repairers to share their skills with people who have broken objects that generally aren't able to be repaired on the high street and helps people to borrow items that they infrequently use. The venture is currently to be found at Unit 44 Kingswell Path within the Cascades Shopping Centre in Commercial Road, PO1 4RR.

Website : [Share \(Portsmouth\)](https://www.shareportsmouth.org.uk)

Call **07579 026 568**

Email [hello@shareportsmouth.org.uk](mailto:hello@shareportsmouth.org.uk)



## "MAPPING THE FAMILIAR" EXHIBITION

5<sup>TH</sup> FEBRUARY – 12<sup>TH</sup> APRIL – FREE ENTRY

THE ARC, JEWRY STREET, WINCHESTER

This exhibition celebrates the beauty of the local and the enduring significance of community in shaping the landscapes of daily life.

Hampshire-based artist and printmaker Mark Jones explores the rhythms of suburban life through linocut prints and paintings that chart the intersections of memory, place and community. Transforming the often-overlooked details of everyday surroundings, his work reflects on belonging and shared experience.



Inspired by walking, local history and the quiet narratives of suburban life, Mark captures the gentle choreography of neighbourhood streets – dog walkers, passing figures and familiar landmarks – rendered with precision and warmth.

Images and details from [Mapping the Familiar exhibition info](#) courtesy of the ARC

## EDWARD THOMAS LITERARY FESTIVAL

27<sup>TH</sup> – 28<sup>TH</sup> FEBRUARY, PETERSFIELD MUSEUM

A celebration of the life and work of Edward Thomas, attracted by the landscape and the South Downs, he and his family lived in Steep from 1906 to 1916. Known during his lifetime as a critic, essayist and writer of books about the countryside, Thomas moved towards writing his own poetry in late 1914 but before he saw his poetry printed under his own name he was killed at the Battle of Arras in 1917. Since then his reputation as a nature poet has increased greatly and his posthumous influence on the development of English verse is now widely recognised.



Whether a long-term lover of poetry and Edward Thomas, or new to the wonderful world of words, there is something for everyone.

For more booking and more information :

<https://petersfieldmuseum.digitickets.co.uk/category/69934>

### Prefer not to receive this Wu3a member bulletin?

We issue regular bulletins to our members to inform them of meetings, social events, group activities, membership information, etc. However, **IF YOU DO NO longer 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.

**To unsubscribe** contact [bulletin@waterloovilleu3a.org.uk](mailto:bulletin@waterloovilleu3a.org.uk).

## 2006 – 2026 WE ARE 20 YEARS OLD!



*Once upon a time . . .* in May of 2005 a Waterlooville lady retired from work and began to look around for things to do and activities to occupy her now work-free days. She had long been interested in the concept of the u3a movement but the nearest one in the area was at Emsworth – who had declared themselves full with a long waiting list to join.

Undeterred, this lady girded her loins, organised a small steering Committee, followed by an advertisement for the first meeting which was held in St. George's Church Hall in January of 2006. That first meeting attracted about 170 people to it - the Hall was so full they ran out of chairs! And so, Waterlooville u3a was born.

Ideas were sought for interest groups as well as volunteers to run those groups and join the Committee. Below is a list of some of the original groups set up in 2006. Only three of those original groups are no longer active, but those marked with (\*) are still going strong today with some having expanded into multiple groups as interest in their activities has grown over the years.

Art History (\*)    Beginners Green Bowls    Book/Reading (\* we now have 5 book groups)  
French Language (\* no less than 9 groups today)    German (\* now 2)  
Modern History (\* 2 today)    Music Appreciation \*    Philosophy  
Photography (\* currently 4)    Science (\*)    Scrabble (\*)    Textiles    and finally –  
Walking (\* now a whopping 10 groups from Stragglers, through Strollers to Striders)

Both the original Book and French groups continue to be led by the original 2006 Coordinators, such is their enthusiasm and dedication.

-o0o-    -o0o-    -o0o-

Our current membership records only go back to 2017 so if you joined us before then, or even in those very early years it would be great to hear from you with your thoughts and any little snippets of memories you may have of what Waterlooville u3a was like in those days, any photos, old bulletin articles, all are welcome.

Do please get in touch [bulletin@waterloovilleu3a.org.uk](mailto:bulletin@waterloovilleu3a.org.uk)



## TOP ATTRACTIONS FAIR HORNDUAN TECHNOLOGY COLLEGE

**THURSDAY 19TH FEBRUARY 10:00-12:00**

Get ideas of places to visit throughout Hampshire and Sussex – a great resource for any out-&-about groups, family days out, etc.

It's FREE! You can just turn up on the day or pre-register to enter a prize draw to win a free day out.

For more information and a location map go to :  
**Top Attractions Fair- Horndean TC**

## FEBRUARY BITS 'N' BOBS

*"And still the earth is cold and white, And mead and forest yet are bare;  
But there's a something in the light That say the germ of life is there."*

"February" by Jane Goodwin Austin (second verse) mid-late 19<sup>th</sup> century

**Deity** : FEBRUUS ancient Italic god of purifications who possibly morphed into the Roman goddess FEBRIS, connected with the sweating of fevers, considered a purgative, washing and purification process.



**Herbs** : Lavender, rosemary, chamomile

**Flowers** : Violets (modesty faithfulness, everlasting love and remembrance) and primroses (youth, safety and protection, young love, femininity).

**Crystal** : Amethyst; associated with spirituality amethyst is thought to quieten the mind, boost psychic power and protect anyone who holds it.

**Star signs** –

**AQUARIUS** 20<sup>th</sup> January to 18<sup>th</sup> February; symbol the Water Bearer; element Air (clever, curious, communicative); quality Fixed (persevering); *"I know"*; ruling planet Uranus (the awakener); body parts shins, ankles, circulation.



**PISCES** 18<sup>th</sup> February to 20<sup>th</sup> March; symbol the Two Fishes; element Water (caring, intuitive, sensitive); quality Mutable (adapting); *"I believe"*; ruling planet Neptune (the escapist); body parts – the feet.



1<sup>st</sup> **Cross Quarter Day** (or St. Brigid's Day or Imbolc) in the Celtic calendar, marks the beginning of spring. An important day for weather predictions – apparently if the Cailleach (one-eyed goddess of the winter months) walks abroad and is able to gather more firewood than we're in for a stinker of a spring. So let's hope for a miserable, damp day so that the Old Hag of Winter is starved of decent kindling and forced to bring on spring and a glimmer or warmth!

2<sup>nd</sup> **Animal Weather Oracle Day** – another weather lore day which stars Punxsutawney Phil, the Gobbler's Knob groundhog. If Phil pokes his nose out this morning and sees his shadow the prognosis is not good and we can expect six more weeks of winter.

3<sup>rd</sup> **St. Blaise's Day** – the perfect day apparently to start girding our loins against those destroyers of cardigans and carpets – MOTHS! Traditionally lavender is said to repel the hounds of fur but you might consider secreting sachets of bog myrtle, wormwood and/or lady's bedstraw into your drawers as these are also said to fight the good fight.

17<sup>th</sup> **Chinese New Year** – a Year of the Fire Horse. The official public holiday lasts from the 15<sup>th</sup> to the 23<sup>rd</sup> February. People born in the Year of the Horse (1918, 1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014 and 2026) are considered to be brave, strong, talented and independent and a Fire Horse symbolises enthusiasm and energy.

18<sup>th</sup> Growing potatoes in time for your Whit Sunday dinner? Now's the time to get chitting.

20<sup>th</sup> (-22<sup>nd</sup>) The annual Wakefield **Rhubarb Festival** is the place to be if you're a rhubarb fan. The Rhubarb Triangle is the Wakefield-Leeds-Morley area where it has been grown for over 150 years. The main event is the Yorkshire Market where all things rhubarb can be found from curry to ketchup, to fudge, to gin liqueurs, with a bit of Morris dancing thrown in.



21<sup>st</sup> Gilbert White, the Selborne naturalist, noted in 1795 how lesser celandines almost always started flowering in the village on this date. This floral feat was recorded again 100 years later by John Hopkinson, a Hertfordshire botanist, so today has become known as **Celandine Day**.

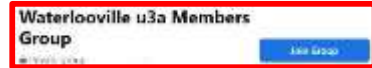


**Sources** : Greeny Gardener; *"Everyday Folklore"* by Liza Frank; *"Mystical Year"* by Alison Davies, Your Zodiac Sign and the vast t'internet.



### 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/>



FREE Member Parking Now  
Available at Horizon Havant  
(2 Hours)

### HORIZON LEISURE, HAVANT – SHORT TERM FREE PARKING

Thanks to Elaine Browne for this information.

Click [here](#) for full details or call 023 9247 6026.

### INTEREST GROUPS ONLINE FAIR – 11-13 FEBRUARY

Interest Groups Online (or IGO) is an online community bringing people together to learn from each other. Whether you're interested in learning a new language, join a book group, start a study group in a subject of your interest or share your creative skills with others – there is something for everyone.

In the same way as a u3a, the activities are run by members and are a great way to meet people from all across the u3a movement.

To find out more about the online fair and to book any of the taster sessions, follow this link : [u3a Interest Groups Online](#)

There is also information on that same page about joining and taking part in IGO.

From 11<sup>th</sup> to 13<sup>th</sup> February TAT UK are running an online fair with some taster sessions from 10 IGO groups – open to u3a members and non-members alike :

Creative writing



Fusion tai qi gong



Dance exercise



Exploring progressive rock



Local history



Early women doctors



Sign language



Intermediate recorders



Canva course (graphic design)



## 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](mailto: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. All our groups are listed there and each have their own page – just click on a group name to open their page and discover more about when/ 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.

### **POTENTIAL NEW GROUPS**

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

**BEGINNERS BADMINTON** – open to all levels

**BOOKS 6** – read a book then discuss it with other members

**FILM CLUB** - watch DVDs in a local cinema room for free.

**MEMBERS ON THEIR OWN 3** – social activities for our single members

**PAINTING** – any medium

**WEEKENDERS 2** – looking for things to do at the weekend? Pub lunch, a walk, meet for coffee or a drink?

**WOOD TURNING** – using a lathe, etc.

**Kevin Stock, Group Liaison**

### GROUPS WITH VACANCIES (as of 31<sup>st</sup> Jan)

To join any group contact Kevin Stock [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk) or 07769 266879

Interest Group	Meeting Day / Frequency	Venue
Art Appreciation	Monthly 2nd Fri 2pm-4pm	Members' Homes, Drayton
Art History 1	Monthly 2nd Wed 10am-12	Zoom
Art History 2	Monthly 1st Tue 2pm-4pm	Denmead Community Centre
Backgammon	1st & 3rd Mon 10.30am-12.30pm	The Woodman, Purbrook
Badminton (Improvers)	1st & 3rd Wed 1pm-3pm	Horizon Leisure Centre, Havant
Board Games (Modern)	1st & 3rd Mon 1.30pm-3.30pm	Denmead Community Centre
Board Games 2	Monthly 3rd Mon 2pm-4pm	Members' Homes, Cosham
Bridge	Weekly Fri 10am-12	Acorn Community Centre
Bus Trippers	Variable	Various places
Canasta 3	2nd & 4th Mon 2pm-4pm	Acorn Community Centre
Country & Western music	Monthly last Wed 2pm-4pm	Members' Homes, Widley
Current Affairs 1	Monthly 2nd Wed 2pm-4pm	Members' Homes, Waterlooville
Current Affairs 2	Monthly 2nd Thu 10am-12	Portsmouth Golf Club, Crookhorn
Cycling	Weekly Thu 9.15am-12.30	Various places

<b>GROUPS WITH VACANCIES (as of 31<sup>st</sup> Jan) - continued</b>		
Dining Out	2nd Wed & 4th Sun lunchtime	Various places
Drawing 2	1st & 3rd Tue 10am-12	Jubilee Centre
French Beginners	Monthly 4 <sup>th</sup> Fri 2.30pm-4pm	Members' Homes, Drayton
French Conversation 1	Weekly Tue 2pm-4pm	Members' Homes, Waterlooville
Fun French	2nd & 4th Wed 2pm-4pm	Members' Homes, Cowplain
Fun with Watercolours	Weekly Thu 1pm-4pm	Members' Homes, Cowplain
Genealogy	Monthly 1st Thu 2pm-4pm	Church of the Resurrection, Drayton
German (Intermediate)	Fortnightly Mon 10am-12	Members' Homes, Drayton
Learn Guitar & Sing	2nd & 4th Tue 2pm-4pm	Members' Homes, Widley
Line Dancing (Improvers)	Weekly Mon 2pm-3pm	Waterlooville Baptist Church
Lunch Club	Variable 12.30pm-2	Various places
Mah Jong 1	1st & 3rd Tue 10am-12	Age Concern, Cowplain
Mah Jong 2	2nd & 4th Tue 2pm-4pm	Portchester Parish Hall
Photography 1	2nd & 4th Tue 10am-12	Pear Tree Court, Horndean
Poetry	Monthly 2nd Wed 2pm-4pm	Members' Homes, Cowplain
Quizzers 1	Monthly 2 <sup>nd</sup> Thu 10.30am-12.30	Springwood Community Centre
Quizzers 2	Monthly 2nd Wed 2pm-4pm	Age Concern, Cowplain
Radio Hams	Variable	Various places
Rummikub 1	1st & 3rd Tue 2pm-4pm	Springwood Community Centre
Rummikub 2	2nd & 4th Wed 2pm-4pm	Springwood Community Centre
Science	Monthly 4th Thu 10am-12	Springwood Community Centre
Scrabble	1 <sup>st</sup> & 3 <sup>rd</sup> Thu 2pm-4pm	Springwood Community Centre
Sewing	Weekly Thu 10am-12	Acorn Community Centre
Singing For Pleasure	1st & 3rd Wed 2pm-3.30	Sacred Heart Church, Waterlooville
Snooker 2	1st & 3rd Thu 1pm-4pm	Waterlooville Sports Bar
Table Tennis 3	2 <sup>nd</sup> & 4 <sup>th</sup> Fri 1.45pm-3.45pm	Age Concern, Cowplain
Tai Chi 1 - Improvers	Weekly Fri 12.30pm-1.30	Waterlooville Community Centre
The Potting Shed	Variable	Various places
Ukulele	Weekly Thu 2pm-4pm	Lovedean Village Hall
Walking 1 - Striders	2nd & 4th Fri 10.00am-12	Various places
Walking 1 - Strollers	Monthly 1st Fri 10am-12	Various places
Walking 2 - Striders	1st & 3rd Mon 1.30pm or 2.00pm	Various places
Walking 2 - Strollers	Monthly 3 <sup>rd</sup> Tue 10am-12	Various places
Walking 3 - Strollers	Fortnightly Fri 10.30am-1pm	Various places
Weaving & Felting	1st & 3rd Tue 2pm-4pm	Members' Homes, Cowplain

## 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

Preparing for an AI world	2 <sup>nd</sup> Feb
Flight Inspiration : Space and Aviation, the new high ground	3 <sup>rd</sup> Feb
After Alzheimer : memory, ageing and what comes next	3 <sup>rd</sup> Feb
How do your medicines work? Hypertension	4 <sup>th</sup> Feb
The technological challenges in delivering HS2	4 <sup>th</sup> Feb
Smashing particles – behind the scenes at CERN	5 <sup>th</sup> Feb
The Mathematicians' Library with Thomas K. Briggs	6 <sup>th</sup> Feb
Tech for all : innovations supporting disability and ageing	10 <sup>th</sup> Feb
The Calendar, Time and the Cosmos, part 3	13 <sup>th</sup> Feb
How do your medicines work? Pain Relief	18 <sup>th</sup> Feb
Laughter Yoga with Judith	18 <sup>th</sup> Feb
Mindfulness and meditation	19 <sup>th</sup> Feb
Gravy or grave? The ghost in literature	20 <sup>th</sup> Feb
Live Cookery demonstration – winter warmers with Chef Alex	20 <sup>th</sup> Feb
Memoir writing with Jenny Newman	20 <sup>th</sup> Feb
Cures from within : can we use chemistry to teach the body to heal itself?	24 <sup>th</sup> Feb
Laughter Yoga with Merrie Maggie	24 <sup>th</sup> Feb
Introduction to cryptic crosswords	25 <sup>th</sup> Feb
Mindfulness and meditation – new 6-week course	25 <sup>th</sup> Feb
AI in government	27 <sup>th</sup> Feb
How AI can save you hours when researching your family history	2 <sup>nd</sup> Mar
Flight Inspiration : the new space race	3 <sup>rd</sup> Mar
Beyond the beam : what we do with lasers	5 <sup>th</sup> Mar
Novel writing with Jenny Newman	6 <sup>th</sup> Mar
World Faiths : the role and experiences of women across different faiths	9 <sup>th</sup> Mar
Spring clean your vitality with qigong	10 <sup>th</sup> Mar
The evolution of AI and our changing world	11 <sup>th</sup> Mar
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