



Monthly newsletter

December 2022

Members Meeting

2.30 pm 20 December at Bridges. Christmas Party

A warm welcome awaits you. We will be having a small brass band playing carols to sing along to. Mulled wine, mince pies and a quiz.

Christmas jumpers/ attire very welcome Ho Ho Ho

Any members with suggestions for future meetings, please pass them on to a member of the committee.

Groups

Country Dancing

Thanks all those who came to the first session in November. For anyone who would like to have a try, the next meeting will be on Monday 19th December at 2p.m. at Bridges. We would love to see you all there. Christine Davey.

Trip to Westonbirt on Saturday December 10th.

For those of you who have booked a place on the trip to Enchanted Christmas at Westonbirt on Saturday December 10th, the coach will depart from Blestium Street, next to the old Cattle Market, at the bottom of the town at 5.15pm. We are booked to enter the lighted trail at Westonbirt at 7pm, except for four who will enter at 7.10pm. I would expect us to be back in Monmouth by about 9.30pm.

Please come prepared for any weather conditions! The trail is along a path suitable for mobility scooters and buggies. There will be a range of food stalls at the beginning and end of the trail.

If you have any queries or concerns please don't hesitate to call me on 01600713212 and I look forward to seeing you all on the 10th.

Diana Wilkinson

Science and Technology: Tuesday 13 December at 2.30pm in the BRIDGES CENTRE

Blood, blood, glorious blood by Ned Kelly

The main topics to be covered will be

- Why and how blood clots when it needs to.
- Why clotting is limited to the area of bleeding.
- Some of the reasons blood sometimes clots when it should not, resulting in heart attacks and strokes.
- A little bit about conditions that mean blood does not clot when it should.

If you are not a member of this group you are welcome to join us as a guest for the small fee of £3 (or you can become a full member for £10).

Contact Cherry Lewis on monmouthu3amembership@gmail.com

U3A CINEMA GROUP

Tuesday, 6th December 2022 at 10.30am: Doors open 10.00am

NB: This is the first Tuesday of the month of December

Entrance £6.50 (cash only). All films are shown with sub-titles.

'ROCKS'

British 2019: Running Time: 1hr 33mins: Certification 12A

Shola (Bukky Bakray), or Rocks, as she's known, lives in a London council flat with her younger brother Emmanuel (D'angelou Osei Kissiedu) and their single mother. Mum is busy and stressed, leaving Rocks to spend all her free time with school friends. One day, she comes home to find her life radically altered: she is suddenly on her own with a child to take care of. Sarah Gavron, the director could easily have steered Rocks into miserabilism, but delivers instead a surprising portrait of resilience. Rocks is mercurial, impulsive, and deeply sensitive - not unusual for her age, she sometimes makes desperately poor decisions, for what look to her like good reasons. When her closest friend, Sumaya (Kosar Ali) tries to help, Rocks doesn't know how to accept it, blinded by Sumaya's two-parent household and relative comfort. - Toronto International Film Festival

It is with great regret that Dorothy and I have to announce that the u3a Cinema Group cannot continue because of the lack of support from the Monmouth members therefore 'Rocks' is final film. We would like to thank all our loyal supporters over the years and wish them a very Happy Christmas.

Contacts: Barbara Atkins, 01600 714761 barbara.atkins3@btinternet.com or Dorothy Munslow. 01600 715014

National

News from the Third Age Trust

Here is the latest copy of the Third Age Trust newsletter [Your u3a National Newsletter - November](#) ([mailchi.mp](#))