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STOP PRESS:

Xmas Social, please save the date:

December 19th from 14.30 – 16.30 at Bridges.



LET'S GET TOGETHER!

Come along to celebrate Christmas with us, with mulled wine (non-alcoholic drinks available), minced pies, Christmas carols, and a Christmas quiz.

Places must be reserved, please contact the convenor by [clicking here](#):

NEW GROUPS (some shown below):

"Monmouth u3a is GROWING with over 500 members enjoying some 50 different activities.

Now is your chance to influence what's on offer.

Is there an activity that you'd like to try?

Or something you used to enjoy and want to restart?

If you'd like to propose a new Activity Group, get in touch with Group Comms Lead Estelle Stevenson and outline your idea. We can then contact all u3a members to see how many might want to join in your activity - and that's how it all starts!"

Contact Group Comms Lead Estelle Stevenson by [clicking here](#):

By popular demand, we are planning to increase our yoga sessions.

BEGINNERS YOGA - trial session



Tutor:- Veronika Pena De La Jara

Thursday 14th December 2023 0930 -10.30 - Bridges centre

Cost £8.00 (Maximum class size 10) - To book a space please [click here:](#)

CHAIR BASED YOGA - trial session



Tutor:- Veronika Pena De La Jara

Friday 15th December 2023 1.30 – 2.00 PM

Bridges centre

Cost £8.00 (maximum class size 12) - To book a space please [click here:](#)

Or, for both groups, please call **07768 2657943**

PROPOSED PHOTOGRAPHY GROUP

I've enjoyed taking photos for years, and I know that many other people do as well. I'd like to start up a photography group within Monmouthu3a. If anyone is interested in joining a photography group, then let me know.



Once people have responded, the people who are interested can get together to decide what it is that we want from our photography group. **Wendy Lefevre**

To contact me, please go to the "board and card games" group on the new Monmouth u3a website, and click the "contact convener": [Click here for this information](#)

PROPOSED UKULELE GROUP

Are there any u3a members interested in a ukulele group? We would like to have a taster session to gauge if we have enough interest within the Monmouth u3a to start our own ukulele group. There is no need to be able to read music and we have a few ukuleles if you need to borrow one for the taster session. The music played will vary from the more traditional ukulele tunes to popular songs that we all know and love.



The taster session and future dates, (if the group gets going), will be on a Wednesday afternoon and initially run every 2 weeks. It is expected that the cost will be around £3 per session.

Please [click here](#), to register your interest or ask any questions.

u3a DIARIES for 2024 are available online, from Third Age Trust Brand Centre (you will need to register, if you haven't yet). They are priced at £4 each. Please visit:

[Click here for more information](#)

Please note that Monmouth u3a used to buy these in bulk but have discontinued this.

AND OF COURSE

To all:



AND A HAPPY NEW YEAR

FROM EVERYONE ON THE COMMITTEE

Something for now/the New year - u3a National Programmes:

Our National Initiatives showcase a wide range of learning activities for members to get involved in - from challenges and projects to competitions. Some are one-off events and others run over an ongoing period of time. If you have any ideas for future initiatives, please [click here](#):

You can get involved by starting at: [Click here for more information](#):

Here are just two:

u3a National Poetry Competition - 2023 – 24

Ongoing Initiatives - Get Involved



The u3a national poetry competition is back for its fourth year, and the judges are looking forward to seeing what talents members have to offer.

The theme for this year's competition is: **'What If'**.

The competition opened on Wednesday 8 November 2023 and the deadline for submission is 12pm on Friday 26 January 2024. You must read the competition rules before submitting your poem.

[Click here for further information](#):

[Read some 2022-23 poems by clicking here](#):

u3a Write a letter to your younger self.



Writing a letter to your younger self can be a cathartic and extremely thought-provoking experience. Do you have wisdom now that you wish you had back then?

Have a go at reflecting and putting your thoughts to paper in this creative exercise for u3a members.

For further information, and some sample letters, [please click here](#):

COMMITTEE

Your new committee met on November 10th and here are some key points:

Your u3a needs your ideas for speakers.

Have you heard a really good speaker, or could you be a speaker for a Monthly Members Event? Monmouth u3a needs some really good ideas so please get in touch, if you have any ideas at all, by [clicking here](#):

Admin Wizard needed!

Monmouthu3a needs a 'secretary' to oversee bookings for our speakers for Monthly Members Events - just a few minutes effort each month. If you enjoy making sure things are well organised, then we need your help in writing emails or phoning speakers to make sure they know where and when they are visiting, answering their questions and introducing them to the treasurer for expenses payments. Please make contact by [clicking here](#):

Do you enjoy going on trips?

If you enjoy visits to the theatre, ballet, music, places of interest etc and you'd like to set up a group to go with you, then Monmouth u3a could advertise this to all our 501 members so you can fill you coach. Any ideas, then get in touch by [clicking here](#):

Helpers Group:

Your new committee is getting up to speed. But there's only 10 of us. We'd like to gather a group of helpers that we can call upon occasionally to provide extra pairs of hands. If you have a few minutes to spare and are willing to help out, then please get in touch by [clicking here](#):

And, for further details on the committee, [please click here](#):

The next committee meeting will be held on: **Friday 15th December**

UP COMING - MEETINGS/EVENTS/TRIPS

WEEKLY:

DROP-IN COFFEE MORNINGS



Every Monday at the **Estero Lounge, Monmouth**, from **10.30 - 11.30** Everyone is welcome.

For meetings on 27th December and 4th January – please contact the convenor by [clicking here:](#)

THIRSTY THURSDAY CLUB



Every Thursday at the **Queens Head pub on the corner of St. James Street and Wyebridge Street**, from **19.00 – 21.00 ish**. Come along when you feel like it.

Please note: There will be **no meeting on December 28th**.

If you'd like to be on the Pub Club email list to receive regular reminders, then please [click here:](#)

To find out more, [click here:](#)

MONTHLY:

MEMBERS' MEETING



TUESDAY 19th DECEMBER, 14.30 – 16.30

Monmouthu3a December Xmas Social, Main Hall, Bridges (see p.1).

To secure a 'free' place, please contact Cherry Lewis by [clicking here:](#)

OCCASIONALLY:

VISITS



Something to look forward to, is the:

8th December - Trip to Bath, for the Christmas Market, with optional afternoon tea.

Leaving Monmouth 10.00 Returning by 18.15 ish (*leaving Bath 16.45*)

Some places left. For further details please [click here:](#) or call **07768 257943**

REGULAR GROUP ACTIVITIES (Some examples:)

Country Dancing



Come and try country dancing with us on the **third Monday in the month at Bridges**, in the ballroom.

This month it's: **Monday 18th December at 2pm** where we hope to enjoy some seasonal dances. We were pleased to welcome three new dancers yesterday and would love to welcome more in at the December meeting. No previous experience is needed, for male or female with or without a partner. All are welcome, just come along with some comfortable shoes and have a go. **Christine.**

For further details please [click here:](#)

Critical Thinking



Please note: THERE IS NO DECEMBER MEETING

Next meeting will be on **Tuesday January 28th in Ty Price, at 15.00**

The topic is yet to be decided.

Suggested reading will be sent out in advance. Anyone not on the members list who might be interested in coming along could email the convenor (*see below*) or simply turn up on the day.

For further details please [click here:](#)

Film Club



PLEASE NOTE: THERE IS NO DECEMBER FILM CLUB

Our **14.00** film for **Friday January 26th**, at **Bridges**, will be. **'Ethel and Ernest'**.

A British animated biopic starring Jim Broadbent and Brenda Blethyn. The film is based on the 1998 graphic memoir written by Raymond Briggs, and follows Briggs' parents, Ethel and Ernest, through their courtship and marriage from the 1920s to their deaths in the 1970s. It was broadcast on television on 28 December 2016, 'Happy Christmas and a prosperous New Year to all members, Iain.'

£3.00 for members and £4.00 for others. Includes and end of film tea/coffee/biscuits

For further details please contact:

Iain Crawford by [clicking here:](#) or go to the u3a Film Club page by [clicking here:](#)

Geology



13th December 14.00 - 15.30 A Social Meeting With Geology Snippets

For further details please [click here](#):

Guests welcome for just £2.

Science and Technology



We have many wonderful talks lined up for those who wish to attend. No qualifications needed, just an interest in science and technology.

We meet on the **2nd Tuesday of the month, at Bridges, from 14.30 – 16.00.**

On December 12th - What on Earth? New approaches for Earth observation in archaeology, from Professor Mark Horton (from the BBC's *Time Team*, *Time Flyers*, *Coast*, etc)

One of the most exciting archaeological developments in recent years has been the use of drones for archaeological surveys. They have also become an essential tool for collecting LiDAR data. The talk will illustrate how this aerial perspective enables researchers to identify and map previously undiscovered features, such as hidden structures, ancient road networks, and agricultural systems, providing valuable insights into the lives of past civilizations. And if the weather is fine there may even be a demonstration.

For further details please [click here](#):

Origami



Eleven members enjoyed the Origami session at Estero Lounge on Thursday 23rd November, ably led by Tony O'Hare, we even made an Origami box, that we used to take home the things we had made.

The next session is on **Thursday 14th December, Estero Lounge, 10.30 – 12.30** and then on **January 11th**

For further details, [click here](#):

IF OTHER GROUP LEADERS WISH TO PLACE INFORMATION IN FUTURE NEWSLETTERS, INCLUDING A LINK TO OUR WEBSITE, THEN LET ME KNOW BY THE 25TH OF THE MONTH, I'M HAPPY TO RECEIVE DETAILS BY [CLICKING HERE](#):

I MUST HAVE PERMISSION FROM YOU TO PUBLISH ANY EMAIL ADDRESSES, IF THAT IS WHAT YOU PREFER.

News from the Third Age Trust



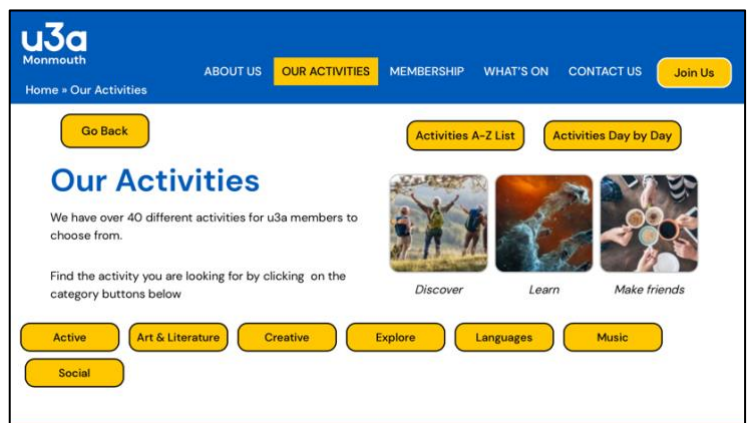
For their latest news and other articles of interest, please [click here](#):



For copies of their national newsletter, please [click here](#):



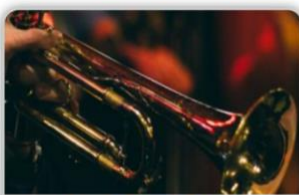
Monmouth u3a WEBSITE



Please [click here](#):

As another gentle reminder to all members, new and well established, our website is the best place for you to locate information about Monmouth u3a. Here are a few pages, as a starter for ten, and to encourage you, if you don't already, to explore the relevant links. Most of what you may need to find is just a click away.

SOME EXAMPLES OF ACTIVITIES



Jazz Appreciation



Music Appreciation 1



Music Appreciation 2



Recorder Playing