



OPEN DAY/SIGNING UP DAY

Our annual Open Day & Signing Up Day is on **Tuesday 26 September** from 2 pm.

Please come along and make it a social occasion.

We will have tea & cakes and maybe the Singing Group will entertain you for a short while.

Please advertise it around your neighbourhood and bring your friends and neighbours.

Anne Sargent



COMMITTEE CHRONICLES

At its August meeting your committee was planning for the Open Day and Signing Up on Tuesday 26th September. It takes the place of our usual monthly meeting and gives you an opportunity to chat to other members over tea and cake and to sign up for the groups you want to join in 2023/24. If you have a friend who might be interested in joining our u3a do bring them along to meet us. The new handbooks are being distributed and so you have plenty of time to explore what groups and other events are on offer. We are always keen to start new groups and so if you have an idea for a subject we don't cover do get in touch with the Groups Co-ordinator.

The next event after that will be Jane Austen's Heroes and Villains on Friday 6th October at 10am in the Davison Room at Ryarsh. Numbers are limited so please book your place as soon as possible. We were also looking forward to our Quiz in February and our Malling Review in April 2024. Although it is six months away it is not too soon to be planning this and so this is a call to all would be performers. Do you sing or play an instrument? Would you like to read a poem or a short piece of prose? Do you fancy trying your hand at stand-up comedy or some magic tricks? We know there are a lot of thespians out there so how about getting together to perform a sketch. At our 10th Anniversary Tea our Latin Group performed a sketch in Latin (with subtitles!) so how about it, you language groups? Contact Ruth Brind if you would like to be involved.

Publicity was also on our mind this month. It is vital that we attract more members if we are to remain a vibrant and active u3a. The committee is planning to put posters in supermarkets in the area such as Tesco and Morrison and we would like to have an occasional presence in some local garden centres such as Spadework and Brookside. If you would like to help with this or have any other ideas for publicity please speak to any member of the committee.

Valerie Willsher

New Groups?



'Grow To Cook'

Would anyone be interested in a group looking at vegetable and fruit growing? For example looking at what to grow, varieties, techniques and what have people had success with? Later on we can compare what has worked well and what has not.

If so please email me to express an interest as I cannot be at the sign-up meeting.

The first Wednesday of the month at 2 pm looks free. The meetings initially will be at my house and garden in Allington.

Jacky Stow

Would you like to see new groups?

Please let us know what would interest you.

Here are some suggestions:-



Scientific research confirms that laughter is good for us and we should all be getting more of it – that it is indeed 'the best medicine'. We are told we need to get more joy into our lives, more friends and fun, and more laughter. The trouble is that many of us would like to laugh more but we don't know where to start.

Laughter yoga offers an answer. It combines playful laughter exercises with deep yoga style breathing (pranayama) and anyone can take part.

I started my laughter Yoga journey back in 2022 after seeing a notice about it in a u3a newsletter. It was something I had wanted to do for a long time so I signed up and I was hooked. As a result of this I have been training as a Laughter Yoga Leader with the intention of setting up a group for our u3a. The sessions will be via Zoom, will last for approximately 45 minutes and it can be done sitting or standing.

I will be at the signing up afternoon and will be happy to answer any questions you might have.

Jenny Tomlin

Tea Rota

September ~ Open Day

Isobel MacDonald
Rosemary Lea
Vivienne Lindridge
Kate Shennan
Beth Minall



Bring your own.
Help the environment by
bringing your own mug.



**JANE AUSTEN -
'Heroes and Villains'
with Linda O'Byrne.**
**Linda is a published author
and a keen Austenite**

Friday 6 October, 10 am
in The Davison Room of Ryarsh
Village Hall.

Whether you have read all of her novels
or only watched adaptations of them on
television or the cinema, for a mere £5
come along and find out more about this
very popular author.

Tea/coffee and biscuits will be provided.

Helen Strotton

NEW MEMBERS' COFFEE MORNING

All the new members that have joined us
since the beginning of the year are invited
to a Coffee Morning on **Wednesday 1
November** in the Tea Rooms at Aylesford
Priory from 10 am. You will be sent an
email invitation in October.

Anne Sargent



CHRISTMAS LUNCH.

Malling District u3a Christmas Lunch is back,
on **Wednesday 6 December** from 12.30 at
West Malling Golf Club.

Put the date in your diary.

The cost will be £27.

The menu and order form will be available at
the meeting.

Sally Brailsford



A cup of tea
& a slice of story
makes everything
better.



Enjoy a large slice of story. From folk and
wonder tales to myth and legends, two
storytellers will fill up your imagination as they
serve up local tales & from around the world..

January 26th, 2pm
Ryarsh Village Hall
£7, with tea & cake

Contact Sally Brailsford



