



THE UNIVERSITY OF THE THIRD AGE

Web Address:-  
www.heartofenglandu3a.btck.co.uk

# Heart of England

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## *November 2017 Newsletter*

### **TODAY'S MEETING**

Our speaker for November will be Max Keen & his talk is "Richard 111, loyal brother or royal murderer. "

### **NEXT MONTH'S SPEAKER**

Our speaker for December is Mike Watkins & he calls his presentation "Remembering The Swinging Sixties, with audience participation". That should be a good start for the Christmas Season.

### **NOTES FROM THE CHAIR**

*Dorothy Jones*

I hope we are all out and about enjoying the amazing Autumn colours. We are advised to have a half hour walk every day. Why not form small groups, have a walk and then enjoy a Hot Chocolate.

### **WHAT'S ON – MONTHLY MEETINGS AT STRATFORD, SHOTTERY, DENE VALLEY AND ALCESTER U3AS.**

Stratford - 29<sup>th</sup> November- " Cyprus ." - Bob Skelt.

Dene Valley - 14<sup>th</sup> November – " Royal Navy Presentation Team" . .

Shottery - 7<sup>th</sup> November - "The Anglo-Zulu War and two Local Victoria Cross Heroes." - Max Keen.

Alcester - 7<sup>th</sup> November - "The Little Soap Company." - Anna Field.

### **SUBSCRIPTIONS**

The annual subscription is due on 1st September 2017. Existing and **New** members joining now pay **£16**.

### **U3A DIARIES**

The U3A 2018 Diaries will be on sale at the next meeting until the stock is exhausted. These 2018 Diaries are china blue and the price has increased to £2.50 – still a bargain! They can be found on the Treasurer's table at the back of the Methodist Hall.

### **NEW MEMBERS' MEETING**

*Cindy Willoughby*

If you have joined Heart of England U3A since June 2017 you are invited to join us for a cup of tea in the reception area of the Methodist Church Hall at 2.30pm on Thursday, 16th November to get to know us and learn more about what is available for you to enjoy.

Please ring Cindy on 01789 509 187 if you would like to attend... unless you have already received an invitation and replied by email or `phone.

### **NEW YEAR LUNCH**

Heart of England U3A has this year arranged to celebrate New Year at The Sports Club Swans Nest Lane, SOA, CV37 7LS, Saturday 20th January 2018 at 12 noon. There is parking available in the Sports Club car park; the payment of £1 can be made at the parking meter inside the club house. There is a photograph of the venue on the Chairman's Table in the Reception Area. The price is £18 per person which includes your choice from 3 starters, 3 main courses and 3 desserts and which takes vegetarian and other dietary needs into account if notified with your order. Drinks do have to be ordered separately at the bar. There will be a short fun quiz, with a prize for the winner. The menu and booking form is available at the next meeting or can be downloaded from our website. Please return your menu selection, preferably with a cheque made out to HOE U3A, to the Treasurer's table at the next meeting or send it to Athena Roderick, 17 Gifford Walk, S O A ,CV37 9LN. Tel : 01789 551416. Looking forward to seeing you there.

## COURSES ON-LINE-FROM NATIONAL OFFICE

Robyn Nicoll



There is a vast list of courses available which may be found on the National U3A Web site. For a detailed list, you will need to access the Members' Area by creating a user name and password.

National Web site: [www.u3a.org.uk](http://www.u3a.org.uk)

There are also a large selection of courses offered by **U3A Online** from Australia described as "A Virtual University of the Third Age". The topics include: World Affairs and History; Nature; Writing and Creativity; Lifestyle; Science. To find out more about these courses : [www.u3aonline.org.au](http://www.u3aonline.org.au)

Many courses have already been downloaded and saved and may be forwarded to interested members.

*The course "Property to Partner" was very successful and it will be repeated beginning in September.*

A new course is underway: **"Kings and Queens of England"**. This course is intended to present, in an interesting way, facts and opinions about the people who affected the development of England and its system of government in significant ways from the time of the Romans to the 21<sup>st</sup> century.

Please contact Sue Workman for more information. Sue will forward the units to interested members. ( [sueworkman44@gmail.com](mailto:sueworkman44@gmail.com) )

These courses are ideal for small study groups or for individual study and are free to members.

NB The original Untutored Courses from National Office have been downloaded and saved so are still available to members. A list of these courses may be found on the notice board.

Courses studied so far: Garden History; Art History (5 courses); China History Ancient and Modern; Russian History. *For more details about courses, please contact Robyn ([redbird22@hotmail.co.uk](mailto:redbird22@hotmail.co.uk))*

[NB: Do look at the National Web site to see all the opportunities and information available to U3A members.]

## CHINA DISCUSSION GROUP

Robyn Nicoll

The topic for our October afternoon was "Tea and the Tea Trade" and how it influenced countries around the world". We began by practising the character for "Tea" followed by a discussion of the history of tea which dates back 5,000 years to ancient China. We discussed the areas where tea is grown with photo illustrations via the monitor, the many varieties of tea and the cultural importance of the preparation and the drinking of tea. The date for our next get-together is Friday, 17<sup>th</sup> November, 2.30 to 4.30 in the lounge. Our discussion for the afternoon will be "China Towns". Our get-togethers are usually held from 2.30 to 4.30, Friday afternoons at the Methodist Church. Dates are chosen to suit the majority of members.

New members are very welcome to come along to these enjoyable and varied afternoons. More information from Robyn Nicoll [redbird22@hotmail.co.uk](mailto:redbird22@hotmail.co.uk) or David Ralph [david.ralph1@icloud.com](mailto:david.ralph1@icloud.com).

## ALL SWING & JAZZ GROUP

Mavis Pickett

Report on our September Meeting



An exceedingly short report this month. Owing to a funeral at the Church it was felt fitting that we cancel the meeting. Hopefully, we informed all our faithful members (we did try our best). I look forward to writing the usual report for our October meeting when we can listen to the best of jazz and who knows write out our Christmas Shopping lists at the same time....On that happy note we will look forward to seeing you for the November meeting. Meeting **4<sup>th</sup> Thursday** of each month in the lounge of the Methodist Church starting at 2p.m.

## ART APPRECIATION

Sylvia Kentish /Pam Collins



In October we revisited the work of Paul Klee. Our DVD film provided many examples of Klee's paintings and drawings, with other photos and videos relevant to his life. The narrative not only related these to the places he worked (Morocco, Germany and Switzerland), but also to his other interests, including the perception of colour, the physics of equilibrium, and music. In November we will have our annual quiz.

## BRIDGE GROUP

John Yeomans



We meet every Tuesday afternoon for a two hour session starting at 2.00 pm in the Methodist Hall, Side Room 1 next to the kitchen. The atmosphere is friendly and relaxed, without the strictures of a formal Bridge Club. If you are a Bridge player and would like to "try us out", we would be very happy for you to come as a guest, so that you can decide if you would like to join the Group.

## **CARD MAKING**

*Carolyn Leach*



At the last meeting we sold £60 of cards, an all time record! Christmas cards will be on sale again in November. Our group has so far raised £3,892.60 for local charities. We are always looking for new good causes. Our next workshop will be November 24<sup>th</sup>, 12.30 – 4.30. New members welcome, call me for details

## **CHINWAGS**

*Aline Cumming*



Please contact Aline on 298357 for details on meeting place and times.

## **THE CHOIR**

*Dorothy Jones*



Our Christmas Concert will be On Tuesday 19th December at 2pm in the Methodist Church Hall.

Tickets are now on sale, £5 inc Tea, Coffee & mince pies.

We will be repeating the concert at Briarcroft on Friday 22nd December at 2-30pm.

Everyone is welcome.

## **CLASSICAL MUSIC**

*Aline Cumming*



For our October meeting Sue Scanlon put together a selection of Concertos. We began with Mozart's Horn Concerto No 3 in E Flat and we heard all three movements which were familiar. Then Mozart again, his Piano Concerto No 21 in C, again all three 3 movements. The second movement was very familiar but the others were new to us, but delightful. Amazingly, he composed 27 piano concertos!

After tea we had the choice of Tchaikovsky or Gershwin as there was no time for both. We chose Gershwin's Piano Concerto in F which was commissioned for the New York Symphony Orchestra. It reflected Gershwin's combination of classical technique and jazz tone-colour.

We next meet on Monday 20 November at Bridge Cottage. The December meeting will be joint with Rock and Roll and All Swing and Jazz, as it was a success last year. It will be at the Hall.

## **COMPUTER GROUP**

*Robyn Nicoll*



The Autumn computer course is underway at the Parish Centre.

There are 2 more sessions: Nov 8<sup>th</sup> and 29th. 2.30pm to 4.00pm

We will be taking a break over the winter months and aim to offer another course next year if members are interested. For information about the Computer Group please contact Robyn

(redbird22@hotmail.co.uk)

## **CREATIVE CRAFTS GROUP**

*Tricia Callaghan*



Christmas looms large on the horizon and we crafters are busy producing articles for sale at the Church bazaar. This month we made baubles using polystyrene balls and fabric which look very colourful. We shall spend our next meeting completing any unfinished projects for the bazaar.

## **DIGITAL PHOTOGRAPHY GROUP**

*Edwin Lilly for Geoff Bridgewater*



The current subject, to be reviewed at the November meeting, is animals. All types of animals, birds, insects and fish are included, whether domestic, farming or wild. Zoos and safari parks are also fair game. The next meeting will be on Monday November 13th Please bring your photographs on a USB memory stick.

## **DINAHS**

*Sylvia Crooks*



October Dinahs was at the Red Lion as usual. Lovely to see everyone, lots of chat as expected, good food and talking about our friends who need company and phone calls to remind them about U3A dates for their diary. Diaries by the way are on sale for only £2.50 ; a bargain, from Sue Tringham. We

moaned about the sex on our T.Vs blaming the managers for such appalling programs : of course you do not have to watch them, but, 'that's entertainment?'. The Body Care shop in Bell Court has closed : a shock to us all

as we were to understand it would stay open, some of the staff thought they would have a job, a miss in Stratford, as are all the clothes shops we are loosing for more Restaurants.....

We next meet Tuesday the 7th November, Red Lion 12.15pm.

### **DISCUSSION GROUP**

*Athena Roderick*



Discussion Group. Because we were few in numbers, we decided that we would leave the topic & just chat (as usual). We all feel concern about our vulnerability to scams, etc, but we do wonder how people are conned out of so much money by fraudsters, who one would think are easy to spot. As the saying goes "If it looks too good to be true, it most certainly is". Credit Cards, especially the contactless ones are also a worry, as they are fairly easy to scam, it appears. Then, of course, there were Donald Trump & Harvey Weinstein to marvel at. We regret the loss of innocence that seems ever more prevalent.

### **FAMILY HISTORY GROUP**

*Edwin Lilly*



This is a new group starting during September. We are looking at how and why we are researching our family. There are many aspects to the study and we will explore them during the next twelve months and also do some research as well. Bring what you have already been doing in your family history.

The next meeting will be on Tuesday 21<sup>st</sup> November 2017 2.30—4.00 pm in The New Room

No meeting in December

### **FILM GROUP**

*Mary Fishleigh*



In October we watched the "The Pianist" which is based on the WWII memoir by the Polish-Jewish pianist and composer Wladyslaw Szpilman. The depiction of life in the Warsaw Ghetto for Jews was quite horrifying; but the film was very well acted and produced. The reality of the treatment of the Jews in Poland was enhanced by the experiences of the producer and director Roman Polanski who escaped from Krakow Ghetto as a child after the death of his mother and spent the rest of the war living in a Polish farmer's barn.

Our aim for the group is to show films that are not on general release now – some oldies, some considered art or cult, some foreign films (with subtitles), some that are regarded as exceptional for the acting or production. We have space for some more members, so if you are interested in joining this group, please contact Mary or Mavis. Our next meeting will be on November 14th at 2pm in the Lounge at the Methodist Church.

### **GAMES GROUP—SCRABBLE, DOMINOES AND CARDS**

*Sue Tringham*



The Games Group meet at 2 Guild Cottages, Church Street, opposite the Council Offices on the first and third Mondays of the month from 2 – 4 pm. In November we meet on the 6th and 20<sup>th</sup>. For the first hour we have one or two tables playing dominoes while another table plays Scrabble. We stop for a cup of tea/coffee and biscuit and the dominoes players change to a card game, normally partners whist. The Scrabble table continue to play Scrabble!! It's a light hearted fun afternoon. All welcome!

### **GARDEN APPRECIATION GROUP**

*Suzy Genge*



This group visited Compton Verney in October, to see the lovely grounds designed by Capability Brown. We also discovered an installation called 'The Clearing' about the end of the world! The members were lucky to have a talk about the Chinese Brass collection in the permanent exhibition centre.

Next month is a visit to the temperate house in Leamington Spa on Tuesday November 14th

### **GRUMPY OLD MEN**

*Graham Mitchell*



"What are your views on social media and its impact on society" was the discussion topic at the October meeting. Of the 18 members attending only a couple were active users of social media but despite this lack of practical experience and knowledge the Grumps had much to say on numerous aspects many of which were thought to be cause for concern. However the Group recognised that for the majority of users the positive impact outweighed the disadvantages as it enabled them to share info., content, partici-

pate in social networking and create and maintain contacts on line. There was general agreement that for the younger generation social media was now the dominant go to source for news and info. on many subjects and has become indispensable as their means of communication possibly to the detriment of developing basic social skills. However as there is little or no effective regulation it is open to lots of abuse such as cyber bullying, online grooming, fake news etc., etc. and allows all sorts of undesirable, dangerous and seditious material into the public domain which can create security risks as often the source is untraceable. Undoubtedly social media has been fully embraced by the younger generation and inevitably is spreading to all age groups but as one grump observed the addiction to social media is "beyond the understanding of our generation" a comment unanimously endorsed by those present.

**Next meeting** - **Wed. 15<sup>th</sup> Nov.**    **Venue** - **Le Bistrot Pierre**

**Subject** - **Will artificial intelligence, including robotics, doom us all.** - **Intro. All.**

### **HISTORY GROUP**

*David Dumper*



Our speaker in October David Eastwood gave an illustrated talk on historic Syria. David visited the country in 2010 prior to the tragic civil war which has raged these past six years and the resultant destruction of many historic sites dating back in some case 5,500 years. He began his talk by affirming that Syria and its wider empire was the cradle of western civilisation lying within the fertile-crescent bordering the Tigris & Euphrates to the east and the Nile to the south. Syria had the first known phonetic alphabet comprising 30 sounds compared to other nations which relied upon thousands of symbols. Before displaying his photos David gave a potted history of Syria from earliest times through its Greek, Roman, Christian, Islamic and Ottoman eras the latter ending in 1918.

The wealth of the ancient architecture much of which has now since been destroyed was magnificently portrayed in his photographs.

Our next talk on Nov 13 will be given by Jeromy Hassell. His subject, which is illustrated, is on the 'Lunar Society' based at Soho House in Birmingham which included such luminaries as Matthew Boulton, Joseph Priestly, Erasmus Darwin, James Watt and Josiah Wedgwood.

### **KEEP FIT GROUP**

*Mary Palmer*



The Keep Fit Class is now full to capacity after a bit of a dip in numbers last year. We have a new instructor who keeps us active and we all think we feel much better for our efforts. A waiting list has now been started if anyone is interested. Please phone Mary Palmer on 204707.

### **PAINTING/DRAWING GROUP**

*Dorothy Jones*



Our next session will be Monday November 6th in the lounge. We all enjoy our sessions and support & encourage one another.

### **PILATES GROUP - MONDAY**



Weekly at St. Andrew's Parish Centre, Shottery, 12:15 to 1:15. For more information call Gill Ganner on 269657.

### **PILATES GROUP - WEDNESDAY**



Weekly at St Andrew's Parish Centre, Shottery, 10.15 to 11.15 . For more information call Sue Workman on 297061.

### **PLAY READING GROUP**

*Sylvia Crooks*



Play Reading was cancelled this Month as Sylvia went to visit her "Home Toon"! Durham and Newcastle.

We next meet on Thursday 16th November 10.30 at Sylvia's for coffee.

### READING GROUP—MONDAY

*Phyllis Bailey*



This month we read "The Silk Factory" by Judith Allnatt. The history part about the life of workers in the ancient building in the 18th century was fascinating. We were surprised how Chinese trees and silkworms were available in the eighteenth century in England. The story was focused on the inheritance of a woman of the old house built from the remnants of the factory and her ups and downs !

### READING GROUP—WEDNESDAY

*Dorothy Jones*



Last month we decided to read a classic novel. Several members read Emma by Jane Austen and agreed that it was her best novel. Northanger Abbey wasn't too popular but we compared the language in the novel with the popular novels of today! Next month we are choosing our novel from the library and will meet on Wednesday 22nd November.

### READING GROUP—FRIDAY

*Coral Bradley*



We met this month after missing two months so we had a lot to discuss. We read the Ashes of London by Andrew Taylor, this is a thriller set in the 17th century and although there were some incidents that were hard to believe in most of us enjoyed the book. Then we decided to try a classic and chose Bleak House by Dickens, this had a mixed response mostly because it is long and there are several stories going on at the same time - Dickens was writing for a magazine at the time so had to string it out a bit. Our final book was about the Suffragettes written by Emmeline Pankhurst, we all knew about forced feeding and the way the women were treated but reading the details shocked us and we were all glad that we had read this book.

### ROCK AND ROLL GROUP

*Coral Bradley*



We had a mixed programme of songs from old and 'new' rock and roll which we enjoyed and there was plenty to talk about. New members always welcomed to this group you only have to sit and listen. We discussed the value of cancelling the meeting in September as only four people came last month, most were on holiday and it was decided that in future we would not meet in September.

### SCIENCE, NATURE & 'ALL THINGS' TECHNICAL GROUP

*Geoff Bridgewater*



On Thursday 12<sup>th</sup> of October, 20 SNATTs members, full of enthusiasm despite the early start, met at Stratford station to travel en-masse to the Jewellery Quarter, for a great day out. Arriving at the Jewellery Quarter station, and after a short walk, we arrived at an unprepossessing old, Victorian factory and we little knew what a fascinating couple of hours or so were in prospect. After a reviving coffee and bickie, Simon Topman, Acme Whistles MD, entertainingly told us the history of the Company, prior to a full tour of the works with the jocular advice, "Please don't put your hand in the sulphuric acid vat!". We were so close to all the production processes and the workforce, we could have done just that! We may be old but we're not that stupid! After the tour, we all had a lovely lunch in the Hylton Cafe' and then back on the train. A truly memorable and fun day out.

Further meetings:- Friday 10<sup>th</sup> November—"The Science of Michelangelo" - Talk by Ian Roberts  
Friday 8<sup>th</sup> December—Christmas Social and Quiz.

### SCRAPBOOK GROUP

*Edwin Lilly for Wendy & Ruth*

We met in October and continued with work on our individual projects.

Next meeting is: **21<sup>st</sup> November**, Meeting at 2.00pm in the Welcome Area of the Stratford Methodist Church.

### SUNDAY LUNCH CLUB

*Brian Bradley*



The next lunch is on Sunday 5th. November 2017 at the Henley Golf Club. Names please to Brian Bradley; Tel: 01789 488551.



## **SYMPHONY HALL CONCERTS**

*Dorothy Jones*



Marjorie Fisher, one of our relatively new members, has volunteered to organise these visits. Many thanks Marjorie!

We have booked two concerts for 2018. The first concert is Thursday 15th February 2-30pm. The programme includes a short overture by Pax, Grieg's Piano Concerto and Elgar's Symphony No 1.

The cost of this visit will be £38. This includes concert ticket, return coach to Symphony Hall & tip for the driver. We will leave the Leisure Centre promptly at 12-15pm and pick up our Henley members at Johnson's depot en-route to Birmingham. Please send Cheque £38, made out to Heart of England U3A, to Marjorie Fisher 54 Saffron Meadow, Stratford upon Avon CV37 6GD. Tel, 01789 204820

## **THEATRE GROUP.**

*Coral Bradley*



Our next theatre trip will be on Saturday 25 November 2017 to see 'Driving Miss Daisy'. All the tickets for this have been sold but I will put people on the waiting list in the chance that a ticket will become available. Most people have paid but for those who haven't the cost is £30 and I have paid for the

tickets weeks ago. We leave Henley at 12.00 and the leisure centre at 12.30.

In January we will go to see 'Gallowglass' at Malvern on 27 January 2018. I will have the cost at the next meeting.

## **PIANO GROUP**

*Sylvia Crooks*

Piano Group in October was cancelled : people on holiday, etc. We will meet Wednesday 22nd November at 10.00am. Keep Practicing

## **WALKING GROUP**

*Valerie Redfern*



The next walk will take place on Wednesday 8<sup>th</sup> November 2017 at 10.a.m and start from The Church in Dumbleton. You take the A46 out of Stratford upon Avon towards Evesham-the address is Dumbleton Evesham.

This is a good medium five mile walk that will be led by Pat Cooper

I recommend good walking shoes or boots and bring a drink along with you.

Dumbleton Evesham sat Nav. WR11 7TL or Ordnance survey 018358

We had an excellent walk from Aston Cantlow last month with perfect weather; let's hope for the same in November. Look forward to seeing you all.

## **Bath Christmas market coach trip organised by the Shakespeare Hospice,**

[www.theshakespearehospice.org.uk](http://www.theshakespearehospice.org.uk)

Organised by Nicola Edwards      Community Fundraiser Tel: 01789 266852

Friday 1<sup>st</sup> December £25 per person.

Tickets include luxury travel with Johnsons coaches. Yes it's still October but note that we only have 12 weeks to get ready for Christmas. Christmas is a lonely time for a lot of people and we make sure that our trips are good fun and people get to socialise with a lovely set of people of all ages and backgrounds.....

## **HEART OF ENGLAND U3A ROTA FOR AFTERNOON TEAS**

<u>MONTH</u>	<u>GROUP</u>	<u>MONTH</u>	<u>GROUP</u>
November 2017	Digital Photography Group	February 2018	Computer Group
December 2017	Discussion Group	March 2018	Rock & Roll Group
January 2018	Grumpy Old Men Group	April 2018	Walking Group

<u>GROUP</u>	<u>GROUP LEADER</u>	<u>USUAL MEETING DAY (MONTHLY)</u>
All That Swing & Jazz	Brian Bradley	4th Thursday 2.00—4.00pm
AmDram & Supper	Geoff Bridgewater	As Announced
Art Appreciation	Sylvia Kentish Pam Collins	3rd Friday 2.00pm
Bridge	John Yeomans	Every Tuesday 2.00pm
Card Making	Carolyn Leach	As Announced
China Discussion Group	Robyn Nicoll	See Newsletter
Chinwags Lunch	Aline Cumming	4th Monday 12.00 noon
Choir	Ruth Grahame Dorothy Jones	Every Friday 10.30—12.00 noon
Classical Music	Aline Cumming	3rd Monday 2.00pm
Creative Crafts	Tricia Callaghan	3rd Thursday 2.00—4.00pm
Computers	Robyn Nicoll	2nd & 4th Wednesday 2.30—4.00pm
Digital Photography	Geoff Bridgewater	As Announced
Dinah's Luncheon	Sylvia Crooks	1st Tuesday for lunch
Discussion	Athena Roderick	2nd Wednesday
Family History	Edwin Lilly	4th Tuesday 2.30—4.00pm
Film Group	Mary Fishleigh Mavis Pickett	2nd Tuesday 2.00pm
Games—Scrabble, Dominoes and Cards	Sue Tringham	1st & 3rd Monday 2.00—4.00pm
Garden Appreciation Group	Suzy Genge	2nd Tuesday
Grumpy Old Men	Graham Mitchell	3rd Wednesday for lunch
History	David Dumper	2nd Monday 2.00pm
Keep Fit	Mary Palmer	Every Thursday 10.00am
Painting/Drawing	Dorothy Jones Sue Butler	As Announced
Piano Group	Sylvia Crooks	4th Wednesday 10.00—11.00am
Pilates - Monday	Gill Ganner	Every Monday 12.15—1.15pm
Pilates - Wednesday	Sue Workman	Every Wednesday 10.15—11.15am
Play Reading	Sylvia Crooks	See Newsletter for dates
Poetry Reading	Jennifer Davey	2nd Wednesday 10.00—12.00noon
Reading - Monday	Phyllis Bailey	3rd Monday 2.30—4.30pm
Reading - Wednesday	Janet Whitfield	3rd Wednesday 2.30pm
Reading - Friday	Coral Bradley	As Appropriate
Rock & Roll Music	Coral Bradley	2nd Thursday 2.00—4.00pm
Science, Nature & All Things Technical	Geoff Bridgewater	2nd Friday 2.00—4.00pm
Scrapbooking Group	Wendy Crawford Ruth Bartlett	3rd Tuesday 2.00—4.00pm
Sunday Lunch	Brian Bradley	As Appropriate
Symphony Hall Visits	Dorothy Jones	As Appropriate
Theatre Visits & Outings	Coral Bradley	As Appropriate
Walking	Valerie Redfern	2nd Wednesday 10.00am