

## JULY NEWSLETTER



We are looking forward to seeing you all at our AGM on Thursday July 14th 2:30pm in the United Church. Our AGMs tend to be fairly short so there will be plenty of time to meet folk, enjoy refreshments and chat.

We do need to have 10% of our membership at the AGM so please show your support by coming along.



The 'Pub Games' group had a great evening trying some old pub games. We split into pairs and had a go at four different games. Some folk were better than others at going round the world on the darts board while others were better at making holes in the wall!

Shove ha'penny was more difficult than it looked (we'll be better next time!)

Bagatelle – brought back childhood memories – we all got quite competitive sending the little balls round the board.

The fourth game was dominoes and it was obvious that some of us had spent too much of our young lives in the pub.

Keith New and Sally Ashton were the winners and they each received a solid chocolate medal embossed with U3A.

Thanks go to Paul Hayward and Jon Coates for putting together an evening of competitive fun.

**Watch out for news of the next pub games night.**



**Take part in the interesting exercise snacking and Tai-chi snacking study to maintain and improve your physical functions. Some of our members are already taking part in this but there is still time to join.**

*The aim of this study is to discover the effectiveness and acceptability of new exercise snacking and Tai-chi snacking programmes for maintaining or even improving physical function as we age.*

*We are looking to recruit people aged over 65 years for this study, who do not regularly take part in sport or structured exercise, such as a gym class. After some preliminary screening and physical functional tests, the participants will be provided with an exercise snacking programme designed to improve their health and help them maintain balance and muscle function. This programme will last 12 weeks, with follow-up assessments every four weeks of strength and balance via a remote video call during the study period. Some participants will be invited to attend optional sessions at the University of Bath if they wish to, and it feasible for them to do so.*

*This study is being conducted by the Department for Health at the University of Bath. If you are interested in receiving more information, please visit the link <https://bathreq.onlinesurveys.ac.uk/estcs> to get more information and sign up for the study.*



Our outing to Windsor on Thursday 15th September is filling up quickly so if you just haven't got round to filling in the form please get a wiggle on! Please contact Stephen Illingworth for more details.

Following the success of the **Special Interest Day** 'Climate Change and Sustainable Futures' which was held in 2021 jointly with Marlborough College, Kennet u3a are pleased to confirm that early planning is underway for another Day in 2022.

This years special interest day will be on **Monday 19th September** from 9.30 - 4.00 at **Marlborough College** on the subject of "**The Future of the Media**".

Any u3a member in the Bath and Wiltshire Network is welcome to attend - subject to capacity.

Kennet u3a will provide further details including more about the topic and speakers in due course. Once again the event will provide opportunities to hear interesting speakers, to meet colleagues, to learn and to discuss topical issues.

As soon as we receive more details we will let you know and hopefully include booking forms.

### **Boules/Pétanque**

Join us on a Wednesday afternoon, 2 - 4pm at the Tollgate Inn, Holt.

It's a fun game in the fresh air! Equipment provided. Experience not necessary. Transport can be arranged from Bradford. Wearing of striped shirts and berets not compulsory!

Contact Keith or Sally on 01225 867797

(The Tollgate is closed on 13th July)

We don't produce a newsletter in August so I'm throwing in a Summer Quiz to keep you going until next time!

1. What was the title of the 1998 sequel to the 1997 film "I Know What You Did Last Summer"?
2. Who did Jamie Summers turn into to?
3. Where is the Pope's summer palace?
4. Which one of Shakespeare's sonnets has the opening line, "Shall I compare thee to a summer's day"?
5. Who played the following characters in TV's "The Last of the Summer's Wine", [a] Nora Batty, [b] Norman Clegg, [c] Compo, [d] Foggy Dewhurst and [e] Howard Sibshaw
6. What year in the 1960s was referred to as "The Summer of Love"?
7. In Shakespeare's "A Midsummer's Night Dream", who was the King of the Fairies?
8. Which TV soap opera is set in Summer Bay?
9. Where did Cliff Richard travel to in the film "Summer Holiday"?
10. In which city were the Summer Olympics held in the following year, [a]1904, [b]1924,[c] 1936, [d] 1952 and [e] 1988
11. Which musical features the song "Summertime"?
12. What is an "Indian Summer"?
13. What forms the filling in a Summer Pudding?
14. Which London art gallery hosts the annual Summer Exhibition?
15. What were the UK top ten songs by the following artists containing "Summer" in their title, [a] Marianne Faithful (1965), [b] Bobby Goldsboro (1973), [c] Girls Aloud (2005), [d] A1 (1999) and [e] Style Council (1983)
16. On which date does the Summer Solstice occur?
17. Which cult British film made in 1973 was set on the fictional island of Summer Isle?
18. In which year was British Summer Time introduced?
19. In which British university town is the suburb of Summertown?
20. What are referred to as "The Dog Days of Summer"?