WARSASH u3a NEWS

SEPTEMBER 2026

CHAIR'S CHAT

Reading an article recently I was shocked at some negative comments about the older generation and it got me thinking how I would counter some of the negativity in the article. Too often, society treats growing older as though it marks the end of a person's usefulness. Nothing could be further from the truth. Age is not a sign of decline alone—it is a storehouse of experience, resilience, wisdom, compassion… and the occasionally to misplace your glasses while they are on your head.

Older people have lived through changing times, overcome challenges, raised families, built careers, volunteered in their communities and learned lessons that cannot be found in textbooks (mainly because textbooks don't warn you how fast time speeds up after 50). Their knowledge is invaluable, and their contribution continues long after retirement—often while they are still trying to remember why they walked into the kitchen. Many older adults are busier than ever. They mentor young people, care for grandchildren, volunteer for charities, lead community organisations, pursue new hobbies, travel, study, and keep physically and mentally active.

Organisations such as Warsash u3a are living proof that learning, friendship and personal growth do not end at retirement—they flourish, along with a healthy competition over who has the most interesting medical appointment schedule. Rather than seeing later life as *deadwood*, we should recognise it as a season of opportunity. Like a mature tree, older people provide shelter, strength and deep roots for future generations—and occasionally remind everyone that they have already seen three versions of *the good old days* and none of them involved smartphones. Their presence enriches families, communities and society as a whole, even if they do insist on telling the same story twice… or three times… for emphasis.

The measure of a person's worth has never been their age. In our old age we are far from Deadwood. Dolly Parton once said, "*find out who you are and do it on purpose*". Dolly believed age can bring the confidence to become more fully yourself. Dolly's overall message about ageing is not to apologise for getting older, but keep learning, laughing and enjoying life. Dolly would have fitted in well at Warsash u3a. Thanks for the memories Dolly. Every stage of life has something unique to offer. Old age is not about becoming less; it is about continuing to grow in different ways, sharing the gifts of a lifetime, and proving that purpose has no expiry date—though reading the small print on that statement may require stronger glasses. So treasure all our days in the age we are now and relish the prospect of the future as we get older. ***CATHERINE***

ARE YOU INSPIRED?

St Mary's Church are planning to have a magnificent show of poppies for remembrance, offering teas and also showing stories of remembrance that are individual to people in the community. They can be fun stories or sad stories or stories of heroes and hard work, it doesn't matter because in that way we are remembering people. The stories will be on display with the poppies in the church and probably in the church hall.

If any member is interested please contact me ***christinematcham 2000@yahoo.co.uk*** and we can organise a one-off session to write down your memories.

CHRIS MATCHAM

GROUPS NEWS

BREAKAWAY GROUP THE MANOR AND ASHBURY RESORTS

Mid-Week Break **Monday 15 March - Friday 19 March 2027** We have a single room available There is a full programme of activities, craft tuition, a huge variety of sport and leisure (a lovely spa), organised walks on the moors, plus three meals a day. If you're keen on golf, The Manor & Ashbury is one of the UK's largest golf resorts, there are four eighteen-hole courses as well as an academy course, and eighteen hole par-three – both perfect for beginners. **Single £407.68 Deposit £101.92** This does not include transport; we usually do a car share – which you would also need to contribute towards. If you're interested, please Contact

ROSEMARY *OR* ***CHRIS***

BUS TRIP GROUP

For our July Bus Trip we enjoyed a guided tour of Old Portsmouth with Andrew Negus. ***ROSEMARY***

MAYFLOWER THEATRE GROUP

Unfortunately, I am not allowed to email the whole membership, therefore unless your name is on the Mayflower group list, you will not receive information about upcoming productions. If you think you may be interested in joining a visit to the Theatre in the future, even if there's nothing you would like to see at the moment, please contact me or sign up at the monthly meeting.

I have three tickets available for *Blood Brothers* on 21 January, £33.50 each. Payment is now due to secure your seat.

Jesus Christ Superstar Wednesday 8 September 2027 payment £35.50, is now due to confirm your seat I am planning to book seats for the shows below if there is enough interest:

Cats 31st March, 1 or 8 April (approx £42 each)
The Mousetrap 22 April (approx £34.50)
Singing in the Rain 26 or 37 May (approx £49)
Pretty woman 7 or 8 July (approx £42)
Grease 14 or 15 July (approx £39.50)

Prices vary according to numbers, as I receive a discount for some group booking.

If you are interested in seeing any of these productions, please contact me as soon as possible. Details on the next page ***JUDITH***

Next Meeting
Friday 11 September Martyn Cox will be talking about gardening and plants.

CHILL AND CHAT/WEEKENDERS

Our last meeting at Garsons Garden Centre was enjoyed by twenty four members over a cuppa and a cake with a lot of laughter and good humour. The next Chill and Chat will be on Saturday, 19th September at the Alver Valley Garden Centre, Barrington Close, Howe Road, PO13 8NZ meeting at 11.00 in The Gardener's Kitchen.

LORRAINE

CYCLING GROUP

It was an ideal sunny morning for cycling! Ten of us met up in Hook Park at 10:30, 21 Aug for a ride along the Solent Way cycle path to Tichfield Haven. It has great views across to IOW. (see clifftop group photo). This was a cycle loop of about sixteen miles and the halfway point was Lee-on-S Bluebird cafe for coffee and ice-cream break. We returned via the Airfield cycle paths and back paths of Stubbington, two hours plus coffee break time.

MALCOLM WALLACE

ART GROUP

For our August session we invited a glamorous model (who you might just recognise) to pose for us. Here's some of our efforts on the picture page (the frog is there in case we had to kiss the princess awake). The next meeting is **Monday 14 September at 10.45** in the Bartholomew Room and the subject will be Dell Quay.

KEN BERRIDGE

GAMES NIGHT

The next Games Night will be on Monday 21st September in the Silver Fern at 6.30pm. Bring a game that you feel may be of interest to the group or that you are willing to show other members how to play and join in the fun. All welcome!

Get ready for a night of games, laughter and maybe a little friendly rivalry – see you there ***JENNY HAMER***

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GROUPS PICTURE PAGE







Top **The lucky ten of the Cycling Group pedalled for sixteen miles around the Solent Way cycle path and did it about two hours.**
Above **Arthur Negus held the Bus Group's attention with interesting tales of Old Portsmouth.**
Below **Ken's Art Group used their colours to do their best to capture this lovely lady for the session.**



UKULELE GROUP

Our September dates have altered due to my holidays so this month we will meet on Monday 14 and 28, at 10.15 at11 Passage Lane. Happy fingerings. ***JENNY WRIGHT***

QUIZ NIGHT

Our next quiz night is Monday 7 September at The Silver Fern, Warsash – hopefully it will be little cooler by then! What a great time we had last Monday. The paper plane challenge was a real highlight. Jan May's Concorde took the honours, beating some wonderfully ingenious designs – including a few loop-the-loops and some spectacular crashes! One even managed to hit my tummy... sorry, Chris Matcham's team!

A maths challenge in September! We also raised a fantastic £44 for Marie Curie this month. Thank you

SUE SNAPE



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