WARSASH u3a NEWS

NOVEMBER 2026

Prescription for Happiness

CHAIR'S CHAT

Laughter really is the best medicine! Have you ever walked into a room and forgotten why you went there? Of course you have! Have you then stood there for a while, hoping the reason would come back? And have you ever found your glasses... while wearing them?

Welcome to the wonderful world of getting older!
But perhaps we shouldn't worry too much about the occasional memory lapse, creaky knee or forgotten name. There is a much better prescription available – laughter!A good laugh costs nothing, requires no appointment and has absolutely no nasty side effects.

Doctor and clown Patch Adams, who famously championed humour and human connection in healthcare, described laughter as the white noise of medicine. And our own legendary comedian Billy Connolly has always shown us that even life's difficult moments can sometimes be approached with humour. As he put it- I just collapse with laughter.

Then there was the wonderfully eccentric Spike Milligan, who ensured he had the last laugh with his famous epitaph: I told you I was ill.
Why does laughter matter? Laughter brings people together. It breaks the ice, lifts the mood and reminds us that we don't have to take ourselves – or life – quite so seriously.
And that is one of the great things about Warsash u3a. We have almost 40 activities, but perhaps one of the most important things we offer isn't listed on the programme at all: friendship and fun. Whether you're walking with The Amblers, learning something new, joining one of our groups, enjoying a monthly meeting or simply having a coffee and a chat, there are plenty of opportunities for a smile.
So let's make a conscious effort to laugh every day. Laugh at the silly things. Laugh with your friends. And occasionally, laugh at yourself. Because getting older doesn't mean life has to become more serious. In fact, perhaps we've earned the right to enjoy ourselves even more!

And if you can't remember what you were laughing about...Don't worry. Just start laughing again!
►Learn ►Laugh ►Live
That's not just our u3a motto. It's a pretty good prescription for life.

CATHERINE

NEXT MEETING Friday 13 November

Our speaker will be Janet Lane talking about the Hants & IOW Air Ambulance.

GROUPS NEWS

ART GROUP

The Art Group topic for October was *Halloween Moon*. Some great creations by all. (picture on next page)

KEN BERRIDGE

CRAFT GROUP

The October Craft Group had fun making and decorating various items with Air Dry Clay. (picture on next page)

JENNY HAMER

DISCOVERING WINES

Places for the latest wine tasting evening went in a record 1.5 hours!

Paul Lardner, ably assisted by his *bimbo* Gill took us on a Tour dell'Italia in wines. Travelling south from Venetian to Sicilia via Toscana and Lazio, we practised our Italian phrases and learnt some hand gestures whilst sampling the wines from these regions. We finished off with a glass of limoncello and an amaretti cake. Thanks to Paul for a most entertaining and enjoyable evening. (picture below)

KUMI COULTHARD

HISTORY GROUP

The History Group visited Butser Ancient Farm near Petersfield on Saturday 17 October.
Attached photo shows the members outside the Saxon House. The Farm also displays reconstructed Bronze Age, Iron age and Roman houses.
We were later treated to a Roman re-enactment, with the visitors invited to attack the Roman soldiers in all their regalia.

After, some of the members enjoyed a lunch at the Red Lion in at the village of Chalton, nearby. (Picture on next page)

LAURIE PAGE

UKULELE GROUP

Our November meeting will be on 2 and 16 when we will be looking at Christmas carols. We will also meet on Nov 30 INSTEAD of 7 December as people are involved in other things.

We will have a Christmas get together on 16 Wednesday December when we hope to be playing a few carols and enjoying the season.

JENNY WRIGHT



These are the wines the group enjoyed, if you buy them you can have your own tasting session.

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YOUR PICTURE PAGE





TOP
Members of the History Group enjoying a break under the thatch of the Saxon House at Butser Farm

LEFT
A Halloween theme as portrayed by these wonderfully spooky moonscapes of the Art Group

BELOW
The Craft Group made these delightful Christmas ornaments using the technique of Air Dried Clay



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