u3a Ruddington & District

October 2026 Newsletter issue 93



Once again we had two very successful stands at the Ruddington Village Show. One to promote our u3a was staffed by the committee and some members. We engaged with the public to explain what u3a is all about and to give out promotional leaflets.

The Painting and Drawing Group had a display showing a wide variety of work produced during the last year and a very popular children's activity table. A big thank you to everyone who helped to set these up and engage with the public on the day. Please continue to spread the word about our Monday meetings and interest groups whenever you get the chance.

We now have thirteen committee members, all working hard to ensure that we keep progressing. We are always open to new ideas from you, the members. We are still in need of a permanent Vice Chair and a permanent Newsletter Editor. The Newsletter Editor does not necessarily have to become a committee member and this is a job that could be shared. Please consider if you could take on one of these roles.

Brian Farrow, the church warden, has helped to prepare and clear up for us at every Monday meeting since we launched eight years ago. Brian is stepping down and we will now be responsible for everything. The Committee has had training in the necessary procedures and as we move forward it will also be important to involve members' help. I will explain more about this in the coming months.

Looking forward to seeing you all at the next meeting.

Best wishes, **Liz McAdam Chair**

Interest Group News

Travellers' Tales



In October, Maggie Browne entertained us with a talk about a Danube River cruise which passed through 5 countries: Hungary, Croatia, Serbia, Bulgaria and Romania.
Beautifully photographed and presented, the audience of 21 were very complimentary.
Peter & Chris Davison
(Pictured Left: Hungarian Parliament building)

Tai Chi

Tai Chi for Health has taken a 3 week holiday break.
Classes restart on Thursday 15th October.





Halloween will be celebrated in class on Thursday 29th October. So, it's time to search out the spooky outfits. Rummage in the wardrobe. Dust off the costumes, innovate, refresh and renew them or create an original. This year bring along a long-handled brush if you can.

Tai Chi for Health has many benefits and we also have fun and treats!



There is a steady stream of new applicants for our beginners class and we are still accepting for taster sessions. Best wishes to all. **Judy Hasson**

Spanish

(intermediate)

Our small group continues to meet at Philo's cafe on the second and fourth Friday of the month. We concentrate on spoken Spanish using topics, photos and occasionally items that we bring in.



We're a friendly group focused more on communicating in Spanish rather than worrying about mistakes. We also enjoy a drink and chat plus the occasional slice of cake!
Debra Lowe

Photography



It turned out to be too optimistic in thinking that the Elms Park Pavilion would be refurbished in time for our September meeting, but here's hoping for October.
We did have some success at the Ruddington Show in the photo competition, which had the theme of 'My Favourite Spot in the Garden.' (Congratulations to Ann on her winning photograph - editor). If our own group's October subject of 'Emotions' has been proving difficult then our November 11 theme of Street Art' should be easier as there is quite a bit of it on show even without leaving Ruddington. **Ann Hooley**

Garden Group

Many thanks to those u3a members who participated in the Ruddington Village Show and special congratulations to those who won prizes! **Mike Davey**







Painting & Drawing Group

nce at the recent Ruddington Village Show. Members were kept busy all day entertaining the visiting children who were delighted with their craft work.





Visitors were also able to admire the display of original paintings provided by the u3a members of this group. **Liz McAdam**

Monthly Meeting Speakers

Monday 19th October 2026, 2.00pm
The Lincs and Notts Air Ambulance



Andy from the LNAA will be speaking to us about the crucial work of the organization in providing pre-hospital critical care for those people involved in serious incidents in Lincolnshire and Nottinghamshire.

Monday 16th November 2026, 2.00pm
Save the Children: A History and Overview ~ Jane Piggott



Jane last spoke to our u3a several years ago. She returns to give us a history of the organization and to talk about its current work. After the talk, Jane will be selling a selection of *Save the Children* Christmas cards.

Monday 21st December 2026, 2.00pm
The Life and Work of the Beatles ~ Paul Lillie



Paul entertained us last year with his illustrated talk on the life of Elvis Presley. He returns this year to give us another of his illustrated talks, this time about the Fab Four.
Christmas celebrations to follow!



Monday 18th January 2027, 2.00pm
The Water Babies ~ Mike Burton

Mike Burton will describe how Charles Kingsley wrote his famous novel, The Water Babies. and the effect its publication had on Society.

