



NEWSLETTER DECEMBER 2025

NEWSLETTER COMMENTS

WWU3A EDITOR



You can contact me, Phil Joiner at ww3aphil@gmail.com or by mobile which is 07728 748 131. Contributions for next month to be received by 16th December please. Earlier than usual for Christmas.

Ron Prince would like some assistance to help him arrange Speakers in case he is away. You can contact Ron on 07775 600543

You may remember that each year I produce a free Christmas edition of 'STILL SMILING.'

I will be emailing the file to some members soon, but you can also access the complete file by using the link smiling2025.tiiny.site It is my own concoction of jokes and quizzes and not related to any U3A. Download and enjoy it!

WELCOME TO WWU3A

TO OUR NEW MEMBERS

Mark Aldridge, Jacky Barham-Holt, Helen Bell, Kevin Bowmer, David Carter, Pauline Carter, Wendy Coldham, Peter Conibear, Agnes Conway, Maureen Emms, Judith Howard, Paul LeJeune, Richard Locke Jan Maitland, Mendel Markinson, Jennifer Rogers, Ruth Rowland, Freddy Shaw, Peter Shaw, Sandra Shaw, Shirley Spacely, Linda Taylor, Dilip Vora, Sheena Vora, Helen Wallace, Jean Watts, Helen Westbrook

TRAINS BOATS AND PLANES GROUP



Richard Moules writes. A reminder that there will not be a group trip in November. I will be in touch as usual about a trip in December, and hopefully we will have the annual DVD showing in January 2026.

WWU3A

HOLIDAY GROUP



Do you enjoy holidays? Do you like cruising? If you are single or a couple then let's get together! We hope to set up a group with the intention of planning and going on holidays together. For more information: Eileen Cowell 07775 994363 email: eileencowell38@gmail.com.

Always let go of what you can't control

NEXT MEETING



On Tuesday 2nd December at 10.30 a.m.
(Doors open at 9.45 a.m.)

At: The Memorial Hall, South Woodford,
209 High Rd, E18 2PA.

NO SPEAKER AT THIS MEETING

Entertainment by The Woodford Singers

FOLLOWED BY SEASONAL REFRESHMENTS

CHAIRMAN'S MESSAGE

Please remember that the entrance doors to the Memorial Hall will be closed at 10.30 am on the day of the Tuesday meetings. This is out of respect to the speaker, and it is important that the proceedings are not disturbed. Historically, this has always been the case. Also please do not come round to the fire door and bang on it. You may also find the doors closed if the hall capacity has been reached, so it is in your interest to come early. May I remind you that when attending a U3A event you must always carry your membership card with you. Please note that the doors to the Memorial Hall will now be open at 09.45 a.m. on the days of the meeting.

Also, if anybody knows of a fellow u3a member who is ill, will they please let our Welfare Officer Tina Harris know, so that she can do what is appropriate in the circumstances.

Treasurer

TREASURER STANDING DOWN

Dear Members, I am writing to inform you that I will be standing down as treasurer at the AGM in May. The Committee and I are now looking for those who would like to be considered for this post, to come forward. Please phone me (see number below) so that we can have a chat and I will also send you the job description. Although this post can't be filled until the next AGM when the committee will vote, my aim is to train those who are interested as my assistant in order for them to be ready to take over, after the election. Diane Conway 07763 130559

CURRENT GROUP VACANCIES

Boules	Bridge	Bridge Tuition
Enjoying Opera	French	History
Racketball	Rummikub 1 (Monday)	Ten Pin Bowling
Trains, Boats and Planes		

Kindness always returns in unexpected places Page 1

WWU3A OUTINGS

TRIP TO OLIVER CROMWELL'S HOUSE AND ELY CATHEDRAL

EXCITING 2026 OUTING



Join us for a fascinating day out on February 12th 2026 exploring the history and heritage of Ely!

Oliver Cromwell's House. The House was the family home of Oliver Cromwell, who lived there with his wife and children from around 1636 to 1647. The house offers a unique insight into how a middle-class family lived in the 17th century. Exhibits also chart Cromwell's remarkable rise from local gentleman to military leader, and eventually Lord Protector.

The tour of the house will be divided into two groups and will take approximately 90 minutes. Please note that there is no lift, and access involves around 20 steps with a handrail. After the house tour, there will be time for lunch before we enjoy a guided tour of Ely Cathedral at 3:00 p.m. Ely Cathedral is one of the most magnificent medieval cathedrals in England, dominating the skyline for miles—hence Ely's nickname, "The Ship of the Fens." The cathedral has also featured in several major films and TV shows, including The King's Speech, The Golden Age, and The Crown, often standing in for Westminster Abbey.

Booking Details. If you would like to join us, Sandra and I will be taking bookings at the next meeting on 2nd December. Cost: £40.50p per person. Payment by cheque or card at the meeting Departure: Coach leaves at 9:30am (please arrive in good time) Return: Depart Ely at 4:30pm

We hope you can come along and enjoy this wonderful day out! Lynne Stillwell – 097957760071

WWU3A OUTING

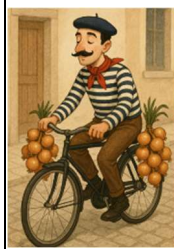


Janet Taylor writes: I will start taking names for Kinky Boots the musical starring Johannes Radebe from Strictly Come Dancing at the next meeting. Date for your diaries. The show at the London Coliseum opens in March 26th and I have secured 20 Dress Circle

tickets for the matinee performance on Thursday 9th April at a cost of £55.00. No payment required yet, just come and see me and put your name down, it's a GREAT show.

WWU3A

FRENCH GROUP



French meets 3 times a month on the 2nd, 3rd and 4th Thursdays of the month. Their venue is King William IV in Chigwell at 10.30 a.m. A very comfortable cosy pub. Beginners welcome. This a very sociable friendly group. For more details please Contact Eileen Cowell eileencowell38@gmail.com

ART AND CULTURE GROUP



Jane Brown advises: The first visit of the reformed art and culture group took place last month, despite Storm Benjamin's best efforts to drown us on the way there. The immersive Van Gogh exhibition in Commercial Road was not an easy building to find, despite its immense height, due to the lack of numbers on any of the shops, and we all walked past it at least once.

Although the exhibition had warned us it was not wheelchair accessible, it had not mentioned the 40 foot climb up a steel gangway to the first floor of the exhibition detailing Van Gogh's life and early death chronicled alongside his many paintings. However the highlight of the exhibition was the warehouse sized room, where many of his masterpieces were projected all around the walls, so you felt you were part of the actual painting, as it seemed to come to life

Another room that provided an extra dimension to the experience was the drawing room. Although aimed at children, at least one of us created his own Van Gogh masterpiece from the colouring materials provided. Photos were taken by Elena Vorontsova and John Lawrence. The next visit will be to the Picasso exhibition on November 27th.

CHRISTMAS CAROLS RAISING MONEY FOR OXFAM



Jane Brown, writes: If you enjoy a Christmas Carol singalong came to the Wanstead Farmers Market on December 7th. We will be singing Christmas Carols outside the Oxfam shop from

11.00 to 12.00. If enough of you want to join us we can do a second session for 12.00 to 1.00 p.m. It doesn't matter what your voice is like, so that is no excuse and carol sheets to prompt your memory of old favourites are provided. This is a good cause and leaves everyone in the Christmas spirit, so I hope some of you will join me. If you would like to take part please email me (brown2jane@gmail.com) put the date in your diary and indicate which time slot would suit you or whether you have no preference. Hope to see you there.

WWU3A GROUPS

SHARED GROUP



FILM GROUP

Our November meeting was well attended, to watch Robot & Frank – a 2012 film starring Frank Langella as a retired cat burglar. His grown up children are concerned that he is finding it increasingly difficult to live alone, and his son buys him a walking, talking humanoid robot to improve his physical and mental health. The film is said to be set in the near future, but given the way robotics have developed in the last few years it doesn't seem as if it is an unlikely scenario. It was an enjoyable and thought provoking film, with some gentle humour and a poignant twist at the end.

We had six visitors today, and we hope they will consider joining our friendly group. Many of the group are finding it easy to pay by tapping their bank cards on the SUM UP machine at the monthly general meeting on the first Tuesday of the month. Otherwise you can pay online, or we do accept cheques as a last resort. Our next film will be shown on Wednesday 10th December, and it will be a Christmas film. Angela Barnes- Mobile 0781 790 4572 or email angelabarnes1972@gmail.com



BRIDGE GROUP

Friddy Bishai reminds us that The Bridge Group at Wanstead Library will not be meeting on 3rd and 24th December as the room has been let. It's just in case anyone new did want to come along.



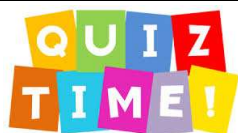
ITALIAN CONVERSATION GROUP

Lilian Perry writes: Unfortunately, this group is up to its full capacity at the moment. Therefore, it is closed to new members for the time being.



POSSIBLE NEW GROUP

Ballroom, Latin and sequence. Dancing with a professional teacher on Tuesdays 12.30-2.30. If you are interested in finding more details of this proposed new group, then please contact Eileen Cowell on mobile number 07775 994363 or eileencowell38@gmail.com



SHARED QUIZ

There is no quiz in December. The next one is January 16th, hosted by Roding Valley. The one in February, on the 20th, is hosted by us Wanstead and Woodford. These are all at Loughton Bowls Club from 1.30p.m until 3.30p.m. Please book early. It is pay at the door and still only £2.00. Please contact Jane Brown brown2jane@gmail.com or alternatively Val Lord at lordval99@btinternet.com

You can go slowly, but don't ever stop!



IMPROV GROUP

Roding Valley U3A are offering to share this group and make it available to our WWU3A members. The IMPROV GROUP will meet fortnightly on the 2nd and 4th Thursday of the month at Loughton

Methodist Church. Lots of fun!

LONDON REGION NEWS

LONDON REGION U3A ONLINE TALKS



The talks will be delivered via Zoom on the second Monday of each month from 17.30-18.30 (log in from 17.00).

Monday 12th January 2026.

Speaker: Jane Kershaw.

Topic: Revealing the origins of the Viking Age through the scientific analysis of silver.

Monday 9th February 2026.

Speaker: Richard Westwood-Brookes:

Topic: Elgar – The composer you thought you knew.

Monday 9th March 2026.

Speaker: Alan Freeland.

Topic: Catherine The Great – ruler of Russia 1762-1796.

Bookings will launch early December. Please check [here](#) for information on this and all future events

POETRY CORNER

Mr Wordsworth wrote of a lonely cloud, his poem I won't read out loud,
My first day at big school, we looked at pictures of the sky.
With Cumulus and Cirrus passing by.
Now I look at skies above, Blue and cloudless I really love,
Black clouds show a storm is due with menacing weather in a different hue
Up there also are satellites hidden, seen by programmes we are given,
I'll say it once and say it loud, as one, who's head 'is not in a cloud'

Poem by Jackie Raine

LOCAL NEWS



WHIPPS CROSS CAR PARK

A brand-new 500 space, multi-storey car park opened on Monday 3rd November. The intention is to ensure local people have access to a modern, top-quality hospital that meets the needs of the community in the 21st century. Waltham Forest deserves nothing less. Now we just have to get the funds to build it!

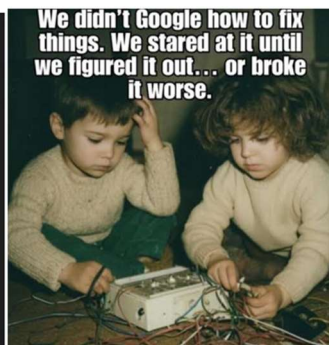
Comparison is the thief of joy

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MERRY QUIPS

THE UK IS STARTING TO FEEL
LIKE YOU'RE ABROAD.
THE SUNS OUT AND NOBODY
SPEAKS ENGLISH 🌞

I do my best to be nice to
others... But sometimes my
mouth doesn't cooperate...
😬



I went to the bee store to buy a
dozen bees. The guy at the
pet store counted out 13.

I said, "Why the extra?" He
replied, "That last one's a
freebie."

**BOOMERS WORKED ONE
JOB FOR 40 YEARS.
MILLENNIALS WORK 40
JOBS IN ONE YEAR.
GEN Z IS QUESTIONING
WHY JOBS EVEN EXIST.**

Remember when appliances
had zero 'Smart features', and
they just worked. (Forever)



OLD ONES ARE THE BEST

The Wi-Fi went down for five minutes, so I had to talk to my family — they seem like nice people.

I'm not old, I'm chronologically gifted.

I'm at that age where my back goes out more than I do.

I'm not over the hill... I'm on a scenic route.

At my age, happy hour is a nap.

I'm finally old enough to know better, but young enough to do it anyway.

Seniors don't slow down—they just switch to cruise control.

Seniors don't text fast, but they sure can tell a story that lasts.

A senior citizen is just a teenager with more experience.

Growing old is mandatory, growing wise is optional

I'm finally old enough to know better... but young enough to do it anyway.

Seniors don't slow down—they just switch to cruise control.

I told my computer I needed a break, now it won't stop sending me KitKats.

You call it forgetfulness, I call it selective memory.

I finally got my head together—now my body's falling apart'

My get-up-and-go got up and went.

Old enough to know better... young enough to forget what I knew.

I'm not retired—I'm a full-time grandparent.



A man stumbles upon a magic lamp. He rubs the lamp and a genie pops out. The genie says that he will grant the man only one wish, but that he has to pick from three choices. He can either be the richest man in the world, the most popular man in the world, or the wisest

man in the world. The man says: "We all know that money does not bring happiness, and that popularity just makes you a slave to the whims of others, but wisdom is everlasting. I want to be the wisest man in the world. The genie nods and makes a special wave and suddenly the man's face assumes a serene expression. He sits down, rubbing his chin in thought. Then he looks towards the genie after a long pause and says: "I should have taken the money!"

Class Report

Rainbow School

Student Name	_____
Teacher Name	_____
Subject	_____
Grade	_____



Eight-year-old Sally brought her report card home from school. Her marks were good with mostly A's and a couple of B's. However, her teacher had written across the bottom: "Sally is a smart little girl, but she has one fault. She talks too much in school. I have an idea I am going to try, which I think may break her of the habit. "Sally's dad signed her report card, putting a note on the back: "Please let me know if your idea works on Sally because I would like to try it out on her mother."



A man phones an ambulance because his mate has just been hit by a car. Get an ambulance here quick," he screams. "My mate is bleeding and I think both his legs are broken. "The operator tries to calm the man down and asks for his location." We are on Eucalyptus Street," the man says. The operator asks the man to spell it so she can send a medical team out. The operator says again. "Can you spell out the name of the street you're on." "Sorry about that," he says. "I couldn't spell eucalyptus, so I've just dragged my mate to Oak Street.