INTEREST GROUP SCHEDULE

WEEK	DAY	GROUP	TIME
FIRST	Mon	French (Beginners)	9:30 am
	Tue	Travel	2 pm
	Wed	Walking (Long) *(see website)*	
	Thu	Out with Friends	10 am
		Textiles	10 am
		History	2:30 pm
	Fri	Books and Book Reading	10:30 am
SECOND	Mon	Walking (Strollers)	10:30 am
		Singing for Fun!	2:30 pm
	Tue	Ukulele	6:30 pm
		Italian	10:30 am
		MONTHLY MEETING	**2:30 pm**
	Wed	Antiques and Collectables	2 pm
	Thu	Psychology	10 am
		Canasta	1:30 pm
		Bridge	1:30 pm
THIRD	Mon	French (Beginners)	9:30 am
		Gardening *(but see website for trips)*	2 pm
	Tue	Photography	10 am
	Thu	French (Intermediate / Advanced)	10 am
	Fri	Walking (Medium) *(see website)*	
FOURTH	Mon	Singing for Fun!	2:30 pm
	Tue	Italian	10:30 am
		Canasta	1:30 pm
	Wed	German	10 am
		Music Appreciation	2 pm
	Thu	Aspects of Italy	10 am
		Bridge	1:30 pm

Weekly: Badminton, Golf, Latin, Line Dancing, Padel, Pétanque, Short Mat Bowls (winter months only), Snooker, Table Tennis, Tennis.

For further details on these and any other activities please see the website at www.risboroughu3a.org.uk. If no computer access please leave a message with our Membership Secretary on 01494 565167 and someone will call you.

To contact us about anything in this newsletter please email us at info@risboroughu3a.org.uk

Risborough u3a

Monthly Diary Sheet November / December 2026

The u3a was a wonderful find when I retired four years ago. I nervously walked into a monthly meeting and was greeted by Malcolm who was chair at the time and felt immediately welcomed. For me the u3a has more than lived up to its motto of 'learn, laugh, live'. I've made some wonderful new friends, and been able to try and learn new things along the way.

Part of the joy of being a member has been volunteering, whether it's helping with setting up meetings, making tea and coffee, joining the committee or co-ordinating groups etc. This can seem daunting at first but it's very rewarding and you don't have to do it all yourself - many hands really do make light work.

Groups can have several people helping to coordinate meetings and speakers and keep things going and our social events depend on people helping out. So if you enjoy being part of our u3a and have any time or expertise to share please don't be shy, every little helps to keep our wonderful group(s) thriving and growing.

This brings me to the main reason for my ramblings - to say a big thank you. To Maggie Forbes for being such a brilliant Chair, for all the hard work and dedication she has put into our u3a, culminating in our fabulous 25th Anniversary Party in August. To all the members of the committee and the group leaders and coordinators (past and present) who give their time so generously, without them our u3a wouldn't be able to continue. Finally, to all of our members, you make this wonderful organisation what it is and I hope that together we can help Princes Risborough u3a thrive and grow for many years to come.

Mary Garbett
Chair

GROUPS WITH THEMES OR SPEAKERS. See ,www.risboroughu3a.org.uk and click on **Groups** (If no computer access see overleaf for a telephone contact)

GROUP	TIME	DATE	NOVEMBER	DATE	DECEMBER
Travel	2 pm	3	No meeting	3	Christmas lunch – with History group
History	2:30 pm	5	Hitchcock, the Man, the Myth, The Legend – Gary Lewis	3	Christmas lunch – with Travel group
Textiles	10 am	5	Print onto Coloured Fabric	3	Stitch onto Coloured Printed Fabric
MONTHLY MEETING	**2:30 pm**	**10**	**Just Boris** – Andrew Baker *Teas – Walking*	**8**	**CHRISTMAS PARTY**
Antiques and Collectables	2 pm	11	The Oldest Thing I Own	9	Christmas Fun Day!
Psychology	10 am	12	Cognitive Dissonance and Modern Psychologists – Rose Williams	10	Reflexology Study – with mince pies and more!
Gardening	2 pm	16	The Resilient Gardener – Anya Lautenbach	14	Christmas Party
Photography	10 am	17	Portrait Photography – Richard Pitt	15	Annual Photography Competition – judge: Bernard Foot
Music Appreciation	2 pm	25	The Music of Edvard Grieg – David Dennis	9	Social time together
Aspects of Italy	12 pm	27	Meal out – Villa Bianca	24	No meeting

October's AGM and the Grey Wolf!

As mentioned above, Maggie Forbes stood down as Chair at October's AGM, and Mary Garbett was duly elected to be our new Chair. There were a number of other committee changes, and you can read about them here: https://risboroughu3a.org.uk/agm-and-lobo-the-grey-wolf-lynette-hill/

After a break for refreshments, we were intrigued as we listened to Storyteller Lynette Hill tell us all about Lobo the Grey Wolf. This is a true story about the hunt for Lobo, a very large wolf and his pack who were hunting cattle in New Mexico in the US. Although the wolf was eventually captured, the story has inspired naturalists around the world, including Sir David Attenborough.

You can read more about Lobo at the above link.

Christmas party

This year's Princes Risborough u3a Christmas Party will be held on Tuesday 8th December at 2:30pm, at St Mary's Church. As part of the seasonal festivities, there will be a Magician in attendance! More details will be sent out soon.

Tell prospective members about your groups

This diary sheet is not only emailed out to all members, but paper copies are also provided to the Princes Risborough Library. Staff find it a very useful handout for retired people moving into the area, who want to know about local activities.

Any member can write a short article here to help highlight our u3a and their particular group. Just send it to me, Mike, at preview@risboroughu3a.org.uk