



July / Aug 2024 Newsletter

Dear Members, welcome to this combined July/August Newsletter.

We have had a good response in respect to ticket sales for our **Summer Social** on FRIDAY 12th JULY at the LeBay Hotel, Larnaca. We very much look forward to seeing you there -Also see the notice on page prepared by our Social Secretary Gerry Harrison

We also hope to see you on Tuesday 2nd July when 'St. John Coombes' will be presenting an informative talk in respect to the impact of ExPats moving to Cyprus & the complications of Brexit.

Many thanks go out to all those members and guests who attended Catherine's (Yates) coffee morning. It was an extremely enjoyable social occasion, held at her Larnaca apartment. Besides providing a succulent array of sandwiches, finger food and delicious cakes, there were paintings, & bookmarks courtesy of Liz NAEPFLIN , assorted craft items and quilts courtesy of Lynne MOSES and various books for sale. In addition a a multi-prized raffle was held to expand the fun for the 20 plus attendees. Held in support of PASYKAF a total of 300 euros was raised with a further 100 euros being assigned by Catherine her self, making a total of 400 euros for this very worthwhile cause.

Several members have shown interest for forming a ten pin bowling group.

If you are interested please let me know. **Geoff (See Page 3)**

Note: The committee held an extra ordinary meeting on Tuesday 11th to provide cover, in respect to our Secretarial duties, following the passing of Barry Bicknell RIP See Table on page 2.

U3A Committee as of 11 th June 2024 Extra-Ordinary Meeting			
Position	Name	Email	Phone
Chairperson	Keith Swales		
Vice Chair and Courses Coordinator	Geoff Penn		
Treasurer	David Barraclough		
Lunch & Dinner Secretary	Jaky Durrant		
Membership Secretary	Margaret Gross		
Legal Affairs Secretary	Carol Anderson		

Days When Groups Normally Meet			
Check Newsletter For Actual Dates of Groups			
	Morning	Afternoon	Evening
Monday	Beginners Bridge Sounds Like The 70s	Scrabble Pilates	5:30 pm Bridge Held at The Ballroom Larnaca
Tuesday	Brunch Bunch Art Group Painting/Sketching Tuesday 10am weekly	2:30 pm Bridge Held at The Ballroom Larnaca	Ancient Civilisations Group 2
Wednesday	Pilates Computer Skills Backgammon U3A Fun Quiz	Yoga	
Thursday	Writing Group	West End & Broadway Group Film Group French Conversation	
Friday	Book Group	Craft Group Genealogy	
No Set Day	Charity Events Exploring Cyprus	Greek Conversation Lunch & Dinner Club	

ANCIENT CIVILISATIONS CATHERINE YATES

There is something about Ancient Egypt that fascinates almost everyone. Egyptian exhibits at museums draw large crowds and tourists flock to Egypt. What was created on the banks of the Nile was an event unique in human history. No civilisation lasted so long, contributed so much or repeatedly amazed as did Ancient Egypt. So in that respect we look forward to discovering more as we continue with our sessions on "The History of Ancient Egypt". This fascinating series which is held on a Tuesday evening continues, on a weekly basis, as usual during July until I return to UK.



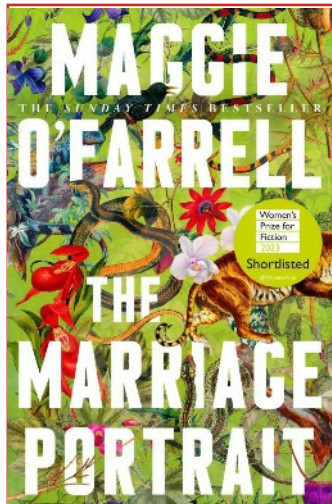
There will be a break in August and we will resume again on my return to Cyprus which could be late September.

BACKGAMMON SERGE



Our Backgammon sessions are now held on a Wednesday morning at Restolake from 10 am to around noon. All prospective players are welcome to come along to learn and or play this fascinating game of strategy. So whether you are a seasoned player or a complete novice contact Serge above if you would like to join in.

BOOK GROUP -Margaret Gross



The Book Group will meet again on Friday July 12th to review "The Marriage Portrait by Maggie O 'Farrell." The Marriage Portrait is about Lucrezia de Medici, a young girl born into the ruling dynasty of Florence during the Renaissance and married off to the Duke of Ferrara when she was barely a teenager. The fictional Lucrezia is based on a real person who tragically died at the age of 16. And, as O'Farrell tells us in a note on the first page, "it was rumoured that she had been murdered by her husband."

As always I am ready to welcome you to join us at Restolake 10 for 10.30 am. There will be no meeting in August but we will be reading "The Sisterhood by Helen Bryan" ready for our meet upon September 13th.

New members are always welcome Contact Margaret as above for more details.

BRIDGE ERRIKOS LEONIDOU



Bridge is now held 'Face to Face' in the 'Ballroom', Larnaca. That is every Monday at 5.30 and every Tuesday at 2.30. Contact Errikos as above for further information.

BRUNCH BUNCH PAT BEAVER



Our Tuesday get-together's remain an important feature of U3A social interaction and is often the first port of call for new members seeking introductions to both U3A groups and the people involved in running these activities.

All U3A members are invited to come and join us at 10 am for a hearty reasonably priced breakfast or just a coffee if you would prefer

Next Meetings will be held on Tuesday 2nd July and Tuesday August 6th

FRENCH CONVERSATION BARBARA TURNBULL

VATHOULA KLUMBIES



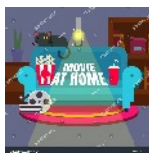
French conversation sessions are on hold until the autumn when hopefully we can restart our friendly conversation get-togethers which include those with a limited knowledge of French as well as those more fluent. Look forward to seeing you again.
Barbara Turnbull

GREEK CONVERSATION vathola Klumbies



Greek conversation is currently on hold. However, when it resumes, if you would like to participate contact Vathoula as above. It should be noted that this group is a conversation group for people with a knowledge of Greek and is not suitable for members wishing to learn the language from scratch.

FILM AFTERNOON Geoff Penn



Unfortunately I had zero interest for my proposed showing of 'Saving Private Ryan' Perhaps, weather wise, it was too hot and maybe we should try again in the autumn. Please contact me if you would be interested in trying to resurrect this once popular group.

GENEALOGY /SOCIAL HISTORY GEOFF PENN



It is with much regret that at our April meeting it was decided that we would put our group into a state of hibernation until the autumn. However, with such expert available within the group we feel that hat we can provide a limited service for our U3A colleagues in order for them to get onboard with their own family histories. If you are interested in getting your own family tree underway, contact me as above, in order for us to put together a schedule of appointments..

The INSPIRATIONS WRITING GROUP



The writing group met in June and the pieces read out both informed and entertaining My thanks to the hostess for her efforts on our behalf.

The July meeting is on 16th July at Joy's flat in Paralimni and the subject is "Facing change".

This will be the last meeting until September. There will be no meeting in August.

I hope everyone has a good summer .

Contact Joy Bett as above for further information.

PILATES & YOGA GILLIAN ARMSTRONG cypruspinklady@gmail.com 030426



Gillian undertakes both 'Pilate's (Monday at 2pm) and Yoga (Tuesday at 10am) You will need to book in advance (as above), Both classes are held in her air conditioned studio which is located nearby to 'Stelios Supermarket 'in Levadia. For both classes you will need to bring a towel.

LUNCH & DINNER CLUB JACKY DURRANT jackyd@cytanet.com.cy

With our Summer Social being held in July there will be no July meal organised , however Jacky is planning for a visit to the Akroyiali Beach Restaurant in Mazatos, for unch on Thursday August 1 22nd

More details will follow in a separate notice once negotiations have been finalised.

SCRABBLE TRICIA COOPER cooperlady@hotmail.com



Scrabble, is a fascinating board-and-tile game in which two to four players compete in forming words with lettered tiles on a 225-square board; words spelled out by letters on the tiles interlock like words in a crossword puzzle. Players draw seven tiles from a pool at the start and replenish their supply after each turn.

As you can see from the photo we have a Scrabble group who currently play this fascinating word game on a Monday afternoon at 2pm, Meeting at peoples homes in and around the Larnaca / Oroklini area.

Overtime and due to people moving back to the UK etc our numbers have diminished and so we welcome new players including complete beginners, contact Tricia as above for further details.

SOUNDS LIKE THE SEVENTIES GEOFF PENN geoffinmk@aol.com



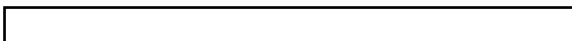
If you like progressive rock music from the seventies and are interested in discovering underground bands from that period and indeed modern bands following the same artistic principles you might like to consider joining this friendly group.

A meeting in June is currently being planned. - Contact Geoff as above for details.

PAINTING GROUP LIZ NAEPLIN lizarte2017@gmail.com

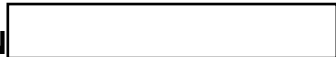


This productive group meet on a weekly basis alternating between painting indoors and if weather permits, getting out and about to various places of interest where we sketch and draw what takes our fancy. Our emphasis this past month has been drawing people as they stroll around St. Lazarus Square Generally, we experiment with a vast array of artistic materials and painting techniques this active group is both interesting and fun. Currently the class is full to capacity but potential new members can register their interest with Liz for future inclusion. We will be taking a break now until the beginning of October.



The curtains are closing on this popular group until the autumn when they will be once again be opened to a variety of Musical Theatre extravaganza.

QUIZ GEOFF PENN



Come and join us at our fun quiz on **Wednesday 12th June** If you would like to attend but do not have a team that you can join in as a floating player, within a team that is currently short of layers. The venue is Restolake in Oroklini arriving at at 10am for a 10|30 kick off . Thus giving you time to purchase a drink from the counter as we do not pay for the room. All mobile phone to be switched off and kept away from the table top.

U3A 2024 Fun Quiz														
Team	Wk 1	Wk 2	Wk 3	Wk4	Wk5	Wk6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Running Total	Current Position
Jerms	28	28	20	25	26								127	2
Jammy Dodgers	25	29	26	0	24								104	4
Secret Squirrels	22	0	0	0	0								22	8
Busy Bees	27	27	25	21	32								132	1
Bee Gee's	29	28	22	24	19								122	3
United Nations	24	0	21	26	30								101	5
Anna & Co	22	25	0	24	27								98	6
Us & Them	0	22	16	19	0								57	7
Rexless	0	0	14	14	0								28	8

U3A Summer Social 2024

Venue: **LeBay Hotel, Dhekelia Road.**

Date: **Friday 12 July, 6.30pm.**

Tickets: **€35pp Members; €40pp non-Members.**



Entertainment: singing, dancing, and music provided by Greg Orton (popular and well-respected local vocalist).

Ticket price includes buffet, local drinks (beer, wine, soft drinks, water), and entertainment. Please feel free to bring your own spirits, as required! The Summer Social is being held 'al fresco' at the rear of the hotel on the patio area, backing onto the beach and the sea. Limited tickets remain available, for further info/reservations please contact **Gerry** on **99908999**.



Note: Gerry will also be organising table settings based on information provided by committee members