



Blue Monday 19th

Called “the bleakest day of the year,” it is linked to low moods in winter!

With all our u3a activities this shouldn't affect you!



Next Coffee Morning is Wednesday 7th January at 10.30am in the Hall Front Room

The next Open Meeting is on Thursday 8th January at 2pm in Westerham Main Hall Historic Greenwich by Ian Bevan He is a City of London Guide/Lecturer, Freeman of the City of London and lecturer in history, with a particular interest in Crystal Palace. Also, author of the book “To the Palace for the Cup” and other titles.

Dates for your Diary

Wednesday 4th February - Coffee morning

Thursday 12th February - Open Meeting “Stories of a Female Private Investigator” by Veronica King

Required - Treasurer Assistant contact Chris westerhamu3a@hotmail.co.uk

Westerham U3A is one of the most successful in Kent and is continuing to grow steadily each month. As a result of our increased numbers the workload on our Treasurer, Anita, has doubled and your help is now required. We need a member who has experience of spreadsheets to assist, with training and support given as required. If you can help and enjoy being part of a small, motivated team then please contact Chris for further details.

Christmas Lunch

The annual U3A Christmas lunch was held at Westerham Golf Club and there was a very good attendance with everyone looking elegant in their party gear! The room was festively decorated and the meal was very good, although service for a couple of tables was a bit slow. As usual Colin provided quizzes which were good fun and kept us thinking - and everyone enjoyed the expectation of the raffle draw. *(Di Barnes)*



Westerham Christmas Tree Festival

The church was ablaze with colours and flashing lights for the annual Christmas Tree Festival. In addition to the official u3a tree, beautifully decorated by Cheryl Felgate and Lesley Wood, three of our interest groups also took part. Well done to Wine Tasting, Flower Arranging and Military History for their eye-catching entries. If you didn't manage to visit the festival this time, put a note in your diary to attend next year, it is well worth it.



You are receiving this as a member of Westerham u3a Charity Number 1178122

Our website: <https://www.westerhamu3a.org>

Our mailing address is:

Westerham u3a c/o Ruslyn, 72 Chestnut Copse, Oxted, RH8 0JJ

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Wishing you a Happy New Year

What could make you happier than looking forward to a holiday in the summer? Our trip to Northumbria will be fantastic with visits to so many lovely places - gardens, cathedrals, stately homes, castles - you name it, this county has it all. There are only a few places left so sign up now!

Northumbrian Holiday June 1st – 5th £799 (+ single supplement if appropriate)

If you have never visited this part of the country, you have missed out, if you have then I am sure you will love to return. So, what is stopping you joining us? Maybe you no longer have a travel partner and are wary of being a solo traveller? If so, this is an ideal opportunity to join others in the same situation as a large proportion are travelling by themselves. If you feel more comfortable with someone you know well, then it should be possible to bring a guest. Don't miss this opportunity, look at the [itinerary](#) or contact Gary westerhamu3a@hotmail.co.uk



Wishing you a Healthy New Year

There are two major factors that have an enormous influence on your health. Firstly exercise, we are told we should move more! As you make those resolutions for 2026 why not add Line Dancing? The sessions consist of happy people, with varying degrees of skill, having a fun time and not realising how beneficial it is for their health! Contact [Wendy](#) for full details, she is so enthusiastic you will want to give it a try! The second is diet - or more specifically, weight! Being overweight predisposes you to many health problems, not least heart disease and diabetes. I had accumulated an extra 28lbs so was delighted to discover that Weight Watchers have opened a studio workshop at the WI hall In Biggin Hill at 10.00 on Saturday mornings. If you have over done the eating on Christmas fare and would like some help to shed some excess pounds, Suki is very motivational and supports you every step of your journey.



Drama for All contact Jan westerhamu3a@hotmail.co.uk

Jack the Ripper – Westerham Amateur Dramatic Society

I wasn't sure what to expect from this as it is a very unusual choice of Christmas entertainment! I had always thought that those skilled in the art of Tai Chi were calm and at peace with the world but was forced to reconsider after attending this production! The gentleman in the dark coat, standing in the centre of the photograph, is our very own Tai Chi expert, Lionel, making his acting debut with WADS. Who would have thought that such a serene person would be cavorting on the stage with 'Ladies of the Night' and obviously enjoying every minute - as were the ladies and the audience! One had to feel a little sorry for the murder victims as they were given very little attention or sympathy, everyone was far too busy singing and dancing! Well done, Lionel, we shall hope to see more of you in future productions.



'The Mousetrap' 27th January, 'Woman in Mind' 25th February, 'I'm Sorry, PM' 5th/19th March

All tickets are now sold for these performances. If you wish to go on the waiting list in case of cancellation please contact me. I am now looking at what to see in April so, if you have ideas for a production – and don't want to pay full price - let me know and I will investigate group rates.

News from the Groups

If you have an idea for a new group, maybe you would like to share your hobby with other members or there is some activity that you have always wanted to try out but don't know where to start? I'm sure we could help so contact Stuart to discuss it further, he would love to hear from you!

NEW! Excel contact Stuart westerhamu3a@hotmail.co.uk

Mention the word Excel and most people will dismiss it as being used by the finance guys for accounting using complex formulae. Maybe this is why we have not received much interest? Ian is offering to tell us about the myriad uses of Spreadsheets - holiday packing lists, Christmas card records, household accounts etc. I personally use one to record the outings that I've been on, it is so easy to check if you have been somewhere and when. If you would like to know more contact Stuart and hopefully enough people will be interested to justify inviting Ian along.

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