



The Third Way eNewsletter

May 2024

News from the Chair – Lesley Sparks

Dear Members,

After the success of The Mad Hatters Tea Party in 2023, we are proposing to hold a further celebration this year, showcasing our groups, their activities and achievements on Wednesday August 28th in the Oaktree Centre, Shenley Brook End. This year it will be entitled 'The Magic of the Seaside'.

Last year the tea party was free but unfortunately some members were unable to attend at short notice, this resulted in food wastage, so this year there will be a nominal ticket price of £5, which we hope will be excellent value for money and will mean any short notice non-attendance can be covered.

We have some plans already, but we are keeping them under wraps for the time being, so watch this space and more information on booking a place and how to pay will be given in the June edition of your newsletter.

Group Coordinators and group members, we need you to think about showcasing your group on the day, this is especially true if you want more members. We have several display boards and tables for art and craft exhibits, group photos or information about your activities and achievements so please let us know your requirements.

It feels like August is ages away, but can you believe it is already May!! Time certainly does fly. So please make a note of the date in your diary

Best wishes as always

Lesley

NEWS FROM THE GROUPS

Exploring World Faiths Group – Linda Morris

The Dreamsai Temple opened their doors to the Exploring World Faiths Group on May 1st. A dozen group members enjoyed a free meal. These meals are provided at lunchtime and again in the evening for anyone who enters the building. After lunch a dozen more group members joined us for a tour of the worship area and the kitchen too. The temple is run entirely by several hundred volunteers and opens every day for 13 hours. It's situated behind Kingston Tesco, in the same building as the U3A Office, so maybe you would like to pop in and see the temple next time you are at Tesco or the U3A Office. Everyone is welcome and if you arrive at a mealtime they will be happy to feed you!

Our next meeting is on 5th June. We are visiting Emberton Church to find out about the work of the Church Recorders who make a note of every item to be found in our local churches. If you wish to join the group that day, please email ewf@mku3a.org.

Woburn Sands Book Group – Katie Parsons

The Woburn Sands Book Group has been running for four months now and we have discussed several books, all with different themes and backgrounds and most with a good story to tell. The last of these was *Educated*– a memoir by Tara Westover which led to a lively discussion from the group. We would recommend it to all of those who enjoy an engrossing read. We also discussed *The Taste of Ginger* by Mansi Shah.

We started as a Thursday evening group but have decided that daytime meetings are better for most of us, especially during the winter months. So, we are now meeting at 10am on every third Tuesday of the month. We still have at least three vacancies so please get in touch if you are interested in joining us. It's a friendly group and you will be most welcome to join us for a cuppa and good conversation about books. Bookgroup4@mku3a.org

KEEP Fit 2 – Helen Vernon



We don't do the splits !

Smart, well appointed, Fitness Centre in MK1 with friendly, helpful staff and a Cafe.

2 mirror walls in the Studios.
You don't have to look but a glance now and then does help with posture and new moves.

Cas, our Trainer, is one of the best in Milton Keynes, she is both constructive and encouraging.

She brings on lots of smiles, and a sense of both challenge and achievement.

whilst we have FUN Mooving and Grooving to 60s/70s music.

We all enjoy our Wednesday mornings, glowing, feeling good.

U CAN 2
Join us.

keepfit2@mku3a.org

Playpals news – Marilyn Ridsdale



Join us at the church of St Mary Magdalene in Willen on Tuesday 21 May at 12.30 for their TT@TT (THIRD TUESDAY AT TWELVE THIRTY).

We have a mix of nostalgic tunes to relax and cheer you – and some opportunities for audience participation!

Entrance is free and refreshments are provided. Donations are requested towards church funds and work towards the visitor centre. Do come along to support the church and enjoy the surroundings of Willen Lake and the beautiful building designed by Robert Hooke.

If you are interested get in touch with me at musicians@mku3a.org.

Outings Group 2024 Summary – Chris Behrendt

Meetings are held the **SECOND** Thursday of the month. Meeting dates, 23 May, **13 June**, 11 July, 8 August, 12 September, 17 October, 14 November.

Please note the change of date for the Outings meeting in October

The next meeting will be on **13 June** from 2.15pm for a 2.30pm start for the people attending.

The venue for the meetings is:

Hérons Lodge Guide Centre, Bradwell Road, Loughton Lodge MK8 9AA.

All members of MKU3A are welcome on any of the outings and at the Outings monthly meeting where they will be able to 'sign up' for the Outings. Information will also be available at the monthly Open meetings and sent to all members by email. Postal applications are accepted, please contact Diana, outingsmku3a@gmail.com Payments can be made by contactless Card Reader or Bank Transfer. All information will be on the flyers. Flyers for each outing will be circulated to all members through the website, with details in the monthly newsletter and hard copies available at the monthly meetings.

The Committee members who organise and the Outing on the day are Anne Davis, Ray Cockram, Deb Hodges, Jennie Savage, and Chris Behrendt (who is also the Group Coordinator) outings@mku3a.org.

We have a new member joining the Outings Committee for 2025, Anne Cowmeadow – welcome aboard Anne as we start to consider places to visit for 2025.

Diana Sears manages the bookings for Outings and any finance queries, outingsmku3a@gmail.com

Insurance for the trips covers members of Mku3a and guests who are members of other u3as.

25 April. French Brothers Windsor, River Cruise with Ploughman's lunch then a visit to Bekonscot Model Village with cream tea.



After a detour to the offices of French Brothers rather than the river venue....well done the Marshall's Coach driver for the reversing skills on narrow roads in a very new '24' registered coach.

All aboard for a cruise along the Thames with a wonderful Ploughman's Lunch, the best

we have had in many a year with cake, tea/coffee to follow and served on china plates and cups and with metal cutlery. There was a commentary on the various places we were passing, however everyone was chatting to people not seen for a while and people for whom it was their first Outing trip, so not much heard.

The river was so quiet with very few boats and although chilly for those on the upper deck, I think many would have been happy just to keep cruising, enjoying the ambience and bar.

On to Bekonscot Model Village, to quote a thank you received to the Outings Committee "The model village visit was a real surprise! It was brilliant. The effort to keep the attractions clean, maintained, and operational during all weathers is a credit to all who work and volunteer there. Nice cream tea!.... We will certainly be taking our grandchildren there in the near future."

A testimonial from - Camille Keyes

I'd like to say what a wonderful time I had on this trip. I braved the upstairs on the boat, on what was quite a chilly day. However the views and the company were terrific. The ploughman's lunch was excellent. As for Bekonscot I hadn't been there since I was a little girl at Sunday school. It certainly didn't disappoint. I loved it. And the additions they have made to it and continue to make are brilliant. Thank you for a lovely day out. It brought back so many memories, Thank you for organising it, looking forward to the next outing.

Living Crafts Fair – Hatfield House 9 May

Details of the visit in the June newsletter. Lead on the Day: Deb Hodges

Brooklands Museum 27 June

Closing date for booking 1 June

Last visited in April 2017 – so much to see and explore, including a ‘flight’ on Concorde’ A McLaren Experience, planes buses and automobiles. *And so much more*

Cost: £45 including Concorde experience, one hour guided tour, tea and coffee on arrival, coach hire and drivers tip. Please note flight of steps to board and disembark Concorde.

Cost: £38.50 excluding Concorde Experience, one hour guided tour, tea and coffee on arrival, coach hire and drivers tip.

The Concorde experience –Take the Brooklands Concorde Experience and see inside the world's most famous aircraft. Re-live the excitement of the supersonic age in this fascinating 25-minute tour. **Included in the Concorde Experience**

- Complimentary Concorde Boarding Pass
- Pre-Flight Briefing under Concorde
- Gallery of Concorde History
- Short Film on the Restoration Project
- Sit in Real Concorde Passenger Seats
- Take-Off for your Virtual Concorde Flight
- Complimentary Concorde Flight Certificate
- Maximum of 16 people per tour. Timed tickets generally available if more than 16 wish to travel.

Three wheelchairs and a mobility scooter are available for visitors to borrow. Please call their Visitor Services team personally to reserve a wheelchair or mobility scooter. 01932 857381 once you have booked your place.

Lead on the Day: Jennie Savage, Mobile Number: 07885 857270

HOLIDAYS AND SHORT BREAKS

I have a new title when organising this Group – Tour Organiser. Whilst able to promote the short breaks to MKu3a members, relatives and friends who may not be members, no monies for these short breaks will go through MKu3a accounts.

Second Short Break of the Year

Visit Kent. Sunday 6 October for 4 nights/5 days.



A much-slowed short break with Tuesday the busiest day visiting the Battle of Britain Memorial, Walmer Castle and Gardens then a journey on the Romney, Hythe and Dymchurch Railway along the Kent coast.

Other days include Canterbury Cathedral and Whitstable, Rochester for Eastgate House a Grade 1 listed 16th and 17th century townhouse, one of the most impressive and distinctive buildings on the High Street with free time to look round the town before returning to the hotel for some time at Leisure.



Homeward on the Thursday we stop at Macknade Farm Shop and Food Hall.

Minimum number of 25 people from £599pp sharing.

[Closing date for deposit: 31 May.](#)

Contact: Chris Behrendt 07766 026357 h.and.sb@mku3a.org

OTHER ITEMS OF INTEREST

Quiz Nights – Pat Hodges

QUIZ NIGHT with FISH & CHIPS on Saturday 18TH May at 7.00 p.m.

Proceeds to the WATER EATON COMMUNITY HUB

£15.00 pp. £7.50 pp without the food, in The Village Hall, Simpson, MK6 3AD.

Raffle Prizes gratefully accepted. Bring your own drink. Tea at half time
Maximum 8 people on a table – couples or those alone can be placed on tables.

If possible, please park in the layby in Simpson Road and walk up to the hall. Places MUST be booked with me missquiz@sky.com

PLEASE BRING A DONATION FOR THE FOOD BANK and ask others on your table to contribute. Alison Statham and St Thomas's Church will sort out the delivery – many thanks.

Future Quizzes:

1st June – Bucks Vision

15th June – Two Mile Ash Pre-School

29th June – NSPCC

13TH July – Tinkers Bridge Community Fridge

STARS & STRIPES Concert in St Thomas's Church on Sat 6th July at 7.00 p.m. If you want to sing, play or recite please contact me.

Older Persons' Board – Linda Morris

We are seeking the views of older people on issues that concern them. Join us in an Open Forum to have your say, so that we can speak up for you – Wednesday 5th June 2024 2.30pm – 4.30pm at The Guildhall 300 Saxon Gate West, Central Milton Keynes MK9 2ES

An Open Forum, free of charge, organised & promoted by Milton Keynes Older Persons' Board c/o CIL Ltd, 330 Saxon Gate West, MK9 2ES. Supported by Milton Keynes City Council. To book, contact: Kim Burchell, OPB Administrator on 01908 231344, or email kim.burchell@mkcil.org.uk.

Bucks Art Weeks 2024 – Laurie Keck

Calling all art lovers. Seven Milton Keynes artists (including two u3a members) are exhibiting in Stony Stratford from 8–16 June as part of Bucks Art Weeks, an annual showcase of art produced by local artists. On show will be paintings, mosaics, glass art, textiles art and ceramics. The artists will be available to discuss their art and all items will be for sale.



Refreshments are available to support Willen Hospice and the art will be in a beautiful garden and in the house.

All details can be found at www.bucksartweeks.org.uk and look for entries 7–13.

We look forward to meeting you there.



OU Orchestra – Spring Concert on Friday 17 May, 1:00–2:00, in the Hub Theatre on the OU campus – music by Kodaly, Dvorak and Rossini – Laurence Holden

Come and hear a lunchtime orchestral concert for free, including the not-often performed *Hary Janos* Suite by Kodaly, with a large orchestra and the distinctive and evocative sound of the Cimbalom (an instrument associated with Hungarian folk music), as well as Dvorak's *Slavonic dance Op.46 no.8* and Rossini's overture to his opera *Semiramide*. You can enjoy lunch and refreshments before or after the concert at the adjacent OU restaurant.

All are welcome and admission is free. Advance booking is highly recommended for this concert to ensure a seat, via www.ticketsource.co.uk/ouorchestra. The Hub Theatre is signposted on campus, there should be easy parking on site and the post code is MK7 6AA.



Chair Lesley Sparks chair@mku3a.org

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Please refer to the website: **www.mku3a.org** for statements concerning **MKu3a Policies and Guidance**, on all aspects of our administration including **Data Privacy, Disclaimers and Copyright**.

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