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CHAIR'S LETTER - JULY 2026

What an amazing few days of weather we have had. Hopefully there is more to come but perhaps not quite as hot! Plenty of visitors came for the World SUP Championships. The sea was quite choppy at times which made things interesting for participants and watchers alike. Hopefully you are able to organise a holiday with family or friends. Come back rested as we have a busy time ahead in our u3a with all the various groups and activities. If you have any suggestions for new groups or are willing to run one then please contact Janet, our Groups organiser. She can give you lots of advice and we are all here to help you. We are looking for someone to run our new Lunch club. Anyone willing to come forward? I'm sure you won't find it too onerous. I look forward to seeing you at our meeting in July. Don't forget we don't meet in August but resume in September. Just be careful in the very hot weather. Slow down, avoid going

out at the height of the day, and stay hydrated!
June, Chair

MEMBERSHIP

Can anyone who has not renewed their membership, please do so by the meeting on 9th July. The payment is now overdue.
Thank you.

COFFEE MORNING

The coffee mornings are held at 11am every 3rd Thursday of the month at the Paignton Club/Paignton Vista, The Esplanade, TQ4 6ED. I look forward to seeing you there on 16th July. New members are encouraged to join to get to know more about Paignton u3a.

Contact Group Leader - Sue Lewton for more details.

CRIB/BACKGAMMON GROUP

The next meeting will be on 7th July at 2pm at Janet Hobbs Home.
Group Leader - Janet Hobbs

CANASTA GROUP

The Canasta group will be held at 10.30am on Monday 6th and 27th July at Albany Court Paignton. TQ3 2BB.

Group Leader - Sue Hoggett

MAH JONG

Our next Mah Jong meeting will be on Wednesday 8th July at 10.30am at Janet Hobbs Home

Group Leader - Sue Hoggett

KNIT & NATTER GROUP.

The next Knit and Natter group will be held on Wednesday 8th July at 14:00 at Janet Hobbs Home

Group Leader - Janet Hobbs

LUNCH CLUB

Date: Friday 10th July

Venue: Paignton Club, TQ4 6ED

Time: 12 for 12.30

No pre-ordering required.

If attending, please let Lizzie Doyle know before Friday 3rd July

The dates for the rest of 2026 will be if a Group Leader comes forward to organize.

11th September,

9th October, & 13th November.

Look forward to seeing you on the 10th July.

Organiser - Lizzie Doyle

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September 11th we have booked The Railway Inn (on the no 12 bus route by Churston Station) menu choices will be need beforehand, details to follow. Table is booked for 12:00

DINING OUT GROUP

July – 23rd – Pig & Whistle

The venue for dining out on Thursday 23rd July will be the Pig and Whistle, Newton Road, Totnes, TQ9 6LT. Table booked for 18:30 for 19:00. Menu will be attached to this Newsletter, and is also available on the website. Menu Choices to Simon Clarke by 14th July please..

SEPTEMBER DINING OUT

September dining out will be “new to us”, The Cow Shed Brixham. It’s a family run restaurant near the harbour and has an extensive menu including beef burgers, steaks, fish and some specials which I will try and convince the owner/Chef to include for us. Please visit their website to view the menu and keep an eye on the notice board in July for further information.

Keith Dyer.

DISCUSSION GROUP

Discussion Group every 4th Monday morning of the month at 10.30.
New members always welcome.
Group Leader - Martyn Powell

AMBLING GROUP

We meet on the 1st and 3rd Wednesday of the month at 13.30. Venues will be varied, emails are sent out by Group Leader advising where to meet. New members Please contact Anne Adcock

TORBAY LITERARY FESTIVAL

Torbay Literary Festival takes place at The Palace Theatre, Paignton, between 10-15th August 2026.
Tickets have been reserved as follows:-
Wednesday 12th August. 11.00-13.00 in the company of Ann Widdecombe. Cost is £28 per ticket.
Thursday 13th August. 11.00-13.00 in be the company of Anne Glenconner. She was Princess Margaret’s lady-in-waiting. She will be offering tips on ‘Manners and Mischief’. Cost is £28per ticket.
Booking forms will be available at the monthly meetings and on our website page.

Cutoff date for registering and payment is the 9th July to Janet Hobbs.

Look forward to seeing you.
Janet Hobbs

REMINDER TO ALL MEMBERS

When attending any Group, you will need to show the group leader your u3a membership card as this shows you are a current member and therefore covered by the u3a insurance in case of accidents. Visitors are allowed to attend 2 meetings – General or Group before joining

SPEAKERS FOR 2026

July (9th) – Cathie Burgess



who is the Volunteer Co-ordinator, will give a presentation talk about the work of Life Chance Trust and other ways that people can support what they do.

August – No Meeting

September (10th) – To be advised

October (8th) – Quiz & Raffle

November (12th) – Neil Winter discussing Scammers.

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GENERAL MEETINGS**PLEASE NOTE****Doors open at 10.30am**

Due to H&S regulations members are unable to gain access to the hall until the committee have arranged furniture accordingly. The next general meeting will be held on Thursday 9th July. This will be a Talk by Cathie Burgess Details are shown above.

This will be held at the Palace Avenue Methodist Church Hall, Paignton. Tea, coffee and biscuits served from 10.30 at the bargain price of £1!

Any help after the meeting to stack chairs away would be much appreciated.

NEWSLETTER ENTRIES

If anyone has anything that needs to be advertised in the next Newsletter it will need to be with Sue by Monday 27th July please. You can email me at suehoggett.sh@gmail.com. Thank you.

LISTENING EAR

If you are experiencing bereavement, ill health, anxiety, mental health or any other issues and would like to talk to someone in confidence please contact Sarah Malcolm, our listening ear committee member

SOS

Paignton u3a are in need of prizes for the raffles that will be held in October and at the Christmas Lunch. Please could you donate a prize in readiness for the next raffle. Janet Hobbs is more than happy to receive gifts at any monthly meeting or group. Thank you.

TABLE TENNIS, QUIZ GROUP, MAH JONG & KNIT & NATTER

The above groups will **NOT** be running in August.

u3a VACANCY - TREASURER

Paignton u3a is looking for a treasurer to take over from Joan Cooper in April 2027. Joan will have completed her tenure of 6 years. If you are interested or know of anyone interested, please contact one of the committee. We need to find a replacement as soon as possible to allow for a hand over.

WEBSITE

Our website Paignton.u3asite.uk Where you will always find more information.

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FUN PAGE

ANSWERS TO THE JUNE QUIZ

1. What astronomical event takes place in the Northern Hemisphere in June
2. What two zodiac signs cover the month of June
3. What is celebrated on the 3rd Sunday in June
4. What are the June official birth flowers
5. Which English prehistoric landmark is associated with the answer to Nos 1
6. Which English Queen was crowned in Westminster Abbey in June 1953
7. Which historic document was signed in June 1215
8. What name is given to the allied invasion of Normandy, France on June 6th 1944
9. Which 5 day music festival takes place in Somerset, England in late June
10. Name the farm where it is held.

ANSWERS

1. The Summer Solstice (Longest day of the year)
2. Gemini and Cancer
3. Father's Day

4. the Rose and Honeysuckle
5. Stonehenge
6. Queen Elizabeth Second
7. Magna Carta
8. D-Day
9. The Glastonbury Festival
10. Worthy Farm.

SORRY NO JULY QUIZ

FUN FACTS ABOUT JULY

- **Ruby**
(Birthstone): Known as the king of gems, the ruby symbolizes love, passion, and energy. It is a variety of the mineral corundum.
- **Larkspur and Water Lily**
(Birth Flowers): The larkspur represents light-heartedness and a first love, while the water lily symbolizes a pure heart.
- July was the month of Julius Caesar's birth, and the Senate renamed it because it was during this month that he introduced his Julian calendar reforms.
- July is also National Hot Dog month in the United States and is the month of many fun events,

including Shark Week and Comic-Con. Numerous federal holidays and religious events take place in July around the world. For instance, Independence Day in the United States occurs on July 4th.

- The [zodiac](#) signs are [Cancer](#) (until July 22) and [Leo](#) (July 23 onward).