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## **CHAIR'S LETTER - AUGUST 2026**

Hello everyone

Well the weather has certainly driven all our activities, or lack of them because of the heat, over the past couple of weeks. I do hope you have been able to enjoy it. Fingers crossed it doesn't start raining now the school holidays are approaching and no doubt grandparent duties will begin! Enjoy time with them. Many of our groups will not meet during August so please check with group leaders if you are unsure.

For horse lovers amongst you there is an opportunity to visit a professional racing stables, details of which are included in the Newsletter. Something a little different for members. It has been a pleasure to welcome some of the Livermead and Preston u3a to our meetings, albeit not in circumstances we would have wished. We hope you will enjoy joining with us but if you have any queries please speak to one of our committee who will be happy to help.

No doubt many of you will have holidays planned. Have a wonderful time and come back refreshed to our open and group meetings and activities

June  
Chair

## **GROUPS NOT RUNNING DURING AUGUST**

Table Tennis  
Rummikub  
Quiz Group  
Knit & Natter  
Dining out  
Mah Jong

## **COFFEE MORNING**

The coffee mornings are held at 11am every 3<sup>rd</sup> Thursday of the month at the Paignton Club/Paignton Vista, The Esplanade, TQ4 6ED. I look forward to seeing you there on 20<sup>th</sup> August.

New members are encouraged to attend 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 4th August at 2pm at Group leaders Home

Group Leader - Janet Hobbs

## **CANASTA GROUP**

The Canasta group will be held at 10.30am on Monday 3<sup>rd</sup> (and 24<sup>th</sup> Subject to group Leader confirmation) August at Albany Court Paignton. TQ3 2BB.

Group Leader - Sue Hoggett -

## **DISCUSSION GROUP**

Discussion Group every 4<sup>th</sup> Monday morning of the month at 10.30.

New members always welcome.  
Group Leader - Martyn Powell

## **DINING OUT**

The Cow Shed in Brixham (just off the harbour) is a new venue for us. Please have a look at the attached menu, you will find a comprehensive list covering most tastes.

I have spoken to the proprietor and she can put on a special dish of Lamb Shank cooked in Guinness, with Dauphinoise potatoes and peas. Price to still be confirmed but expected approx. £25

Pre orders to Keith by the 14<sup>th</sup> September.

## **Future Dinning out events**

October 22<sup>nd</sup> – Oriental Touch  
November 26<sup>th</sup> – The Boathouse

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## LUNCH CLUB

Date: Friday 11<sup>th</sup> September

Venue: The Railway Inn, TQ5 0LL

Time: 12 for 12.30

Pre ordering will be necessary once we have received the menu.

If you intend to attend, please let Janet Hobbs know as soon as possible so menus can be sent around.

The dates for the rest of 2026 will be:-

9<sup>th</sup> October, & 13<sup>th</sup> November.

Look forward to seeing you on the 11<sup>th</sup> September.

## AMBLING GROUP

We meet the first and third Wednesday of the month at 1.30. Venues will be varied, emails are sent out by myself advising where to meet. New members please contact the group leader.

## TORBAY LITERARY FESTIVAL

Torbay Literary Festival takes place at The Palace Theatre, Paignton, between 10-15th August 2026.

Tickets have been reserved as follows:-

Thursday 13th August. 11.00-13.00 in be the company of Lady

Anne Glenconner. She was Princess Margaret's lady-in-waiting. She will be offering tips on 'Manners and Mischief. Cost is £28per ticket.

Due to the death of Anne Widdecombe those members who paid for a ticket to see her at the festival will either see their cash or cheques returned.

The theatre is hoping for local support to attend events and encouraging people to look at their website or pick up festival magazines, available from Libraries or Tourist Information shops, hopefully you will find something that will appeal to you.

Some of the talks and interviews are quite pricey but most days there are also free events and more cost-effective talks ranging from £3 to £7.50.

Janet Hobbs

## Knit & Natter

Please be advised that the scheduled meeting will change to the 2<sup>nd</sup> Monday of the Month from the September Meeting Group Leader - Janet Hobbs

## Bridge Group

Several members have shown interest in learning to play or continuing to play Bridge. The Paignton Club will be the venue on the 1<sup>st</sup> Friday of the month starting on the 4<sup>th</sup> September at 14:00hrs

Please let Janet know of your intention of joining the group ASAP. This will allow sufficient bidding boxes and playing cards to be purchased and the associated fees for this group to be viable.

## 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.

## SPEAKERS FOR 2026

**September (10<sup>th</sup>)** – To be advised

**October (8<sup>th</sup>)** – Quiz, Raffle and Christmas/Birthday card sale

**November (12<sup>th</sup>)** – Neil Winter discussing Scammers.

## 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 10<sup>th</sup> September. We do not meet in August.

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### NEWSLETTER ENTRIES

If anyone has anything that needs to be advertised in the next Newsletter it will need to be with Sue by Monday 24<sup>th</sup> August please.

Thank you.

### LISTENING EAR

If you or a u3a member are experiencing a 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 are now held every few months. 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.

### WEBSITE

Our website [Paignton.u3asite.uk](http://Paignton.u3asite.uk)  
Where you will always find more information.

### Stable visit to Jimmy Frost's racing stables

The following has been received from Dee McVey (Chair of Oakhampton u3a)

*Jimmy Frost, former winning Grand National jockey and now a Trainer in Buckfastleigh, has kindly agreed to host another open day for u3a members on Wednesday 26th August. As before, we'll be free to wander around the yard, chat with Jim and his Stable Hands and 'talk' to the wonderful race horses in his care.*

*Last week, 38 members from several u3a's had a really terrific time. Stable Hand, Phillipa, showed how she plaited a Main and dresses each Horse prior to going into the pre-parade ring. Jim then bridled and saddled up one of their horses as if ready for a race, explaining everything he was doing and why.*

*You'll meet Frodon who, ridden by Jim's daughter Bryony since December 17 until his retirement, won over a million for his owners. Black Corton, also ridden by Bryony from July 2017 with an impressive win record of 9 out of 28 races, is also retired in Jim's care.*

*We'll spend about an hour and a half or so in the Yard then go to Buckfast Abbey for lunch with Jim*

*and his wife, Nikki. I've reserved the room off to the left in the Grange Restaurant so we can all sit together. Obviously we each pay for our own meals.*

*All I ask is a voluntary contribution from you of £3pp, in cash on the day, to pay for Jim and Nikki's lunch with the balance as a tip to his dedicated Stable Hands ... at least 2 of whom get up much earlier than usual, at 4.30am, to make sure everything is ready for us.*

*If you'd like to join us please email me [dee@swreventsu3a.org.uk](mailto:dee@swreventsu3a.org.uk) with the u3a you're with, your contact phone number and whether or not you'll be coming to lunch. If numbers are exceeded I'll have a reserve list incase of any last minute cancellations and, if not, I'm hopeful Jim will host another in the Spring.*

*About a week prior to the event I'll email detailed directions and timings to everyone. If you'd like more info before then please go to <http://frostracingclub.co.uk> and <http://www.buckfast.org.uk>*

*Best wishes*

*Dee*  
[dee@swreventsu3a.org.uk](mailto:dee@swreventsu3a.org.uk)

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## **FUN PAGE**

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**Due to personal issues,  
there was no July Quiz**

### **AUGUST QUIZ**

- 1 Who is Roman god of winemaking?
- 2 On which river does St Petersburg stand?
- 3 Which language does limousine come from?
- 4 Who wrote "Jakes Thing"?
- 5 What name is given to a straight line that joins any two points on the circumference of a circle?
- 6 Louis Daguerre took first photograph what?
- 7 The international car registration of DZ applies to which country?
- 8 Which series of stamps featured Denis the Menace and Mona Lisa?
- 9 In Dynasty in the 80's which famous actor played Sammy Jos father?
- 10 What type of building did Mary live in, in "The Life and Loves of a she devil?"

### **FUN FACTS ABOUT AUGUST**

August is the eight month named after Roman Emperor Augustus Caesar, and famous for the Perseid meteor shower.

The birthflowers for August is the Gladiolus and Poppy.

The birthstone for August is the olive green peridot which can be found inside meteorites.

August 3 is national Watermelon day.

August 12 is vinyl record day.

August 13 is International Left Handers Day

**ANSWERS NEXT MONTH**