

## NEWPORT u3a NEWSLETTER - AUGUST 2026

August is the perfect time to do everything we've been too busy to do enjoying u3a!

### MILLIE'S 90!

Our member Millie Carey (with the balloon!) recently celebrated her 90th birthday with a party at Malpas Court where our Choir entertained her guests with some light hearted songs from its repertoire. Millie has been a u3a member for 14 years during which she has belonged to several groups, was convenor of the Art Group, and regularly went on our excursions.



We now have 19 nonagenarian members - proof that our mantra LEARN, LAUGH, LIVE really does support the benefits for the mental and physical wellbeing associated with the u3a. They are awarded Honorary Membership which entitles them to free membership and complimentary drinks and biscuits in our Cafe (Ts&Cs apply!).

### L2M@HOME

Members of our Listening to Music Group enjoy their sessions so much that we continued to meet throughout the summer recess at each other's homes. The added bonus of using Bluetooth is that we were able to hold sessions in the garden. After a welcome cuppa and biscuits we caught up on our news before listening to a wide range of music chosen by our enthusiastic members. Afterwards we had leisurely lunches at local inns and all agreed that the meetings were very enjoyable and sociable days out.





## **ANNUAL BOWLS TRIP**

Many members went on our 20th annual outing to Swansea Bowling Club - this year's dress code was 'ABBA' and many dressed up in some amazing outfits. We arrived to a warm welcome on the terrace with a pre-match sherry reception and elevenses. The club's stewards then split us into teams and taught us some basic techniques of bowling before we played several ends for 2 hours. Things got quite competitive with players trying hard to improve their game in order to win the coveted prize of . . . a box of chocolates!

The stewards then put on their catering hats and served us a superb two course lunch in the pavilion. Afterwards our M.C. Celia amused us with quizzes, jokes and a karaoke singalong of Abba songs. The merriment continued on the homeward journey with lots of chatter and laughter,

Contact Angela at [publicity.newportu3a@gmail.com](mailto:publicity.newportu3a@gmail.com) if you have any news about your group or photographs to be included in a future Newsletter.

