NEWPORT u3a NEWSLETTER - SEPTEMBER 2026

Embrace the stillness of September, it's the perfect backdrop for new beginnings.

A SNICKER FOR A STICKER?



More than a dozen of our members round off the week twice a month with a friendly two hour session of Skittles at the St Julian Inn. We play 5 or 6 legs and there is plenty of friendly rivalry and banter - but also encouragement as we all try to improve our game and knock all nine skittles down. This is called a Sticker and when this is achieved we win a Snickers bar of chocolate - which is not very often. So you can imagine our amazement when four (yes 4!) players scored Stickers recently in one afternoon! It was lucky the convenors brought a multi pack with them.

INTERNATIONAL OLDER PERSONS' DAY



Members of our u3a will be manning a promotional stand at the Newport City Council's "international Older Persons' Day" which will be held at the Riverfront Arts Centre, Kingsway on Wednesday 7th October 10:00-12:00. The event will include a variety of groups and services showcasing their activities that support the well-being for Newport's older residents. A video will also be playing highlighting how Newport is working towards being Age Friendly. A section of it was filmed last term of Newport u3a's activities at the Dolman Theatre - so come along and see if you can spot yourself!

TERM DATES - 15/04-10/07/2026, 09/09-11/12/2026, 06/01-19/03/2027, 07/04-16/07/2027

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