



# HIGHAM & RUSHDEN NEWSLETTER



# November



## FROM THE CHAIR:

The eagle-eyed of you will have noticed the lack of a new Chairman's Chat for last month.

I had penned it but had not pressed "send". This was because I was in despair at the lack of volunteers to join the committee following several appeals to do so. I know it looks like we may not get back to meetings anytime soon but we are still functioning and as I have previously explained we will need new Committee officers to replace those leaving next March. It's only one meeting a month usually for two hours and then to carry out duties for the role you take on which can be varied.

I do see some of you will make the decision never to return. Our groups are disappearing at an alarming rate and with them the group leaders.

We could all throw our hands in the air and close the whole thing down but that's not fair to those hanging on in there continuing to support our U3A.

I held a Zoom Committee meeting recently with dedicated committee members still trying to maintain the administration for us all. Please remember we are all volunteers. I indicated that my personal view of our U3A will be to accept the decision of members not renewing and hope they return in the future. We WILL be a reduced U3A and will have to work together to get new groups formed once we can meet again.

I'm sure folks will need to be active again following all the lockdown misery.

**PLEASE MEMBERS HELP US!!!!**

Angela.  
Chair



## SPECIAL EVENTS GROUP:

Hi everyone,

We hope that you are keeping well in these very difficult times. It seems ages since Covid-19 started in March, and now we are sliding toward the winter, and it will probably be next spring before we are all going to meet again at our H & R monthly meetings, but at least we have our day excursion coach trips to look forward to next year.

Do you get the U3A National Newsletter by email? Our H & R Special Events group has made the October issue, fame at last! We sent details to them hoping that our contribution would be considered for their newsletter, and we are delighted that it has. Although we have educational groups in H&R U3A, there is a place for recreation visits to places of interest, and we hope that you like our choice (so far) for the 2021 Special Events trips. The National Newsletter item reads as follows:

### Your Stories

"The Special Events group at Higham & Rushden U3A is looking to the future and has booked day coach trips from the summer of 2021. We are planning to go to Highclere Castle, the Royal Courts of Justice, the Newmarket National Horse Stud, and we have even reserved our group seats for the Thursford Christmas Spectacular 2021.

There has been a tremendous response. We think that as well as educational groups it will provide variety for members to enjoy day excursions together. It's great to give them something to look forward to."

It's a bit early to wish you all a Happy Christmas, but hopefully we will be able to celebrate it with friends, family and good health.

Best wishes, Sylvia and Jean

**NEWMARKET NATIONAL HORSE STUD** plus free time in Bury St Edmunds on Monday 7th June 2021. The anticipated cost will be around £30 per person dependent on numbers.

The booking is for a private, behind the scenes, guided tour of the beautiful 500-acre Newmarket National Stud, which is the only thoroughbred horse stud in the UK open to the general public. The pickups at Higham Ferrers & Rushden will be around 8.00am to 8.15am, to arrive at the Newmarket Stud at 10am where we are booked into the Waveney Cafe for a cup of tea/coffee (included in the price). At 10.30am their guide will board our coach as we travel around the stud, and he/she will explain the history of the stud and other interesting facts, stopping off at the Foaling unit, the Nursery Paddocks to see the mares and foals, and the superb Stallion Unit with the opportunity to see the stallions in their paddocks. The tour takes 1½ hours. We will then stay on the coach and travel the short distance to Bury St Edmunds for a free afternoon with plenty for you to see, including the 1,000-year-old St Edmundsbury Cathedral, the award-winning Abbey Gardens, the shops and restaurants, or maybe you would like to join one of the town's guided tours, their website: [www.burystedmundstourguides.org](http://www.burystedmundstourguides.org)





**HIGHCLERE CASTLE.** A big thank you to those members who transferred from our over-subscribed trip on Wednesday 1st September 2021 to the second trip arranged for the Wednesday 14th July 2021. There are still spaces available for the 14th July trip, and although the 1st September trip is full, you are welcome to put your name on the reserve list. We will then contact you if and when spaces become available. Approximate cost of both trips will be between £32.50 & £35.00, dependent on numbers.



**ROYAL COURTS OF JUSTICE & COVENT GARDEN:** The trip to the Royal Courts of Justice & Covent Garden is so popular that we have been able to put on a second coach for the same trip and spaces are now available. The pickup times will be the same (or 15 min apart), and one coach will do RCJ in the morning and Covent Garden in the afternoon, whilst the second coach will do Covent Garden in the morning and RCJ in the afternoon. Approximate cost between £32.50 & £35.00, dependent on numbers

If you are interested in any of these trips, please get in touch with Jean Mole or Sylvia Wright as soon as possible to register your interest. Contact details as under:

Jean: 01933 626608 e-mail - peterandjeanmole@btinternet.com or

Sylvia: email - sylwr9@gmail.com

We all need something to look forward to in 2021 so keep looking at the group page on the Higham & Rushden u3a website (under Special Events Group) where all the details of the trips are listed and new trips will be added as they are released

Thank you from Jean Mole and Sylvia Wright



### **BEE FACT:**

Where do bees go in winter? The UK is home to over 250 species of bee, including 24 different bumblebees. But they don't all behave the same in winter. Some species of solitary bee spend winter as adults protecting themselves from the cold in a process called overwintering, then emerge in spring to make the most of early blooms. Others, like the mason bee, spend winter as pupae & have an annual lifecycle that ends after they lay their eggs in autumn. Social bees, like bumblebees & honeybees, have lives (& winter habits) that revolve round their hive & queen. In early summer they live in a nest made up of a queen & female worker bees. As summer progresses, the queen lays eggs which produce a new generation of queen bees & male bees. The colony eventually leaves the nest & mates, with the young queens gorging on nectar & pollen to build up fat in their bodies. Eventually the new queens hibernate alone underground, with their vital fat stores helping them survive through the winter. The rest of the nest (including the old queen, the male bees & the female worker bees) falls away with the leaves, dying out through autumn. Come spring, warmer temperatures wake the queens from hibernation & they'll seek nectar to feed on before finding a suitable nest site for the year. Having already mated before they hibernated, they will lay their first eggs in early summer, which will produce female worker bees. The lifecycle is complete. Because spring temperatures influence when hibernating bees wake up, it makes them a good species to observe for Nature's Calendar.



### Rock & Blues Group:

The November meeting has been cancelled due to the new Covid-19 lockdown.

Contact the group leader Jim Morrison at:  
[webmaster@highamandrushdenu3a.org.uk](mailto:webmaster@highamandrushdenu3a.org.uk)



**Computer Group A For Pcs & Laptops With Windows.** We meet on 1st and 3rd Wednesdays of the month. We welcome all levels of users to our informal, relaxed group. It is light-hearted and fun. New members always welcome.



**Meetings are now cancelled due to the Coronavirus situation but we will keep abreast of Government guidelines and as soon as it is safe to do so we will recommence. Please see the website for announcements.**

Jim Morrison Computer Group A leader.



### Computer Group B For Mobile With Android & IOS

Due to the most recent current restrictions regarding larger group meetings indoors being "illegal" and the substantial increase in preparations and group leader responsibility to ensure our venues are Covid secure, combined with my own personal calendar lifestyle changes and commitments, I have therefore now decided

to close our group until 2021.

If any group member or branch member would like any assistance with mobile devices and applications please feel free to make a direct contact with me as below.

I wish that all our branch and its members remain healthy and safe and look forward to seeing members again next year.

Email: [c101776.3365@icloud.com](mailto:c101776.3365@icloud.com). Phone: 07850 789447.

Alan Nixson Computer Group B Leader.



### Driving:

As usual if anyone has any problems with driving matters, please contact me on 01933 356784 and I will see if I can help.

Steve Evans



**Wine Tasting:** Due to the current situation we have cancelled all meetings until next year when hopefully things will have improved. We will keep practicing and hope you will too.

We can be reached on [dsgrangeway@sky.com](mailto:dsgrangeway@sky.com) or 01933 356784.

Steve and Denise Evans

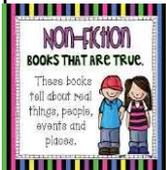


## **Wine and Dine:**

The Wine and Dine group are keeping in touch via weekly emails (WADlines!), and looking forward to meeting again. A provisional programme is in place against the return to "normality" (whatever that is)!

Mike Gibbons

November update Thank you for all the best wishes messages and enquiries about Covid-19. From the news recently, a vaccine may be coming soon. Then we will all get a great Christmas present? We are pretty much back to normal. Whatever that is now.



## **Non-Fiction Book**

Sad to say we had to cancel our last meeting as the leaders went down with Covid-19. We are keeping going on a low light as my Mum used to say by email.



## **Sunday lunch**

Has been on hold since March. Our favourite venue Rushden Bowls club Northampton Rd is not reopening until late 2021. We will be looking for a new venue once Covid-19 are restrictions are lifted.



## **Popular Music Appreciation**

Is on hold at present. I did contact the Shed near Rushden Station. Still waiting for a reply. As with other groups we will be restarting ASAP. Our one problem is our sitting room, the regular venue is too small to socially distance 6.



## **Days out car share:**

We have heard from some of you, and are not surprised you are reluctant to car share even if it were possible. Hopefully 2021 will bring good news. Then we can all meet up again.



## **A little Aloud**

Had been meeting at the Needle and Awl. A great place to meet. They are closed at present. Once they are open again we will resume with 6 members per meeting.

Home contact 01933 387892  
Linda Walker



**Beading:** With the continuation of COVID restrictions, the jewellery group will not start up again within the next few weeks. As soon as it is possible and safe for us to meet up once more, I will notify all group members individually”

Sherry Calvert

## **SOME INTERESTING THINGS YOU MAY NOT HAVE KNOWN ABOUT AUTUMN**

- + Women lose more hair in Autumn: they hold on to it in summer to protect their scalps against the midday sun.
- + Those who live near the equator miss Autumn entirely, because their regions get a consistent amount of sun.
- + The aurora borealis is visible in Autumn because geomagnetic storms are twice as likely.
- + Levels of testosterone in both men and women are at their highest in Autumn.
- + The male Siberian hamster's testes swell up to 17 times bigger than normal in Autumn.
- + Babies born during the Autumn months are more likely to live to 100 than those born during the rest of the year.
- + Tree leaf colours have been arriving later across Europe since the 1980s, and in Britain oak leaves are falling a week later than 30 years ago.
- + In Autumn, birds prepare for winter migration. One of the longest migrations is the 11,000-mile journey by the Arctic Tern.
- + The famous Keats quotation from his poem "To Autumn", was inspired by a walk in the water meadows behind Winchester College – a walk he only took to escape the racket of his landlady's daughter practising her violin

## TO AUTUMN

John Keats

Season of mists and mellow fruitfulness,  
Close bosom-friend of the maturing sun;  
Conspiring with him how to load and bless  
With fruit the vines that round the thatch-eves run;  
To bend with apples the moss'd cottage-trees,  
And fill all fruit with ripeness to the core;  
To swell the gourd, and plump the hazel shells  
With a sweet kernel; to set budding more,  
And still more, later flowers for the bees,  
Until they think warm days will never cease,  
For summer has o'er-brimm'd their clammy cells.

Who hath not seen thee oft amid thy store?  
Sometimes whoever seeks abroad may find  
Thee sitting careless on a granary floor,  
Thy hair soft-lifted by the winnowing wind;  
Or on a half-reap'd furrow sound asleep,  
Drows'd with the fume of poppies, while thy hook  
Spares the next swath and all its twined flowers:  
And sometimes like a gleaner thou dost keep  
Steady thy laden head across a brook;  
Or by a cyder-press, with patient look,  
Thou watchest the last ooziings hours by hours.

Where are the songs of spring? Ay, where are they?  
Think not of them, thou hast thy music too,—  
While barred clouds bloom the soft-dying day,  
And touch the stubble-plains with rosy hue;  
Then in a wailful choir the small gnats mourn  
Among the river shallows, borne aloft  
Or sinking as the light wind lives or dies;  
And full-grown lambs loud bleat from hilly bourn;  
Hedge-cricketts sing; and now with treble soft  
The red-breast whistles from a garden-croft;  
And gathering swallows twitter in the skies.

## COVID-19 RESTRICTIONS FROM 5 NOVEMBER 2020 in England

### 1. Stay at home

This means you must not leave your home except for specific purposes. These include:

- for childcare or education, where this is not provided online
- for work purposes, where your place of work remains open & where you cannot work from home (including working in other people's homes)
- to exercise outdoors or visit an outdoor public place:
  - with the people you live with,
  - with your support bubble or, when on your own,
  - with 1 person from another household (*children under school age, also those dependent on 24/7 care, such as those with severe disabilities who are with their parents will not count towards the limit on two people meeting outside*).
- for any medical concerns, appointments & emergencies, or to avoid or escape risk of injury or harm - such as domestic abuse
- shopping for basic necessities, e.g. food & medicine, which should be as infrequent as possible
- to visit members of your support bubble or provide care for vulnerable people, or as a volunteer

This list is not exhaustive.

### 2. Staying safe outside the home (Social Distancing)

You should minimise time outside your home & when around other people ensure that you are two metres apart from anyone not in your household or support bubble.

#### **Remember - 'Hands. Face. Space':**

hands – wash your hands regularly & for 20 seconds

face – wear a face covering in indoor settings where social distancing may be difficult, & where you will come into contact with people you don't normally meet

space – stay 2 metres apart from people you don't live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors)

### 3. Meeting with family & friends

You must not meet socially indoors with family or friends unless they are part of your household meaning the people you live with, or support bubble.

A support bubble is where a household with 1 adult joins with another household. Households in that support bubble can still visit each other, stay overnight, & visit outdoor public places together.

You can exercise or visit outdoor public places with the people you live with, your support bubble, or 1 person from another household (*children under school age, as well as those dependent on 24/7 care, such as those with severe disabilities, who are with their parents will not count towards the limit on 2 people meeting outside*).

**Outdoor public places include:**

parks, beaches, countryside/public gardens (whether or not you pay to enter them)/allotments/playgrounds

You cannot meet in a private garden.

**4. Businesses & venues**

To reduce social contact, the Government has ordered certain businesses & venues to close. These include:

non-essential retail, including, but not limited to clothing & electronics stores, car showrooms, travel agents, betting shops, auction houses, tailors, car washes, tobacco & vape shops.

indoor & outdoor leisure facilities such as bowling alleys, leisure centres & gyms, sports facilities including swimming pools, golf courses & driving ranges, dance studios, stables & riding centres, soft play facilities, climbing walls & climbing centres, archery & shooting ranges, water & theme parks,

entertainment venues such as theatres, concert halls, cinemas, museums & galleries, casinos, adult gaming centres & arcades, bingo halls, bowling alleys, concert halls, zoos & other animal attractions, botanical gardens;

personal care facilities such as hair, beauty & nail salons, tattoo parlours, spas, massage parlours, body & skin piercing services, non-medical acupuncture, & tanning salons.

Food shops, supermarkets, garden centres & certain other retailers providing essential goods & services can remain open. Essential retail should follow COVID-secure guidelines to protect customers, visitors & workers.

Non-essential retail can remain open for delivery to customers & click-and-collect.

Playgrounds can remain open.

Hospitality venues like restaurants, bars & pubs must close, but can still provide takeaway & delivery services. However, takeaway alcohol will not be allowed.

Hotels, hostels & other accommodation should only open for those who have to travel for work & for a limited number of other exemptions which will be set out in law.

Some venues will be allowed to remain open for specific exempt activities, like childcare & support groups. Support groups that are essential to deliver in person can continue with up to 15 participants where formally organised to provide mutual aid, therapy or any other form of support. This includes support to victims of crime, people in drug & alcohol recovery, new parents & guardians, people with long-term illnesses, people facing issues relating to their sexuality or gender, & those who have suffered bereavement.

A number of public services will also stay open & you will be able to leave home to visit them. These include:

the NHS & medical services like GPs. We are supporting the NHS to safely carry out urgent & non-urgent services & it is vital anyone who thinks they need any kind of medical care comes forward & seeks help.

Jobcentre Plus sites

Courts & Civil Registrations Offices

## **5. Weddings, civil partnerships, religious services & funerals**

Funerals can be attended by a maximum of 30 people, & it is advised that only close friends & family attend. Linked ceremonial events such as stone settings & ash scatterings can also continue with up to 15 people in attendance. Anyone working is not included. Social distancing should be maintained between people who don't live together or share a support bubble.

Weddings, civil partnership ceremonies will not be permitted to take place except in exceptional circumstances.

Places of Worship will be closed, unless they are being used for:

Funerals

To broadcast acts of worship

Individual prayer

Formal childcare or where part of a school

Essential voluntary & public services, such as blood donation or food banks

Other exempted activities such as some support groups

## **6. Going to work**

To help contain the virus, everyone who can work effectively from home must do so. Where they cannot do so (i.e. people working in critical national infrastructure, construction or manufacturing) they should continue to travel to work/attend their workplace. This is essential to keeping the country operating & supporting vital sectors & employers.

Public sector employees working in essential services, including education settings, should continue to go into work. The risk of transmission can be substantially reduced if COVID-secure guidelines are followed closely. Extra consideration should be given to those people at higher risk.

## **7. Going to school, college & university**

The Government will continue to prioritise the futures of our young & will not be closing schools, colleges or universities. It remains very important for children & young people to attend, to support their wellbeing & education & help working parents & guardians. Senior clinicians still advise that school is the best place for children to be, & so they should continue to go to school. Schools have implemented a range of protective measures to make them safe.

It has been made clear that exams will go ahead next summer, as they are the fairest & most accurate way to measure a pupil's attainment. We therefore need to keep schools & colleges open so children are able to progress towards the next stage of education or employment. Students now have more time to prepare for their exams

next year, as most AS, A levels & GCSEs will be held 3 weeks later to help address the disruption caused by the pandemic.

Universities have welcomed students back & guidance has been publicised advising universities on reopening to ensure they have safety measures in place to minimise the spread of the virus. Universities & adult education settings should consider moving to increased levels of online learning where possible.

There are further restrictions in place:

If you live at university, you must not move back & forward between your permanent home & student home during term time. You should only return home at the end of term for Christmas. We will publish further guidance on the end of term.

## **8. Childcare & children's activities**

Parents will still be able to access some registered childcare & other childcare activities (including wraparound care) where reasonably necessary to enable parents to work, or for the purposes of respite care.

Early years settings can remain open. Parents are able to form a childcare bubble with another household for the purposes of informal childcare, where the child is 13 or under. As above, some households will also be able to benefit from being in a support bubble, which allows single adult households to join another household.

Some youth services may be able to continue, such as 1-1 youth work & support groups, but most youth clubs & groups will need to cease for this period.

## **9. Protecting people more at risk from coronavirus**

If you are over 60 or clinically vulnerable, you could be at higher risk of severe illness from coronavirus. You:

- should be especially careful to follow the rules & minimise contacts with others
- should continue to wash your hands carefully & more frequently than usual & maintain thorough cleaning of frequently touched areas in your home and/or workspace

Clinically vulnerable people are those who are:

- aged 70 or over (regardless of medical conditions)
- under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds):
  - chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
  - chronic heart disease, such as heart failure
  - chronic kidney disease
  - chronic liver disease, such as hepatitis
  - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS) or cerebral palsy
  - diabetes
  - a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)

being seriously overweight (a body mass index (BMI) of 40 or above)  
pregnant

There is a further group of people who are defined, also on medical grounds, as clinically extremely vulnerable to coronavirus – that is, people with specific serious health conditions. Over this period the CEV are advised to work from home. If you cannot work from home, you are advised not to go to work & may be eligible for Statutory Sick Pay (SSP) or Employment Support Allowance (ESA). You are encouraged to stay at home as much as possible, but are encouraged to go outside for exercise. The Government will write to everybody who is clinically extremely vulnerable to set out detailed advice while the new restrictions are in place. Current advice is in place at each local COVID alert level.

### **10. Visiting relatives in care homes**

Guidance on care home visits still to be published, for now, you should follow existing guidance

### **11. Travel**

You should avoid travelling in or out of your local area, & you should look to reduce the number of journeys you make. However, you can & should still travel for a number of reasons, including:

- travelling to work where this cannot be done from home
- travelling to education & for caring responsibilities
- hospital GP & other medical appointments or visits where you have had an accident or are concerned about your health
- visiting venues that are open, including essential retail
- exercise, if you need to make a short journey to do so

If you need to travel, you are encouraged to walk or cycle where possible, & to plan ahead & avoid busy times & routes on public transport. This will allow you to practise social distancing while you travel.

Overnight stays & holidays away from primary residences will not be allowed. This includes holidays abroad & in the UK. It also means you cannot stay in a second home, if you own one, or staying with anyone you don't live with or are in a support bubble with. There are specific exceptions, for example if you need to stay away from home (including in a second home) for work purposes, but this means people cannot travel overseas or within the UK, unless for work, education or other legally permitted reasons.

You must not travel if you:

- are experiencing any coronavirus symptoms
- are self-isolating as a result of coronavirus symptoms
- are sharing a household or support bubble with somebody with symptoms,
- have been told to self-isolate after being contacted by NHS Test & Trace.

If you need to use public transport - to travel to work for example - you should follow the safer travel guidance. This includes the rules on wearing face masks & advice on car sharing.

British nationals currently abroad don't need to return home immediately. However, you should check with your airline or travel operator on arrangements for returning.

## GROUP LEADER CONTACT DETAILS

In accordance with GDPR we do not publish contact details for group leaders, on a publicly available website or newsletter. There is a contact form on the website which can be used to email group leaders and U3A officers. If you wish to telephone a group leader you will need to log into Beacon at

<https://www.u3abeacon.org.uk/u3aportal.php?u3a=118&sc=LUDE>.

You do not need a password or user name just your own personal details.



Clicking on the "Higham & Rushden U3A groups" link opens a page listing all our current groups and gives telephone numbers for each leader.

<b>GROUP</b>	<b>VENUE</b>	<b>TIME</b>
A Little Aloud	Alternate Fridays	2 <sup>nd</sup> & 4 <sup>th</sup> Friday 10.00-12.00
Badminton Beginners & Improvers	Pemberton Centre	Tuesday 1400-1500
Badminton Experienced	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bridge (Beginners)	Leader's Home	Alternate Mondays 14.00-16.00
Bridge (Social)	Leader's Home	2 <sup>nd</sup> & 4 <sup>th</sup> Tue 13.30-15.30
Canasta	Rushden Bowls Club	Mondays 10.00-12.00
Chair Pilates Grp A	Waitrose Community Room	Fridays 2pm - 3 pm
Chair Pilates Grp B		Fridays 3.15 pm – 4.15 pm
Computing & Technology Grp A	St Peters RC Church Hall Rushden	Afternoons 13:00-15:00 & 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday every month.
Computing & Technology Grp B Beginners		Afternoons 13:00-15:00 2 <sup>nd</sup> Wednesday every month
Country Dancing	HF WMC	Alternate Mon 14.00-15.30
Country Park Walks	Various Parks	2 <sup>nd</sup> Sunday 10.30
Crib & Solo Whist	Windmill Club	Alternate Mondays 19.00-21.00
Cycling multi Groups	Rushden Lakes	Every Tuesday
Days Out Car Share	Ad hoc	No Fixed Venue
Digital Photography A	Rushden Hall	2 <sup>nd</sup> & 4 <sup>th</sup> Wed 10.00 to 12.00
Driving	On the Rd	
Family History	St. Peters RC Church Hall	Various
Garden	Rushden Hall & Visits	Garden visits Summer. Otherwise Hall 2 <sup>nd</sup> Thu 14.00-16.00
Golf	Various	Alternate Wed & Fri
Guitar Improvers	ASDA Training room	Tue 17.00-19.00
Handicrafts	Rushden Town Bowls Club	4th Thu 14.00-16.00
History	Winter Months Full Gospel Church Hall, otherwise Trips	1 <sup>st</sup> Thu 14.00-15.30
Holiday Spanish Beginners	Alternate Mondays	10.00-12.00
Continued...../		

<b>GROUP</b>	<b>VENUE</b>	<b>TIME</b>
Holiday Spanish Intermediate	Alternate Wednesdays	10.00-12.00
Home Dining	Various	Twice per Month varying days
Jewellery Making	Members' Homes	1st Mon 13.30-15.30
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mahjong for fun	Windmill Club	1st & 3rd Friday 19.00 – 21.00
Non-Fiction Books	Leader's Home	3rd Monday 14.15-16.00
Painting for Pleasure	Coleman's Craft Warehouse	Alternate Mon 14.00
Play Reading	To be advised	1st Tue 13.15-
Popular Music Appreciation	Leader's Home	1st Fri 10.00-12.00
Reading Bookmarks	Waitrose Community Room	2nd Wednesday
Rock & Blues Appreciation	Leader's Home	Last Thursday 2-4pm
Scrabble	Residents Lounge, Kilburn Place Higham Rd Rushden	Alternate Tue 14.00-16.00
Sequence Dancing	Heritage Halls Park Rd	Alternate Thu 14.00-16.00
Settlements	Vestry Hall, St Mary's Church Rushden	4th Tue 14.00-16.00
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Special Events	Various	Various
Sunday Lunch	Every 2 Months	Venue varies
Table Tennis	Pemberton Centre	Wed at 13.00
Ten Pin Bowling	Wellingborough AMF Bowl	Alternate Friday 11.00.- 13:00.
Ukulele	Rushden Transport Club	13.30-15.30 Every Monday
Video Editing	Leader's Home	2nd & 4th Tue 10.00-12.00
W.A.L.T.	Various	Various
Walking	Various	Various
Walking Football	Pemberton	Tuesday 13.00-14.00
Wine & Dine	Various	Various
Wine Appreciation	Leader's Home	4th Tues & 4th Thurs 14.00-16.00