



TORRIDGE THIRD AGE GROUP <https://u3asites.org.uk/torrige>
NEWSLETTER

Issue 559

November 2025



Comments from the Chair

So, the end of October has arrived and with it the time change to darker evenings, and more autumnal weather. Due to travel plans the committee was not able to meet last month, but email, etc. has kept us in touch where necessary. Hence there are very few notices to give this month. First, I wish to thank all those who helped transport audio/visual equipment for the **Monthly Lunch** at the Royal; - And yes, we are still looking for a 'Technical Help' to look after this on a more permanent basis and also a 'Speaker Secretary'. However, it is a concern that numbers attending the lunches have fallen recently, although this may be related to late year holidays. Continuing the subject of lunches, we have received details of the **Christmas meal at the Royal**. This will be held on Wednesday 17th December and will be similar to last year (i.e. a Carvery). Further information and menu will be sent out nearer the time when details are finalised. Our next **Coffee Morning will be Saturday November 22rd**, held at Northam Hall, between 10 am and 12.00. As well as new and long-term members we would be pleased to see any non-members who would like to come along and find out about the U3A. For only £2 you can enjoy conversation, tea/coffee, cake and a raffle! Our u3a is only as attractive to members as the selection of Group activities we can offer. If you have an idea for a Group Activity, please contact Dennis Pavitt who has the role of 'Groups Liaison'. Hopefully he can help you turn the idea into a reality for our members to enjoy. Please contact Dennis on by email

Best Regards

***Graham Thompson
Chairman Torrige U3A***

We welcome the following new members this month: Brian Tilbury, Cathy Pelikan, Colin Boyd, Paul Sanders



Future coffee morning 2025

(Northam Hall from 10:00am, Saturdays)

- 22nd November

Chairman Graham Thompson	Secretary Carolyn Kelly	Membership Secretary Julie Thompson	Newsletter Editor Andy Robilliard
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This month's notice board:

Monthly Lunch :

This month's lunch is on **November 19th 2025** please arrive in time to take your seat in the dining room by 12 o'clock.

Our Speaker will be David Ramsden on Climate Change Part 2

Please remember to **book-in with Helen** before taking your seat,

Lunch will be served at **1 o'clock**. (Cost **£18.50** for two courses plus coffee). As usual — Please pay at reception prior to making your way through to the dining room.

Please could those interested in attending :

- Order their choice of meal by **Friday 14th November** if they haven't already done so.
- Contact Helen Summerhayes as follows
- Text or email (preferred)
- Please advise Helen If you are unable to attend, having booked lunch in order that the hotel can be given the correct numbers. Payment to the hotel on the day can be made by cash, card or cheque (payable The Royal Hotel). If you are paying by cheque you will need to present your cheque guarantee card, this is essential and cheques will not be accepted without it.

MENU — November 19th 2025

Roast Chicken, stuffing ball, roast potatoes and vegetables

or

Baked fillet of Haddock with cheesy parsley sauce, peas and sauteed potatoes

or

Jacket Potato with crispy bacon and melted cheddar cheese, bistro salad, house coleslaw

or

Spinach and apricot nut roast, roast potatoes and vegetables

or

Mixed Meat Platter or Cheese with a mixed salad, chutney, house coleslaw, boiled egg, pickled onion, and minted new potatoes

Creamed vanilla Rice Pudding with

Strawberry jam

or

Mixed fruit Pavlova

or

Fruit Salad

or

Cheese and Biscuits

or

Ice Cream

Miscellaneous: you do not receive your electronic version or have queries regarding the printed Newsletter, please contact; - **Graham Thompson**

Availability & Booking of the Upper Room : - For details, see website, programme in Upper room or contact: - Graham Thompson

Group leader changes : -Please send note of any change in name or contact details to the group leader co-ordinator : Dennis Pavitt

Upper Room payments : - Payments due for the Upper Room, etc. should be passed to the Treasurer : - **Heather Williams**

Proposed events : - If you are planning to hold an event, please contact Graham Thompson first to ensure that there are no clashes.

GROUP REPORTS



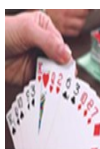
Badminton – Group Contacts
Wednesday: Diane Care
Anne Scott

We meet each Wednesday at 10am for an hour of fun badminton at the Atlantic Racquet Centre, Bideford where we use 3 courts. All equipment can be provided free of charge, each session costs £2.50. We are full at present but have a waiting list if you're interested in.



Bird Watching Group
Group Contact: **Irene Hahn**

At the time of going to press, the Birdwatching Group had not held its October outings. By waiting until the end of the month, we hope to see some early arrivals of those birds who choose to winter in the UK. This Group is full but I am happy to add to a waiting list.



Bridge for Improvers
Group contacts: Linda Nicholls

Sandy Madden

Tuesday evening Improvers Bridge is now starting at 6.45 for 2 hours finishing at 8.45 in the Upper Room. We are very happy to welcome new members. We are a friendly group. Over the past year we have sadly lost a few of our members and we would welcome anyone who might think of coming to actually come and 'try us out'. We play standard Acol and are a friendly group enjoying light hearted bridge. Yes there is such a thing! Please come and see for yourselves.



Book Group 1.
Group contact: **Pat Pavitt**

The Four Streets by Nadine Dorries
It's 1950's Liverpool and we are in the Four Streets a tight-knit Catholic community. Two girls are growing up, one is motherless and hated by the cold woman who is determined to take her dead mother's place. The other is hiding a dreadful secret which she dare not let slip to anyone, lest it rip the heart out of the community. What can the people of the Four Streets do when a betrayal at the very heart of their community comes to light. The book was well received and overall enjoyed, taking readers back to their own memories of the 50's. However, it was generally agreed that whilst Nadine Dorries could tell a good tale and most readers engaged with the characters in the book, she was not particularly skilled in her use of language. Nevertheless, some readers felt they would go on to read further books in this particular series just to see how the lives of the main characters evolve. Our book for next month is The It Girl by Ruth Ware.

Jan Moore



Book Group 3.
Group contact **Jo Sampson**

Caledonia Road by Andrew O'Hagan

This is a long(600+ pages) and complicated story. There is a list of characters at the beginning which makes for useful reference and two sides of acknowledgment at the end, including well known persons. It took ten years of research and writing so this is not a cosy 'beach read'. However if you can get through the first one hundred or so pages it becomes addictive reading. Set in London it follows the downward spiral of Campbell Flynn, his downfall from being a well connected academic to becoming a prison inmate. How he gets there involves many different communities from the Caledonia Road district. He has married into the aristocracy, with its own scandals but cannot escape his lowly upbringing in a Glasgow tenement. The various characters he is linked to include money laundering Russians, drug dealers, people traffickers, modern slavery, youth gangs, an outrageous sitting tenant in his exclusive property, celebrities giving lavish parties, prostitution, internet hacking to redirect bank accounts, and the media in all its forms.

The characters are well written and the theme of money runs through the book with corruption at all levels of society. The writing is excellent, drawing you in despite the depressing activities. He almost caricatures the actions of some groups, eg the fashion industry and conceptual art. We agreed that it was a huge undertaking and a telling description of society today. Possibly there were too many characters and themes.

We have vacancies in our group.



Canasta

We are chugging along quite happily with a convenient number for more good games. The Group is currently full so lookout for vacancies here.



Crafty Cards & Creative Craft Class.
Group contact **Alison Tamplin**

or **Carolyn Kelly**

Crafty Carding

This month we started making cards for Christmas, using a new fold, as usual members created lovely cards all different, Next month Wednesday 19th of November we will again be doing Christmas cards but I will be bringing at least six different card techniques for you to do.

New members are always welcome,



and we supply all materials and equipment
For more information please contact Alison-or Carolyn-

Creative Craft

Members tried out something new this month and we made Exploding Boxes these can be use as cards or for small gifts. It was a delightful morning and we all enjoyed the class and the chat. Next month Thursday 20th November we will be thinking of Christmas. I will be brining a variety of crafts for members to do, New members are always welcome, and we supply all materials and equipment For more information please contact Alison- or Carolyn-



entered into the Newsletter. The final 4 images are from Group 2

Group 1



Jenny Hurley Baddesley Clinton

Nigel Tompkins Cemetery near Tongue



Dave Hurley, Gloucester Cathedral

Paul Davis Vintage Ivory Bridge



Group 2



Lalique Jewellery, Judy James



Croquet.

Group contact: Anne Young

Croquet has finished for the season, it will begin again in May 2026



Devon Inns.

Group contact: Peter Mills

Or Marilyn Clarke

Last month saw a return visit to The Hoops Inn, at Horns Cross after a long break, too long some of us felt as the food was very good as was the service, the character of the Inn is hard to beat.

On Thursday November 13th the group is booked into The Quay Inn, Marine Parade, Instow, EX39 4HY 01271 860624 Meet 12 - 12.15 in the Bar.

We will be eating in the upstairs restaurant, overlooking the Taw/Torridge Estuary.

There is No need to pre-order our food, daily specials are also available in addition to the main menu as seen online There is some on-street parking around the Inn, I would suggest you head past the pub for the Quays own car park on the Left or in the Public Car Park round the bend on the Right. Guests are welcome.

Please confirm whether you can attend lunch or not to me at your earliest convenience.

I need to collect from all those members already registered with me for the Guillemot Christmas Lunch the £10 per person deposit , which they have insisted upon, as I need to pay this to The Guillemot.

I Look forward to seeing as many as possible in The Quay.



Digital Camera Group 1 & 2

Group contact: Nigel Tompkins

This month, Group 1 had a very good turnout with our numbers rising to 10. Group 2 had a number of absences due to various circumstances. Including myself, we had 5 members.

The subject, Vintage or Historic, brought a wonderful variety of images.

In Group 2, we had time to investigate how our phones can often offer a very good Photographic option, especially when we have left the camera behind.

Below, the first 4 images were chosen by group 1 to be



Loving the Lights, F.B.



New Hampshire Steam, Peter Denard

Windy Post Cross, Jenny Johns



Discussion Group.

Group contact: Irene Baxter

Starting discussion with chat about Trump and cancellation of Government Funding. Essential workers go to work for free. Continuing with Trumps various new revelations! Talked on immigrants and latest truths and CIRCO etc. The immigrants have to sleep in rooms with multiple beds. Hotels are apparently making a lot of money out of this. Also in houses converted to HMO's. Many staff sacked in hotels and CIRCO guards installed. People are abusing the system. Suggested camps idea it was felt would annoy the local people living in the areas chosen. We chatted about the new idea that everyone should have ID cards. Someone thought it would be a scammers joy. Felt that Government are borrowing more and more money. Railways are 100 years old so finished by relating some of our favourite train journeys.



French Group contact Jane Williams or Deb-

Our group is conversation based and members have a rea-

sonable level of vocabulary and grammar knowledge. We also listen to native french speakers via you tube. It is not suitable for beginners.



First Friday Walkers

Group contact: Margaret Curtis

November Walk To be led by me (Margaret). Details have already been circulated by email to Group members as I was unable to get them into the October Newsletter. However, here they are again just for good measure! Our walk on 7th November will be around Crow Point. Meet at Crow Point car park (toll £2.50) ready for a 10.30am start. We will walk through sand dunes on Braunton Burrows, then along the beach and around the navigation light before continuing along the beach and around the point, back to the car park. Lunch will be at the Williams Arms with no need to order in advance. The nearest toilets are at Tesco's, on the right of the roundabout, soon after leaving the A361. This is a fairly level walk of approximately 2.5 miles with gentle ascents and descents across the dunes.

Directions: Take the A361 towards Braunton. When you reach Wrafton turn left at the roundabout opposite a Murco filling station. Go straight over at the next roundabout (signpost Velator, Braunton Burrows, Crown Point) and turn left onto a toll road soon after a parking area on the left (signpost Crown Point). Once through the barrier, keep going until you reach the car park at the end of the road.

If you would like to join us, please contact Margaret by Tuesday 4th November.

December Walk

To be led by Martin and Christine who have also arranged our Christmas Lunch. Details as follows:

The Walk on Friday 5th December 2025 is a circular one around the Meeth Quarry Nature Reserve and will be followed by the Christmas Lunch at The Bull and Dragon, Meeth. **Meet at:** The main car park (free), Meeth Quarry, EX20 3ER.

Directions: Take the A386 Bideford to Torrington and Hatherleigh Road. Once you go past the Bull and Dragon pub in Meeth on your right, continue down the hill for about 200 metres and take a right-hand turn pointing to the Tarka Trail. Continue for about 500 metres to the very end of this track, where you will find the car park. The total journey time from Bideford is about 40

minutes, subject to traffic conditions.

Meeting Time: 10:30 a.m.

Toilets: Available close to the car park.

Walk Length: Approximately 3.5 miles.

Walk Terrain: The walk is mainly on firm tracks. There are no significant ascents or descents.

Christmas Lunch at: The Bull and Dragon Pub, Meeth, A five-minute drive from the Nature Reserve car park. The menu and details of the lunch have already been circulated to Group Members.

Contact Details:



Knit & Stitch Group.

Group contact: Heather Williams

We meet on the 1st and 3rd Thursday afternoons at 2pm in the Upper Room. We enjoy working on our own projects, finding out about what everyone else is making, having a chat and a cup of tea or coffee



History Group

Group contact: Peter Flacke

The meeting started with a presentation of the life and turbulent times of the Duke of Monmouth, first illegitimate (or perhaps legitimate) son of Charles II. Much in his life hung on that disputed status and also his death, executed for raising a rebellion to claim the crown he believed he was heir to.

Then we heard more about the Fitzwilliam Estate in Yorkshire, in particular its heart Wentworth House. We also learned about the various intriguing monuments and follies nearby, including the Needle's Eye, a pyramidal structure supported on two legs, supposedly built by the owner to win a wager that he could "drive a coach and horses through the eye of a needle".

Next month, life in East Germany around the time of the fall of the Berlin Wall.



Let's Talk About Books Group contact

Chris Moss or Jane Villiers

A small group met this month and after a brief preamble on current cultural issues we moved on to our theme of 'banned books'. We looked both at examples of books banned at different times and in different societies and at the principles leading to the bans, particularly in the context of cultural relativism. The stage was set with the banning of Jane Eyre in China and the Bible in Soviet Russia and we then moved on to several other famous examples - Lady Chatterley's Lover, great writing by Lawrence it was agreed but falling foul of societal prejudices; Catcher in the Rye, often recommended for A-level and with sales exceeding 65 million; and To Kill a Mocking Bird, banned for contradicting prevailing racial views. This led on to Prancing Nigger by Ronald Firbank which seemed superficially to be wholly unacceptable yet is held in libraries throughout the UK and whose author was feted as 'one of the greatest writers of his period'. Discussion continued with Pulitzer Prize winning black author Percy Everett, banned by those eager to keep race out of the classroom; with Satanic Verses and with Nazi book burning. Our current, or recent, reads were Katabasis by R F Kuang about academic rivalry and journeying to hell in both a literal and metaphoric sense; Tortilla Flat by Steinbeck which is an amusing novel looking at down and outs in Monterey; The Unconsoled by Ishiguro, a book just started and to be critiqued later; Becoming, the highly recommended autobiography of Michelle Obama; and The Loneliness of Sonia and Sunny by Kiran Desai which is the latest book on the Booker list that we've been told about by Jane. Next month we will consider the medium of poetry.



Mah jong

Morning Grp Contact: Nicky Heading

Email:

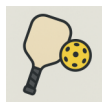
The group meets from 10am to 12md on most Mondays of the month in the Upper room Northam. All equipment is supplied and the session costs £1. Our group is now full but I am happy to put interested players on a waiting list. You can contact me



Music—Blues/Rock.

Group Contact: David McLellan

October’s session ranged from classic rock to classic blues with some old friends performing, as well as some brand new tracks on display. Metallica kicked off with Nothing Else Matters and Queen performed a Kind of Magic before two tracks from Scottish band Biffy Clyro’s newly released Futique album. Blues tracks included Jimmie Vaughan’s Six Strings Down and Muddy Waters’ The Blues had a Baby and Called it Rock and Roll ! Two great tracks followed from Keb Mo and Taj Mahal respectively while another favourite – Kashmir from Led Zeppe- lin made its presence known. Two tracks from the seven- ties concluded the session, Blue Oyster Cult’s Don’t Fear the Reaper and Run-Run-Run from the short-lived band Jo Jo Gunne – apparently named after a Chuck Berry number. We return in November with the Theme “Covers” – there’s plenty to choose from there !



PickleBall

telephone, text, or WhatsApp on

We meet every Monday.

Two groups

Pickleball 1 is 10-11 am Group Leader is Christine Ker
Pickleball 2 is 11-12 noon Group Leader is John Curry.



Playreading.

Group contact: Christine Holmes

The Playreading Group meets at members homes fortnightly at 2pm. We read a variety of plays including dramas, comedies and thrillers provided by Exeter Library. Currently we have a vacancy for someone to read male roles.



Practical Philosophy

Group Contact: **Stuart Mealing**

Or Irene Baxter

This month’s discussion on Populism was researched by Irene, Gill and Jane V who circulated preparatory written and video material before we met and then introduced the subject at our meeting. The roots of Populism were traced back for us to ancient Greece and were also shown to have been the dominant force behind the French Revolution, though the word itself was introduced in the nineteenth century to characterise a stance opposed to aristocracy.

It was observed that whilst it sounds like democracy in action it is in practice heavy on rhetoric, light on evidence and often the vehicle for promoting hatred and stigmatisation. It claims to offer easy solutions to complex issues and panders to the lowest common denomi-

nator. Several well known political figures were cited as exponents and heavily criticised by us both for their deceitful messages, for the exploitative life choices that separate them from the majority and for their attempts to prevent free speech when it doesn’t sanction their views. It was recognised that both today’s social media and right wing press play a big part in disseminating their message and that it is also exploited by foreign powers in attempts to destabilise society. This brought up a familiar question for us of how one distinguishes truth from lies these days, what words like ‘woke’, snowflake’ and ‘gaslighting’ add to the mix, and how critical thinking might better be engendered. In a world where prosperity is becoming widely valued above democracy populism could be seen as a moving us away from any global responsibilities. We also considered how our general socio-political agreement as a U3A group might restrict our discussions and next month we plan to consider a subject on which we might more easily find differing viewpoints - that of ‘freewill’.



Science, Technology & Society.

Group contact: **Barry Zussman:**

At our last meeting, David McLellan presented a sobering account of the damage now being done to American science – and biomedical research in particular – by the current US president and his underlings. I think it’s fair to say that it left us all completely stunned by the insanity of it all. So it’s just as well that, for our final meeting of the year, on Tuesday 25th November, we’re going to have some fun, as I present my now-traditional light- hearted review of the latest round of ‘Ig’ Nobel Prizes. Not to be confused with the ‘real thing’, these annual spoof awards celebrate those scientists whose research was considered to be the wackiest! All this, and cakes too, so do come along if you can... you won’t be disap- pointed!



Short/Soft Tennis - Group Contacts:

Tuesday session: Janet Broomhead (Jan)

Thursday session: Lynn Woolley

We meet at 2pm for an hour every Tuesday and at 3pm every Thursday at the Atlantic Racquet Centre. All equip- ment is provided free and an hour long session cost £3. No experience necessary. All equipment supplied. Fun and exercise guaranteed. Both the Tuesday and Thursday short tennis groups are now full. We will keep a short list if required.



Snooker (Tue & Wed)

Current Contact: Dennis Pavitt

The U3A Snooker Group has two separate weekly ses- sions on Tuesday and Wednesday mornings at the Kings- ley Hall in Westward Ho! We spend two enjoyable hours trying to re-capture past snooker skills and enjoying the company of similar snooker enthusiasts. If you would like further information please give me a call or send me an email.



Table Tennis.

Group Contact: **Christine Isaac**

The Table Tennis Group are still enjoying our sessions at the Youth Centre and are gradually picking up numbers again. We would be happy to see any new players that might wish to give us a try



Beginners Table Tennis.

Group Contact: Marion Coles

We are currently welcoming new players, come and join us, we are a friendly group, and welcome complete beginners and those who perhaps haven't played for a while



Walking Cricket

Group contact: Dennis Pavitt

This will restart next year



Third Friday Walkers.

Group contact: **Linda Burgess-Bentley**

I (Linda) will be leading the walk on Friday 21st November. Details as follows: Park in the car park just beyond Fremington Quay Cafe and meet outside the cafe ready to set off at 10.30am. This is an easy walk of 3.43 miles. The terrain is mainly level with just a couple of ascents and descents on the return journey along a tarmac lane. There are no stiles and we will cross one field with a made-up path to walk along. The outward journey takes us through two pleasant woods - one with a stream running through it and the other with a view to Fremington Pill with its boats and water fowl. Those who use walking poles should bring them as there might be a bit of uneven ground in the woods. There is minimal mud. Lunch will be at The Cedars Inn, Sticklepath which is situated by the first roundabout a few minutes drive along the main road from Fremington. Their menu is online and there is also a new Seniors Menu for those of us with smaller appetites. It is not on the website yet but I will email it to everyone. You must actually order the two or three courses in order to get the deal (£11 for two courses or £14 for three courses). If you would like to join this walk, please let me know by Tuesday 18 November and let me have your choice from the menu. To avoid confusion, please state if ordering from the Seniors Menu as some items appear on both menus. My contact details are at the top of this entry. Hope to see you there. Linda



Ukulele group.

Group contact **Richard Patmore**

The ukulele group has been extremely active recently. As well as our regular practice sessions, where we

have been learning a whole new repertoire of songs and Christmas favourites. We have also performed at Hatchmoor nursing home, where the residents and staff always seem to enjoy singing along to some old favourites, Harry's care home and for the Westward Ho! ladies friendship group, who were in fine voice, joining in every song.



Watercolour Groups 1&2.

Contact: Brenda Cammann

These two groups are on hold until further notice



Words Aloud

Group contact: Marianne Richards

Just a reminder that a new U3A group, "WORDS ALOUD", is starting in September. If you enjoy the sounds of spoken poetry or prose this could be the group for you! The group will meet in the Upper Room in Northam from 10 am till 12 noon on the second Wednesday of the month starting on Wednesday September 10th. Marianne Richards will be organising the group and you can speak to her to register your interest or find out any further details.

DIARY PAGE

ACTIVITY	DATE	START	END	LOCATION
<u>Groups below meet every week</u>				
Badminton	Wednesdays	10:00	11:00	Atlantic Racquets Centre
Bridge for Improvers	Every Tuesday evening	18:45	20:45	Upper Room St Margarets
Croquet (Braunton)	Weekly on Tuesday - (May to Sept)	14:00	16:00	Croquet Club Barnstaple
French	Every Tuesday	10:30	12:30	Upper Room St Margarets
Pickle Ball Group 1	Every Monday	10:00	11:00	Atlantic Racquet Centre
Pickle Ball Group 1	Every Monday	11:00	12:00	Atlantic Racquet Centre
Short/Walking Tennis Thursday	Every Thursday afternoon	15:00	16:00	Atlantic Racquets Centre
Short/Walking Tennis Tuesday	Every Tuesday Afternoon	14:00	15:00	Atlantic Racquets Centre
Snooker on Tuesday	Every Tuesday from 10 a.m till 12 noon	10:00	12:00	Kingsley Snooker Hall
Snooker on Wednesday	Every Wednesday 10 am - 12 noon	10:00	12:00	Kingsley Snooker Hall
Table Tennis	Every Thursday	10:00	12:00	Bideford Youth Centre on the Pill
Table Tennis for beginners	Every Thursday between 10.00 and 11.00	10:00	11:00	Atlantic Racquets Centre
<u>Groups below meet two or three times a month</u>				
Canasta Group	TBA	10:30	12:30	Westward Ho
Knit and Stitch group	1st & 3rd Thursdays	14:00	16:00	Upper Room St Margarets
Mahjong Morning	1st and 3rd Monday between	10:00	12:00	Upper Room St Margarets
Play Reading	Every fortnight on Mondays at 2pm	14:00	16:00	private members houses various
Ukulele Group	1st & 3rd Mondays of every month	14:00	16:00	Northam Hall
<u>Groups below meet once a month</u>				
Bird Watching	TBA			Contact Group Leader
Book Group 1	3rd Tuesday in every month	14:00	16:00	Upper Room St Margarets
Book Group 3	1st Tuesday in every month	14:30	16:00	Upper Room St Margarets
Crafty Cards	3rd Wednesday in every month	09:30	12:00	Upper Room St Margarets
Creative Craft Class	3rd Thursday in the month	10:00	12:00	Upper Room St Margarets
Devon Inns	2nd Thursday in every month	12:00	14:00	See Newsletter or Contact Group Lead
Digital Camera Group 1	2nd Wednesday every month	14:00	16:30	Upper Room St Margarets
Digital Camera Group 2	3rd Wednesday in Month	15:00	17:30	Upper Room St Margarets
Discussion Group	1st Wednesday in every month	10:30	12:30	Upper Room St Margarets
First Friday Walkers	1st Friday in every month	10:30	13:00	See Newsletter or Contact Group Lead
History Group	2nd Thursday of Month	14:00	16:00	Upper Room St Margarets
Lets Talk About Books	4th Monday of the month at 2.00 pm	14:00	16:00	Upper Room St Margarets
Monthly Lunch	3rd Wednesday in Month	12:00	15:00	The Royal Hotel,Bideford
Music - Blues/Rock	2nd Thursday in every month	14:00	16:00	Upper Room St Margarets
Practical Philosophy	2nd Tuesday in every month	14:00	16:00	Upper Room St Margarets
Science, Technology & Society	4th Tuesday in every month	14:30	16:30	Upper Room St Margarets
Scrabble	2nd Monday of the month	10:00	12:00	Upper Room St Margarets
Third Friday Walkers	3rd Friday in every month	10:30	13:00	See Newsletter or Contact Group Lead
Watercolour Group 1 (Improvers)	First Wednesday of the month	14:00	16:00	The Northam Community Centre
Watercolour Group 2 (Beginners)	Fourth Monday of the month	10:00	12:00	Upper Room St Margarets
Words Aloud	2nd Monday of the Month	10:00	12:00	Upper Room St Margarets