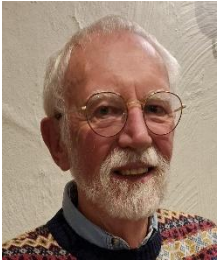


Lymington u3a Newsletter

Sept - Oct 2026



From our Chairman, John Ward

With autumn ahead, why not join a group, or we will help you to set up a new one if there is a topic that interests you? And don't forget our excellent monthly speaker meetings.

If you are not already attending our monthly Monday morning discussion meetings (formerly called TED talks), then why not give them a try? We offer coffee or tea, viewing a short video together and then informal discussion in small groups. This is what u3a is all about. In the next two meetings we shall be talking about humans and AI merging and the truth about global population decline.

Or if you just want a friendly social chat over coffee, do drop in on a Wednesday coffee morning in the Solento Lounge. With so many absorbing things to do you don't have to be on your own and it won't be a dull autumn if you are an active member of Lymington u3a.

John Ward

Activities open to all our members:

Monthly Speaker Meetings

Held on the first WEDNESDAY afternoon of the month in the St Thomas Church Hall (except in July). We start at 2.15 for 2.30 pm. Free teas afterwards and time to chat.

Wednesday 2nd September 2.15 for 2.30 pm

Speaker: Dee Jones

Subject: 'Theatrical Backstage Experiences'

Be ready to be regaled with stories about Oscar Peterson, David Suchet, Ian Judge, John Carlisle, Bruce Forsyth, Jim Davidson, John Cleese, Peggy Mount, Frankie Howerd, Judith Chalmers, Cilla Black, Shirley Bassey, Ian Judge, Gillian Lynn, Shirley Maclaine and a dozen others about various back stage screw ups!

Wednesday 7th October 2.15 for 2.30 pm

Speaker: Cheryl Butler

Subject: "Piss Pot Alley"

Cheryl Butler is a Southampton Tourist Guide, a founder member of The Sarah Siddons Fan Club Theatre Company and is a British Association for Local History Outreach Team member. She read history and drama at Winchester before going on to complete a PhD in history and is an Associate of the New Era Academy.

Coffee mornings

Come and join us for a sociable chat from 10 am in the Solento Lounge (formerly Barclays Bank).

NB Our coffee mornings are now held on the **second and fourth Wednesday mornings** of the month. All members are welcome.

The Monday Discussion - for stimulating, sometimes challenging discussion – just what u3a is for!



The Monday Discussion (formerly called TED Talks) takes place on the third Monday morning of the month at 10 am prompt in the Gates Hall at the Lymington Centre. Coffee / tea free of charge with chat until 10.15 am. We then watch an interesting short TED talk video together and then discuss it in sociable small groups. Here are the next topics:

Monday 21st September 10 am prompt

“Why humans should merge with AI”

Deep tech entrepreneur D. Scott Phoenix spent years building AI — now, he believes we're on the cusp of a profound merger between humans and machines. Reframing the AI debate through the lens of evolutionary biology, he shifts the question from whether we should fear or embrace AI to whether we understand what's at stake if we get it wrong. Hear his provocative case for why we need to "eat the AI."

Monday 19th October 10 am prompt

“The truth about human population decline”

With birth rates falling, the worldwide human population is getting older and smaller. According to traditional thinking, this spells a future of labour shortages, bankrupt social security systems and overall economic collapse. Before you panic about the end of life as we know it, political demographer Jennifer D. Sciubba has a thoughtful playbook for managing the new normal – including ideas on the future of work and migration – and a reminder that a resilient future relies on present-day action.



News from the Groups:

Tim and Sue Norris, our Group Co-ordinators, report:

The following groups reported vacancies in August and there may still be spaces:

Armchair Travel

Easy Line Dancing Beginners

Food and Friends

French (Advanced) Language and Culture

French Chat in the Cafe
Golf
Music Appreciation
Painting
Patchwork and Quilting
Petanque
Philosophy
Science and Technology
Shakespeare 2
Spanish Intermediate

Cribbage and Jigsaws are both in formation at the moment.

Monthly 'open' groups, **Walking, Lunch Club and French Chat in the Café (all levels)** always have spaces. If you are interested in any of the above and would like to know more (where and when the groups meet etc), then **please email groups@lymingtonu3a.org**

If there is something else that interests you that's not listed, or the group you would like to join is full, do please talk to us, as the situation changes all the time in existing groups, or we can help you to set up a new group.

The Lunch Club meets once a month on different days of the week at various venues (usually a pub) for a meal and a chat.

All are welcome, either every month or on the odd occasion. The practical maximum number for a group lunch is up to 30, which usually works out, but if not booking is on a 'first come' basis.

To receive information about forthcoming lunches please contact organiser **Cheng Wood:**

Tel: 01590 673213 / 07940 851242 OR come to the monthly meetings at St Thomas Church Hall on the first Wednesday afternoon of the month.

Walking Group

The Walking Group meets on the first Monday of each month for walks of about 5 miles, sometimes with optional lunch afterwards. For more information or to receive details of each walk please email **Trevor Norton** at thenortons7@btinternet.com.

NEW! National u3a short breaks

To read about this new national u3a venture, offering 2 – 4 night breaks just for u3a members, put this link into your browser bar:

<https://www.justforgroups.com/u3a-getaways>

Sept	'The Agatha Christie Story'	FULL
Oct	'Appreciating Shakespeare'	
Nov	'Yorkshire Festive Treats'	
Mar 2027	'Aviation Heritage'	
April 2027	'Going Wild in Dartmoor'	
May 2027	'Wine Lovers Unite'.	

Future Lymington u3a outings:

No further trips are currently planned because no members have come forward to organise such events. Please get in touch if you would like to plan a trip for us – we will help and support you.