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Chair's Update

Dear u3a friends,

I can hardly believe we are into October and the start of a new session at Paisley and District u3a. I hope you all had a good summer and enjoyed the sunshine.



Over the summer we hosted a "Thank you Event" for our dedicated group leaders and volunteers. This year we offered a tour of Glasgow's Art Club, followed by tea and sandwiches. This was a most interesting tour in a beautiful building and went down a treat.

In August, we ran a bus trip to the picturesque market town of Melrose. We enjoyed several gardens in Melrose as well as the Abbey itself. The day ended well with an excellent pub meal at the Ship Inn.

New Session: This year our new session will start on **8 October** as a number of our members and committee members are going on the County Clare trip from **28 September - 3 October**. Apologies for any inconvenience. Our guest speaker on 8 October is Brian Young who will be speaking about the three Roman Campaigns in Scotland. We look forward to welcoming you at the Salvation Army Halls, Mill Street. We will be serving light refreshments and home baking from 1:30pm.

And finally some exciting news – we are hosting our own **Jamboree event in Paisley** for our u3a members and the public who have not come across our organisation yet. The Jamboree will take place on **Saturday 23 January** in Paisley Lagoon. The event will showcase what goes on in our u3a. All our groups will have a stall where they can show photographs and information, and talk about what takes place in their group. There will an opportunity to try out some activities like singing, chair yoga and more.

We also have some distinguished speakers who will do presentations and talks. This promises to be a fun day out and we would like your help. Please get in touch if you feel you could contribute on the day. Perhaps you have had experience of Eventbrite or organising conferences in your working life? We would love to hear from you.

We look forward to seeing you on **8 October**.

Best wishes

Kathy O'Donnell, Chair of Paisley and District u3a

Melrose Day Trip



Glasgow Art Club Event



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INTEREST GROUP NEWS

Information about all of our interest groups and how to join is available on our website, using the following link ... <https://paisleydistrict.u3asite.uk/groups/>. You will be contacted as soon as possible by the relevant group leader. Alternatively, you can send enquiries to our Membership Secretary, Andy Fairley at: <https://paisleydistrict.u3asite.uk/contacts/>.

Architecture

Duncan Macintosh (Usually monthly on Thursdays at 10:30am)

Our next outing will be to visit Sherwood Church, Glasgow Road on **Thursday, 8 October** starting at **10:30am**. Sherwood church is the finest work of the prolific Paisley architect John Donald. He has designed the Liberal Club, Dunn Square and no less than 87 tenements. This B listed church was built in 1891-2 as a United Free Presbyterian church, in competition with the established Church of Scotland Greenlaw Church built three years earlier. Greenlaw church closed in 1997, and its congregation amalgamated with that of the Sherwood Church.



Now Sherwood itself is due to close, its congregation amalgamating with that of St Mark's in Ralston. So this is our last chance to see inside this church before it is closed for good. If you would like more information, please contact me, Duncan MacIntosh, at:

https://paisleydistrict.u3asite.uk/u3a_groups/architecture.

Art Appreciation

Interim Group Leaders: Liz Cuthbertson & Anne Findlay (Monthly, Tuesdays)

After a month off in August, several members visited the *Gwen John Exhibition* at Modern Two in Edinburgh in September. Gwen John was a Welsh artist with an interesting life. Our appetites had been whetted by a very insightful BBC documentary about her. We also took the opportunity to visit Modern One and saw the outdoor sculptures by Barbara Hepworth and Henry Moore.



On **20 October** we plan to visit MYB Textiles in Newmilns in Ayrshire. The company is the only producer in the world manufacturing patterned lace with original Nottingham Lace Looms, some of which are over 100 years old. In **November** we had planned to visit Paisley Museum. However, the museum is not now opening until 2027. We are therefore planning to visit the Riverside Museum, Glasgow's award-winning technology and transport museum. Details to follow. We love to welcome new members to our outings. Please get in touch with us using our Group page at: https://paisleydistrict.u3asite.uk/u3a_groups/art-appreciation/.

Board Games

Interim Group Leaders: Gwyneth & Brian Richmond
(Kilbarchan Library, 1st Tuesday monthly 2:00pm-4:00pm)

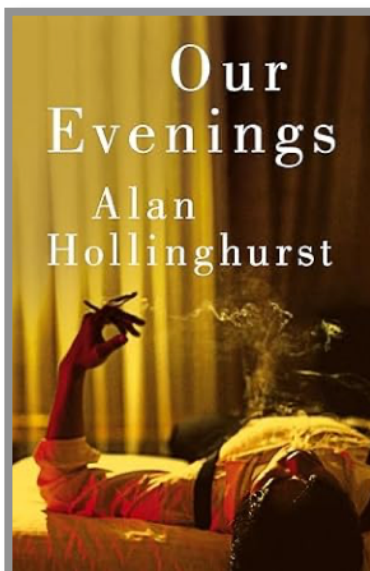
Our Games afternoon restarted on 1 September. It was nice to hear comments like "I've missed this," and "I've been looking forward to this." Our table was encouraged to play *Flip 7 with a vengeance* by Douglas who had brought it along. After the tea-break we played *Wizard*. Both games are really *Whist* with a twist.



Our next meeting is on **Tuesday 6 October** in the Old Library, Kilbarchan. The cost is £3 per person, to cover hire of room and a cup of tea or coffee and a biscuit. New members are very welcome and if you have a favourite game please bring it along. Really on a rainy afternoon there's nothing nicer. If you would like to join us, contact Gwyneth and Brian Richmond via the website Group page at: https://paisleydistrict.u3asite.uk/u3a_groups/board-games/.

Book Group

Dee Barnfield (Paisley Library, 11:00am-12:00pm, 1st Thursday of each month)



We've managed to read and discuss two books since the last newsletter. Janice Hallett's *The Examiner* was intricate in structure and fascinating in content, set among a group of students embarking on a pilot for an innovative MA course, and the University staff supporting them. Of course, there were unexplained deaths and other mysteries – it certainly took some unravelling!

The Women by Kristin Hannah transported us behind the frontlines to a field hospital supporting the wounded and dying of the Vietnam War, focusing largely on the women who signed up to work there. Our protagonist, Frankie, comes from a wealthy family and to call it culture shock is an understatement. Her post-war life was also explored in detail, particularly the gradual recognition of, what we now call, PTSD. On **1 October** we're off to space, after reading *Orbital* by Samantha Harvey. Then on **5 November** we will be discussing *Our Evenings* by Alan Hollinghurst.

A couple of members have contributed their thoughts on being part of our Book Group - many thanks to them ...

"I used to go for the books - now I go for the friendship, and the books are a bonus." (Margaret Addison)

"For me there have been huge benefits in joining our local u3a book group: light-hearted or challenging discussions; discovering new authors or new genres which I might otherwise not have been aware of, and which have sometimes taken me out of my comfort zone; and above all, making new friendships and enjoying the camaraderie of other book lovers. What's not to like!" (Wendy Khatib).

The Book Group is currently full but if you'd like more information, or wish to lead a 2nd Book Group, please visit: https://paisleydistrict.u3asite.uk/u3a_groups/book-club/.

TRIVIA QUESTION

What is the bird of the month for October?

Bridge Buddies

Chris Dykes (Member's home, Paisley. Every Wednesday, 1:30pm-3:30pm)



We meet weekly for a couple of hours of friendly bridge followed by tea and cake and a catch-up. Here is Carole, one of our members, celebrating her birthday!

We are always looking for new members whatever your level of ability. We are a very social group and enjoy discussing our play and where we went wrong - or where we did well!

If you are interested in learning how to play bridge or want more details on the group, please contact me, Chris at:

https://paisleydistrict.u3asite.uk/u3a_groups/bridge-buddies/.

Chair Yoga

Candy Millard (Wednesdays 2:30pm-3:15pm. (St George's Church Halls)

The Chair Yoga group continues to be very popular. If you are interested in coming along to this activity or want to ask any questions, please contact Candy at: https://paisleydistrict.u3asite.uk/u3a_groups/chair-yoga/.



Cinema and Theatre

Carole Delaney & May McFadden (Variable)

On Thursday 10 September, sixteen members returned to the Citizens Theatre to see the stage production of *1984*. This dystopian novel by George Orwell centres on mass surveillance and repression of people and behaviours.

"Critics highlight the production's chilling relevance, noting that Orwell's warnings about surveillance, truth manipulation, and authoritarian control feel particularly prescient in today's political climate."

(Glasgow Times)



There was general agreement from members that it was a powerful performance and the acting was superb, with clever scene alterations by both backstage staff and actors. Some members were glad that they had come to see such a harrowing subject that they had read in school. However, personally, I found the immersive experience; blaring white noise, blackout darkness and graphic torture very disturbing and depressing. Definitely not for the faint-hearted.

Our next outing is on **Sunday 27 September** to the Showcase, Linwood for the matinee screening of the National Theatre's Production of *The Misanthrope* (details to follow). Eleven members have booked for *East is East*; a more light-hearted and uplifting play at The Citizens on **Thursday 15 October at 2:00pm**. It is set in Salford in 1971 with the Khan family living above a chip shop and on the fault line between two cultures.

George Khan is determined the family is raised his Pakistani way. His English wife, Ella, just wants to keep the peace. Their seven children? They're busy discovering disco, denim, and defiance. When George begins arranging marriages for his sons, rebellion erupts and loyalties are tested.

What follows is a hilarious and deeply moving battle between tradition and change. Ayub Khan Din's modern classic blends razor-sharp comedy with moments of shocking honesty. *East Is East* is a story about identity, generational conflict, and the messy, unbreakable bonds of family. "Come for the laughs. Stay for the heart." (Citizens Theatre ©)

If you are interested in joining the group or would like to know more, please contact us, May and Carole at: https://paisleydistrict.u3asite.uk/u3a_groups/cinema-theatre/. We very much look forward to seeing you at future events.

Conversational Spanish

May Diver (Mondays 2:00pm-3:30pm: Kilbarchan Old Library)

The Conversational Spanish group restarted in September. We're a mix of ages with some new younger members taking part.

This session we are getting back to basics. There's a 12 week lesson plan where we will study the most useful modal (helper) verbs spoken in everyday Spanish. We are also practising the alphabet, as well as saying lots of numbers aloud, including our mobile numbers. We try to recall days of the week and months. Sometimes this involves singing along to a well know tune which helps us memorise the sounds!

If you know some basic Spanish and would like to practice speaking this language with others in a relaxed way, then do come and give it a go. For more details, please visit:

https://paisleydistrict.u3asite.uk/u3a_groups/conversational-spanish/.



Spanish Alphabet ©Pinterest

Crochet

Wilma McPherson (Tuesdays 11:00am, weekly)



The crochet group is busy at the moment making baby hats for premature babies in hospital. We are currently full. If you want to put your name on the waiting list, or perhaps can offer to help start another crochet group, please get in touch with me, Chris at:

<https://paisleydistrict.u3asite.uk/groups/>.

**To save on washing up
PLEASE REMEMBER TO BRING YOUR OWN CUP
to our monthly meetings. Free refills!**

Garden Gang

Valerie Reilly (Generally 2nd Wednesday of each month)

There was no separate Garden Gang outing in August as we took advantage of the trip to Melrose to see two gardens run by the National Trust for Scotland and a bonus garden belonging to Historic Scotland (HS). Our first stop was Priorwood where we saw flower borders, a herb patch, the famous orchard and a reconstruction of a monastic garden. Then it was on to Harmony Garden with its large lawn and its kitchen garden, produce from which is sold to the public at Priorwood. The surprise bonus was the colourful formal beds maintained by HS.



Another programme change in September saw us heading south into Lanarkshire to visit the Duke of Hamilton's Hunting Lodge at Chatelherault. It was a glorious sunny and warm day but, disappointingly, the visitor centre, gift shop and café were all closed for renovation. We couldn't even get more than stolen glimpses of the parterre garden as all the entry points were locked! However, we made the best of things - some of us going for a stroll around the park and others sitting soaking up the sun and admiring the stunning views.

Our **October** visit will be a return to The Croft in Langbank to enjoy autumn colours and in **November** we will probably make a visit to a local garden centre. Please get in touch if you fancy joining us at: https://paisleydistrict.u3asite.uk/u3a_groups/the-garden-gang/.

ANSWER TO TRIVIA QUESTION
The owl

Lunch Group

Alex Smith (Dates vary each month)

If you'd like to come along, you will be made very welcome. Details of our next Lunch Group outing will be posted on the u3a website. Please do get in touch by visiting: https://paisleydistrict.u3asite.uk/u3a_groups/lunch-club/.



Mah Jong

Catriona Matheson (Latter-Day Saints, Glenburn, Paisley)



Mah Jong is a Chinese game of is a game of skill, strategy, and luck. Each game has three or four players and uses a set of 144 tiles which have Chinese characters and symbols. If you would like more information, please contact Catriona via our website at:

https://paisleydistrict.u3asite.uk/u3a_groups/mah-jong-group/.

Music Appreciation

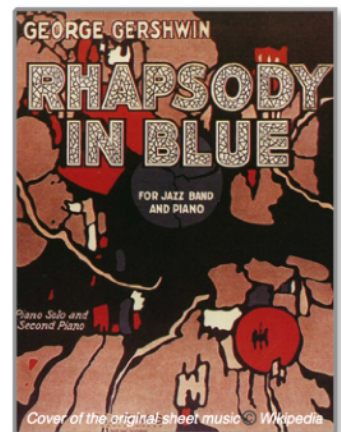
Don Page (Monthly on the last Friday, 2:00pm in Paisley Library)

This is a great group which helps us to discuss new music and recommend our favourites. At the end of September we discussed the music below :

1. *Rhapsody in Blue* by Gershwin
2. *Through the Night* by Ren Harvieu
3. *Graceland* by Paul Simon
4. *Highland Hard Rain* by Aztec Camera

We will be deciding what we will listen to in October and November. Details will be provided at:

https://paisleydistrict.u3asite.uk/u3a_groups/music-appreciation/.

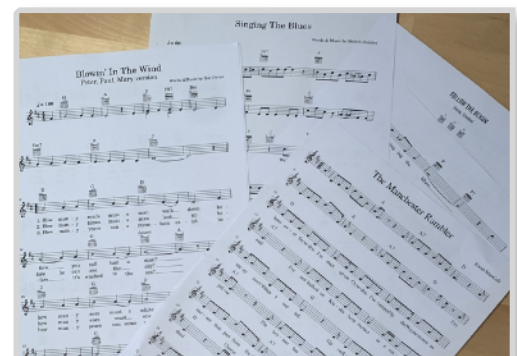


Music Makers

Ellen Bailie (Monthly, 2:00pm – 4:00pm, day varies)

The focus of the Music Makers is on having fun, learning together and developing our musical skills in a relaxed and supportive environment. There is a good rapport within the group and every session ends with smiles, laughter and shared enjoyment. Our members include flute, guitar, ukulele, harmonica, violin, keyboard players and vocal performers.

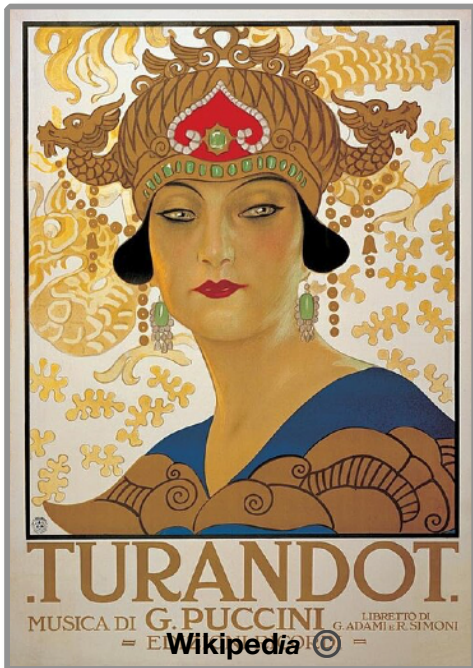
Last month we finished several songs and recently had a very enjoyable afternoon starting a new set of music - *Blowing in the Wind* by Bob Dylan, *Manchester Rambler* by Ewan McColl, *Singing the Blues* by Melvin Endsley. Because it was a member's birthday at the September meeting, we added *Happy Birthday* to our repertoire. Next month we will also start on *Follow the Heron* by Katrine Polwart. At meetings we are also entertained by members of the group who play or sing music they enjoy. Recent renditions were *Derry* by Phil Coulter, *Eleni* by Tol & Tol, *Carrickfergus* and *Londonderry Air*.



Although the group is currently full, if you are interested to know more, please get in touch with the Group Leader, Ellen, on our website: https://paisleydistrict.u3asite.uk/u3a_groups/music-makers/.

Opera Appreciation

Kathy O'Donnell & Jane Fraser (Variable, depending on performance schedules)



We mainly go to Glasgow or Renfrewshire to see Scottish Opera productions, or those by the Royal Conservatoire of Scotland. Our group also enjoys watching live cinema screenings of productions from both Covent Garden and the Metropolitan in New York.

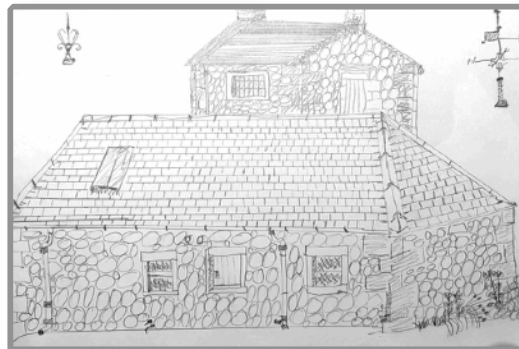
Future Events: A discerning group are attending the Theatre Royal to see Puccini's *Turandot* on **Wednesday 28 October**. *Turandot* contains some of opera's most iconic music including the famous *Nessun dorma* and *In questa reggia* arias.

We are also attending the Royal Conservatoire of Scotland for a number of vocal performances. The first session is on **26 October at 1:00 pm** and on **27 November at 1:00pm** for Scottish Opera's emerging artists performance. If this sounds like something you might be interested in, or you would like to know more about, please get in touch with Kathy or Jane, the group facilitators, at: https://paisleydistrict.u3asite.uk/u3a_groups/opera-appreciation/. We look forward to seeing those of you can make it.

Outdoor Sketching

George Bailie (2nd Tuesday of the month, 10:30am)

In September, four of us from the group met in Bellahouston Park. Here two sketched the House of the Art Lover, one the Studio Pavilion and the other the Peace Cairn. After sketching, we had a light lunch in the House of the Art Lover.



The group is open to all levels of artistic skill, including beginners. If you would like to know more simply like to give it a try, please get in touch with George (Group Leader), using the link below. To view the group's work over the past few years please visit the Outdoor Sketching page on Paisley and District u3a website at:

https://paisleydistrict.u3asite.uk/u3a_groups/outdoor-sketching/.

Pickleball

Irene Keith (Monday 1:00pm-2:00pm, ON-X Linwood)

The pickleball group continues to be very popular. If you want to know about the group, you can find full details at:

https://paisleydistrict.u3asite.uk/u3a_groups/pickleball/.



Science and Technology

Don Page (2:00pm, last Thursday of the month, Café Bianco e Nero)

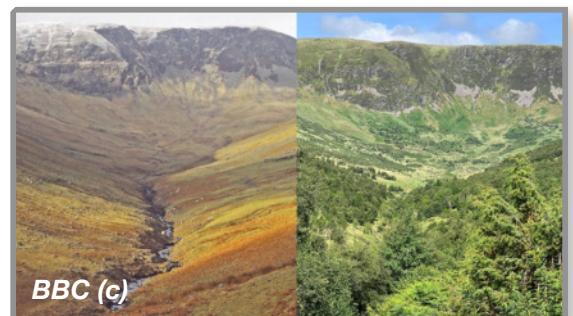
This is a small, friendly group where we watch science videos at home then discuss them in a café over coffee and cakes. The world is changing rapidly and this group helps us keep up to date.



On **29 October**, we will discuss *The Incredible Human Journey*, part 3- Europe. This has us looking at how our species coped with the rival Neanderthals and the Ice Age.

The Future series continues with part 5 covering Inclusion. From coffee-making robots in Japan to bionic limbs in New York, the focus is can revolutionary technology transform the lives of millions of disabled people?

Part 6 considers Rewilding - From Fukushima to California. Hannah explores whether rewilding can help to heal the environmental wounds which humans have inflicted on the planet. On **26 November** we will discuss together *The Incredible Human Journey*, part 4 – which is about Australia. Dr Alice Roberts discovers how humans left Africa to colonise the world. Here, she looks at our ancestors' seemingly impossible journey to Australia.



Please come along and join in our conversations, or for the latest group details go to: https://paisleydistrict.u3asite.uk/u3a_groups/science-and-technology/.

Silver Screen

Jane Fraser (Monthly, 2:00pm on a Thursday)

We had a lovely marathon get together in September to watch *Gone with the Wind*. Everyone thoroughly enjoyed the film.

The viewing plan until end of year is: **21 October, 2:00pm.** / *Could Go on Singing* which was Judy Garland's last film and which makes it particularly poignant. On **26 November, 2:00pm.** *Now Voyager*, another Bette Davis melodrama.

The December date is still to be confirmed as our group don't want to clash with the Christmas get together. The film will be *The Bishop's Wife*, with Cary Grant playing the part of an angel. Everyone who usually attends, and any new members, will be asked to confirm whether they wish to be on a mailing list. Where possible, I'll need a contact number just in case the meeting has to be cancelled at short notice. If you are interested in coming along or you have any suggestions for Silver Screen films, please get in touch with me, Jane, at:

https://paisleydistrict.u3asite.uk/u3a_groups/silver-screen/



Singing Group

Alex Smith (St. George's Church Halls)

Please refer to: https://paisleydistrict.u3asite.uk/u3a_groups/singing/ for more information.

Table Tennis

Irene Keith, (2nd and 4th Sunday, noon – 1:00pm, Renfrew Leisure Centre)

The table tennis group continues to meet twice a month. If you want to know about the group, you can find full details at: https://paisleydistrict.u3asite.uk/u3a_groups/table-tennis/.

OTHER NEWS: U3a Trip to Ireland: You'll glad to know that our intrepid travellers arrived safely in Ireland. They look like they're having a fabulous time. I'm sure we can look forward to hearing many stories on their return.



U3a Paisley u3a Jamboree, 23rd January 2027. We need volunteers! Can you help?



Invite a friend



Help with the Reception desk?
Admin/IT?



Meet and Greet?



CONFUSED?

WHAT CAN I DO AND WHEN?

No more missed events. Go to our u3a website for our *What's On* calendar at <https://paisleydistrict.u3asite.uk/whatson/>



WHAT'S ON OCT/NOV

29 Aug-14 Nov

Big Art Show

Annual event

4th year

Art Department, Paisley

Free

23 -24 Oct

Paisley Halloween Festival

Theatre, Live performances, Light
Displays

Abbey Place, Paisley

Free

16 Oct-1 Nov

Halloween Lights

Zombie Zoo

Glasgow Botanical Gardens

Glasgow West End's u3a's

Fish Tea and Quiz

Friday 23 October

As in previous years, u3as who are part of the Great Glasgow network are invited by Glasgow West End u3a to an annual Fish Tea and quiz fundraiser.



**If you would like to attend, please
contact Kathy, our chair, for more
details.**

Monthly Meeting Programme

Thursday 8 October: Brian Young

3 Roman Campaigns in Scotland

Thursday 5 November: A Double Bill

Roland Vogt - *Bridges*: Colin Dykes - *Afloat in the Caribbean*

Doors open at 1:30pm for a cup of tea and catch up. Meeting starts at 2:00pm