

Architecture

Art Appreciation

Board Games

Book Group

Bridge Buddies

Chair Yoga

Con. Spanish

Crochet

Cinema and Theatre

Garden Gang

Lunch Group

Musical Appreciation

Music Makers

Opera Appreciation

Outdoor Sketching

Pickleball

Science&Technology

Singing Group

Walking

Chair's Update

Thank you to everyone who attended our last monthly meeting. We had a return visit from popular guest speaker, Barbara Graham. Barbara gave an in-depth insight into Florence Nightingale, including her legacy in healthcare practices today. This was a great end to a busy session.



We will resume our monthly meetings on **Thursday 2 October** when our speaker, Ian Gunn, recounts his time

as *A banker behind bars - swapping loans for lifers.*

Many of our groups continue throughout the summer. This is an individual group decision, so please check with your group leader.

Future Events

The u3a Jamboree Event will take place at Craiglockhart Campus of Napier University Edinburgh on **Friday 29 August**. This is an all-day event (10:00am-4:00pm). U3as from across Scotland will gather together for a whole range of taster sessions, talks and activities. Currently there are over 40 talks and activities lined up. This promises to be a great day out. Please get in touch if you wish to attend. The cost is £12.

In October, we hope to go on an away-day to Dunkeld. Details will follow shortly.

Christmas Lunch : £25 per head

You will have received an email from me about the Christmas Lunch. This year we are holding it at the Glynhill Hotel on **Wednesday 10 December**, from 12:00pm-4:00pm. The event is called *Forever Young*. There is a three course meal plus entertainment. We require a £10 deposit to secure your booking and places are going fast. The deadline to confirm is **Friday 8 August**. So please contact me if you wish to attend.

I hope you have a very pleasant summer and, hopefully, I'll catch up with you at some of the events that are planned.

Best wishes

Kathy O'Donnell (Chair of Paisley and District u3a)



JULY 2025 HAPPENINGS:

Left: 2025 Sma' Shot Parade

Below: Afternoon tea
At Sma' Shot Cottages



© Copyright Notice – all images and videos contained in this newsletter are copyrighted to Paisley and District u3a, or to its individual members. Please do not use an image from this newsletter without permission. You can contact the PR Advisor about this at:

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

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)

The architecture group's July outing was to Govan town centre. From the ancient Govan stones in the oldest graveyard in Scotland to Collective Architecture's dense social housing with some Victorian gems from the burgh's ship building century. If you



would like to come and join us, please do get in touch with me, Duncan Macintosh, via the Groups web page. Details of future events can be found our u3a website at...

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

Art Appreciation

Rod Ferrier (Monthly, Tuesdays)

Although we arrange a gallery visit every month, narrowing it down to just 12 places a year is not easy. There is so much going on; whether it's locally here in Paisley, Glasgow, Stirling and Ayr, or much further afield including Edinburgh. We are spoiled for choice. I am indebted to Art group members who email me, to tell of interesting events coming up during the year.

On **Thursday 21 August** we travel to Rozelle Estate on the south side of Ayr to see two exhibitions entitled *New Symbolism* in the MacLaurin gallery. These celebrate works by our very own John Byrne and Frank McNab.

This is a great venue, with a good cafe/ restaurant, and nice walks around two sculpture trails. Inside Rozelle House, you can also view Alexander Goudie's famous depictions of Rabbie Burn's poem *Tam O'Shanter*.



On **Tuesday 23 September** we are joining an old friend and artist, Hildegard Berwick. She will guide us on a heritage walking tour in the centre of Glasgow. It will focus on the sculptural element of historic buildings in the Sauchiehall Street area. We will start at the rear of the Mitchell library at 2:00pm, and the tour should take under two hours. Please note we have an upper limit of 12 people for this tour. So if you wish to join this tour, or the group or just find out more about us, then please visit:

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

TRIVIA QUESTION

Which city has Glasgow replaced to host the 2026 Commonwealth Games?

Board Games

Rod Ferrier (Kilbarchan Library, 1st Tuesday monthly 2:00pm-4:00pm)

Currently, our group is taking a short summer break. Once the schools go back mid-August, we will meet up again in our usual venue at Kilbarchan Old Library Centre.

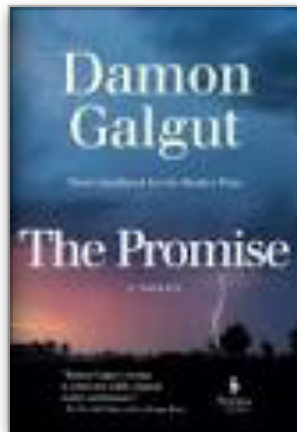
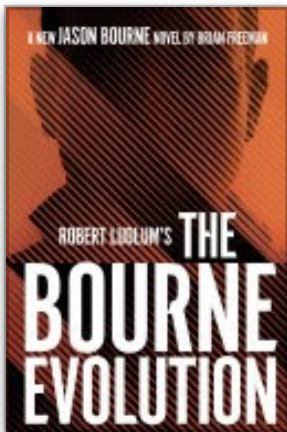
There are usually around a dozen of us, and we enjoy playing a wide range of board games, both traditional and new. If you want to keep your mind active and have a bit of fun, please come and join us. For more details, please contact me, Rod Ferrier, via the website at: https://paisleydistrict.u3asite.uk/u3a_groups/board-games/



Book Group

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

Our recent discussion on Bonnie Garmus' *Lessons in Chemistry* was most enjoyable. It's great when folk have different responses to a book, but it's also wonderful when everyone gives it the thumbs-up! The protagonist, Elizabeth Zott, is a role model for now, as well as for her own time (early 1960s) and the writing is sublime – definitely a book I'd recommend to everyone. There is a recent Apple TV series based on the book, but as one of our members pointed out, the actors were all too beautiful—even Six-Thirty, the talking dog character!



Our next book for discussion on **7 August** is *The Bourne Evolution* by Brian Freeman – yes, that Bourne, but reimagined by a new author. Talk about contrasts! The following month, on **4 September**, it will be *The Promise* by Damon Galgut.

Summer holidays are a great time for reading all sorts of books. I hope you find yourselves lost in other worlds and meeting new people in the pages of a good book.

If you'd like to take part in the Book group, or to find out more details, please contact me, Dee Barnfield at: https://paisleydistrict.u3asite.uk/u3a_groups/book-club/

Bridge Buddies

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

The Bridge Buddies is a beginners' and intermediate social bridge group but all levels of ability are welcome. We play in an informal setting where we can chat and discuss strategy over tea and cake! We are always looking for new members. We are taking a short break for July and will meet again on **Wednesday, 13 August**. If you are interested in learning more about the group, contact Chris Dykes via... https://paisleydistrict.u3asite.uk/u3a_groups/bridge-buddies/

Happy memories of Mary Law, our remarkable Bridge Buddy, who passed away so suddenly on Saturday 12 July. Amazingly, Mary initiated our u3a bridge group via Zoom during lockdown, then welcomed us into her home every Wednesday afternoon where we continued to enjoy learning to play bridge in an informal and relaxed setting. That's Mary in her white top. The highlight of the afternoon was always the chat, tea and cake afterwards.

Remembering Mary fondly with our farewell tea and cakes - an inspiration to us all and we will truly miss her. Mary may have bid her last trick but her spirit will always be with us at the table...



Cinema and Theatre

Carole Delaney & May McFadden (Variable)

On Sunday 8 June, 11 members attended a screening of the Tennessee Williams classic, *A Streetcar Named Desire* performed by the National Theatre. Gillian Anderson played the main character, Blanche Dubois, and the superb acting and clever staging was up to the usual high standard of this company.



A member wrote afterwards, "I just wanted to say how much I enjoyed the cinema yesterday; Gillian Anderson was excellent. The play was sad but also had funny moments." It is always nice to get feedback.

Friday 12 July saw 7 members visit Oran Mor for the summer panto *Oliver in a Twist*. This was a very loose homage to Charles Dickens and the Artful Dodger was replaced by the

'Jammie Dodger'! At one point two of the actors appeared to forget their lines and the resulting ad libs were hilarious. Summer silliness at its best!

In August, the Citizens Theatre reopens after a major redevelopment and the first production is *Small Acts of Love* written by Frances Poet and composer Ricky Ross of Deacon Blue. It is a compelling true story about the bonds of friendship formed between the people of Lockerbie and the American relatives in the wake of the Pan Am 103 atrocity in December 1988. Several members will be attending a matinee performance on **Thursday 25 September**.

If you would like to come to any of the organised visits, please contact May or Carole at <https://paisleydistrict.u3asite.uk/u3agroups/cinema-theatre/>

Chair Yoga

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

The group has nearly finished a set of six sessions under the watchful eye of Margaret, our Chair Yoga instructor. Margaret is a great example of healthy ageing, having been a fitness instructor for over 40 years. She is careful to ensure that everyone can participate and adapts the stretching and bending exercises for each person's ability and flexibility.



Each session starts with a lively chair-based warm up, then we move on (still seated) to stretches for legs, neck and torso, all of which aim to increase flexibility and strengthen our core.

There's a lot of laughter and encouragement from Margaret and our group members. Our joints may crack

(apparently this is a good thing) and we may all turn in different directions but we are progressing steadily. This session we will be using yoga bands (or in our case old belts, ties and dressing gown cords). 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/.

Conversational Spanish

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

Our group takes a break during the summer. By mid-August, we plan to return to Kilbarchan Old Library Centre and continue to practice speaking Spanish together. We are all learning and we can still enjoy ourselves as we try to become more fluent.

Recently, we were looking at how to have a conversation about something which happened in the past. There are a couple of key tenses to choose from. No doubt when we next meet up and talk about what we did over the summer, these tenses will come in handy! If you would like to use and develop your Spanish-speaking skills, please come and join in. For more information, contact May at: https://paisleydistrict.u3asite.uk/u3a_groups/conversational-spanish/.



***ANSWER TO TRIVIA QUESTION
Victoria, Australia***

Crochet

Wilma McPherson (Tuesdays 11:00am, weekly)

The Crochet Group continues to meet weekly and continues to produce wonderful crocheted items. Here is a selection of some of their work.



However, they still manage to find time to chat and socialise. The far right photograph shows the group enjoying a lunch out at a local restaurant.

The group is currently full but Wilma will put your name on a waiting list. If you are interested in joining, please contact Chris the group coordinator at...<https://paisleydistrict.u3asite.uk/groups/>

Garden Gang

Valerie Reilly (Generally 2nd Wednesday of each month)

In June, the Garden Gang headed north to Drummond Castle Garden on a beautiful sunny day. Everyone was impressed to see what has been described as one of Europe's most important and impressive formal gardens. Lunch was taken on the Castle terrace enjoying the view and watching the swallows swooping around.

The July outing was to a walled garden just outside Killearn, part of Scotland's Garden Scheme. The



owner, Morna, took the time to walk us around and explain how she had planned and laid out the beautiful borders in the twelve years she had owned the property. Afterwards she also recommended that we drive into Killearn and have our lunch at the 'Kitchen Window'. We were glad to have followed her advice, as we all enjoyed an excellent meal.

Our next outing will take place on **13 August** and will be to Culross in Fife. We will visit Kirkbrae House and then Culross Palace which is a National Trust for Scotland property. Numbers will be limited to Kirkbrae House. (We'll create a waiting list). Then on **11 September** we will make a visit to Inverary Castle which won the Historic Houses Garden of the Year in 2024.

We welcome new members, so please get in touch with me, Valerie, if you want to come and join us: https://paisleydistrict.u3asite.uk/u3a_groups/the-garden-gang/.

Lunch Group

Kathy O'Donnell (Dates vary each month)

Each month we enjoy eating lunch out together, mostly in Paisley and Glasgow. This year we have already tasted cuisine from Nepal and China, as well as traditional Scottish fayre. Our members make suggestions for new places to visit and different foods to sample. Equally, we also like to return to restaurants which have become firm favourites. In June, the group enjoyed a return visit to Genova in Paisley.



For our next outing on **Thursday 7 August**, I am suggesting a return visit to the Phat Buddha at 13 Canal Street Paisley at **12.30pm**. They offer a Thali Lunch menu for a very reasonable price of £10.95. This includes a starter, main course with pilau or boiled rice as in the photo on the left. (Please note that nan breads have an additional cost).

If you would like to come to this lunch group, please get in touch with me, Kathy, by **Saturday 2 August** so final numbers can be confirmed. Anyone who wants more details on this or any other upcoming lunch outings can contact me via:

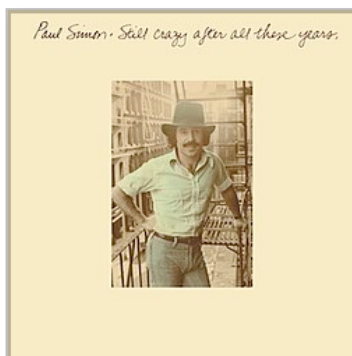
https://paisleydistrict.u3asite.uk/u3a_groups/lunch-club/ .

Music Appreciation

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

This group has started slowly due to summer holidays but I hope it will begin to grow. Each month we agree on an album and then listen to it a lot at home. We then meet in Paisley Library to discuss the album in depth. I am already listening to music that is new to me and that I wouldn't have chosen myself. Meetings are good fun, I love hearing about people's first album or first concert.

In June, we listened to the Gillian Welch studio album, *Time (The Revelator)* then discussed it song by song. Then on 25 July, the group considered two artists; Paul Simon's studio album *Still Crazy After All These Years* and *The Armed Man* by Karl Jenkins.

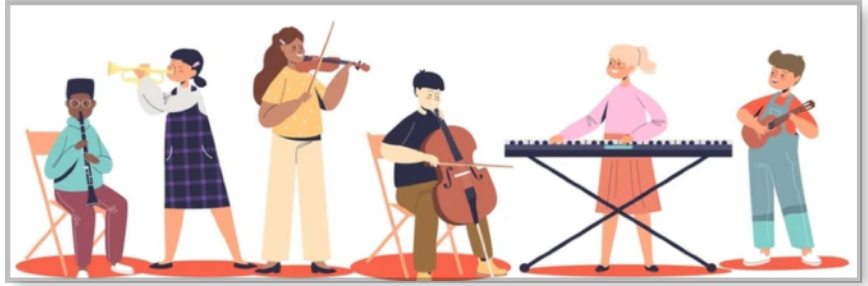


This is what I wanted from this group, to listen to a completely new (to me) album and carry out some research. I loved the stripped back sound of two guitars, two beautiful vocals in perfect harmony and sometimes a banjo. Other people in the group disagreed but that's what music appreciation is all about. The music choices for August will be posted shortly on the website. If you would like to come along to our group, please contact me, Don, at: https://paisleydistrict.u3asite.uk/u3a_groups/music-appreciation/

Music Makers

Ellen Bailie (1st Wednesday of the month, 2:00pm – 4:00pm, day may vary)

We are an enthusiastic group of musicians who enjoy playing music together. The group is comprised of piano, flute, guitars, ukulele, vocals, harmonica and keyboard. This month we were pleased to have a new member of Paisley and District u3a join us with his ukulele. We always start with a catch-up over coffee and biscuits.



In July, we started a new set of challenging music with *Muss I Denn*, *Highland Cathedral*, *Caledonia* and *Killiecrankie*. This was followed by some members singing the *Irish Rover*, *I Believe* as sung by the Bachelors, and an own composition accompanied by the ukulele, and a rendition of travels with family round Scotland to the tune *Ode to Joy*. Our next meeting is on **Thursday 14 August** and the following month it will be **Wednesday 3 September**.

The group is currently full but if you are interested, 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 (Variable, depending on performance schedules)

Ours is an enthusiastic group. We enjoy going to Scottish Opera productions at the Theatre Royal, watching student performances at the Royal Conservatoire of Scotland, and seeing live cinema screenings from both Covent Garden and the Metropolitan in New York. Some months are busier than others. We are taking a break over the summer and then look forward to viewing some autumn productions.



Scottish Opera has released details of future performances and in September there is a double bill production of Ravel's *L'heure espagnole* and *The Bear*. The first piece is about a lustful clockmaker's wife who must put her creativity to the test, to hide her lovers from her husband. This performance marks 150 years since Ravel's birth. *The Bear* tells of a faithful widow, confronted with her late husband's prominent love affairs, and who comes to blows with creditors. Our group plans to attend the show on **Wednesday 22 October at 7.15pm** (running time is 2 hours 15 minutes).

Then on **Sunday 19 October at 3pm** we can watch the return of Puccini's *La Bohème* (running time is 2 hours 20 minutes). This Barbe and Doucet's colourful production is set in 1920's Paris. There's great affection for this show and I expect people will want to enjoy the magic of this production. If any of these events sound like something you might be interested in or you would like to know more about, you can contact me, Kathy via the website:

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



Outdoor Sketching

Kate Colyer (Tuesdays Monthly)

The July outing took us to view the Hammills, near Anchor Mill. On **Tuesday 12 August from 10:30am**, we are going to sketch at various locations at Castle Semple, Lochwinnoch.

For more information about the group, contact Kate at....

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



Pickleball

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

To round off our season, we had a little social outing to Largs at the end of June. 14 of us enjoyed the good old Scottish summer weather and had a picnic on the front. Happily it brightened up as we held some egg and spoon races, a toss the welly competition, and we tried out a game of French boules.



Angela McBride won the egg and spoon and Colin Dykes the welly tossing. Some of us had a bracing walk to the Pencil and then we all finished up with a warming drink at Wetherspoons.

Our group will restart on **Monday 11 August**. Please feel free to come along and watch the group anytime, and you can also contact Irene at: https://paisleydistrict.u3asite.uk/u3a_groups/pickleball/.

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

Science and Technology

Don Page (2:00pm, 4th Thursday of the month, Café Bianco E Nero)

Our members' discussions are always friendly. There is a lot of knowledge within the group and we all help each other to understand some of the more difficult concepts.

In August, we will watch the Chris Packham series *Earth - Part 2 Snowball* at home. This describes the causes of Earth's early ice age 800 million years ago. We will then discuss the programme together on **Thursday 28 August**. The following month we will watch the next episode in this series *Earth - Part 3 Green*, again at home. This describes how plant life turned the earth from a barren rock into a vibrant green world. We will then meet on **25 September** to exchange our ideas about the programme.

We welcome new members and if you would like to join us, please contact me, at https://paisleydistrict.u3asite.uk/u3a_groups/science-and-technology/.



Singing Group

Alex Smith (Weekly/Thursdays, 11:00am, Holy Trinity & St. Barnabas Church, Paisley)



The singing group is presently taking a break over the summer. We plan to re-start in September. Usually we meet weekly on Thursday mornings with local vocalist and coach, Stephanie Strachan. Our group will also perform for other u3as at the u3a in Scotland national Jamboree on 29 August. If you would like to sing for fun and come along to our group, please contact group leader, Alex at: https://paisleydistrict.u3asite.uk/u3a_groups/singing/.

Walking Group

George Bailie (Day Varies)

The planned July Whithorn Way walk, from Glengarnock to Lochwinnoch, was postponed due to bad weather and a lack of numbers. It will be rescheduled for a later date.



June: White Cart Walkway Canal St. Station to Pollok House.

Six of us joined this walk, starting at Paisley Canal Street Station and we headed east along the National Cycle Path through Saucehill Park then towards Jenny's Well and onto Ben Lawers Park to pick up the White Cart Walkway. We followed the walkway through to Rosshall Park and along Linthaugh Road until we entered Pollock Country Park. We then headed to Pollock House. At this point we stopped for our picnic lunch inside the gazebo in the Herbaceous Garden. Afterwards, we headed to the wall garden for a quick photo opportunity. We headed back through the park to Corkerhill Station to return home.

Early Evening Walks: I am looking into the possibility of running an early evening short walk, for example, from the Braehead Shopping Centre to the new Renfrew Bridge and back. This route is approximately 4 miles long. Details about future walks will be posted on the website. If you are interested in **taking part, please get in touch with me, George at:** https://paisleydistrict.u3asite.uk/u3a_groups/walking/

