

Newsletter

Autumn 2026

July saw many of us enjoying an excellent “Anything 66” quiz put together and delivered by David Thompson, our Speaker Coordinator. Plans are now being put together for our upcoming event in December. Details to follow.

Anne and Julian

Thetford U3a Day Trip Group.

The group thoroughly enjoyed an outing on Wednesday 9th September 2026. The Hillside Shire Horse Sanctuary in West Runton was our first stop. A wonderful place with excellent work being carried out by a dedicated group of volunteers to rescue animals ranging from hedgehogs to Shire horses.

Our second stop was East Ruston Vicarage Gardens. An amazing place with delightful gardens, hard and soft landscaping, quirky hidden spaces with plenty of seating and a terrific cafe with delicious goodies at decent prices. This will go on our list for another visit in the future.

Vivienne Enefer



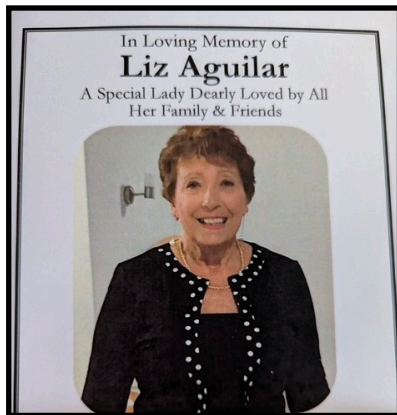
Spanish Group

Our Spanish Intermediate group is a small but dedicated group and at the moment we are only five members, who meet every Thursday at The Bell Hotel.

Following the death of our wonderful group leader and teacher Liz Aguilar, we have continued as a self teaching group. Our meetings are filled with much fun and laughter alongside the serious learning of verb, grammar etc., which are very important in building a language. Each member contributing something from for example new reading material or exercise ideas or printing off our weekly Spanish crossword, which at times can really stretch our abilities.

Our group is as much about friendship and enjoyment as it is about learning, which is evident in the number of years we have been together.

Valerie Atkinson



Mahjong Group

We've now passed our 10th birthday as a group and i'm pleased to report that we're thriving. Over the years we have had a large number of players, some of whom have formed the basis of the steadily increasing membership and others who have joined us for a while, before life events have moved them on to different parts of the country, where I'm delighted to say some of them have been part of establishing new u3a mahjong groups.

We still have a number of our original members who play regularly and now that we have moved back to our original home at Mama D's, {previously known as Cafe One}, we can also enjoy a snack lunch and drinks during the game if we wish.

I'm also very happy to say that we have recently welcomed three new members who all joined Thetford u3a as a result of seeing the group playing at Mama D's.

So here's to the next ten years of successful *wiggly snakes, all pairs honours, pongs, kongs and mahjongs*.. Come and say hallo if you'd like to know more."

Claire Norris, Group Leader.

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