



## What's New for January 2025

Wishing everyone a happy New Year! So that's it, 2024 has gone and it's onward to 2025. Before seeing ahead, here is an article sent in to me by Jacki and Pete Ager that will make us all smile.



### World Cup Hockey Gold!

A member of Worcester u3a has recently returned from South Africa with a gold medal. Nick Ruddick travelled to Cape Town to represent **England LX O.70's Men's Hockey** team at the International Masters Hockey World Cup held at the start of October over 12 days.

The team went undefeated through the six matches, winning them all, to qualify for the final and despite going 2 – 1 down to an Alliance Team in the final's 3rd quarter, came back to claim gold with a 3 –2 win in the final quarter.

Nick said, "despite having just the one goalkeeper and a squad of 14 players compared to squads of up to 18, the team played with fluency and belief which led to their outstanding success. It was a pleasure to play with such a talented and friendly group of people."

The team have gone undefeated throughout the year against all the major European teams in tournaments in Lille, Tilburg and The Hague and were pleased to see that success continue into the southern hemisphere. The European Championships in Monchengladbach are up next in August 2025.

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## Winchester trip and Christmas Quiz

The Winchester trip was sold out and although a cold day, the sunshine stayed with us. There was a slight hiccup with heavy traffic on the way out of Worcester but the driver took an alternative route and all was well.

The Christmas markets were right beside Winchester Cathedral. This proved handy for those who wished to see the town centre. The Cathedral was very impressive externally and inside, it was even better. It is hard to capture the amazing detail of the high vaulted ceiling but here are a few photos below:



The Christmas Quiz was sold out with 70 attendees and I am told the competition was fierce with few points dividing the 12 groups. Well done everybody and especially to those who organise these events.



## What's going on

### Coffee at the Café meetings: IMPORTANT CHANGES FOR 2025

The meetings at Café Piano on the first Friday of the month will remain unchanged, with the next meeting taking place on:

**3rd January 2025, Friday from 10.30am-12.30pm.**

The meetings which were being held on the Thursday afternoons at Café Piano were sparsely attended and it was decided not to continue holding these meetings in 2025. Instead we have located a Café in St John's and the day and time of this meeting will now be Tuesday morning. The changes are highlighted below.

## CHANGE TO DAY, VENUE AND TIME FOR THURSDAY MEETINGS

A new venue and date will be in the calendar for 2025.

**THIRD TUESDAYS** in the Cafe at The Range, Tybridge Street Retail Park, Hylton Road, Worcester, WR2 5JW, from 10.30am-12.30pm.

**FIRST MEETING FOR THIS VENUE** is Tuesday 21 January 2025

Please check the website for further details.



## Heart Health: Advice on Exercise and Diet – Jenny Davis

This is a talk that will take place on 12th February 2025 between 2:00 pm – 3:30 pm. The meeting is open to all members. The address is: Green Centre, Gresham Rd, Worcester, WR2 5QS.

Please do check the EVENTS page on the website for talks that are taking place further ahead in the Spring months. Click on <https://worcester.u3asite.uk/events/>



## King Richard III – Leicester Trip

**FRIDAY, MARCH 7th 2025. COST £20 (for the coach)**

There are still some places available.

This is a trip to the King Richard III visitor centre and will cost £8.50 (on the day) and includes access to the Cathedral. The coach will also go to the Space Museum for those that would like to visit it. The cost for this is £17.95 and you pay on the day as well.

If you wish to go, then please look at the website and follow the booking instructions.

Any updates for What's New by **21<sup>st</sup> January** please for the February edition.

Email: [newsletter@worcesteru3a.org](mailto:newsletter@worcesteru3a.org) Or leave an answerphone message on **01905 887579**.

The Worcester u3a website can be found by clicking <https://worcester.u3asite.uk/>

Under 'Groups' there is up-to-date news and a list of the groups you can join with the Worcester u3a. You can also contact individual Committee members by clicking on the 'Get in Touch' heading. Here you can leave your email address and your comments.