

JANUARY 2026

DOWNHAM MARKET U3A NEWSLETTER



Happy New Year!

Don't forget

Monthly meeting at
the Town Hall on
Monday January
12th 2pm

Our Speaker for **January**
is **Norma Powell** who will
show a film and talk about
the work of Medical Dogs.



Spotlight



Art Appreciation meal at The Cave



Jazz Appreciation celebration meal



Photography for Fun Christmas games.

Patchwork and Quilting
enjoying a beautiful lunch at
Dial House.



Judith could't wait !



Board Games ,
still some serious games tactics
being discussed.





Sea Shanty celebrations at Weatherspoons.



Singing for Pleasure Christmas theme!



Lunch Club 2 enjoying the festivities. at The Greenhouse.



Crime Fiction getting into the spirit of it!

Group Updates



Walking Group January



Monday 5 th January

Wretton Circular Walk 3.5 miles.

Park/Start on Church Road,
Wretton near All Saints Church.

Going easy on paths, pavements and tracks.

Distance from Downham 7 miles.

Use postcode PE33 9QS for Satnav or Google

Maps for Start location.

Walk leader John Cowin

Monday 19 th January

Magdalen St Germans Riverside walk. 4.3 miles.

Park/Start at carpark by relief channel bridge
on Station Road from Watlington to Magdalen

Opportunity to visit ruins of Wighenhall St Peters Church.

Going level on channel bank paths.

Distance from Downham 6.5 miles.

Use postcode PE37 8BG for Satnav
or Google Maps for Start location.

Walk leader John Cowin



The Gift

Time is fickle, time is cruel
Time is like a bowl of gruel
The first few spoonfuls take so long-
Suddenly, you find it's gone.

Time brings changes to our lives
Boys and girls become husbands and wives
Youth and strength get left behind
Sometimes wisdom we may find.

Time can also be so sweet
Glorious moments when hearts first meet
Parties, babies, wedding days
Summers bathed in golden haze.
The present soon becomes the past
Memories though will always last
And through the veil of time we hear
Voices we still hold so dear.

For time may take loved ones away
But time grants us another day
To live and love and start anew
Don't let it slip away from you.
For time is precious, use it well
When it will end, no one can tell
We live in time, in time we fall
Great or small, Time rules us all.



Group updates



Vintage Film Appreciation

We will be meeting on **January 21st**
at 2pm

Discover Downham Centre
to watch:

Gentlemen Prefer Blondes (1953)

Starring

Marilyn Monroe, Jane Russell and Charles Coburn



*"I can be smart when it's important,
but most men don't like it."*

Originally, the producers wanted Betty Grable to play the lead role.



1. The Academy Awards ceremony is usually held in one of which 2 months of the year?
2. Which 1975 movie smash was the first to ever be described as a 'blockbuster'?
3. The Golden Bear is awarded at which film festival?



What is on in the community?

Downham Dementia Coffee Morning

Friday 9th January 2026

10 am to 12 noon

At the Town Hall



Come and join us
to enjoy some lovely
Homemade Cakes,
Scones and Sausage
Rolls a Raffle & a Craft
Stall





Editor's Note



Wishing you all a very Happy New Year!

My thanks to everyone who has kindly contributed to the newsletter this month. Please keep your photos/articles coming!!

Anyone willing to join us on the committee in ANY capacity PLEASE let me know as we would really like support to ensure there are plenty of people ready to take the committee forward.

Answers to Barrie's Trivia Questions.

1. February or March

2. Jaws

3. Berlin