

Inverness and Black Isle u3a Newsletter

November 2025

Welcome



*To the
November
Newsletter*

Coffee and Craic

The Coffee and Craic Group's October meeting took place in the rather elegant surroundings of the Royal Highland Hotel.

At these informal monthly gatherings we have our morning coffee whilst engaging in good craic.

For anyone who doesn't know the meaning of the word craic (pronounced crack), it's a term used to describe an enjoyable social activity involving stimulating conversation and just having a good time. It's widely used in Ireland where a common expression is - What's the craic? This basically means - Is there anything interesting happening?

We definitely had good craic and a few laughs, as we sipped our coffee (or tea) along with peppermint creams.

The next meeting of the Coffee and Craic Group will be at 11:00 am on Wednesday 19th November at the AC Marriott Hotel.

Facebook
Please follow the
page and like and
share our posts.





Writing Workshop

I know that we have a number of members interested in various sorts of writing both creative and factual. To this end we are offering a workshop on **Monday 17th November** will be run by local author Vee Walker.

It will start at 11am. Tea and coffee will be provided, please bring your own lunch.

It is hoped that following this we will be able to set up a writing group
Numbers will be limited to enable all attendees to benefit, to book a place contact Fiona. lbiconvener@gmail.com



Gardening Group



We had a great day being shown around the Incredible Edible sights in Inverness. The interesting and knowledgeable Wendy told us about the formation of the group and their ongoing challenges and successes. It was a surprise to most of us how many sights there were, especially as we had frequently walked past them! Our final visit was to Culloden where we received a very warm welcome along with tea, coffee and home grown jacket potatoes cooked on an open fire.

Later in the month a few of us paid another visit to Old Town of Leys garden to see it in its autumn glory. This was followed by a leisurely lunch at the Three Witches.

Our outings always include coffee or lunch with the social aspect being as important as the gardens.

.....and finally

A very short newsletter this month. It would be lovely to hear from more groups for our December newsletter. Please can I have all your submissions by 24th November.

.....and finally

Thank you again for all your emails. My apologies for any mistakes or omissions which are entirely accidental. Your comments and suggestions will always be welcome. Please let me have your contributions for next month's newsletter by 24th March. It would be lovely to have more of your group news along with photos as long as the members are in agreement. Please send everything to ibiu3newsletter@gmail.com