Inverness and Black Isle u3a Newsletter

25th birthday party edition October 2026





Thursday was a significant milestone for our u3a. We celebrated our 25th birthday with a splendid party in the impressive surroundings of Inverness Town House

To have reached 25 years is an achievement in itself and is due to all those over the years who have contributed as group leaders or committee members.
Our party was surely the best possible illustration of how successful we are.
From an initial idea to have a party to the event itself involved a large group of our members organising the whole day; selling tickets, ordering food, decorating the venue, producing a programme of music and the spoken word, taking wonderful photographs and simply making sure that all who attended were welcomed and enjoyed themselves and were impressed.
The whole team was brilliantly led by Avril Mountford and all who helped deserve the thanks of our whole membership.
We should also acknowledge the financial support we received for the event from the Third Age Trust.

Fiona Martland, Convener.



Waiting for it all to begin

Fiona opened the party



We enjoyed some great music







Clive read a Memorable piece written by a member of the Creative Writing Group

Followed by two great poems from Sally and Ruth





A TRIBUTE TO INVERNESS AND BLACK ISLE U3A'S 25th BIRTHDAY

We are all old now and maybe creaking at the seams
With our lifetime of memories and some with broken dreams
But our u3a has rescued us from dwelling on the past
Some never thought they'd make it, so now let's have a blast!

This wonderful organisation made especially for us
To discard our invisibility cloaks with enthusiasm and little fuss
We may now look well past our aging sell by dates
But we members aren't ready to see those pearly gates!

From pickleball and bridge to psychology and walking
Political Economics and all involve a lot of talking
Twenty odd groups in all and perhaps more to come
A cornucopia of interests, proving to be a lifeline for some.

A whole new arena where possibilities are endless
One thing guaranteed, you'll never feel friendless
So when your get up and go, has got up and gone
Get involved, feel valued, in this fresh new dawn.

We are the lucky ones, our time is not yet done
But remember those no longer here to see the setting sun
Let's share out interests, bringing support and delight
Revel in these opportunities, before that final flight.

For me it's been a revelation in so many differing ways
It's given back a purpose to help fill lonely days
So enjoy this get together on this very special date
And huge thanks to our committee, two words, "simply great"!

Ruth Matthews
July 2026

Then we mingled and enjoyed the great displays and the great company









and Katie cut the cake
(which was very nice)





Save the date

You are all invited to the Inverness and Black Isle u3a 50th Birthday party on 15th October 2051

Make sure to put it in your diary!