

Spanish Conversation August

Apologies but a bout of Covid and illness delayed my last report. Three of us met to discuss our preferences for crosswords, jigsaws, or other puzzles with written input from a fourth member.

Some studies have linked retirement to poorer health and a decline in cognitive functioning so many experts recommend taking up new hobbies, learning a new language or new skills. Our u3a is perfect for all these and every Forum amazes me at the width of activities and fun outings organised by our fabulous Committee and Coordinators helping us all keep active and sharp.

Within our Spanish group the consensus was that jigsaws sadly take up a lot of space in the house, but these can now be played on computer websites with little bending or mess.

Crossword puzzles particularly Cryptic ones can be very frustrating as sometimes even if someone tells you the answer you don't understand how it was reached by that clue!

Several members enjoy Sudoku and find it logical and calming- whereas I must admit that it completely baffles me.

Relatively new on the scene are 5 letter daily web-based word games like Wordle, where you have to find a 5-letter word in 6 tries and each word you enter helps you get a clue to letters in it. And if you get hooked, then you can try Quordle (www.quordle.com) where you play 4 games simultaneously! Really gets your brain whirring.

Our next topic is "Shopping- love it or hate it?"

Stay safe

Lusia McAnna