

Comprehensive list of interest groups in South Cumbria U3As

Last updated December 2016

	South Lakes	Grange	Furness	Ambleside & District
HISTORY	American History			
	European History			
	Family History	Family and Social History		
	Local History		Local History	Local History
	World History	General History	World History	
	The Stuarts			
				Archaeology Industrial History
GAMES	Bridge	Bridge	Bridge	Bridge
	Scrabble Mon	Scrabble	Scrabble and Board Games	
	Scrabble Tue			
	Chess			
	Cribbage			
		Mah Jong		Mah-jong
			Rummikub	
		Countdown		
				Crosswords
		Badminton	Badminton	
		Indoor Bowling	Indoor Bowls	
		Table Tennis - Singles	Table Tennis	
		Table Tennis - Doubles		Table Tennis
		Summer Sailing		
			Golf	
		Bowling		
		Snooker		
		Whist		
DANCE	Country Dancing	Country Dancing	English Country Dancing	
	Jive			
	Moving to Music			
MUSIC	Music Appreciation	Music Appreciation	Listening to Music	Music
	Instrumental Music		Handbells	
	Ruth Gordon Singers		Come Sing	
	Jazz Appreciation			
	Recorder Ensemble			
	Folk Music	Folk Group (Sands Band)		
			Early Music	
			Ukelele	
LANGUAGE	French	French Too	French Lundi	French Conversation
		French for Francophiles	French Mardi 1	
			French Mardi 2	
	Italian Conversation	Italian	Italian for Beginners	
			Spanish	Spanish Conversation
			Linguistics	Spanish for Beginners
			Linguistics (Beginners)	
		German	German Conversation	
		Norwegian		
GARDENING	Gardening Friday 1	Gardening	Visiting Gardens	Gardens
	Gardening Friday 2			
	Gardening Monday			
	Gardening Thursday			
LITERATURE	Play reading	Play Reading		Play Reading
	Literary Studies			Reading
	Poetry and Prose		Talking about Poetry	
	Writing for Pleasure	Writing for Pleasure		
	Tuesday Book Club	Bookworms	Bookworms	
		Creative Writing	Creative Writing	
			Write a Memory	
			A Good Read	
			Love to Read	
			Natterjack Readers	
			The Novel Readers	
		The Optimistic Readers		

	South Lakes	Grange	Furness	Ambleside & District
WINE & DINE	Luncheon Club	Lunch Club	Sunday Lunch	Pub Lunches
	Lunch with Style			
	Afternoon Teas			
	Global Dining			
	Wine Appreciation 1	Wine Appreciation		
	Wine Appreciation 2			
	Wine Appreciation 3			
CRAFT	Rag Rugging	Crafts	Crafty Folk	
	Patchwork and Quilting			
GENERAL	Art		Art - Mixed Media	
	Artistic Licence		Painting	
			Art Appreciation	
			Drawing	
	Calligraphy			
	Culture Trips	Cinema Buffs	Theatre Visits	
	Natural History		Natural History	Natural History
	Philosophy		Philosophy	
	Psychology			
		Birdwatching	Birdwatching	
			Birdwatching 2	
		Digital Photography	Digital Photography	Photography
		Environmental Awareness		
		Geology and Landscape		Geology
		Local Explorers		
		Railway Enthusiasts		
			Architecture	
			Memory Courses	
		Out and About	Questers	
	Mindfulness Meditation			
	Tai Chi		Tai Chi	
	Yoga			
	Computing			
	Science & Technology		Science & Technology Forum	
	Discussion	Discussion	Topic Talks	Discussion
			Study Group	
	Monthly Meetings			
	Memorable Experiences			
	Occasional Seminars			
	Postcard Interest			
ACTIVITIES				
	Cycling Social 1	Cycling		
	Cycling Social 2 (Joint)			
	Walking - Amblers 1	Walking	Casual Striders	Social Walking (b, c & d)
	Walking - Amblers 2	Short Walks	Friday Walkers	High Fells & Scrambles
	Walking - Amblers 3		Strollers	Climbing & Scrambling
	Walking - Amblers+ 1		Sunday Walks	
	Walking - Amblers+ 2			
	Walking - Fellwanderers			
	Walking - Gentle Strollers			
	Walking - Ramblers			
	Walking - Ramblers+			
	Walking - Speedy Amblers			
	Walking - Strollers			
	Walking - Tuesday			

For more details about groups at **Grange** U3A, contact **John Eakins** (01229 582737 or johnpleakins@gmail.com)

For more details about groups at **Furness** U3A, contact **Roger Long** (01229 582737 or rlong@toucansurf.com)

For more details about groups at **South Lakes** U3A, contact **Bob Wells** (01539 232814 or cumnorbob@yahoo.com)

For more details about groups at **Ambleside** U3A, contact **Gwyn Jones** (015394 43834 or gwynfryn@btinternet.com)