

SCIENCE & TECHNOLOGY

The group has several areas of interest, depending on members' aspirations, inquisitive minds, and the need to use technology items. The main areas are: The uses and benefits of Technology; Scientific and Engineering achievements, research into famous Scientists and Pioneers; The Science & Technology group meets monthly in Victory Hall, Slitting Mill on the second Thursday of the month at 2pm.



Group Leader: Barry James 01785 381105

KURLING



It's fast, exciting and great fun. Kurling is a sport that requires participants to deliver 'Stones' from one end of a court to a target at the other end. It's not dissimilar to the winter sport of Curling, but

instead of being played on ice it's played on a wooden floor. The stones may be delivered by hand, or if the player has difficulty in bending, by the use of a pusher or ramp. Kurling takes place twice monthly in Victory Hall, Slitting Mill, last Monday & 2nd Thurs.

Group Contact: Irene Bohanan, 01889 574321

TAI CHI

Tai Chi is a gentle form of exercise of Chinese origin, to assist in the total wellbeing of each individual, by keeping body and mind active. Thus reducing stress levels, but increasing energy and improving concentration and flexibility.



It is also good for the heart and lungs.

Tai Chi takes place weekly in Victory Hall, Slitting Mill hall on Mondays at 11am, except Bank holidays.

Instructor: Carol Walker 01543 686389

CRAFT GROUP

The Craft Group is designed to encourage members in the following interests: card making, embroidery, crochet, needlepoint and knitting.



The Craft group meets monthly at the Victory Hall, Slitting Mill on the last Monday of the month.

Group Leader: Elaine Holton 00785 381105

LOCAL HISTORY GROUP

The Local History group takes on projects to examine the historical background of local features. For example, recently we have looked at activities on Cannock Chase, Rugeley and surroundings.



The Local History group meets monthly in the Victory Hall, Slitting Mill on first Tuesday of the month.

Group Leader: Sheila Simpson, 01889 582837

LUNCHEON GROUP



This was one of the first groups from the start of Cannock Chase U3A. Over the years we have developed a number of places to dine, in the Cannock, Rugeley, Lichfield and Stafford areas. We meet monthly and rotate around these areas in turn, also in turn the pubs/restaurants within them - but we are always open to new places to try.

We meet on last Thursday of the month.

Group Leader: David Clissold, 01889 801926

FRENCH CONVERSATION

At present we have a successful 'Advanced French' group that meets twice a month on the 2nd and 4th Friday at Rugeley Fire Station. We also have a new 'Beginners French' group which will introduce members to the basic French language so they can converse with confidence whilst in a shop or restaurant. Held at Rugeley fire station.

Group Leader: Hedley James hedley.j@talktalk.net

CARD GAMES

At present the Games group focuses primarily on card games (especially Canasta) and sometimes board games. The Games group meets monthly at Victory Hall, Slitting Mill on fourth Monday.



Group Leader: Pat Kirkham 01543 423678

COUNTRY DANCING

Our aim is to learn the many figures that make up folk dancing in this country and bring them together with the music. We welcome newcomers and no partners or experience necessary.

Group now at St. Stephens church hall, Bideford way, Cannock, every Wednesday, 1.30pm.

GUITAR TUITION

U3A



One to one, or two to one tuition is kindly offered by a member of CCU3A to learn to play the guitar at his house. An exceptional opportunity for members.

Tutor: Colin Heaps 01889 359086

SINGING FOR PLEASURE GROUP



No experience needed, just come

Group suspended until further notice

Second Wednesday, 2pm

Slitting Mill village hall

Contact: Sheila Simpson

All welcome, £1



Wednesdays at Slitting Mill village hall.

GARDENS GROUP

The group now has a monthly programme of events so members can visit local gardens, nurseries and parks, interesting garden centres and in the cooler months invite speakers to give hints and tips. All members are welcome, you don't have to be an expert gardener to enjoy the group.



Group Leader:

Valma Cooper, email: royval@ntlworld.com

ITALIAN FOR BEGINNERS



A member who has lived in Italy for many years has undertaken teaching the BBC beginners course using their CD and book. Initial 12 months beginners course runs once a month with two groups at

Cannock Fire Station Community room.

Group Leader: Rob Tolley

cannockchaseu3a@gmail.com

THEATRE VISIT GROUP

THEATRE VISIT GROUP

- Theatre visits
- Musicals, Choirs
- Plays, Dancers, Ballet
- Comedy Acts & Bands

The choice is yours.....if you would like it.

If you are interested in joining this new group, please fill in the sign-up sheet at a speaker meeting or contact:
Pam Ratcliffe or Graham Wright
Email: pamratcliffe@talktalk.net
Phone: 01543 277803
Email: cannockchaseu3a@gmail.com



Group tickets arranged to all genres of theatre in the local area, including musicals, opera, plays, ballet, bands, depending on choice of group members.

Group leaders: Pam Ratcliffe 01543 277803

PAINTING & DRAWING

Learn techniques and styles, pastels, pen & ink, and watercolours. Tuition and advice, demos & workshops, with all abilities welcome. Held at Rugeley Fire Station Community Room,



Bryans Rd, WS15 2JN.

Group Leader: Jill Heaps 01889 359086

WALKING GROUP



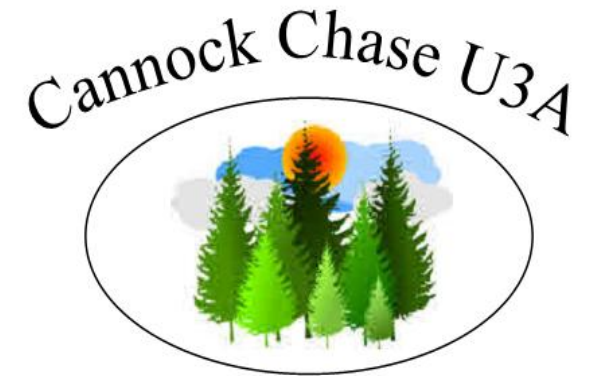
The Walking Group undertakes a range of country walks of around 4-5 miles, mainly in the local area on & around Cannock Chase, but there are times when we travel further afield. These walks last

between one and a half to two hours, occasionally a little longer, and take place on a monthly basis (mid-Winter excepted).

The Walking group meets monthly, from appropriate rendezvous points. Please email for start point.

Group Organiser: Dave Causer

cannockchaseu3a@gmail.com



INTEREST GROUPS LIST AND SUMMARIES



THE UNIVERSITY OF THE THIRD AGE

Please request the groups calendar for meeting dates and special events by email:

Email: cannockchaseu3a@gmail.com

Website: www.u3asites.org.uk/cannock-chase

