

# Coronavirus- Ideas for groups

## Art and Craft Groups

**Current Groups** - Art Appreciation, Crafts, Film Appreciation, Gardening Flower Arranging, Knitting, Needlecraft, Painting.

**New Ideas** for groups, Archaeology, American Archaeology Magic

### AMERICAN ARCHAEOLOGY

Subject Adviser, Maria Chester, has extensive notes on National website.  
<https://www.u3a.org.uk/resources/subjects>

Learn about the origin of tomatoes

What do you know about your popcorn?

Read about The Maya and The Incas - written By Maria

Watch YouTube videos

<http://www.archaeology.about.com/>

<http://www.archaeological.org/>

<http://www.saa.org/>

<http://www.archaeology.about.com/>

### ARCHAEOLOGY

1. Out of Africa? The origins of man ( France, Spain, Africa)
2. Palaeolithic rock art ( UK, France, Spain, Namibia)
3. The Neolithic Revolution (Orkney, Turkey)
4. Megalithic monuments ( Malta, Brittany, Stonehenge, Ireland)
5. The use of metals ( Bulgaria, Turkey, Ireland, UK)
6. The Bronze and Iron Ages – who were the Celts?

### KNITTING

Make things for charity - as a donation from individual members.

You can find charities that are looking for items by google searching on 'Knit for Charity' and this covered knitting, crochet and sewing. If this is something that interests you contact Barbara Cordina, Lea Valley U3A Contact details on the National website

## ONLINE CRAFT SESSIONS

Get your group together periodically and show/discuss what you are doing.

## TEDDY BEAR PROJECT.

Jean Pye Newcastle U3A Knitted this little bear and now she's very sad she can't join a June party - she might have another friend by October if I'm stuck indoors!



### KNIT FOR

**CHARITY FREE** Knit a Teddy bear and scrubs patterns available from <http://www.knitables.com> in support of our amazing key workers

Take a look at the video

[.https://www.facebook.com/knitables/videos/220431442358777/?t=15](https://www.facebook.com/knitables/videos/220431442358777/?t=15)

There are lots of charities looking for knitters. These were knitted for Trauma patients



Share your ideas by joining the new [Craft U3A facebook page](#).

## **GARDENING AND FLOWER ARRANGING**

**Gardening** – Before and after competition among a group

**Garden indoors** using everyday object as an inspiration e. g tea pots or a special ornament.

Make yourself **a window box** anything will do and plant some herbs

Advice from the gardening subject adviser

<https://www.u3a.org.uk/resources/subjects/280-gardening>

## **Magic**

An interesting article by a new subject adviser

Magic Newsletter June 2019 <https://www.u3a.org.uk/component/edocman/magic-newsletter-june-2019/download?Itemid=>

There is also a supplement <https://www.u3a.org.uk/component/edocman/magic-newsletter-supplement-june-2019/download?Itemid=>

**Watch the video Magic at The Civic, Barnsley with Magic Mac at the Love Later Life Event**

[https://youtu.be/cq1\\_8hiM73I](https://youtu.be/cq1_8hiM73I)