


Crediton & District Third Age Group Feb 2020

Group	Group leader	Contact	Day / Venue	Description
Abstract Art 	Anjum Moon	07713 627021 anjumkmoon@gmail.com	First Wednesday each month 1.30 – 3.30 Crediton Arts Centre	Suitable for beginners and those with some experience.
Art and music appreciation 	Isolde Summers	01363 773472 v.i.summers@talktalk.net		We look at paintings and listen to music, with discussion.
Astrology 	Fenella Rundell	01363 877618 fenellarundell@hotmail.com	This group will reconvene in September 2019	
Church & Historic Buildings Visits group 	Keith Barker	01363 773940 Keith-barker1@sky.com	Various days as agreed by group	Programme of monthly visits, car-sharing where practical. We learn about a wide variety of architectural styles and a good diversity of furnishings and artefacts during our visits.
Craft group 	Annie Moore	01363 776868 bamoore68@btinternet.com	Wednesday afternoons, monthly at New Valley Practice Newcombes, Crediton	The group tries out various crafts and handiwork activities, learning together and helping each other.

<p>Creative Writing</p> 	<p>Richard Durant</p>	<p>01363 775664 rt Durant@gmail.com</p>	<p>1st Wednesday morning monthly, 10:30 to 12:30 Crediton Golf Club</p>	<p>Please contact Richard for more information.</p>
<p>Current Affairs</p> 	<p>Linda & Liz</p>	<p>lindashq@btinternet.com</p>	<p>First Monday, monthly Meets in someone's home</p>	<p>This is a new group just starting</p>
<p>Cycling</p> 	<p>Colin Clark</p>	<p>01363 866341</p>	<p>Monday a.m. 1st Monday each month</p>	<p>Cycling for all.</p>
<p>Exercise class</p> 	<p>Penny Matthews</p>	<p>01392 689462 / 07929 035319 pennymatthews@blueyonder.co.uk</p>	<p>Wednesday afternoons, Westward Barbell Gym, Mill Street, Crediton</p>	<p>Pilates-based exercise suitable for all, which helps with concentration, breathing, co-ordination, balance and movement.</p>
<p>Family History</p> 	<p>Georgina Edwards</p>	<p>01363 772530 vulpina@talktalk.net</p>	<p>Thursdays</p>	<p>Contact Georgina for more information.</p>

<p>French conversation</p> 	<p>Angela Moore</p>	<p>01363 84553 a.d.moore@btinternet.com</p>	<p>Tuesdays, fortnightly 2-3.30pm Credton Library Term time only</p>	<p>We cover grammar & vocabulary for conversations, focussed around food, travel, shopping, cooking, hotels and opinions.</p>
<p>History & local history</p> 	<p>Tony Gale</p>	<p>01363 776108 cu3ahistory@gmail.com</p>	<p>Last Thursday each month Boniface Centre, 10am</p>	<p>We usually have a presentation at the monthly meeting, alternating so that one month we focus on local history, the next month a broader topic.</p>
<p>Mindfulness</p> 	<p>Paula Kovacs</p>	<p>pjkvcs@gmail.com</p>	<p>Weekly on Monday, 1-2pm St Boniface Catholic Church, Park Road, Credton</p>	<p>We practice mindfulness meditation techniques.</p>
<p>Mooramblers/ long walks</p> 	<p>Kathy Richardson</p>	<p>01363 84097 kathy@sarakiniko.co.uk</p>	<p>4th Friday of the month Credton station car park 9.15am</p>	<p>Walks are approx 6-9 miles, subject to weather conditions. Mostly on Dartmoor, with occasional walks by the coast.</p>
<p>Philosophy</p> 	<p>Rob Nicholls</p>	<p>01363 775728 robertjnicholls@hotmail.com</p>	<p>Wednesdays weekly 2.15 - 3.45pm Boniface centre</p>	<p>Contact Rob for more details. An opportunity for members to meet informally over lunch for conversation and friendship. If you don't drive and there is no bus we can send out a request for a lift for you.</p>

<p>Photography</p> 	<p>Peter Budd</p>	<p>01363 84358 kritipete@btinternet.com</p>	<p>2nd Monday of month Downes CREDITON Golf Club at 11am 4th Monday field trip</p>	<p>1st session we discuss photographic approaches, techniques & review photos from previous trip. 2nd meeting is a field trip planned previously. Car-sharing arranged.</p>
<p>Poetry discussion</p> 	<p>Nicola King</p>	<p>01837 82100</p>	<p>Wednesdays, monthly 1.30pm CREDITON Arts Centre</p>	<p>We explore contemporary poetry, defined in the broadest sense, and follow the interests of the group.</p>
<p>Pub Lunches</p> 	<p>Ian and Wendy Fenn</p>	<p>01363 84426 ianfenn2@gmail.com</p>	<p>Last Friday each month usually</p>	<p>An opportunity for members to meet informally over lunch for conversation and friendship. If you don't drive and there is no bus we can send out a request for a lift for you.</p>
<p>Tai Chi</p> 	<p>Frederique Cooke</p>	<p>01363 776302 fredeiquec@gmail.com</p>	<p>Wednesdays, 11am Shobrooke Village Hall</p>	<p>Slow and gentle exercise to promote and maintain good health. Suitable for those who have little or no experience of Tai Chi.</p>
<p>Theatre Visits</p> 	<p>Sue Maynard</p>	<p>01363 775141</p>	<p>As and when</p>	<p>Suggest a local performance and Sue will try to arrange a group visit.</p>

Wildlife Walks 	Daphne Woodward	01363 773324	Usually first Thursday of the month 10 O'clock - 11.30am	Gentle walks around Barn Farm, Hollacombe (near Crediton) to view the wildlife. Please contact Daphne in advance if you would like to take part.
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For more information on these groups, visit our website u3asites.org.uk/crediton

People have suggested the following groups but we need organisers ...
can you help?

Films/cinema visits; learn to play guitar; computers; garden visits; Italian for beginners; painting;
singing for pleasure; clearing plastic from beaches

Please phone Chris Freeman 01363 773650 or email chrishenfreeman@gmail.com
if you can help to organise one of these - or any other group.

You don't need to be an expert, just have an interest in the subject.
We will give you lots of help and friendly support.