

Comprehensive list of interest groups in South Cumbria U3As

Last updated January 2018

	South Lakes	Grange & District	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	
	Scrabble Tue			
	Chess			
	Cribbage	Whist		
		Mah Jong		Mah-jong
			Rummikub	
		Countdown		
				Crosswords
	Anyone for Tennis			
	Badminton	Badminton		
		Bowling		
	Indoor Bowling	Indoor Bowls		
	Table Tennis - Singles	Table Tennis	Table Tennis	Table Tennis
	Table Tennis - Doubles			
		Croquet		
	Golf			
	Snooker			
DANCE	Country Dancing	Country Dancing	English Country Dancing	
	Jive			
	Moving to Music			
MUSIC	Music Appreciation	Music Appreciation	Listening to Music	Music
	Listening to Classical Music		Early Music	
	Jazz Appreciation			
	Ruth Gordon Singers		Come Sing	Dulcet Tones Ensemble
	Folk Music	Friday Folk		
	Recorder Ensemble		Handbells	
	Instrumental Music	Ukelele	Ukelele Ukelele II	
LANGUAGE	French	French conversation	French Lundi	French Conversation
		French Too	French Mardi 1	
			French Mardi 2	
	Italian Conversation	Italian	Italian	
			Spanish Beginners	Learning Spanish Together
			Spanish Intermediate	Spanish Conversation
	German	German	German	
	Norwegian		All about Japanese	
	Modern Greek			
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	
			Playing with Poems	
	Writing for Pleasure	Creative Writing	Creative Writing	
		Write a Memory	Write a Memory	
	Tuesday Book Club	Bookworms	Bookworms	
			A Good Read	
			Love to Read	
			Natterjack Readers	
			The Novel Readers	
		The Optimistic Readers		

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WINE & DINE	Luncheon Club	Lunch Group	Sunday Lunch	Pub Lunches
	Come dine with us			
	Wine Appreciation 1	Wine Appreciation		
	Wine Appreciation 2			
	Wine Appreciation 3			
ART & CRAFT	Art		Art - Mixed Media	
	Artistic Licence		Painting	
			Art Appreciation	
			Drawing	
	Calligraphy			
	Rag Rugging	Crafts	Craft	
	Patchwork and Quilting			
SCIENCE & RELATED AREAS	Science & Technology		Science & Technology Forum	
	Natural History		Natural History	Natural History
	Philosophy		Philosophy	
	Psychology			
		Environmental Awareness		
		Geology and Landscape		Geology
	Computing			
GENERAL	Culture Trips		Theatre Visits	
	Classic Films	Cinema Buffs	Visit Cinema Screenings	
		Birdwatching	Birdwatching	
			Birdwatching 2	
		Digital Photography	Digital Photography	Photography
		Railway Enthusiasts		
			Architecture	
			Memory Courses	
		Local Explorers		
		Out and About	Questers	
		Mindfulness Meditation		
		Tai Chi	Tai Chi	
		Yoga		
		Discussion	Discussion	Discussion - Food for Thought
				Study Days
		Memorable Experiences		
		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 4			
	Walking - Amblers+ 1		Sunday Walkers	
	Walking - Amblers+ 2			
	Walking - Fellwanderers			
	Walking - Fellwanderers+			
	Walking - Gentle Strollers			
	Walking - Ramblers			
	Walking - Ramblers+			
	Walking - Strollers			
Walking - Tuesday				

For more details about groups at **Grange** U3A, contact **John Eakins** (015395 59365 or johnpleakins@gmail.com)

For more details about groups at **Furness** U3A, contact **Lynda Shaw** (01229 828549 or lyndalea.shaw@btinternet.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)