

## Comprehensive list of interest groups in South Cumbria U3As

*Last updated November 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			
				Industrial History
GAMES	Bridge	Bridge	Bridge	Bridge at Marchesi
	Scrabble 1 - Mon	Scrabble	Scrabble/Board Games	Bridge at Skelwith
	Scrabble 2 - Tue			
	Chess			
	Cribbage	Whist		
	<i>Mah Jong?</i>	Mah Jong		Mah-jong and Rummikub
			Rummikub	
		Countdown		
				Crosswords
		Badminton	Badminton	Pickleball
			Bowling	
		Indoor Bowling	Indoor Bowls	
		Table Tennis - Singles	Table Tennis	Table Tennis
	Table Tennis - Doubles			
	Tennis		Croquet	
		Golf		
		Snooker		
DANCE	Country Dancing	Country Dancing	English Country Dancing	
	Jive			
	Moving to Music (2 groups)			
	Scottish Dancing (Mar-Sept 2019)			
MUSIC	Music Appreciation	Music Appreciation	Listening to Music	Music
	Listening to Classical Music		Early Music (listening)	
	Jazz Appreciation			
	The Ruth Gordon Singers		Come Sing	
	Folk Music	Folk and Acoustic		
	Recorder Ensemble			
	Instrumental Music	Ukelele	Strummers Uke Troupe	
LANGUAGE	French (Adv/Interm + Novice gps)	French conversation	French Lundi	French Conversation
		French Too	French Mardi 1	
			French Mardi 2	
	Italian	Italian	Italian Improvers	
			Spanish	Learning Spanish Together
	German Norwegian	German	German	
GARDENING	Gardens - Friday 1	Gardening	Visiting Gardens	Gardens
	Gardens - Friday 2			
	Gardens - Monday			
	Gardens - Thursday			
	<i>Gardens 5 ?</i>			
LITERATURE	Play reading	Play reading		Play Reading
	Literary Studies	Play reading 2		Reading
	Poetry and Prose		Talking about Poetry	Writing
			Fun With Poetry	
	Writing for Pleasure	Creative Writing	Creative Writing	
		Write a Memory	Write a Memory	
	Tuesday Book Club	Bookworms	Bookworms	
			A Good Read	
			Love to Read	
		Novel Readers		
		Optimistic Readers		

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WINE & DINE	Saturday Lunch Club	Lunch Group	Sunday Lunch	Pub Lunches
	Afternoon Tea			
	Come dine with us			
	Wine Appreciation 1	Wine Appreciation		
	Wine Appreciation 2			
	Wine Appreciation 3			
ART & CRAFT	Art		Art - Mixed Media	
	Artistic Licence		Painting	
			Drawing	
	Calligraphy			
	Rag Rugging	Crafts	Crafty Folk	
	Patchwork, Quilting, Needlework			
SCIENCE & RELATED AREAS	Science & Technology		Science & Technology Forum	Science & Technology
	Natural History	Environmental Awareness	Natural History	Natural History
	Philosophy		Philosophy	
	Psychology			
	Computing	Geology and Landscape		Geology
GENERAL	Culture Trips		Theatre Visits	Theatre Visits
	Classic Films	Cinema Buffs		
		Birdwatching	Birdwatching	
	Digital Photography	Digital Photography	Digital Photography	
		Railway Enthusiasts		
			Architecture	
			Memory Course	
		Local Explorers		
	Pilates	Out and About	Questers	
	Mindfulness Meditation			
	Tai Chi - 2 gps			
	Yoga - 2 gps			
	Discussion	Discussion		Discussion
			Study Group	
	Memorable Experiences			
	Well Being			
ACTIVITIES	Cycling Social 1	Cycling		
	Cycling Social 2 (Joint)			
	Walking - Gentle Strollers			
	Walking - Strollers	Walking	Casual Striders	Social Walking (b, c & d)
	Walking - Amblers 1	Short Walks	Friday Walkers	High Fells & Scrambles
	Walking - Amblers 2		Strollers	Climbing & Scrambling
	Walking - Amblers 3		Fellwalkers	
	Walking - Amblers 4		Sunday Walks	
	Walking - Amblers+ 1		Midweek Walkers	
	Walking - Amblers+ 2			
	Walking - Ramblers			
	Walking - Ramblers+			
	Walking - Tuesday (4 groups)			
	Walking - Fellwanderers			
	Walking - Fellwanderers+			

For more details about groups at **Grange** U3A, contact **Joanna Lindley** (015395 33387 or jclndley1@icloud.com)

For more details about groups at **Furness** U3A, contact **Lynda Shaw** (01229 828549 or groupsorganiser@furnessu3a.org)

For more details about groups at **South Lakes** U3A, contact **Jenny Harrison** (01539 295 064 or harrison.tandj@yahoo.co.uk)

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