



Come and see what Guildford u3a has to offer in 2023/24



What is the u3a?

The u3a is a self-help organization for older adults who enjoy the company of like-minded individuals. It draws on the knowledge and experience of its members to set up interest, activity and recreational groups, which meet regularly.

Guildford Area u3a has over 100 interest groups, plus trips, outings, monthly meetings and coffee mornings. Most meetings provide a social element for members to meet, but some have stayed with Zoom for remote meetings. Almost all our groups are run by members on a voluntary basis.

For more details, visit our website:

https://www.guildfordu3a.org.uk

Registered Charity No. 296975



All the flower photos in this book were taken by Gu3a members



Guildford Area u3a:

- Is an autonomous u3a affiliated to a nationwide movement
- Is a friendly, educational and social organization with over 1450 members
- Offers a stimulating environment for those who have a thirst for knowledge and learning
- Organises a wide range of group outings and visits to theatres, concerts and places of interest
- Holds regular monthly meetings with talks by guest speakers
- Holds seasonal coffee mornings at local venues or virtually on Zoom

learn, laugh, live



Our groups are divided into eight categories, plus Visits and Outings. Each category has a Group Co-Ordinator, and each group has a Group Leader, whose details are in our prospectus and on our website. Contact the Group Leader to find out more and to sign up for a group.

We meet in a range of local venues, including village or church halls, as well as private homes. Following the pandemic, some of our groups have continued to meet virtually, using Zoom or websites.

Groups are divided into:

Arts & Crafts

Literature & Drama

Games & Indoor Pursuits

Music

Humanities

Science & Computing

- Discussion

- History

Sport & Outdoor Leisure

- Social Sciences

Visits & Outings

Languages

Contact the Group Leader to find out more and to enrol in a group - contact details in the prospectus and on the website













Arts and Crafts

The Art of Calligraphy

There is tuition for beginners, a project to present a focus, and help with practising the skills.





Cardmaking & Papercraft

Be creative with paper and card, using different techniques and equipment, to make unique cards.

Cathedrals of England & France
Discussions about architecture, sculpture and stained glass of the chosen cathedrals.



Flower Arranging

Two groups – one focusing on arranging flowers for the home; the other for those who are a little more experienced.





Knit, Natter, Crochet, Chatter
For those who enjoy knitting or crocheting together while having a chat and a coffee, helping and inspiring each other.



Painting

Four groups. For those of varying abilities, who want to learn techniques and develop their skills.

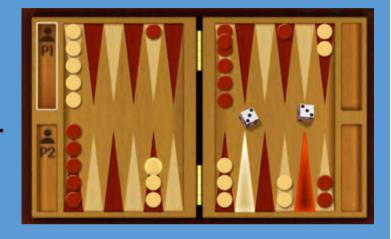
Photography
Learn to take better photographs by
exploring the creative thinking process,
practical techniques and reviewing work.



Games & Indoor Pursuits

Backgammon

Enjoy playing this classical board game with others. Players of all abilities welcome.





Bridge

Six groups. From beginners to advanced, social to duplicate, we've got Bridge groups to suit all abilities and interests. Learn from scratch or develop your skills.

Chess

A class for beginners or those with some experience.



Chi Gung

Various Chinese healing exercises to cultivate the life energy systems and maintain good health in mind, body and spirit. Similar to Tai Chi, but not a martial art.

FIRST AID

First Aid
Learn what to do when someone needs medical help.



International Folk Dancing
Enjoy learning traditional folk dances from around
the world. Lovely music and fun exercise.

Keep Fit – Medau

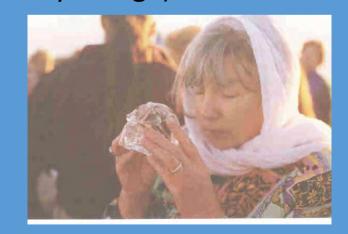
Two groups. Medau is a fun, unique fitness experience, which challenges your body, balance, posture, mobility, strength and co-ordination. (Supplementary charge)





Line Dancing
Keep fit and have fun. Easy to learn dances with lively music. (Supplementary charge)

Meditation for Health & Wellbeing Simple meditation and breathing exercises to assist with health issues.



Nuffield Health – Better Mobility Exercise classes to help with improving mobility in blocks of six weeks.





Quiz Group

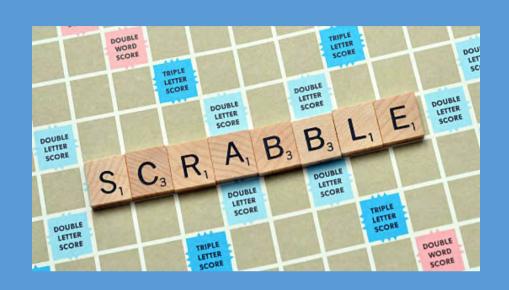
Take part in pub or charity quizzes.

Rummikub
A tile based game combining elements
of Rummy and Mahjong



Scrabble

A tile based word game for two or three players.





Yoga

Two groups. Relaxes the body and calms the mind. All abilities welcome. (Supplementary charge for one group)

Humanities

Discussion

Two groups. Discussion and Contemporary Issues. Opportunities for members to introduce topics for debate.





History

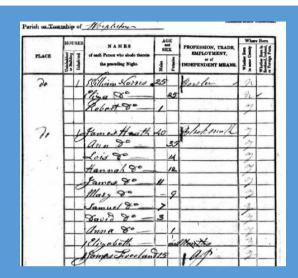
Two Exploring Local History groups and one 19th/20th Century History group. Members are encouraged to do research and present to their groups.

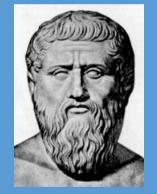
We also have two Pubs & Churches groups, which involve visits to local churches, followed by refreshments in a local pub.

Social Sciences

Genealogy

For both beginners and experienced family historians, using practical demonstrations and talks on genealogy topics. Opportunities to share your experiences.





Philosophy

Wide ranging discussions on different philosophical issues and key philosophers, with reference to current events.

Social Anthropology
Discover things about ourselves and attitudes, by understanding other cultures.



Languages

French

Six groups. From beginners to advanced. Some use course books and some are conversation classes. Some use French current affairs for discussion.





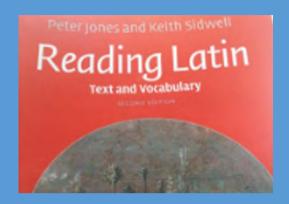
German

Five groups. Beginners to Advanced, using both textbooks and conversation to improve our skills.

Italian

Five groups. From absolute beginners to intermediate levels. Some taught course and some conversation practice.





Latin

From beginners to advanced. Using a textbook to learn proverbs, inscriptions and horticultural terms. Plus some social events during the year.

Russian

Two groups. Beginners and intermediate. Using a textbook and other texts for translation.





Spanish

Four groups. Beginners through to advanced. Using textbooks for taught courses or practising through conversation classes.

Literature & Drama

Book Groups

Four Book Choice groups, plus Book Lovers and a Book & Dining group. Enjoy a wide-ranging selection of books to read and discuss, both fact and fiction.





Brush up your Shakespeare An exploration of Shakespeare's plays, starting with Macbeth, with plenty of room for discussion.

Classical Literature

Appreciate Ancient Greek and Roman literature by reading plays, poetry and histories.

'So how was it? Pete's great isn't he?'

Pete was a university friend. Bright, sweet, and shy he was romantically useless, so I'd set him up with Sue.

'Well, lovely-ish. We went to the Italian. After a couple of glasses of wine he relaxed, and was much more fun than I first expected, but honestly Caro, what a klutz!'

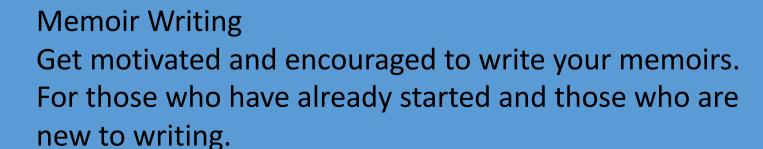
'How do you mean?'

'Well, we were walking back to the tube and window shopping (you know he's kitting out his flat), when he suddenly blurts out "I like sex." I didn't know how to react so I said "Many people do", made my excuses and left."

I decided this needed investigating.

Flash Fiction

A creative writing group, specializing in short stories. Share your work and receive constructive criticism.





Sir Gawain and Company
Concentrating on the poetry of the Alliterative
Tradition, contemporary with Chaucer, but different.
Focusing on Sir Gawain and the Green Knight.

The continued of the continuent of the continuen

This poem is dangerous it should not be left Within the reach of children or even adults

Who might swallow it whole, with possibly

Undesirable side-effects. If you come across

An unattended, unidentified poem

In a public place, do not attempt to tackle it

Yourself. Send it (preferably, in a sealed container)

To the nearest centre of learning, where it will be rendered

Harmless, by experts. Even the simplest poem

May destroy your immunity to human emotions.

All poems must carry a government warning. Words

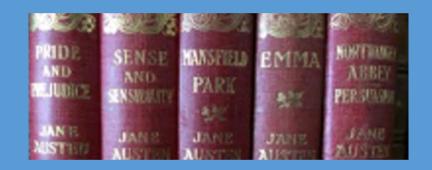
Can seriously affect your heart.

Poetry

Members choose a poet and lead a session to discuss the work.

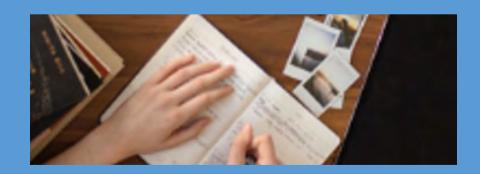
The Chaucer Group Read and enjoy The Canterbury Tales in the original Middle English, followed by discussion.





The Novels of Jane Austen Read and enjoy these books about late 18th century life.

Writers' Workshop
Write on given or self-chosen topics.
Discuss and be encouraged. Share your
work with the group. Beginners welcome.



Music



Chamber Music Listen and learn, enjoying a wide variety of music from 1700-1920.

Concert Choice Enhance our understanding and appreciation of classical music. Members create programmes to introduce various musical periods.





Ensemble

Whatever your standard of instrument playing, come and join the group playing all genres of music.

Jazz Six live concerts arranged during the year, plus a Christmas concert. (Supplementary charge)





Singing

Two groups. Enjoy the physical and social benefits of singing. One group works towards concerts during the year, singing a wide range of songs. The other is Singing for Fun, for those who are fairly new to singing. (Supplementary charge)

Ukulele

Learn, practise or develop your ukulele skills, playing in an ensemble. Repertoire is based on popular songs of the last 100 years.



Science & Computing

Astronomy & Space Science
We consider the visible night sky, current space news
and topics such as the origins of the universe.



Image credit: NASA/ESA/Hubble?Z.Levay

The Hydrogen Economy

A Blast from the Past

Rave from the Grave?



Digital Groups

Two groups. Introduction to Digital Devices is for those who are fairly new to digital technology. Digital Living offers talks and discussions to help us get the most out of modern living.

Engineering Group

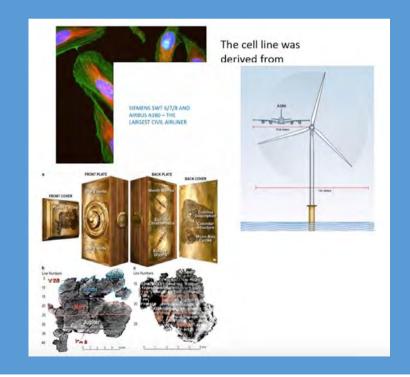
Talks on a wide range of engineering topics, where members' own experience and interest can be shared and discussed.



Natural History and Environment Talks in the winter on natural world topics and outings in the summer to places of interest.

Science Forum

Presentations on a wide variety of subjects by members or visitors, who have a special interest or enthusiasm for aspects of science.



Sport & Outdoor Leisure

Badminton

A lively game – an enjoyable way to meet people and take some brisk exercise. (Supplementary charge)





Boules

Two groups. Weather permitting, the groups play in the autumn and spring months. More light-hearted than Bowls, but gentle exercise.

Geocaching

A high-tech treasure hunt. Enjoy a walk and use a smartphone or GPS to find caches and log them.





Personal Gardens
Meet in each other's homes/gardens, plus visits to
gardens such as Wisley.

Snooker Play at Woking Snooker Centre. No previous experience needed. (Supplementary charge)





Table Tennis
A thriving, sociable group of mixed abilities.



Target Shooting

Instruction is given by fully-qualified instructors at the indoor range, in conjunction with the National Small-Bore Rifle Association. (Supplementary charge)

Tennis
Play senior doubles on a regular basis, weather permitting.





Walking

Six groups – four short, one long morning and one all-day. Mostly within 10 miles of Guildford. Members take responsibility for organizing and leading walks, and there are opportunities for pub lunches.

Visits & Outings

We offer a varied programme of visits to gardens, places and exhibitions of interest, and theatre trips, including concerts and social anthropology trips.

















Who runs Guildford u3a?

Every group and activity in our programme has a Group Leader, who organises meetings and outings for our members. Without Group Leaders the u3a would not exist – they are the backbone of the organisation.

Then we have two Committees.

The Programme Planning Committee consists of mainly Group Coordinators, keeping on top of any changes that may happen and liaising with the Prospectus team.

The Executive Committee is made up of Trustees, a necessity for charity management, including the Chairman, Secretary, Treasurer and others.

And supporting the Committees are our IT team, the newsletter editor, monthly meeting organiser and others as required.

Contact details for Committee members are on our website.

Executive Committee Members (as at May 2023)



Julie Beattie Chairman



Sandi Layton Secretary



Alex Kundert Treasurer



Sue Watson Membership



Justin Jackson Beacon Admin



Margaret Clements
Prospectus Editor



Jackie Ring Vice-Chairman



Jane Robertson Venues Secretary



Roger Philo Webmaster



Ann Elms Visits & Outings



Caroline Sawers
External Relations



Moira MacQuaide Director of Studies

History of u3a



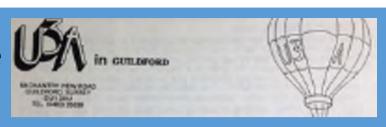
It all started in France, back in 1972, when the University of Toulouse held a summer school for retired people, called L'Universite de Troisieme Age. Our lives divide into three ages – the First Age is our full-time education, the Second Age is our working life, and the Third Age is our retirement. The idea spread to other countries and by 1980 the International Association of Universities of the Third Age was established.

In the UK, discussions started in 1978 to look at setting up something similar here, but focusing on self-help rather than the French academic model. One of the early academics involved was Professor David James, of Surrey University who, in 1982, along with Bernard Buttle and Caryl Horwood, invited Margot Clegg to start up a Guildford group, known as Activities and Interests for Mature Students (AIMS).

Area Organisar: Margot Class



By 1985 the title had changed and was known as The University of the Third Age, Guildford Area.



With Margot's enthusiasm and intellect, supported by her husband Philip, the membership grew. Initially, groups met in Margot's home, then spread to other private venues, and eventually larger, hired facilities were required. All the interest groups were run by members willing to use their working-life expertise to share with others, in line with the self-help model. The annual programme also included trips and visits, monthly meetings and annual enrolment days. Interest groups in the 1980s included Play Reading, Painting, French, Philosophy, The Novel, Poetry, Art History, Spanish, German, Ancient History, Bridge and Music. In 1986, Margot said "More than great knowledge it is people who matter ultimately. Let's keep on getting together – if we catch a few bits of new knowledge and stretch our minds in the process – all the better." Over the next 35 years, Guildford u3a has grown enormously, currently having over 1450 members and over 100 interest groups, plus lots of outings.

Where do we meet?



Burpham Village Hall



Guildford Manor Hotel



Burpham Bowling Club



Jacobs Well Village Hall



Christ's College



Jeffries Hall



Emmanuel Church



Lord Roberts Centre

See the back of the prospectus or our website for addresses and postcodes for our venues



Merrow Village Hall



Nuffield Health



Onslow Lawn Tennis Club



Onslow Village Hall



Queen Elizabeth Park



Shalford Village Hall



Spectrum Leisure Centre



St Catherine's Village Hall



St John's Church Centre



St John Ambulance Centre



St Mary's Church, Shalford



St Nicolas Church Hall



Trinity Centre



United Reform Church



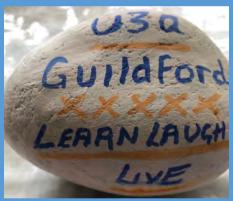
Woking Snooker Centre

























We communicate with members and the general public in various ways.



We have a Facebook Group (private) and a Facebook Page (public).





We also have a Twitter account and a Linkedin account.



THE UNIVERSITY OF THE THIRD AGE REGISTERED CHARITY NO 296975

Issue No 76 Editor: Margaret Morgan email editor@guildfordu3a.org.uk



We produce newsletters three times a year, with news about what's happening in Guildford u3a. We also send out regular email alerts to members with information about events.

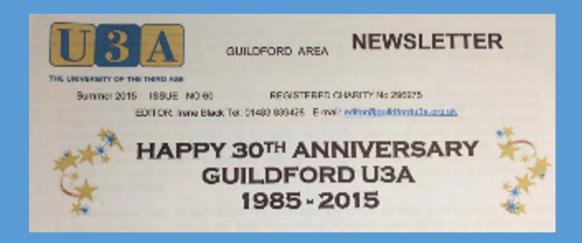
Visit our website to find out more: https://www.guildfordu3a.org.uk





Celebrations

In 2022 the national u3a organization celebrated its 40th anniversary. Guildford u3a was due to celebrate 35 years in 2020, but the Covid pandemic put those plans on hold. We will look forward to celebrating our 40th anniversary in 2025.



Council of Europe Report 1986

"Retirement is the time to preserve creativity and curiosity, the capacity to marvel, to listen and to learn."

The u3a movement strives to achieve many of these objectives. We are curious to find out about the world and its strange ways. We preserve creativity by looking at, and doing, art; listening to, and playing, music; reading, and writing, poetry, plays and books. We stretch our minds listening to some marvellous talks. We have light-hearted occasions. We cater for all tastes. If we don't always succeed then please come and help us to improve what we offer.



learn, laugh, live

How you can help

- We are all volunteers, taking on jobs because we believe in the organization and want to help.
- You could be a Group Leader. You don't need to be a teacher, but as long as you're an enthusiast about the topic, and can carry out some basic administration, then you can succeed in either taking on an existing group or starting a new one.
- You could help with making teas. u3a runs on tea and biscuits, so this is an important part of group and monthly meetings and is a great way to meet more people.
- You might have a particular talent or expertise, such as helping with IT, that we need, or you could join a committee.
- You could help with one-off events, where we need volunteers.
- Whatever you can do, please contact one of the Committee members to let us know and we will be in touch with you.



Just retired?
Think you've expired?
Feeling tired?
Get rewired! And all fired!
Are you inspired?

Written by Judith Beck
Writers' Workshop 2001

Join Guildford u3a

































Categ	ories Cat.	4	
ART	ARTS AND CRAFTS	LIT	LITERATURE & DRAMA
DIS	DISCUSSION	MUS	MUSIC
GAM	GAMES & INDOOR PURSUITS	SCI	SCIENCES
HIS	HISTORY	SOC	SOCIAL SCIENCES
LAN	LANGUAGES	SPO	SPORT & OUTDOOR LEISURE

Guildford Area u3a Programme Quick Reference Table 2023-24

Please check the meeting dates and times on our website: http://www.guildfordu3a.org.uk or in the prospectus before enrolling.

Cat.	Group	Start	Frequency	Venue		
Monda	ay Morning		4			
ART	Painting 1	11-Sep	Weekly	Burpham VH		
GAM	Keep Fit - Medau Class 1	18-Sep	Weekly	Trinity Centre		
GAM	Keep Fit - Medau Class 2	18-Sep	Weekly	Trinity Centre		
LAN	German (Intermediate)	09-Oct	2nd & 4th	Burpham VH		
LAN	Italian (Beginners Plus)	09-Oct	2nd & 4th	Burpham VH		
LAN	Russian (Beginners Plus)	02-Oct	1st & 3rd	Onslow VH		
LAN	Russian (Intermediate)	18-Sep	1st & 3rd	Onslow VH		
LIT	Book Choice 2	11-Sep	2nd	Burpham BC		
MUS	Singing Group 1	04-Sep	Weekly	St Catherine's VH		
Tuesd	ay Morning					
GAM	Bridge (Beginners & Social Class)	12-Sep	Weekly	Burpham BC		
GAM	Yoga 2	26-Sep	Weekly	Trinity Centre		
HIS	Exploring Local History 1	19-Sep	3rd	Emmanuel C		
LAN	French (Advanced Conversation)	26-Sep	2nd & 4th	Jacobs Well VH		
LAN	French (Advanced)	12-Sep	Fortnightly	Private		
LAN	French (Beginners Plus)	10-Oct	2nd & 4th	Burpham VH		
LAN	German (Beginners Plus)	03-Oct	1st & 3rd	Onslow VH		
LAN	Spanish (Advanced Conversation)	05-Sep	Weekly	Private		
LAN	Spanish (Beginners Plus)	19-Sep	1st & 3rd	Burpham VH		
LAN	Spanish (Beginners)	19-Sep	1st & 3rd	Burpham VH		
LAN	Spanish (Intermediate)	10-Oct	2nd & 4th	Burpham VH		
SPO	Geocaching	12-Sep	2nd	Varies		
SPO	Walking 2 (short)	05-Sep	1st	Varies		

Cat.	Group	Start	Frequency	Venue		
Mond	ay Afternoon		With the trib			
ART	Flower Arranging (Improvers)	11-Sep	2nd	Burpham VH		
	Flower Arranging for the Home	25-Sep	4th	Burpham VH		
LIT	Book Choice 1	11-Sep	2nd	Shalford VH		
LIT	Book Choice 3	18-Sep	3rd	Jacobs Well VH		
LIT	Poetry	09-Oct	2nd	Burpham VH		
LIT	Writers' Workshop	02-Oct	1st	Zoom		
SOC	Social Anthropology	18-Sep	3rd	Shalford VH		
SPO	Badminton	04-Sep	Weekly	Spectrum		
SPO	Personal Gardens	18-Sep	3rd	Private		
Tueso	day Afternoon					
DIS	Discussion Group	19-Sep	3rd	Private		
GAM	Backgammon	05-Sep	1st & 3rd	Private		
GAM	Bridge (Intro to Duplicate) A	05-Sep	Fortnightly	Burpham VH		
GAM	Bridge (Intro to Duplicate) B	12-Sep	Fortnightly	Burpham VH		
GAM	Chess	12-Sep	2nd & 4th	St John's CC		
GAM	Nuffield Health - Better Mobility	05-Sep	Weekly	Nuffield gym, QEF		
GAM	Simple Meditation for Health & Wellbeing	12-Sep	2nd & 4th	QEP Centre		
LIT	Book Lovers	12-Sep	2nd & 4th	Private		
LIT	Sir Gawain and Company	12-Sep	2nd	Onslow VH		
MUS	Chamber Music	10-Oct	2nd	Jeffries Hall		
MUS	Jazz	17-Oct	3rd	Shalford VH		
SCI	Science Forum	12-Sep	2nd	QEP Centre		
SPO	Boules 1	05-Sep	Weekly	Manor Hotel		
SPO	Boules 2	05-Sep	Weekly	Manor Hotel		

	Group	Start	Frequency	Venue		Group	Start	Frequency	Venue
Wedn	esday Morning				Wedr	nesday Afternoon			
ART	Painting 2	13-Sep	Weekly	Burpham VH	ART	Cathedrals of England & France	20-Sep	3rd	Private
ART	The Art of Calligraphy		1st & 3rd	Shalford VH	ART	Photography	11-Oct	2nd	Burpham VH
GAM	Bridge (Top Duplicate Club)	13-Sep	Weekly	Burpham VH	ART	The Wednesday Art Group	13-Sep	Weekly	Onslow VH
LAN	French (Intermediate Conversation)	04-Oct	1st & 3rd	St John's CC	GAM	Rummikub	06-Sep	1st & 3rd	Private
LAN	Italian (Improvers)	11-Oct	2nd & 4th	Onslow VH	GAM	Scrabble	13-Sep	2nd & 4th	Private
LAN	Italian (Intermediate)	11-Oct	2nd & 4th	Onslow VH	LAN	French (Pre - Intermediate)	11-Oct	2nd & 4th	St John's CC
LIT	Book Choice 4	20-Sep	3rd	Private	LIT	Classical Literature	06-Sep	1st	Burpham VH
SPO	Walking (all day)	06-Sep	1st & 2nd	Varies	LIT	Flash Fiction	04-Oct	1st	Burpham VH
	Walking 1 (short)	20-Sep	3rd	Varies	LIT	The Chaucer Group	27-Sep	4th	Burpham VH
SPO	Walks Long Morning	20-Sep	3rd	Varies	MUS	Singing for Fun	06-Sep	Fortnightly	St Nicolas' CH
					SCI	Astronomy and Space Science	04-Oct	1st	Zoom
					SOC	Philosophy	20-Sep	3rd	Burpham VH
				-		Table Tennis	06-Sep	Weekly	Christ's College
					SPO	Target Shooting	18-Oct	3rd	Lord Roberts
Thurs	day Morning		,			day Afternoon		12.02	
	Knit, Natter, Crochet and Chatter	14-Sep	2nd & 4th	Plucky Pheasant		Card-making and Papercraft	28-Sep	4th	Burpham VH
	Bridge (Supervised Intermediate)		1st & 3rd	Burpham BC		Shalford Art Group		2nd & 4th	Shalford VH
LAN	French (Improvers/Social)		1st & 3rd	Onslow VH	DIS	Contemporary Issues	28-Sep	4th	Burpham VH
LAN	German (Advanced Conversation)	14-Sep	Fortnightly	Burpham VH		Line Dancing	07-Sep	Weekly	St John's CC
LAN	German (Everyday German)		2nd & 4th	St John's CC	GAM	Snooker	07-Sep	Fortnightly	Woking Snooker Cer
LAN	German Pre-Intermediate		2nd & 4th	Burpham BC	HIS	History: 19th and 20th Century	12-Oct	2nd	St John's CC
LAN	Italian (Intermediate Plus)	05-Oct	1st & 3rd	St John's CC		Italian (Absolute Beginners)	28-Sep	2nd & 4th	Guildford URC
LIT	Brush up your Shakespeare	12-Oct	2nd	Shalford VH	LIT	Memoir Writing	21-Sep	3rd	St John's CC
LIT	The Novels of Jane Austen	28-Sep		Burpham VH		Digital Living	07-Sep		Burpham VH
SOC	Genealogy	21-Sep	3rd	Burpham VH		Engineering Group	19-Oct	3rd	Burpham VH
SPO	Tennis	14-Sep	2nd & 4th	Onslow VLTC	SCI	Introduction to Digital Devices	05-Oct	2nd Month-1st	Burpham VH
SPO	Walking 3 (short)	14-Sep	2nd	Varies	SCI	Natural History and Environment	14-Sep	2nd	Guildford URC
SPO	Walking 4 (short)	28-Sep	4th	Varies					
	/ Morning				Frida	y Afternoon			
GAM	Bridge (Intermediate Class)	08-Sep	2nd & 3rd	Burpham VH		International Folk Dancing	06-Oct	Fortnightly	Onslow VH
	Chi Gung		Weekly	Zoom	HIS	Exploring Local History 2	29-Sep	Last	Burpham VH
	Yoga 1	08-Sep	Weekly	St Catherine's VH		Concert Choice	06-Oct	1st	Burpham VH
	Pubs and Churches 2	15-Sep		Varies		Ensemble			Emmanuel C
	Pubs and Churches 3	22-Sep		Varies		Ukulele	13-Oct	2nd & 4th	Merrow VH
	Latin		1st & 3rd	St Mary's Shfd					
	day All Day		1 22 22 23 23 2				1	1	
	First Aid	18-Nov	Occasional	St John Amb					