The University of the Third Age,
Stockton U3A Groups, 2018-19

Membership Secretary:  
https://u3asites.org.uk/stockton/contact

Prospective new members please contact the Membership Secretary using the above link.

Current members of Stockton U3A who wish to enquire about an activity, either contact the group leader, or use the above link and it will be directed to the appropriate group leader.

Monthly meetings: Held first Tuesday of each calendar month (except August), 2.00-4.00, usually at Stockton Parish Church Hall. Find out what’s happening in your U3A, meet fellow members and chat over a cuppa, enjoy our varied and interesting speakers. December and July are planned as fund-raising social events. See web-site and monthly Bulletin for details.

Groups: Please note that classes will be held across a four-week timetable, and not across the calendar month. This avoids timetable clashes and allows us to fit in more meetings. Please consult the attached timetable for dates.

If the group you want isn’t here, contact the committee about starting a new one!

Activities Group: Open to all members. Details of interesting and exciting visits and activities will be given at monthly meetings and in the Bulletin.

Architecture: alternate Thursdays, 1.45-3.45, weeks 1 and 3, Newtown

Class members share their knowledge and enthusiasm in looking at all manner of architecture and architects.

Art Appreciation: alternate Fridays, 2.00-4.00, weeks 1 and 3, Newtown

Class members share their knowledge and enthusiasms in looking at artists and their work.

Art Club: alternate Fridays, 10.00-12.00, weeks 1 and 3, Newtown

Each member decides their own type of art in the medium of their choice. Advice is freely available if sought.
**Classical Music:** alternate Wednesdays, 10.00-12.00, weeks 1 and 3, Robert Atkinson Centre

The group listens to and learns about classical music.

**Creative Writing:** alternate Wednesdays, 1.30-3.30, Sedgefield. See timetable. Contact the GL for venue details.

A group for those who enjoy words and writing, for fun or for publication, exploring different genres in supportive sessions.

**Current Affairs:** alternate Wednesdays, 2.00-4.00, weeks 2 and 4, Buffs Club

Discuss what’s in the news with a friendly group.

**Discovery Award:** for meetings and information, contact the GL.

Develop new interests and skills and earn yourself the equivalent of the Duke of Edinburgh Award, for over 50s.

**Family History:** week 4 Tuesdays, 2.00-4.00, Stockton Library

Trace your ancestors using mainly internet sources. Beginners are welcome and will receive help and encouragement.

**Film Group:** week 4 Tuesdays, 10.00-1.00, North Shore Community Zone

A chance to watch interesting films, old and new, and for discussion with the group. Film details will appear in the Bulletin.

**Folk Dancing:** alternate Mondays, 2.00-4.00, weeks 2 and 4, Robert Atkinson Centre

Join in with this enjoyable form of exercise in a relaxed atmosphere. Dancing is good for you!

**French:** every Tuesday, 10.00-12.00, Norton Fire Station Community Room

You will need some basic knowledge of French to join this group.

**Gardening:** week 4 Fridays, 10.00-12.00, Newtown

The annual programme relates to the gardening year, and members give and receive advice on gardening problems. Visits possible.
**German:** every Monday, 10.00-12.00, St Mary’s Parish Hall
Some knowledge of German is required to work with this group.

**History:** week 3 Tuesdays, 2.00-4.00, Newtown
Members research aspects of history using a range of resources and share their research with the group.

**Italian:** every Monday, 10.00-11.30, in Stockton
Perhaps not suitable for complete beginners. Contact the GL for information.

**Light Entertainment:** every Monday, 10.45-11.45, Grangefield Community Centre
A chance to join in light-hearted, home-spun entertainment for everyone.

**Local History:** week 3 Tuesdays, 10.00-12.00, Newtown
This group explores the history of Stockton and the surrounding area, in its broadest sense. Come along and share your interests.

**Lunch Club:** week 4 Fridays, 12.30, various venues
A chance to meet new people, enjoy a meal and a chat. Venues advertised in the monthly Bulletin. Contact the GL to book.

**Mindfulness:** alternate Thursdays, 10.00-12.00, weeks 1 and 3, Newtown
Explore a different meditation practice each meeting, learning as you go.

**Movement to Music:** every Monday, 9.30-10.30, Grangefield Community Centre
This group undertakes exercises to maintain good health, as featured at our Summer Social.

**Open Water Swimming:** Dates/Times TBA. Contact the GL for information.
Summertime swimming in lakes, rivers and the sea.

**Our Music:** week 4 Tuesdays, 2.00-4.00, Newtown Community Centre
Share a love of any kind of popular music (not classical, as it has its own group).
Philosophy: alternate Fridays, 10.00-12.00, weeks 2 and 4, Newtown Community Centre
We look at everything from Plato to Wittgenstein. Come along and discuss philosophers and the big questions! There are more questions than answers.

Poetry: alternate Mondays, 1.45-3.45, weeks 2 and 4, Newtown Community Centre
A friendly group for poetry lovers. Poems by a particular poet or on a theme are chosen and read aloud.

Quiz: week 1 Thursdays, 2.00-4.00, Buffs Social Club
Sessions are social and fun. The group also takes part in regional competitions.

Reading: alternate Tuesdays, 10.00-12.00, weeks 1 and 3, North Shore Community Zone
Members read a novel in advance of the class, where it is then discussed over 2 or more weeks.

Science: week 2 Tuesdays, 10.00-12.00, Newtown Community Centre
Science from a non-scientist's point of view. Visits, DVDs, speakers, and group members' presentations on the topic.

Machine Sewing: alternate Thursdays, 10.00-12.00, weeks 2 and 4, Norton Fire Station
All levels of ability welcome. Bring your project or start a new one.

Spanish: every Friday, 10.00-12.00, Norton Fire Station Community Room
Learn and improve your knowledge of Spanish. Get more out of your holidays in Spain. An informal, fun and friendly group.

Coming soon! Ten Theories of Human Nature.
From January, alternate Thursdays 10-12, weeks 1 and 3, North Shore Community Zone
Contact the GL for information.

Theatre:
Visits are arranged to local theatres for interesting shows/plays, and are announced at the monthly meetings and in the Bulletin.
**Ukelele:** every Thursday, 1.30-3.30, St Mary’s Parish Hall
Enjoy learning the ukulele and joining in the sing-songs. You will need your own ukulele.

**Walking Group 1:** every Wednesday, 10.00-15.00 (approx.)
Members lead circular walks of around 7-8 miles in the Dales, County Durham and North Yorkshire, ending in a café or pub.

**Walking Group 2:** alternate Wednesdays, weeks 1 and 3, 10.00
These are morning walks of up to 6 miles, ending in a pub or café for lunch or a drink (or both!) Meet at the venue at 10am

**Venue Addresses**
- Buffs Social Club, 60 Norton Road, Stockton, TS18 2BX
- Community Room, Norton Fire Station, South Road, Norton, TS20 2SU
- Grangefield Community Centre, Oxbridge Lane, Stockton TS18 4HY
- Newtown Community Resource Centre, Durham Road, TS19 0DE
- North Shore Academy Community Zone, Talbot Street, TS20 2AY
- Robert Atkinson Centre, Thorntree Road, Thornaby TS17 8AP
- Saint Mary’s Parish Hall, The Green, Norton, TS20 1DT
- Stockton Central Library, Church Road, Stockton, TS18 1TU
- Stockton Parish Hall, Church Road, Stockton. (Entrance directly opposite the library)