

Craven u3a

Course Programme and Timetable

2024 - 2025

Groups start in September/October and January unless otherwise stated.

Enrolment on Groups is primarily via the Craven u3a membership portal: [u3a Members Portal \(u3abeacon.org.uk\)](https://u3abeacon.org.uk) Members will have to have registered with the Portal to be able to do this. Group Leaders will also be able to help enrolling members onto their Groups.

The U3A Open Event in Skipton Town Hall is Tuesday 6th August 2018 at Skipton Library, at 2 pm.

Enrolment to groups will be available from 09:00 on Wednesday 7th August. The programme is below and also available online at www.cravenu3a.org

For 2024-25 the membership fee has been reduced to **£25**. There are separate surcharges for some courses which require a venue and these are indicated on the programme. We have retained the **£5 only surcharge for new courses** even though we anticipate some will not deliver 75% cost recovery. This seems important to encourage new courses. Where repeat courses look unlikely to achieve 75% but are close to it (using last years attendance numbers) we have kept the surcharge as last year because many leaders want to recruit more members. We will **REVIEW NUMBERS AND THEREFORE COST RECOVERY IN DECEMBER** and make a decision about the surcharge for the second 10 week block, where applicable.

The programme only shows the parent venue. Details of the room will be given by the group leader.

Membership renewal on Beacon will be available from 1st July. Help with membership renewal will be available at the Summer Programme and other events prior to enrolment including the morning of the Open Event.

Help with Group enrolment will be available at coffee mornings following the start of enrolment.

Craven u3a Programme 2024 - 2025

2-Hour Hikes Keith Berrington **No Venue** **Surcharge £0.00**
Out and About Weekly **Tuesday** 10:00 - 12:00 max no medium
Other 01/10/24 to 25/03/25 to

This group gives you the friendship and fitness opportunities of a morning hike near Skipton, allowing you to do other things in the afternoon. We walk up to 4 miles, at a pace both exhilarating and companionable. We take in the usual ups and downs and variable footpaths of the Yorkshire Dales (sorry, but no dogs). We try to match with bus connections from Skipton. As these hikes finish before lunch, you do not need to bring a picnic, just something to drink. Before each walk we email out details, and you reply if you are coming.

Ad Hoc Walking Mike Valiant **No Venue** **Surcharge £0.00**
Out and About Irregular **varied** max no medium
All Year to to

There is no programme; walks are proposed by group members at short notice taking advantage of good weather. Any group member can propose a walk anytime, anywhere, any length. The proposer can set the maximum group size. Groups are usually small (historical maximum: 18, average: 6). On joining the group, you will be sent the latest guidelines.

Adventure into Classical Music Chris Skidmore **St Stephens** **Surcharge £10.00**
Performing Arts Weekly **Thursday** 14:00 - 16:00 max no 30 medium
Spring 16/01/25 to 20/03/25 to

Do you enjoy listening to classical music but wish you knew more of it and more about it? This group aims to cater for you - we shall listen to all sorts of music - often starting from something familiar and then exploring pieces that relate to it, always accompanied by some explanation or story which sheds new light or asks an intriguing question. There will also be a strand of discovery in each meeting - for this course presentation we shall look at the development of the symphony through the ages.

Aerobic Fitness Training John Dixon **Sandylands** **Surcharge £5.00**
Indoor Fun, Games and Fitness Weekly **Wednesday** 14:00 - 15:00 max no 25 medium
Autumn 02/10/24 to 04/12/24 Spring 08/01/25 to 12/03/25

The course is aimed at improving overall body fitness levels. Activities include some upper body strength training, as well as the generally accepted aerobic workouts, resistance training, incorporating light weights and use of gym equipment. Numbers are limited so Members should be prepared to do press-ups squats lunges and be able to sustain some high intensity aerobic exercise (HIIT). Suitable clothing essential. Please bring water and check with your doctor that HIIT is OK for you, as heart rates will be elevated.

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|----------------------|--------|----------------|-------------------------|------------------------|
| Allotment | | Helena Tudhope | Allotment | Surcharge £5.00 |
| Out and About | Weekly | Sunday | 09:30 - 12:00 max no 20 | high |
| All Year | to | | to | |

Self help group working together to grow vegetables fruit and flowers at Broughton Road allotments. No previous knowledge necessary just a willingness to work together. The group meets weekly but during the summer it is expected that members take a turn in any necessary watering during the week. The rota is organised on a Sunday and communicated by WhatsApp. Cost of seeds, plants, compost and any other items needed to grow the produce.

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| Art Forum | | Ginny Wilkinson | Zoom | Surcharge £0.00 |
| Creative Arts & Crafts | Fortnightly | Monday | 14:00 - 16:00 max no | Low |
| Autumn 14/10/24 | to 09/12/24 | Spring | 13/01/25 to 10/03/25 | |

This is a fortnightly group where each member contributes to the discussions by introducing images of Art on Zoom. A regular commitment is required as we each develop our way of seeing together as a member of the Group.

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| Arthurian Legends | | Keith Berrington | Swadford Centre | Surcharge £5.00 |
| People and Places | Fortnightly | Monday | 10:00 - 12:00 max no 70 | medium |
| Spring 06/01/25 | to 17/03/25 | | to | |

Monty Python, Mallory, Myth and Music – a study in film, opera, literature and art of the legends surrounding King Arthur. Themes include Lancelot and Guinevere, Parsifal and the Grail, Excalibur and Arthur's death. Sessions mostly consist of a film or filmed opera, with additional material from poetry and art. There is also a screening of Chausson's Le roi Arthus subtitled in English specially for us.

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| Aspects of Art and Architecture | | Ian Adams | Embsay Village Hall | Surcharge £5.00 |
| Creative Arts & Crafts | Weekly | Wednesday | 10:00 - 12:00 max no 22 | medium |
| Autumn 02/10/24 | to 11/12/24 | | to | |

This course looks at the major movements in art, architecture & design, particularly in Britain in the 19th century, and more widely in Europe & America in the 20th century.

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| Astronomy, Planetary Geology | | Keith Berrington | Swadford Centre | Surcharge £5.00 |
| Science & Technology | Fortnightly | Monday | 10:00 - 12:00 max no 70 | medium |
| Autumn 07/10/24 | to 02/12/24 | | to | |

Earth's climate from the viewpoint of astronomy and geology is one of the themes of these illustrated talks on our planet and its relation to the Solar System. We look at planetary origin and evolution, rocks and volcanism, interiors and surfaces, atmospheres and energy. Each talk is self-contained, so don't worry if you miss a session. We also discuss what can be seen in the night sky at the moment.

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|--------------------------------------|--------|-----------------|-------------------------|------------------------|
| Badminton | | Jon Tomlinson | Sandylands | Surcharge £0.00 |
| Indoor Fun, Games and Fitness | Weekly | Thursday | 12:00 - 13:00 max no 30 | medium |
| All Year 05/09/24 | to | | to | |

Played on 4 marked courts as per Badminton England guidelines. Clothing as for indoor sports with non-marking shoes. A reasonable level of fitness is required. Game details: doubles. 2 games played to 11 points with 2 points clear. Players will rotate between all 4 courts depending on numbers and availability. Short waits may happen at busy times. Court fees: £4 per session payable by bank transfer. No further fees will apply.

Birdwatching Jacquie Eames Bolton Abbey Village Hall **Surcharge £5.00**
Out and About Weekly **Monday** 10:00 - 12:00 max no 100 medium
 Autumn 07/10/24 to 16/12/24 Spring 13/01/25 to 24/03/25

Meetings are weekly and alternate between indoor meetings at Bolton Abbey Village Hall (where we have presentations from members and visiting speakers and some DVDs) and trips by car sharing or coach to nearby birdwatching spots. Many are RSPB reserves so membership is useful. The groups is co-ordinated by Jacquie but many long serving members help with leading small groups on trips/ giving presentations/ sorting I.T and making coffee. New members welcome!

Bridge Play David Lowe Draughton Village Hall **Surcharge £5.00**
Indoor Fun, Games and Fitness Weekly **Thursday** 14:00 - 16:00 max no 40 medium
 Autumn 03/10/24 to 12/12/24 Spring 16/01/25 to 27/03/25

Craven u3a play Duplicate Bridge at Draughton Village Hall on Thursday afternoons between the dates shown in the calendar. A friendly group which welcomes all, from the area round Skipton, who have played a bit of bridge. There is a charge of £1 for the year to cover the cost of cards and travellers.

Byzantium Nigel Holden and Jane Houlton St Stephens **Surcharge £5.00**
People and Places Weekly **Wednesday** 14:00 - 16:00 max no 65 high
 Autumn 02/10/24 to 11/12/24 to

This series of talks is a revised repeat of the 2023 course. The great Christian empire of Byzantium (330-1453) is both the successor and continuation of the Roman Empire. Spanning Late Antiquity and the Middle Ages, Byzantium has been undeservedly neglected. Now is your chance to become familiar with its tumultuous history. Nigel keeps the narrative going. Jane reveals its glorious artistic and architectural achievements. This course is not suitable for dipping in and out of. Please note that priority of place will go to those members on the waiting list of the 2023 course.

Calligraphy Lesley Perkins St Andrews **Surcharge £10.00**
Creative Arts & Crafts Fortnightly **Thursday** 10:00 - 12:00 max no 20 medium
 Autumn 03/10/24 to 12/12/24 Spring 16/01/25 to 13/03/25

The calligraphy group is a small friendly group, which meets in Skipton, fortnightly from 17th October 2024 to 13th March 2025. The members have a range of skills and levels of experience. We would welcome experienced calligraphers and beginners. We don't have a tutor but existing members will act as mentors to beginners. New members will be provided with equipment, books and guidance to get started. Practising beautiful handwriting is mindful and relaxing. You might want to learn different scripts or produce works of art. If you are unsure whether it would suit you, feel free to try it for a few weeks.

Craven u3a Orchestra Sue Stidworthy Embsay Village Hall **Surcharge £5.00**
Performing Arts Weekly **Wednesday** 14:00 - 16:00 max no 50 very high
 Autumn 25/09/24 to 04/12/24 Spring 08/01/25 to 19/03/25

If you play, or have ever played, an instrument you will be welcome at the orchestra. Our members have varying levels of skill, from beginners to the highly proficient, but all share an enthusiasm for making music together. Our repertoire ranges widely over the musical landscape – Beethoven, Handel, Sousa and Mancini all featured in our March 2024 concert. The rehearsals are always an enjoyable and rewarding way of spending an afternoon.

Creative Writing Laurie Prowse No Venue **Surcharge £0.00**
Creative Arts & Crafts Fortnightly **varied** max no 15 Low
 Other to to

This is not a normal U3A group! We do not actually meet... unless by chance... or for social reasons. We communicate by email and each fortnight a new topic is set. We then have two weeks in which to send our contribution (preferably by attaching a Word file) to the rest of the group via a group email address. Contributions can be prose, poetry, drama scripts or whatever. Members may then send private feedback/comments to the writer. There is no obligation to write, or to comment, and the deadlines are flexible. In fact, we don't really like rules. We always treat each other with respect and try to keep to a 500

word limit so that we are not overwhelmed by having too much to read. Suggestions for topics are always welcome. The key is to have a go... use your imagination... and be creative!

Croquet Group Graham Read **Pendle Croquet Club** **Surcharge £10.00**
Indoor Fun, Games and Fitness Weekly **Wednesday** 13:30 - 15:30 max no 32 very high
Summer 07/05/25 to 09/07/25 Summer 16/07/25 to 17/09/25

The group provides friendly, social competition playing 'Golf Croquet' from the beginning of May to the end of September (weather permitting!). There is no need for previous experience. The rules of Golf Croquet are very straightforward and it is easy to pick up, so there is no problem in starting to play quickly. Instruction and guidance on how to play croquet will be given with the kind assistance of members of Pendle and Craven Golf Club. It is equally suitable for men and women. All equipment will be provided. Flat soled footwear is essential. There is a weekly fee of £2 in addition to the termly £10 venue fee.

Crown Green Bowls Group 1 Keith Waddington **Whinfield Bowling Club** **Surcharge £10.00**
Out and About Weekly **Friday** 11:30 - 14:00 max no 24 medium
Summer 02/05/25 to 04/07/25 Summer 11/07/25 to 12/09/25
Instruction and guidance on how to play Crown Green Bowls.

Crown Green Bowls Group 2 Keith Waddington **Whinfield Bowling Club** **Surcharge £10.00**
Out and About Weekly **Friday** 14:00 - 16:30 max no 24 medium
Summer 02/05/25 to 04/07/25 Summer 11/07/25 to 12/09/25
Instruction and guidance on how to play Crown Green Bowls.

Culture Vultures Wendy Brown **No Venue** **Surcharge £0.00**
Performing Arts Irregular **varied** Various max no 70 medium
All Year to to
A WhatsApp group where members alert group about upcoming arts events We often arrange to travel together and meet for a convivial glass before hand!.WhatsApp group who agree trips to theatre, cinema, music, dance. live arts in local towns. This has proved very popular and enjoyable in 2023-4

Days out with a bus pass Anne MacDonald **No Venue** **Surcharge £0.00**
Out and About Irregular **varied** max no medium
All Year to to
The Bus Pass group organises, via Whatsapp, trips out to various interesting locations. Enjoy a day out with friends, without the hassle of having to drive and find somewhere to park. The group runs throughout the year on different days of the week

E-Biking Linda Hoole **No Venue** **Surcharge £0.00**
Out and About Irregular **varied** max no high
All Year 01/09/24 to to
This group includes members with a wide range of experience and fitness who enjoy cycling. Routes and dates are negotiated, with communication via WhatsApp. Non-e-bike cyclists are most welcome to join us.

Economic History of the UK Syd Matthews **Swadford Centre** **Surcharge £10.00**
People and Places Weekly **Monday** 14:00 - 16:00 max no 28 high
Autumn 30/09/24 to 09/12/24 Spring 06/01/25 to 17/03/25
Autumn term - Post-war economic and social history 1945 - 1965 Spring term - Mediaeval social and economic history 1000 - 1700

Film International on Tuesday Vee Eastham **Champions Church** **Surcharge £5.00**
Autumn

World Languages and Cinema Weekly **Tuesday** 13:30 - 16:00 max no 90 medium
Autumn 08/10/24 to 10/12/24 to

This is a ten week course containing Films from around the world, with English sub-titles. There will be refreshments at 50p and a chance to meet other members. Join us for a wide variety of films from around the world. Most films are certified 12 or PG. All have English sub-titles.

Film International on Tuesday Vee Eastham **Champions Church** **Surcharge £5.00**
Spring

World Languages and Cinema Weekly **Tuesday** 13:30 - 16:00 max no 90 medium
Spring 14/01/25 to 18/03/25 to

This is a ten week course containing Films from around the world, with English sub-titles. There will be refreshments at 50p and a chance to meet other members. Join us for a wide variety of films from around the world. Most films are certified 12 or PG. All have English sub-titles.

Films on Thursdays Autumn Wendy Berrington **Champions Church** **Surcharge £5.00**

World Languages and Cinema Weekly **Thursday** 13:30 - 16:00 max no 90 medium
Autumn 03/10/24 to 12/12/24 to

Films on Thursday afternoons' with English sub-titles. Films on Thursday afternoons is a ten week, very welcoming, drop-in Film Club. Come when you can. In this autumn course most films are British with English sub-titles. There is time to meet people and make friends. New Members are welcome at any time. We are lucky to have the use of Champions Hall, Carleton Road, Skipton, which is comfortable, warm, and has good projection. These titles will give you a flavour of the course: The Courier. A Late Quartet. The Man Between. The Hundred Foot Journey. The Boy with the Topknot. The Post. Snow Falling on Cedars. The Grapes of Wrath. The Europeans. A Month in the Country. Do join us.

Films on Thursdays Spring Wendy Berrington **Champions Church** **Surcharge £5.00**

World Languages and Cinema Weekly **Thursday** 13:30 - 16:00 max no 90 medium
Spring 16/01/25 to 27/03/25 to

Films on Thursday afternoons in Spring 2025 all have English sub-titles. These titles will give you some idea of what is offered in this relaxed and friendly film club. The films this spring have been chosen by club members. An Affair to Remember. Breakfast at Tiffany's. 84 Charing Cross Road. Cider with Rosie. The Enchanted April. The Garden of the Finzi Contini, The River. Stella Days. The English Man Who Went Up a Hill and Came Down a Mountain. The Heat of the Day

Floral Art Jesca De Rijk **St Stephens** **Surcharge £5.00**

Creative Arts & Crafts Fortnightly **Thursday** 14:00 - 16:00 max no 15 medium
Autumn 12/09/24 to 12/12/24 Spring 09/01/25 to 10/07/25

Floral Art provides an opportunity to experiment with using flowers, foliage and natural materials to interpret titles. With an occasional class focused on traditional flower arranging techniques, most sessions encourage modern creativity and individuality. We are a supportive, friendly group with much sharing of ideas and materials. It is a practical class, sourcing your own flowers and containers and 'having a go', learning with and from each other. It is not a demonstration. No prior experience or knowledge is needed; the principal aim is to enjoy using flowers creatively.

French Advanced Kevin Franks **St Stephens** **Surcharge £10.00**

World Languages and Cinema Weekly **Friday** 10:00 - 12:00 max no 16

Autumn 11/10/24 to 13/12/24 Spring 10/01/25 to 14/03/25

An opportunity to improve your knowledge and ability in French in a convivial atmosphere using contemporary sources. A reasonable existing level of spoken French is assumed, and needed, as authentic French texts and videos will be used.

French Conversation Jennifer Rowlands **Champions Church** **Surcharge £5.00**
World Languages and Cinema Weekly **Tuesday** 10:00 - 12:00 max no 20 Low
 Autumn 01/10/24 to 10/12/24 Spring 14/01/25 to 25/03/25

An informal course for those already able to speak some French who want to improve their ability and confidence in the spoken word. Members have frequent opportunities to talk in small groups and may also present topics to the class. Modern texts and articles are studied to practice reading, revise grammar and stimulate discussion.

French resumed - basic level Jennifer Rowlands **Champions Church** **Surcharge £10.00**
World Languages and Cinema Weekly **Thursday** 10:00 - 12:00 max no 20 very high
 Autumn 03/10/24 to 12/12/24 Spring 16/01/25 to 27/03/25

We began learning French from scratch last year, so this year we will revise that material and then continue from where we left off. The emphasis is on spoken French, being equipped to understand what is said and speak confidently. You are welcome to join this relaxed group if you studied French a little in school decades ago!

Gardening Group ANNE MACDONALD **No Venue** **Surcharge £0.00**
Out and About Irregular **Varied** Various max no high
 All Year to to

A social gardening group that share a love of gardening,. We share plants and gardening ideas. There are visits to formal gardens and also to member's gardens. We communicate by Whatsapp and email, and meet up as a big group two or three times a year

Geography Forum James Enever **St Stephens** **Surcharge £5.00**
People and Places Weekly **Wednesday** 10:00 - 12:00 max no 70 high
 Autumn 02/10/24 to 11/12/24 Spring 08/01/25 to 19/03/25

Talks by members on Geography, History, People and Places.

Geology Walks Keith Berrington **No Venue** **Surcharge £0.00**
Out and About Fortnightly **Monday** 10:00 - 12:00 max no 70 medium
 Autumn 30/09/24 to 09/12/24 Spring 13/01/25 to 28/04/25

These morning walks take us through some fascinating geology of the Yorkshire Dales. We go to a local feature such as a hill, valley, quarry or mine. On our walk we look at landscape, rocks, fossils and minerals. Beginners and experts are all welcome, we are a friendly group and learn from each other. We meet at 10 am Monday fortnightly at the car parking at the start of the walk (sorry, but no dogs). The walks vary from 1 to 4 miles and may involve some scrambling. Before each walk I email out details, and you reply if you are coming.

German Sheila Clark **St Andrews** **Surcharge £10.00**
World Languages and Cinema Weekly **Tuesday** 10:00 - 12:00 max no 15 medium
 Autumn 08/10/24 to 10/12/24 Spring 07/01/25 to 11/03/25

For those with a knowledge of German, an interest in improving oral skills, and reading a variety of newspaper/magazine articles from German speaking countries.

History of Art Ian Adams **Embsay Village Hall** **Surcharge £10.00**
Creative Arts & Crafts Weekly **Tuesday** 10:00 - 12:00 max no 22 medium
 Autumn 01/10/24 to 10/12/24 Spring 07/01/25 to 18/03/25

This course gives an overview of western art & architecture, in their historical context, from Bronze Age Greece to the Post Impressionists. It is a well established and popular course and return and new members are equally welcome!

Improvisation classes - jazz and popular music Chris Brown Embsay Village Hall **Surcharge £5.00**
Performing Arts Fortnightly **Monday** 14:00 - 16:00 max no 15 don't know
Autumn 16/09/24 to 09/12/24 Other 13/01/25 to 28/04/25

The course is an introduction to jazz and popular music improvisation. The aim is to be able to improvise around a melody and its chord sequence. It is jazz based but also includes other music styles. Any instrument would be suitable, but the player would need to have about 5 years' experience, probably playing in a band or orchestra and have some practical knowledge of scales and arpeggios. The classes are aimed at both at beginners to improvisation and those with some experience/competency. The content would be a mix of theory, practical demonstration and individual session. The theory will cover the subjects of harmony and chord progressions. Including: •Major and minor scales, •Dominant 7th and Sustained chords•Diatonic and Pentatonic scales•Creating motives•Cycle of 5th•Jazz articulation•basic chord progression•playing from memory without musicThe practical sessions will include Pre-recorded backing tracks with written music scores.Later in the course, I aim to include a band/rhythm section for experience playing with a live band.

Indoor Games Alan Newall **Three Links Club** **Surcharge £5.00**
Indoor Fun, Games and Fitness Weekly **Monday** 14:00 - 16:00 max no 40 medium
Autumn 07/10/24 to 09/12/24 Spring 13/01/25 to 17/03/25

The Indoor games Group provides an opportunity for members to meet socially, during the dreek winter months, and to enjoy some FRIENDLY competition. The group meet weekly at The Three Links Club, where a wide range of games are available, including darts, dominoes, scrabble, draughts/chess, pool and various card and board games. Members are very welcome to bring in their own games to try out. We play purely for FUN - no prizes or trophies!Refreshments are available during the afternoon from the Club Bar.

Italian Beginners Sylva Vorstman **Quaker Meeting House** **Surcharge £15.00**
World Languages and Cinema Weekly **Wednesday** 14:00 - 16:00 max no 25 high
Autumn 09/10/24 to 18/12/24 Spring 15/01/25 to 26/03/25

This class this year (Autumn 2024) will be for complete beginners, although places will be reserved for those who persisted through last year and wish to re-enrol. They will help, as revision with the beginners, classes, but otherwise will be working separately as a group. Beginners is for complete beginners - we do very little grammar in the first year, but through repetition and role play, by the end of the year you will have acquired a basic 'get by' knowledge of the language to help you on a holiday in Italy.Anyone who is not a complete beginner may wish to join the smaller group who have a basic fluency and have done a limited amount of grammar.

Italian – Continuation Sylva Vorstman **Quaker Meeting House** **Surcharge £10.00**
World Languages and Cinema Weekly **Monday** 14:00 - 16:00 max no 23 medium
Autumn 07/10/24 to 16/12/24 Spring 13/01/25 to 24/03/25

This class is for students with a reasonable level of fluency whether obtained through study or visiting/living in Italy. We spend some time chatting in Italian. We do a listening exercise every week, and comprehension exercises that can be prepared at home. We cover a wide range of topics focussed mostly on Italy and things Italian. Occasionally we do some advanced grammar or translation.

Japan: A History in Five Talks Nigel Holden **St Stephens** **Surcharge £5.00**
People and Places Fortnightly **Wednesday** 14:00 - 16:00 max no 65 very high
Spring 08/01/25 to 05/03/25 to

Like Britain. Japan is a heavily populated island, but at the far eastern extremity of the Eurasian landmass; and like us it takes great pride in its exceptionalism. Over the years I have given talks on Japan from mediaeval times to the present day. For this course I am combining four of these talks, adding one new one as well as creating supplementary material to ensure continuity over nearly six hundred years of history. Our story will begin with Japan's first encounters with Europeans in the 16th century and will end, as it were, with a journey of the bullet train.

Literary Lives Judith Barras St Stephens Surcharge £5.00
People and Places Fortnightly Monday 14:00 - 16:00 max no 65 high
Autumn 07/10/24 to 09/12/24 Spring 06/01/25 to 24/03/25
Illustrated talks on the lives of literary figures by Judith Barras, David Turner and guest presenters.

Mah Jong Andrew Todd Greatwood Community Surcharge £5.00
Indoor Fun, Games and Fitness Weekly Thursday 14:00 - 16:00 max no 18 medium
Autumn 10/10/24 to 12/12/24 Spring 09/01/25 to 13/03/25
Mah Jong is an old Chinese game based on three suites, winds and dragons. It stretches the mind, is competitive and satisfying, but needs concentration!!

Music For Fun Mrs Lesley Widdop Trinity Methodist Church Surcharge £10.00
Performing Arts Weekly Tuesday 10:30 - 12:15 max no 40 medium
Autumn 01/10/24 to 10/12/24 Spring 07/01/25 to 18/03/25
This course is purely for the enjoyment of singing and/or playing music. We are not a choir and no perceived ability to do either is required. If you only sing in the shower that's fine. ! Everyone welcome. We don't provide music but words and chords are projected onto the wall. We sing and accompany a very wide variety of songs old and new , including folk and sea shanties classic pop American song book jazz etc. We would like it to be a proactive group where members feel relaxed enough to request songs and/or lead them if they wish and make suggestions. Otherwise the course leaders will choose around a dozen songs each. We have a coffee break when members are encouraged to socialise.

Nature Rambles Maurice White No Venue Surcharge £0.00
Out and About Monthly Varied max no high
All Year to to
Occasional short walks to see, identify and discuss the flora and fauna that are at our feet and our fingertips. No expertise required. WhatsApp group also to share pictures and observations between arranged walks.

Politics Discussion Group Syd Matthews Swadford Centre Surcharge £5.00
People and Places Weekly Thursday 13:00 - 15:00 max no 40 medium
Autumn 26/09/24 to 05/12/24 Spring 16/01/25 to 03/04/25
The Politics discussion group meets weekly to discuss current political events as well as to consider ongoing issues, the underlying background to political decisions and the processes of government (in the UK and elsewhere) in general. Group members will bring to bear their wide-ranging experience(s), reading and viewing to try to get a better understanding of what's going on and where it might lead. Occasionally one of the group may offer a more formal input to inform and focus our discussions. The group is not intended to be a forum for political knock-about from entrenched positions, (although members will clearly have, and express, their own views), but rather an educational experience from which we emerge having learned something new or questioning our previous assumptions.

Popular Music 1920-70 DAVID WISEMAN Three Links Club Surcharge £5.00

Performing Arts Weekly **Tuesday** 14:00 - 16:00 max no 45 medium
 Autumn 08/10/24 to 10/12/24 Spring 07/01/25 to 11/03/25

Over the past decade, we have listened to hundreds of records by singers, big bands, instrumentalists, etc,- from Bing to Barbra, via Benny, Beatles and Bacharach! This time, we are looking at the composers and their work,- George Gershwin, Jerome Kern, Richard Rodgers, Oscar Hammerstein, etc,- not only the writers of their music but the lyric writers of their songs. We shall hear the work of over 25 composers, by listening to approx 25 songs each week, as we follow "AN ALPHABET OF MODERN COMPOSERS" Everyone will remember the songs which our parents and ourselves have enjoyed over the years, and as our members will agree,-"Nostalgia is high in our choice of music". The entire six months will include delightful refreshments, good company and enjoyable music. We promise members, old and new a good time each week!

Positive Progress: the Case for a Green Economy Joan Nicholson Soroptomists **Surcharge £5.00**

Science & Technology Weekly **Wednesday** 14:00 - 16:00 max no don't know
 to Spring 15/01/25 to 19/02/25

A follow-up to the 2021 course, to see where we have got to on restoring the health of the soil and dealing with climate change. We will look at economic and political aspects of the climate problem, as well as looking at all the positive action being taken by businesses, farmers, individuals and communities round the world to combat the effects and pursue a more nature-friendly course, despite the u-turns by governments and politicians on all sides. This means we will also cover issues like immigration, regenerative farming, behaviour change and restoring natural habitats. There will be plenty of opportunity for debate on the way forward.

Pottery Collective Susie Cottrell **No Venue** **Surcharge £0.00**

Creative Arts & Crafts Weekly **Wednesday** 11:30 - 14:00 max no 5 Low
 Autumn 02/10/24 to 04/12/24 Spring to

I've recently started a new hobby - Ceramics. We would like to meet up weekly and share/learn together. I have a wheel, a kiln and some space Members would need to pay for materials.

Quilting Beverly Anne Reay **Champions Church** **Surcharge £5.00**

Creative Arts & Crafts Weekly **Wednesday** 10:00 - 12:00 max no 25 don't know
 Autumn 02/10/24 to 11/12/24 Spring 08/01/25 to 19/03/25

Sewing is a wonderfully extensive skill that can be applied to small and large, simple and complicated projects. Items to use daily or pieces to give as presents. The Quilting Group embrace all aspects of sewing. Everyone can sew, you just require a vision of the finished project and the determination to complete it.If you enjoy sewing or want to learn to sew then come along and join our group. We are interested in all the different aspects of using fabric and thread. Bring your own work, or a basic kit and some fabric if you want to learn something new. I have ideas for simple starter projects.Everyone welcome, from experienced sewers to novices. We can all teach each other what we know and ask for help with what we don't know.We meet in Christ Church Hall, a large room with plenty of ventilation. Sessions are on Wednesdays 10am to 12am. Tea, coffee and biscuits available.

Racketball Jon Tomlinson **Sandylands** **Surcharge £0.00**

Indoor Fun, Games and Fitness Weekly **Monday** 08:50 - 10:50 max no 30 medium
 All Year 02/09/24 to (2 sessions) to

Played on 4 squash courts as per UK Racketball rules. Clothing as for indoor sports with non-marking shoes. A reasonable level of fitness is required.Game details: singles. 2 games played to 11 points with 2 points clear. Players will rotate between all 4 courts depending on numbers and availability. Short waits may happen at busy times.Court fees: £4 per session payable by bank transfer. No further fees will apply.

Railway Studies Ian Appleyard **Swadford Centre** **Surcharge £5.00**

Science & Technology Weekly **Friday** 10:00 - 12:00 max no 90 very high
 Autumn 27/09/24 to 13/12/24 Spring 10/01/25 to 11/04/25

The programme consists of talks on a wide variety of railway and related topics including trams and

tramways. These range from the historic to the present day railway with the emphasis on Britain's railways, but with overseas railways also featuring. Most talks feature Powerpoint presentations. Speakers are drawn from the ranks of the group membership, as well as some dozen Guest Speakers, some well known in the railway industry.

Recorder Continuers Jenny Crook St Andrews Surcharge £5.00

Performing Arts Weekly Monday 15:00 - 17:00 max no 22 high
Autumn 30/09/24 to 09/12/24 Spring 13/01/25 to 24/03/25

We are an informal, supportive, self-help group (no tutor) and members have a varied amount of musical knowledge. We play all sorts of 2, 3, and 4 part music. Ideally you should have some previous basic experience, but if in doubt please contact me to check standard needed. Requirements: Recorder and portable music stand. Any additional costs to members -Allow £10 for music

Recorder Ensemble Jean Kendrew St Andrews Surcharge £5.00

Performing Arts Weekly Monday 13:30 - 14:30 max no 20 very high
Autumn 30/09/24 to 09/12/24 Spring 13/01/25 to 24/03/25

Four or five part music will be played on, descant, treble, tenor and bass recorders, from different genre. It is an asset if members can play more than one instrument. The group usually plays at the u3a carol service in one of the Skipton churches. Requirements: Recorders and portable music stand

Renaissance Gardens and Ovid Jane Houlton St Stephens Surcharge £5.00

People and Places Fortnightly Monday 14:00 - 16:00 max no 65 high
Autumn 30/09/24 to 02/12/24 Spring 13/01/25 to 17/03/25

A journey through gardens, poetry and myth. Many of the famous gardens of the Italian Renaissance draw their design and imagery from the work of the lively Classical Roman poet Ovid. We will look at these fine gardens, and others round Europe; exploring the ideas behind their creation; learning about Ovid, and Renaissance culture, along the way. No prior knowledge of Latin required. Just bring your interest and curiosity, as we explore many corners of literature, hidden history and lost gardens.[Please note that this course runs every two weeks, alternating on Monday afternoons with Literary Lives]

Safety on the Web George Mackley Zoom Surcharge £0.00

Science & Technology Irregular Friday 10:30 - 12:30 max no 12 medium
Autumn 18/10/24 to 01/11/24 to

The web trades on Ignorance. Come on this course to find out how to be safer

Science and Technology Discussion Ian Blomfield St Stephens Surcharge £15.00

Science & Technology Weekly Tuesday, Monday 10:15 - 12:15 max no 23 medium
Autumn 30/09/24 to 09/12/24 Spring 06/01/25 to 17/03/25

Discussion of current scientific topics that are of special interest to group members. If members have expertise in a particular area the group would welcome a presentation. The group distributes discussion documents via their website: <https://cravenst971700904.wordpress.com> so familiarity with internet technology would be an advantage. Meetings are held in a hybrid in-person/Zoom format. We will have the internet and a large screen at the venue so that participants and articles can be display to all.

Shorty Walks Sally Crowley No Venue Surcharge £0.00

Out and About Fortnightly Monday max no don't know
All Year to to

Walks of 2 - 5 miles for those who prefer gentler exercise in a social context. Walks are offered and led by group members. Our programme includes walks in the Dales town trails canals and anything else any member wishes to offer! The information about each walk is emailed monthly with a reminder a few days before each walk. This includes date, time meeting place transport options walk length stiles and a general

description of the terrain. All walks are at members' own risk.

Singing Madrigals Chris Skidmore **St Andrews** **Surcharge £15.00**
Performing Arts Weekly **Wednesday** 10:30 - 12:30 max no 25 medium
Autumn 09/10/24 to 11/12/24 to

In this course we shall get together to sing examples of English madrigals and other simple part songs. Singing in parts is a group activity where we support each other and is good for both body and mind. Enthusiasm and a willingness to try will be more important than musical experience, although some knowledge of musical notation will help.

Solo Latin Dance Jacqui Eames **Sandylands** **Surcharge £5.00**
Indoor Fun, Games and Fitness Weekly **Friday** 12:45 to max no 25 high
Autumn 04/10/24 to 06/12/24 Spring 17/01/25 to 28/03/25

Latin Dance: no partner or experience required Dancing is great for well-being, toning, muscle and bone strength. A trained dance teacher, I find dancing solo popular. We will have music to dance to and do some cha cha, samba, rumba, jive, salsa and paso doble - Comfortable clothing/ footwear are essential: + water and enthusiasm!

Stories of Scientists Mick Richings **Carleton-in-Craven Village Hall** **Surcharge £5.00**
Science & Technology Weekly **Wednesday** 10:00 - 12:00 max no 60 Low
Spring 08/01/25 to 19/03/25 to

Stories of Scientists their background and discoveries.10-weeks with a break for half term holidays

Stretching / Movement Sandra Dixon **St Andrews** **Surcharge £5.00**
Indoor Fun, Games and Fitness Weekly **Wednesday** 10:00 - 11:00 max no 45 high
Autumn 09/10/24 to 11/12/24 Spring 08/01/25 to 12/03/25

Seated exercise for posture and flexibility. Some standing positions to help with balance and strength. Please bring a bottle of water and wear comfortable clothing and soft shoes.

Stretching / Yoga Sandra Dixon **St Andrews** **Surcharge £5.00**
Indoor Fun, Games and Fitness Weekly **Monday** 10:00 - 11:00 max no 40 high
Autumn 07/10/24 to 09/12/24 Spring 06/01/25 to 10/03/25

Exercise for flexibility, core strength and balance. You should be able to sit down on your heels and do a shoulder stand to perform the exercises correctly. A mat is preferable for floor positions. Please bring a bottle of water and wear comfortable clothing.

Sunday Lunch Club Jacqui Eames **No Venue** **Surcharge £0.00**
Indoor Fun, Games and Fitness Monthly **Sunday** 12 max no 25 high
All Year to to

Whats App group who agree monthly Sunday Lunch Club venues This year it has proved very popular and enjoyable with members taking it in turns to propose and then book venues. Car sharing has helped

Table Tennis Jenny Crook **Sandylands** **Surcharge £5.00**
Indoor Fun, Games and Fitness Weekly **Friday** 14:00 - 16:00 max no 50 high
Autumn 04/10/24 to 06/12/24 Spring 10/01/25 to 14/03/25

Have fun and improve your fitness and coordination at the same time. Beginners welcome.

Ten Pin Bowling Gail Matthews **Matrix Superbowl** **Surcharge £0.00**
Indoor Fun, Games and Fitness Weekly **Monday** 14:00 - 16:00 max no 24 medium
 Autumn 09/09/24 to 09/12/24 Spring 13/01/25 to 31/03/25
We play 2 games of bowling. No experience required. £4/5 per week. The session starts at 2 pm and lasts approximately 1.5 to 2 hours. This is friendly bowling no experience required.

The Hearing Loss Network Vera Brearey **No Venue** **Surcharge £0.00**
People and Places Irregular **varied** Other max no Low
 Autumn to Spring to
For people with misbehaving ears. This is less of a group and more of a grapevine for all things hearing loss. Swapping information about venues it's hard to hear in? Know which places have a hearing loop and how it works? News of captioned cinema and theatre performances? Perhaps an occasional speaker on a hearing loss-related topic? If your ears frustrate you please sign up. No strings attached other than receiving an occasional email.

The Story Behind the Song Sue Jackson **Private Houses** **Surcharge £0.00**
Performing Arts Fortnightly **Tuesday** 14:00 - 16:00 max no 12 high
 Spring to Spring 14/01/25 to 11/03/25
This year we'll be looking at protest and work songs, the early folk song collectors, songs from the 18th century and songs inspired by Shakespeare. The people who wrote them and the stories behind them.

Victorians Vera Brearey **Swadford Centre** **Surcharge £5.00**
People and Places Weekly **Tuesday** 14:00 - 16:00 max no 65 don't know
 Spring 14/01/25 to 25/03/25 to
Ten speakers, ten topics. Industrialists, campaigners, artists, a writer - anything and everything Victorian. From Wilkie Collins to Isambard Kingdom Brunel, from the Corn Laws to the Pre-Raphaelites.

Vivaldi: His Life and Music Vic Edy **Skipton Little Theatre** **Surcharge £5.00**
Performing Arts Weekly **Tuesday** 10:00 - 12:00 max no 40 medium
 Spring 14/01/25 to 25/03/25 to
The story of Antonio Vivaldi and his music. Known of course for his "Four Seasons", he composed several hundred concertos, as well as large amounts of church music, several serenatas and at least 45 operas. He achieved dizzying fame, yet died in poverty and was essentially forgotten for 200 years.

Walking Group Phil Sugden **No Venue** **Surcharge £0.00**
Out and About Weekly **Tuesday, Thursday** max no high
 All Year to to
Walks of varying difficulty between 6 and 12 miles every Tuesday and Thursday. Occasional residential walking breaks

Walking Netball Clarissa Jarvis **Sandylands** **Surcharge £10.00**
Indoor Fun, Games and Fitness Weekly **Tuesday** 11:00 - 12:00 max no 24 medium
 Autumn 01/10/24 to 10/12/24 Spring 14/01/25 to 25/03/25
To introduce ex-players to a sport they have always loved or to engage adults in a sport they didn't realise they could enjoy. We will develop netball skills at a slower pace for everyone to increase physical and social health; open to everyone; there is a health questionnaire for participants to assess themselves, anyone unsure if they are fit to participate should speak to someone at their GP practice .

Walk to Lunch Jenny Robinson and No Venue Surcharge £0.00
 Brigida Martino
Out and About Fortnightly **Thursday** 10:00 start max no 30 very high
 All Year 10/10/24 to to

We offer morning walks of up to 5 miles followed by a pub/café lunch. Please note that a regular commitment to walks is required and pre-booking for walks/lunches is essential. Members must be fit to walk at a good pace and manage hills and stiles. Meeting points and pub menus are circulated by email a week before each walk. You'll need boots, waterproofs, email access and (sometimes) a sense of adventure !!

Wharfedale Walking Nick Jarvis No Venue Surcharge £0.00
Out and About Weekly **Saturday** 10:00 start max no high
 Autumn to Spring to

A friendly way to walk, for reasonably good walkers, at an easy pace up and down the dales. Walks are on Saturdays, weather permitting and mainly in Wharfedale. We meet at the start of the walk at 10.00. We like to stop from time to time to take in the scenery and anything else of interest during the walk. You should have appropriate clothing, boots, drink and a picnic lunch. Typically, walks will be between 5 and 8 miles. (Sorry but no dogs). A few days before each Saturday walk a description of the walk is sent by e-mail, and you reply if you can come. New walkers are welcome to join at any time. Occasional walks during the Summer

Woodturning 1 Doug Hirst Woodturning Surcharge £0.00
Creative Arts & Crafts Weekly **Monday** 14:00 - 16:00 max no 5 high
 Autumn 30/09/24 to 09/12/24 Spring 06/01/25 to 14/04/25

A mixed ability class. Beginners will be taught basic techniques. Returners will undertake more ambitious projects. N.B. This course involves moving machinery and sharp tools, so there are health and safety issues, which will be taught. There will be some exposure to dust, so it may not be advisable for those with breathing difficulties. Physical strength is not required, so it is suitable for both sexes. Persons with health problems such as postural hypotension MUST inform the Group Leader. Additional cost <£5 for cost of materials, wood

Woodturning 2 Doug Hirst Woodturning Surcharge £0.00
Creative Arts & Crafts Weekly **Monday** 15:00 - 17:00 max no 5 high
 Autumn 30/09/24 to 09/12/24 Spring 06/01/25 to 14/04/25

A mixed ability class. Beginners will be taught basic techniques. Returners will undertake more ambitious projects. N.B. This course involves moving machinery and sharp tools, so there are health and safety issues, which will be taught. There will be some exposure to dust, so it may not be advisable for those with breathing difficulties. Physical strength is not required, so it is suitable for both sexes. Persons with health problems such as postural hypotension MUST inform the Group Leader. Additional cost <£5 for cost of materials, wood

Woodturning in Summer Doug Hirst Carleton Woodturning Club Surcharge £20.00
Creative Arts & Crafts Fortnightly **Monday** 14:00 - 16:00 max no 10 medium
 Summer 02/06/25 to 01/09/25 to

This group will be held in a woodturning club in Carleton. There will be 10 sessions in which I will do a demonstration of a project and the leave it to the group to make the piece themselves. This course is more suited to those with a bit of experience in woodturning but will not be too challenging. NB the premises to be used involve rough terrain in the approach and a steep staircase. There are no toilet or kitchen facilities so members must bring their own refreshments.