



South Lakes u3a

Newsflash: October 2024

Publicity

Open Morning - a successful event, registering nearly 50 new members.

Winter vaccinations - we have been invited by James Cochrane Practice to display posters and leaflets at their sessions each Saturday in October.

Age Friendly Festival - we will have a table at this event to display details of our various groups. Details of event are on page 3.

New Non-Fiction Book Group

This group will meet monthly and discuss non-fiction books chosen and introduced in turn by members. There should be a wide range of subjects including but not limited to: travel, biography, history, science, politics, nature, psychology, the arts and more.

Meetings will be held on the first Wednesday of each month starting at 2pm. Castle Street Community Centre will be the venue.

If you are interested in joining the group please contact Ed Mason at

edmasonkendal@outlook.com.

Editor: John Broadhead, email editor@southlakesu3a.org.uk

Website: <https://south-lakes.u3asite.uk/>

Registered Charity Number: 1030281

MONTHLY MEETINGS

10.30am, Castle St Centre (*Refreshments available from 9.45am*)

Wednesday 16 October

**'Today is a good day to die' Custer's last stand
by Professor Martin Alexander**

Wednesday 20 November

**On the Home Front, South Lakes at war 1939-45
by Kendal Oral History Group**

GROUP MEETINGS OPEN TO ALL

Classic Films (*First Thursday, 1.30 for 2pm, Abbot Hall Social Centre*)

Thurs 3 October 'It happened one night' A best ever romantic comedy

Thurs 7 November La Belle et la Bête (Beauty and the Beast, 1946)

Jean Cocteau's magical version of the old story

Themes in world history (*First Monday, 2pm, Abbot Hall Social Centre*)

*Mon **14** October 'The State of Democracy' by Derek Ridgway*

Mon 4 November

'Guerrillas in the Mist' - The Causes of US defeat in Vietnam

by Professor Martin Alexander

Art Appreciation (*Third Tuesday, 2pm, Abbot Hall Social Centre*)

Tues 15 October 'Frida Kahlo—an autobiography in paint'

Tues 19 November Feedback: L S Lowrie/Norman Cornish exhibition at Bowes Museum (Barnard Castle) plus in-depth dive into another picture

Science and Technology (*last Friday, 2pm, Castle Street Centre*)

Fri 25 October The Tides of Morecambe Bay and the Kent Estuary

by Mike Warren

Fri 29 November The Story of Concorde by Bill Wood

Age Friendly Festival

Sunday 6 October, Kendal Leisure Centre, 11.30-14.00

Free admission

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| 11.30-14.00 | Many local organisations will provide health and wellbeing information and interactive activities |
| 11.30-14.00 | Macmillan Coffee and Baking stall. Cake donations welcome but a full list of ingredients <u>must</u> be supplied |
| 11.30-12.00 | Boccia with Katie |
| 12.00-12.30 | Gentle seated and standing exercises with Richard |
| 12.30-13.00 | Light Lunch |
| 13.00-13.30 | Bingo with Katie |
| 13.30-14.00 | Interactive Singing Workshop, Bay Community Singers |

Annual Handbook

My thanks go to our group coordinators for making the task of preparing the handbook much easier this year. By spending a few minutes filling in the new form it reduced editing time by a considerable amount. However, I learned that you used fifteen different ways of listing your meeting times!! These had to be altered to be consistent so next year's form may be revised.

Genealogy books wanted

Our family history group wishes to start a library of appropriate books. Do you have any you no longer need? Please contact Chris Jones via the family history entry on our website