



# South Lakes

## u3a

- ◆ u3a is for semi or fully retired people
- ◆ Making new friends
- ◆ Providing new hobbies or interests
- ◆ Over 70 activity, discussion and learning groups
- ◆ All times of day there is something for you
- ◆ Art, Dining, Gardens, History, Languages, Music, Sports, Table-top Games, Walking and much more  
see full details on our website
- ◆ Affordable membership

*Please come along and  
see what we can offer*

*You can attend our groups to see if you  
like it without obligation to join—just contact  
the group coordinator via our website*

[info@southlakesu3a.org.uk](mailto:info@southlakesu3a.org.uk)

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

Charity number 1030281

# Something for all

Contact a group coordinator via our website if you wish to attend a meeting

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

|                                     |  |
|-------------------------------------|--|
| American History                    | Mah Jong                                       |
| Architecture Appreciation           | Mindfulness Meditation                         |
| Art                                 | Monthly Meeting (various speakers)             |
| Art Appreciation                    | Moving to Music (Monday or Wednesday)          |
| Artistic Licence                    | Music for All                                  |
| Badminton                           | Natural History                                |
| Ballroom Dancing                    | Norwegian                                      |
| Books on Tuesday                    | Patchwork, Quilting and Embroidery             |
| Bridge                              | Philosophy                                     |
| Chess                               | Pickleball (3 groups)                          |
| Classic Films                       | Poetry and Prose                               |
| Come Dine with Us                   | Psychology in the News                         |
| Computer Help                       | Recorder Ensemble                              |
| Country Dancing                     | Saturday Lunch Club                            |
| Cribbage                            | Science and Technology                         |
| Crown Green Bowling                 | Scottish Dancing                               |
| Cycling (2 groups)                  | Scrabble                                       |
| Digital Photography                 | Singing for Fun                                |
| Discussion Group                    | Table Tennis (Singles and Doubles)             |
| E-bikers and Friends                | Tabletop Games                                 |
| European History                    | Tai Chi (Improvers and Advanced)               |
| Family History                      | Tennis   |
| Folk Music and Song                 | Themes in World History                        |
| French Basic/Beginners              | Walking (Gentle Strollers and Strollers)       |
| French Intermediate/Advanced        | Walking (Amblers 4 groups, various days)       |
| Gardens (four groups, various days) | Walking (Amblers Plus)                         |
| German                              | Walking (Ramblers and Ramblers Plus)           |
| Hanoverians/Geogians                | Walking (Tuesday Walkers)                      |
| Health Matters                      | Walking (Fellwanderers and Fellwanderers Plus) |
| Indoor Bowling                      |  |
| Instrumental Music                  | Wine Appreciation (2 groups)                   |
| Italian Conversation                | Yoga   |
| Literary Studies                    |  |