



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
https://south-lakes.u3asite.uk/
Charity number 1030281

If you wish to attend a meeting contact a group coordinator via <https://south-lakes.u3asite.uk/>

American History	Mah Jong
Architecture Appreciation	Mindfulness Meditation
Art	Monthly Meeting (various speakers)
Art Appreciation	Moving to Music (Monday/Weds)
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)
Gardens (four groups, various days)	Walking (Amblers Plus)
German	Walking (Ramblers and Ramblers Plus)
Hanoverians/Georgians	Walking (Tuesday Walkers)
Health Matters	Walking (Fellwanderers and Fellwanderers Plus)
Indoor Bowling	Wine Appreciation (2 groups)
Instrumental Music	Yoga
Italian Conversation	
Literary Studies	