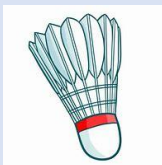


Bournemouth

u3a learn,
laugh,
live



98 Groups + Social Events



Programme 2024 – 2025

AUTUMN TERM 2024

Monday 30 September –
Friday 6 December

SPRING TERM 2025

Monday 6 January –
Friday 21 March

SUMMER TERM 2025

Monday 28 April –
Monday 23 June

There are no half-term
breaks, but u3a closes on
Public Holidays

The 2024/2025 membership donation for all 3 terms is £66
Membership donation for the 2025 **Spring & Summer** terms is £44
The membership donation for the 2025 **Summer** term only is £22

Learn, Laugh, Live!

👍 We hope you enjoy browsing this 2024/2025 Programme Brochure. Our u3a promotes late-life learning in enjoyable special interest Groups (with no examinations!), which are led by Volunteer members in an informal and relaxed style.

👍 Enjoy the Companionship that u3a offers with an opportunity to make new friends and meet people with shared interests. Come along and join in our popular and varied social activities (see back page).

👍 Please take care when filling in the Registration Form (pages 5 & 6), and make sure that all the sections have been completed.

👍 TO BECOME A MEMBER:

- 1 Cut out the REGISTRATION FORM (pages 5 and 6).**
- 2 Complete all sections on both sides of the REGISTRATION FORM.**
- 3 Pay ONLINE (or write a cheque) for your subscription.**
- 4 Prepare a stamped addressed envelope [SAE].**
- 5 Send your REGISTRATION FORM, SAE, and cheque (if writing one), to the Office address set out below.**

👍 Your Group choices

A photocopy is returned to you and will be marked as either:

ACC (Accepted in Group), **WAIT** (on Waiting List), or **FULL** (Group full)

HOW TO CONTACT US

HOW TO CONTACT US	
By Post:	Bournemouth u3a, c/o St James Institute, 33a Stourfield Road, BOURNEMOUTH, BH5 2AR
By Phone:	01202 420700 Weekdays Monday – Thursday 10 - 12
By Email:	info@bournemouthu3a.org.uk
Web-Site	www.bournemouthu3a.org.uk
REGISTERED CHARITY NO. 800397	

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TERMS & CONDITIONS OF MEMBERSHIP

All members agree to:

- abide by the Principles of the u3a movement,
- act in the best interests of our u3a,
- not behave in such a way as to bring our u3a into disrepute,
- abide by the provisions of the Constitution of our u3a,
- treat fellow members with respect and courtesy,
- comply with and support the decisions of the elected Committee,
- advise the Office (in writing) of any changes in their personal details.

PRIVACY STATEMENT

Personal details supplied on your Registration Form are held on a secure computer database. We will:

- only store and use your data for the membership activities of our u3a,
- use your data to communicate with you as a member (and this includes sending your name and address to our printer who distributes our newsletters),
- use your data to inform the Group Leaders of those Groups that you have applied for and are a member of.

Code	Venue	Room
AS(UHL)	<u>All Saints Church (DISABLED ACCESS)</u> Corner of Oxford Ave / Castlemain Ave Southbourne BH6 5EH	Upper Hall with Kitchen
BC	<u>Beaufort Community Centre</u> Beaufort Road (Cranleigh Rd end) Southbourne BH6 5LB	Room
BC(SH)	<u>Beaufort Community Centre</u> Rear of Building	Sport Hall
BRS(HL)	<u>Bournemouth Reform Synagogue</u> 53 Christchurch Road BH1 3PN	Hall
BUINT	<u>Bournemouth University International College</u> 51-65 Holdenhurst Road BH8 8GN Bus Routes M1 5's 6's 12 13 16 17 22 & 1's to Lansdowne Roundabout	Room
K(CR)	<u>The Knole</u> Freemasons Hall, Knole Road Bournemouth BH1 4DH	Christy Room
K(DR)	<u>The Knole</u>	Dorset Room
K(HR)	<u>The Knole</u>	Hampshire Room
LLC	<u>Littledown Centre</u> Chaseside Castle Lane BH7 7DX M1	Sports Hall
MCC	<u>Moordown Community Centre</u> Coronation Avenue, BH9 1TW	Room
MCC(HL)	<u>Moordown Community Centre</u>	Hall
OLQO	<u>Our Lady Queen of Peace</u> 18 Douglas Road Southbourne BH6 3ER	Hall
SJI(SHL)	<u>St James Institute</u> 33a Stourfield Road, Southbourne, BH5 2AR	Small (Rear) Hall
SK(LH)	<u>St Katharine's Church</u> Church Road (just down from Belle Vue Road) Southbourne BH6 4AR	Large Hall
SK(SH)	<u>St Katharine's Church</u> (One internal step to hall)	Small Hall
WLIB	<u>Westbourne Library</u> Alum Chine Road Westbourne BH4 8DX	Meeting Room

YOUR CONTACT DETAILS

(please PRINT clearly and include your postcode)

Title (Mr, Mrs, Ms, etc) Surname.....

Forename Membership no:

Address

.....

Postcode Tel No.

E-mail (WRITE CLEARLY)

Please the box if you are a NEW member of Bournemouth U3A **If so, how did you hear about us?****YOUR ENROLMENT - ENTER IN ORDER OF PREFERENCE**Please enrol me in the following Groups (**MAX 3 choices** permitted until 1 November)**1st choice**

Group Name Group No.

Venue Day Time

2nd choice

Group Name Group No.

Venue Day Time

3rd choice

Group Name Group No.

Venue Day Time

4th choice (ONLY if one of your first 3 choices is unavailable OR group noted in the brochure – 'Not included in your choice of 3'.

Group Name Group No.

Venue Day Time

The limit of 3 choices applies just until the end of October. After that, the only requirement for additional Groups is that extra Groups have a vacancy, and that has to be confirmed with the Group leader.

Now turn over to complete the REGISTRATION FORM on page 6

Please read the **TERMS & CONDITIONS OF MEMBERSHIP** (on page 2)
Now tick both **your agreement** and **your consent**, followed by **your signature / the date**

I will abide by the Terms and Conditions of membership as stated on page 2 of this Programme Brochure. Please this box.

I consent to my personal data being used for membership purposes as set out in the Privacy Statement on page 2 of this Programme Brochure. Please this box.

Signed

Date

MEMBERSHIP for 2024/2025

The membership donation for the whole year is £66

*If you are also a current **2024/2025 member of another u3a**, you do not need to pay the Third Age Trust membership fee again. Where proof of membership is provided, a discount of £4 can be applied.*

If you are willing to include an additional small donation

Now ONE of the following payment boxes

EITHER I have made an online payment of £..... to **Bournemouth u3a** with sort code **20-11-39** and account no. **83283216** (enter your Membership No. and Name as 'Reference' e.g. **1234 Surname**).

OR I enclose a cheque for £..... made payable to **Bournemouth u3a**

BOURNEMOUTH u3a PARTICIPATES IN THE **GIFT AID** TAX REFUND SCHEME

Please complete even if you have already done so in previous years

By ticking the Gift Aid box below, I confirm that I am a UK tax payer and would like Bournemouth u3a to treat all membership donations I make from the date of this declaration until I notify Bournemouth u3a otherwise as Gift Aid donations. I confirm that I have paid sufficient tax to cover the amount that Bournemouth u3a will claim back, and I consent to this confirmation being relayed to HMRC.

Please here to **confirm your Gift Aid declaration**

(PRINT) Name date

ADDRESS including post code.....

• Please now prepare a stamped address envelope [SAE].

• **Finally, send your REGISTRATION FORM, SAE, and cheque (if writing one), to the Office address set out on the front page of this Programme Brochure.**

Code	Venue
AR(H)	Annabelle Russell Address advised at registration - Penn Hill area
JS(H)	Jacqueline Song Address /arrangement advised by Leader - East Cliff area
LG(H)	Lesley Gibbons Address advised at registration - Boscombe / Kings Park area
MJ(H)	Mavis Jackson Address advised at registration - Southbourne/BH5 area 1st Floor Flat. Stairs only.

LIMIT of 3 Groups

These limits apply only until the end of October. From November the only requirement for members is that the chosen group has a vacancy, which must be confirmed with the leader. **This also applies to groups where it is stated you are limited to one of the same type of group.**

*** Zoom / Email & short courses at BUIC not included in your choice of 3.**

TABLE OF GROUPS

Category	Groups	Group Number
ART	Art Club All Media/Own Projects	1
	Art for Enjoyment. No Tuition	61 89
	Art With Tuition	38 96
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CARDS & GAMES	Backgammon	97
	Bridge	7 73 76
	Canasta	93
	Chess	87 88 91 92
	Kalooki	12 46 86
	Mah Jong	8 62

Category	Groups	Group Number
CARDS & GAMES CONT'D	Rummikub	82
	Scrabble	11
CRAFTS & HOBBIES	Creative Crafts	37
	Knit or Crochet & Natter	95
CROSSWORDS	Cryptic Crosswords	98
CLIMATE MATTERS	Climate Matters	25
CURRENT AFFAIRS	Current Affairs	77
DANCING	Ballroom & Latin Dance	57
	Dance Aerobics	2 57
	Folk	5 26
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EXERCISE & WELLBEING	Fitness Workshop	19
	Kettlebell	90
	Hiking / Rambling / Walking	27 70
	Personal Development	15
	Seated Guided Meditation	67
	Stretching / Exercise	32 64
	Tai Chi & Qigong	20 83 94
Yoga	10 50	
ETHICS	Issues in Ethics	51
HISTORY/ CULTURES	A History of China, India & South East Asia	85
	Bournemouth Past & Present	80
	Explorers & Travel Writers	24
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	German	4 9
	Italian	43 72
	Spanish	6 54 60 69
LITERATURE	Book Clubs / Book Talk	59 84 / 13
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	Reading & Discussion	45
	Shakespeare	49
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	Opera	30 66
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PHOTOGRAPHY	Photography	58
PSYCHOLOGY	Psychology of Religion	51
	Value Yourself	34
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	Natural Science/Wildlife	48
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SONG WRITING	Song Writing	31
SPORT	Badminton	42
	Cycling	Page 24
	Petanque	Page 24
	Short Tennis	74
	Table Tennis	39 47
WRITING	Creative Writing	44 65

Group No.	Time/Venue (Max group size)	Title	Leader
1	9.45 - 12.15 K(DR) (25)	Art Club Friendly group, no tuition but advice shared between members. All grades & media welcome. You may not apply also for group nos. 38, 61, 89, 96	<i>Susan Ross</i>
2	10.00 - 10.45 K(HR) (50)	Dance Aerobics A gentle or energetic workout, at your own level. Also, fun disco dances taught by qualified dance teacher, Margo. Need to be mobile. Wear comfy shoes. Visit: www.margodance.co.uk	<i>Margo Fitzsimons</i>
3	10.30 - 12.30 MCC (22)	Uni-Sing Singing popular songs from 60's to present day. Need to learn song words & be able to move in rhythm. Occasional performances.	<i>Thelma Clothier</i>
4	11.00 - 12.30 MCC (20)	German - Intermediate Practice in listening, speaking & reading. Relaxed approach to grammar. New members welcome but not suitable for beginners.	<i>David Royce</i>
5	11.00 - 12.30 K(HR) (30)	English Folk Dance Come and enjoy with or without a partner. English country dancing from the 1600's to the present day. Suitable shoes with low heels, no stiletto heels. Tuition given.	<i>Liz Neal Richard Lane</i>
6	11.00 - 12.30 MCC (12)	Spanish Conversation for Beginners – Year 2 A continuation of 2023/24 Absolute Beginners course. Focusing on Conversation.	<i>June Arthur</i>
7	11.00 - 12.30 WLIB (20)	Club Class Bridge For Improvers & Experienced players (not suitable for Beginners). No formal tuition provided but guidance given.	<i>John Goodyear</i>
8	12.30 - 2.00 LG(H) (12)	Mah Jong Beginners & Improvers only A game played with tiles, partly based on a Chinese form of dominoes & a card game similar to Rummy. Tuition given. You may not apply also for group no. 62	<i>Lesley Gibbons</i>
9	12.40 - 2.10 K(DR) (15)	Deutsch Pur Topical & everyday conversation only in German. Experienced only.	<i>Karen Essery</i>

Group No.	Time/Venue (Max group size)	Title	Leader
10	12.45 - 2.00 K(HR) (20)	Easy Yoga Gentle Hatha Yoga suitable for Beginners & Returners. Safe versions of Traditional postures in a non-competitive, relaxing atmosphere. Yoga mat essential, small blanket useful. <i>You may not apply also for group no. 50</i>	<i>Julie Farley</i>
11	2.00 - 3.30 SK (LH - part) (16)	Scrabble Scrabble with tuition.	<i>Doreen Thompson</i>
12	2.00 - 3.30 SK (LH - part) (20)	Kalooki – A Card Game Come along and join our happy group. Every level of player is welcome & tuition will be given for beginners. 'An easy game to learn'.	<i>Carol Cox Andrea Gallagher</i>
13	2.00 - 3.30 BUIC (16)	Book Talk Each member of the group talks about a book which left a lasting impression & which the reader is keen to share with the group. Genres: Fiction (literary & historical) & Non-Fiction <i>Alternate weeks start 07/10/24 Autumn & Spring terms only. * Not included in your choice of 3 groups.</i>	<i>Dorothee Merton</i>
14	2.00 - 3.30 BUIC (16)	French Intermediate Conversation (A2/B1) Basic conversation using interesting & easy to understand articles in French, practising French for your holiday, talking French cuisine etc. No native level speakers please. <i>Alternate weeks start 14/10/24 Autumn & Spring terms only. * Not included in your choice of 3 groups.</i>	<i>Dorothee Merton</i>
15	2.15 - 3.45 K(HR) (14)	Intuition & Song A fun & relaxed space where we sing simple chants & carry out exercises to boost your intuition. <i>Autumn & Summer terms only. No Spring term.</i>	<i>Val Mitchell</i>
16	2.25 - 3.55 K(DR) (16)	Drama A lively & welcoming group developing acting skills through exercises, improvisation & script - based work. <u>No line-learning required.</u> Continuation group, but new members welcome. Guidance given.	<i>Tessa Hill</i>

Group No.	Time/Venue (Max group size)	Title	Leader
17	2.30 - 4.00 K(CR) (18)	Great Modern & Contemporary Poets We read & discuss some of the best poems by twentieth-century & contemporary Poets & explore their success. All are on the Internet.	<i>Malcolm Povey</i>
18	2.30 - 4.00 AS(UHL) (30)	Singing for Pleasure Come & enjoy informal & happy group singing. Shrill or mellow, all voices welcome. No concerts so no learning required. No pianist. There is a small charge for providing copies of Lyrics.	<i>Victoria Andrew</i>
19	3.00 - 4.30 MCC(HL) (24)	Fitness Workshop This progressive & dynamic exercise group embraces the huge benefits of weight bearing exercise. Open to men & women from Beginners to Advanced. Plse bring your own weights & mat.	<i>Jeanie Puckeridge</i>

TUESDAY

20	9.30 - 10.30 MCC(HL) (27)	Tai Chi for Beginners and Improvers Tai Chi is the most effective practice for body and mind. <i>Autumn & Summer Terms led by Mike Bell.</i> <i>You may not apply also for groups nos. 83, 94</i>	<i>Quynh Nguyen</i>
21	9.45 - 11.15 WLIB (14)	Advanced French Conversation Cette classe s'adresse aux personnes qui souhaitent maintenir et développer leur aisance à s'exprimer en Français et qui seront en mesure de contribuer à la richesse des discussions du groupe sur une large variété de sujets, notamment issus d'articles de la presse quotidienne. Pas d'enseignement prévu.	<i>Gerard Guilbaud</i>
22	10.00 - 11.30 MCC (30)	Recorder Ensemble For those players who can read music well or reasonably well, and therefore able to follow music. Experienced only.	<i>Jean Kluver</i>
23	10.00 - 12.00 BUIC (16)	New Members Group The group is for members who have joined within the previous 12 months & will provide the opportunity to meet other new members. <i>3 Sessions: 1 Oct, 29 Oct, 3 Dec.</i> <i>* Not included in your choice of 3 groups.</i>	<i>Stephanie Gardiner</i>
24	10.00 - 12.00 BUIC (16)	Explorers & Travel Writers – New Group Spotlight on the lives of women who were born during the Victorian era & famous for their lives as explorers, travellers & writers. <i>4 Sessions: 8 Oct, 22 Oct, 12 Nov, 26 Nov.</i> <i>* Not included in your choice of 3 groups.</i>	<i>Stephanie Gardiner</i>

Group No.	Time/Venue <i>(Max group size)</i>	<i>Title</i>	Leader
25	10.00 - 12.00 BUIC (16)	<p>Climate Matters – New Group For members to discuss & agree a 24/25 plan for a mix of visits, talks by external speakers, presentations/discussions led by our own members. 3 Sessions: 15 Oct, 5 Nov, 19 Nov. <i>* Not included in your choice of 3 groups.</i></p>	<i>Stephanie Gardiner</i>
26	10.15 - 12.15 K(HR) (40)	<p>Dances from around the World 10.15 -11.15 Beginners/Improvers. 11.15 -12.15 Advanced. Folk Dances from many lands - Russia, Israel, Europe & England. No partner needed. Soft shoes essential.</p>	<i>Janet Mason</i>
27	10.15 At walk start point. (35)	<p>The Occasional Walkers A monthly medium paced sociable walk of 4.5 - 6 miles exploring the surrounding area. 2nd or 3rd Tuesday including during most breaks. Further details on page 22. <i>You may not apply also for group no. 70</i></p>	<i>Alastair Moir John Langmead</i>
28	10.30 - 11.30 MCC (20)	<p>Philosophy – A Never Ending Journey An exploration of ideas touching every aspect of our lives. Your contributions and participation are crucial to making this journey eventful!</p>	<i>Neil McArthur</i>
29	10.30 - 12.00 MCC (20)	<p>Art Appreciation We continue to research artists of the early 20th Century and the domination of USA. Be prepared to participate in group work. <i>Alternate weeks starting first week of each term. 1 additional session Autumn term.</i></p>	<i>Mary Lapish</i>
30	10.30 - 12.30 MCC (35)	<p>Enjoying More Opera Lots of lovely music; lots of beautiful singing; in French; in Italian; in German; in English; in Russian; in Czech. Films shown, notes provided. <i>Start 08/10/24 Alternate weeks starting 2nd week of both terms. Autumn & Spring terms only. 6 sessions in each.</i></p>	<i>Mitchell Robertson</i>
31	10.30 - 12.30 MJ(H) (10)	<p>Songwriting Group - ‘A Lilt of Songwriters’ Enthusiastic beginners welcome. Guidance given. Wanted, musicians, singers, writers all with a love for music.</p>	<i>Mavis Jackson</i>

Group No.	Time/Venue (Max group size)	Title	Leader
32	11.00 - 12.00 MCC(HL) (25)	Stretch and Balance Gentle stretching and balance exercises. Wear loose, comfortable clothes and non-slip footwear. You may not apply also for group no. 64	<i>Gill Hale</i>
33	* MONDAY 2.00 - 3.30 AR(H) (8)	Science of Mind: The Power of Love You will enjoy a blissful life. It has its ups & downs but how we deal with them is the important thing: to stay resilient & to achieve our dreams with laser focus!	<i>Annabelle Russell</i> * CHANGE OF DAY / TIME
34	11.30 - 1.00 WLIB (20)	Value Yourself An opportunity to explore the influence of early development, personality & values on our attitude & behaviour in an interactive & enjoyable way. <i>5 week course Start 15/10/24</i> * Not included in your choice of 3 groups.	<i>Janet Knowles</i>
35	12.00 - 1.30 MCC (20)	Recorder - Improvers You should be able to read & play a few notes of music on the descant, tenor or treble recorders. Tuition given.	<i>Jean Kløver</i>
36	12.30 - 1.30 K(HR) (30)	Line Dancing for Improvers Tuition given. May suit Beginners with some dance experience. No stiletto heels.	<i>Mary Luckett</i>
37	12.30 - 14.00 K(CR) (12)	Creative Crafts An opportunity to sample a range of exciting crafts, such as: Papercrafts, Jewellery making, Polymer Clay, Kumihimo braiding, Floristry & much more. Suitable for all levels including beginners. Equipment will be provided.	<i>Carolyn Worsem</i>
38	1.15 - 2.45 K(DR) (9)	Drawing- Painting-Pastels For relaxation & enjoyment. All media. Guidance given. You may not apply also for group nos. 1, 61, 89, 96	<i>Sue Craddock</i>
39	1.15 - 2.45 SJI(SHL) (24)	Table Tennis for Improvers Friendly group. No tuition given. Not suitable for Beginners. You may not apply also for group no. 47	<i>Jennie Pudney</i>
40	1.45 - 2.45 K(HR) (50)	Beginners & Improvers Line Dancing Simple steps & sequences in line dancing, starting from scratch. Good music, friendly group, no partner needed. Enjoy the exercise. Wear comfortable shoes.	<i>Patricia Luff</i>

Group No.	Time/Venue (Max group size)	Title	Leader
41	2.00 - 3.30 BC (40)	For The Love of Singing (1) No previous singing experience is necessary but if you do have experience, then strong sopranos, altos, tenors & basses are always welcome.	<i>Ian Peters</i>
42	2.30 - 3.30 (Two courts) LLC (14)	Social Badminton For Improvers & Experienced Players only Come & join us for some fun badminton. No tuition.	<i>John Parker</i>
43	2.30 - 4.00 AR(H) (10)	Italian Foundation course with a little light Conversation This is a group for early learners of Italian trying to speak the language to some extent. Improvers.	<i>Annabelle Russell</i>
44	2.30 - 4.00 K(CR) (12)	Short Fiction Creative Writing Group Want to try something new? Re-engage with a writing passion? No previous writing experience necessary. Come along & have fun. Only positive feedback given by group. <i>Alternate weeks starting 1st week of each term.</i>	<i>Christine Alderson</i>
45	2.30 - 4.00 K(CR) (14)	Reading Group Do you enjoy sharing your reading? We aim to broaden literary horizons by discussing a wide range of authors/genres/topics chosen by the group. <i>Alternate weeks starting 2nd week of each term.</i>	<i>Tina Crosby</i>
46	2.30 - 4.00 WLIB (20)	Kalooki - A Card Game Card game: slightly more difficult than Rummy. Beginners welcome. Tuition given.	<i>Pauline Lewis</i>
47	3.00 - 4.30 SJI(SHL) (24)	Table Tennis for Improvers Friendly group. No tuition given. Not suitable for Beginners. <i>You may not apply also for group no. 39</i>	<i>Nick Monk</i>
48	ON LINE / EMAIL Emailed in Evening	Dorset Wildlife - flowers, birds, butterflies & trees A guide to Dorset's wildlife covering my findings from the surveys I have undertaken. My photographs & links to YouTube extracts will be included. <i>Alternate Weeks. Spring & Summer terms only.</i> <i>Email address advised at registration</i> * Not included in your choice of 3 groups.	<i>Rex Bale</i>

Group No.	Time/Venue (Max group size)	Title	Leader
49	9.30 - 10.30 K(DR) (15)	Shakespeare - Context, Text & Performance A group intended to reveal the themes, language, tragedy & comedy of Shakespeare's plays.	<i>Dr Hilary Perkins</i>
50	9.30 - 11.00 K(HR) (25)	Yoga for Fitness, Health & Relaxation Experienced only. Please bring yoga mat, block, belt & blanket - wear loose or stretchy clothing. You may not apply also for group no. 10	<i>Mik Parsons</i>
51	10.30 - 12.00 MCC (18)	Issues in Ethics/Psychology of Religion These one-term courses approach the topics through a lecture & discussion framework. Issues in Ethics - Autumn term After an outline of influential lines of thought we investigate issues such as the role of religion in ethical thought, the moral status of animals, criminal justice, abortion and euthanasia. Psychology of Religion – Spring term We explore influential theories and research, from the psychodynamic traditions of Freud and Jung, through sociopsychological approaches, behaviourism and beyond into recent research on hypnosis and religious experience.	<i>Dr Peter Connolly</i>
52	10.30 - 12.00 MCC (30)	Renaissance – Dawn of the World Exploring the many features of 300 years overlapping the Middle Ages & the Modern Era & its impact on Europe & other parts of the world.	<i>Esther Tomlinson</i>
53	11.00 - 12.25 K(DR) (17)	L'atelier de français Bienvenue en France! Nous sommes un cercle amical à participer, où chaque membre parle à son tour pendant 3 à 5 minutes d'une « tranche de vie » exemple : quelque chose m'est passée quand j'ai ouvert la porte de ma chambre d'hôtel... Retrouvez vos connaissances un peu rouillées scolaires, ou remettez-vous au français acquis en voyage. Ce cercle ne convient pas aux débutants. Quelquefois nous allons lire et comprendre aussi des articles divers de presse française (frais de photocopie de temps à autre), sources Internet et cetera. Experienced, plus willing improvers welcomed. Guidance given.	<i>Keith Penfold</i>

Group No.	Time/Venue <i>(Max group size)</i>	Title	Leader
54	11.00 - 12.30 JS(H) (9)	Asuntos de Actualidad - en español. Grupo de debate espontáneo y animado sobre asuntos de actualidad. La capacidad de participar plenamente es imprescindible. Current affairs discussion group in Spanish. No tuition. BEFORE applying for this group, you MUST phone the office, give your phone number & ask them to request Jacqui to phone you.	<i>Jacqueline Song</i>
55	11.00 - 12.30 MCC (30)	Italy - Part 2 to Rome & then on to the PO The Battle for the Gustav Line & Anzio & then the taking of Rome: Thereafter the penetration of the Gothic Line & the eventual defeat of the German Forces in Italy in April 1945. <i>Autumn & Spring terms only.</i>	<i>Ivor Weintroub</i>
56	11.15 - 12.15 K(HR) (30)	Line Dancing for Improvers Tuition given. May suit Beginners with some dance experience. No stiletto heels.	<i>Mary Luckett</i>
57	12.30 - 2.00 K(HR) (50)	Aerobics, Ballroom & Latin Dance Lessons Continuing from last year but beginners & new members welcome. Tuition given. You may do the first half only (Aerobics). As gentle or as much as you want work out. Visit: www.marqodance.co.uk	<i>Margo Fitzsimons</i>
58	12.45 - 2.15 K (DR) (20)	Fun Photography! No formal tuition. All levels and cameras welcome to this informal group. Different topics / locations weekly. Members select best photos. £2.50 per term for expenses /speaker costs.	<i>Stephen Allen</i>
59	1.30 - 3.00 MCC (8)	The Alternative Book Club Exploring Literature. To include Poetry, Discussion, Book reviews, a 'Group Read', the Lives of Authors and the origin of well – known phrases. Appreciating the joy of words! <i>Last session 04/06/25</i>	<i>Mary Cooper</i>
60	2.00 - 3.30 AR(H) (12)	Spanish Foundation course with a little light Conversation. This is an early learner's group to build on your knowledge & begin to speak Spanish. Improvers.	<i>Annabelle Russell</i>
61	2.00 - 3.30 MCC (20)	Art For Fun Join our friendly group. Any level. Any media encouraged. No tuition but lots of support and banter. You may not apply also for group nos. 1, 38, 89, 96	<i>Yvonne Garard</i>

Group No.	Time/Venue (Max group size)	Title	Leader
62	2.00 - 3.30 LG(H) (12)	Mah Jong Beginners & Improvers only A game played with tiles, partly based on a Chinese form of dominoes & a card game similar to Rummy. Tuition given. <i>You may not apply also for group no. 8</i>	<i>Lesley Gibbons</i>
63	2.00 - 4.00 ZOOM (24)	Your All Time Favourites Music & videos are chosen by members, from the 50s, 60s and 70s nostalgia to current day performances. Zoom guidance available. <i>Autumn & Summer terms only. No Spring term.</i> <i>Email address advised at registration.</i> <i>* Not included in your choice of 3 groups.</i>	<i>Rod Jackson</i>
64	2.15 - 3.15 K(HR) (30)	Oriental Stretching & Breathing Sessions Simple, basic, gentle warm-ups, Stretching/breathing sessions based on Western & Oriental practices for all age groups. Sitting or standing. Beginners or Improvers. Not advanced. Guidance given. No medical advice offered. <i>You may not apply also for group no. 32</i>	<i>Ian Peters</i>
65	2.30 - 4.00 K(DR) (11)	Creative Writing (All sorts) + Chat With a two week cycle we read out home-written stories one week; the next, in a workshop, we write to a theme. No tuition given; we learn from each other. Anything goes - provided it's fun.	<i>Valerie Dennis</i>
66	2.30 - 4.00 MCC (20)	Opera DVDs with Subtitles. Watch & Learn Sit back & enjoy great performances of old favourites & some lesser known operas. Guidance given.	<i>Frances Cole</i>

THURSDAY

67	10.00 - 11.15 WLIB (16)	Seated Guided Meditation / Visualisation Take time out of your busy life, sit & unwind while I guide you through a visualisation, teaching your body the feeling of relaxation. <i>Autumn & Summer terms. No Spring term.</i>	<i>Janice Ruston</i>
68	10.15 - 11.45 MCC (25)	Science & Scientists We explore the progress of scientific discovery over history showing how scientific method used to explain the natural world.	<i>Bill Lonnen</i>
69	10.15 - 11.45 MCC (9)	Conversational Spanish for Beginners The emphasis of sessions will be listening and repeating, enjoying the sound of spoken Spanish. Each week we will concentrate on storytelling in dialogue form.	<i>Michael Brady</i>

Group No.	Time/Venue (Max group size)	Title	Leader
70	10.15 At walk start point (29)	Hiking/Rambling Group - Medium paced Monthly sociable hikes exploring our beautiful area are on the 1 st or 2 nd Thursday of the month & range from 4.75 - 6.75 miles. Further details on page 22. You may not apply also for group no. 27	<i>David Cox</i>
71	10.30 - 12.00 MCC (35)	Philosophy Today: The Search for Wisdom We examine key philosophical ideas & problems & how philosophy can help us understand topical issues. Members should enjoy thinking about challenging & often abstract questions.	<i>Barry King Paul Entwistle Neil McArthur Jenny O'Leary</i>
72	11.00 - 12.30 MCC (20)	Italian Continuation - Intermediate Progressing as a self-help group jointly led by two experienced teachers of other European languages. Building on foundations already laid, covering all aspects of the Italian language. The focus is on up-to-date practical language in context, using various audio & written material as well as videos to encourage listening, understanding, speaking & reading. All members are urged to participate and contribute as much as possible.	<i>David Royce Keith Penfold</i>
73	11.30 - 1.00 WLIB (20)	Bridge for Beginners Plus / Improvers Build on your knowledge of bridge with thorough tuition and down to earth guidance. Not suitable for Absolute Beginners.	<i>Margaret Mc Arthur</i>
74	11.45 - 1.45 BC(SH) (14)	Short Tennis All welcome. No experience required, guidance given. Sports shoes needed. All equipment provided. £1 per session	<i>John Moore</i>
75	12.30 - 2.00 SK(SH) (40)	For The Love of Singing (2) No previous singing experience is necessary but if you do have experience, then strong sopranos, altos, tenors & basses are always welcome.	<i>Ian Peters</i>
76	1.40 - 4.00 BRS(HL) (40)	Bridge Group For improvers and experienced players only - not for absolute beginners. Guidance given. Access strictly after 1.30. Group commences at 1.40 No tuition.	<i>David Reed</i>
77	2.00 - 3.30 WLIB (16)	Current Affairs A discussion group covering topics in the news. Participants are encouraged to express their views with consideration & respect for others. <i>Autumn & Spring terms only.</i>	<i>John Papadopoulos</i>

Group No.	Time/Venue <i>(Max group size)</i>	Title	Leader
78	2.00 - 3.30 MCC (25)	History of Britain 1800 – 1990 Using sound recordings from the British Library N.S.A of events & recollections plus vintage film to trace working life, equality struggle, social conditions, entertainment and war of the British.	<i>Bill Lonnen</i>
79	2.00 - 3.30 AR(H) (10)	French foundation course with some Conversation This is a class for relative beginners in conversation with some knowledge of French already. Improvers.	<i>Annabelle Russell</i>
80	2.00 - 3.30 BUINT (20)	Bournemouth Past & Present This course aims to stimulate your interest in several aspects of Bournemouth's history, seeks to give you the skills & lead you to resources to conduct your own research. <i>Autumn term only.</i> * Not included in your choice of 3 groups.	<i>Paul Miles</i>
81	2.00 - 3.30 MCC (25)	Map Reading using O.S. Maps Over reliance on Sat Navs can lead to errors in location and route selection. This course revises basic mapping skills including using O.S. maps to reduce such errors and increase self-reliance. <i>Spring term only.</i>	<i>Paul Miles</i>
82	2.15 - 3.45 SK(SH) (15)	Rummikub A game of skill & strategy. All levels, tuition given.	<i>Doreen Thompson</i>
83	2.30 - 3.30 AS (20)	Tai Chi Introduction The main focus of the group will be on the practice of an elegant short form. Other elements of Tai Chi may also be introduced. <i>You may not apply also for groups nos. 20, 83, 94</i>	<i>Mike Bell</i>
84	2.30 - 4.00 MCC (16)	North Bournemouth Book Club Fortnightly Book group. Alternating between genre and selected books. New members welcome. <i>Alternate weeks. Start 1st week of each term.</i>	<i>Rosemary Chinchin Julia Glassborow</i>
85	2.30 - 4.00 MCC (25)	A History of China, India and South East Asia A history, from the earliest days down to the 20 th century, of China, India and South East Asia, focussing on the relationships between all the diverse cultural elements. <i>Alternate Weeks starting 2nd week of each term.</i>	<i>Neil Meldrum</i>

Group No.	Time/Venue <i>(Max group size)</i>	Title	Leader
86	10.30 - 12.00 WLIB (20)	Kalooki - A Card Game Card game: slightly more difficult than Rummy. Beginners welcome. Tuition given.	<i>Pauline Lewis</i>
87	10.30 - 12.00 MCC (18)	Chess - Improvers Level 1 Basic Tactics & Strategy. Kingside openings. Learning supported by videos & course sheets. Also play. <i>Autumn & Spring terms only.</i>	<i>Christopher Thomas</i>
88	10.30 - 12.00 MCC (12)	Chess ABC - Absolute Beginner Course Summer term only. Beginner tuition. Learning by doing. <i>Summer term only.</i>	<i>Christopher Thomas</i>
89	11.15 - 12.45 BC (12)	Drawing & Painting for Pleasure We are artists who enjoy the company and stimulus of the group whilst following our own projects. No tuition but lots of encouragement. You may not apply also for group nos. 1, 38, 61, 96	<i>Steve Moreton</i>
90	12.00 - 1.00 MCC(HL) (20)	Kettlebell! Strength and aerobic fitness can be achieved using the kettlebell. This group is suitable for men and women who are already reasonably fit and take part in regular exercise. Not suitable for beginners. Bring along a kettlebell and mat.	<i>Jeanie Puckeridge</i>
91	12.30 - 2.00 MCC (18)	Chess - Improvers Level 2 Further fiendish tactics. Queenside openings. Learning supported by videos & course sheets. Also Play. <i>Autumn and Spring terms only.</i>	<i>Christopher Thomas</i>
92	12.30 - 2.00 MCC (18)	Chess Club - Summer Term Social Chess for all. Just come & play. <i>Summer term only.</i>	<i>Christopher Thomas</i>
93	1.00 - 2.30 BC (24)	Canasta - Tuition available for Beginners Please arrive by 12.55 latest to allow a prompt start at 1pm. <i>Regrettably, we cannot guarantee a game for late arrivals.</i>	<i>Paul Tunncliffe Diana Rosenorn-Lanng</i>
94	2.00 - 3.00 BC (30)	Tai Chi & Qigong Exercises for mind, body & spirit. Check any health issues with your GP. Not for Advanced level students. You may not apply also for groups nos. 20, 83	<i>Ian Peters</i>

Group No.	Time/Venue (Max group size)	Title	Leader
95	2.00 - 3.30 MCC (18)	Knit or Crochet and Natter Group This is no longer an instruction group. Bring along your projects, share advice and enjoy the company of this friendly group.	<i>Susan Clarke Ann Tallamy</i>
96	2.00 - 3.30 BC (16)	Art - Experienced & Improvers Representational & abstract subjects of still-life, life-drawing, landscape studies, collage & manuscript writing using pen, pencil, charcoal, watercolour, gouache, acrylics & pastels. Tuition given. You may not apply also for group nos. 1, 38, 61, 89	<i>Judith Ansell</i>
97	2.30 - 4.00 MCC (28)	Backgammon Come & learn or just play in a relaxed & fun environment. Tuition for Beginners & Improvers. Knock out competitions. Improves memory & cognition.	<i>Maureen Grogan</i>
98	FRIDAY 24 JANUARY 10.00 - 12.00 ZOOM (35)	Introduction to Cryptic Crosswords Find out how cryptic clues work and try your hand at solving on this two hour Zoom session. You will need a laptop/desktop or iPad/tablet. * Not included in your choice of 3 groups.	<i>Henry Howarth</i>

ADDITIONAL INFORMATION

Registration for these groups is included in the main body of the brochure. You can only participate in these groups if your registration has been accepted.

The Occasional Walkers (Group No.27)

Monthly medium paced sociable walk of 4.5 - 6 miles exploring the surrounding area. Walks are normally on the 2nd or 3rd Tuesday of the month finishing near a pub/café. Meet around 10.15 at walk start point, information on each walk is emailed to group members in advance so an email address is required. Walking boots or similar essential. For further details contact **Alastair Moir** preferably by email: U3Awalks@coastside.co.uk or contact the office for phone number. Support Leader - John Langmead.

Hiking / Rambling Group - Medium paced. (Group No. 70)

Get fit with monthly sociable walks (on 1st or 2nd Thursday of month) exploring our beautiful area. We try to finish with a picnic lunch or lunch snack in a pub or cafe. Meet at starting point **(so a car is helpful)** to start walk at 10.15am. Hikes range from **4.75 - 6.75 miles** and waterproof walking boots etc. essential. We are medium paced so this is **not suitable for those who prefer a slower stroll**. Information on forthcoming walks is emailed to group members monthly so an email address is required.

For further details email the Leader, David Cox: tex3004@gmail.com

Late Additions



Please check our website for any **New Groups** throughout the year. We hope to bring back our popular Musicals group for the Spring & Summer terms.



Do YOU have another Idea?

Could YOU run a new group?

We would like to introduce more short one term courses

We welcome new ideas.

All you need in many instances is enthusiasm.

If you have an interest in something why not see if there are others with the same interest? We welcome new leaders who are willing to share their knowledge or skills with our members.

If you would like to discuss (and don't be shy!)

please Email: accommodation@bournemouthu3a.org.uk

**ATTENTION
PLEASE!**



PLEASE ADVISE If you will not be attending a group for 3 consecutive sessions, please let the Leader know whether this is a temporary indisposition or you wish to withdraw from the group and your place can be offered to someone else

We are delighted to be supported by



**Dorset
Community
Foundation**



**COMMUNITY
FUND**

SOCIAL EVENTS on Page 24



One of the many pleasures of joining our groups is meeting up with friends and making new ones. The social side of life is very important to us and we have a variety of events to enjoy throughout the year.

Each week there is a social cycle ride locally, and Pétanque at Muscliff Park – details for both are at the foot of this page.

Most months we explore “**Lunching around the World**”, visiting local restaurants exploring different cuisines, and the **Coffee Club** visits local cafes and pubs for refreshment and a chat.

During the breaks at Easter, Summer and Christmas, we have two regular features; **Team Quizzes**, with that all important refreshment interval, and **Ten Pin Bowling** at Bowlplex, Branksome, where we meet in school term time to benefit from a concessionary rate.

We also arrange **Coach trips to gardens** and other places of interest. In the Summer we have a **Picnic on the Beach** (and maybe elsewhere too).

The last event of the year is our **Christmas Lunch** at a top local hotel, one of our most popular events.

For many years now there has been a **holiday in Italy**. We hope to resume theatre trips to Chichester, Salisbury or Southampton.

Social Cycling Group Get out on your bike for a social ride of about 1 hour starting at the top of Gloucester Road (Kings Park). Meet Thursdays, 10am. Start 1st week of September until end of July with a Christmas break. As the rides are weather sensitive please check with me before leaving home. Phone/text 07905 864455 (do not leave voice mail) or email: archie.hoggan@gmail.com

Pétanque - Beginners & Improvers An opportunity to learn Pétanque, improve your skills and enjoy a social but competitive sporting challenge at the invitation of Muscliff Park Pétanque Club, Shillingstone Drive BH9 3LR. We meet every Wednesday (except 2 weeks break over Christmas period) joining in with their members. Qualified coach available most weeks. Arrive 1.30 ready to start play at 2.00. Equipment can be provided if required. 1st 3 visits free, then £1 per session, waived if a member of the club (£25 per annum). **Shoes with toe covering must be worn.** For further details contact Leader - Chris Chubb Tel: 01202 773209



**Volunteers
Needed!**

Our social scene is constantly evolving and we need more members who could arrange events, an afternoon tea? Sunday lunch? We can advise with this if wanted.