

## OUR GROUPS

1 February 2020

**ALL ABOUT BIRDS** - Meets on the 4th Wednesday of each month at 2.30pm in a venue in Bude.

The aim is to learn about bird habits and habitats, whilst enjoying our beautiful countryside in good company. The meetings will include occasional field trips and there may be some variation to the timings and longer days according to season and specialised trips.

**BOOK GROUP** - Meets on the 2nd Wednesday of each month at 2.30pm at a venue in Holsworthy.

We source our books from Bude Library's Book Group Collection, reading one of their recommendations each month. We are a relaxed, friendly group who share responsibility for leading each meeting by researching the author etc. and we learn from each other, sometimes giving a book or author a second read after our discussions.

### COOKERY

Have you found yourself having to take on cooking duties and don't know where to start?

Gina can help. Contact Gina to arrange where and when you can meet up to get some tuition.

**CREATIVE WRITING 1** - Meets on the 2nd Thursday of each month at 2.00pm in a member's home in Bude.

What do we do? We write short stories and sometimes do little exercises that help with inspiration, plots and layouts. And, we chat a lot! The stories, written at home, vary in length, usually from 500 to 1000 words. If you have a yen to write, joining a writing group gives you the courage to start and to realise that you can do it and so get great enjoyment and satisfaction. We'd welcome you.

**CREATIVE WRITING 2** - Meets on the 3rd Wednesday of each month at 2.30pm in a member's home.

Our key group objective is to improve our skills across the gamut of creative writing. As part of our learning process we rely on peer review, consequently all members must have email access. To encourage creativity, we have also engaged in publishing the fruits of our increasing skills through our joint publishing enterprise - Old Oak Publications. Our works are available through e-publishing and paperback formats. Because of the requirement of detailed peer review, we limit our number to six.

**DISCUSSION** - Meets on the 3rd Tuesday of each month at 2.15pm in a member's home.

Subjects for discussion may either be planned in advance or dealt with spontaneously. The atmosphere is relaxed and informal, and not without humour! No subject is too controversial to discuss.

**DOWSING** - Meets on the 4<sup>th</sup> Tuesday of each month. Usually at 2.00pm but time and place can vary.

Learn about energy and Ley lines, finding drain pipes, electricity cables and finding lost personal items. Visit archaeology sites, local churches. Indoor sessions could include dowsing for your own health, map reading and distance healing.

**DRAMA** - Meets on alternate Mondays at 10.00am to 12.00noon in the Poughill Methodist Church Hall.

'When we are not rehearsing or compiling a play to perform, we mostly do improvisation and much laughter is often the norm. We don't take our 'craft' over seriously, to enjoy is the order of the day and, if we can manage it, our ultimate aim is to present to our audience a good play.'

**DRAWING FOR ALL** - Meets on the 4th Tuesday of each month at 2.00pm to 4.00pm in the Parkhouse, Bude or the Bude Cricket Club.

This group works on the principle that the cheapest and easiest way to develop your creative and observational skills is to draw things. We experiment with a variety of media and share tricks of the trade in their use. We decide each month what objects to draw and these can range from Poundstock Gildhouse to old favourite toys.

**FAMILY HISTORY** - Meets on the last Friday of each month at 2.00pm to 4.00pm in the Poughill Methodist Church Hall.

Every aspect of family history is explored using old photographs, post cards, school reports and records etc. Unusual names, trades/professions of our ancestors often turn up some interesting stories and occasionally we have a presentation by Janet Few, a local historian.

**GARDENING** - Meets on the 1st Wednesday of each month. The venue will usually be a garden visit.

Most of the time we visit gardens, which are sometimes opened especially for us. November is our planning meeting for the coming year. December is often a 'Gardener's Question Time' hosted by a member. January a shared lunch with a plant and seed swap and in February we may have an expert speaker. In April we also manage to squeeze in a very successful Plant Stall at the U3A OMM which raises funds to pay for our speaker. Entrance fees for garden visits are paid by the member.

**HISTORY - A SIDEWAYS LOOK** - Meets on 2nd Wednesday each month, at 10.30am in the Falcon Hotel, Bude.

The aim of this group is to choose a period of history and then look at several different aspects of life at the time. Topics for discussion might include literature, the arts, social customs, education, transport, science, fashion, food, sport, economics, politics, and so on.

**HISTORY OF ART** - Meets on the 1st Thursday of each month at 2.00pm in a member's home in Bude.

We study, present, look at and discuss paintings by established artists worldwide. Twice a year we visit local gallery art exhibitions, usually between a lunch and afternoon tea at our chosen venue. Our yearly 'Fakes' exhibition is in December rendering 'our take' on the work we have looked at during the year.

**LINE DANCING - FOR FUN**

This is a group who enjoy the fun of line dancing without worrying about telling their left from their right, it is run by an experienced teacher every week. Feel free to come along as often as you wish.

**LOCAL HISTORY** - Meets on the 4th Thursday of each month at 10.30am in the Brendon Arms, Bude.

This group explores all aspects of history associated with Bude and its surrounding area.

**NEWS & VIEWS** - Meets on the 1st Tuesday each month at 10.30am in a member's home.

Attributes required for this group are an enquiring mind, the willingness to share, to listen and have fun.

**NOT STRICTLY YOGA** - Meets on the 1st and 3rd Friday of each month at 10.00am in the Bray Institute, Maramchurch.

Run by a qualified yoga teacher, Tai Chi instructor and Reiki master. Will include Hatha Yoga (postures), Prana Yama (breathing), Yoga Nidra (relaxation) and Meditation as well as some Tai Chi practices.

**PHOENIX - CONVERSATION** - Meets on the 2nd Thursday of each month at the Falcon Hotel, Coachman's Bar at 10.00am.

Why not come and join us for coffee and a chat at the Falcon, a welcoming warm beautiful old coaching inn, no more than 600 metres from the Parkhouse Centre, on the other side of the Bude Canal. We enjoy a relaxed and comfortable couple of hours which will cost you no more than a cup of Coffee, Tea or Hot Chocolate.

**PHOTOGRAPHY 1** - Meets on the last Friday of each month at 10.30am in a member's home.

A different subject is chosen each month and it is interesting to see the many different interpretations that members present. This group will suit all levels of expertise (or none) and is a perfect opportunity to learn from others which is, of course, what U3A is all about.

**PHOTOGRAPHY 2** - Meets on the 2nd Thursday of each month at 10.00am in the Parkhouse, room 4.

Photos produced around the monthly theme are discussed in a relaxed and supportive manner. As well as helping each other with photographic queries we also hold occasional outings often in conjunction with Photography Group 1.

**PLAY READING** - Meets on alternate Mondays at 10.15am at the Falcon Hotel coffee lounge.

We order tea/coffee in the bar to cover venue costs. The plays are supplied by St Austell library and are ordered as and when needed.

**POETRY - CLOSE READING** - Meets on the 1st Thursday of each month at 10.30am in a member's home. Despite the rather dry-sounding name of our group, we are kept young and lively by the excitement of looking into poems as if they were deep rock-pools, with different things swimming around inside them. We take it in turns to choose a poet, and then select half a dozen or so of their poems, with every member having a chance to look at them in advance of our meetings.

**PSYCHOLOGY** - Meets on the 3rd Wednesday each month at 2.30pm in a member's home in Holsworthy. We explore all aspects of psychology. Topics are suggested by members. The members have varied expertise but mainly share an interest in what makes us tick.

**ROCKS AND RUINS** –Meets on the 2<sup>nd</sup> Tuesday of the month, mostly for field trips.

This group arose out of the Geology group with a remit to expand and include geology, local industrial archaeology and heritage. There is a wealth of places to visit in the South West that come under these headings so please join us for some very interesting and educational outings.

**SCRABBLE 1** - Meets on the 1st and 3rd Friday of each month at 2.00pm at a member's home.

The fascination of words and the fun of board games make this a very popular group.

**SCRABBLE 2 & OTHER WORD GAMES** - Meets on the 4th Monday of each month at 2.30pm in a member's home.

Scrabble with other word games added, such as Quiddler, Upwords and Boggle. Fun and friendly afternoons.

**SERENDIPITY 1** - Meets on the 4th Wednesday of each month at 2.30pm in a member's home with occasional trips out.

Serendipity can be defined as the gift of making fortunate discoveries by accident, so this group was conceived back in 2006 with the aim *'to support, enable and encourage the exploration of an idea or project and to be inspired by one another to try something unexpected and different'*. We only plan a month or possibly two ahead and are extremely fluid in taking on board members' ideas and suggestions as they always lead to fun as well as learning!

**SERENDIPITY 2** - Meets on the last Thursday of each month at 2.30pm in a member's home or out on a field trip.

Serendipity is the discovery, by chance, of pleasing and/or interesting things! So, in our Serendipity 2 Group, we don't plan things too far ahead. We are open to members' suggestions and then learn a great deal at our meetings about our local landscapes, community and sometimes ourselves from either visiting places or doing something constructive, for instance crafts or discussion at someone's home. Most importantly, we always have fun doing it.

**SHARING MUSIC** Meets on the 2nd Tuesday of each month at 2.30pm in a member's home.

We have a schedule for each of the monthly meetings from September to July (taking a break in August to allow members time to indulge in holiday pursuits). A small 'steering committee' composes the yearly schedule, including the many requests from members that have been submitted. Many of the monthly meetings are 'Free for All' with everyone encouraged to bring two or more of their favourites in line with the theme for that month. Some afternoons are devoted to a particular composer and a few brave members have volunteered to take the whole afternoon on a theme close to their hearts.

**SHARING POETRY** Meets 2<sup>nd</sup> Wednesday of each month in the afternoon.

**SINGING FOR FUN** - Meets on the 2nd and 4th Friday of each month at 2.30pm in a member's home.

We always have fun and enjoy all types of music. Remember that music and singing are good for you and can even improve your health. We visit Fairfield Residential Home on the 1st Monday of each month where the residents look forward to singing along from our song sheets.

**SOCIAL BRIDGE** - Meets on the 1st and 3rd Friday of each month at 2.30pm in a member's home.

This group is friendly and non-competitive, ideal for those who used to play rubber bridge in the past and want to revive its particular challenges to brain and memory, but in a congenial social environment where chatting about bidding and play is encouraged and a sense of humour is permitted.

### **STROLLING/SHORT WALKS**

We aim to do a circular walk of between 2 & 4 miles within a 10-mile radius of Bude, with a refreshment stop where possible.

**TAI CHI - QIGONG** - Meets on 2nd and 4th Friday of the month at 10.00am in the Bray Institute, Maramchurch.

This group is run by a qualified Tai Chi instructor and we tend to focus on Qigong (energy work), 'Shibashi' and various other Qigong practices to promote health and wellbeing.

**THEATRE** - Theatre trips as arranged.

We try to find plays, musicals, ballets, thrillers which will appeal to all our members. We always go to matinee performances and leave from either Budehaven School car park or from the Rugby Club at around 10.30-11.00am and return around 6.30-7.00pm. You can take a picnic lunch or arrange to eat in a restaurant, or you can go shopping before the play starts. The price for theatre trips includes the coach and tickets and must be paid for in advance by the stated deadline.

**UKULELE FOR BEGINNERS** This "Beginners" Group is for U3A members who wish to play the ukulele and are learning from scratch.

You will need your own instrument but a ukulele can be purchased very inexpensively.

**WALKING 1**- Meets on the 1st and 3rd Tuesday of each month at 1.00pm at Stratton Car Park.

We share driving and costs to wherever we walk. Participants are responsible for their own safety and fitness but walks usually last for 2 hours and can be taken at slowest walkers' pace. Walking boots or strong shoes plus waterproof jacket advised.

**WALKING 2** Meets on the 4<sup>th</sup> Monday at 11.00am at Stratton Car Park

Unless otherwise agreed, we will initially meet at Stratton car park at 11:00am to sort out car sharing before going on to the walk start venue.

Members who would prefer to go direct to the walk start venue to give prior notice to the Walk Leader of their intentions.

Walks – generally 4 -6 miles long. Walk start venue up to approx. 20-mile radius of Bude. Unless otherwise advised, bring a picnic lunch.

**WILD FLOWERS** - Meets on the 3rd Friday of each month in a member's home with many field trips.

Our walks/wanders are gentle and cover varying habitats, moorland, cliff, marsh, meadows etc., so that members can find a great variety of wild flowers in different seasons. We learn how to look and not walk past the tiniest flower and how to set about identifying from a simple Flora. We have access to the skills of a true botanist who is willing to help when he is free. We are also contributing to the database for Cornwall, specifically North Cornwall.