

U3AC

University of the
Third Age in
Cambridge

Inspiring,
Educational,
Sociable.

2023 - 2024
Programme





University of the Third Age in Cambridge (CIO)

Registered Charity No. 1180769 Company Registration No. CE015658

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Course and Venue Coordinator: Jane Carmichael

Premises and IT Coordinator: Gemma Clare

Administration Coordinator: Rebecca Birkett-Smith

Office hours: Monday to Friday 10.00 am to 2.00 pm

The Office is closed on bank holidays and during the period between Christmas and the New Year.

Access: The entrance to 27-28 Bridge Street is between the Wildwood restaurant and the Typically British gift shop. There are two steps up to the entrance and a wheelchair ramp is available. For assistance, ring the bell near the step to the left of the entrance. The building has a wide lift which services both floors of the premises.

Term dates 2023 – 2024

Autumn Term: Monday 9 October – Friday 15 December 2023

Spring Term: Monday 15 January – Friday 22 March 2024

Summer Term: Monday 15 April – Friday 14 June 2024

Annual General Meeting Wednesday 27 March 2024 at 2.15 pm

Cover design by John Campbell

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General information

About U3AC

University of the Third Age in Cambridge (U3AC) is a Charitable Incorporated Organisation (CIO) that organises educational, social and fitness activities for people who are not, or no longer, in full-time employment (there are no age restrictions). Our website, www.u3ac.org.uk/, gives full details of the organisation – how we are run, our history, our constitution, policies and our annual report and accounts. It is the place to go for up-to-date information about our courses, lectures, social and cultural activities, privacy policy, public liability insurance, etc.

The annual subscription

The annual subscription for 2023–2024 is £105. New members pay an additional enrolment fee of £5. A reduced rate subscription is available for members in receipt of pension credit. To qualify for the reduced subscription of 20% of the full rate (£21.00), contact the Office with evidence of your entitlement. If you pay online, you will be refunded the difference when the relevant documentation has been received. The annual membership subscription contributes to the administration and accommodation costs of U3AC and is non-refundable. **It is not a payment for individual classes, lectures or activities.**

Applying for courses

For existing members

Applications should be submitted via the website, www.u3ac.org.uk, no later than **1 August**.

Please note: If you apply for only one course, and that course has a limited number of places, we cannot guarantee that you will be allocated a place. It is therefore advisable to list an alternative.

1. Log on to the website using your username and password, if you have forgotten your password, click 'Forgotten Password'.
2. Pay the annual subscription, using your credit card or debit card.
3. Click 'Your Course selection' > 'Apply for Courses'. Select the courses you want to apply for. You can choose a **maximum of 6**:
 - Make sure their times do not clash.
 - If two are on the same day, ensure that you have time to get from one to the next.
 - Rank your courses in order of preference with your first choice at the top of the list. You can change the order of preference by dragging the courses you have selected up and down the list.
4. If you wish, enter an alternative course (this is not part of your maximum of 6) in the right-hand column. The alternative should be either:
similar to the course in the first column and you don't mind which one you attend, including the same course which is offered both on Zoom and face-to-face
or
at the same time as the course in the first column.
5. Click the 'Submit course choices' button.
6. If there are any additional course fees to be paid, you will be taken back to the checkout page to make payment.

For new members

You must first register on the website and set up your account:

1. Click 'Join U3AC' on the homepage.
2. Complete the two parts of the online registration form ('Your info' and 'Additional Information'). Don't forget to click the 'Submit button' at the bottom of the Additional Information form.
3. Then as described above in steps 2–6 for existing members.

Any existing or new member who needs help completing the online form, should telephone the Office on 01223 321587 and a member of staff will be happy to talk you through the process.

If you do not have access to the internet, the Office can send you a paper copy of the New member registration and course application form.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

When to apply

You can join U3AC at any time and apply for courses. However, if your course choices are submitted by 1 August, they will be included in the annual allocation process, which uses a computer algorithm. If they are submitted after the allocation process, some courses will be full, so it is best to check first with the Office.

If you have made your application by 1 August, you will be sent your membership card in September, with an allocation letter giving a list of the courses in which you have a place.

The Vacancy list, available from September on the website, shows courses that still have vacancies. If you apply for a course that is full, you will be placed on the waiting list.

Once you have received your allocation letter and membership card you may start to attend courses.

Course allocation

The computer algorithm used to allocate courses works as follows:

1. It finds all members who have placed a particular course as their first choice.
2. If there are more applicants than places on the course, the algorithm selects names at random from the list of applicants.
3. If the course still has empty places, applications from members who put it as their second choice are considered, and so on.
4. If you are not allocated a place on your chosen course, your name is added to the waiting list, unless you have listed an alternative course in the second column. In this case the alternative course will be substituted for the course in the first column and you will not be put on the waiting list.
5. To make the course allocation more evenly balanced, the algorithm holds a 'success number' for each member. This is initially set to zero. Each time a member is allocated a place on a course, their success number increases by 1. Members who have a lower success number (i.e. have not been allocated their first choice of course, or their alternative first choice) are given priority in the allocation of second choice courses, and so are more likely to get these.

Please note: The Courses Committee reserves the right to cancel courses whose enrolments fail to reach 50% of the allocated capacity.

Attending courses

Health and safety

Participation in all U3AC activities is at your own risk.

- Before taking a fitness course or other physical activity, please consider whether you should consult your GP.
- If you have a significant health concern, please mention this (in confidence) to the course tutor or organiser.

If you are attending a course in the U3AC premises, let Office staff know if you require help should the premises need to be evacuated in an emergency by ticking the box on the application form.

Withdrawing from a course

If you are not able to attend a course, or if you find it does not meet your needs, let the Office know as soon as possible so your place can be offered to someone on the waiting list.

Contacting a tutor

For data protection reasons, tutors' personal details are not printed in the Programme. Instead, they are available to members who are logged in to the website.

- Log in in the usual way and go to the course description page. The contact details are listed under the tutor's description.
- If you do not have internet access you can request this information from the Office.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

Members with special needs

A table on pages 81 and 82 of this Programme and the course venues page on the website give details of each venue's facilities and accessibility.

Many courses can be adapted to cater for members with visual or hearing impairments. Please discuss your needs with the course tutor or organiser.

Please contact the Office if you would like to discuss your personal needs.

Privacy Notice (Data Protection)

The U3AC Privacy Notice includes:

The legal basis we rely on to use your information

Why we need your information and how we use it

Your rights relating to the information we hold about you.

We will use your personal information only to administer your membership account for the delivery of the activities offered by the organisation. We do this on the basis of Legitimate Interest, which is that we use the personal data you provide to us in ways you would reasonably expect and which have a minimal privacy impact. You can view your personal data by logging in to your account via the U3AC website.

If you wish to raise a complaint about how we have handled your personal data, you can contact the U3AC Office in the first instance: office@u3ac.org.uk, who will investigate the matter.

If you are not satisfied with our response or believe we are not processing your personal data in accordance with the law, you can complain to the Information Commissioner's Office (ICO).

For further information see the full Privacy Notice on our website: https://u3ac.org.uk/privacy_notice/ or contact the U3AC Office: office@u3ac.org.uk

Insurance

U3AC's insurance policy includes cover for public liability, that is U3AC's legal liability in the event of accidental injury or damage to property which occurs at our premises or in the external venues we hire for some of our activities. This covers members and those working on our behalf as volunteers while in our premises or in such external venues. Where a course is held in a member's home, our public liability insurance covers only losses directly attributable to the activities outlined in the course description given in the Programme.

Our public liability also extends to excursions and trips organised by U3AC's Social and Cultural Activities Committee and to any trip forming part of a course description. Please contact the Office: office@u3ac.org.uk if you have any questions about public liability insurance for an activity you may organise or if you wish to see a copy of the policy document.

Note that our public liability insurance covers only activities formally provided by U3AC and accepted by our insurer. If you participate in informal activities or trips abroad, please ensure you have appropriate household or travel insurance.

Volunteering

U3AC is very much run by its members for its members, and the continued success depends on members being willing to volunteer. There are many ways to contribute to the running of the organisation: working on the reception desk; Zoom hosting; running a course or leading an activity; joining the Cultural and social activities committee to arrange visits to museums, galleries, theatres and concerts or joining the Catering team who prepare food for our various events. Established members may wish to consider becoming a U3AC Trustee.

Please indicate on your application form if you are willing to volunteer in any way.

Art

ART 01: Abstract art

Coordinators: Gregor Alvey, Maggie Balshaw, Andrew Grimmer & Brian Mitchell

Day and time: Friday 10:30 - 12:30

Venue: Castle Street Methodist Church (Hall)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 24

Start date: 13 Oct

Participants are encouraged to experiment and enjoy this socially interactive group. A highlight of ART 01 has been the ethos of collaboration and open mindedness. This has created a forum free of pressure that everyone thoroughly enjoys. Although there is no formal tuition, we will give guidance and set out a programme of, in the main, two-weekly sessions each dealing with a specific theme. If you feel confident you may like to take a lead sharing techniques. You can work in any medium (except oils), bringing your own materials and equipment. In the case of new members, who we wish to encourage, we will email you prior to the start of term with details of materials and equipment required.

Format: Course or activity without teaching

About us: The organisers, in addition to their experience in the world of art, have varied backgrounds encompassing education, science and music.

ART 02: Anything goes, exploring representational and abstract forms

Tutor: Maggie Balshaw

Day and time: Tuesday 13:30 - 15:30

Venue: Arbury Community Centre (Small hall)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 16

Start date: 10 Oct

This course will offer a loose structure for members to explore and develop their favourite mediums and art forms. The choice of materials used will be that of members, not the tutor (anything goes except oil paints). Advice will be offered about suitable mediums for chosen subjects. Words/music/themes/existing works of art and art movements will be used to stimulate creative artwork. The course will be most suited to previous participants in 'Anything goes', but others are also welcome. Course members will be expected to reflect on their work and the processes that go into producing it in joint discussion and critique.

Format: Practical art activities and discussions

About me: I have been tutoring art courses at U3AC for 14 years. During school and college I studied art to advanced level.

ART 03: Arts forum

Convenors: Chris Kington & Brian Mitchell

Day and time: Wednesday 10:15 - 11:15

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 14

Start date: 11 Oct

We are a fully participatory forum which aims to cover a wide range of the arts - visual, literature, music, dance, architecture, film/tv etc. Each session will include a presentation and discussion of a topic chosen and presented by a member of the group. Presentations can take any form, reflect a cultural issue or draw on the personal experience or interests of the presenter. We hope to introduce members to new cultural areas as well as generate a lively exchange of information and views. It is essential that all members are prepared to present at least one topic during the two terms, enthusiasm and raising questions are more important than expertise and professional experience, although those are always welcome. Sometimes we maintain informal dialogue beyond the class including suggesting visits to local events.

Format: Discussion

About us: Brian is a participant in U3AC art activities and is a retired art administrator and cultural development consultant and now an abstract painter.

Chris is a facilitator and former publisher who has convened various U3AC classes including Contemporary poetry.

ART 04: Back to basics 1. An introduction to drawing and painting

Tutor: Samara Philpott

Day and time: Tuesday 10:30 - 12:30

Venue: Arbury Community Centre (Meeting room)

Length of course: 1 term. Autumn (10 weeks)

Places: 10

Start date: 10 Oct

Have you ever wanted to draw or paint but don't know how to start? Here is your chance to learn and practise some basic techniques in a relaxed and supportive way. This course is designed for beginners. We will start by drawing objects from home and garden in pencil, pen and charcoal. Then we will use paint, watercolour or acrylic, to create colourful pictures. You will need to provide your own materials; advice will be given on what to bring to each session.

Format: Practical activities with guidance

About me: I have taught or attended many art classes with the U3AC and other organisations and enjoy sharing my experience and enthusiasm of art with other people.

ART 05: Back to basics 2. An introduction to drawing and painting (Spring term)

Tutor: Samara Philpott

Day and time: Tuesday 10:30 - 12:30

Venue: Arbury Community Centre (Meeting room)

Length of course: 1 term. Spring (10 weeks)

Places: 10

Start date: 16 Jan

Repeat of Back to basics 1.

Format: Practical activities with guidance

About me: I have taught or attended many art classes with the U3AC and other organisations and enjoy sharing my experience and enthusiasm of art with other people.

ART 06: Barnwell art group

Coordinators: Ian (Mac) Macpherson & Sue Howell

Class Secretary: Liz Crow

Day and time: Friday 10:00 - 12:00

Venue: East Barnwell Scout Centre

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 20

Start date: 13 Oct

This is an ongoing course with the aim of continuing to develop and practise drawing and painting skills in an atmosphere of mutual support. Participants will provide their own materials. Occasionally we engage the help of skilled artists and models for classes, so there is a cost of at least £10 on an ad hoc basis, which also includes tea, coffee, biscuits. We organise an outing each term plus a couple of outings in the summer break to paint, draw and lunch in attractive locations. Returners and new members with some experience are welcome. There is free parking at the Centre. Barnwell art group website is www.barnwellartgroup.wordpress.com

Format: Course or activity without teaching

About us: We have been involved with this class since it first began in 2013 as a 2-year tutored art course (under Alan Chadwick).

ART 07: Drawing for pleasure

Convenor: Elizabeth May

Class secretary: Anne Von Janowski

Day and time: Friday 10:15 - 12:15

Venue: Arbury Community Centre (Meeting room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 13 Oct

The group will meet to indulge its interest in drawing/art. Each person in turn suggests and brings a still-life subject, occasionally we attempt to draw a clothed human. There is no tutor - we encourage one another. Please supply your own paper, pencils, etc. The intimate group is valued for its good social rapport.

Format: Self-taught course or activity

About Elizabeth: I am a scientist/environmentalist but have enjoyed art throughout my life to date.

ART 08: Paint, draw in Cambridge (Summer term)

Coordinators: Maxine Fay & Samara Philpott

Day and time: Tuesday 13:30 - 16:00

Length of course: 1 term. Summer (8 weeks)

Places: 14

Start date: 16 Apr

Join us to discover more about Cambridge by painting and drawing in the city. Each week we will visit a different place to be inspired by what we see. Where we go may be weather dependent so we will inform you of the venue a few days before each session. There may be a small charge at some venues. You will need to provide your own art materials and equipment.

Format: Course or activity without teaching

About us: Samara and Maxine are enthusiastic art class attendees and coordinators. We look forward to visiting some new and some familiar places for another summer of art.

ART 09: Painting group - Monday

Coordinator: Ian Walls

Organiser: Liz Spencer

Day and time: Monday 10:00 - 12:30

Venue: Grantchester Village Hall

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 23

Start date: 09 Oct

This is a friendly and supportive group of painting enthusiasts willing to share and advise each other to help improve artistic skills. The sessions are informal and both beginners and more experienced artists are welcome. We mainly use watercolours and acrylics, but also pastels, inks and oils. Grantchester Village Hall is light and airy so ideal for painting, and the facilities are very good.

Street parking is available close by.

Format: Self-taught course or activity

About Ian: As an architect I have had a lifelong interest in the visual arts and design and am a largely self-taught watercolourist.

ART 10: Painting group - Wednesday

Coordinator: Barbara Eacott

Day and time: Wednesday 10:00 - 12:30

Venue: Grantchester Village Hall

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 24

Start date: 11 Oct

This is a friendly self-help group working independently in watercolour, acrylic or pastels (oils can also be used provided the light-coloured wood floor is protected by the artist). Though it is an untutored session, periodically a theme is introduced that members paint producing creative and unusual results. We welcome all participants with or without a lot of experience. The group is helpful and supportive and enjoys an informal atmosphere in which to relax and enjoy their painting. Please note: Grantchester Village Hall has no dedicated parking. Please park considerately in the village.

Format: Course or activity without teaching

About me: I have been interested in art all my life, either painting or through galleries and programmes, and am an avid workshop participant, in the elusive pursuit of improvement!

ART 11: Sketching, drawing and painting

Tutor: Brian Johnson

Day and time: Friday 10:00 - 12:00

Venue: Grantchester Village Hall

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 24

Start date: 13 Oct

This course is concerned with drawing in pencil or pen and ink and painting in watercolours. It is a continuation of work and techniques established in previous years. Please note: There will be no session on 26 April. On the following dates meetings will be at 2.00 - 4.00pm: 20 Oct, 17 Nov, 15 Dec, 19 Jan, 16 Feb, 15 Mar, 19 Apr, 17 May, 21 Jun.

Format: Taught course or activity

About me: Have been teaching the course for the past 14 or 15 years.

ART 12: The Human Figure

Organiser: Jim Jones

Coordinator: Tony Stevens

Day and time: Thursday 10:00 - 12:00

Venue: East Barnwell Scout Centre

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 20

Start date: 12 Oct

This is a self-help group for people with any level of ability and experience. Each week there will be an unclothed model and during each term there will be male and female models. There is a charge to cover the costs of the models which will be collected from each member of the class at the beginning of each term. No equipment or materials are provided. Members use a variety of techniques including pencil, charcoal, pastel and coloured washes. There is car parking at the venue and in adjacent roads.

Format: Course or activity without teaching

About us: The organisers are keen amateur sketchers of the human figure, without professional training but with a lot of enthusiasm we like to share. The organisers have both been members of the group for several years.

ART 13: The monthly draw - urban sketching in Cambridge

Organiser: Jessie Nisbet

Day and time: 2nd Friday of each month 10:30 - 12:30

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 10

Start date: 13 Oct

An untutored group activity, meeting once a month in the city to sketch buildings, landmarks, museum exhibits, people etc. Monthly meeting points will be sent out in advance, bearing in mind predicted weather conditions. On the day, we will gather to say hello, then sketch - either near to others in the group, or more spread out - according to individuals' preferences and the particular area.

Afterwards, we can go for a cuppa nearby to swap stories, compare and admire drawings (optional) and pool ideas about future locations, materials used etc. I find sketching away from home more motivating and supportive when with others. This group is for anyone who likes to draw, of whatever standard/experience. Drawing/painting materials need to be portable. The art shop in King Street gives 10% discount to U3AC members. Wear weather appropriate clothes. A small portable stool might be useful.

Format: Course or activity without teaching

About me: I belong to a U3AC art group and the local Urban Sketchers, although this group would be for anyone who likes to draw/paint, of whatever standard or experience.

Art history

ARTH 01: A guided tour round the Fitzwilliam Museum's antiquities

Tutor: Chris Jones

Day and time: Wednesday 15:00 - 16:30

Venue: Fitzwilliam Museum

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 12

Start date: 11 Oct

Over three terms I shall give an art-historical analysis of the wonderful Egyptian and Greek antiquities in the Fitzwilliam Museum. We shall look attentively at the beautiful artifacts, the sculptures, reliefs, painted vases, clay figurines and small bronzes, proceeding chronologically through successive eras from about 3000 BC to 300 AD. We will explore the astonishing influence of ancient Greece on neighbouring cultures, such as Cyprus, Etruria, Rome, Syria and even (believe it or not) India. Our focus will be on both appreciating the aesthetic beauty of the objects, and understanding their social function (which is often sacred or funerary, or the promotion of an ideology). Numbers are limited to a dozen for reasons of space. In order for everyone to actually see the pieces we will be obliged to stand (and walk between the cabinets); there is no room to sit. We will meet at the Fitzwilliam's Greek gallery.

Format: Taught course or activity

About me: I have a passionate love of ancient Greek art and over decades have explored museums and archaeological sites in Greece, and Greek culture in museums throughout Europe and in America.

ARTH 02: Anglo-Saxon kingdom of Mercia

Tutor: Diane Milan

Day and time: Thursday 10:00 - 11:00

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (8 weeks)

Places: 30

Start date: 12 Oct

Cambridge was part of Anglo-Saxon Mercia, bordering on the kingdom of East Anglia. Mercia was one of three powerful Anglo-Saxon kingdoms and came into particular prominence during the Mercian supremacy under King Offa, when Magdalene Bridge was built, and ended in 910 within a single kingdom of England. The course will look at the geographical extent of Mercia to the Welsh border; its peoples; its dialect. Northumbria has Bede and Wessex the Anglo-Saxon Chronicle, Mercia has less documentary evidence but its story is now starting to be told with the stunning find of the Staffordshire Hoard. Mercia had its own distinctive art of high quality, the Tiberius school of manuscripts, including the Book of Cerne and the Barberini Gospels and an influential style of metalwork, including the elegant Trewiddle style of silver jewellery, that spread across England. It has famous churches and sculpture, which drew on Carolingian art.

Format: Lecture

About me: I am an enthusiastic amateur whose History degree specialised in the Anglo-Saxons. I am keen to bring life to Mercia, which is less prominent than Wessex or Northumbria.

ARTH 02(z): Anglo-Saxon kingdom of Mercia

Places: 25

As for ARTH 02 but attending by Zoom.

ARTH 03: Art of the Picts (Spring term)

Tutor: Diane Milan

Day and time: Thursday 13:20 - 14:20

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (8 weeks)

Places: 30

Start date: 18 Jan

The course will look at the tantalising art of the Picts as expressed on symbol stones and wonderful silver. Pictish political identity was expressed through their rich repertoire of symbols and we shall meet the Pictish Beast and the enigmatic 'crescent and V-rod', which continue into the Christian era. The legacy of great artists and craftsmen, these works have their counterpart in the Books of Kells and Lindisfarne, as well as masterpieces of the Celtic jewellers' art and exotic tableware. Pictish sculpture is renowned for the naturalism of its animals and the mesmerising otherness of its early forms, which later were to be woven into the full repertoire of Insular art, as seen in Northumbria, Ireland and southern England. The Picts were neighbours of the Anglo-Saxons in Northumbria and spoke a language related to the Britons of the south known to Bede and the Romans.

Format: Lecture

About me: I have visited many Pictish sites and belong to the Pictish Arts Society. The Picts are becoming more high profile and a lot of new information has become available.

ARTH 03(z): Art of the Picts (Spring term)

Places: 25

As for ARTH 03 but attending via Zoom.

ARTH 04: Introduction to Nicolas Poussin (Summer term)

Tutor: Gillian Watts

Day and time: Wednesday 11:50 - 12:50

Venue: U3AC (Pink room)

Length of course: 1 term. Summer (6 weeks)

Places: 20

Start date: 17 Apr

Poussin is regarded as the father of French painting. He is known for subtle and original interpretation of biblical, historical and mythological subject matter, and for his mastery of composition. He brought intellectual depth to his works, deciding upon a subject, then researching the text, often depicting several aspects of a subject in one work. His life was mostly lived in Rome except for a brief, unhappy spell as painter to the king of France. He was dogged by ill health. He planned his canvases meticulously. He had no assistants or collaborators and took complete responsibility for the conception and execution of his plans. He fixed a price on the work and never negotiated. He influenced David, Ingres, Seurat, Cezanne and Picasso among others, and is still influential today. The course will focus on the artist's biography, and the narrative behind selected works.

Format: Lecture

About me: The course is based on my research around the subject. It follows courses on Vermeer and Velazquez, but it is a stand-alone course and no prior knowledge is required.

ARTH 05: Looking at art: Victorians and Impressionists (Spring term)

Tutor: Lindsay Millington

Day and time: Thursday 10:00 - 12:00

Venue: U3AC (Red room)

Length of course: 1 term. Spring (10 weeks)

Places: 15

Start date: 18 Jan

This course follows the story of Western European art through the 19th century. It looks at how institutions, changes in society and the works of earlier generations helped shape art works and styles. In France, artists such as Géricault and Courbet responded to the new order following the French Revolution. In England, the arrival of the Parthenon marbles and the opening of the first public galleries preceded the Pre Raphaelite Brotherhood, while the Arts and Crafts movement emerged after the Great Exhibition of 1851. Towards the end of the century new materials and processes, together with renewed interest in light, colour and form, prompted Impressionism and Art Nouveau. As in previous 'Looking at art' courses, we will look closely at selected paintings using visual analysis techniques. Each session will include small group exercises and everyone makes a (very) short end-of-term presentation. A Fitzwilliam Museum visit will also be arranged.

Format: Taught course or activity

About me: I studied art history as a mature student with the Open University, followed by a Cambridge M Phil, and have been teaching U3AC courses for a decade.

ARTH 06(z): Reading the geology of landscape paintings

Tutor: Douglas Palmer

Day and time: Tuesday 09:45 - 11:00

Venue: Zoom

Length of course: 1 term. Autumn (6 weeks)

Places: 50

Start date: 10 Oct

A short course of six Zoom sessions looks at a selection of distinctive British landscapes (including the Lake District and Lyme Regis) and their underlying geology. The suggestion is that this deep anatomy has been formative at some level. To what extent does the geology determine the way that we the public have seen and depicted the landscape over the centuries and the way artists have seen and depicted the landscape? Does an artist's awareness of the geology enhance the painting? No previous knowledge of geology nor the history of painting is required.

Format: Lecture

About me: This course is based on my professional experience as a geologist, interest in the geology of landscape and its historical depiction by artists.

ARTH 07: Titian

Tutor: Vivien Perutz

Day and time: Monday 10:00 - 11:30

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 30

Start date: 09 Oct

The course will begin with an outline of Titian's extraordinary career - he was the first artist with an international clientele - and the propitious context in which he found himself, not least the new age of Italian oil painting. I will then divide Titian's oeuvre thematically into portraits, pastoral, erotic and mythological scenes and finally religious paintings.

Format: Lecture

About me: I taught art history at Anglia Ruskin and then at Cambridge University.

ARTH 07(z): Titian

Places: 50

As for ARTH 07 but attending via Zoom.

Arts and crafts

ARTC 01(z): Hardanger, pull thread and other decorative stitches

Demonstrator: Georgia Curry

Day and time: Monday 14:00 - 15:00

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 09 Oct

Hardanger - or how to remove threads from your work without everything collapsing in a tangled mess. We will learn/practise a number of decorative stitches including four legged stitch, hemstitch, crossstitch etc. Imagination is the only limitation but please have a small piece of 28 count linen or even-weave (fat quarter will be plenty for a few projects) and cotton perle size 8 and size 12 as well as any cottons or silks you may already have at home. Please remember to bring your sewing kit, glasses and if needed a magnifying lens.

Format: Demonstration and practice

About me: An enthusiastic crafter, have attended numerous courses with the Royal School of Needlework.

ARTC 02: Knitting

Coordinators: Jackie Beavis & Gill Lintott

Day and time: Friday 14:45 - 16:15

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 9

Start date: 13 Oct

Knitting is therapeutic and can help with physical and mental health. We welcome knitters of all abilities from beginners to experts to this friendly and welcoming group. Please bring your own project and we will help and learn from each other.

Format: Self-taught course or activity

About us: Gill and Jackie are lifelong knitters.

ARTC 03: Light-hearted crafting group

Tutor: Anne Campbell

Day and time: Thursday 14:00 - 15:30

Venue: Castle Street Methodist Church (Epworth room, NB: First Floor - no lift)

Length of course: 2 terms. Autumn (10 weeks), Spring (6 weeks)

Places: 12

Start date: 12 Oct

Making with the hands is stimulating to the brain, relaxing and improves wellbeing. This class is for anyone wishing to spend time in a friendly group situation with the shared aim of experiencing these benefits. Each session will be led by the tutor and all materials will be provided, so you don't need to come with anything but yourself! No previous crafting skills are necessary and all abilities are welcome. Each week you will be introduced to a different technique, for example quilting, paper folding, decoupage, and you will hopefully take home a finished item. During the Autumn term there will be a seasonal and Christmas theme running through the sessions. In the Spring term we will revisit activities from the previous term and welcome any new ideas for activities from the group members. A donation of 50p is requested each week to cover the cost of materials.

Format: Taught course or activity

About me: An enthusiastic amateur crafter and maker.

ARTC 04: Patchwork and machine quilting

Leader: Jane James

Coordinator: Judy Tillotson

Day and time: Wednesday 14:00 - 16:00

Venue: Arbury Community Centre (Large hall)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 14

Start date: 11 Oct

We are a mixed ability group who enjoy sewing using patchwork and machine quilting techniques. We make things like bags, place mats, coasters, wall hangings, table runners and of course quilts of all sizes. We are a self help group. We choose a project each term and can make our own version of it, sharing our ideas and experiences with others. Alternatively you are welcome to work on your project. You will need to bring your own sewing machine, fabric and threads. You will need to get your sewing machine PAT tested; details will be given before the course starts. Please get in touch if you would like further details.

Format: Self-taught course or activity

About me: (Jane) I am not an expert quilter, but I really enjoy the process of choosing fabrics, and sewing them to transform them into a pattern or picture.

ARTC 05: Stitching

Coordinators: Mary Richards & Judy Tillotson

Day and time: Wednesday 11:15 - 12:45

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 12

Start date: 11 Oct

This is a friendly group who enjoy all forms of needlework: embroidery, tapestry, patchwork, quilting, needlepoint, crochet, knitting and other related crafts. Everyone is welcome to work on their own projects in good company. We enjoy sharing our skills with each other and gaining inspiration from the designs of other stitchers. Manual tasks are really good for the brain (as well as being fun) and reduce stress and anxiety levels.

Format: Self-taught course or activity

About us: We are both enthusiastic amateur stitchers, who enjoy hand patchwork, knitting and crochet, embroidery and tapestry.

Business

BUS 01: What is driving the Information Revolution?

Tutor: Neil McPhater

Day and time: Thursday 15:00 - 16:00

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (10 weeks)

Places: 16

Start date: 12 Oct

"The unique feature of the Market Economy is precisely that it organises economic activity around information" - Peter Drucker. However, a single holistic definition is required because information has different meanings in both the business and technological design disciplines covered (e.g. economics, marketing, engineering, software). The Information Revolution has a common pattern with other historic Technological Revolutions (e.g. steam & railways, oil & automobile) with a common pattern - a techno-economic phase followed by a socio-political one. 'Tech Titan' pioneers (like Facebook, Microsoft, Google) have erupted to become over 20% of today's US stock market capitalisation. However society still needs to address after-effects like data privacy, surveillance and 'harm' from social media. Topics covered include Moore's Law, digital platforms (e.g. Apple), digital markets (e.g. Uber), cloud computing (e.g. Amazon Web Services), 'creative destruction', and how intangible digital products differ economically from conventional physical ones.

Format: Lecture

About me: My credentials are a longstanding interest in the business impact of IT, a few decades in a Cambridge high technology company together with an engineer's enquiring mind.

Computing and IT

CMP 01: Absolute beginners practical introduction to QGIS mapping

Tutor: David Oates

Day and time: Alternate Fridays, 10:30 - 12:00

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)

Places: 10

Start date: 20 Oct

The Quantum Geographical Information System is a large constantly updated freeware package used widely for producing good quality digital maps covering a wide range of activities. Using a simple step-by-step approach we will concentrate initially on the production of maps and diagrams suitable for use in local history and archaeology. Later we will diversify into other types of map and diagram according to the interests of class participants. The classes will all be practical sessions and you should bring a fully charged laptop. By having fortnightly meetings there will be time for you to produce your own projects for display and discussion.

Format: Taught course or activity

About me: I am a retired mathematics lecturer interested in Local History and Archaeology and have used QGIS for several years.

CMP 02: Getting more out of Excel

Tutor: Dai Davies

Day and time: Monday 11:40 - 12:40

Venue: U3AC (Green room)

Length of course: 1 term. Autumn (10 weeks)

Places: 10

Start date: 09 Oct

Excel is the most widely used spreadsheet available today. It is a powerful piece of software widely used for data-analysis, finance and scientific computing. Many people use it, yet few really exploit its power. The course is aimed at helping those people who only currently use Excel as a way of storing information and for simple calculations. The overall objectives will be to help users improve their mastery of Excel. A reasonable knowledge of the spreadsheet is needed including the ability to open the program and to enter data. Topics covered will include, Charts, Pivot Tables, use of Lists, use of Names, Data Validation, Functions, etc. The course could culminate in a project exploiting the things learnt. You will need your own laptop (MAC or PC). A tablet will not do. You must have a 2010 or later version of Excel.

Format: Taught course or activity

About me: I have used Excel since the early 1980s and am interested in making its power accessible to others. I have run this course for five years.

CMP 03: History of programming languages (Summer term)

Tutor: Peter Burkinshaw

Day and time: Tuesday 15:30 - 16:30

Venue: U3AC (Orange room)

Length of course: 1 term. Summer (7 weeks)

Places: 8

Start date: 16 Apr

This course will review the development of programming languages starting with machine code up to the present day.

Format: Lecture

About me: I spent over 40 years designing and developing software for several multinational companies including IBM, Rolls-Royce, Rank-Xerox and Telenova.

CMP 04: How safe are you online?

Tutor: Derek Morris

Day and time: Tuesday 15:25 - 16:40

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (5 weeks)

Places: 30

Start date: 10 Oct

In today's digital age, it is essential to know how to stay safe online to protect your personal information, finances, and privacy. This course will provide you with the knowledge and skills to help safeguard yourself against online threats. I will explain the types of threat and explore good practices and tools for protecting yourself while using the internet. Topics will include an introduction to the Internet, World Wide Web and the Dark Web, how to spot online scams, avoiding computer viruses, methods for creating and managing secure passwords and protecting your privacy. The course will include examples and tips for Windows, Mac, iPad and phone (Apple and Android) users.

Format: Lecture

About me: I have been using and developing computers for 50 years. I hold a computer science degree, and have spent all of my career working in the computer industry.

CMP 04(z): How safe are you online?

Places: 50

As for CMP 04 but attending via Zoom.

CMP 05: How safe are you online? (Spring term)

Tutor: Derek Morris

Day and time: Tuesday 15:00 - 16:15

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (5 weeks)

Places: 30

Start date: 20 Feb

This is a repeat of the same course that was run in the Autumn term (CMP 04).

Format: Lecture

About me: I have been using and developing computers for 50 years. I hold a computer science degree, and have spent most of my career working in the computer industry.

CMP 05(z): How safe are you online? (Spring term)

Places: 50

As for CMP 05 but attending via Zoom.

Current affairs

CUR 01(z): Current affairs 1

Coordinator: John Fisher

Day and time: Friday 12:30 - 13:45

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 20

Start date: 13 Oct

Today's world is increasingly complex with tidal waves of information, both reliable and fake, flooding all forms of the media and internet. The issues of the day can range from the deadly serious to the light-hearted but all affect us in some way. Our aim is to discuss three or four topics each week (chosen by the group) and to enrich our understanding of them by sharing the views and perceptions of the group members. Invariably, our understanding is enriched by their insights. Those who have lived or worked abroad can often add a further dimension to the discussion. It is not a forum for 'imported experts' but an opportunity to spend a pleasant hour or so listening to the experience of others and sharing thoughts, often humorously, on domestic and world events.

Format: Discussion

About me: I am a retired former UK and Australian diplomat. I helped coordinate this course for the last two years and greatly enjoyed the wide spectrum of conversations.

CUR 02: Current affairs 2

Leader: Ian Hunter

Coordinator: John Tyson

Day and time: Friday 13:15 - 14:30

Venue: U3AC (Red room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 15

Start date: 13 Oct

A discussion group mainly concerning topics in the news.

Format: Course or activity without teaching

About Ian: Retired Further Education Lecturer/Manager.

CUR 03: Current affairs 3

Tutor: Nicholas Russell

Day and time: Friday 13:00 - 14:30

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 16

Start date: 13 Oct

Most of us listen to the news on radio and television to help us build an understanding of what is happening in the world around us. The group aims to have a discussion, humorous where appropriate, listening to the perceptions of others in the group, so that our understanding is enriched by their insights. Members who have lived or worked abroad can often add a further dimension to our understanding. We see it not as a forum for 'imported experts' but as an opportunity to spend a pleasant hour or so listening to the experience and insights of others in the group and sharing our thoughts and understandings of world events.

Format: Discussion

About me: This will be my eighth year doing this activity, members seem to enjoy the format. Many topics are suggested prior to the session by email.

CUR 03(z): Current affairs 3

Places: 8

As for CUR 03 but attending via Zoom.

CUR 04(z): Current Affairs by Zoom

Coordinator: Harry Belsey

Day and time: Monday, throughout the year 09:00 - 10:30

Venue: Zoom

Places: 9

Start date: 09 Oct

In this class we discuss the matters of the day, on Zoom from your own home. To join in you will need a computer with a webcam and a decent Internet connection. Any relatively modern laptop has a web cam and speakers incorporated. The only other thing you need is an interest in current affairs and a willingness to join in the discussion. We continue our discussions out of term time and have approximately 50 meetings a year.

Format: From your own home on your own computer

About me: This course went mainstream in 2018.

CUR 05: Cyber security - be safe online

Tutor: Lucy Purkis

Day and time: Thursday 11:10 - 12:10

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (8 weeks)

Places: 20

Start date: 12 Oct

How safe is the online world? What are the risks we are exposed to and how can we best protect ourselves? This course will cover the emerging area of cyber security. We will discuss topics such as hacking and scams and also make constructive plans for how to deal with possible incidents on a personal level, for example loss of phone or being targeted by scammers. The course will also take a wider view of life online and cover how organisations such as banks protect themselves and their customers, cyber warfare and intelligence, fake news and images, using social media wisely, online influencers and radicalisation and the rise of cryptocurrency and investment scams. The course is non-technical and has no prior requirements. The website of the National Cyber Security Centre (NCSC.gov.uk) would be a good place for prospective students to start.

Note: There will be no class on 26 Oct.

Format: Taught course or activity

About me: I worked in the IT department at Arm, one of Cambridge's most significant technology companies. Since retiring I have been developing my interest in cyber security.

CUR 06(z): Transatlantic Discussion Forum

UK Coordinator: Harry Belsey

Day and time: Last Monday of the month, throughout the year 14:30 - 16:00

Venue: Zoom

Places: 16

Start date: 30 Oct

This class is hosted by a group of third-age learners in Toronto, Canada. It meets on the last Monday of every month and is repeated to an overflow audience on the following first Monday of the following month both in and out of term time throughout the year. Participation is by Zoom from your home computer. All that's needed to join in is a computer (desktop, laptop or tablet) equipped with a webcam and high-speed Internet access. The five dozen members are third-age learners from the U3AC, UK-based U3As and similar organisations in Canada, Ireland and the USA. At a typical session, a member or guest speaker kicks off the discussion with a 30-minute presentation on a current topic of international interest. This is followed by an hour or so of round-the-table discussion, with a range of perspectives represented. There are usually about 11 meetings a year.

Format: Discussion

About me: I have been coordinating the UK end of this activity since 2017 and sit on the international management committee.

CUR 07(z): Transatlantic Economist Readers Group

Coordinator: Harry Belsey

Day and time: 2nd Monday of the month, throughout the year 14:30 - 16:00

Venue: Zoom

Places: 6

Start date: 09 Oct

This class is hosted by a group of third-age learners in Toronto, Canada. It meets on the second Monday of every month both in and out of term time throughout the year. Participation is by Zoom from your home computer. All that's needed to join in is a computer (desktop, laptop or tablet) equipped with a webcam and high-speed Internet access. The two dozen participants are regular readers of The Economist from the U3AC, UK-based U3As and 'sister' organisations in Canada, Ireland and the USA. At a typical session, the magazine's cover article is discussed first. The round-the-table discussion then moves on to other articles, with a range of perspectives represented. There are about 11 meetings a year.

Format: Discussion

About me: I have been coordinating the UK end of this activity since 2017.

Economics

ECN 01: Economics discussion group

Leader: Ian Hunter

Convenor: John Tyson

Day and time: Friday 10:00 - 11:30

Venue: U3AC (Red room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 15

Start date: 13 Oct

The ECN 01 Friday Economics discussion group is for those who do not necessarily have a background in Economics and for those who do. We have a broad definition of the subject matter, try not to take ourselves too seriously and welcome new and existing U3AC members to join us and contribute to wide ranging discussions with an 'Economics' bias.

Format: Discussion

About Ian: Retired Further Education Lecturer and Manager.

ECN 02: Great Economists - their lives, their ideas, and their legacy

Tutor: Paul Bullen-Smith

Day and time: Tuesday 14:00 - 15:00

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 25

Start date: 10 Oct

Thomas Carlyle coined the phrase 'dismal science' when discussing the subject of economics. If true does that mean economists are dismal? My aim is to show that they, their subject and their insights are at least 'interesting'. The course will look at the ideas and theories of some of the key contributors to our understanding of the world and the insights gained by studying economics over the years. We start with the Bible and the philosophers of ancient Greece and end with the thinkers behind game theory and the rise of behavioural economics. This is not a series of economic lessons rather an overview of economic ideas and insights through time, and through the men and women themselves - their lives, their ideas, and their legacy.

Format: Lecture

About me: I love the subject and find the insights, as in physics, in how the world works fascinating. Whilst no academic I have taught, examined and developed syllabuses in economics.

ECN 03: Modern money theory

Tutor: David Brown

Day and time: Tuesday 12:30 - 14:00

Venue: U3AC (Yellow room)

Length of course: 1 term. Autumn (8 weeks)

Places: 12

Start date: 10 Oct

Have you ever wondered about austerity? Have you ever questioned how taxation relates to the growth of the economy? Do you groan or cheer when you hear that there is a budget deficit or surplus? When politicians say the economy can be run according to the same principles as a corner shop, do you think they are right? Would you like there to be more, and better-informed discussion on what we mean by national prosperity and how we might go about achieving it? This course will enable you to understand these and other related issues. You do not need a mathematical or technical background, and there will be ample opportunities for questions and class discussion. A recommended (but optional) reading list, handouts, and useful links will be provided throughout and at the end of the course.

Format: Taught course or activity

About me: I am a retired mathematics teacher, software engineer, and technical writer, and now an MMT enthusiast.

ECN 04: Real-world economics (Spring term)

Tutor: Richard Lewney

Day and time: Tuesday 10:00 - 11:00

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (10 weeks)

Places: 16

Start date: 16 Jan

Economics ought to be an engaging subject that sheds light on the important challenges that society faces. Instead, it is often limited to discussion of short-term news (its public face) or mining a seam of research that is increasingly less productive and of little public interest (its private face). University students of economics have often expressed disappointment at how little engagement their course has with the social, economic and environmental issues they care most about. This course begins with the big questions and explores what economics has to say, or could say, about them. We shall consider questions such as 'Why are we trashing our planet?' and 'Why are a few people rich and a lot of people poor?'. The format will be presentations and opportunities for discussion (including, at the beginning, a chance to choose the questions the course will cover).

Format: Seminar

About me: I studied Economics at Cambridge and the University of Massachusetts and then worked as a professional economist, mostly for a university spin-off that applies economics to policy issues.

ECN 05: Some economic issues; growth and financial power

Tutor: John De Val

Day and time: Wednesday 09:45 - 11:15

Venue: U3AC (Yellow room)

Length of course: 1 term. Autumn (10 weeks)

Places: 15

Start date: 11 Oct

This course will be in two parts. The first will consider David Attenborough's statement; "We have a finite environment - the planet. Anyone who thinks that you can have infinite growth in a finite environment is either a madman or an economist". Can economic growth and environmental health be reconciled? The second part will look at some of the financial institutions such as hedge funds, private equity companies and sovereign wealth funds which wield considerable power in today's highly financialised global economy. They may sound boring but that's the way they like it. When things go wrong, it is not unusual for their fingers to have been in the pie somewhere. No previous knowledge of economics required.

Format: Lecture

About me: I graduated with a degree in economics and for most of my working life was involved with economic issues in both the public and the private sector.

ECN 05(z): Some economic issues; growth and financial power

Places: 5

As for ECN 05 but attending via Zoom.

ECN 06: Some economic issues; migration and aid for the developing world (Spring term)

Tutor: John De Val

Day and time: Wednesday 09:45 - 11:15

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (10 weeks)

Places: 15

Start date: 17 Jan

Migration has been a subject which has been challenging to societies throughout the history of the developed world and generates strong emotions. But it is too important a subject to be reduced to emotional soundbites. One way of addressing the challenge is to alleviate poverty in the developing world; one of the causes of migration. But many aid initiatives founder because they take little account of how people receiving assistance actually live their lives and what they really need. This course will review the economics of migration and explore some common misconceptions about poverty in the developing world and the scope for more effective action.

Format: Lecture

About me: I graduated with a degree in economics and for most of my working life was involved with economic issues in both the public and the private sector.

ECN 06(z): Some economic issues; migration and aid for the developing world (Spring term)

Places: 5

As for ECN 06 but attending via Zoom.

ECN 07: The Armchair Economist

Organiser: John Hall

Deputy: Robert Haining

Day and time: Tuesday 14:00 - 15:30

Venue: Autumn & Spring terms: St Clement's Church (Upper Room, NB: First Floor - no lift). Summer term: U3AC (Pink room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks)

Places: 10

Start date: 10 Oct

This is a discussion group for those of you who either already enjoy reading *The Economist*, or who are looking for great insights about the way politics, economics, finance, demographics, culture, science and technology might shape life in Britain, and the rest of the world. *The Economist* is a wide ranging magazine, with a very readable house style. If you don't know it, it is a discovery worth making. As a group, we focus, in a highly participative way, on the Leaders each week. You will be debating *The Economist's* interpretations and its solutions. Where time permits, you can also share knowledge of other articles you may have found of interest. We set out to enjoy our sessions. Join us, and you will find yourself naturally involved, better informed, and awaiting the next session with interest!

Format: Discussion

About John: Your facilitator has been reading *The Economist* for many years and is passionate about its ability to educate and inform although sometimes quarrels with its stance.

ECN 08: The uses and abuses of economics (Spring and Summer terms)

Tutor: David Burgess

Day and time: Thursday 14:00 - 15:15

Venue: U3AC (Blue room)

Length of course: 2 terms. Spring (10 weeks), Summer (5 weeks)

Places: 16

Start date: 18 Jan

Economics has come to dominate political decision making to the exclusion of other priorities. Prime Ministers from Wilson to Cameron have studied Economics at University - but to what effect? The great Cambridge economist J M Keynes observed that 'practical men who believe themselves to be quite exempt from any intellectual influence, are usually the slaves of some defunct economist'. What does Economics get right, and what does it get wrong? This course offers a personal critique of a subject which so dominates our public affairs. Course members will learn some basic economic ideas, concepts and theoretical models and will consider these in a critical light. The course will be delivered in seminar format, involving some formal teaching and some class discussion. Previous knowledge of Economics or Mathematics is neither necessary - nor desirable! But an interest in current issues certainly is required.

Format: Seminar

About me: Former teacher of Economics and Politics to A level. I have previously taught two Politics courses at U3AC and a previous version of this course.

Education

EDU 01: Imagine if....? (Spring term)

Tutor: Dr Chris Loughlan

Day and time: Alternate Mondays, 10:00 - 11:30

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (4 weeks)

Places: 20

Start date: 15 Jan

Have you ever nurtured an idea to do or make something new, to be more creative? Have you ever thought 'what if I had followed my instinct, a wish to do something different'. Imagine if you had the opportunity to bring this dormant idea to life. Session 1 will generate a new or refine an existing idea, discuss questions such as what is value, risk, habits and communicating your idea. Session 2 considers how to make some form of prototype or 'rough outline' of your idea. Session 3 shares your ideas, gaining feedback and discussing 'what next?'

Format: A blend of presentation, participatory discussion and small group workshop

About me: Lectured at Glasgow & Anglia Ruskin Universities. I spun a company out of Addenbrookes Hospital. I hold a fellowship in entrepreneurship education; have authored three books on creativity and innovation.

EDU 02: Imagine if...? (Summer term)

Tutor: Chris Loughlan

Day and time: Alternate Mondays, 10:00 - 11:30

Venue: U3AC (Pink room)

Length of course: 1 term. Summer (4 weeks)

Places: 20

Start date: 15 Apr

This is a repeat of EDU 01.

Format: A blend of presentation, participatory discussion and small group workshop

About me: Lectured at Glasgow & Anglia Ruskin Universities. I spun a company out of Addenbrookes Hospital. I hold a fellowship in entrepreneurship education; have authored three books on creativity and innovation.

Film

FLM 01: Japanese cinema -Yasujiro Ozu (Spring term)

Organiser: Alan Durham

Day and time: Thursday 14:00 - 16:30

Venue: Cambridge Central Library (Conference Room)

Length of course: 1 term. Spring (10 weeks)

Places: 40

Start date: 18 Jan

I am continuing my survey of Japanese cinema with the work of Yasujiro Ozu, another of the great directors from the golden age of Japanese film. He worked in a number of genres, including Hollywood-style gangster films, melodramas, and comedies. His signature style and wit make for a fascinating and entertaining body of work. Each week I will show one of his films, preceded by a short talk. I will also be circulating handouts in advance for those who wish to explore further.

Format: Film with short talk

About me: I have for many years been interested in cinema, and am fascinated by Japanese culture and history.

FLM 02: Moviemaking

Coordinator: Laura Sims

Day and time: 3rd Monday of the month 13:00 - 15:00

Venue: Arbury Community Centre (Small hall)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 12

Start date: 16 Oct

This moviemakers group intends to bring together people interested in making short films. This will not be a taught course in moviemaking, but more like a club to share ideas, knowledge, and to make some short films together. There may be some short skills sessions depending on the group. Participants are not expected to have their own equipment, although that can be useful, nor are they expected to have knowledge of film-making as that knowledge can be shared by other group members and the group leader. Meetings will be held once a month, but there may be other meetings arranged by the group when we are filming.

Format: Course or activity without teaching

About me: I have been involved in making films all my life both as an amateur, and professionally as a TV Drama director and university lecturer in Film Production.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

FLM 03: The art of the Silent Cinema

Tutor: Tom Culver

Day and time: Thursday 14:00 - 16:00

Venue: Member's home (CB4 1JD)

Length of course: 1 term. Autumn (10 weeks)

Places: 7

Start date: 12 Oct

By 1930, talking motion pictures had become almost necessary for commercial success. The cinema had had more than 30 years to develop and perfect the method of conveying a drama without dialogue. The art of the silent cinema then disappeared, for the sound cinema has very different requirements. The purpose of this course is to show examples of films in which that art form was developing and had reached a very sophisticated level. We will see whole films and if they are less than two hours we will have shorts. If more than two hours (and many of the best are) we will hold a longer class to see the complete film. Each film is accompanied by programme notes which are intended to give information about the players, the director or the historical significance of the film. This year we will watch or re-watch some of the very best.

Format: Show films with programme notes sent out prior to the showing

About me: I am a retired barrister and judge. I am a life-long film fan. In my teens I ran a seaside cinema in the summer months.

Fitness

Please note that participation in U3AC's fitness courses is at members' own risk. Members should be confident that their level of fitness is appropriate for their chosen course(s).

FIT 01: Badminton (Wednesday)

Coordinators: Viv Fleet & Richard Latham

Day and time: Wednesday, throughout the year 10:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

Places: 26

Start date: 11 Oct

A social badminton session for players, playing almost every Wednesday morning regardless of U3AC term dates. There is no coaching or tuition and previous badminton experience is required. However, we are a mixed ability group, and believe in having fun while we play. A reasonable level of fitness is necessary. The cost is £2.70 per session, paid to the venue, who can provide racquets if required. Shuttles are provided for a modest, infrequent charge.

Format: Self-taught course or activity

About us: We love playing badminton.

FIT 02: Badminton (Thursday pm)

Coordinator: Gill Parrish

Day and time: Thursday 14:00 - 16:00

Venue: University of Cambridge Sports Centre

Length of course: 3 terms. Autumn (11 weeks), Spring (13 weeks), Summer (5 weeks)

Places: 26

Start date: 05 Oct

This social badminton session on a Thursday afternoon is open to U3AC members to play this popular and enjoyable game. There will be no coaching or tuition and experience of the game is required; however, the session is available for players of mixed ability. The dates for play are arranged to suit the Cambridge University Sports Centre availability so differ slightly from the U3AC term dates.

Note: There is an additional one-off fee of £16.50 for the year, payable on application. N.B. there will be no weekly charge for play. There will be a modest and infrequent charge for shuttles. Dates: 5 Oct - 14 Dec, 4 Jan - 28 Mar, 18 Apr - 16 May.

Format: Self-taught course or activity

About me: I love playing badminton!

FIT 03: Badminton (Friday)

Organisers: Barbara Carpenter & Richard Colledge

Day and time: Friday, throughout the year 10:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

Places: 26

Start date: 13 Oct

Badminton is excellent exercise and also great fun. The session has been running for twenty years with a core of regular players. There is no coaching or tuition and the session is best suited to players who have some badminton experience. There is, however, a range of ability. A reasonable fitness level is essential. We play every week throughout the year that Kelsey Kerridge is open. The cost is £2.70 per session levied by Kelsey Kerridge, who can provide racquets. A modest fee is collected to provide shuttles.

Format: Course or activity without teaching

About Barbara: I have played with this group since it began and have been the organiser for the past 7 years.

FIT 04: Badminton for softies

Coordinator: Sarah Oliver

Day and time: Wednesday 12:00 - 13:00

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 25

Start date: 11 Oct

Are you looking to return to badminton after years off the court, or are you a beginner, keen to start playing in a friendly supportive group? The emphasis in this course is on having fun and helping each other. We all learn by having a go without any formal teaching but the coordinator running the session and those who have played before will be able to inform on rules and help beginners get started. A fee of £2.70 per session is paid to the venue. Shuttles are provided for a small infrequent charge. Most buy their own racquets but they can also be borrowed from the venue.

Format: Course or activity without teaching

About me: I started badminton only 3 years ago, with U3AC. Still (and probably always!) a softie, I've come to love the game and I'm keen to help others enjoy it too.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

FIT 05: Ballet - beginners and improvers

Coordinator: Sue Pinner

Tutor: Karen Stringer

Day and time: Wednesday 10:30 - 12:00

Venue: St Andrew's Street Baptist Church (Upper Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 25

Start date: 11 Oct

The course will be taught by Karen Stringer ANATD, MNATD, FNATD – Director of the School of Russian Ballet in Cambridge. Karen specialises in teaching adults and believes strongly that everyone should have the chance to learn to dance and/or develop their skills. Karen is experienced in teaching mixed ability classes. The course is open to beginners, those who perhaps danced as children, as well as those who have more experience and knowledge of ballet technique and exercises. Classes will be structured to include exercises at the barre to warm up the body, followed by centre work. This will include exercises and combinations of steps, followed by a group dance. Some exercises will be especially directed at Improvers with an easier version for beginners. The aim is to increase fitness, balance, strength and poise. There will be a short break at a suitable time during the class. Karen expects everyone to have proper ballet attire – any style black leotard, black or pink tights, black or pink ballet shoes, and a ballet skirt (optional) – which can be purchased online, from International Dance Supplies. Leggings and a T-shirt may be worn for the first lesson. On application, please inform the tutor if you have any ongoing health problems.

Note: There is an additional fee of £64 to pay for the tutor, payable on application.

Format: Taught course or activity

About Sue: I danced as a little girl but that was a long time ago! Finding the U3AC ballet class has resulted in ballet being an important part of my life – and made me fitter!

FIT 06: Circle dancing

Leader: Ursula Stubbings

Day and time: Monday 13:30 - 15:00

Venue: Friends Meeting House, Jesus Lane (Ann Docwra room)

Length of course: 2 terms. Autumn (10 weeks), Spring (9 weeks)

Places: 20

Start date: 09 Oct

Moving to beautiful music in a circle without partners. Barefoot or soft flat shoes.

Note: This course is not covered by U3AC insurance as the leader has her own insurance policy, for which there is an additional fee of £2.50 payable on application. Please note: the final session of the Autumn term is on 18 Dec and there will be no meetings during school half-terms: 23 Oct & 19 Feb.

Format: Taught course or activity

About me: I have been leading this course for many years.

FIT 07: 20th century British contemporary choreography - a practical exploration of its origins and triumphs (Spring term)

Tutor: Hazel Francomb

Day and time: Monday 13:30 - 15:00

Venue: St Andrew's Street Baptist Church (Upper Hall)

Length of course: 1 term. Spring (10 weeks)

Places: 22

Start date: 15 Jan

These dance workshops will sample a range of choreographic ideas and movement tasks drawn from dance history. The group will often work collaboratively, and many sessions will include improvisation. This course is designed to suit anyone who loves to dance. It will give an idiosyncratic insight into the art of choreography whilst fostering individual expression and creativity. The dancing will be geared to mature bodies and the physical aptitudes of the group.

To get the full benefit participants should obtain free access to YouTube so they can view the original works at home. We usually dance in bare feet and wear loose comfortable layers.

Format: Taught course or activity

About me: I taught Dance A Level for many years before training to lead movement groups for mature dancers. I hope to nurture the playful 'inner dancer' in my group.

FIT 08: Contemporary dance workshop

Tutor: Cathy Middleton

Day and time: Thursday 10:30 - 11:30

Venue: St Andrew's Street Baptist Church (Upper Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 25

Start date: 12 Oct

This course is suitable for people with a wide range of dance experience from the absolute beginner to those experienced in other dance forms or people who have done contemporary dance before. Each class will include structured dance technique and exercises to stretch and strengthen the whole body with an emphasis on movement flow, balance, co-ordination, sequencing and effort. Although much of the movement vocabulary has its roots in ballet, contemporary dance is an expressive natural dance form that is particularly suitable for all ages and abilities. One of the aims is to develop choreographic themes over the course with some creative input from the class members if appropriate. Please wear comfortable clothing and bare feet or soft dance shoes.

Format: Taught course or activity

About me: Dancing and teaching dance to people of all ages and abilities has been my passion for many years and sharing my experience with U3AC members is a welcome bonus.

FIT 09: Dance-harmony

Tutor: Aurora Albano

Day and time: Wednesday 10:30 - 11:30

Venue: Downing Place URC (Gibson Hall)

Length of course: 2 terms. Autumn (8 weeks), Spring (8 weeks)

Places: 20

Start date: 11 Oct

Have you ever thought you would love to dance but just did not know where to start? Would you like to learn how to articulate this natural yearning in a series of clear, and easy to follow movements, accessible to persons of all ages, shapes and physical conditions? If the answer is yes, then Dance-harmony is for you. What is Dance-harmony? It's a movement system arising from an instinctive response to musical stimuli, based on the observation of natural movements of the spine in everyday life.

Format: Taught course or activity

About me: Dancing is the best form of exercise for the third age: body/mind connection and response to musical stimuli make it invaluable for physical and mental health

FIT 10: Tap dance

Coordinator: Lynn Campbell

Tutor: Hannah Sharman

Day and time: Tuesday 13:30 - 14:30

Venue: Colours of Dance (Studio 1)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 15

Start date: 10 Oct

This is a tap class for people at all levels including beginners. A typical class includes a warm up, technical exercises and a group dance. Tap dance is great exercise for body and brain. Students will need tap shoes and a reasonable level of fitness. A professional tutor is employed to teach the class, for which there is an additional fee of £96 for the year, payable on application. Please note that there will be no face-to-face classes in the school half-terms: 24 Oct and 20 Feb, instead the tutor will send members a pre-recorded session.

Format: Taught course or activity

About me: Hannah is a fully qualified ISTD teacher with 15 years' experience and runs her own dance and theatre school, On Stage Performing Arts, in the local area. Tap dancing is fun and good exercise for the body and brain. If you have any questions please email the coordinator.

FIT 11: Dance and exercise to Zumba

Tutor: Cecilia Douglas

Day and time: Wednesday 14:30 - 15:15

Venue: St Andrew's Street Baptist Church (Upper Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 20

Start date: 11 Oct

This fitness course helps to improve posture, mobility and coordination, using a range of traditional Latin rhythms with slow and fast tempos. The class will adjust to the different levels of fitness among participants, and will include routines that target toning for abs, thighs, arms and other muscles throughout the body. Come and enjoy the rhythm and atmosphere.

Format: Taught course or activity

About me: I have been teaching this class for many years and I love sharing my interest in dancing with everyone.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

FIT 12: Exercise to music 1

Tutor: Sabrina Marengi

Coordinator: Christine Russell

Day and time: Monday 10:00 - 11:00

Venue: Kelsey Kerridge Sports Centre (Fitness Studio)

Length of course: 3 terms. Autumn (12 weeks), Spring (11 weeks), Summer (12 weeks)

Places: 20

Start date: 25 Sep

The exercise group Exercise to music aims to improve fitness, flexibility, strength and balance. It is taught by a fully qualified instructor and includes aerobic routines, use of hand weights/bands and mat exercises. Comfortable clothing and trainers/plimsolls to change into required. Please also bring a bottle of water. The class runs throughout the year, except August, for a total of 35 weeks and regular attendance is essential. Please make a note of dates: 25 Sep-18 Dec (not 23 Oct), 08 Jan-25 Mar (not 19 Feb), 15 Apr-15 Jul (not 6 or 27 May).

Note: There is an additional fee of £48 to pay for the tutor to be paid in advance on application.

Format: Taught course or activity

About Christine: As coordinator, I am a member of one of the Exercise to music classes.

FIT 13: Exercise to music 2

Tutor: Sabrina Marengi

Coordinator: Christine Russell

Day and time: Monday 11:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Fitness Studio)

Length of course: 3 terms. Autumn (12 weeks), Spring (11 weeks), Summer (12 weeks)

Places: 20

Start date: 25 Sep

Repeat of Exercise to music 1. See FIT 12 for dates.

Note: There is an additional fee of £48 to pay for the tutor to be paid in advance on application.

Format: Taught course or activity

About Christine: As coordinator, I am a member of one of the Exercise to music classes.

FIT 14(z): Exercise to music 3

Tutor: Sabrina Marengi

Coordinator: Christine Russell

Day and time: Thursday 10:30 - 11:30

Venue: Zoom

Length of course: 3 terms. Autumn (12 weeks), Spring (11 weeks), Summer (12 weeks)

Places: 20

Start date: 28 Sep

This is a repeat of FIT 12 and will run by Zoom. New members will need a mat for floorwork and hand weights or makeshift alternative for arm work. All members take part at their own risk and are responsible for their own safety. For legal and insurance requirements, cameras and microphones need to be on in order for the instructor to observe members throughout the class to ensure exercises are performed correctly and safely. Microphones will be muted when the class starts. Please make a note of dates: 28 Sep-21 Dec (not 26 Oct), 11 Jan-28 Mar (not 22 Feb), 18 Apr-11 Jul (not 30 May).

Note: There is an additional fee of £48 to pay for the tutor to be paid in advance on application.

Format: Taught course or activity

About Christine: As coordinator I am a member of one of the Exercise to music classes.

FIT 15: Qigong

Tutor: Aurora Albano

Day and time: Wednesday 11:45 - 12:45

Venue: Downing Place URC (Gibson Hall)

Length of course: 2 terms. Autumn (8 weeks), Spring (8 weeks)

Places: 25

Start date: 11 Oct

Health Qigong is a psychological practising skill that combines body, breath and mind into one exercise regime through slow, flowing and effective three-dimensional movements. The first aim is to adjust posture and movement, the second is to adjust and regulate breathing and the third is to adjust mental concentration. There is strong evidence that Health Qigong, which was developed and widely practised in China, greatly improves general health of those who regularly practise it. In modern times it has become very popular for fitness purposes. Qigong is particularly beneficial, improving posture, balance, breathing effectiveness and general coordination, as well as mental focus and relaxation, helping older people make the most of their mature years. The course does not require any previous knowledge and all exercises are done standing. No equipment needed, just wearing clothing and thin exercise shoes or socks.

Format: Taught course or activity

About me: As a qualified Health QiGong and Pilates instructor my mission is to find common ground between holistic Eastern and secular Western movement traditions.

FIT 16: Rock climbing group

Organiser and tutor: Ian Steen

Day and time: Wednesday 10:30 - 16:00

Venue: Big Rock Climbing Centre

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 20

Start date: 11 Oct

The Rock climbing group has run successfully since 2010. We climb at one of two Big Rock indoor climbing centres in Milton Keynes. These are brilliant for both beginners and experienced. Occasionally, we also climb outdoors. We car share for the 45 minute drive from Cambridge to Milton Keynes, and share travel costs. You will pay Big Rock entry charges. We are a friendly open group, working together and helping each other. We welcome newcomers with basic fitness and run coaching sessions. Some of us started to climb recently and others climbed when younger and have come back to it. We find that most people can learn to climb safely, but we reserve the right to exclude people if, after tuition, we are not confident that they can climb safely. A condition of membership is that you should have a smart phone for travel coordination.

Format: We offer tuition and coaching if required, but mostly we climb independently taking responsibility for our own safety

About me: Ian Steen is a Rock Climbing Instructor, Climbing Wall Instructor and Summer Mountain Leader.

FIT 17: Short tennis

Coordinators: BarbaraAnn Patterson, Michael Priestley & Pauline Howell

Day and time: Thursday 10:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 26

Start date: 12 Oct

Short tennis is a smaller indoor version of tennis played with junior rackets and foam balls. The game is very easy to pick up and ideal for the active older player. The serve is under arm and we play doubles so you always have help and support. You will need your own junior racket (KK have a couple of rackets for hire if required). Come and play - I am sure you will enjoy it - it is a great game!

Note: There is an additional fee of £35 payable on application (approx. £1.25 per session). There is also a £1.50 fee payable on entry to the venue or you can join KK for approx. £20.00 per annum.

Format: Course or activity without teaching

About BarbaraAnn: I have enjoyed playing Short tennis for the past 10 years and would like to introduce it for the enjoyment of others.

FIT 18: Swimming

Coordinator: Mike Quigley

Day and time: Tuesday 12:45 - 13:45

Venue: Leys School (Pool)

Length of course: 3 terms. Autumn (9 weeks), Spring (9 weeks), Summer (8 weeks)

Places: 20

Start date: 10 Oct

The Leys pool is a traditional 25m school pool, with 1m and 2m depths respectively at the shallow and deep ends, and with no lane divisions. There are communal changing rooms with showers. Car parking is available at the far side of the Leys site, a 7–10 minute walk from the pool. The session is supervised by trained lifeguards. There is no tuition or organised activity. For anyone with restricted mobility, the lifeguards can help with entry to the pool, and with exit. Most people swim lengths but how you swim is up to you. We are a friendly group and sometimes organise end-of-term socials. A free trial swim can be arranged. There will be no sessions during school half-terms.

Note: A fee of £77 is payable with your course application; this covers the hire of the pool and lifeguards.

Format: Course or activity without teaching

About me: Swimming is my favourite sport and I particularly enjoy the sessions at the Leys, with its spacious pool and tranquil atmosphere.

FIT 19: Table tennis (Monday am)

Coordinators: Hywel Griffiths, Helen Phillips & Ray Turney

Day and time: Monday, throughout the year 10:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Places: 31

Start date: 09 Oct

Table tennis is great fun and helps to improve hand-eye co-ordination and fitness, as it can be energetic. Some prior experience is required - however long ago. We are a friendly mixed-ability group that plays throughout the year, and those interested go for lunch together after the session on the first Monday of each month. Bats are provided by the venue, though most people bring their own. We now supply balls, and are introducing an annual donation of £1, payable to the coordinators. The venue charges a sessional fee of £2.70 per person, payable at the desk.

Format: Course or activity without teaching

About us: We are keen table tennis players, though by no means experts. We have been members of this group since it began.

FIT 20: Table tennis (Monday pm)

Coordinators: Sue Durham, Roy Jackson & Jenny Macmillan

Day and time: Monday 14:30 - 16:30

Venue: University of Cambridge Sports Centre

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 24

Start date: 09 Oct

This course is intended for intermediate level players and above. All players should have played the game before and be able to maintain a rally of at least 10 shots, be able to serve and to understand the rudiments of the game. There is no coaching available for this course. We play mainly doubles. Although the centre has a limited number of bats available, most members bring their own. Balls will be provided; we will ask for a small donation of £1.00 per person (payable to the coordinator) in October to cover the cost of these for the year. The Summer term dates will be amended to avoid the University exam period - to be confirmed nearer the time.

Format: Course or activity without teaching

About us: The course coordinators have been playing table tennis with U3AC and coordinating this course for a number of years.

FIT 21: Table tennis (Tuesday am)

Organiser: Alistair Lovegrove

Day and time: Tuesday, throughout the year 10:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Places: 28

Start date: 10 Oct

Table tennis is good exercise and beneficial for hand-eye coordination, but the main objective is simply to have fun. The group encompasses a wide range of ability. Don't worry if you haven't played for many years as you'll soon pick it up again. Although the Sports Centre have a limited number of bats available, most members bring their own. Balls will be provided, but you will be asked for a small donation of £1.00 per person (payable to the course organiser) in October to cover the cost of these for the year. Kelsey Kerridge charge is £2.70 per session. We play every Tuesday morning except the odd date when the sports centre needs the room for other activities.

Format: Course or activity without teaching

About me: I have been playing table tennis with U3AC for the past 8 years and strive to arrange the session so that everyone has a good time.

FIT 22: Table tennis (Tuesday pm)

Leader: John Fairclough

Day and time: Tuesday 14:00 - 16:00

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 30

Start date: 10 Oct

Table tennis is a delightful game, good exercise and useful for hand-eye co-ordination but the main objective is to enjoy it. The standard varies a great deal. Don't worry if you haven't played for many years, you'll soon pick it up again. Bats and balls are provided by the venue and the cost is £2.70 per session. Continues until first week of June then merges with Table tennis (Tuesday am).

Format: Course or activity without teaching

About me: I have run the course for several years and can give tuition if necessary.

FIT 23: T'ai Chi Chuan 24 Step beginners

Tutor: Mike Tabrett

Day and time: Wednesday 09:30 - 10:30

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 20

Start date: 04 Oct

This class focuses on the learning of an 8 minute sequence (form) of movements and associated exercises. These arts, based on the healing, meditative and martial traditions of China, are becoming increasingly recognised as ideal practises to enhance health and well-being accessible to all ages and can help you with posture and balance, breathing, relaxation and managing long term conditions. We will work at a gentle pace, with the emphasis on slow individual development to enable each student to come to their own understanding of these arts. Many people will repeat the course several times. Please note that this class is all standing - if you do not feel that this is appropriate you might want to consider the class 'Integrated T'ai Chi and Chi Kung Exercises', FIT 25. Please wear loose, comfortable clothing and soft shoes.

Note: There is an additional fee of £41 to pay for the tutor, payable on application. Dates: 4 Oct-13 Dec (not 25 Oct), 10 Jan-20 March (not 21 Feb), 10 Apr-12 June (not 29 May).

Format: Taught course or activity

About me: I have been practising these arts since 1983, developing by working with a variety of teachers in both T'ai Chi and related arts and by teaching at U3AC since 1990.

FIT 24: T'ai Chi Chuan 24 Step intermediate

Tutor: Mike Tabrett

Day and time: Wednesday 10:40 - 11:40

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 20

Start date: 04 Oct

This course will begin with a detailed review of the latter stages of the form and continue to work with the whole of the short form and exercise programme to enable students to develop and deepen their practice. You will need to have completed a beginners course, although enthusiasm is more important than skill! For dates see FIT 23.

Note: There is an additional fee of £41 to pay for the tutor, payable on application.

Format: Taught course or activity

About me: I have been practising these arts since 1983, developing by working with a variety of teachers in both T'ai Chi and related arts and by teaching at U3AC since 1990.

FIT 25: Integrated T'ai Chi and Chi Kung exercises

Tutor: Mike Tabrett

Day and time: Wednesday 11:50 - 12:50

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 20

Start date: 04 Oct

This class will concentrate on individual seated and standing exercises and is suitable for all levels. They are an excellent stand alone practice for health and wellbeing. We work with the natural structures and movements of the body according to well established basic principles that allow for a great deal of flexibility in their expression. In addition the mind is encouraged to quieten and focus through the movements. They have proven to be effective in helping to manage a wide range of chronic health conditions including: stress related conditions, Diabetes, MS, respiratory and cardiac problems. Long term consequences of stroke and head injury. Balance and mobility problems. Arthritis. Poor flexibility & high blood pressure. For dates see FIT 23.

Note: There is an additional fee of £41 to pay for the tutor, payable on application.

Format: Taught course or activity

About me: I have been practising these arts since 1983, developing by working with a variety of teachers in both T'ai Chi and related arts and by teaching at U3AC since 1990.

FIT 26: Walking 6 miles - Monday (weekly)

Programme administrator: Lorna Brown

Organiser: Martin Herrick

Day and time: Monday 10:00 - 12:30

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 28

Start date: 09 Oct

Monday: 6 miles - 3 terms.

The walks will be led by members of the group and take about 2.5 hours including a short break. The walks are for committed walkers who are prepared to walk in all seasons; walking boots and waterproof clothing are essential. We are a friendly group who enjoy talking while walking. We meet at a car park within approx. 15 miles of Cambridge. Communication with members is by email so please provide an email address when applying for the group.

Note: The group will walk on the two bank holidays in May.

Format: Course or activity without teaching

About us: We took over the coordination of this group in October 2022. All the leaders have experience of leading walks with the group and contributing to its ethos. Both organiser and administrator have walked regularly with this group for some years.

FIT 27: Rambling 4 miles - Monday (fortnightly)

Leader: Di Barton

Day and time: Alternate Mondays, 10:15 - 12:15

Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)

Places: 24

Start date: 09 Oct

Monday: 4 miles - 3 terms.

Maybe you are new to walking or prefer shorter walks so join me for some rambles through the Cambridgeshire countryside. We'll walk at a pace to suit the group and take about 2 hours to cover four miles with a break half-way. You'll need transport as the walks will start up to 15 miles from Cambridge.

Format: Course or activity without teaching

About me: I've been involved with coordinating the Monday 6 mile group for 15 years and now prefer walking at a gentler pace over a shorter distance.

FIT 28: All-year walking - Tuesday (weekly)

Coordinator: John Smith

Day and time: Tuesday, throughout the year 10:00 - 12:30

Places: 100

Start date: 10 Oct

Tuesday 6.5-7.5 miles - 51 weeks.

Given the membership size, we operate on a weekly basis as two groups referred to as Blues and Greens. Greens typically walk at a speed of 3mph on the flat while the Blue group is about 10% quicker. Members are free to switch colour at will. Both groups will visit the same range of walks and pubs, normally one week apart. Walks start at 10.00 and finish around 12.30 including a 10-minute midway comfort break. Almost all walks are within 20 miles of Cambridge. Dogs are welcome but owners are responsible for their behaviour. Appropriate clothing and footwear are essential. We use pubs for lunch and parking. Car sharing is encouraged for reasons of economy and parking is sometimes limited. Communication by email is essential.

Format: Course or activity without teaching

About me: I've been an avid climber, mountaineer and hill walker for 50 years and a member of this Tuesday group for the past 5 years.

FIT 29: 4 Mile walking group -Tuesday (fortnightly)

Coordinators: Dieter Benziger & William Peters

Day and time: Alternate Tuesdays, 10:00 - 12:30

Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)

Places: 30

Start date: 10 Oct

Tuesday: 4 miles - 3 terms.

These walks on alternate Tuesdays are for committed walkers who enjoy walking in all weather. We try to do walks of about 4 miles within a radius of 10 miles of Cambridge, and at a speed of 2 mph or more. Walks will mostly start at a pub so that lunch may be had after the walk. Members are encouraged to lead and to do a recce of a chosen walk prior to the walk day. Stout footwear and suitable waterproof clothing are essential, and a walking pole or two is advisable. Car sharing is encouraged. Communication is by email.

Format: Course or activity without teaching

About us: Dieter and Bill have many years of walking experience with Cambridge Rambling Club, and have run this course for three or four years.

FIT 30: Walking for pleasure - Tuesday (fortnightly)

Leader: Graham Cox

Administrative assistant: Carolyn Plant

Day and time: Alternate Tuesdays, throughout the year 10:00 - 12:30

Places: 40

Start date: 10 Oct

Tuesday: 5-6 miles - throughout the year.

This friendly, fortnightly walking group usually meets at a pub or sometimes a café within 15 miles of Cambridge. We set off at 10:00 and walk at a moderate pace for 2.5 hours with a short rest. We walk throughout the year. Dogs are welcome under the responsibility of their owners. Most of us end the walk with lunch at the pub.

Members who feel able to reconnoitre and lead a walk will be assisted and encouraged to do so.

Format: Course or activity without teaching

About Graham: I have many years experience of hiking alone, with the family and with various groups. I joined this group a few years ago.

FIT 31: Walks around Cambridge - Tuesday

Leader: Jo Edkins

Day and time: Tuesday 14:00 - 15:00

Length of course: 1 term. Autumn (10 weeks)

Places: 10

Start date: 10 Oct

Tuesday: 2 miles - 1 term.

Each week, we will walk around Cambridge for an hour (so about 2 miles). We will look at interesting architecture, or talk about history, or walk through green spaces. I will provide snippets of facts (or tall stories) but this won't be a guided tour. We will go somewhere different each week, mostly starting at Quayside (near U3AC entrance), but one week starting outside King's College. The pace will be gentle rather than brisk walking. Wear comfortable shoes! I have set up a website for these walks, giving the routes, and more information about what we will see:

<https://www.theedkins.co.uk/jo/walks/u3ac.htm>

Format: Course or activity without teaching

About me: I like Cambridge! And I like walking round looking at interesting places.

FIT 32: Gentle walking group - Wednesday

Leader: Mike Quigley

Day and time: 3rd Wednesday of the month 10:30 - 12:30

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 30

Start date: 18 Oct

Wednesday: 3.5-4 miles - 3 terms.

This group is for committed members who enjoy walking at a gentle pace to allow time to appreciate the countryside and ambience of the walk. Walks are no more than 3.5 - 4 miles long in total and avoid stiles and difficult paths as far as possible. All walks are within a 20-mile radius of Cambridge and usually commence at a village pub or suitable lunch venue. Members are encouraged to lead and recce walks prior to walk day. Suitable waterproof clothing and footwear are essential. Communication is by email. Car-sharing is encouraged when possible. Dogs will only be permitted if kept on a lead at all times.

Format: Course or activity without teaching

About me: I've been coordinating this group since Oct 2020. I appreciate the many wonderful walks available in Cambridgeshire and enjoy sharing them.

FIT 33: The Wednesday walkers (weekly)

Leaders: David Robinson & Rosemary Lass

Day and time: Wednesday 10:00 - 12:30

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 40

Start date: 11 Oct

Wednesday: 5-6 miles - 3 terms.

Our walks are between 5 to around 6 miles and last about 2.5 hrs walking at a moderate pace. We aim to offer a varied programme of walks. The route, distance and an assessment of the ground to be covered are outlined in a weekly email. Members are encouraged to contribute by proposing and leading walks but there is no expectation placed on members to do so. It is fine to join the group just for the walks, to discover parts of the countryside around Cambridge you never knew and to enjoy the company! The group normally meets at a pub where the walk starts and ends. There is then an opportunity to take lunch at the pub if you wish. Start points for the walks are within about 20 miles of Cambridge and most nearer. Communication is by email.

Format: Course or activity without teaching

About us: We have walked the paths and byways of Cambridgeshire for some years now and there is always something new to discover.

FIT 34: Rambling - Thursday (weekly)

Leader: Trevor McCann

Day and time: Thursday, throughout the year 09:30 - 13:00

Places: 80

Start date: 12 Oct

Thursday: 10-11 miles - 51 weeks of the year.

Most walks are within 30 miles of Cambridge. All walks start outside the city. Some walks are pretty flat, but over the years we have found enough slopes to provide a bit more of a challenge. And of course, on occasions, there can be ploughed fields to cross. We walk for 10-11 miles at an average speed of 3.4-3.5mph with a coffee stop about half way round. New members wanting to join the group need to already be able to walk that distance at that pace, or to acquire that ability very quickly. Shorter walks are for existing group members only. Appropriate clothing and footwear are essential. Car sharing as appropriate. We use pubs for lunch. The walk programme is issued monthly in advance by email.

Format: Course or activity without teaching

About me: I have been walking with this group for more than 10 years, and leading it for the last 3 years.

FIT 35: Easy rambling - Thursday (fortnightly)

Organisers: Alistair Greenhill, Len Freeman & Anne Fleming

Day and time: Alternate Thursdays, 10:00 - 12:30

Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)

Places: 70

Start date: 12 Oct

Thursday: 5-6 miles - 3 terms.

We aim to walk up to 6 miles in 2.5 hours, including a 15 min break. Walking is on alternate Thursdays with members divided into two groups, Green and Yellow. This year Green will start on the first Thursday of each term and Yellow on the second Thursday. Walks start at a pub within 15 miles of Cambridge. Toilets are normally available and there is the opportunity to pre-order a lunch for our return, optional but enjoyable. The groups walk in all weathers. Stout footwear and outdoor clothing are essential and a stick is advisable. Communication is by email, including any last minute changes. Group allocation and walk programmes are emailed to members beforehand. We will try to accommodate new members' preferences for group allocation. We hope to also organise an optional three day spring walking break, open to members of both groups.

Format: Course or activity without teaching

About us: All the organisers have experience of leading walking groups over a period of years. Len Freeman has been an organiser for this course for a number of years and welcomes new members to our convivial walks!

FIT 36: Walks using public transport - Friday (Summer term)

Organiser: Ursula Stubbings

Day and time: Friday 09:30 - 14:30

Length of course: 1 term. Summer (9 weeks)

Places: 24

Start date: 19 Apr

Friday: 5-7 miles - 1 term.

This group is aimed at members who do not drive or have no car. The walks start at a location reachable by bus or train from central Cambridge, at roughly 9:30 am depending on transport times. They start and finish at a bus stop or station, although some members stay for a pub lunch where there is one conveniently located. We walk at a reasonable pace and the walks vary from approximately 5 to 7 miles in length. The walks are led by different, experienced walk leaders from the group. Please bring a snack.

Note: This course relies on volunteer leaders coming forward for whom there will be a meeting prior to start of summer term to organise a programme.

Format: Course or activity without teaching

About me: Keen walker.

FIT 37: Cambridge City walking group - Saturday

Organiser: Simone Castello

Day and time: Alternate Saturdays, 10:30 - 12:00

Length of course: 3 terms. Autumn (4 weeks), Spring (5 weeks), Summer (4 weeks)

Places: 25

Start date: 14 Oct

Alternate Saturdays: 1-1.5 hours - 3 terms.

We will be walking in Cambridge city and areas close to the city centre, such as Eddington, Grantchester, etc. For those not living close to the starting point, it will be reachable by bus or bike. Each walk will last between an hour/an hour and a half, depending on participants' wishes, and at a leisurely pace. There will be toilets and shops along the way whenever possible.

Format: Course or activity without teaching

About me: I used to lead Walking for Health walks for Cambridge Council. I now lead walks for the University of Cambridge and U3AC as a volunteer.

FIT 38: Walks in Cambridge city - Saturday (Autumn and Summer terms)

Leader: Jacqueline Radford

Day and time: Alternate Saturdays, 10:00 - 12:00

Length of course: 2 terms. Autumn (5 weeks), Summer (5 weeks)

Places: 10

Start date: 21 Oct

Saturday: 2-4 miles - 2 terms.

We will walk around Cambridge for one to two hours (4 miles or less) looking at architecture and other items of interest. Each walk will be different and at a gentle pace. I will provide information about things we see and members of the group are encouraged to share their knowledge/information. Walks are fortnightly on Saturday mornings.

Format: Course or activity without teaching

About me: I enjoy walking and looking at interesting buildings in Cambridge.

FIT 39: Yoga - self help

Coordinator: Janet Scally

Day and time: Wednesday 12:00 - 13:00

Venue: Friends Meeting House, Hartington Grove (Meeting room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 12

Start date: 11 Oct

This is a self-help group and each member suggests a pose. We practise a wide range of yoga poses including stretching, balancing and relaxation to increase suppleness and flexibility. You will need to wear loose clothing and bring a non-slip mat. It is only open to experienced practitioners who are willing and able to suggest and carry out different poses. Please note: there will be no session on 29 May, and the final session is 5 June.

Format: Course or activity without teaching

About me: I have been a member of this self-help group for several years.

Gardens and gardening

GDN 01: Aromatic plants 1

Tutor: Maike Dring

Day and time: Monday 10:30 - 12:00

Venue: Cambridge University Botanic Garden

Length of course: 1 term. Autumn (3 weeks)

Places: 8

Start date: 09 Oct

During these 3 visits to the Botanic Garden we observe different plant families, study their growth habits and their benefits. We are exploring the use of aromatic plants in the past and present times. By the end of this course you will have an understanding of different plant families, their specific growing requirements, their contribution to our health and how you can use them in cookery etc. Aromatic plants 1 and 2 are covering different plants and can either be attended as a set or stand alone courses. Botanic Garden entry fees do apply.

Format: Taught course or activity

About me: I am a professional Aromatherapist (I.F.P.A.), have taught and practised Aromatherapy for 29 years. I am a keen cook and gardener and have some formal botanical training.

GDN 02: Aromatic plants 2 (Summer term)

Tutor: Maike Dring

Day and time: Monday 10:30 - 12:00

Venue: Cambridge University Botanic Garden

Length of course: 1 term. Summer (3 weeks)

Places: 8

Start date: 15 Apr

During these 3 visits to the Botanic Garden we observe different plant families, study their growth habits and their benefits. We are exploring the use of different aromatic plants in the past and present times. Please note that the Summer term course covers different plants from the Autumn term. By the end of this course you will have an understanding of different plant families, their specific growing requirements, their contribution to our health and how you could use them yourself. Aromatic plants 1 and 2 are covering different plants and can either be attended as a set or stand alone courses. Botanic Garden entry fees do apply.

Format: Taught course or activity

About me: I have been a professional Aromatherapist (I.F.P.A.) for 29 years with some formal botanical training and I am a keen cook and gardener.

GDN 03: Botanic Garden group

Organiser: Rose Desmond

Day and time: 2nd Friday of every month, throughout the year 10:00 - 12:00

Venue: Cambridge University Botanic Garden

Places: 50

Start date: 13 Oct

This group visits the Botanic Garden every month throughout the year, sharing our interest, knowledge and pleasure as we observe the calendar changes. On each visit we will break up into smaller groups, led by monitors who are members of the group, and the programme will ensure that we visit all parts of the garden, known and lesser known, as well as the seasonal highlights. Before each walk notes and route map are circulated by email, as is all other communication.

Note: Entry to the Garden is subject to the normal fee, so if you join this group it makes economic sense to become a Friend.

Format: Discussion

About me: I'm not an expert but a keen gardener and I enjoy visiting the botanic garden, drawing on the interests and experiences with other members of the group.

GDN 04: Just vegetating (Spring term)

Tutors: Mike & Kate Day

Day and time: Monday 11:00 - 12:30

Venue: Friends Meeting House, Jesus Lane (Ann Docwra room)

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 15 Jan

The course will study the history, background, importance, culture, and nutritional content of vegetables including modern breeding aims and commercial and gardening growing methods. In addition, we will encourage participants to share and discuss experiences with vegetable recipes and cooking methods.

Format: Lectures combined with discussion and sampling of recipes

About us: Mike was vegetable trails officer at NIAB.

GDN 05: Practical gardening 1

Coordinators: Gillian Perkins, Kay Green & Anne Kent

Day and time: 3rd Friday of the month 10:30 - 12:15

Venue: Member's home (Different homes)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (7 weeks)

Places: 30

Start date: 22 Sept

Whether you are experienced or new to gardening, this group is for keen gardeners. We meet monthly in groups of 10 usually on the third Friday from September through to July. We visit each other's gardens, share our experiences, discuss current jobs and any other perennial problems. Over coffee we might exchange plants, catalogues, borrow books and make plans. It does not matter how large/small your garden is, how developed, or how blank a canvas. You don't have to host a meeting if you don't want to. We shall again be dividing the class into three groups; we will allocate these sub groups early in September and then send you the relevant information, and where the first meeting will be. This first session will be on Friday 22 September, when we shall plan visits for the rest of the year.

Format: Discussion

About us: We are three plantaholics, or more politely, committed untrained gardeners who love to share ideas with others and constantly strive to improve our gardens.

GDN 06: Practical gardening 2

Coordinator: Sarah Hundleby

Day and time: 3rd Friday of the month 10:30 - 12:15

Venue: Member's home (Different homes)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (7 weeks)

Places: 10

Start date: 15 Sep

Members will meet at three week intervals at different gardens to share the enthusiasms of the garden owner. Over coffee we will discuss garden tasks for the moment and plans for the future in our own gardens. Autumn term dates: 15 Sept, 20 Oct, 17 Nov. Spring and Summer term dates tbc.

Format: Discussion

About me: I really only take the register! We organise ourselves collectively. I am a keen gardener with a very small garden so I do volunteer gardening at Wimpole for exercise/ inspiration.

Geography

GEO 01(z): Historical maps on the WWW

Tutor: Peter Woodsford

Day and time: Tuesday, first four weeks of term, followed by four week gap and then two final sessions 11:15 - 12:30

Venue: Zoom

Length of course: 1 term. Autumn (6 weeks)

Places: 20

Start date: 10 Oct

Many historical maps are now accessible on the World Wide Web and the number increases all the time. The course consists of four sessions on what is available and how it can be accessed. All that is needed is a basic familiarity with web-browsing. The intention is for course members to then go off for the next four weeks researching maps that interest them. The final two sessions will be a visit to the Map Room at the University Library (subject to confirmation) and a final session in which members can present the results of their research. There will be a class website.

Format: Taught course or activity

About me: My career has been in the Geographic Information industry and I have a life-long interest in maps.

GEO 02: Rights and responsibilities on public rights of way - the roles of landowners, the public and Highways Authority (Spring term)

Tutor: Jill Tuffnell

Day and time: Tuesday 15:00 - 16:00

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (4 weeks)

Places: 25

Start date: 16 Jan

Useful for anyone walking our wonderful public rights of way! An overview of the network - the roles of landowners/managers, path users, the County Council or a Unitary Authority as Highways Authority, the underpinning legislation, including how changes are made, what's shown on OS maps - and how to report problems.

Format: Taught course or activity

About me: I have been a keen walker for over 40 years and am Secretary of the Cambridge Group of the Ramblers and vice-chair of the Cambridgeshire Local Access Forum.

GEO 03(z): World regional geography - The SubSahara African region

Tutor: Roy Doyon

Day and time: Monday 12:15 - 13:15

Venue: Zoom

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 25

Start date: 09 Oct

This is a general course on global regions, which is essentially an A Level geography class. We will initially look at aspects of the physical and human environment by which we can compare and evaluate regions. These aspects include climate distribution, physiographic regions, population dynamics and socio-economic indices to include theories of economic development, and current political issues. Using these factors we will then examine the SubSahara African region. In addition to the geographic aspects cited above we will examine the role of ethnicity, religion, and a brief survey of the historical and political influences.

Format: Lecture

About me: I was a lecturer in geography at a mid-west university in the United States and taught this course every semester.

History

HIS 01: A woman of no importance?

Tutor: Carole Pook

Day and time: Friday 13:10 - 14:25

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 30

Start date: 13 Oct

This is mostly a repeat course from Spring 2021. We will look at the careers of ten women who were overlooked in their time or subsequently, despite their achievements in science, literature, politics, social reform.

Format: Lecture

About me: I am very interested in the lives of women in the past and want to present them to you in a stimulating and interesting format.

HIS 01(z): A woman of no importance?

Places: 10

As for HIS 01 but attending via Zoom.

HIS 02: Ancient Egypt for beginners (Spring term)

Tutor: Corinne Duhig

Day and time: Monday 15:15 - 16:15

Venue: U3AC (Red room)

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 15 Jan

Were the ancient Egyptians gloomily obsessed with death and the afterlife? The media would make you think so, but this course will give you an introduction to ancient Egyptian civilisation, and show the real lives and fascinating history of these vibrant and creative (and argumentative!) people. We will somehow squash 4000+ years of history into one term, and mix overviews of time periods with thematic lectures on topics such as art, religion, the economy and everyday life. By the end of the course you will have a basic knowledge of what went on and how society worked over this long time span, 'know' some ancient Egyptians and be equipped to spot the worst excesses of TV channels' 'Egyptology Week'! No background at all is required. Resources will include maps, a detailed chronology, some texts and a reading list for those who want to study further.

Format: Lecture

About me: Archaeologist specialising in ancient Egypt, bioarchaeology and forensic archaeology/anthropology.

HIS 03: Ancient Egyptian religion

Tutor: Corinne Duhig

Day and time: Thursday 14:00 - 15:00

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 20

Start date: 12 Oct

The religion of ancient Egypt seems mind-boggling: all those gods, all those temples; captivating but incomprehensible images and hieroglyphic inscriptions. We will look closely at religious belief and practice and see how it was a key feature of society and the economy and a major factor in the unity and stability of this civilisation. Deities, temples, afterlives, tombs, priests, kings, sacred animals, the festival calendar and many beautiful paintings and art objects - all these plus mummies! No background is required, although this course links to last year's HIS 33, Ancient Egypt for beginners. Resources will include maps, a detailed chronology, texts and a further-reading list. To begin with, try Emily Teeter *Religion and ritual in ancient Egypt*, Donald B. Redford *The ancient gods speak. A guide to Egyptian religion* or (quickest) Stephen Quirke, and Jeffrey Spencer *The British Museum book of ancient Egypt*, religion chapter.

Format: Lecture

About me: Archaeologist specialising in ancient Egypt, bioarchaeology (the study of ancient human remains) and forensic archaeology/anthropology.

HIS 04: Australian history to federation (Summer term)

Tutor: James Henry

Day and time: Friday 12:30 - 14:00

Venue: U3AC (Blue room)

Length of course: 1 term. Summer (9 weeks)

Places: 15

Start date: 19 Apr

The course will begin with a discussion concerning the first Australians - the Aborigines and how and when they got there. This will lead to an investigation of Europeans entering the wider world - from ancient times to Cook's voyages in the 1770s. The first fleet and its problems, the early governors and the Rum Rebellion, the age of MacQuarie, inland exploration and the establishment of other colonies, the convict system, the sheep industry, the Gold Rush, self-government and federation are other topics that will be examined. If time allows some discussion of twentieth-century Australian history and society may be possible.

Format: Lecture

About me: I am an Australian and a history teacher who has taught in both Australia and England.

HIS 05: Bavaria, the 'special' German federal state - a look behind the curtain (Spring term)

Tutor: Rolf Meyer

Day and time: Tuesday 13:00 - 14:30

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (10 weeks)

Places: 16

Start date: 16 Jan

Bavaria is the biggest German federal state by size and has a very long history which is much longer than the history of Germany as a country. Bavaria has changed from an ancient duchy to a modern and very prosperous part of the modern Germany. The history of Bavaria covers glorious times (e.g. the famous 'fairy tale' King Ludwig II), the end of its independence (Bismarck's unification of Germany), the dark Nazi years and Hitler's affection for Bavaria as well as its development as a federal state since 1946. We will look into Bavaria's history, society & culture, political developments and economy. A glance at Bavaria's regions will complete the journey. Many Bavarians consider their state 'different' to all other federal states of Germany. In this course we will try to discover if there is a reason for this. Maybe it's just imagination?

Format: Lecture

About me: I'm a retired manager from Munich and have lived in the UK since 2010. During my professional career I worked as a Management Executive in HR and Personnel Development.

HIS 06: Biographies

Convenor: Tony Read

Organiser: Mike Day

Day and time: Friday 10:45 - 12:15

Venue: Friends Meeting House, Jesus Lane (Aldren Wright room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 19

Start date: 13 Oct

This is a group led by its members. Each week a class member will present to the group their chosen subject. There is no set format, presentations vary in style ranging from those using Powerpoint to those given in a less formal, conversational style. The talks usually last up to forty-five minutes. Subjects last year ranged widely through authors, mariners, politicians, artists, scientists, instigators of social change and less well-known people representative of their time in history. A lively discussion inevitably ensues.

Format: Seminar

About Tony: I've been a keen member of the group for a few years. The range of subjects/people presented never fails to amaze me.

HIS 07: British Prime Ministers - Disraeli to Thatcher

Tutor: Peter Neville

Day and time: Wednesday 11:30 - 12:30

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (10 weeks)

Places: 20

Start date: 11 Oct

The course will cover the political careers of premiers of Britain from Benjamin Disraeli to Margaret Thatcher. It will also look at their personal lives and family backgrounds. Each prime minister will be placed in his or her historical context. Previous knowledge of these leaders would be helpful, but it is not essential. Those without knowledge will not be at a disadvantage. The course will also refer to films and TV programmes about the prime ministers. Reading list: W.S. Churchill, *The Gathering Storm*; Sarah Bradford, *Disraeli*; John Bew, *Citizen Clem*; Roy Jenkins, *Baldwin*; and Hugo Young, *One of Us*.

Format: Lecture

About me: I am a very experienced university and adult education lecturer. I have published books about Churchill and Chamberlain.

HIS 08(z): Leading Lights of 19th-Century France

Facilitator: Frank Nicholson

Day and time: Wednesday 14:30 - 16:00

Venue: Zoom

Length of course: 2 terms. Autumn (9 weeks), Spring (10 weeks)

Places: 20

Start date: 18 Oct

This study group will delve into the history of France in the 100 years between Napoleon I's abdication in 1814 and the outbreak of WW1, during which time the country saw repeated uprisings as it moved haltingly from autocratic government to a democratic republic, and Paris served as the world's cultural capital. We'll learn about the 1830 and 1848 Revolutions, the Franco-Prussian War and 1871 Commune and the Dreyfus Affair of the 1890s. Each session will start with a presentation on the life of a prominent figure and his or her historical context, followed by Q&A and discussion. The topics will come from French politics, literature, art, music, science, medicine, business, philosophy, cuisine, fashion and entertainment. While participants will be welcome to present on a figure of their choosing, presentations will otherwise be provided by the facilitator and guest speakers.

Format: Seminar

About me: I have a PhD in history and a long-time interest in France and its modern history and have run this course four times previously.

HIS 09: Cambridge history and the wider context

Leader: David Berkley

Day and time: Thursday 11:00 - 13:00

Length of course: 1 term. Autumn (7 weeks)

Places: 20

Start date: 12 Oct

The highly influential religious and secular history of Cambridge. Influences in/out of Cambridge from/to the Western World. Specifically - monasteries, Renaissance, Reformation, Puritans, Cromwell, Wilberforce. Simeon and missionaries. F. Bacon. Science - (Newton, Darwin, discovery of the electron, 1st splitting of the atom, world's 1st computer, DNA). University/college educational system. World's 1st Debating Society. College visits - S. Sussex, Trinity Hall, King's, Magdalene, Jesus, Emmanuel, Pembroke, Queens' and St Johns. Church visits - Round Church, Great St Mary's, St Edwards. Architecture. Other buildings e.g. Old Divinity School and Gates of Humility, Virtue and Honour. Student pranks. Meet 1st week at U3AC when the programme will be given out.

Format: Learning as we walk round town and visit colleges

About me: In teaching after 12 years in business and always intensely interested in history, both secular and religious, explaining why society is as it now is.

HIS 10: Cambridge history and the wider context (Spring term)

Leader: David Berkley

Day and time: Thursday 11:00 - 13:00

Length of course: 1 term. Spring (7 weeks)

Places: 20

Start date: 25 Jan

Repeat of HIS 09.

Format: Learning as we walk round town and visit colleges

About me: In teaching after 12 years in business and always intensely interested in history, both secular and religious, explaining why society is as it now is.

HIS 11: Cambridge sport: in Fenner's hands

Leader: Nigel Fenner

Day and time: Wednesday 11:00 - 12:30

Length of course: 1 term. Autumn (4 weeks)

Places: 20

Start date: 11 Oct

Cambridge was involved in shaping the British sporting revolution that went global in the second half of the 19th century, beyond just creating the modern-day laws of football and boxing, and sporting philosophies such as Muscular Christianity. This 4-week course will walk across Cambridge visiting key sites to explore the individuals and sports that made up this revolution and the challenges they faced, such as the tensions between Town v Gown. Whilst Frank Fenner, a local tobacconist, and talented sportsman was initially able to bring Town and Gown together to play in the same teams, he later became a casualty of the revolution he helped to create. The course will follow the walking route outlined in *Cambridge Sport: in Fenner's Hands* written by Nigel Fenner. As each session involves a walk of 1 to 1.5 miles, participants will need to wear suitable clothing (dependent on the weather).

Format: Course or activity without teaching

About me: Came to Cambridge to train as a teacher, also acquiring a football Blue, and a growing interest in my relative, Frank Fenner - much more than the creator of Fenner's Cricket Ground.

HIS 12: Cambridge sport: in Fenner's hands (Spring term)

Leader: Nigel Fenner

Day and time: Wednesday 11:00 - 12:30

Length of course: 1 term. Spring (5 weeks)

Places: 20

Start date: 21 Feb

This course is a repeat of HIS 11 (please note this term's course is 5 weeks long).

Format: Course or activity without teaching

About me: Came to Cambridge to train as a teacher, also acquiring a football Blue, and a growing interest in my relative, Frank Fenner - much more than the creator of Fenner's Cricket Ground.

HIS 13: Cambridge sport: in Fenner's hands (Summer term)

Leader: Nigel Fenner

Day and time: Wednesday 11:00 - 12:30

Length of course: 1 term. Summer (5 weeks)

Places: 20

Start date: 17 Apr

This course is a repeat of HIS 11 (please note this term's course is 5 weeks long).

Format: Course or activity without teaching

About me: Came to Cambridge to train as a teacher, also acquiring a football Blue, and a growing interest in my relative, Frank Fenner - much more than the creator of Fenner's Cricket Ground.

HIS 14: Christian origins and the early church

Tutor: James Henry

Day and time: Thursday 12:30 - 13:45

Venue: U3AC (Green room)

Length of course: 1 term. Autumn (10 weeks)

Places: 12

Start date: 12 Oct

The course will begin by attempting to examine the sources and historicity of the books of the Old Testament - especially the Pentateuch. All books of the OT will be discussed as will the intertestamental period and first century Judeah. The gospels, the historical Jesus and the early centuries of the church will also be considered as will Egyptian, Zoroastrian and Greek influences on Judaism and early Christianity. A history of the Popes and the Papacy also form part of the course. The approach is historical and rational and questions and discussion will be encouraged.

Format: Lecture and discussion

About me: I was a history teacher in both England and Australia.

HIS 15: Crimean War 1853-56

Tutor: Gerald Goldstone

Day and time: Tuesday 10:15 - 11:30

Venue: Member's home (CB1 8RW)

Length of course: 1 term. Autumn (5 weeks)

Places: 10

Start date: 10 Oct

We shall look at the causes, events and aftermath of the war. It's a lot more than the Charge of the Light Brigade and Florence Nightingale! Please note this is a five week course.

Format: Lecture & discussion

About me: Retired History teacher with 15 years' experience with U3AC

HIS 16: Crimean War 1853-56 (Spring term)

Tutor: Gerald Goldstone

Day and time: Tuesday 10:15 - 11:30

Venue: Member's home (CB1 8RW)

Length of course: 1 term. Spring (5 weeks)

Places: 10

Start date: 20 Feb

This is a repeat of the course run in the Autumn term.

Format: Lecture with discussion

About me: Retired history teacher with 15 years' experience of U3AC

HIS 17: Explorers and travellers in Asia (Spring term)

Tutor: Janet Pope

Day and time: Monday 11:50 - 12:50

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 15 Jan

Over the centuries people have travelled in Asia for many different reasons. These journeys were difficult, not only mountains, deserts, wars and bandits but also unhelpful or obstructive bureaucracy. This course will look at several travellers; who they were, why they travelled and where they went. They include a Hungarian looking for the homeland of his people; three ladies (two lived to 100) but who made very different journeys; two Chinese monks who travelled to India; finding the Tsangpo gorge in Tibet; the Russian exploration of eastern Siberia and, of course, Marco Polo. The times range from the fourth century to the present day.

Format: Lecture

About me: I have been fascinated by Central Asia, Iran and Tibet for many years and have studied many of the interesting people who travelled in Asia.

HIS 18: French history 1453-1945 (Spring term)

Tutor: Adrian Roberts

Day and time: Tuesday 11:30 - 12:45

Venue: U3AC (Blue room)

Length of course: 1 term. Spring (10 weeks)

Places: 12

Start date: 16 Jan

This course will consider key events in the history of France from the end of the Hundred Years War against England in 1453 to the Liberation of 1944. It will include topics such as the reign of Francis I (the great rival of Henry VIII), the Wars of Religion, Cardinal Richelieu, Louis XIV 'the Sun King', the rivalry with Britain in the 18th century, the Revolution and Terror, Napoleon Bonaparte and France in the World Wars. A major part of each session will be use of images and written sources. This course is not for specialist historians but rather for members who have a general interest in France and would like to know more about the history of our nearest continental neighbour. No previous knowledge is required.

Format: Lecture and discussion

About me: I have taught aspects of French history for many years and am fascinated by the country. I also run courses on The Great War and Napoleon Bonaparte for U3AC.

HIS 19: From Parnell to the 1916 Rising and its aftermath

Tutor: Michael J Murphy

Day and time: Thursday 15:20 - 16:20

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 30

Start date: 12 Oct

This is an outline history lecture course, which will examine the emergence of the new nationalism, and its key figures, in early modern Ireland. Major themes considered will be: Parnell and Home Rule, the Irish Literary Renaissance, the Rise of Sinn Fein, Labour and the I.R.B., all of which helped spark the Easter Rising in Dublin in 1916. This rebellion which shook the foundations of the British Empire led to an Anglo Irish War, a Civil War and the partition of Ireland in 1920. Hopefully, it will enlighten you about this critical period in Irish history and raise some interesting thoughts and questions about Anglo Irish relations in the 20th century. Historical videos and music and songs will be included.

Format: Lecture

About me: Principal Lecturer in British and Irish History at A.R.U. Also visiting lecturer at the University of Cambridge and the Universities of Santa Barbara, Maryland and Valparaiso in the USA.

HIS 20: Himalaya history and culture

Tutor: Henry Edmundson

Day and time: Thursday 12:40 - 13:40

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (6 weeks)

Places: 30

Start date: 09 Nov

This course will cover a range of scientific, religious, political and sociological topics, from both an historical perspective and using the speaker's experience exploring, climbing and trekking throughout the region for over four decades. There are six lectures:

- 1) Tibetan Buddhism - a Different Type of Reality;
- 2) The Story of How the Himalaya formed - the Plate Must Speak;
- 3) History of the China-Tibet Relationship - a Matter of Interpretation;
- 4) Trouble in the North-East: Sikkim, the Chumbi Valley, Bhutan and NEFA;
- 5) The Kashmir Story - a Greek Tragedy in the Making;
- 6) Social History of Nepal.

These topics are very much interlinked and will illustrate the sometimes harsh existence that the amazing variety of Himalaya peoples must contend with. The material can be followed in the speaker's book: *Tales from the Himalaya*.

Format: Lecture

About me: Henry Edmundson has explored, climbed and trekked in the wider Himalaya since 1965. He has written a widely praised book on the region called *Tales from the Himalaya*.

HIS 21: History of early Christianity

Leader: Alan Winfield

Day and time: Monday 15:00 - 16:00

Venue: U3AC (Pink room)

Length of course: 2 terms. Autumn (8 weeks), Spring (10 weeks)

Places: 30

Start date: 23 Oct

This will be a discussion group based on the book *A New History of Early Christianity* by Charles Freeman, Yale University Press. This will NOT be a faith based or religious course, but will look at the historical and archaeological evidence for what has become one of the major world religions. As such everyone is welcome of whatever faith or none. All that is asked is that participants be of open mind and treat the views of all other participants with respect. My plan is that we will read one (or two) chapters from the book each week and that a volunteer from the group will lead a discussion. I should emphasise that I am not an expert in this area and I am merely seeking to inaugurate a stimulating discussion.

Format: Discussion

About me: I gave this course 7 years ago. I am fascinated to research the true history behind the development of Christianity.

HIS 22: Horses: Their role in the history of man (Spring term)

Tutor: Elizabeth Salmon

Day and time: Friday 13:10 - 14:40

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 19 Jan

Man's development over the last several thousand years has, to a large extent, depended on the use and exploitation of the horse. Our ancestors hunted horses and then in the steppes of Asia started to ride them. The earliest horse cultures were nomads with herds of livestock - for them horsepower changed everything. The course will start with the evolution of the horse and then goes on to consider various aspects of the way in which the horse has assisted man such as in war and conquest, economically in agriculture and industry and even in the development of new nations such as the United States. No previous knowledge of the horse is assumed.

Format: Lecture

About me: I have been interested in horses since I was seven years old and would like to share their fascinating history with those of like-minded interest.

HIS 23: Irish cultural history 1891-1923 (Spring term)

Tutor: Michael J Murphy

Day and time: Thursday 16:00 - 17:00

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (9 weeks)

Places: 35

Start date: 25 Jan

This cultural history course will examine how three great Irish literary figures - Yeats, Joyce and O'Casey - reacted to the major historical events of their time, as seen in selections from their poetry, novels and plays. This is not a literature course but an attempt to show how history and literature intertwined during this critical period in Irish history. Historical videos, music and songs will feature.

Format: Lecture

About me: Principal lecturer in British and Irish history at Anglia Ruskin University.

HIS 24: Is the world progressing?

Tutor: Jo Whitehead

Day and time: Wednesday 15:30 - 16:45

Venue: U3AC (Blue room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 16

Start date: 11 Oct

Whether the world is making progress or slipping backwards is hotly disputed. This course will explore questions such as: What are the overall objectives of progress (and how can they be measured)? What are the drivers of progress? What have been the historical trends in both? Have we been making progress over the longer term? What are the recent trends? Do these suggest a change in direction? What data can we look at to shed light on our discussion? What are credible scenarios for the medium-term future? What don't we understand that we would like to learn more about? Clearly this is an ambitious agenda, and my job will be to provide data and opinion where I can, facilitate a good discussion, and encourage participants who want to bring their own materials and evidence to the discussion. This is my second run through of the programme.

Format: Seminar

About me: My career involved helping teams brainstorm, debate and structure their ideas.

HIS 25: Language labyrinth

Tutor: Jenny Knight

Day and time: Wednesday 13:15 - 14:30

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 11 Oct

Where does the language we use come from? This exploration encompasses anthropology, genetics, history, language, literature and social history. Alongside a historical account beginning with prehistory and continuing to the twenty-first century are sessions concerned with such diversions as personal and place names, punctuation, regional dialects, infiltrations from modern languages and the global significance of English. At the centre of the labyrinth are the ancestral languages identified in the eighteenth century, particularly our own Indo-European group. Routes from there take in Celtic variants, forms of Latin, Germanic tribal dialects, Anglo-Saxon, Old Norse and Norman-French. Members will be set oral and written tasks and will be expected to read scripts in class (anyone with a speech limitation is excused). General knowledge of English history and literature is required. Handouts and scripts are sent in advance: you will need a printer or a screen from which you can read scripts.

Format: Lecture with activities and class participation

About me: Working in publishing for many years has led to my interest in the evolution of our language. I enjoy sharing what I have learned.

HIS 25(z): Language labyrinth

Places: 8

As for HIS 25 but attending via Zoom.

HIS 26(z): Military History

Coordinator: Harry Belsey

Day and time: Wednesday 10:30 - 12:00

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 45

Start date: 11 Oct

The Military history circle has been in existence since 1996 and is now Zoom based. Members are encouraged to give talks on aspects of military history in which they are interested. Members have presented a wide range of interesting subjects covering conflicts from different periods of time and from different parts of the globe. Presentations are followed by a discussion and the subjects are chosen by individual members. There is no compulsion for members to make presentations. New members are welcome. No qualifications are required except an enthusiasm for military history and an email address. Members communicate with each other by email to discuss issues arising.

Format: Lectures and discussion

About me: I have been coordinating this course since 2012.

HIS 27: Napoleon Bonaparte

Tutor: Adrian Roberts

Day and time: Tuesday 11:30 - 12:45

Venue: U3AC (Blue room)

Length of course: 1 term. Autumn (10 weeks)

Places: 12

Start date: 10 Oct

2021 was the 200th anniversary of the death of Napoleon Bonaparte, one of the most instantly-recognisable and controversial individuals in European history. Praised as an enlightened reformer and promoter of economic progress and reviled as a megalomaniac tyrant and warlord, Napoleon's reputation is as much debated today as it was in his lifetime. This course will examine his impact on France, Europe and the world. It will include his rise to power and relationship with the French Revolution, his methods of governing France, his attempts to defeat Britain, his military and political domination of Europe, resistance to his rule and the reasons for his eventual downfall. Sessions will make use of Napoleon's own speeches and writings, the views of his contemporaries and of historians and works of art from the period. No previous knowledge is required.

Format: Lecture and discussion

About me: I am a History teacher by profession and have been running courses for U3AC for the past five years.

HIS 28: Researching, recording and sharing your family genealogy and history (Spring term)

Leader: Michael Gibbs

Day and time: Tuesday 11:50 - 12:50

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 16 Jan

I will share my personal journey and experience of exploring my family genealogy and history: researching, recording and sharing with family and interested parties. I hope that some participants will be willing to share their own family history journeys, so that we all learn together, though no prior experience is required for the course, just a strong interest in discovering your past. This will build on the genealogy course that I ran last year, starting with a recap of all the basics for newcomers, and then aim to go deeper into specific areas, hopefully with the support of participants.

Format: Discussion

About me: I do not have any qualifications or teaching experience in genealogy, just a strong practical interest from researching and running my own family history website.

HIS 28(z): Researching, recording and sharing your family genealogy and history (Spring term)

Places: 25

As for HIS 28 but attending via Zoom.

HIS 29: Rome: 'The Empire' under Augustus, the Julio-Claudians, and the Flavians (27 BC - AD 96)

Tutor: David Page

Day and time: Wednesday 10:00 - 11:30

Venue: U3AC (Pink room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 30

Start date: 11 Oct

This is a continuation of last year's course on 'The Republic', although newcomers will be most welcome. After a review of 'the Republic' and of the dominance of Julius Caesar in the 40s BC, we will turn to the work of Caesar's heir Octavian (the future 'Augustus') over more than 44 years to restore stability and establish the new system of 'the Empire' on a sound footing. We will look not only at his military, administrative, constitutional and social reforms but also at the status and role of the members of his household (e.g. his wife Livia, daughter Julia and his grandchildren) and his struggle to find an heir. Thereafter we will look at the administrations and households of the members of the 'Julio-Claudian Dynasty' (Tiberius, Caligula, Claudius and Nero), before turning to the three members of 'the Flavian Dynasty', founded after the civil war of AD 69.

Format: Lecture

About me: I enjoy exploring aspects of Roman history with U3AC members as I did with undergraduates over more than 35 years at Trent University (Canada) - with awards for teaching excellence.

HIS 29(z): Rome: 'The Empire' under Augustus, the Julio-Claudians, and the Flavians (27 BC - AD 96)

Places: 24

As for HIS 29 but attending via Zoom.

HIS 30: Tales from the Low Countries

Teller of Tales: Peter Granville Davis

Secretary: Anne Greenwood

Day and time: Thursday 11:00 - 12:00

Venue: Our Lady and the English Martyrs Church (Parish Hall)

Length of course: 1 term. Autumn (10 weeks)

Places: 70

Start date: 12 Oct

1. "When this lousy war is over..." 1914 and all that;
2. Rembrandt and Amsterdam;
3. Les Bourgeois de Calais;
4. Luxembourg, a thousand years later;
5. Rotterdam and the Rhine;
6. Antwerp;
7. The wool trade;
8. Bruges;
9. Flemish and Walloons;
10. Brussels the brilliant.

Format: Lecture

About Peter: Few people talk about the Low Countries. I find them fascinating and I should like to share my enthusiasm.

HIS 31: The Cambridge Phenomenon: history and impact of a world-renowned technology cluster (Spring term)

Tutor: Kate Kirk

Day and time: Friday 11:45 - 12:45

Venue: U3AC (Red room)

Length of course: 1 term. Spring (9 weeks)

Places: 18

Start date: 19 Jan

This course is for those wishing to learn more about the history and importance of Cambridge's thriving technology cluster. Christened a 'Phenomenon' by the Financial Times, our small city punches way above its weight. In the digital economy alone, Cambridge has the fifth highest turnover in the UK - ahead of cities such as Birmingham and Southampton. How did it get that way? Based on a range of material, including my two books about the evolution and global impact of the Cambridge Phenomenon, we'll explore how the early technology entrepreneurs got started, the challenges they had to overcome and how the Phenomenon 'grow'd like Topsy'. I'm hoping that at least some of the participants in this series of talks will have first-hand experience from their own careers, so am looking forward to sharing and learning at the same time.

Format: Lecture

About me: I've written, or helped write, several books about the Cambridge technology cluster, entrepreneurship and innovation. Cambridge is world-renowned, often nicknamed 'Silicon Fen', and its growth is a fascinating story.

HIS 31(z): The Cambridge Phenomenon: history and impact of a world-renowned technology cluster (Spring term)

Places: 10

As for HIS 31 but attending via Zoom.

HIS 32: The cold war and its current implications

Tutor: Jo Whitehead

Co-presenter: Avy Erasmus

Day and time: Tuesday 10:00 - 11:30

Venue: U3AC (Pink room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 30

Start date: 10 Oct

We have lived through the cold war and seen it restart after a brief pause. A review of how we got to where we are today seems timely. As a generalist, rather than a historian, I will summarise the cold war in terms of its background, leaders, geopolitics, economics, military trends and other relevant perspectives. Sessions use a mix of videos, presentation, guest speakers and discussion to explore events and periods that appear most relevant to understanding today's situation, such as the Korean War, Suez crisis, Cuban Missile crisis, the Yeltsin years, the Putin era and the situation in Ukraine. I am also going to cover China, as this is a similar situation, in which history resonates in the present. China and Russia share some common attitudes - as well as having some significant differences.

Format: Seminar

About Jo: I have had an informal interest in the cold war for many years.

HIS 33: The Great War 1914-19

Leader: Adrian Roberts

Day and time: Monday 11:15 - 12:30

Venue: U3AC (Blue room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 09 Oct

This course is for members who would like to learn more about the worldwide conflict which began in August 1914. Topics covered will include the origins of the war, the major campaigns on all fronts, the war at sea and in the air, propaganda, the impact on civilian populations, the peace settlements, the results of the war and how the casualties have been commemorated. Commonly-held views on issues such as military leadership will be examined and questioned. Study of written sources, images and artefacts from the period will form a significant part of the course. Participants will have the opportunity to talk to the group about the experiences of members of their own families in the war. This course is intended for those with a general interest in the Great War rather than for specialist military historians.

Format: Lecture and discussion

About me: I am a History teacher by profession and have led groups to study the battlefields of the Western Front for over 20 years.

HIS 34(z): The history of England AD 410 to 1066

Tutor: Peter Camilletti

Day and time: Wednesday 10:30 - 11:40

Venue: Zoom

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 30

Start date: 11 Oct

After the departure of the Romans from Britain, the course will cover the 'Dark Ages' and the various theories of how the people we call the Anglo-Saxons arrived, gradually dominated England and formed kingdoms. As the course progresses, the written and archaeological evidence becomes more certain, giving us a view of how the development of the powerful Kingdoms of Northumbria, Mercia, and eventually the superpower of Wessex took place. The spread of Christianity is essential to the understanding of this period. We will meet the Kings that ruled these new great Kingdoms. The era of the Viking raids, which developed from bloody seasonal raids into outright invasions, then to settlements and changed the character of England, will also be covered. The course concludes with the Battle of Hastings, the death of King Harold, and the coronation of Duke William of Normandy as William I of England. Zoom lectures are supported by PowerPoint. A precis of each session will be circulated by email after each session. Supplementary essays and YouTube links will also be circulated on specific topics.

Format: Lecture

About me: I am an enthusiastic amateur historian. This has been a new area of study for me having run a course on the later Roman Empire and Roman Britain for several years.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

HIS 35: The Old Lady of Threadneedle Street: The Bank of England 1694-1946 (Spring term)

Tutor: John Keyworth

Day and time: Wednesday 11:30 - 12:45

Venue: U3AC (Red room)

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 17 Jan

Beginning with the founding of the Bank in the aftermath of the Glorious Revolution we shall examine the high and low spots in the development of the institution over 250 years until 1946 when it was taken into public ownership. We shall also look at the evolution of the bank note, forgery and counterfeiting the Gold Standard, the buildings on the Threadneedle Street site, the employment of women in 1894, personalities associated or with connections to the Bank including Kenneth Grahame, T.E. Lawrence and Montagu Norman and end with some delightfully scurrilous cartoons of the institution and its denizens from the 18th to the 21st centuries.

Format: Lecture

About me: I was Curator of the Bank of England Museum from 1986 until I retired in 2013.

HIS 36: The plant hunters

Tutor: Christine Thirkettle

Day and time: Thursday 11:20 - 12:20

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (8 weeks)

Places: 30

Start date: 12 Oct

This course is about the intrepid journeys of plant hunters which was driven by their passion to explore and collect plants. Plant collectors faced dangers of extreme weather, accidents, disease and attack by hostile natives. Plant hunting took off in the late 1500s, as sailors and explorers opened up the world, continent by continent, during the 'Age of Discovery'. Later plant hunting was driven by empire building, politics, nurseries and profit. By now plant hunters were backed by big money, although few of them became rich. We will look at the origins of the foreign plants that now fill our gardens and the ideas about plant hunting today. We must not forget the dark side - the exploitation of the people and countries whose natural resources were plundered. Also the close connections of plant collecting with the slave trade.

Format: Lecture

About me: I have been a U3AC tutor for several years: I have a scientific background and an interest in the history of plants and gardens.

HIS 37: The Three Kingdoms under the Stuart Monarchy 1603-1714 (Spring term)

Tutor: Adrian Roberts

Day and time: Tuesday 09:45 - 11:00

Venue: U3AC (Red room)

Length of course: 1 term. Spring (10 weeks)

Places: 12

Start date: 16 Jan

This course will examine the history of the British kingdoms in the 17th and early 18th centuries. Topics covered will include the personality and policies of the Stuart monarchs, religious conformity and division, rebellion and civil war, the short-lived republic and relations with European states. Traditional study of this period has concentrated on events in England but developments in Scotland and Ireland will also be covered. The course will include examination of contemporary sources such as speeches, letters, diaries, pamphlets, art and architecture. No previous knowledge is required.

Format: Lecture and discussion

About me: I am a History teacher by profession and run three other courses for U3AC.

HIS 38: Turning points: stories from our lives

Coordinator: Stuart Grassie

Day and time: Tuesday 10:00 - 11:00

Venue: U3AC (Yellow room)

Length of course: 1 term. Autumn (10 weeks)

Places: 16

Start date: 10 Oct

Each week, there would be a different topic of general interest and relevance. These would be open to discussion. In the first class we would discuss possible topics and those who would be willing to contribute something from their own experience on those topics. This would set the structure for the following term. Possible topics include: Life in different countries and areas - experiences of emigration to or from the UK, or both, and why Cambridge?; Experiences of schooling and childhood; People in education, authority or otherwise who influenced our lives (for better or for worse) - who were they, what did you learn, what could or should you have learnt?; Significant events e.g. death or departure of a close friend or relative; Contributions that you have made to your field of work or to an area of interest.

Format: Discussion

About me: During my career I have worked in universities, consultancy, industry and developed my own company. I've lived in several countries and worked in most areas of the western world.

Languages - Ancient and Classical

GRC 01: Classical Greek

Convenor: Elizabeth Tavner

Day and time: Friday 11:00 - 12:00

Venue: Member's home (CB1 7UF)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 9

Start date: 13 Oct

We shall finish reading Herodotus' Histories, Book 9 (about the Persian Wars), and then make a decision about what to take up next. A tragedy by Sophocles or Euripides is under consideration, but another choice may be made.

Level: Advanced

Format: Course or activity without teaching

About me: I am a Classics graduate, and joined this group several years ago when I retired.

GRC 02: Classical Greek self-help reading group

Coordinator: Mike Fay

Day and time: Monday 11:15 - 12:15

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 8

Start date: 09 Oct

This course offers enjoyable, collaborative sessions reading and orally translating the Odyssey with Books 13, 14 and 15 on this year's agenda. Newcomers are welcome; previous participants have studied Classical Greek for several years. A key text will be Homer: Odyssey XIII-XXIV, edited by W B Stanford (Bristol Classical Press; second-hand editions recommended). Dictionaries used include the Cambridge Greek Lexicon, Liddell and Scott's Greek-English Lexicon, Cunliffe's Lexicon of the Homeric Dialect and Autenrieth's Homeric Dictionary. Internet sources, e.g. the Perseus Digital Library, offer help with lexis (links to online dictionaries) and even parsing. To extend existing knowledge or revive dormant skills one might try *Greek Beyond GCSE* by John Taylor (Bristol Classical Press).

Level: A level or equivalent reading skills

Format: Self-taught course or activity

About me: I am a former teacher and translator of French and Spanish and have been studying Greek at U3AC since 2015.

GRC 02(z): Classical Greek self-help reading group

Places: 4

As for GRC 02 but attending via Zoom.

GRC 03(z): New Testament Greek

Tutor: Hilary Goy

Day and time: Friday 10:00 - 11:30

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 15

Start date: 13 Oct

We shall read and explore the content and language of a selection of texts from the New Testament and other related authors. We can decide not only what we read but also when and how often we meet. The aim is to enjoy, appreciate and expand our knowledge of this seminal literature. No knowledge of Greek is needed to join us.

Level: Any

Format: Seminar

About me: Old teacher who will carry on regardless!

LAT 01: Advanced Latin self-help group

Coordinator: Mike Fay

Day and time: Monday 15:00 - 16:30

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 12

Start date: 09 Oct

This is a continuation of previous Advanced Latin courses which we hope will attract new participants. There are three components. Firstly, we read, translate and discuss extracts from authors such as Caesar, Virgil, Cicero, Martial, Seneca, Horace, Ovid, Tibullus and Petronius. Copyright-free pdf documents with the texts, vocabulary, notes and translations are made available by the coordinator, with pointers to optional further reading and commentary. Secondly, grammar is revised and extended by translating Latin passages from *Via Plana* (P Ruth Taylor Briggs). Here, subgroups work on the same topic but at different levels. Thirdly and optionally, the final part of each class features English to Latin translation, following the same grammar topics as those in *Via Plana* and using textbooks with keys, such as *Writing Latin* (Ashdown and Morwood) and *Latin Beyond GCSE* (Taylor). 1-2 hours prep between sessions required.

Level: Advanced (A Level and beyond)

Format: Self-taught course or activity

About me: I am a former teacher and translator of French and Spanish and have been building on my O level Latin at U3AC since 2014.

LAT 01(z): Advanced Latin self-help group

Places: 4

As for LAT 01 but attending via Zoom.

LAT 02: Latin (re-)discovered

Organisers: Alan Durham & Tom Dyson

Day and time: Monday 10:00 - 11:00

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 7

Start date: 09 Oct

We will be continuing our reading from some of the great texts of classical Roman literature, both verse and prose. Last year we read from Plautus and Apuleius. Planned future reading includes some of Virgil's Georgics and Pliny's letters, writings by Ovid, Cicero and Julius Caesar, and stories from Livy. We usually take it in turns to read and translate, but it is not compulsory - just join in the discussion if you prefer. Texts and translations are provided. You should have Latin to A Level standard or above to get the best from our reading.

Level: A Level onwards

Format: Course or activity without teaching

About me: Tom read Classics at school and Cambridge. In retirement he has much enjoyed re-visiting and sharing the authors of Ancient Greece and Rome, and their worlds.

LAT 03: Latin: continuing our Latin studies together for a fourth year

Tutor: Marian Cleaver

Day and time: Thursday 13:45 - 15:15

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 8

Start date: 12 Oct

We will review the constructions in Latin using the subjunctive that we met in Year 3, if the group feel these need revising. Then we will continue to work with Book Four of The Cambridge Latin Course. There we will meet more usages which we find in Classical Latin and inevitably more vocabulary. This will take us closer, or even beyond, Latin at GCSE Level. We may also read some simple examples of prose and poetry from the pens of Roman writers. This book takes us right into the centre of life in Rome itself and gives us the opportunity to discuss many really interesting topics of life in Ancient Rome. Newcomers to the group who have a good grounding in Latin – even from many years previously - or who wish to consolidate their understanding of the language and extend their knowledge of Roman culture - will be very welcome. Let's have fun exploring Latin and Roman life together.

Level: Post intermediate

Format: Seminar

About me: I have always enjoyed working with the Cambridge Latin Course since it came out in the 70s and it has been fun using it with pupils and adults of all ages. It offers an insight into Roman life alongside the introduction of grammar and language study.

LAT 04: Latin: studying book five of the Cambridge Latin Course - and more

Tutor: David Page

Day and time: Thursday 10:15 - 11:45

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 8

Start date: 12 Oct

A continuation course aimed at providing those who have studied Book Four of the Cambridge Latin Course with the opportunity to do a fifth year of Latin together, continuing to work with Book Five in the series. In addition to the course book, time permitting, we will look at some selected prose and verse passages (provided by the tutor) taken from leading Roman writers of the classical period. Newcomers will be most welcome but should contact the tutor before the course begins. As in the past, the tutor will supply supplementary language materials to Book Five (to be made available by email) and on any important 'constructions' not covered by the course book. By the end of the course we should at least be at GCSE Level - in all likelihood well beyond this. Let's continue having fun in a friendly atmosphere as we explore more Latin!

Level: Senior

Format: Seminar

About me: Offering Latin at U3AC remains a great pleasure, building on over 35 years of doing this with undergraduates in Canada at Trent University - with awards for excellence in teaching.

LAT 04(z): Latin: studying book five of the Cambridge Latin Course - and more

Places: 8

As for LAT 04 but attending via Zoom.

LAT 05: Latin: let's study together for a sixth year!

Tutor: David Page

Day and time: Monday 10:00 - 11:25

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 12

Start date: 09 Oct

We will continue our study of classical Latin beyond GCSE Level by examining any remaining 'constructions' not covered in our first five years and by reading a selection of passages from the works of Roman poets and prose-writers of the 'Golden' and 'Silver' ages of Latin literature. We will use, initially, a collection of short passages about wives, lovers, family, friends and places found in *Amor et Amicitia* (Cambridge University Press, 1989: ISBN 978-0-521-37736-2) by Patricia E. Bell. This text may need to be ordered 'on demand' from the publisher. Later in the year, but only after discussing things together in class, we could turn to *The Cambridge Latin Anthology* (Cambridge University Press, 1996: ISBN-13 978 0521578776) - a collection of longer passages. Newcomers to the group who have a good background in Latin will be most welcome. Let's continue to challenge ourselves by studying more Latin literature.

Level: Senior

Format: Seminar

About me: With over 35 years offering Latin to undergraduates in Canada at Trent University (with awards for excellence in teaching), it is a pleasure to continue doing the same at U3AC.

LAT 05(z): Latin: let's study together for a sixth year!

Places: 6

As for LAT 05 but attending via Zoom.

LAT 06(z): Latin: let's continue to study together for a seventh year

Tutor: David Page

Day and time: Friday 14:25 - 15:45

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 13 Oct

The course will provide an opportunity to read more examples of passages (both prose and verse) taken from the works of Roman writers of the classical period and occasionally from writers of later Latin. Material to be studied will be supplied (electronically) by the tutor. While the course is designed specifically for those who were members of LAT 06 in 2022 - 2023, newcomers with a good knowledge of Latin will be most welcome.

Level: Advanced

Format: Seminar

About me: I offered Latin to undergraduates at Trent University in Canada for over 35 years. It is a pleasure to continue exploring the language with U3AC members.

Languages - Modern

ARB 01: Arabic language

Tutor: Eman Hassan

Coordinator: Kim Wallis

Day and time: Friday 11:00 - 12:30

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 8

Start date: 13 Oct

We are a small group of Arabic language students with mixed intermediate levels of experience. New class members are very welcome indeed, and having a basic level of Arabic is advisable. We cover general conversation as well as written, listening and reading exercises.

Note: There will be an additional fee of £50 per term for our Arabic tutor's time, and this is payable at the beginning of each term.

Level: Intermediate

Format: Taught course or activity

About Kim: I am one of the students in our Arabic group, as well as the class coordinator.

ARB 01(z): Arabic language

Places: 6

As for ARB 01 but attending via Zoom.

DUT 01: Dutch improvers

Tutor: Marina McCann

Day and time: Thursday 12:00 - 13:30

Venue: U3AC (Orange room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 6

Start date: 12 Oct

This course is for people who have some basic to moderate knowledge of the Dutch language, and would like to improve it by reading. There's also some time for speaking. Reading: we read free to download online short stories/novellas/news articles, etc. I send these by link or attachments, so please bear in mind you will need an electronic device of some kind; you can then either read from your device in the classroom, or you can print out the texts. We prepare a few pages at home, and take turns on the day to read and translate a couple of paragraphs to satisfy ourselves we have understood the original text. Help with pronunciation will be available throughout. All comments are very welcome and are in English. Speaking: for about half an hour, we take turns to talk about a given subject. Material: dictionary – device.

Level: Basic to medium

Format: Course or activity without teaching

About me: I am originally from Brussels, Belgium, where Dutch was my second language. I have used it in many different contexts.

DUT 01(z): Dutch Improvers

Places: 3

As for DUT 01 by attending via Zoom.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

FRE 01: French for beginners (Spring and Summer terms)

Tutor: Madeleine Williams

Day and time: Thursday 12:45 - 13:45

Venue: U3AC (Green room)

Length of course: 2 terms. Spring (10 weeks), Summer (9 weeks)

Places: 8

Start date: 18 Jan

The course is for complete beginners and is designed to help the student with everyday communicating skills along with providing an understanding of basic grammar. We will use the book *Façon de Parler 1 French for Beginners 5ED: Coursebook* by Angela Aries and Dominique Debney. ISBN: 144416838X.

Level: Beginners

Format: Taught course or activity

About me: I was educated, lived and worked in France. I have been a tutor in French language at the U3AC for a number of years.

FRE 02: Listen, Read, Grammar

Tutor: Jill Tatham

Day and time: Friday 10:00 - 11:00

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 16

Start date: 13 Oct

You should be reasonable O Level standard to get the most out of this course, a bit rusty would be fine. We will listen to a variety of tapes, with plenty of repetition, watch a short French Experience film from time to time, and read and translate a selection of texts. We will pick up points of grammar, using *La grammaire en clair* (out of print, but available online) by Paul Rogers and Jeremy Long.

It is a very friendly class, with no pressure.

Note: We will continue to wear masks in my classes, and keep windows open, to protect vulnerable people from Covid.

Level: O level

Format: Taught course or activity

About me: I have taught French for many years and love translation.

FRE 03: Express yourself in French

Tutor: Sylvia Hearn

Day and time: Thursday 10:00 - 11:15

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 16

Start date: 12 Oct

The aim of the class is to help you put aside your inhibitions and speak French more freely. You will be encouraged to talk briefly to the class in French on any subject you choose, which may lead to questions and discussion. You will be gently corrected for grammatical and pronunciation errors, so that you can make your meaning clear. There will be some teaching about these aspects of language, time for informal conversation, as well as a chance to dip into our library of condensed novels and short stories.

Level: Post GCE

Format: Taught course or activity

About me: I enjoy enabling people to get access to their perhaps neglected ability to speak French.

FRE 04: Lisons 'Rendez-vous' - Monday

Coordinator: Margaret Provis

Day and time: Monday 15:15 - 16:30

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 09 Oct

This is a continuation of last year's course, but new members are also welcome. There will sometimes be a little grammar work, but we will spend most of the time reading (aloud), translating and discussing articles in the French language magazine 'Rendez-vous', which contains 'faits divers' (short topical news items), as well as feature-length articles on culture, history, and social issues. Please note that we will be covering the same material as the Wednesday afternoon 'Rendez-vous' class (FRE 05) - so don't apply for both. You will need to take out a year's subscription to the magazine, which comes out every other month. Please call the tutor for further information about getting a (very small!) discount.

Level: Intermediate

Format: Part taught, part self-taught

About me: BA Hons in French and English literature. Worked in France for two years in the 1970s.

FRE 04(z): Lisons 'Rendez-vous' - Monday

Places: 4

As for FRE 04 but attending via Zoom.

FRE 05: Continuons 'Rendez-vous' - Wednesday

Coordinator: Margaret Provis

Day and time: Wednesday 14:45 - 16:00

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 11 Oct

This is a continuation of last year's course, but new members are also welcome. There will sometimes be a little grammar work, but we will spend most of the time reading (aloud), translating and discussing articles in the French language magazine 'Rendez-vous', which contains 'faits divers' (short topical news items), as well as feature-length articles on culture, history, and social issues. Please note that we will be covering the same material as the Monday afternoon 'Rendez-vous' class (FRE 04) - so don't apply for both. You will need to take out a year's subscription to the magazine, which comes out every other month. Please call the tutor for further information about getting a (very small!) discount.

Level: Intermediate

Format: Part taught, part self-taught

About me: BA Hons in French and English literature. Worked in France for two years in the 1970s.

FRE 05(z): Continuons 'Rendez-vous' - Wednesday

Places: 4

As for FRE 05 but attending via Zoom.

FRE 06: French conversation

Leader: Elizabeth Thorn

Day and time: Thursday 15:00 - 16:30

Venue: Member's home (CB24 8QU)

Length of course: 3 terms. Autumn (8 weeks), Spring (8 weeks), Summer (8 weeks)

Places: 6

Start date: 12 Oct

People wanting to converse and are able to discuss a variety of subjects with relevant fluency.

Level: Intermediate

Format: Discussion

About me: I have spent 37 years in France and taught English for 28 years.

FRE 07: French translation: Fred Vargas

Tutor: Jill Tatham

Day and time: Friday 11:15 - 12:15

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 16

Start date: 13 Oct

This relaxed class is suitable for a variety of levels, but you need a good working level of French. It is a fun way to brush up rusty language, get to grips with varying constructions and expand vocabulary. We read a sentence each (with help with pronunciation if necessary) and translate it into English. We will be about half way through *Dans les bois éternels* by Fred Vargas ISBN 978 229 001 7739. It is a meaty whodunnit, modern and extremely well-written. Some people will be pleased to meet the quirky Adamsberg and his team again. I will provide a synopsis of what we have read so far, and newcomers are welcome.

Note: We will continue to wear masks in my classes, and keep windows open, to protect vulnerable people from Covid.

Level: Roughly A level, but rusty would do

Format: Taught course or activity

About me: I have taught French for many years and love reading and translation.

FRE 08: Modern French novels

Organiser: Margaret Provis

Day and time: Wednesday 10:00 - 11:00

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 11 Oct

Nous lisons des romans à voix haute, à tour de rôle, et faisons des réflexions tantôt littéraires, tantôt personnelles. Le roman que nous lirons en premier sera *Les Années*, par Annie Ernaux.

Level: Good intermediate

Format: Reading (aloud) around the room, and discussion

About me: BA Hons in French and English literature. Worked in France for two years in the 1970s.

FRE 08(z): Modern French novels

Places: 4

As for FRE 08 but attending via Zoom.

FRE 09: Cercle français

Coordinator: Alan Birch

Day and time: Tuesday 14:10 - 15:30

Venue: U3AC (Red room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 18

Start date: 10 Oct

Nous parlons français tout le long des cours, il faut donc savoir parler assez couramment. Les activités sont variées et peuvent couvrir des discussions sur les actualités, des exercices, et des débats. À chaque session, deux membres du groupe à tour de rôle choisissent et mènent les activités. Il est donc demandé un peu de préparation préalable à ce moment là, mais rien d'autre.

Level: Advanced

Format: Course or activity without teaching

About me: I have coordinated the cercle français for some years.

FRE 10: Le cinéma français à vol d'oiseau: La caméra et la plume

Tutor: Arlette Kendall

Day and time: Tuesday 11:10 - 12:30

Venue: U3AC (Red room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks)

Places: 20

Start date: 10 Oct

Mariage entre cinéma, littérature, sociologie. Dans nos pérégrinations nous nous arrêterons tout d'abord sur le cinéma français comme art vivant et à travers l'étude des scénarii, dialogues comment il est allé loin dans l'humain et a répondu aux inquiétudes et besoins de son temps, sondant la société française (exemples: le cinéma et le front populaire, le cinéma sous l'occupation). Ensuite nous montrerons la connivence entre littérature et cinéma avec la description de films, d'études de thèmes, d'adaptations de romans (exemples: d'écrivains de cinéma Renoir, Truffaut ...). En route ne pas oublier les liens indéfectibles, les amours particulières entre Paris et le cinéma. Ecrire, parler sur le cinéma pour le révaloriser à l'écran.

A lire: *La règle du jeu* – Renoir. *Les caprices de Marianne* – Musset. *Partie de campagne* – Maupassant. *Jules et Jim* – Truffaut. *Jules et Jim* - Henri Pierre Roche.

Level: Advanced

Format: Lecture

About me: In love with French culture and literature and love to share it.

GER 01: German beginners

Tutor: Ruth Yule

Day and time: Wednesday 13:00 - 14:00

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 11 Oct

This course aims to introduce complete beginners to the German language, equipping them with language skills to communicate in everyday situations and to understand something of what they see and hear when visiting German-speaking countries. We will base our work on the BBC language course *Deutsch Plus*. There is no need to buy the CDs, which we will be using in class, but please obtain a copy of the book (ISBN 978-0563519157). Please be prepared to spend an hour or two each week reviewing the previous session and preparing for the next one. The group may continue into the summer term, but on a more informal basis.

Level: Beginner

Format: Taught course or activity

About me: I am a competent non-native user of German; I read and speak the language fluently, and look forward to introducing others to its pleasures and pitfalls.

GER 01(z): German beginners

Places: 2

As for GER 01 but attending via Zoom.

GER 02: German beginners year 2

Tutor: Christine Stapleton

Day and time: Wednesday 13:00 - 14:00

Venue: U3AC (Blue room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 11 Oct

This course is a continuation of last year's German beginners, which was based on the BBC language course *Deutsch Plus* (2004, ISBN 978-0563519157), and we will continue to use this course book in the second year. This class would also be suitable for new members with some knowledge of German. Please contact the tutor if in doubt about level required.

Level: Second year beginners

Format: Taught course or activity

About me: I was brought up and educated in Germany and have been teaching German at the U3AC for a number of years.

GER 02(z): German beginners year 2

Places: 5

As for GER 02 but attending via Zoom.

GER 03: German year 3

Tutor: Christine Stapleton

Day and time: Wednesday 14:15 - 15:15

Venue: U3AC (Blue room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 11 Oct

This course is a continuation of last year's German beginners year 2 which was based on the BBC language course Deutsch Plus (2004, ISBN 978-0563519157). We will continue to use this course book and supplement it with other materials where appropriate. New members, who would like to join the class, should contact the tutor before applying.

Level: Third year beginners

Format: Taught course or activity

About me: I was brought up and educated in Germany and have been teaching German at the U3AC for a few years.

GER 03(z): German year 3

Places: 5

As for GER 03 but attending via Zoom.

GER 04: Translation: Warten bis der Frieden kommt

Tutor: Jill Tatham

Day and time: Monday 12:45 - 13:45

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 16

Start date: 09 Oct

We will read and translate *Warten bis der Frieden kommt*, a paperback by Judith Kerr. We will probably be part way through chapter 1, and I will email everyone with the exact starting place. We will read it slowly, analysing one or two sentences each week to explain the grammar, and I will correct pronunciation where necessary. We will sometimes use *Alles Klar* by Paul Rogers and Jeremy Long - it is out of print, but available online, if you can source a cheap copy. The story is based on Judith Kerr's life and is episodic, so lends itself to being read slowly in class without losing the plot. The course is aimed at people with approximately German O Level standard, and would be good for anyone wanting to brush up rusty German. Newcomers are welcome.

Note: We will continue to wear masks in my classes, and keep windows open, to protect vulnerable people from Covid.

Level: Reasonable O Level would be fine

Format: Taught course or activity

About me: I have taught German for many years and especially love reading, translation and grammar.

GER 05: German poetry and prose

Coordinator: Christine Stapleton

Day and time: Alternate Tuesdays, 14:15 - 15:30

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)

Places: 10

Start date: 10 Oct

Our principal focus will continue to be a wide-ranging selection from the best of German writing - from medieval to modern - mainly poetry but also short stories and extracts from plays. The choice of texts is made by class members with some guidance from the coordinator. Discussion is in English.

Level: Advanced - A Level equivalent or above

Format: Discussion

About me: I was brought up and educated in Germany and have had a life-long interest in German literature.

GER 05(z): German poetry and prose

Places: 5

As for GER 05 but attending via Zoom.

GER 06: German translation: Eifel-Gold

Tutor: Jill Tatham

Day and time: Monday 14:00 - 15:00

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 16

Start date: 09 Oct

This class is suitable for a variety of levels of ability, but you need a reasonable working level of German. We read a sentence each (with help with pronunciation if necessary) and translate into English. It is a fun way to brush up rusty language, get to grips with varying sentence structures and expand vocabulary. We will continue reading *Eifel-Gold* by Jacques Berndorf, and will be about half-way through the book, middle of chapter 5. I will provide a synopsis of what we have read so far, and newcomers are welcome. The book is a light-hearted Krimi with an interesting plot - when you are reading it, follow the money.

Note: We will continue to wear masks in my classes, and keep windows open, to protect vulnerable people from Covid.

Level: Roughly A Level, rusty would be fine

Format: Taught course or activity

About me: I have taught German for many years and especially love reading and translation.

GER 07(z): Reading German aloud

Convenor: Paola White

Day and time: Wednesday 15:00 - 16:30

Venue: Zoom

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 11 Oct

A self-help group for members with a good knowledge of the language where we take turns in reading aloud works of German literature. We also discuss, preferably in German, both the content or any language point which may not be clear. This group may appeal to members who have up to now concentrated on grammar and now feel ready to enjoy reading.

Level: Really fluent

Format: Course or activity without teaching

About me: Although Italian born I did all my studies in German. I took over this group over 20 years ago in order to keep my German alive.

GER 08: Advanced German conversation

Organiser: Christine Venn

Day and time: Thursday 11:15 - 12:15

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 12

Start date: 12 Oct

General conversation on any subject the group wishes to discuss. A good working knowledge of German is required to enjoy this class.

Level: Advanced

Format: Discussion

About me: Native German, living in England for 60 years now. I have lead this class for more than 10 years.

GER 09: Reading German short stories and plays

Leader: Martin Davison

Day and time: Friday 11:45 - 12:45

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 13 Oct

This is an established class for German literature enthusiasts, in which we read in German, but discuss in English, Novellen and other short stories by German, Austrian and Swiss writers, both classical and modern. Last year for the first time we extended our range to drama, 'performing' plays by Max Frisch and Bertolt Brecht, in addition to reading stories by Heinrich von Kleist, Georg Büchner and Robert Walser amongst others. I propose to continue with this format in the coming year, authors likely to feature including J W von Goethe, Franz Kafka, Stefan Zweig and Wolfgang Borchert. Applicants will of course need to be fluent German readers.

Level: Advanced

Format: Seminar

About me: Having studied German at university and kept it up in a desultory manner over the years, I revived my enthusiasm for German literature with U3AC.

GER 09(z): Reading German short stories and plays

Places: 4

As for GER 09 but attending via Zoom.

GER 10: Intermediate German

Tutor: Friederike Jeans

Day and time: Wednesday 10:00 - 11:30

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 11 Oct

We do our own conversation, vocabulary-work and grammar. What is discussed in class should be repeated at home, in form of exercises, given or made up. 'That improves the learning process enormously'. We have done cases, pronouns, strong and weak verbs in their 3 main tenses, word order and many words! Anyone with even a basic idea about the language is very welcome, it is a friendly, cooperative group.

Level: Intermediate

Format: Taught course or activity

About me: I have taught German at Uni for 20 years and still love it!

GER 11: German intermediate

Tutor: Christine Stapleton

Day and time: Tuesday 16.00 – 17.00

Venue: U3AC (Blue room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 10 Oct

This course is suitable for people who have studied German for about three years. We will use a variety of texts, audio material and a grammar practice book (Schaum's Outlines *German Grammar* 6th edition, ISBN 9781260120998; 4th and 5th editions can also be used) to develop reading and listening skills, to consolidate grammar and to build up confidence in conversation. Please contact the tutor if in doubt about level required.

Level: Intermediate

Format: Taught course or activity

About me: I was brought up and educated in Germany and have been teaching German at the U3AC for a number of years.

GER 11(z): German intermediate

Places: 5

As for GER 11 but attending via Zoom.

GER 12: Eine Art Stammtisch

Leader: Julia Davison

Day and time: Wednesday 11:45 - 12:45

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 12

Start date: 11 Oct

This is a continuing course for intermediate-plus students. Some people have sat round our Stammtisch for years but new members are very welcome. I will be leading the group for the first two terms. In the Summer term we will be more flexible and group members will take turns in leading. Wir Woche diskutieren und plaudern wir auf Deutsch. Wir werden auch ein Buch lesen und zum Teil übersetzen. Manchmal studieren wir sogar Grammatik.

Level: High intermediate

Format: Taught course or activity

About me: I have always loved speaking German and learning about Germany since schooldays, a degree and a teaching career.

GER 12(z): Eine Art Stammtisch

Places: 2

As for GER 12 but attending via Zoom.

GRM 01(z): Greek conversation

Tutor: Panos Polihroniadis

Day and time: Friday 14:00 - 15:00

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 8

Start date: 13 Oct

You are on a Greek island, the sun is shining, it is Friday and you want to go to Καφενείο ο Πανος, to meet friends for a chat in Greek, who speak modern Greek, on any topic of the day. Sorry but the Καφενείο is closed but you can meet the friends on Zoom, therefore you have to make the coffee yourself.

Level: Good command of Modern Greek

Format: Discussion

About me: I am Greek and I enjoy the Greek conversation.

GRM 02: Modern Greek: Intermediate

Coordinator: Elisabeth Marseglia

Day and time: Monday 12:45 - 14:15

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (8 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 8

Start date: 09 Oct

This class is for those who already have a reasonably good knowledge of demotic Greek grammar and vocabulary. It is a continuation of the 2022-2023 course Modern Greek: Intermediate (GRM 02). A tutor who is a native Greek speaker is being sought, but until then the class will be a self-help group. Work will be based on two books, one literary and one history, which will be supplemented with additional material. The aim of the course is to help the members to develop a greater facility in modern Greek. New members should contact the course coordinator before applying, to discuss whether the class is appropriate for them.

Level: Intermediate

Format: Self-taught course or activity

About me: We enjoy learning the language together and coming to understand more of the culture of modern Greece.

ITA 01: Italian beginners

Tutor: Prof Ricky Selwyn

Day and time: Tuesday 12:30 - 14:00

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 10 Oct

The tutor introduces Italian language and culture. The students will learn to converse in simple Italian, they are introduced to basic grammar and some reading. Students are stimulated through role play conversation, from time to time listening to tapes, CDs. At the end of the course students will be able to communicate in everyday situations. The course may continue into the Summer term running on a self-help basis. Course book *Buongiorno Italia* - new edition BBC Books, ISBN 0563 519452.

Level: Beginners

Format: Lecture

About me: Semi-retired academic with more than 30 years' experience.

ITA 02: Italian self-help

Coordinator: Margaret Toase

Day and time: Tuesday 10:00 - 11:00

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 12

Start date: 10 Oct

We are a small friendly group whose members have a basic knowledge of the language. Each week we relate any topics of news/interest and encourage conversation. We follow the text of a book from the Series Imparare Leggendo CIDEB - livello 3.

Level: Improvers, roughly O/A Level standard

Format: Self-taught course or activity

About me: We all love holidays in Italy and like to absorb all things Italian, especially the language, food and culture.

ITA 03: in Sardegna con Grazia Deledda (Spring term)

Tutor: Paola Pugsley

Day and time: Thursday 15:00 - 16:00

Venue: U3AC (Red room)

Length of course: 1 term. Spring (10 weeks)

Places: 8

Start date: 18 Jan

Stando alla citazione per il Premio Nobel per la letteratura che le fu conferito nel 1926 'con Grazia Deledda la Sardegna entra nell'immaginario europeo'. Quindi leggeremo alcune opere di questa scrittrice poco conosciuta in questa chiave: l'opera in se' e il suo sottotondo sociale, storico, geografico e etnografico. Il corso vi da la possibilita' di esprimervi, di leggere e di ascoltare tutto in italiano.

Required Text: *Chiaroscuro collection of short stories* by Grazia Deledda easily available online.

Level: A good level of understanding of the language is required and a willingness to read aloud

Format: Seminar

About me: I am Italian and I like to spread the good word.

ITA 04: Italian literature: reading modern novelists

Coordinator: Mary Savini

Day and time: Monday 11:15 - 12:30

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 09 Oct

This course gives an opportunity to read, translate and discuss prose works of modern Italian writers. The only requirement is the ability and willingness to read texts aloud. The books will be chosen from the wide spectrum of current Italian literature. There is no formal grammatical tuition but just pronunciation correction and new vocabulary.

Level: Intermediate

Format: Course or activity without teaching

About me: I lived in Rome, Italy, for over 40 years, and have only recently returned to the UK. I enjoy sharing the discovery of new books and authors.

ITA 05: Italian intermediate

Tutor: Prof Ricky Selwyn

Day and time: Tuesday 15:00 - 16:30

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 15

Start date: 10 Oct

The class is for students who have a basic knowledge of the Italian language. They will have the opportunity to revise and reorganise what they already know to gradually learn complex structures of the language. No text book is required, the tutor will provide photocopies for which there is a fee of £5.00 to cover costs payable directly to the tutor. The course may continue into the Summer term running on a self-help basis.

Level: Intermediate

Format: Lecture

About me: Semi-retired academic with more than 30 years' experience.

ITA 06: Italian intermediate self-help

Coordinators: Alan Birch & Elaine Miles

Day and time: Tuesday 12:00 - 13:20

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 8

Start date: 10 Oct

We use all means available to improve our ability to read, understand and speak Italian. These include newspaper articles, text-books and readers. We assimilate grammar and vocabulary by using the language, not through exercises. There is no tutor, so we are a genuine self-help group. We use recordings of native speakers to help with our pronunciation and listening skills. There will be a small amount of homework every week.

Level: Intermediate

Format: Self-taught course or activity

About us: We have looked after this course for some years and we are all (slowly) learning together.

ITA 07: Italian conversation (Tuesday)

Tutor: Prof Ricky Selwyn

Day and time: Tuesday 11:15 - 12:15

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 10 Oct

This class is for students with knowledge of the Italian language who wish to maintain and improve their fluency speaking Italian. The topics of conversation are suggested by the students, the tutor, Italian magazines, newspapers and films for which there is a fee of £10.00 to cover costs, payable directly to the tutor. The course may continue into the Summer term running on a self-help basis.

Level: Intermediate plus

Format: Discussion

About me: Semi-retired academic with more than 30 years' experience.

ITA 08: Italian conversation (Friday)

Tutor: Prof Ricky Selwyn

Day and time: Friday 13:45 - 15:00

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 13 Oct

Description as for ITA 07.

Level: Intermediate plus

Format: Discussion

About me: Semi-retired academic with more than 30 years' experience.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

MDN 01(z): Mandarin

Coordinator: Jane Stevens

Day and time: Thursday 14:00 - 15:00

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 12 Oct

This course is a continuation of previous years' courses. It is suitable for intermediate students who have had moderate exposure to Mandarin. We are working through the *Chinese in Steps* books and are currently mid-way through Book 3. Teaching covers both spoken and written Mandarin; written Mandarin will involve knowledge of Chinese characters.

Level: A reasonable basic knowledge required

Format: Taught course or activity

About me: Teachers are Chinese speakers from China currently in the UK.

RUS 01: Russian for beginners year 1

Tutor: Menslu Wakefield

Day and time: Monday 14:30 - 15:30

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 8

Start date: 09 Oct

This course is for total beginners. We shall be using a textbook *Colloquial Russian* by Svetlana la Fleming and Susan E. Kay. Additional material is used to help the learners to develop their speaking, writing, listening and communicating skills.

Level: Beginners

Format: Taught course or activity

About me: I have been teaching the English language at schools and universities of Kazakhstan. Russian is my native language along with Kazakh.

RUS 02: Russian for beginners year 3

Tutor: Menslu Wakefield

Day and time: Tuesday 13:00 - 14:00

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 10 Oct

Russian for beginners is for those who began learning the language in this group two years ago. We shall continue the third year of learning the Russian language using the textbook *Colloquial Russian: The complete course for beginners* by Svetlana le Fleming and Susan E Kay. Additional material is used to develop the speech, writing, listening and communication abilities of learners.

Level: Beginners, 3rd year

Format: Taught course or activity

About me: I have been teaching English in Kazakhstan at schools and universities. Russian is my native language along with Kazakh.

RUS 03: Russian language intermediate

Organiser: Roger Vallance

Day and time: Tuesday 14:15 - 15:20

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 6

Start date: 10 Oct

This will be a continuation of last year's RUS 02 which will again operate on a self-help basis. The aim will be to develop conversational and reading skills in Russian, with some discussion of Russian grammar. On a rota basis, participants will take it in turns to prepare class sessions, using resources such as podcasts from the internet, and textbooks and reading material as appropriate.

Level: Intermediate

Format: Self-taught course or activity

About me: I am just one of the participants in the course, which was started by Bobbie Heather. We have continued successfully as a self-help course.

RUS 03(z): Russian language intermediate

Places: 6

As for RUS 03 but attending via Zoom.

RUS 04: Reading Russian literature

Coordinator: Marina McCann

Day and time: Tuesday 10:15 - 11:30

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 5

Start date: 10 Oct

This is a mutual self-help group for those who know enough of the Russian language to enjoy reading literature. It may be useful to have an electronic device of some kind, as some of the Russian Classics are not easy to find in print, but are in the public domain and free to download. This is the case for *Childhood*, by Maxim Gorky, which we will continue reading in the Autumn term. We prepare an agreed number of pages at home, and take turns on the day to read and translate a couple of paragraphs to satisfy ourselves we have understood the original text. Any comments are very welcome and are in English. Cost: as per book, if relevant dictionary, device (U3AC has free Wi-Fi).

Level: Intermediate

Format: Course or activity without teaching

About me: I have been reading Russian with this group for many years, and appreciate the opportunity of practising this language in a pleasant way.

RUS 04(z): Reading Russian literature

Places: 4

As for RUS 04 but attending via Zoom.

SPA 01: Spanish beginners, second year

Tutor: Marilyn Cuthbert

Day and time: Friday 12:15 - 13:30

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 13 Oct

A follow-on course for those who completed the beginners' course last year, or for those who have picked up some Spanish over the years and would like to build on it. We aim to practise using Spanish in everyday situations in Spain. We will also take a look at Spanish culture, find out what makes Spain the country it is and appreciate where they do things differently from us. In short, a communicative course, but with the essential grammar needed to make that work. The course book we have been using is *Pasos 1 Beginner's Course Fourth Edition* by Rosa Maria Martín and Martyn Ellis.

Note: The tutor will be away for at least 6 weeks (for medical reasons), during which time the class will run as a self-help group.

Level: Beginners second year

Format: Taught course or activity

About me: I have a degree in Spanish, taught adult evening classes and in schools up to A level. I have lived in Spain (mainly Madrid) several times over the years.

SPA 02(z): Year 3 Spanish

Tutor: Christine Stopp

Day and time: Wednesday 10:30 - 12:00

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 11 Oct

A Zoom only follow-on course for those who followed Spanish for Year 2 last year. We will continue to develop speaking and comprehension skills in Spanish using some traditional grammar as well as more 'fun' learning activities. There will be work to complete outside the class and students will also be directed towards some of the many online resources available. There will be one or two in-person meetings per term at the tutor's home (CB23). New joiners should have a good basic knowledge of Spanish including all the main verb tenses and should be able to join in with speaking, reading and listening activities. Please do not join if you know you will have to miss several sessions, as the class moves quite fast. There is a small termly charge for production of resources. NB the change of day.

Level: Level 3 beginner

Format: Taught course or activity

About me: I am a Cambridge languages graduate and former journalist and secondary school teacher who still enjoys the pleasure of passing language learning on to others.

SPA 03: Advanced Spanish

Leader: Lucila Makin

Day and time: Monday 10:00 - 11:00

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 16

Start date: 09 Oct

For students who have a good knowledge of the language in general conversation. We will read a novel or short stories in Spanish. We will start with *La tregua* by Mario Benedetti. The emphasis will be on discussion of the chapters (read in advance) to enhance communication although grammar and other aspects of language will be explained when necessary.

Level: Advanced

Format: Discussion

About me: I come from Buenos Aires and I have been living and teaching in the UK for many years.

SPA 04: La Tertulia de la U3AC

Coordinator: Mansel Bunford

Day and time: Tuesday 15:45 - 17:00

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 10 Oct

Tertulia: Reunión de personas que se juntan habitualmente para conversar o recrearse (según Diccionario de la Real Academia Española). Ven y comparte nuestra Tertulia U3AC. El formato y los temas de nuestras clases varían según los deseos de los miembros e incluyen presentaciones, lectura de revistas/periódicos/artículos en línea, poemas; de hecho, cualquier fuente o actividad que estimule la conversación. Hay que hablar español con una soltura razonable para poder participar plenamente en la clase, pero lo más importante no es que hables un español perfecto, es que tengas ganas de comunicar.

Level: Advanced

Format: Discussion

About me: I have tutored other language courses at U3AC for many years. My main aim in the Tertulia is to improve my spoken Spanish and help coordinate it.

SPA 05(z): Spanish conversation via Zoom

Tutor: Maribel Yoxall

Day and time: Monday 14:00 - 15:30

Venue: Zoom

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 09 Oct

A conversation class for those who have studied Spanish for a number of years and have a good knowledge of grammar and vocabulary. There will be informal discussions with the aim of improving fluency.

Level: Advanced (roughly the first year of A Level)

Format: Discussion

About me: I am a native Spaniard, fully qualified teacher, with many years of experience teaching Spanish to adults.

SWE 01: Swedish

Coordinator: Christine Stapleton

Day and time: Tuesday 11:15 - 12:15

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 10 Oct

This self-help course is suitable for anybody with some previous knowledge of Swedish. We will use a variety of materials to develop reading and listening skills, to consolidate grammar and to build up confidence in conversation. Which textbook we are going to use has yet to be decided. Please contact the coordinator if in doubt about level required.

Level: Advanced beginners to Intermediate

Format: Self-taught course or activity

About me: I travel to Sweden regularly because of family connections.

SWE 01(z): Swedish

Places: 5

As for SWE 01 but attending via Zoom.

WLS 01: Welsh self-help study group

Coordinator: Mansel Bunford

Day and time: Monday 09:30 - 11:00

Venue: U3AC (Blue room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 09 Oct

This is a new course. Its aim is to give those interested in sustaining and developing their knowledge of and competence in the Welsh language an opportunity to do so in the company of like-minded others who have the same enthusiasm for the language and its culture. In essence it will be a reading course with a supplementary option available to develop speaking skills, if there is sufficient interest. Our focus will be on contemporary texts - newspaper and magazine articles, news items and perhaps modern short stories. The coordinator will coordinate but members will be equally responsible for providing reading materials and any ideas for other activities.

Level: A reading level of roughly A Level is advisable

Format: Course or activity without teaching

About me: Previously a member of the Welsh reading group at U3AC, I am a retired teacher of foreign languages.

Leisure

LEI 01: Backgammon for fun

Coordinators: Mick Jump & Nas Latif

Day and time: Wednesday 14:15 - 15:15

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 11 Oct

We will play the 'traditional' Backgammon game, known in Greece as Portes, so will not be using doubling cubes. If anyone would like to try the other two versions played in Greece, Fevga and Plakoto, we can play those too. This is not intended to be a taught course, but rather an opportunity to play other people for fun. Skill level is unimportant, as long as you know the basic rules. Please bring your own board, as no equipment will be supplied.

Format: Course or activity without teaching

About us: Having learnt to play Backgammon through the U3AC, we've continued to enjoy playing ever since.

LEI 02: Bezique

Coordinator: Susan Thomas

Day and time: Friday 10:00 - 11:30

Venue: U3AC (Yellow room)

Length of course: 1 term. Autumn (10 weeks)

Places: 8

Start date: 13 Oct

Bezique is a two-player card game. You can quickly learn to play it well enough, and once you become faster at decision making it can be quite exciting.

Format: Course or activity learning through playing

About me: I learned Bezique as a young person and would like to play more often.

LEI 03(z): Birdsong identification (Spring term)

Leader: Olwen Williams

Day and time: Alternate Fridays, 11:15 - 12:15

Venue: Zoom

Length of course: 1 term. Spring (4 weeks)

Places: 97

Start date: 16 Feb

This is a one-term course, focusing on local birds and birdsong identification. By the end, you should be able to identify by ear about 30 common local birds. As when learning any new language, homework is essential!

Dates: 16 Feb; 1, 15 & 29 March.

Format: Lecture

About me: Leader has a higher degree in Natural Science, a passion for natural history and always has breakfast in the garden.

LEI 04: U3AC Bird club

Organisers: Debbie Ganz & Clare Matthews

Secretaries: Jeremy & Jill Aldred

Day and time: Alternate Fridays, 10:00 - 15:00

Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)

Places: 75

Start date: 13 Oct

The club welcomes both novice and experienced birdwatchers on its all-day visits to reserves throughout East Anglia, and its occasional Zoom lectures. Day trips take place every other Friday in term time; we meet beforehand for coffee at or near the venue. Car sharing is encouraged, with passengers sharing travel costs. Sometimes overnight visits are arranged in the UK. Social events include occasional club lunches and a coffee morning for new members before the Autumn term. We are keen to share our knowledge and enthusiasm, and we have a buddy scheme for new joiners. The programme is sent out before the start of each term. The annual subscription of £2 per member, to cover administration costs, must be paid on application. Some reserves charge an entry fee if you are not a member of the organisation that runs it, e.g. RSPB, and there may be parking charges.

Format: Activity with some teaching

About Debbie: I'm not an expert birder but I do enjoy being outside, watching and listening to birds; I've learned so much in the 5 years since I joined the club.

LEI 05: Board games online

Tutor: Jo Whitehead

Day and time: Tuesday 16:00 - 17:30

Venue: U3AC (Orange room)

Length of course: 1 term. Autumn (4 weeks)

Places: 6

Start date: 31 Oct

Board games are becoming more popular, are fun to play, keep your brain alive, and are great ways to have fun with family and friends. Playing online is a great option for doing this – whether it is with a distant grandchild or your local games club on a wet day. This course is a short introduction to playing board games online that provides you with enough to learn how to do it and some practice on actual games. You will learn how to use sites that allow you to meet others online (similar to Zoom but better) and to play games for free. We meet in person initially to get everyone up and running and then switch to online to play games – although you can do the whole course on Zoom if necessary. I run a games group of alumni that you are welcome to join after the course.

Format: Taught course or activity

About me: I play in some online and in-person games clubs and this is the third iteration of this course.

LEI 05(z): Board games online

Places: 2

As for LEI 05 but attending via Zoom.

LEI 06: Introduction to modern board games

Tutors: Peter & Anne Campbell

Day and time: Monday 15:45 - 17:15

Venue: U3AC (Orange room)

Length of course: 1 term. Autumn (10 weeks)

Places: 8

Start date: 09 Oct

This is an informal, friendly group for learning and playing modern board games. Board games have come a long way since *Monopoly* and *Ludo*. The typical modern game involves lots of interesting, competitive decision making over a period of 30 to 90 minutes. Above all playing modern board games is fun. In a friendly and relaxed way we'd like to introduce you to some of the classic modern Euro style board games such as *Ticket to Ride*, *Azul*, *Sushi Go*. Initially we will explain the rules and play specific games in groups of about four. We will often replay games already learnt. In later classes, group members will have the opportunity to choose what they would like to play or what new games they would like to learn. We will provide the games required. Suitable for those new to modern board games.

Format: Taught course or activity

About us: We have been avid boardgamers for many years and would like others to enjoy them too.

LEI 07: Modern board games

Tutors: Peter Campbell, Michael English & Hans Van der Velden

Day and time: Thursday 10:00 - 12:30

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 17

Start date: 12 Oct

This is an informal, friendly group for playing modern Euro style board games. Board games have evolved considerably from the days of *Risk* and *Monopoly*. Playing modern board games is great fun, good for your brain and very social. We will attempt to organise the games to play in advance via email. We will briefly explain the rules for unfamiliar games before playing. Class members are welcome to bring along their own games, and if necessary explain the rules to others. You should be familiar with at least a few modern board games such as *Ticket to Ride*, *Istanbul*, *Carcassonne*, *PowerGrid*. If not please go on the 'Introduction to modern board games' first.

Format: Course or activity without teaching

About us: We have been avid board game players over many years and would like others to enjoy them too.

LEI 08: Modern board games (Summer term)

Tutors: Peter Campbell, Michael English & Hans Van Der Velden

Day and time: Thursday 10:00 - 12:30

Venue: U3AC (Yellow room)

Length of course: 1 term. Summer (9 weeks)

Places: 14

Start date: 18 Apr

This is a repeat of LEI 07.

Format: Course or activity without teaching

About us: We have been avid board game players over many years and would like others to enjoy them too.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

LEI 09: Bridge for improvers

Tutor: Fred Peirce

Day and time: Thursday 14:30 - 16:30

Venue: St Mark's Community Centre (Large Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 34

Start date: 12 Oct

Those who have completed the beginners course, or players who wish to extend their play are welcome. We will revisit basic ACOL and then move on to the modern version of ACOL. Learning will be a short lecture, followed by tutored play. It will be challenging, but fun.

Please do not park in Millington Road.

Format: Taught course or activity

About me: I enjoy playing Bridge and I would like the members of this class to enjoy playing too.

LEI 10: Bridge Street Bridge group

Organiser: Katherine Cutmore

Day and time: Thursday 11:45 - 13:45

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 16

Start date: 12 Oct

To join our relaxed Bridge playing group, all you need is to be familiar with the standard ACOL bidding system. We do not play rubber or duplicate Bridge - each game is complete in itself - but we do aim to bid our hands as accurately as possible! We have fun, but at the same time strive to improve as the time goes on. Partners are chosen on the day, by selecting cards, but we may also change partners during each session.

Format: Course or activity without teaching

About me: I have been playing Bridge for several years and been running the Bridge Street Bridge Group for the past 6 years.

LEI 11: Duplicate Bridge club

Organiser: Fred Peirce

Secretary: Josephine Hunter

Day and time: Tuesday 14:00 - 16:30

Venue: St Mark's Community Centre (Large Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 45

Start date: 10 Oct

This club is intended for any Bridge players who want to play duplicate. This is not a teaching class, and members will need to be experienced players. Partners will be chosen randomly at the start of each session except on the occasions when we choose partners. All players are required to play standard ACOL with weak No-Trumps. Play should be friendly and fun, as well as competitive. Please do not park in Millington Road.

Format: Course or activity without teaching

About Fred: I enjoy playing Bridge, and want to enable others to enjoy it too.

LEI 12: Fledgling Bridge

Co-leaders: Eric Barber & Chris Bowler

Day and time: Friday 13:45 - 16:00

Venue: St Mark's Community Centre (Large Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 60

Start date: 13 Oct

This is NOT a teaching class. Knowledge and use of basic ACOL (weak NT, weak twos) are essential (there is a cribsheet for ACOL at

https://www.nofearbridge.co.uk/crib_sheet.php). If you are out of practice, or are relatively inexperienced, then this is the class for you. We enjoy playing rubber Bridge in a relaxed and friendly environment where questions can be asked and notes consulted. Our only golden rule is that no player shall ever chide another. If you arrive on your own you can be sure of a welcome and a table to join.

Please do not park in Millington Road.

Format: Course or activity without teaching

About us: The co-leaders have been members of the Fledgling Bridge group for several years and continue to enjoy the company and stimulus of playing Bridge in this gathering.

LEI 13: Online Bridge league (BBO)

Organiser: Barrie Hunt

Day and time: Thursday 15:00 - 17:00

Venue: Online

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 48

Start date: 12 Oct

This course, developed with the Fledglings during Covid, uses Bridge Base Online (BBO) software. Matches are arranged so that pairs play different opponents each week - the online equivalent of moving tables. Each match is played in Chicago format and takes around 90 minutes. Suitable for anyone who can play standard ACOL, you can join either as a pair or an individual - in the latter case I will endeavour to find you a partner. Each match is arranged directly with your opponents, preferably at 3pm on Thursday, but we can be flexible if necessary. BBO and Chicago are straightforward and I provide supporting sheets. The league aspect is low-key, secondary to enjoyment - pairs are simply identified by letters in final league tables.

Format: Course or activity without teaching

About me: I'm an average social player. During Covid I ran an online league - the model works for both those who cannot easily travel and those wanting online as well.

LEI 14: Rubber Bridge club

Organiser: Oliver Cook

Day and time: Monday 13:30 - 16:00

Venue: St Mark's Community Centre (Large Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 40

Start date: 09 Oct

Members play rubber Bridge throughout the afternoon with tables and partnerships being made up on arrival and changing after each rubber. There are no regular partnerships. As with the Fledgling Bridge LEI 12, there is a wide range of experience and expertise in the group, with the emphasis being on enjoyment and good manners, and less experienced players are very welcome. The class continues to meet on Bank Holidays.

Format: Course or activity without teaching

About me: I enjoy playing social Bridge and this will be my third year organising the group.

LEI 15: Camsail

Coordinator: Peter Jones

Day and time: 2nd Wednesday of the month 19:30 - 21:00

Venue: Cambridge and County Bowling Club

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 40

Start date: 11 Oct

An informal group which meets once a month from October to March for presentations by invited speakers or by members. Our subject is all aspects of sailing which includes cruising, racing, or pottering in sailing boats of all types, ages and sizes. Matters of interest will also include: meteorology, navigation, the marine environment and history. All are welcome, though at the second meeting which you attend, we hope that you will join the Camsail club and pay the annual £15 subscription. There is parking, the venue is licensed and there is a friendly convivial atmosphere. The programme for the six meetings can be found on the Camsail website www.camsail.org.uk During the Summer term there will be visits to various places of interest.

Format: Lecture

About me: During the 50 years of my interest in many types of sailing, I have learnt a lot by listening and reading about the marine environment.

LEI 16: Canasta club

Organiser: Don Kelly

Day and time: Wednesday 14:15 - 16:15

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 12

Start date: 11 Oct

Play this exciting card game in a relaxed and welcoming atmosphere. Far simpler than Bridge, with none of that game's formality, Canasta, deriving from South America, is usually played with up to four participants and two packs of cards. In the Summer term we plan to graduate to a more complex version called Samba. Those without any experience of the game are very welcome, with ample opportunity in the early sessions to pick up the basic rules. Come along and have fun.

Format: Taught course or activity

About me: I used to play the game as a child and have a renewed enthusiasm having attended this course for a few years now.

LEI 17: Practical cookery 1

Tutor: Tessa Mitchell

Day and time: Thursday 10:00 - 12:30

Venue: Member's home (CB4 1HG)

Length of course: 1 term. Autumn (5 weeks)

Places: 3

Start date: 12 Oct

A friendly course for those who want to improve their skills and confidence in the kitchen; also for those who are simply a bit bored with the range of recipes they use and wish to try some new things. My course covers essential kitchen and food preparation skills, we will talk about flavour, texture, nutrition and how to make preparing and eating delicious food part of your life. Knowledge is power and I hope that after this five week course you will go away feeling more confident about choosing and cooking food that is healthy and satisfying. You will need to bring an apron, food safe boxes to take things home in and £5.00 on week one, to pay for ingredients for that session.

Format: Taught course or activity

About me: Teacher and youth worker now retired, keen on cooking and eating and I like teaching other people to cook.

LEI 18: Practical Cookery 2 (Spring term)

Tutor: Tessa Mitchell

Day and time: Thursday 10:00 - 12:30

Venue: Member's home (CB4 1HG)

Length of course: 1 term. Spring (5 weeks)

Places: 3

Start date: 18 Jan

A repeat of LEI 17.

Format: Taught course or activity

About me: Teacher and youth worker now retired, keen on cooking and eating and I like teaching other people to cook.

LEI 19: Cooking: the books

Organiser: Louise Hashemi

Day and time: Alternate Fridays, 14:30 - 16:00

Venue: Member's home (CB3 0NJ)

Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)

Places: 8

Start date: 13 Oct

This relaxed discussion group is for people who enjoy sharing information, ideas and opinions about cookery books over a cup of tea or coffee. Each meeting will begin with a short presentation by a participant on a theme chosen by the group and everyone is welcome to bring relevant books for us to look at. Giving a presentation is not obligatory. The organiser will give the first presentation. Themes can be decided according to participants' interests, but they might include, for example: the book I learned to cook from; various regional or national cuisines; culinary techniques such as baking or pickle making; celebrity chefs and culinary gurus; cooking with children; family heirlooms; and special diets. We may sometimes swap recipes and even sample prepared food, where appropriate.

Format: Discussion

About me: I enjoy reading about the history of food and cookery, as well as learning about cuisines from different parts of the world and exchanging opinions about cookery writers.

LEI 20: Cryptic crosswords for real beginners

Organiser: Mick Jump

Day and time: Wednesday 10:15 - 11:30

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

Length of course: 1 term. Autumn (10 weeks)

Places: 12

Start date: 11 Oct

Whatever can those weird clues mean? How can you possibly work out the answers? For those who have felt too daunted to start, here's the friendly, non-critical course for you. We will be using the *Telegraph Big Book of Cryptic Crosswords 1*, ISBN 9780600635192 approx. £7.99. Please obtain a copy before the course begins, but check the ISBN as there are other books with similar titles! Attendance for the first week of term is crucial as we'll be going through the basic principles together. From week 2 we'll be practising them, and we won't have the time to go back, so if you are unable to attend week one please do not apply.

Format: Taught course or activity

About me: I'm a regular cryptic crossworder and find them a great way to keep the brain ticking over!

LEI 21: Cryptic crossword club

Organisers: Jill Tatham & Bridget Evans

Day and time: Wednesday 11:30 - 12:45

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 16

Start date: 11 Oct

This is a friendly club for regular cryptic crossword solvers. We work in groups, so more experienced members can help the less confident. Everyone is welcome, but beginners would struggle to keep up. Participants will need to buy a Telegraph crossword book. We'll let you know which one nearer the time. We'll pick one at random each week and also tackle a quiptic xword, which will be supplied.

Note: We will continue to wear masks in this class, and keep windows open, to protect vulnerable people from Covid.

Format: Course or activity without teaching

About us: We are both keen crossword solvers and have belonged to the Crossword club for many years.

LEI 22: Croquet for beginners (Summer term)

Coordinators: Dieter Benziger & Mike Bithell

Day and time: Monday 14:00 - 16:00

Venue: Histon & Impington Recreation Ground

Length of course: 1 term. Summer (6 weeks)

Places: 12

Start date: 13 May

Croquet is a great way to combine fresh air, fun and a social activity. We will introduce course members gradually to all they need to know for spending an enjoyable afternoon playing Association Croquet. The course is intended primarily for beginners, but also for those who have played a little before and would like a refresher course. The main objective of the course is to introduce members to the basic techniques and strategies of the game. After the course finishes, members are encouraged to continue playing on into the summer by joining the Histon & Impington Croquet Club.

Format: Taught course or activity

About us: Mike and Dieter have been playing the game for several years, and particularly enjoy its strategic and social aspects.

LEI 23: Punting (Summer term)

Tutor: Ursula Stubbings

Day and time: Thursday 12:00 - 13:00

Venue: Meet at Silver Street Bridge toilets

Length of course: 1 term. Summer (5 weeks)

Places: 5

Start date: 18 Apr

Only apply for this if you can swim! The basics of punting will be taught. The fifth session will be a 4 hour voyage/picnic/outing. Wear non slip shoes. A towel and change of clothes might be useful. A charge of approximately £30 is payable to the leader at the first session for the hire of the punts.

Format: Taught course or activity

About me: I am a non-professional punter with many years' experience in teaching.

LEI 24: Scrabble

Organiser: Pat Bass

Day and time: Monday 14:30 - 16:30

Venue: Member's home (CB4 2AB)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 09 Oct

This is an informal, friendly group for people who enjoy Scrabble, without being too concerned whether they win or lose! We play in tables of four, and inexperienced players are very welcome. In the past, beginners have developed into skilled players, and watching how more advanced players play helps this. An eye for an anagram is a help! Scrabble dictionaries are useful, and lists of two & three letter words are available online. No need to bring your own Scrabble set or dictionary.

Format: Course or activity without teaching

About me: Scrabble has been part of my life for 60 years: I have been running this course for more than 20!

LEI 25: Mah Jong group

Convenor: Rosemary Mathew

Organiser: Colleen Johnston

Coordinator: Anne Sales

Day and time: Monday 12:45 - 14:45

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 15

Start date: 09 Oct

You will experience exhilaration, frustration, delight and infuriation (not seriously!) when you play this ancient Chinese game. The aim is to be the first to complete one of the many combinations of suits and numbers possible with the small decorated tiles. Methods of play vary in different parts of the world, but we follow the rules set out in the book *The Game of Mah Jong* by Thompson and Maloney (Kangaroo Press. ISBN 978-0-8641-7302-7). You will need your own copy, obtainable from Amazon, etc. As we play at tables of 3 or 4 people it can spoil the enjoyment of games if anyone has regularly to leave before the end, so we appreciate players who can commit to the full two hours. (Obviously emergencies are different.) A friendly, fun-filled, not over competitive atmosphere prevails.

Format: Course or activity without teaching

About Rosemary: Having played Mah Jong as a student I found it great fun, many years later, to re-learn the game and make some new friends.

LEI 26: U3AC Bowls club (Summer term)

Organisers: Peter Campbell & Alistair Lovegrove

Day and time: Tuesday 15:00 - 17:00

Venue: Alexandra & Beehive Bowls Club

Length of course: 1 term. Summer (18 weeks)

Places: 32

Start date: 7 May

Have you ever wanted to play bowls? Well now is your chance. U3AC bowls club has a mixture of experienced and novice bowlers and we are pleased to welcome new members in either category. We meet from early May until early September. The green we use is by kind permission of the Alexandra & Beehive Bowls Club. Tuition may be available for complete beginners. Bowls are available for those who need them. Members must wear lightweight shoes with flat soles. The last session is on 3 September.

Note: There is an additional fee of £20 (+£2 if bowls required) payable on application.

Format: Course or activity without teaching

About us: Pete and I have been playing indoor bowls for a number of years and enjoyed outdoor bowls during the pandemic. We played in this group last summer.

Linguistics

LIN 01: A handle on spoken English (Spring term)

Tutor: Stella Alderton

Day and time: Friday 10:00 - 11:15

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (10 weeks)

Places: 12

Start date: 19 Jan

'It's not what you say but the way you say it.' Do sound values, stress, rhythm, intonation and fine timing have a greater role in the process of spoken communication than the words and grammar we use? For native and non-native speakers alike, this informal course will focus on the articulation and broad phonemic notation of our spoken language and explore those features which impact on communication and intelligibility, as well as the magic that makes language memorable. This year we will also include a session on English language varieties and dialects and factors influencing language change. Members' contributions are very welcome and no previous knowledge of linguistics is assumed.

Format: Interactive taught course

About me: Through my background in language training I have become increasingly interested in the true criteria for effective communication.

Literature

LIT 01(z): Book group 1

Coordinators: Judith Graham, Judith Judd & Mary Newton

Day and time: 1st Tuesday of the month 09:45 - 11:00

Venue: Zoom

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 15

Start date: 03 Oct

Book group 1 reads mainly 20/21st century contemporary fiction and sometimes non-fiction. It is anticipated that each member will choose a book or books during the year and then lead the discussion but this is certainly not obligatory! New and returning members are equally welcome. The book for the first meeting in October is Maggie O'Farrell's *The Marriage Portrait*. Please bring suggestions for future reading to the first meeting of the Autumn term so we can plan ahead. The group often continues to meet during the holiday breaks and often starts the week before the official term start date.

Note: The course will be held via video-conference (Zoom) throughout the year with perhaps a face-to face open-air meeting occasionally.

Format: Discussion

About us: We are all current members of the book group and carrying on this year as co-coordinators.

LIT 02: Book group 2

Coordinator: Alison Miles

Organiser: Vanessa Connolly

Day and time: 2nd Monday of the month 14:15 - 15:45

Venue: Arbury Road Baptist Church (Blue room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 14

Start date: 09 Oct

We are a friendly and diverse group of avid readers seeking to broaden our reading experience. Our discussions are stimulating and fun and different viewpoints are welcomed from all. The books we choose are 20th and 21st paperback fiction, either written in English or translated. The first book we will discuss is *The Fear Index* by Robert Harris. Members are encouraged to suggest books. We take turns to introduce the book for each session but this is not compulsory. We normally start each session with refreshments that members of the group organise.

Format: Discussion

About us: Alison and I have shared running this book club for 2-3 years and are looking forward to greeting new and returning members in October.

LIT 03: Book group 3

Convenor: Brenda Wilson

Day and time: 4th Monday of the month 14:30 - 15:45

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (2 weeks)

Places: 12

Start date: 23 Oct

Our group has no special interest; it's mostly fiction, an occasional biography - just books or authors we enjoy and want to talk about afterwards! I choose the first book of the year and then it's up to the rest of the group what comes next. The book I've chosen to start this year off is L.P. Hartley's *The Hireling*. As usual, it isn't a book I've read before, so it might be a disaster, but I've read others by him so I don't think that's likely! If this sounds to your taste, I look forward to meeting you.

Format: Taught course or activity

About me: I've been an avid reader all my life and enjoy hearing the views and experience of others.

LIT 04: Book group 4

Leader: Ann Dewar

Day and time: 1st Wednesday of the month (this might vary slightly) 10:30 - 12:00

Venue: Member's home (CB2 0AS)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (4 weeks)

Places: 9

Start date: 11 Oct

Each member will pick a book of fiction (available in paperback) and lead the discussion. We will start in October with my choice of *A Terrible Kindness* by Jo Browning Wroe. If you could come along with your choice of book, then we can arrange a programme from November to July. Last year we read *The Marriage Portrait* by Maggie O'Farrell, *Still Life* by Sarah Winman and *A Long Petal by the Sea* by Isabel Allende amongst others. We focus quite intently on the setting, plot, character, themes, language and critical reception but wide-ranging discussions often ensue on our own opinions of life, literature, love, etc.

Format: Discussion

About me: I love to read and discuss books.

LIT 05: A new book group

Coordinators: Jessie Nisbet & Jenny Bastable

Day and time: 3rd Monday of the month 14:15 - 15:45

Venue: Arbury Road Baptist Church (Blue room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 14

Start date: 16 Oct

We aim to enjoy a wide range of books and then share views and ideas about them together. We will probably read fiction, usually modern (20th and 21st century) and in English, or English translation, but members of the group will be asked for suggestions of titles they would like to read. It is anticipated that anyone suggesting a book would introduce it (briefly) but this is not compulsory. Reading books which we may never have chosen ourselves usually sparks lively and fun discussions with differing views shared. The first book we will talk about is *The Reading List*, by Sara Nisha Adams.

Format: Discussion

About us: We enjoyed being in a similar group last year, and look forward to sharing the pleasure with others - some of whom were also in that group - this year.

LIT 06: Another book group

Convenor: Robert Guyton

Day and time: 2nd Wednesday of the month 09:30 - 11:00

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (3 weeks), Spring (2 weeks), Summer (2 weeks)

Places: 5

Start date: 11 Oct

Having greatly enjoyed many book groups for many years, I am moved to convene a group that is small and interested in reading books that stray into something more unusual in content or style. My preference is for books of up to and no more than about 250 pages, English or in translation, 20th/21st century in the main. Nothing against longer books but I'm no good at reading against the clock! Early ideas include *Drive Your Plow Over the Bones of the Dead* by Olga Tokarczuk, *The Polish Boxer* by Eduardo Halfon, *Homestead* by Rosina Lippi and *Leaving the Atocha Station* by Ben Lerner but I am more than happy for the group members to come up with suggestions to include in the monthly schedule. I am happy to do/share introductions but hope these will be kept short to maximise discussion time.

Format: Discussion

About me: I'm a keen reader and love discussing books.

LIT 06(z): Another book group

Places: 5

As for LIT 06 but attending via Zoom.

LIT 07(z): Aesop and Zen: wisdom stories east and west

Tutor: Chris Jones

Day and time: Monday 15:00 - 16:30

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 30

Start date: 09 Oct

We will spend a year exploring (via Zoom) the fables of Aesop. Class members will, in the first half of each class, tell one of Aesop's animal stories to the rest of us, giving vim and vigour to their story-telling, and offer a personal interpretation. I shall also give an analysis and lead a discussion. In the second half of each class, we will consider a story about a medieval Japanese Zen master, and an ancient Indian tale of a past life of the Buddha in an ant, bull, frog or other animal incarnation. We will consider the differences (and similarities) between eastern stories of enlightenment and western tales of life's harsh, even ruthless reality. You must have the (print-on-demand) edition of Aesop with the 18th century commentary by Samuel Croxton; *Zen flesh, Zen bones* by Paul Reps (Penguin); and HT Francis and EJ Thomas' edition of *Jataka Tales*.

Format: Taught course or activity

About me: My earliest memories are of reading fables and folk stories with wonder and delight as a young child in Arthur Mee's Children's Encyclopaedia. I have loved them ever since.

LIT 08: Animals in literature

Leader: Gillian Lang

Day and time: Alternate Tuesdays, 14:15 - 15:15

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)

Places: 10

Start date: 17 Oct

We look at a wide range of books of all kinds and from different perspectives which feature animals. Examples from the past include: *His for Hawk* by Helen McDonald, *Island of the Blue Dolphins* by Scott O'Dell, *Flush* by Virginia Woolf, *The Wind in the Willows* by Kenneth Graham, *Black Dogs* by Ian McEwan, *The Amazing Maurice and his Educated Rodents* by Terry Pratchett. All members of the group will be involved in choosing the books we read.

Format: Discussion

About me: My research has included the role of pheromones in human and animal behaviour. My current interest is in the evolution of moral behaviour.

LIT 09: Classical Greek tragedy in English translation

Tutor: Margaret Sakellariadis

Day and time: Thursday 11:15 - 12:45

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 14

Start date: 12 Oct

Many of the memorable figures of Classical Greek tragedy are women. Does this mean that the ancient Greek tragedians especially favoured having a female hero and, if this was the case, why did they? We shall explore this matter by looking at the tragic heroines of various Greek dramas and begin with a detailed study of the women and issues in Euripides' *The Trojan Women*. The required translation is *Euripides III*, eds. Grene and Lattimore, 3rd edition, 2013, by Mark Griffith and Glenn W. Most. ISBN-13: 978-0-226-30882-1.

Format: Seminar

About me: Since 2006 I have been running courses in the U3AC on ancient Greek poetry to bring it to those who cannot access the Greek directly.

LIT 10: Classics of the twentieth century (in person)

Leader: Jenny Knight

Day and time: 3rd Monday of the month, throughout the year 14:15 - 15:15

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 12

Start date: 16 Oct

The novels we read reflect the changes in the world during the twentieth century. Taking turns to lead, we consider their appeal when they were published and today. The aim is to range through the 1900s and to include literature from a variety of genres and cultural backgrounds. This year we start with John Wyndham's *The Day of the Triffids*. Read it in advance so you can join in the discussion in session 1. Henry James' *The Turn of the Screw* is the choice for November. Together with the Zoom group, we shall draw up a programme from December. The two groups read the same books, but are separate. We plan to meet throughout the year, but out of term some sessions may be held jointly with the Zoom group (by Zoom). Dates and times for those may vary.

Format: Discussion

About me: Involvement with this group has widened my reading and improved my insight into literature. Discussion is lively and the views of all are respected.

LIT 11(z): Classics of the twentieth century (Zoom)

Leader: Jenny Knight

Day and time: 2nd Monday of the month, throughout the year 10:30 - 11:30

Venue: Zoom

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 12

Start date: 09 Oct

The novels we read reflect the changes in the world during the twentieth century. Taking turns to lead, we consider their appeal when they were published and today. The aim is to range through the 1900s and to include literature from a variety of genres and cultural backgrounds. This year we start with John Wyndham's *The Day of the Triffids*. Read it in advance so you can join in the discussion in session 1. Henry James' *The Turn of the Screw* is the choice for November. Together with the in-person group, we shall draw up a programme from December. The two groups read the same books, but are separate. We plan to meet throughout the year, but out of term some sessions may be held jointly with the in-person group (by Zoom). Dates and times for those may vary.

Format: Discussion

About me: Involvement with this book group has widened my reading and my insight into literature. Discussion is lively and the views of everyone are respected.

LIT 12: Edith Wharton

Tutor: Melina Heaton

Day and time: Thursday 15:00 - 16:30

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 12

Start date: 12 Oct

Edith Wharton (1862-1937) was a fascinating woman: heiress, designer, author, first woman to win the Pulitzer Prize, and recipient of the Legion d'Honneur for her work during WWI. In this course we will look at three of her major novels (one per term) as well as explore her life and read a selection of her poems and short stories.

Format: Lecture and discussion

About me: I studied Comparative Literature at university and taught IB English and Theory of Knowledge in international schools.

LIT 13: Elizabeth Bowen (1899-1973)

Tutor: Clare Waterhouse

Day and time: Monday 12:00 - 13:15

Venue: Castle Street Methodist Church (Aldersgate room)

Length of course: 1 term. Autumn (9 weeks)

Places: 14

Start date: 09 Oct

Elizabeth Bowen was an Irish-British novelist and short story writer. During this course we will be considering two of her novels: *The House in Paris* (1936) and *The Death of the Heart* (1938) as well as a couple of her ghost stories. We will examine the novels individually and in relation to each other. In addition, we will explore such themes as childhood, love and betrayal, identity, sexual affairs and the effects of secrets. At each seminar there will be a short introductory talk followed by lively class discussion.

Format: Seminar

About me: Graduate in English and American Literature, previously taught U3AC courses on Edith Wharton, L P Hartley and E M Forster.

LIT 14: Enlightenment ideas revealed in Jane Austen's novels

Tutor: Melina Heaton

Day and time: Wednesday 11:15 - 12:45

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 8

Start date: 11 Oct

The Regency was a time of upheaval and revolutionary ideas, some of which Jane Austen examined in her novels. This course will look at three main themes: women's rights, social hierarchies and the exercise of power, and finally the search for individual fulfilment. Each term we will explore one theme through the lens of two of Austen's novels.

Format: Lecture and discussion

About me: I studied Comparative Literature at university and taught IB English and Theory of Knowledge in international schools.

LIT 15: Flights of amazing imagination - the worlds of Terry Pratchett and other fantasy genre authors

Coordinators: Clive Gilchrist & Elizabeth May

Day and time: 2nd Tuesday of the month 10:15 - 11:15

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 12

Start date: 10 Oct

Join us for a light-hearted delve into the works of today's fantasy authors. Each month we alternate between Terry Pratchett and other contributors to this frequently thought provoking genre. You'll be surprised at the issues raised during our sessions! After our session at U3AC we then go to a nearby restaurant for morning coffee/brunch.

Format: Discussion

About us: We are avid science fiction/fantasy fans and have learnt a lot about science fiction from the group as well as gaining a number of 'new' authors.

LIT 16: From the Wall Street Crash to Pearl Harbour

Leader: Linda Spiers

Day and time: Alternate Fridays, 10:30 - 12:00

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)

Places: 12

Start date: 13 Oct

It has been said that the Great Depression was as much an emotional catastrophe for Americans as it was an economic one; in addition to plunging millions of people into terrible poverty it shook their faith in their country and their culture. In the literature of the period writers explored what it meant to be an American, what had led up to the Depression and what the country should or could become. We will explore the period through its male and female writers, some big names and some more obscure (but not the 600+ page epics!). The book list will be sent out before the course begins. You will need an email address and access to the internet to do this course.

Format: Discussion

About me: I love 1930s American literature and look forward to discussing the 'big names' as well as some lesser-known writers with you.

LIT 17: Henrik Ibsen: Three Plays

Tutor: Kerry O'Connell

Day and time: Wednesday 13:00 - 14:00

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (10 weeks)

Places: 20

Start date: 11 Oct

We will explore three major plays by the Norwegian playwright, Ibsen: *A Doll's House*, *Hedda Gabler* and *Ghosts*. We will do this by reading the texts, watching them on video and discussing them together.

Format: Lecture

About me: I'm an experienced U3AC tutor who, before retiring, taught English and Drama for 40 years.

LIT 17(z): Henrik Ibsen: Three Plays

Places: 12

As for LIT 17 but attending via Zoom.

LIT 18(z): Jesus, the Jew, according to Luke

Tutor: Hilary Goy

Day and time: Wednesday 17:00 - 18:00

Venue: Zoom

Length of course: 1 term. Autumn (10 weeks)

Places: 10

Start date: 11 Oct

Looking at Luke's references to the Hebrew bible. Time and day are flexible and can be changed by the group once there is a list of those interested in participating.

Format: Discussion

About me: I have been involved in U3AC New Testament Greek as well as looking at the Septuagint; this topic is a natural development to explore further.

LIT 19 (z): Kipling reading group

Organiser: John Rushton

Day and time: Tuesday 10:30 - 11:45

Venue: Zoom

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 10 Oct

Rudyard Kipling was the first (and youngest at 41) Briton to be awarded the Nobel Prize for Literature, in 1907. His writings were prolific, consisting of poetry and stories, far more than *If* and *Kim*. The group reads aloud in turn a selection of his work, then discusses and reflects on the passages. Occasionally members of the group volunteer to make short presentations on relevant subjects. Members will need to buy (or download) the works we study, but as Kipling's work is out of copyright, published versions are relatively low priced. Details of the first works to be studied will be sent before the start of term.

Format: Reading group and discussion of works and context

About me: I am a longstanding member of the Kipling Society.

LIT 20(z): Language and literature challenge (Summer term)

Leader: Jenny Knight

Day and time: Thursday 10:00 - 11:00

Venue: Zoom

Length of course: 1 term. Summer (9 weeks)

Places: 16

Start date: 18 Apr

Here is an opportunity to test your knowledge of English literature and language. It is intended for fun, not for competition. Questions encompass authors, poetry, novels, plays, quotations, use of language, vocabulary and word games. To enjoy the programme you need to be familiar with the English language and with literature and to have a good command of the language. Each week two or more quizzes will be sent to members by email. Members should not search the internet for answers as that spoils the fun and makes scores meaningless. Answers for those quizzes will be shared in our sessions and more will be set in class - some written, some oral.

Format: Course or activity without teaching

About me: A long career in publishing makes language and literature my favourite topic for the quizzes I enjoy devising for U3AC and other local organisations.

LIT 21: Modern European novels

Coordinators: Kostadinka Grossmith & Mary MacGinley

Day and time: 3rd Tuesday of the month 10:15 - 11:15

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 12

Start date: 17 Oct

We read modern European novels in translation with the group deciding which novels should be read each month in advance. This group has been running for seven years and we will continue to discover the most amazing literature. Reading prize winning work from other parts of Europe challenges perceptions and introduces us to previously unknown authors and their countries. Even if we are not able to travel, we can be taken to other places by reading and stories. This is a discussion group where everyone may contribute equally and no individual would be asked to 'lead'. We will contact you nearer to the start of the new academic year with the title of the first novel.

Format: Discussion

About us: Kostadinka was a member of this group for two years and much longer in other reading groups and love looking into the issues and merits of contemporary novels. Mary has been member of U3AC for the last 15 years and has participated in many literature courses during that time.

LIT 22: Modern & contemporary poetry: Being Human

Organiser: Jean Gross

Coordinator: Chris Kington

Day and time: Alternate Mondays, 11:00 - 12:30

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)

Places: 15

Start date: 16 Oct

We work through the poetry collection *Being Human* published by Bloodaxe Books (978 1 85224 809 3) edited by Neil Astley, first published 2011. It is the required text for this ten session course. No prior knowledge of poetry is required. The class will discuss a handful of poems in each session sharing their thoughts and opinions. This is a collaborative and participative discussion group with no formal teaching, led by enthusiasts who have no training in poetry but rely on the combined knowledge and wisdom of the group to explore and enhance understanding and enjoyment by reading poetry together. Those who have attended *Getting to grips with contemporary poetry* and *Staying alive* over recent years will recognise the format.

Format: Discussion

About us: (Jean) I'm not an expert but have been learning from this brilliant discussion group for several years.

(Chris) Over recent years I have facilitated U3AC poetry classes with thoughtful reading and discussion of the work of many poets always in a collaborative, informal and enjoyable manner.

LIT 23: Mythical women in contemporary fiction

Leaders: Maxine Fay & Pauline Simpson

Day and time: Mondays 14:15 - 15:45, see dates below

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (3 weeks), Spring (3 weeks)

Places: 8

Start date: 09 Oct

Myths stem from cultures of oral storytelling where stories are told over and over again with each retelling bringing something new. Now these stories are being retold by contemporary authors from the perspective of female characters, such as Medusa, Penelope, Jocasta and Clytemnestra, changing our understanding of the stories and giving some insight into the motivations and emotions of these mythical women. Each month we will read and discuss one novel, sharing thoughts and ideas with the group. We will provide some background on the original myth for each session, so there is no requirement for you to be familiar with Greek myth before the class. The book we will read for the first class in October is *Stone Blind* by Natalie Haynes, ISBN: 9781529061512. Course dates - 9 Oct, 6 Nov, 4 Dec, 8 Jan, 12 Feb, 11 Mar.

Format: Discussion

About Maxine: I have been interested in Greek drama and myth for some time and look forward to discovering new ideas from the novels and the group.

LIT 24: Near Eastern myths and histories that relate to the Old Testament (Summer term)

Tutor: Chris Jones

Day and time: Wednesday 12:30 - 14:00

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

Length of course: 1 term. Summer (9 weeks)

Places: 20

Start date: 17 Apr

We shall read in class ancient Assyrian, Egyptian, Phoenician and Hittite tales, poems and historical documents that are in some ways akin to Old Testament stories and histories. The texts of these documents are found in James Pritchard's *The Ancient Near East: an anthology (Volume 1)*, which you will need to have a copy of. The aims of the course are, firstly, to appreciate the marvels of these Near Eastern myths in their own right; and secondly, to understand familiar Old Testament stories in their larger historical context, by considering contemporary (or far older) texts of a similar character. These texts were dug up by 19th and (more often) 20th century archaeologists, sometimes in cuneiform or hieroglyphic libraries, in temples and palaces. You will also need to bring to class a Bible, for comparison of the stories. I shall provide a running analysis and facilitate group discussion.

Format: Taught course or activity

About me: I have had a long-term fascination for the inter-relationship between cultures.

LIT 25(z): Personal poetry

Coordinator: David Horan

Day and time: Alternate Mondays, 10:00 - 11:30

Venue: Zoom

Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)

Places: 10

Start date: 09 Oct

This is a course for all who enjoy writing poetry irrespective of form or genre. We meet fortnightly on Zoom to share and discuss the work we have each produced in a friendly and supportive atmosphere. Although we do not write to a given theme, the coordinator attempts to stimulate the group with handouts on a wide range of subjects of a vaguely poetic nature. NB this is a peer group and as such is not a teaching workshop.

Format: Students read their own work and other students observe and comment in a respectful and stimulating way

About me: I have written poetry for some 20 years and enjoy the stimulation of others' ideas.

LIT 26(z): Picturing the Trojan War

Tutors: Hilary Goy & Stephen Kern

Day and time: Alternate Thursdays, 10:00 - 11:30

Venue: Zoom

Length of course: 1 term. Autumn (5 weeks)

Places: 10

Start date: 12 Oct

The influence of myths of the Trojan War permeates European art and literature. We shall look at various stories as presented by ancient authors, principally Homer, Virgil and Ovid and how these have been interpreted by artists subsequently. Come and share your thoughts with us. It will be decided when we start the course whether it will be hybrid in person + Zoom or Zoom only.

Format: Seminar

About us: We are a pair of retired Classics teachers, keen to continue and expand the Classical tradition.

LIT 27: Play reading for fun (Spring and Summer terms)

Tutors: Gloria & Mike Milne

Day and time: Friday 10:30 - 12:30

Venue: Member's home (CB5 8JF)

Length of course: 2 terms. Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 19 Jan

A selection of plays will be read and discussed throughout the course. A range of playwrights will be explored during the year and members will be involved with the choice of plays to be used. This course will attract anyone who has an interest in theatre and enjoys reading. The overall intention is to discover both old and new plays which we can read, analyse and appreciate.

Format: Course or activity without teaching

About us: Both Gloria and Mike have been involved with acting, directing and writing music for many productions in and around Cambridge for many years. Gloria is currently directing *Educating Rita*.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

LIT 28: Poetry reading group J - Tuesday

Organisers: Jo Whitehead & John Cook

Day and time: Tuesday 14:15 - 15:45

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 10 Oct

Every week each member chooses a poem to be projected on screens, read aloud, and then discussed by the group. Poems are read in English; poems translated from other languages are included. The range of poems is wide and the discussion may digress, usually involving laughter. Erudite knowledge is welcome but optional. There is no learned tutor. See also the similar group 'Poetry reading group R'.

Format: Course or activity without teaching

About us: A group of us run the course and we all share a love of discussing a wide range of poems.

LIT 28(z): Poetry reading group J - Tuesday

Places: 8

As for LIT 28 but attending via Zoom.

LIT 29: Poetry reading group R - Wednesday

Convenor: Rob Guyton

Day and time: Wednesday 14:15 - 15:45

Venue: U3AC (Orange room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 6

Start date: 11 Oct

Each member brings a poem, in English, to read aloud and then to be discussed by the group. Poems translated from other languages are included. The range of poems is wide and the discussion may digress, usually involving laughter. Erudite knowledge is welcome but optional. There is no learned tutor. See also the equivalent Zoom group.

Format: Course or activity without teaching

About me: This friendly group has run successfully for a number of years. Previous and new members are very welcome.

LIT 29(z): Poetry reading group R - Wednesday

Places: 5

As for LIT 29 but attending via Zoom.

LIT 30(z): Reading the Septuagint

Tutor: Hilary Goy

Day and time: Monday 17:00 - 18:00

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 09 Oct

Reading the Septuagint - we read the Greek text with close reference to the Hebrew which Hellenised Jews used as their source. No expertise is required.

Format: Seminar

About me: I am an old classics teacher, still captivated by 'dead' languages.

LIT 31: Shakespeare's tragedies: performance and interpretation

Tutor: Kerry O'Connell

Day and time: Wednesday 14:15 - 15:15

Venue: U3AC (Red room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks)

Places: 20

Start date: 11 Oct

By looking at key scenes and speeches from the plays and on video, this will be an exploration of the different ways actors and directors interpret Shakespeare's text in *Hamlet*, *King Lear*, *Macbeth* and either *Romeo and Juliet* or *Anthony and Cleopatra*.

Format: Discussion

About me: An experienced U3AC tutor, I taught English and Drama for 40 years before retiring.

LIT 32: Sustainability book group

Convenor: Elizabeth May

Class Secretary: Janet Bojan

Day and time: 1st Tuesday of the month 10:00 - 11:15

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (3 weeks), Spring (2 weeks), Summer (3 weeks)

Places: 14

Start date: 03 Oct

We will discuss books and other materials e.g. newspaper articles, both fact and fiction on various aspects of sustainability, and consider taking appropriate actions such as writing to MPs, lowering thermostats, car sharing or planting trees or a wild flower meadow. Our first book will be 'Wilding' by Isabella Tree. I hope that members will suggest other books. (We usually divide big books into sections assigned to individuals to reduce workload.) We have read a wide variety of books in this group including George Monbiot's *Regeneration* and Jake Fiennes *Land Healer*. We read a variety of books related to sustainability. This course is for anyone interested in and/or who would like to know and do more about environmental matters.

Format: Discussion

About us: Elizabeth is a Biology/Environment ex lecturer and University Environment Manager. Janet is an environmental activist.

LIT 33: The glory of Babylonian mythology

Tutor: Chris Jones

Day and time: Wednesday 12:30 - 14:00

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 20

Start date: 11 Oct

We shall read together in class, and I will provide a running commentary, and facilitate discussion, on the two great Babylonian epic poems of *Gilgamesh* and *Ishtar's descent to the Underworld*. We will also look at the Mesopotamian world flood story in relation to the Noah myth, which is believed to be derived from it. Ishtar's desperate search for her lost lover will be considered in relation to other, very similar quests of goddesses for lost loved ones: Isis' for her husband Osiris (from Egypt) and Demeter's for her abducted daughter Persephone (from Greece.) You must have a copy of *Myths from Mesopotamia* by Stephanie Dalley, and *The Homeric Hymns* by Apostolos Athanassakis. We will explore other Babylonian myths from Dalley's anthology and consider the character of Babylonian mythology, so less well-known than the Greek.

Format: Taught course or activity

About me: I have loved Greek and Babylonian mythology for a very long time. I recited the first (self-complete) half of *Gilgamesh* publicly, having learnt the poem by heart.

LIT 34: The short story (Spring term)

Coordinator: Kerry O'Connell

Day and time: Wednesday 13:00 - 14:00

Venue: U3AC (Red room)

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 17 Jan

We will look together at a series of short stories, usually two a week, that we have read in advance, many of which will be available online. This course has run successfully for the last two years and, as the stories will all be newly selected, new members as well as old will be very welcome. The authors will be from Britain, Ireland, the USA, Canada, France, Germany, Russia, Nigeria, Japan, India and others.

Format: Discussion

About me: I'm an experienced U3AC tutor and, before this, I taught English and Drama for 40 years.

LIT 35: Twentieth and early twenty first century classics

Tutor: Robert Haining

Day and time: 4th Tuesday of the month, throughout the year 10:15 - 11:15

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 10

Start date: 31 Oct

Meeting throughout the year (except August), our group members select novels written in English that reflect the changes in the world during the twentieth and early twenty first century. Together we consider their significance today and at the time when they were published. The aim is to range widely through the 1900s (and slightly beyond) and to include literature from a variety of cultural backgrounds. We shall start in October by discussing *Beloved* by Toni Morrison (1987). Those who are allocated places should come prepared. In November we shall discuss *The Siege* by Helen Dunmore (2001). Both books were 'near misses' from our reading list last year. All the remaining novels for the year (Dec 2023 to Sept 2024) are based on members' suggestions which the group votes on in October. Ideally the programme of novels reflects different periods, genres and cultures.

Format: Discussion

About me: Reading is a pleasure, widened by discovering new authors recommended by others, deepened and enhanced by listening to the views of others.

LIT 35(z): Twentieth and early twenty first century classics

Places: 3

As for LIT 35 but attending via Zoom.

LIT 36(z): U.A. Fanthorpe (Spring term)

Course organisation, poem analysis and guidance:

Martin Harnor

Assistant to course tutor: Jenny Knight

Day and time: Tuesday 10:15 - 11:30

Venue: Zoom

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 16 Jan

This course is for all those who enjoy reading great poetry and would like to learn more about this poet. U.A. Fanthorpe (22 July 1929 - 28 April 2009) was a well known female poet who intriguingly did not start to write poetry until aged 45. Later she was awarded the CBE and also became a Fellow of the Royal Society of Literature. Her early background and Quakerism informed her accessible poetry but also provided a subtly subversive commentary on social issues. Andrew Motion has described her as a possible heir to Betjeman and Larkin. There will be a brief introduction to several aspects of her life followed by each of us reading in turn from the poetry she created. There will be some analysis of her poems. Please bring her collected poems or other examples of her poems to the class.

Format: Tutor-led introduction with poetry reading in turn

About me: (Martin) A trained teacher and learning support professional with a life-long interest in poetry, I have run successful U3AC poetry groups for several years.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

LIT 37: Village voices

Tutor: Judith Braid

Day and time: Alternate Thursdays, 13:00 - 14:30

Venue: U3AC (Yellow room)

Length of course: 1 term. Autumn (5 weeks)

Places: 12

Start date: 12 Oct

Discussions of some favourite novels and memoirs which have a village as their setting. Together we will look at the interplay between characters and setting and more particularly at the changes they experience that are due to external forces (plague epidemic, Enclosures Acts, two world wars). Beginning with J.L.Carr's poignant *A Month in the Country* and M. Laski's *The Village* we will move on to two historical novels, G. Brooks's *Year of Wonders* and Jim Crace's *Harvest* and also Flora Thompson's memoir *Lark Rise to Candleford*. The term will conclude with the crime writer Edmund Crispin's exuberant *Buried for Pleasure*. Throughout the course we will share suggestions for wider reading, i.e. other works which have this particular setting.

Format: Tutor-led discussion

About me: For several years now I have led discussion groups on fiction. This term's titles include some of the favourites I would like to share with members.

Mathematics

MTH 01(z): Maths can be fun 1

Leader: Sarah Payne

Day and time: Thursday 11:10 - 12:20

Venue: Zoom

Length of course: 1 term. Autumn (10 weeks)

Places: 12

Start date: 12 Oct

This course contains topics in maths which have always intrigued and delighted me. I will not be teaching 'school maths' but instead will explore topics such as the Platonic Solids, Fibonacci series, Infinity, Binary counting, Probability, the Maths of Tuning. I often get asked 'but how is this relevant' so where possible I will explain. I hope those that take up this course will eventually agree with its title 'Maths can be fun'. No previous experience is required except a basic ability in arithmetic and an interest in numbers and problem solving. Please have paper, pen, pencil, rubber, ruler ready.

Format: Taught course or activity

About me: I was a sixth form Maths teacher for most of my career and enjoy this opportunity to dip into non-syllabus topics with (usually!) an eager and responsive group.

MTH 02(z): Maths can be fun 2 (Spring term)

Leader: Sarah Payne

Day and time: Wednesday 11:15 - 12:25

Venue: Zoom

Length of course: 1 term. Spring (10 weeks)

Places: 12

Start date: 17 Jan

This is a repeat of MTH 01(z) so members should not sign up for both.

Format: Taught course or activity

About me: I was a sixth form Maths teacher for most of my career and enjoy this opportunity to dip into non-syllabus topics with (usually!) an eager and responsive group.

Music

MUS 01: Aspects of classical music (Spring term)

Tutor: John Hopkins

Day and time: Tuesday 13:10 - 14:40

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 16 Jan

In this course we will consider the music of a number of composers, grouped in pairs, ranging from the 18th to the early 20th centuries. We will listen to selected pieces, discuss them and think about the contexts in which the composers worked, how their music was used then and how it functions now. The discussion will be as free from technical terminology as possible and we will also keep an eye and ear open to think about why this music is considered to be still worth listening to in the 21st century.

Format: Seminar

About me: I am a retired university lecturer in music and an active composer, concerned for the survival and the wider appreciation of classical music.

MUS 02: Celebrating the vinyl album from 1967 onward

Tutor: Tom Cochrane

Day and time: Wednesday 10:30 - 12:00

Venue: St Laurence's Roman Catholic Church (Main hall)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 30

Start date: 11 Oct

This course will celebrate the music recorded on the vinyl album. We will look at the various genres of popular music to be heard from 1967 onward. If you had a vinyl collection or perhaps have it in the loft or gave it away, then this course will let you relive the sound again with the addition of digital downloads clips. We will also have open sessions where you can bring your own albums in to listen to or request favourite tracks to be played. There will be a different theme to each session and will include notes outlining the artists and albums played. So if you like blues, folk, rock, jazz, psychedelic or a mixture of all of it then come along. The tutor has previously presented on the sixties and into the seventies and this course last year.

Format: Course or activity without teaching

About me: I have great affection for the music of this era and have a reasonable vinyl collection.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

MUS 03: Chamber choir

Conductor: David Galbraith Woods

Day and time: Wednesday 15:00 - 16:00

Venue: Castle Street Methodist Church (Hall)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 24

Start date: 11 Oct

This course is for experienced choral singers to enjoy a variety of sacred and secular choral music from the 16th to the 21st centuries. New members will be welcomed but will need to have good sight-singing ability. Materials will mostly be drawn from free collections easily available online, such as IMSLP, CPDL and oldmusicproject.com, but members may use their own editions where these overlap.

Format: Course or activity without teaching

About me: I am a former professional singer (Glyndebourne, BBC Singers) and experienced choral conductor. I love the experience of choral singing, particularly the English Elizabethan repertoire, but later choral music too.

MUS 04: Choir

Director of Music: Brian Watkins

Accompanist: Christopher Hills

Secretary: Vanessa Tilling

Day and time: Thursday 10:30 - 12:00

Venue: St James' C of E Church (Church)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 65

Start date: 12 Oct

Our well-established, friendly and enthusiastic SATB group sings a range of music - sacred/secular, traditional/modern, and we often include a more challenging and substantial choral work. Some of the pieces we learn are old favourites but others are new and we also include a variety of smaller arrangements of popular songs, madrigals, motets, and extracts from operas and musicals. In recent years we have performed works by Handel, Gershwin, Purcell, Stanford, Saint-Saëns, Coleridge-Taylor, and Vivaldi as well as suites from West Side Story, Jerome Kern's compositions, and Abba songs. All music is provided, but occasionally we request a small voluntary contribution to help. We welcome new members and whilst the ability to read music is not essential, you should be willing to learn your part so that you can sing confidently and in tune! Regular attendance is important as we aim to perform to our supportive audience.

Format: Participation in rehearsal with teaching and encouragement, with a view to a performance at the end of each term.

About us: (Vanessa) I act as the day to day administrative support between the musical director and the choir members.

(Brian) I have a wide range of experience gained from directing choral music and have worked with a variety of choirs for more than 45 years.

MUS 05(z): Reading music from the beginning

Tutor: Susan Whykes

Day and time: Friday 08:30 - 09:15

Venue: Zoom

Length of course: 1 term. Autumn (10 weeks)

Places: 25

Start date: 13 Oct

Reading music is a course especially for those who would like to know about the signs and squiggles on a page of music, without particularly needing to know the theory that lies behind it. The course is useful for those who would like to join music groups and choirs and who just want a clearer understanding of music in general.

Format: Taught course or activity

About me: I have taught music and music theory for many years and appreciate that some basic music skills could give greater confidence when making music and singing.

MUS 06(z): Music theory for beginners

Tutor: Susan Whykes

Day and time: Friday 09:30 - 10:30

Venue: Zoom

Length of course: 2 terms. Autumn (9 weeks), Spring (9 weeks)

Places: 20

Start date: 13 Oct

This course is designed for those with little or no knowledge of music theory but who want to investigate and study elements that constitute music. This involves gradually building up the skills set of notation, key and scale, to arrive at the equivalent of an ABRSM (Associated Board of the Royal Schools of Music) Grade 2 standard by the end of the course. There is a series of theory books by ABRSM called *Discovering Music Theory* which we will refer to but are not essential, although worksheets are sent out that complement each lesson. A good pencil and eraser are necessary and manuscript and rough paper would be useful.

Format: Taught course or activity

About me: I am an experienced music teacher, having been involved in music education for years. I love theory and find it fascinating.

MUS 07: Music Theory Grade 5 for beginners

Tutor: Ursula Stubbings ARCM

Day and time: Thursday 10:30 - 11:30

Venue: A local café

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 5

Start date: 12 Oct

This course assumes no previous knowledge of written music but would be useful for those who sing or who are learning an instrument and want to learn about the theory of music. Those who want to will be able to take the ABRSM Music Theory Grade 5 exam in 4 terms. Homework will be necessary. Note: This is a four-term course which will finish in November 2024.

Format: Taught course or activity

About me: Experienced music teacher, ARCM.

MUS 08: Going beyond Grade 5 Theory year 1

Tutor: David Galbraith Woods

Day and time: Thursday 15:30 - 16:30

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 8

Start date: 12 Oct

This course is for members who have worked at Music Theory to Grade 5 level and wish to progress further. A previous pass at Grade 5 is not obligatory. Theory Grades 1 to 5 will have covered the Rudiments of Music Notation. After that comes the much more exciting and creative study of real Music Theory, which embraces harmony, counterpoint, analysis, music history, composing, orchestration, acoustics. The course will initially use the existing ABRSM Grade 6 curriculum and published materials, but there is no obligation to sit the exam. With continuing interest we can move on towards Grades 7 and 8 level at a later stage. Members will eventually need to buy a booklet of past papers (around £5) – details later. They should also agree to install the free music-writing program MuseScore3. There will be a weekly homework assignment and optional tutorials via Zoom.

Format: Taught course or activity

About me: I read Music at Pembroke, was Head of Music at a sixth form college, have particularly enjoyed helping diffident Theory learners from Grade 5 to degree and teaching-diploma levels.

MUS 08(z): Going beyond Grade 5 Theory year 1

Places: 2

As for MUS 08 but attending via Zoom.

MUS 09: Going beyond Grade 5 Theory year 3

Tutor: David Galbraith Woods

Day and time: Wednesday 13:00 - 14:00

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 6

Start date: 11 Oct

This course is for members who have worked at Music Theory at Grade 7 level and wish to progress further. A previous pass at Grade 7 is not obligatory. Theory Grades 1 to 5 will have covered the Rudiments of Music Notation. In years 1 and 2 we moved further into the much more exciting and creative study of real Music Theory, which embraces harmony, counterpoint, analysis, music history, composing, orchestration, acoustics. The course will initially use the existing ABRSM Grade 8 curriculum and published materials, but there is no obligation to sit the exam. Members will eventually need to buy a booklet of past papers (around £8) - details later. They should also agree to install the free music-writing program MuseScore3. There will be a weekly homework assignment and the possibility of occasional tutorials via Zoom.

Format: Taught course or activity

About me: I read Music at Pembroke, was Head of Music at a sixth form college, have particularly enjoyed helping diffident Theory learners from Grade 5 to degree and teaching-diploma levels.

MUS 09(z): Going beyond Grade 5 Theory year 3

Places: 2

As for MUS 09 but attending via Zoom.

MUS 10: Opera - Verdi's early work and later development

Tutor: Eunice Fisher

Day and time: Tuesday 12:00 - 13:30

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 35

Start date: 10 Oct

We will watch and listen to Verdi's early operas, exploring the development of his musical and dramatic styles through to some late works. We will begin with *Un giorno di regno* and work through to *Don Carlo*. We will generally compare contrasting productions of each opera and discuss the challenges of different roles. This course is suitable for newcomers to opera as well as 'opera keenies'.

Format: Seminar

About me: I am an opera enthusiast and have been running similar courses since 2011. I enjoy sharing my DVDs with other interested members.

MUS 10(z): Opera - Verdi's early work and later development

Places: 20

As for MUS 10 but attending via Zoom.

MUS 11: Opera - More of Verdi's early work and later development (Spring term)

Tutor: Eunice Fisher

Day and time: Thursday 11:30 - 13:00

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 18 Jan

We will watch and listen to Verdi's operas, exploring the development of his musical and dramatic styles. Early works from *Nabucco* through to *Otello*. We will explore alternative productions and consider the challenges of various roles. This course is suitable for newcomers to opera as well as 'opera keenies'.

Format: Seminar

About me: I am an opera enthusiast who has run similar courses since 2011. I enjoy sharing operas with others.

MUS 11(z): Opera - More of Verdi's early work and later development (Spring term)

Places: 20

As for MUS 11 but attending via Zoom.

MUS 12: It's Only Rock 'n' Roll, Rhythm 'n' Blues and Soul Music from the 50s and 60s - but I like it

Leader: William Haynes

Day and time: Thursday 11:00 - 12:00

Venue: Friends Meeting House, Jesus Lane (Meeting room)

Length of course: 1 term. Autumn (10 weeks)

Places: 40

Start date: 12 Oct

Join me to hear some of the best and authentic original recordings of rock 'n' roll, rhythm 'n' blues and soul music and associated genres recorded throughout the 1950s and into the 1960s by various artistes on record labels such as Stax, Atlantic, Specialty, Sun, Chess, Tamla Motown and others.

You'll hear the original US versions of many songs that were covered afterwards and hits for lots of British bands. As well as playing some lesser known artistes and tracks, there'll also be familiar names like Otis Redding, Marvin Gaye, Muddy Waters, Buddy Holly, Howlin' Wolf, Eddie Cochran, Sam Cooke, Chuck Berry, Animals, Bo Diddley, Solomon Burke, Miracles, Etta James, Rolling Stones, Jerry Lee Lewis, and the Crystals, Ronettes and Shirelles and many more other familiar names including the very best of British between 1960 to 1969.

This is a sound only course from CDs. there are no visuals - film/photos.

Format: Seminar

About me: Fan of American roots music.

MUS 13: Jazz on a Monday afternoon

Coordinator: Alan Murphy

Day and time: Monday 14:00 - 15:30

Venue: Friends Meeting House, Jesus Lane (Meeting room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 60

Start date: 09 Oct

Jazz was born in the early 20th century in and around New Orleans. It then spread North and West coming to Europe in the 1920s. In the Autumn term we will illustrate this history through the music and accompanying commentary. In addition we will use the Penguin guide to help members build a collection of the best jazz recordings. In the Spring term we will freewheel but will include one session of bring your own favourite recording. Live sessions are currently used in both terms. We aim to give programmes that are enjoyable and entertaining for the new and experienced listener. Our website gives the term programme, individual playlists and links to YouTube performances. Suggestions for reading include *The Rough Guide to Jazz*, *The History of Jazz* by Ted Gioia and *A New History of Jazz* by Alyn Shipton. Website <http://jazzoama.blogspot.co.uk>

Format: Series of presentations by different members

About me: Listener to jazz for over 60 years.

MUS 14: Mainly madrigals

Leader: Susan Whykes

Day and time: Tuesday 11:00 - 12:30

Venue: Downing Place URC (Gibson Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 24

Start date: 10 Oct

This thriving SATB group meets for the pleasure of singing in the Madrigal tradition. Our repertoire is mostly unaccompanied. We welcome members with good sight-reading abilities. Our focus is on English madrigals and partsongs but occasionally includes music in other European languages. We regularly use *The Oxford Book of English Madrigals* edited by Philip Ledger. We also use Madrigals and Partsongs by Clifford Bartlett. Additional music may be sourced online from ChoralWiki and my own resources for members to print off. We are a friendly group and all are encouraged to make suggestions on repertoire, technique and performance.

Format: Course or activity without teaching

About me: I am a Music Teacher, with a wide range of experience in both orchestral and choral settings.

MUS 15: Music club

Organiser: Michael Atkinson

Day and time: Tuesday 11:00 - 12:15

Venue: Friends Meeting House, Jesus Lane (Meeting room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 100

Start date: 10 Oct

The club has been running for many years, and offers varied programmes of recorded music, mainly classical, chosen by members. Members may present a programme of up to 60 minutes, or just put in a request for a particular piece(s) to be played, with an opportunity to introduce these themselves. The first few weeks will be programmes presented by 'old hands' of the club, before assembling programmes from other members' requests. We are a friendly bunch and in no way highbrow. There is no obligation to contribute a programme or make a request; so if you would rather just sit back with other music lovers and listen to music you are maybe familiar with, or never heard before, that's fine.

Format: Course or activity without teaching

About me: Long term class member now club organiser.

MUS 16: Song workshop

Tutors: Jim Schwabe & Keith McLean

Day and time: Alternate Tuesdays, 11:30 - 13:00

Venue: Arbury Community Centre (Small hall)

Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)

Places: 20

Start date: 10 Oct

We are a group of moderately-talented singers and players, who meet together to sing pop, rock, folk songs, using simple rhythms and arrangements. We sing every song together and words/chords appear on a large screen and in large type. So bring your voice, guitar/uke etc. to form a 'backing band', and join the fun. This course usually has a waiting list, so please put it as your 1st choice and only apply for a place if you are able to commit to regular attendance. There will be two groups of 10 which will meet on alternate weeks each term, i.e. five sessions per term for each. We will try to create a balance between the two groups.

Format: Taught course or activity

About us: Jim was for many years M/C at the Cambridge Folk Festival. My hobby is arranging songs and singing them with others. Keith and Jim have run this course for ten years.

MUS 17: U3AC recorder group

Coordinators: Alison Miles, Edwina Clark & Juliet Seaman

Day and time: Alternate Fridays, 14:00 - 15:30

Venue: St Laurence's Roman Catholic Church (Main hall)

Length of course: 3 terms. Autumn (6 weeks), Spring (6 weeks), Summer (6 weeks)

Places: 22

Start date: 29 Sept

We are a self-supporting group of recorder players, meeting fortnightly. We play a wide range of music in different styles with, usually, 3 to 4 players to a part and without a conductor. Members of the group play a range of recorders, from soprano to contrabass, and are able to sight-read competently the 5 or 6 pieces played at each meeting. Please bring a music stand with you and whatever size(s) of recorder you enjoy playing. Rather than being a workshop with tuition, each meeting is an opportunity for everyone to enjoy sight reading and playing music together. Dates: 29 Sept, 13, 27 Oct, 10, 24 Nov, 8 Dec, 12, 26 Jan, 9, 23 Feb, 8, 22 Mar, 12, 26 Apr, 10, 24 May, 7, 21 Jun.

Format: Course or activity without teaching

About us: We enjoy playing recorders with other people and the U3AC group provides a friendly and encouraging opportunity to do this.

MUS 18: Lunchtime concert series

Organiser: Jo Whitehead

Day and time: Tuesday 12:45 - 14:00

Venue: West Road Concert Hall

Length of course: 3 terms. Autumn (8 weeks), Spring (8 weeks), Summer (4 weeks)

Places: Unlimited

Start date: 17 Oct

Each week we will have a bring-your-own sandwich and coffee together in the West Road concert hall foyer, before attending the Cambridge University Musical Society's free lunchtime concert which runs from 13.10-13.55 during university term, stopping early in Easter term due to exams. These concerts present the University's top musicians in ensembles ranging from 1 to 30 performers. The programme is classically focused but includes a range of styles, such as jazz, Gamelan and close harmony, as well as choral singing, chamber music and instrumental concertos. I arrange short talks with one or more of the performers. You do not need to attend all concerts. I hope this will be a social event as well as a cultural one.

Donations are requested by the society at the end of the concert but are entirely voluntary.

Please note: You will need to apply for this on your application form in order to receive information about the concerts. However, there is no limit on numbers so you don't need to place it at the top of your list of priorities. Exact dates will be distributed nearer the time.

Format: Sandwich and concert

About me: I am a trustee and Vice Chairman of Cambridge University Musical Society, although not a musician, beyond singing in the choir.

Philosophy

PHL 01: Let's be logical

Tutor: Susan Beer

Day and time: Tuesday 12:45 - 13:45

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 20

Start date: 10 Oct

One of the requests for new courses was for 'using philosophy in our everyday lives'. This is that course! Philosophy is not armchair reasoning - it is a living skill. In learning to acquire this ability, we will look at how logicians have used philosophy in the past. Great minds, from Plato to Wittgenstein, teach us to apply philosophy in every aspect of our lives. We begin with an introduction to simple formal logic, which can help us with correct reasoning and clear thinking. It will expose fallacies in the statements and reasoning of others, whether in casual, friendly conversation or in the serious attempts of advertisers, politicians and public figures to influence us. Flawed and false arguments abound and we try to show ways to untangle them, allowing us to think clearly, solve problems and make informed, logical decisions.

Format: Lecture

About me: Philosophy graduate with particular interest in philosophy of language and logical analysis.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

PHL 02: Plato's exploration of pleasure and the good. Are they the same or different?

Tutor: Chris Jones

Day and time: Wednesday 10:00 - 11:30

Venue: Friends Meeting House, Jesus Lane (Annexe)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 30

Start date: 11 Oct

We shall read together in class, over three terms, two of Plato's finest mature works, the *Philebus* on the nature and value of pleasure, and the *Protagoras* on the character of goodness. These are two of Plato's most enjoyable and lively dialogues, with spirited interchanges between the self-effacing but gently ironic Socrates and his fascinating and realistically portrayed interlocuters. (For Plato presents his ideas in the form of dramatic interchanges between characters.) You will need the Penguin translations by Adam Beresford (*Protagoras*) and Robin Waterfield (*Philebus*). We will also read *Euthydemus* (in Benjamin Jowett's translation) on the use of language to manipulate the other person (in a spin-doctor sort of way). I shall provide a running philosophical commentary, and facilitate discussion. It is not for nothing that the history of western philosophy has been called a series of footnotes to Plato.

Format: Taught course or activity

About me: I have read Plato over half a century, and had the great privilege of studying his philosophy with two wonderful teachers, Malcolm Willcock and David Sedley.

PHL 03(z): Raja yoga meditation and philosophy

Tutors: Sarah FitzGerald & Dr. Prashant Kakoday

Day and time: Monday 10:00 - 11:00

Venue: Zoom

Length of course: 1 term. Autumn (3 weeks)

Places: 20

Start date: 09 Oct

This course will be a deep and practical study of subjects related to spirituality and meditation. Subjects to be discussed will include Higher Consciousness, Freedom from Suffering, Cyclical time and Karma etc.

Format: Taught course or activity

About me: (Sarah) I was born in Cambridge and have had an interest in Raja Yoga Meditation and Philosophy since 2009, when I discovered these ideas whilst teaching in South East Asia.

PHL 04(z): The gospel according to St Matthew

Tutor: Chris Jones

Day and time: Monday 12:00 - 13:30

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 30

Start date: 09 Oct

Over three terms we will make a close study of Matthew's version of the gospel story, reading the text of the King James translation together, on Zoom. I will make use of contemporary scholarship. Matthew's gospel is distinctive among the four in its appeal to Jewish tradition, for its author was certainly Jewish although extremely critical of 'scribes and Pharisees, hypocrites'! His gospel has a striking ethical emphasis, for example in the Sermon on the Mount. Matthew's use of sources (both the earlier gospel of Mark and the hypothesized 'Q' document) will be considered; we will look at how he uses these sources differently from Luke, and contemplate what insight these differences may give us about Matthew's 'take' on his material. I will provide a verse by verse commentary, explaining Greek terms, and facilitate discussion.

Format: Taught course or activity

About me: I have a great love of the gospels, and have been teaching them at the U3AC for several years. I have learnt to read them in the Greek.

PHL 05: Topics in the philosophy of mathematics and science

Tutor: Roy Moyser

Day and time: Thursdays 13:15 - 14:45 see dates below

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 16

Start date: 19 Oct

Mathematics and science represent a unique combination of complementary disciplines. We take for granted their ability to inform us about the world in great detail. But what is it about them, that gives that confidence in their predictions? What is different from, for example, reading predictions from tea leaves? The disciplines of mathematics and science are themselves based on theories of knowledge and logic, which have developed over thousands of years. This course aims to tell that story and will look at those areas that are fundamental to each discipline. Topics included are platonism, nominalism, empiricism, the scientific method, rationalism, and logic. It will also look into questions such as is mathematics discovered or invented? will $1+1$ always = 2? A knowledge of philosophical terms would be useful but not essential. Some rudimentary knowledge of mathematics and geometry would also be useful. The course will be held monthly on the following dates: 19 October, 16 November, 14 December in the Autumn term, 18 Jan, 8 Feb, 21 Mar in the Spring term, and 18 Apr, 9 May, 13 Jun in the Summer term.

Format: Seminar

About me: This will be my fifth year of presenting philosophy courses for the U3AC. I have an honours degree in Philosophy and Diploma in Physics.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

Photography

PHO 01: Photo forum

Organisers Tim Ewbank, Graham Wickens & Eleni Paliginis

Day and time: Monday 12:45 - 13:45

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 15

Start date: 09 Oct

This course is a rejuvenation of the pre-pandemic Photo forum, in format and style. The aim is to provide an interactive, inclusive environment, in which members who enjoy photography can all participate. Forum members have the opportunity to lead on genres of photography of particular interest to them. There will be several informal photographic 'challenges' during the course, which will lead to an exhibition of work. We will discuss our own work and that of recognised photographers. There are no prerequisites in terms of camera types. While camera settings for different situations will be covered, it will not be a 'how to' course on the technicalities of specific cameras. To get an idea of the course, have a look at the previous course website, which shows the range of topics covered: <https://www.zimbushboy.online/photo-forum-2018-19>

Format: Classroom based with some outings

About me: (Tim) I've been involved in photography for some years and have run this course for two years prior to the pandemic.

Politics

POL 01: Society, the cosmos and self-identity

Tutor: Peter Dickens

Day and time: Wednesday 14:30 - 15:30

Venue: Member's home (CB3 9JF)

Length of course: 2 terms. Autumn (8 weeks), Spring (8 weeks)

Places: 5

Start date: 11 Oct

The cosmos is being increasingly 'humanised'. A second manned mission to the Moon will shortly take place. Wheeled 'buggies' are inspecting the surface of Mars. A NASA telescope has pictured a 'black hole' 1500 light years away. Meanwhile, TV broadcasting, surveillance, war and money-transfers remain highly dependent on satellite-based communications. And the extension of society into outer space is now generating fantasies about space travel and exploration. How, as humanity interacts with the cosmos in these ways, are power relations and the sense of 'self' being changed? Basic Reading: Dickens, P., Ormrod, J. Ormrod, J. (2007) *Cosmic Society*, London, Routledge, Ormrod, J. (2014) *Fantasy and Social Movements*. London, Palgrave. Dickens, P., Ormrod, J. (eds) (2016) *The Palgrave Handbook of Society, Culture and Outer Space*, Ormrod, J. (2020) 'Outer Space and New Frontiers to Environmental Imaginations' in Legun, K., et al (eds) *Environmental Sociology*. Cambridge University Press. Dickens, P. (2023) *Capital and the Cosmos. War, Society and the Quest for Profit*. London, Palgrave.

Format: Lecture/Discussion

About me: I am a sociologist. I have written and co-written three books and numerous articles, all focused on society's relations with the cosmos.

Science

SCE 01: A promenade through science and philosophy

Leader: Mike Pitman

Day and time: Monday 13:00 - 14:00

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (9 weeks)

Places: 12

Start date: 09 Oct

Equipped with a series of PowerPoint slides, lectures, seminars, accompanying book and discussions, we take a leisurely course through the various sciences of IT, Psychology (in conscious and subconscious aspect), Physics, Biology, Ecology and Sociology. We employ, as a single vehicle to contain both physical and metaphysical aspects of discussion, a simple philosophical structure; this is used to better compare the complementary perspectives of materialism and holism as they affect our interpretations of the natural world.

Format: Use of slides, lecture, seminar and question-and-answer discussion; addition of Zoom possible

About me: Degree in Lit. Hums (M.A. Oxon) and Science (Open University). Teacher 35 years, IT professional six years. Interest in the reunification of science and philosophy for over 40 years.

SCE 02(z): Babbage and his engines (Spring term)

Tutor: John Lucas

Day and time: Tuesday 14:30 - 15:30

Venue: Zoom

Length of course: 1 term. Spring (5 weeks)

Places: 50

Start date: 16 Jan

In the early 19th century, the industrial revolution was hampered by the difficulty performing calculations. Charles Babbage sought to address this with steam-power. The Difference Engine, a mechanical calculator, and the Analytical Engine, a true mechanical computer, were his notable creations. We'll examine how both engines worked, explore the Science Museum's build of the Difference Engine and view models of parts of the Analytical Engine. We'll also track the development of modern computers and keep a focus on the historical context and personalities of the time. The first session will include some arithmetic.

Format: Lecture

About me: Following a career in software development I build models of Victorian engines.

SCE 03: Basic quantum theory discussion group

Coordinator: Alan Richardson

Day and time: Thursday 10:00 - 11:00

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (8 weeks)

Places: 15

Start date: 12 Oct

I will present material on aspects of quantum theory and then we will use that to discuss real world objects. Each session will be typically half presentation and the rest discussion. Mathematical detail will be minimised. Here is a summary of the kind of things we will discuss (detail will evolve):

1. Introductory talk on Quantum Mechanics Original motivations: black body radiation, the photoelectric effect. Discussion: Quantum nature of light
2. Talk: Uncertainty Principle, Schrodinger Equation, Spin. Discussion: The Stern-Gerlach experiment
3. Talk: Early 1900s - what we know about atoms, fermions and bosons, the Pauli Exclusion Principle. Discussion: Hydrogen atom, larger atoms, periodic table
4. Talk: Schrodinger equation incompatible with special relativity. Discussion: How to move to a Lorentz invariant formulation, the Dirac equation
5. Talk: Young's fringes, De Broglie waves. Discussion: Wave nature of matter
6. Talk: clues about the nucleus, Rutherford's experiment (proton), Chadwick discovery of the neutron, Binding energy. Discussion: the nucleus.

Format: Discussion

About me: I learnt undergraduate quantum mechanics in a maths degree an age ago. This is an attempt to introduce it without heavy mathematics.

SCE 04: Botany

Leader: Dermot MF Cooper

Co-leader: Nicola Gardner

Day and time: Mondays - every three weeks approximately in Autumn and Spring 14:00 - 16:30

Venue: Comberton Village Hall

Length of course: 3 terms. Autumn (4 weeks), Spring (4 weeks), Summer (9 weeks)

Places: 60

Start date: 09 Oct

The group promotes a common interest in the study and enjoyment of plants. Indoor study meetings and illustrated talks are held at approximately three week intervals on Monday afternoons in the Autumn and Spring term at Comberton Village Hall. This is followed after Easter by approximately bi/tri-weekly field visits into Cambridgeshire and the surrounding counties, from April until September, with a mixture of half day and whole day trips. A detailed programme is issued twice yearly. To pay for speakers' travelling expenses and for donations to Trust sites that we visit, we collect a small voluntary donation at the beginning of the year. Car-sharing is encouraged. Members should acquire guide(s) to the wild flowers (including grasses, sedges & rushes) of the British Isles, recommendations will be made. A good X10 hand lens is also useful. Provisional Dates for 2023/24 are 9 Oct, 30 Oct, 20 Nov, 11 Dec, 15 Jan, 5 Feb, 26 Feb, 18 March.

Format: Lectures and field trips

About us: (Dermot) I am a keen amateur botanist and photographer and ex-cell biologist.
(Nicola) Keen amateur botanist. I organise the Summer programme.

SCE 05: Building the human brain (Spring term)

Tutor: Jack Price

Day and time: Thursday 14:40 - 15:40

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 18 Jan

This is a lecture course that will outline how the human brain develops from a microscopic cluster of cells, through fetal development, to the moment of birth and beyond. It will seek to explain how the human brain is unique in terms of the enormous variety of cells of which it is composed, and the complexity of the connections between them. It will characterise the major features in evolution and development that have led to the emergence of this powerful thinking machine. We will also touch on some of the philosophical issues that arise from recent advances in neuroscience, around perception and cognition. Finally, we will take a tentative look at how neurodiversity arises, and why each of us is unique. There is no course work or preparatory reading, and while a basic knowledge of Biology (O Level) would be an asset, it is not required.

Format: Lecture

About me: I am Emeritus Professor of Developmental Neurobiology at King's College London with forty years' teaching and research experience in brain development.

SCE 05(z): Building the human brain (Spring term)

Places: 50

As for SCE 05 but attending via Zoom.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

SCE o6: Cosmology

Tutor: Alan Richardson

Day and time: Thursday 12:30 - 13:30

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 20

Start date: 12 Oct

The evolution of the Universe from the Big Bang to the far future and the experimental evidence supporting it. The course will cover:

- 1) Introduction and the Cast of Characters
- 2) the Cosmic Microwave background
- 3) Big Bang Nucleosynthesis
- 4) the first seconds before Big Bang Nucleosynthesis
- 5) the end of the dark ages and cosmic dawn; the first stars and first galaxies
- 6) the synthesis of the chemical elements
- 7) dark matter
- 8) dark energy and the far future
- 9) the Standard Model of Cosmology
- 10) black holes and relationships of quantum mechanics to general relativity. The course will deal with the phenomena without advanced mathematics.

Format: Lecture

About me: I am a Cambridge Mathematics graduate. Since retirement I have been investigating what we know and why we think we know it from a non-mathematical physical viewpoint.

SCE o7: DNA and identity

Tutor: Erika Hagelberg

Day and time: Monday 15:15 - 16:15

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (10 weeks)

Places: 20

Start date: 09 Oct

The proposed course is based on my research in ancient DNA and human evolutionary genetics. It will cover the history of genetics as applied to human origins and migration, with a focus on developments since the 1980s. Topics include the advances in molecular genetics, applications in forensic identification, archaeology, and human evolution, and the marketing of genetic identity by companies who type DNA of customers for a fee. I aim to provide an overview of the technology, and to stimulate debate on questions of origins, identity and race. The course should interest those curious about genetics, archaeology, anthropology and human evolution, as well as forensics and eugenics. No scientific background is required. Sessions will consist of a lecture, illustrated by PowerPoint slides, followed by a discussion. Reading suggestions will be provided during the course, but no advance preparation is necessary.

Format: Seminar

About me: I was involved in the first cases using DNA extracted from bones, and applications in forensic identification and archaeology.

SCE o8: Emerging science and technology discussion group

Organiser: John Hall

Deputy: Peter Landshoff

Day and time: Thursday 14:00 - 15:30

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 12 Oct

Each week, we will discuss science and technology news reported on the BBC and other websites, as well as news and articles covered by the New Scientist (free access to articles is possible). Sometimes, we will also share views on local science activities and local Cambridge scientific companies. The nature of the group is informal, highly participative, sometimes speculative, sometimes critical of the media, but, at all times, as reported by members, highly enjoyable and educational. You will be expected to join in and contribute any special knowledge to further group understanding. You are probably already a reader of scientific, technical or engineering media. You could also have a science A Level, even though it may be fifty plus years old. More important, though, is that you retain that sense of curiosity that attracted you to science interests in the past.

Format: Discussion

About me: (John) Your facilitator has a science degree, has direct experience in instrumentation physics after graduation, before working for science based companies in various capacities.

SCE o9: Geology group

Organiser: Keith Tritton

Day and time: 3rd Friday of the month 11:50 - 12:50

Venue: U3AC (Pink room)

Length of course: 2 terms. Autumn (3 weeks), Spring (3 weeks)

Places: 30

Start date: 20 Oct

We are a group of people who are interested in geology and the earth sciences and who want to learn more about the subject. The group meets monthly. We invite some outside speakers, but members also volunteer to lead sessions on topics that particularly interest them. In addition we organise occasional field trips. People who are new to the subject are welcome, but it is not a course, so some rudimentary knowledge of geology will be helpful. Two very useful, easy to read and low-cost books are: *Geology* by J. Zalaiewicz in the OUP Very Short Introduction series and *Geology* by D A Rothery in the Teach Yourself series. PLEASE NOTE: Group members will need access to the internet. All communication will be via email.

Format: Course or activity without teaching

About me: I have been a participant in this course since it started six years ago and have made a number of presentations to it.

SCE o9(z): Geology group

Places: 10

As for SCE 09 but attending via Zoom.

SCE 10: Great physicists

Tutor: David Woodman

Day and time: Monday 13:40 - 14:40

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 30

Start date: 09 Oct

My aim is to look at the work of some of the key contributors to the advancement of physics over the last few centuries. I hope, thereby, to chart the progress of physics over this period. At the same time, I do not want this to be a series of physics lessons. I want to examine the life and times of the individuals who have made significant contributions.

Format: Lecture

About me: My fourth time of offering this course, just trying to plot the course of physics through the efforts of good people, without any maths.

SCE 11(z): Introduction to weather and climate

Tutor: Roy Doyon

Day and time: Tuesday 16:00 - 17:00

Venue: Zoom

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 30

Start date: 10 Oct

This course is designed to familiarise participants with the elements that cause or are involved in weather and climate. Starting with the fundamentals of earth/sun geometry which determines the seasons and the amount of energy received from the sun we'll discuss global circulation patterns, atmospheric composition, air masses, pressure systems, wind, clouds, convective and orographic rainfall, hurricanes, frontal systems, monsoons and climate distribution. The course assumes no prior knowledge of meteorology and will involve very little maths. At the end of the course you should be able to understand why it's so difficult to predict the weather in the United Kingdom. Discussion is encouraged and welcomed. The lectures will be online (i.e. PowerPoint). There may be an occasional handout.

Format: Lecture

About me: I taught weather and climate in graduate school and incorporated the subject in my geography classes as a professor in the US.

SCE 12: Science for grandparents

Tutor: Brenda Elliott

Day and time: Monday 16:00 - 17:00

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 09 Oct

Introduction to the sciences and engineering using easy to obtain materials like household items, supermarket supplies and recycled materials. A course to teach grandparents to harness the enthusiasm and curiosity of primary age children, to create a lasting interest in science and fill your times together with laughter and learning. Play together and discover what fun science can be! I have taught Science to students of all ages in both South Africa and the UK, with a particular focus on primary school science. At primary level, Science is not treated as a core subject in the same way as Maths and English are, so lessons are often skipped to make room in the curriculum. In my opinion, this is the age to help children develop an interest in science and the world around them as they are at their most curious. Basic materials required will be advised well in advance.

Format: Taught course or activity

About me: I have taught Science to students from kindergarten to Year 11 and have found this subject totally fascinating. In addition I have successfully tested this approach on my own grandchildren.

SCE 13: Snake oil, Piltdown Man and other scientific scams and hoaxes revisited (Spring term)

Tutor: Clive Gilchrist

Day and time: Thursday 10:00 - 11:00

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (6 weeks)

Places: 30

Start date: 18 Jan

Having thoroughly enjoyed preparing and giving a previous lecture series in 2016/17 under a similar title, I thought to make another journey, both historical and current, through the darker reaches of the scientific world. We now live in a very different world from then, with ever more pseudo-science being peddled and greater external pressures on the scientific community. So, join me for this six-lecture series to find out more.

Format: Lecture

About me: A component of my working life was giving lectures.

SCE 14: Space telescopes, their images and what they tell us

Tutor: Alan Richardson

Day and time: Thursday 13:45 - 14:45

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 20

Start date: 12 Oct

The course will summarise the categories of space telescopes (optical, X ray, Gamma ray, etc.) and their applications and then cover images and applications including exoplanet detection and analysis, gravitational lensing, probing and analysing the Cosmic Microwave Background, multi-spectral imaging, galaxy collisions, birth and death of stars. Images will be chosen both for their beauty and their scientific contribution. No prior knowledge will be assumed - in some ways this is an observational companion to the Cosmology course, SCE 06. Most images will be from James Webb, Hubble, Chandra and Fermi with some WMAP, Planck and Kepler.

Format: Lecture

About me: I am a Cambridge mathematics graduate with interest in Cosmology, Astrophysics and Astronomy. Particularly interested in how the astronomical observations and theories interact.

SCE 15: Spines, shoulders, hips and knees. How do they work normally, what can go wrong and what can you do about it?

Tutor: Jill Gamlin

Day and time: Monday 11:50 - 13:20

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 30

Start date: 09 Oct

The course will cover basic anatomy of joints and how they move. It will also look at the structure and function of bone, joint cartilage, ligaments, muscles and to a lesser extent nerves. Each week will focus on a specific region of the body such as the hip joint. We will look at what can go wrong and how common conditions can be managed. The first hour and 15 minutes will be a presentation with 15 minutes for discussion. We will also look at prevention and strategies for self-management.

Format: Presentation and discussion

About me: I am a Chartered Physiotherapist and worked in the NHS for 34 years. I am interested in helping people to understand their bodies and how to manage their problems.

SCE 16(z): The EPR paradox and Bell's theorem: quantum mechanics versus reality (Spring term)

Tutor: John Cook

Day and time: Tuesday 10:00 - 11:00

Venue: Zoom

Length of course: 1 term. Spring (6 weeks)

Places: 25

Start date: 16 Jan

It's difficult to do most advanced physics without serious mathematics, but there is an exception. In 1935, Einstein, Podolsky and Rosen wrote a paper (often called EPR) claiming that the prevailing interpretation of quantum mechanics was inconsistent with reality. In 1964, the Irish physicist John Bell generalised their idea, framing it as a simple experimentally testable equation. The result of the experiment was 'Quantum Mechanics - 1: Reality - 0'. EPR's concept of reality was shown to be incorrect. The worrying thing is that their concept might be summed up as 'Things have properties'. After a quick review of quantum mechanics, photons, and polarisation, we'll dive into EPR, Bell's work, Aspect's experiments, and their implications. The concepts here are very challenging but fortunately the maths is relatively easy, trigonometry and probability. This is my third year running this course - I'm gradually getting my head around it!

Format: Lecture

About me: I've been working in scientific research for about 50 years; I hope to get a better understanding of the EPR paradox by teaching it.

SCE 17(z): The learning brain

Tutor: Beverley Steffert

Day and time: Monday 11:30 - 12:30

Venue: Zoom

Length of course: 1 term. Autumn (10 weeks)

Places: 40

Start date: 09 Oct

How the brain develops, learns and ages. The trade-offs between strengths and weaknesses that underlie the Words brain, (the lawyer who can't ride a bike) or the Visual brain (the Artist who can't spell) or the Analytical brain that can't see the wood for the trees as well as the Global brain, that gets the overall picture but forgets the details. When learning preferences turn to extremes we see the Dyslexic, Dyspraxic, Asperger's or Attention Deficit brain. We also look at the emotional requirements for learning, the Aging Brain, the male vs the female brain, the Stressed brain (including Post traumatic Stress and Addiction), the bi- and multi-lingual brain as well as Interventions to boost the Brain's learning ability. This course is a reorganisation and update of the course I did last year.

Format: Lecture

About me: I taught brain based aspects of Psychology at London University and run a Learning Centre in Cambridge.

SCE 18(z): The life of stars

Tutor: John Wills

Day and time: Tuesday 14:00 - 15:15

Venue: Zoom

Length of course: 1 term. Autumn (10 weeks)

Places: 40

Start date: 10 Oct

This course aims to answer all the questions you might have about stars. Where do they come from, what are they, how long do they live, what happens to them? To answer these, and many other questions, you will learn how astronomers and physicists themselves found the answers; the techniques they used and the theories they developed to explain what they observed. We will range over a wide slice of astronomy and physics; from the first few minutes of creation to the end of all things; from the nucleus of an atom to the entire universe. The course is lavishly illustrated, using the many wonderful images available from modern telescopes. It is largely descriptive, but will use the terms and tools actually used by astronomers, particularly in dealing with the astronomical numbers involved! It is an exciting ride so hold onto your hat!

Format: Lecture

About me: This is the tenth year that I have presented this course; much has happened in that time. I post each lecture on Dropbox, for members to download and keep.

SCE 19: The material world (Spring term)

Tutor: John Cook

Day and time: Monday 13:10 - 14:10

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (9 weeks)

Places: 25

Start date: 15 Jan

Every made object you use in life consists of one or many materials, with luck chosen or designed to fulfil the function of the object, or perhaps to maximise the profit of the manufacturer. What determines the performance of these materials, and why do we choose them? What kinds of materials do we need for our rather challenging future? In this course we will look at the principles behind the behaviour of materials, the techniques used to characterise them, the various classes of materials such as metals, ceramics and plastics, their fates after use, and the rationale behind choosing them for particular functions. It will be slightly technical, but there'll be no maths.

Format: Lecture

About me: I studied Materials Science at university, and worked in it briefly. It has always proven a good bedrock for thinking about the physical world.

SCE 20: The nuclear option

Tutor: John Cook

Day and time: Monday 14:00 - 15:00

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (9 weeks)

Places: 20

Start date: 16 Oct

The current multiple crises in climate change and energy supply have shifted attention back to nuclear power as a candidate for baseline energy production in the UK. This course will look at the principles of nuclear power generation, the different types of historic, current and proposed reactors, safety and environmental concerns, the fuel supply chain, the problems of radwaste storage and disposal, the costs, and the role of nuclear in our current and future energy supply. It will be mainly about nuclear fission, but I will touch on nuclear fusion possibilities as well. I studied a bit of nuclear engineering a long time ago but I'm no expert, so this will be a voyage of discovery, and I will welcome the knowledge and expertise of members of the class.

Format: Lecture

About me: I've had a long research career in the energy industry, and have been indecisive about nuclear power. This might help me make up my mind!

SCE 21(z): The Pale Blue Dot

Tutor: John Cook

Day and time: Monday 10:00 - 11:00

Venue: Zoom

Length of course: 1 term. Autumn (9 weeks)

Places: 30

Start date: 09 Oct

The Pale Blue Dot is a photograph of Earth taken in 1990 by NASA's Voyager 1 spacecraft, at a distance of 3.7 billion miles from the Sun. This course is all about the planet on which we live. It starts with Earth's rather insignificant place in the wider universe, going on to look at how (we think) it was formed, its physical makeup (and how we know what we know), and similarities and differences to other planets and moons. Then we'll look at geological history, tectonic plate motion, and the current consequences of that such as earthquakes and volcanoes. Next we'll focus on the thin skin of the planet - the atmosphere, the oceans and the continents - and finally, the biosphere.

Format: Lecture

About me: I've recently retired from a long career in oilfield R&D, where the nature of the Earth was a constant and fascinating background.

Wellbeing

WLL 01: Aromatherapy for wellbeing

Tutor: Maike Dring

Day and time: Friday 11:45 - 13:00

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (6 weeks)

Places: 12

Start date: 13 Oct

Ever wondered what those little bottles of lavender, basil, geranium, or eucalyptus could do for you? This course is an introduction to the most versatile and useful Aromatherapy essential oils and how you can use them in your everyday life to relax and increase your wellbeing. We cover 10 different essential oils, how to prepare them to apply to your skin, use them in the bath, make compresses and how to inhale them correctly. By the end of this aromatic leisure course, you will be able to use essential oils safely and confidently! Every week there is a different relaxation exercise for you to enjoy. I will be guiding you to learn a self-hand massage, head massage, face massage, and introduce you to Self-Havening to build mental and emotional resilience. £6 pp contribution to cover essential oils, base oils, creams and other goods used during the six sessions, payable to tutor.

Format: Taught course or activity

About me: I am a professional Aromatherapist (I.F.P.A.) and have been teaching and practising Aromatherapy for the last 29 years.

WLL 02: Introduction to Buddhist meditation

Tutor: Richard Winter

Day and time: Wednesday 10:30 - 12:00

Venue: Cambridge Buddhist Centre

Length of course: 1 term. Autumn (8 weeks)

Places: 15

Start date: 11 Oct

Buddhist meditation is a way of exploring our inner experience, and responding creatively to what we find. It can bring many important benefits: less anxiety, greater awareness, better concentration, improved health and a more sensitive understanding of oneself and others. Meditation has recently become influential in the West as an effective method for dealing with the pressures and difficulties of living. It has been practised for 2500 years as a central aspect of the Buddhist tradition, although the course does not assume Buddhist or any other beliefs. The course is practice-based: it focuses on how to set up a regular practice and introduces two basic methods, based on awareness of the breath and on the cultivation of kindness. It also includes developing mindfulness in everyday life and walking meditation. Local buses stop near the Cambridge Buddhist Centre. There is metered on-street parking, and disabled car-parking is available at the Centre.

Format: Discussion and directed meditation activity

About me: I used to teach at Anglia Ruskin University; I have been studying and practising Buddhist meditation for more than 20 years as a member of the Cambridge Buddhist Centre.

WLL 03: Buddhist meditation 2: 'Exploring states of mind and feeling' (Spring term)

Tutor: Richard Winter

Day and time: Wednesday 10:30 - 12:00

Venue: Cambridge Buddhist Centre

Length of course: 1 term. Spring (8 weeks)

Places: 15

Start date: 17 Jan

This course provides an opportunity to explore Buddhist meditation in greater detail. It is intended as a continuation for those who wish to take further the insights and practices they developed in the Autumn term course. And also for anyone who undertook the introductory course in previous years, or already has experience of Buddhist meditation. The course focuses on linking our feelings with our breathing and on exploring key dimensions of the way we connect with, and respond to, others' experience. We will also examine possible remedies for the obstacles to meditation we may encounter. Suggested reading: Vessantara: *The Art of Meditation: The Breath* (2005) (Windhorse Publications); Vessantara: *The Art of Meditation: The Heart* (2006) (Windhorse Publications) Local buses stop outside the Cambridge Buddhist Centre; there is metered on-street car-parking and disabled car-parking at the Buddhist Centre.

Format: Discussion and directed meditation practice

About me: I used to teach at Anglia Ruskin University; I have been studying and practising meditation and Buddhism for more than 20 years as a member of the Cambridge Buddhist Centre.

WLL 04: Buddhist meditation 3: 'Aspects of the practice of mindfulness' (Summer term)

Tutor: Richard Winter

Day and time: Wednesday 10:30 - 12:00

Venue: Cambridge Buddhist Centre

Length of course: 1 term. Summer (6 weeks)

Places: 15

Start date: 17 Apr

This course is intended as a continuation for those who wish to take further the insights and practices they developed in the Autumn and Spring term courses. And also for anyone who undertook these two courses in previous years, or already has substantial experience of Buddhist meditation. We shall focus in particular on the foundations and practices of mindfulness: the grounding of mindfulness in awareness of bodily experiences (including pain), awareness of the process of our feelings, and awareness of our general state of mind. We will also consider the link between meditation and the imagination. Suggested reading: Vessantara: *The Art of Meditation: The Breath* (2005) (Windhorse Publications), Vessantara: *The Art of Meditation: The Heart* (2006) (Windhorse Publications). Local buses stop outside the Cambridge Buddhist Centre. There is metered on-street car-parking, and disabled car-parking is available at the Centre.

Format: Discussion and directed meditation practice

About me: I used to teach at Anglia Ruskin University; I have been studying and practising Buddhism and meditation for more than 20 years as a member of the Cambridge Buddhist Centre.

WLL 05: Exploring the science of mindfulness

Leader: John Cooter-Baker

Day and time: Tuesday 10:00 - 10:55

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (5 weeks)

Places: 20

Start date: 10 Oct

Over the last 25 years mindfulness has become a hugely popular wellbeing practice and a tool in psychotherapy. It has been the subject of hundreds of scientific research studies. Relieving stress, anxiety and depression, aiding concentration and motivation, improving life satisfaction, are among its reputed benefits. This short course takes an inquiring look at mindfulness. We first explore different understandings of mindfulness, its origins and influences and how it is practised. We then examine claims for its benefits and whether the scientific evidence supports them, as well as reviewing what research tells us about the neurological processes involved. During these sessions participants will be invited to try out some simple mindfulness exercises for themselves. There will be some teaching and some opportunities for reflection and critical discussion too. All are welcome, with or without previous experience of mindfulness. The only requirements are curiosity and an open mind.

Format: Taught course or activity

About me: I have been a teacher and lecturer in Psychology. I learned to teach mindfulness to children and adults through the Mindfulness in Schools Project.

WLL 06: Frankincense, Myrrh and more

Tutor: Maike Dring

Day and time: Friday 11:45 - 13:00

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (3 weeks)

Places: 12

Start date: 24 Nov

This course introduces some Aromatherapy essential oils for a wonderfully fragrant Christmas season. You will find out how essential oils can be used to create seasonal fragrances, make and enhance presents and keep you and your family well during the cold season. We explore the use of Frankincense, Myrrh, Clove, Mandarin, Orange, Eucalyptus, Lavender, Juniper. You will learn how to use them on your skin, in the bath and in inhalations for your wellbeing. By the end of this aromatic course, you will be able to use these essential oils safely and confidently and your Christmas season will be fragranced beautifully! Every week there is a different guided relaxation exercise for you to enjoy. £4 pp contribution to cover essential oils, base oils and creams and other goods used during the 3 sessions, payable to the tutor at the first session.

Format: Taught course or activity

About me: I am a professional Aromatherapist (I.F.P.A.) and have been teaching and practising Aromatherapy for the last 29 years.

WLL 07: Get organised and motivated - Build mental and emotional resilience (Spring term)

Leader: Maike Dring

Day and time: Alternate Mondays, 10:30 - 11:45

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (5 weeks)

Places: 12

Start date: 15 Jan

How to use the 'Bullet Journal' method to get organised, increase your motivation and get things done! Forget those little yellow sticky notes and lost lists! We also learn and practice some Self-Havening Techniques, the latest in neuro-scientific developments. This helps you to unlock the key to your brain and change your outlook and moods at will. We can use our memories to increase motivation and build mental and emotional resilience with this technique. Please bring a ruler, a pencil, a ruler and A5 blank exercise book.

Format: Taught course or activity

About me: A registered Havening Techniques Practitioner, I am fascinated how neuro-science helps mental health and wellbeing. The Bullet Journal has helped me to negotiate particularly busy times without losing the plot!

WLL 08: Planning for an optimal Third Age (Spring term)

Leader: Monica Potts

Day and time: Monday 11:40 - 12:40

Venue: U3AC (Green room)

Length of course: 1 term. Spring (6 weeks)

Places: 10

Start date: 15 Jan

A short course to explore how we can plan for a fulfilling life post-retirement. We will research ideas and strategies for what we would like to change or add to our lives in the coming years. Your agenda might be to downsize your possessions, to increase your altruistic contribution to the world or to plan your legacy. Or you may simply wish to enjoy new activities and to have a healthier lifestyle. The course will be interactive and worksheets will be provided.

Format: Discussion

About me: After a varied international career, I trained as a life coach and I enjoy working as a facilitator and motivator.

WLL 09: Positive thinking and meditation

Tutor: Heather Kara

Day and time: Friday 10:30 - 12:00

Venue: 2b Fen Road, Chesterton, CB4 1TX

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 40

Start date: 13 Oct

Positive thinking and meditation is a course designed to wake up your natural positive qualities and discover a new consciousness. With higher awareness, we discover the beautiful truth about ourselves which ultimately leads to freedom from anxiety and worry, improved relationships and sleep, and restored tranquility and happiness. Raja Yoga Meditation is a simple meditation, which requires no previous experience.

Note: Neighbours would prefer us not to park on Fen Road itself, so please use the riverside official car park, or there is plenty of parking in side streets.

Format: Discussion

About me: From software developer to property manager, Heather has found the tools of positive thinking and meditation invaluable and finds joy in sharing these with others as they benefit from them.

WLL 10: The science and practice of happiness

Tutor: Jo Whitehead

Day and time: Wednesday 11:50 - 13:05

Venue: U3AC (Pink room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 30

Start date: 11 Oct

We cover the science of happiness, and its practical implications, exploring questions such as what is happiness, how feasible is it to increase happiness and how and special topics such as how happiness changes with age. The premise of the course is that a better understanding of emerging research provides the basis for making choices about whether and how to improve your own personal happiness, as well as what that means in practice. The format consists of optional pre-reading, lectures, and plenary and small group discussions. The balance between lecture and discussion will swing in favour of the latter as the course progresses, giving participants the opportunity to discuss how the content might be useful in their own lives. The course requires no previous expertise or knowledge. Participants should gain a richer understanding of the nature of happiness and how they can cultivate it for themselves.

Format: Seminar

About me: This is the fourth iteration of the course and combines my interest in the brain and the practical side of staying happy in retirement.

WLL 11: Understanding sexual orientation and gender identity (Spring term)

Tutor: Mia C

Day and time: Thursday 14:00 - 15:30

Venue: Downing Place URC (Rooms 1&2 together -ground floor)

Length of course: 1 term. Spring (10 weeks)

Places: 11

Start date: 18 Jan

For 'Baby-Boomers', despite the perception that the '60s and '70s were the era of free-love and sexual liberation, the reality was that anything other than 'straight' sex and gender conformity were still often taboo.

Today, gender identity, young people and the interactions between transgender women and society at large are the subject of constant media coverage, often triggering 'moral outrage'. Identity has become a controversial, highly politicised wedge issue. Freedom of speech and 'sincerely held beliefs' are frequently used to legitimise hurtful words and regressive behaviours and policies affecting LGBTQ people. I will explore sexuality and identity from an experiential and affirmative perspective, looking particularly at their intersectionality since this seems to be poorly understood by those not living under the LGBTQ 'umbrella'. Be warned, this will be a participative class, openly discussing a range of what some might consider to be 'sensitive' topics including politics, sex, genitalia, etc.

Format: Seminar

About me: I started seriously researching sexual orientation and gender identity after retiring and now have a much better understanding of the evolving science, perspectives and politics in this arena.

World

WOR 01: Adventures in high places

Tutor: Henry Edmundson

Day and time: Tuesday 15:25 - 16:25

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (3 weeks)

Places: 30

Start date: 14 Nov

This course consists of a series of three lectures:

Week 1: Exploring and climbing in unmapped Kashmir and the Hindu Kush: the golden age of student expeditions in the 1960s.

Week 2: Going for the top in Tibet and Nepal: Cho Oyu, Shisha Pangma and Putha Hiunchuli.

Week 3: Forced marches in the Karakoram, Ladakh, India, Nepal and Bhutan: the Grand Himalayan traverse.

Format: Lecture

About me: Henry Edmundson has explored, climbed and trekked in the wider Himalaya since 1965. He has written a widely praised book on the region called *Tales from the Himalaya*.

WOR 02: Africa forum

Convenor: Peter Woodsford

Day and time: Friday 15:00 - 16:15

Venue: U3AC (Pink room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 30

Start date: 13 Oct

The Africa forum is a discussion group for those interested in African affairs and has been running for over 18 years. It includes the culture, history, economics, politics and current affairs of the continent. Each week a member of the group or an outside speaker presents a topic for discussion. The group clearly depends on having a core membership with an active and knowledgeable interest in Africa. They would welcome members who would like to learn or share about the continent and developments. As last year, we will include remote contributions, especially from Africa. The course has a website where the past nine years of presentations can be seen: <http://af.woodsforwards.uk/>

Format: Discussion

About me: I taught in Uganda in the 1960's and have maintained close ties ever since. I am a member of the Royal Africa Society.

WOR 02(z): Africa forum

Places: 20

As for WOR 02 but attending via Zoom.

WOR 03: Skeletons, wet socks and chocolate cake. Expeditions in Namibia, the Pyrenees and Vietnam

Tutor: Heather McLoone

Day and time: Thursday 14:00 - 15:00

Venue: U3AC (Blue room)

Length of course: 1 term. Autumn (5 weeks)

Places: 16

Start date: 16 Nov

This course will cover a range of sociological, cultural, historical, climatic and environmental topics. Drawing on my experiences as a volunteer leader in various roles while taking part in expeditions to Namibia, the Pyrenees and Vietnam, I wish to convey the hopes and fears of those taking part, the challenges faced and the well earned achievements gained. I also want to share with you some of the exciting characteristics of these countries. There are five lectures:

- 1) The Skeleton Coast, Namibia, an introduction and overview, Raleigh International 1998;
- 2) The Skeleton Coast, Namibia - the expedition;
- 3) The Pyrenees 2004 - Borders Exploration Group;
- 4) Vietnam, an introduction and overview 2005 - Borders Exploration Group;
- 5) Vietnam - the expedition.

The topics are very much interlinked and will illustrate the diversity of conditions the indigenous peoples of these countries have both historically and currently live in.

Format: Lecture

About me: I have been fascinated by our world since I was six. Volunteering with youth charities and taking part in expeditions has given others the chance to be inspired.

WOR 04: Green jumpers, blisters and Ian Botham. Adventures in Kenya, Nepal and the United Kingdom (Spring term)

Tutor: Heather McLoone

Day and time: Thursday 12:30 - 13:30

Venue: U3AC (Blue room)

Length of course: 1 term. Spring (5 weeks)

Places: 16

Start date: 22 Feb

This course of lectures is a follow on from the Autumn course. It will again cover a range of sociological, cultural, historical, climatic and environmental topics. I will draw on my previous experiences as an expedition leader to showcase trips organised independently with friends in Kenya and Nepal and with friends and family in the United Kingdom. There are five lectures;

- 1) Kenya, an overview and introduction;
- 2) Kenya - the expedition 2006;
- 3) Nepal the expedition 2001;
- 4) The United Kingdom, an overview and introduction, Lands End to John O'Groats;
- 5) Lands End to John O'Groats 2012.

The topics are interlinked and I hope to share with you some of the excitement and challenges of self organisation of an expedition as well as the journeys themselves.

Format: Lecture

About me: I have been fascinated by our world since I was six. These lectures express my love of travel and my curiosity to understand better the world we live in.

WOR 05: Women in the world

Coordinators: Hilary Goy & Ruth Meyer

Day and time: Alternate Wednesdays, 10:30 - 12:30

Venue: Michaelhouse Centre (Chancel)

Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)

Places: 15

Start date: 11 Oct

This group, now in its twelfth year, meets fortnightly to explore the place of women in the world. We look at women's achievements and what has held them back, in a wide range of different settings and periods. We start each class with a current affairs session where we look at present day issues. We then have a coffee break, followed by a presentation. Members of the group take it in turns to research and introduce a subject, though this is not an absolute requirement of membership. Specific topics presented will depend on the interests of members; last year topics included Sylvia Plath, women stained glass artists and a discussion on disclosure. We hope to have outings in the summer term. Christmas and summer lunches will also be held in the coordinators' homes.

Format: Presentations and discussion

About us: Ruth and Hilary have a wide interest in women's lives and contribution to society as well as current issues affecting them, and enjoy both sharing interests and learning from others.

Writing

WRT 01: Writers' workshop

Organiser: Liz Alan

Day and time: Wednesday 10:30 - 12:30

Venue: Friends Meeting House, Jesus Lane (Ann Docwra room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 17

Start date: 11 Oct

This Writers' workshop is a self-help group that inspires and develops writing through the mutual exchange of ideas.

Current members' writing projects include various types of fiction, family memoirs and historical biography. Each week four members read a short piece of their own writing (1500 to 2000 words), at least 2 or 3 times per term. The group listens and offers constructive and supportive feedback. We aim to learn from each other and consider such topics as getting started, voice, characterisation, plot and story lines, as well as handling dialogue. The intention of the workshop is to enable members to develop confidence in their writing. If they finish a current project, they may wish to continue with another into the following year. Vacancies permitting, we welcome new members during the year.

Format: Course or activity without teaching

About me: As well as being the organiser, I am an active writing member of the workshop, having joined it 8 years ago.

eXtra groups

You need to be a U3AC member to participate in the following groups but you do not need to apply for them on your application form.

Please contact the person in charge if you are interested.

Cycling club

Coordinator: Derek Morris

Day and time: Rides can be organised for any day of the week, including Sunday

The Cycling club offers a mixed programme of rides of varying distance and speed. Rides can be on any day of the week, so members simply choose the ones that fit their timetable and ability. The majority of rides are run between late-March and October but there might also be additional ad hoc rides when the weather is good. Rides start from various locations in and around Cambridge and use quiet, country roads. Occasionally short train journeys extend our range. Rides are lead by members of the group, and new leaders and rides are always welcome. For more information and to join the group, please contact the Coordinator on u3ac.cyclingclub@gmail.com
All communications are by email.

Theatre club

Organiser: Kerry O'Connell

Day and time: To be arranged

The U3AC Theatre club is an informal group of members who enjoy going to see plays and welcome the opportunity to meet and discuss the experience after seeing it. The club began meeting at the beginning of 2023. We have regularly enjoyed the live screenings at the Arts Picturehouse from the National Theatre (so far we have seen Othello, The Crucible, The Life Of Pi and Good). We visited the ADC to watch Translations and were able to meet the director the week before. Of course, you are not signing up to see all these shows - each individual decides which show they wish to see. We are hoping to arrange trips to the theatre in London and elsewhere in the coming months. If you are interested in hearing more and want to get on the mailing list, contact the Organiser.

U3AC Film group

Organiser: Jeremy John Buncombe

Day and time: Tuesday 13:00 - 16:30

Venue: Arts Picturehouse

The Film group programme aims to show the best of world cinema, past and present, covering a wide range of international productions. New members are always welcome to join in post screening discussions and are encouraged to make suggestions for future programmes. Full details of each term's films will appear in the August, December and March Newsletters. All screenings take place at the Arts Picturehouse on Tuesdays commencing **promptly at 1.00 pm.**

Note: The charge per term is £45.00 and should be purchased in person at the Arts Picturehouse. Do not apply for this on your U3AC application for courses. Information will be publicised via the weekly emailed Bulletin and the termly Newsletters.

Walking football

Organiser: Geof Tamulonis

Day and time: See below

Venue: Abbey Leisure Centre

Places: 20

Walking football is aimed at over-50s women and men playing together, looking to exercise in a relaxed, friendly and inclusive environment. It is all about fun; no experience necessary. The U3AC activity is operated in conjunction with Cambridge United Community Trust's (CU) community engagement programme. Their focus is to combat social isolation, promote physical and mental health and empower people to live healthier lifestyles. Meeting on Monday 12.30 - 13.30 with £1 fee per session, or Thursday 10.00 - 11.00 with £3 fee payable at each session. Contact the organiser for more information.

U3AC Environment group

Chair: Leslie Miller-Bernal

The objectives of the U3AC Environment group (EG) are to inform, educate, and discuss all aspects of the natural and built environment, meaning factors such as climate change, emissions, water pollution and extraction, energy supply options, and the effects of government policies in environmental matters. We provide links to information about local, national, and international environmental issues via our new website:

<https://u3aceg.wixsite.com/u3aceg>, which can also be accessed through our webpage on the U3AC website (https://www.u3ac.org.uk/xtra_activities/environment_group).

The EG meets regularly to discuss environmental concerns, and some members present on topics of their choice for information and debate. The EG also organises seminars from time to time on major issues with expert external speakers, open to all members of the U3AC. Please do not hesitate to contact us via email:

environmentu3ac@gmail.com

Third Way investment club

Convenor: Eddie Hatfield

Day and time: Last Wednesday in the month 14:00 - 16:00

Venue: Friends Meeting House, Jesus Lane (Ann Docwra room)

Places: 20

The object of our club is to discuss, select and make stock market investments for profit and learn from one another about the investing process. We prefer to meet in person but normally provide a Zoom option as well (Hybrid meeting). The value of investments is allocated in proportion to members' accumulated subscriptions. Membership is not a short term commitment, nor is it a source of investment advice. Investments are purchased from members' monthly subscriptions of £50 per month (paid by standing order) and there is a non-refundable joining fee of £50 to cover the significant administration costs. Members must have some knowledge of investments in general and the stock market in particular. Prospective members are expected to attend at least two meetings before joining. For further information, please contact the Organiser - Eddie Hatfield. Contact the U3AC Office to register your interest in joining the club or phone the convenor.

U3AC investment club

Chairman: Gillian Moore

Deputy Chair: Josephine Hunter

Secretary: Sarah Dixon

Day and time: Third Saturday of each month, throughout the year 10:00 - 12:00

Venue: Cambridge Central Library (Conference Room)

Places: 20

Start date: 21 Oct

The Investment club manages a portfolio of shares, reviewing the investments each month in order to develop members' understanding of and skills with investing. Members' commitment is long term, with a monthly standing order of £50 plus a £50 joining fee. All buy/sell decisions are made by majority vote. The club seeks to make a profit for members by investing wisely, though of course it is possible for the value of our investment to fall as well as rise. We provide access to a stock-monitoring website exclusively for members. The club has been going for more than 20 years, with several founder members remaining enthusiastic investors. We invite applications at any time of year from U3AC members willing to participate actively in researching companies that we hold or might hold, and in presenting to fellow members. Experience of investing on the stock market and/or assessing business performance is very welcome.

Lectures

The term's lecture programmes are listed on the website and in the August, December and March Newsletters. A reminder of each week's lecture is also given in the weekly Bulletin which is emailed to members.

Wednesday Lectures

These lectures cover a wide range of topics – from international issues to matters of local interest, and from literature and the arts to national politics and current affairs.

Norah Boyce Science Lectures

These lectures, aimed at a general audience, cover a wide range of scientific topics; their strapline is 'Science for everyone'.

Course venues

For information on getting to the venues using public transport, go to the Traveline website (www.traveline.info). This plans your route, offers bus routes and timetables, and gives the location of bus stops and walking route to the venue.

Venue	Address	Parking	Hearing Loop	Disabled access
Abbey Leisure Complex	Whitehill Road, Cambridge CB5 8NT	Y	N	Y
Alexandra & Beehive Bowls Club	Alexandra Gardens, Carlyle Road, Cambridge CB4 3DN	Limited	N	Y
Arbury Community Centre	Campkin Road, Cambridge CB4 2LD	Y	Y (in large hall)	Y (ground floor)
Arts Picturehouse	38-39 St Andrew's Street, Cambridge CB2 3AR	N	N	Yes (ramp at north entrance, lift to all floors)
Big Rock Climbing Centre	Mandeville Drive, Kingston, Milton Keynes MK10 0AG	Y	N	
Cambridge & County Bowling Club	Brooklands Avenue, Cambridge CB2 8FG	Limited	N	Outdoors
Cambridge Buddhist Centre	38 Newmarket Road, Cambridge CB5 8DT	N	N	Y
Cambridge Central Library	7 Lion Yard, Cambridge CB2 3QD	Public parking	N	Y
Cambridge University Botanic Gardens	1 Brookside, Cambridge CB2 1JE	Local pay and display	N	Y
Castle Street Methodist Church	Castle Street, Cambridge CB3 0AH	N Do not park in the church car park. Use pay and display in nearby streets.	N	Y: Hall and Aldersgate Room (ground floor) N: Epworth Room (1 st floor, no lift)
Colours of Dance Studio	Level 2, 182 Histon Road, Cambridge CB4 3JP	Y	N	Y (lift to 2 nd floor)
Comberton Village Hall	Green End, Comberton, CB23 7DY	Limited	Y	Y
Downing Place URC (previously St Columba's Church)	4 Downing Street, Cambridge CB2 3EL	N	Y	Y
East Barnwell Scout Centre	41 Thorleye Road, Cambridge CB5 8NF	Y	N	Y
Fitzwilliam Museum	Trumpington Street, Cambridge CB2 1RB	N	Y	Y via the Courtyard entrance
Friends' Meeting House, Hartington Grove	91-93 Hartington Grove, Cambridge CB1 7UB	Limited	Y	Y
Friends Meeting House, Jesus Lane	12 Jesus Lane, Cambridge CB5 8BA	N	Y	Y

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

Grantchester Village Hall	High Street, Grantchester CB3 9NF	Y	N (PA system)	Y
Histon & Impington Recreation Ground	1 New Road, Impington CB24 9LU	Y	N	Outdoors
Kelsey Kerridge Sports Centre	Queen Anne Terrace, Gonville Place, Cambridge CB1 1NA	Public parking Queen Anne Terrace carpark	N	Y
Leys School	The Fen Causeway, Cambridge CB2 7AD	Limited	N	Y
Michaelhouse Centre	St Michael's Church, Trinity Street, Cambridge CB2 1SU	N	N	Y
The Church of Our Lady and the English Martyrs (OLEM)	Hills Road, Cambridge CB2 1JR	Limited on-site	N	Y (ground floor)
St Andrews Street Baptist Church	St Andrew's Street, Cambridge CB2 3AR	N	Y	Y (lift to first floor)
St Clement's Church	Bridge Street, Cambridge CB2 1UF	N	N	N (Upper Room on 1 st floor, no lift.)
St James C of E Church	Wulfstan Way, Cambridge CB1 8QJ	Y	N	Y
St Laurence's RC Church Hall	91 Milton Road, Cambridge CB4 1XB	Limited	N	Y
St Mark's Community Centre	13 Barton Road, Newnham, Cambridge CB3 9JZ	N	Y	Y (ramp)
U3AC premises	27-28 Bridge Street, Cambridge CB2 1UJ	N	Y	2 steps at entrance. Portable ramp on request. Lift to both floors.
University of Cambridge Sports Centre	Phillipa Fawcett Drive, Cambridge CB3 0AS	Y	N	Y
West Road Concert Hall	11 West Road, Cambridge CB3 9DP	On-street metered	Y	Y

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

Courses and activities by day of the week

Monday

ART 09	Painting group - Monday
ARTC 01(z)	Hardanger, pull thread and other ... stitches
ARTH 07 /07(z)	Titian
CMP 02	Getting more out of Excel
CUR 04(z)	Current Affairs by Zoom
CUR 06(z)	Transatlantic Discussion Forum
CUR 07(z)	Transatlantic Economist Readers Group
EDU 01/ 02	Imagine if....?
FIT 06	Circle dancing
FIT 07	20th century British ... choreography...
FIT 12/ 13	Exercise to music 1
FIT 19/ 20	Table tennis (Monday am)
FIT 26	Walking 6 miles - Monday)
FIT 27	Rambling 4 miles - Monday
FLM 02	Moviemaking
FRE 04/ 04(z)	Lisons 'Rendez-vous' - Monday
GDN 01/ 02	Aromatic plants
GDN 04	Just vegetating
GEO 03(z)	World regional geography ...
GER 04	Translation: Warten bis der Frieden kommt
GER 06	German translation: Eifel-Gold
GRC 02/ 02(z)	Classical Greek self-help reading group
GRM 02	Modern Greek: Intermediate
HIS 02	Ancient Egypt for beginners
HIS 17	Explorers and travellers in Asia
HIS 21	History of early Christianity
HIS 33	The Great War 1914-19
ITA 04	Italian literature: reading modern novelists
LAT 01/ 01(z)	Advanced Latin self-help group
LAT 02	Latin (re)-discovered
LAT 05/ 05(z)	Latin: let's study together for a sixth year!
LEI 06	Introduction to modern board games
LEI 14	Rubber Bridge club

LEI 22	Croquet for beginners
LEI 24	Scrabble
LEI 25	Mah Jong group
LIT 02/ 03	Book group
LIT 05	A new book group
LIT 07(z)	Aesop and Zen: wisdom stories ...
LIT 10/ 11(z)	Classics of the twentieth century)
LIT 13	Elizabeth Bowen (1899-1973)
LIT 22	Modern & contemporary poetry...
LIT 23	Mythical women in contemporary fiction
LIT 25(z)	Personal poetry
LIT 30(z)	Reading the Septuagint
MUS 13	Jazz on a Monday afternoon
PHL 03(z)	Raja yoga meditation and philosophy
PHL 04(z)	The gospel according to St Matthew
PHO 01	Photo forum
RUS 01	Russian for beginners year 1
SCE 01	A promenade through science ...
SCE 04	Botany
SCE 07	DNA and identity
SCE 10	Great physicists
SCE 12	Science for grandparents
SCE 15	Spines, shoulders, hips and knees ...
SCE 17(z)	The learning brain
SCE 19	The material world
SCE 20	The nuclear option
SCE 21(z)	The Pale Blue Dot
SPA 03	Advanced Spanish
SPA 05(z)	Spanish conversation via Zoom
WLL 07	Get organised and motivated ...
WLL 08	Planning for an optimal Third Age
WLS 01	Welsh self-help study group
	Walking football

Tuesday

ART 02	Anything goes ...
ART 04/ 05	Back to basics ...
ART 08	Paint, draw in Cambridge
ARTH 06(z)	Reading the geology of landscape paintings
CMP 03	History of programming languages
CMP 04/ 04(z)	How safe are you online?
CMP 05/ 05(z)	How safe are you online?
ECN 02	Great Economists - their lives, their ideas ...
ECN 03	Modern money theory
ECN 04	Real-world economics
ECN 07	The Armchair Economist
FIT 10	Tap dance
FIT 18	Swimming
FIT 21/ 22	Table tennis
FIT 28	All-year walking - Tuesday (weekly)
FIT 29	4 Mile walking group -Tuesday (fortnightly)
FIT 30	Walking for pleasure - Tuesday (fortnightly)
FIT 31	Walks around Cambridge - Tuesday
FRE 09	Cercle français
FRE 10	Le cinéma français à vol d'oiseau ...
GEO 01(z)	Historical maps on the WWW
GEO 02	Rights and responsibilities ...
GER 05/ 05(z)	German poetry and prose
GER 11/ 11(z)	German intermediate
HIS 05	Bavaria, the 'special' German federal state ...
HIS 15/ 16	Crimean War 1853-56
HIS 18	French history 1453-1945
HIS 27	Napoleon Bonaparte
HIS 28	Researching, recording and sharing ...
HIS 32	The cold war and its current implications
HIS 37	The Three Kingdoms ...
HIS 38	Turning points: stories from our lives
ITA 01/ 02	Italian

ITA 05/ 06	Italian intermediate
ITA 07	Italian conversation (Tuesday)
LEI 05/ 05(z)	Board games online
LEI 11	Duplicate Bridge club
LEI 26	U3AC Bowls club
LIT 01(z)	Book group 1
LIT 08	Animals in literature
LIT 15	Flights of amazing imagination ...
LIT 19 (z)	Kipling reading group
LIT 21	Modern European novels
LIT 28/ 28(z)	Poetry reading group J - Tuesday
LIT 32	Sustainability book group
LIT 35/ 05(z)	Twentieth and early twenty first ... classics
LIT 36(z)	U.A. Fanthorpe
MUS 01	Aspects of classical music
MUS 10/ 10(z)	Opera - Verdi's early work ...
MUS 14	Mainly madrigals
MUS 15	Music club
MUS 16	Song workshop
MUS 18	Lunchtime concert series
PHL 01	Let's be logical
RUS 02	Russian for beginners year 3
RUS 03/ 03(z)	Russian language intermediate
RUS 04/ 04(z)	Reading Russian literature
SCE 02(z)	Babbage and his engines
SCE 11(z)	Introduction to weather and climate
SCE 16(z)	The EPR paradox and Bell's theorem ...
SCE 18(z)	The life of stars
SPA 04	La Tertulia de la U3AC
SWE 01/ 01(z)	Swedish
WLL 05	Exploring the science of mindfulness
WOR 01	Adventures in high places
	U3AC Film group

Wednesday

ART 03	Arts forum
ART 10	Painting group - Wednesday
ARTC 04	Patchwork and machine quilting
ARTC 05	Stitching
ARTH 01	A guided tour round .. Fitzwilliam Museum...
ARTH 04	Introduction to Nicolas Poussin
ECN 05/ 05(z)	Some economic issues ...
ECN 06/ 06(z)	Some economic issues; migration and aid ...
FIT 01	Badminton (Wednesday)
FIT 04	Badminton for softies
FIT 05	Ballet - beginners and improvers
FIT 09	Dance-harmony
FIT 11	Dance and exercise to Zumba
FIT 15	Qigong
FIT 16	Rock climbing group
FIT 23/ 24/ 25	T'ai Chi
FIT 32	Gentle walking group - Wednesday
FIT 33	The Wednesday walkers (weekly)
FIT 39	Yoga - self help
FRE 05/ 05(z)	Continuons 'Rendez-vous' - Wednesday
FRE 08/ 08(z)	Modern French novels
GER 01/ 01(z)	German beginners
GER 02/ 02(z)	German beginners year 2
GER 03/ 03(z)	German year 3
GER 07(z)	Reading German aloud
GER 10	Intermediate German
GER 12/ 12(z)	Eine Art Stammtisch
HIS 07	British Prime Ministers - Disraeli to Thatcher
HIS 08(z)	Leading Lights of 19th-Century France
HIS 11/ 12/ 13	Cambridge sport: in Fenner's hands
HIS 24	Is the world progressing?
HIS 25/ 25(z)	Language labyrinth

HIS 26(z)	Military History
HIS 29/ 29(z)	Rome: "The Empire" under Augustus.
HIS 34(z)	The history of England AD 410 to 1066
HIS 35	The Old Lady of Threadneedle Street ...
LEI 01	Backgammon for fun
LEI 15	Camsail
LEI 16	Canasta club
LEI 20	Cryptic crosswords for real beginners
LEI 21	Cryptic crossword club
LIT 04	Book group 4
LIT 06/ 06(z)	Another book group
LIT 14	Enlightenment ideas ... in Jane Austen ...
LIT 17/ 17(z)	Henrik Ibsen: Three Plays
LIT 18(z)	Jesus, the Jew, according to Luke
LIT 24	Near Eastern myths and histories ...
LIT 29/ 29(z)	Poetry reading group R - Wednesday
LIT 31	Shakespeare's tragedies ...
LIT 33	The glory of Babylonian mythology
LIT 34	The short story
MTH 02(z)	Maths can be fun 2
MUS 02	Celebrating the vinyl album from 1967 onward
MUS 03	Chamber choir
MUS 09/ 09(z)	Going beyond Grade 5 Theory year 3
PHL 02	Plato's exploration of pleasure ...
POL 01	Society, the cosmos and self-identity
SPA 02(z)	Year 3 Spanish
WLL 02/ 03/ 04	Buddhist meditation
WLL 10	The science and practice of happiness
WOR 05	Women in the world
WRT 01	Writers' workshop
	Third Way investment club

Thursday

ART 12	The Human Figure
ARTC 03	Light-hearted crafting group
ARTH 02/ 02(z)	Anglo-Saxon kingdom of Mercia
ARTH 03/ 03(z)	Art of the Picts
ARTH 05	Looking at art: Victorians and Impressionists
BUS 01	What is driving the Information Revolution?
CUR 05	Cyber security - be safe online
DUT 01/ 01(z)	Dutch improvers
ECN 08	The uses and abuses of economics
FIT 02	Badminton (Thursday pm)
FIT 08	Contemporary dance workshop
FIT 14(z)	Exercise to music 3
FIT 17	Short tennis
FIT 34	Rambling - Thursday (weekly)
FIT 35	Easy rambling - Thursday (fortnightly)
FLM 01	Japanese cinema - Yasujiro Ozu
FLM 03	The art of the Silent Cinema
FRE 01	French for beginners
FRE 03	Express yourself in French
FRE 06	French conversation
GER 08	Advanced German conversation
HIS 03	Ancient Egyptian religion
HIS 09/ 10	Cambridge history and the wider context
HIS 14	Christian origins and the early church
HIS 19	From Parnell to the 1916 Rising ...
HIS 20	Himalaya history and culture
HIS 23	Irish cultural history 1891-1923
HIS 30	Tales from the Low Countries
HIS 36	The plant hunters
ITA 03	in Sardegna con Grazia Deledda
LAT 03	Latin: continuing our Latin studies ...

LAT 04/ 04(z)	Latin: studying book five ...
LEI 07/ 08	Modern board games
LEI 08	Modern board games
LEI 09	Bridge for improvers
LEI 10	Bridge Street Bridge group
LEI 13	Online Bridge league (BBO)
LEI 17/ 18	Practical cookery
LEI 23	Punting
LIT 09	Classical Greek tragedy ...
LIT 12	Edith Wharton
LIT 20(z)	Language and literature challenge
LIT 26(z)	Picturing the Trojan War
LIT 37	Village voices
MDN 01(z)	Mandarin
MTH 01(z)	Maths can be fun 1
MUS 04	Choir
MUS 07	Music Theory Grade 5 for beginners
MUS 08/ 08(z)	Going beyond Grade 5 Theory year 1
MUS 11/ 11(z)	Opera - More of Verdi's early work ...
MUS 12	It's Only Rock 'n' Roll, Rhythm 'n' ...
PHL 05	Topics in the philosophy of mathematics ...
SCE 03	Basic quantum theory discussion group
SCE 05/ 05(z)	Building the human brain
SCE 06	Cosmology
SCE 08	Emerging science and technology ... group
SCE 13	Snake oil, Piltown Man and other scientific
SCE 14	Space telescopes, their images ...
WLL 11	Understanding sexual orientation ...
WOR 03	Skeletons, wet socks and chocolate cake ...
WOR 04	Green jumpers, blisters and Ian Botham ...
	Walking football

Friday

ARB 01/ 01(z)	Arabic language
ART 01	Abstract art
ART 06	Barnwell art group
ART 07	Drawing for pleasure
ART 11	Sketching, drawing and painting
ART 13	The monthly draw - urban sketching ...
ARTC 02	Knitting
CMP 01	Absolute beginners ... QGIS mapping
CUR 01(z)	Current affairs 1
CUR 02	Current affairs 2
CUR 03/ 03(z)	Current affairs 3
ECN 01	Economics discussion group
FIT 03	Badminton (Friday)
FIT 36	Walks using public transport - Friday
FRE 02	Listen, Read, Grammar
FRE 07	French translation: Fred Vargas
GDN 03	Botanic Garden group
GDN 05/ 06	Practical gardening
GER 09/ 09(z)	Reading German short stories and plays
GRC 01	Classical Greek
GRC 03(z)	New Testament Greek
GRM 01(z)	Greek conversation
HIS 01/ 01(z)	A woman of no importance?

HIS 04	Australian history to federation
HIS 06	Biographies
HIS 22	Horses: Their role in the history ...
HIS 31/ 31(z)	The Cambridge Phenomenon ...
ITA 08	Italian conversation (Friday)
LAT 06(z)	Latin: let's continue to study ...
LEI 02	Bezique
LEI 03(z)	Birdsong identification
LEI 04	U3AC bird club
LEI 12	Fledgling Bridge
LEI 19	Cooking: the books
LIN 01	A handle on spoken English
LIT 16	From the Wall Street Crash to Pearl Harbour
LIT 27	Play reading for fun
MUS 05(z)	Reading music from the beginning
MUS 06(z)	Music theory for beginners
MUS 17	U3AC recorder group
SCE 09/ 09(z)	Geology group
SPA 01	Spanish beginners, second year
WLL 01	Aromatherapy for wellbeing
WLL 06	Frankincense, Myrrh and more
WLL 09	Positive thinking and meditation
WOR 02/ 02(z)	Africa forum

Saturday

FIT 37	Cambridge City walking group - Saturday
FIT 38	Walks in Cambridge city - Saturday
	U3AC investment club

List of tutors/course leaders

Alan, Liz	Writers' workshop	WRT 01
Albano, Aurora	Dance-harmony	FIT 09
	Qigong	FIT 15
Alderton, Stella	A handle on spoken English	LIN 01
Aldred, Jeremy	U3AC bird club	LEI 04
Aldred, Jill	U3AC bird club	LEI 04
Alvey, Gregor	Abstract art	ART 01
Atkinson, Michael	Music club	MUS 15
Balshaw, Maggie	Abstract art	ART 01
	Anything goes, exploring representational and abstract forms	ART 02
Barber, Eric	Fledgling Bridge	LEI 12
Barton, Di	Rambling 4 miles - Monday (fortnightly)	FIT 27
Bass, Pat	Scrabble	LEI 24
Bastable, Jenny	A new book group	LIT 05
Beavis, Jackie	Knitting	ARTC 02
Beer, Susan	Let's be logical	PHL 01
Belsey, Harry	Current Affairs by Zoom	CUR 04(z)
	Transatlantic Discussion Forum	CUR 06(z)
	Transatlantic Economist Readers Group	CUR 07(z)
	Military History	HIS 26(z)
Benziger, Dieter	4 Mile walking group -Tuesday (fortnightly)	FIT 29
	Croquet for beginners	LEI 22
Berkley, David	Cambridge history and the wider context	HIS 09
	Cambridge history and the wider context	HIS 10
Birch, Alan	Cercle français	FRE 09
	Italian intermediate self-help	ITA 06
Bithell, Mike	Croquet for beginners	LEI 22
Bojan Edwards, Janet	Sustainability book group	LIT 32
Bowler, Chris	Fledgling Bridge	LEI 12
Braid, Judith	Village voices	LIT 37
Brown, David	Modern money theory	ECN 03
Brown, Lorna	Walking 6 miles - Monday (weekly)	FIT 26
Bullen-Smith, Paul	Great Economists - their lives, their ideas, and their legacy	ECN 02
Buncombe, Jeremy John	U3AC Film group	
Bunford, Mansel	La Tertulia de la U3AC	SPA 04
	Welsh self-help study group	WLS 01
Burgess, David	The uses and abuses of economics	ECN 08
Burkinshaw, Peter	History of programming languages	CMP 03
C, Mia	Understanding sexual orientation and gender identity	WLL 11
Camilletti, Peter	The history of England AD 410 to 1066	HIS 34(z)
Campbell, Anne	Light-hearted crafting group	ARTC 03
	Introduction to modern board games	LEI 06
Campbell, Lynn	Tap dance	FIT 10
Campbell, Peter	Introduction to modern board games	LEI 06
	Modern board games	LEI 07
	Modern board games	LEI 08
	U3AC Bowls club	LEI 26
Carpenter, Barbara	Badminton (Friday)	FIT 03
Castello, Simone	Cambridge City walking group - Saturday	FIT 37
Clark, Edwina	U3AC recorder group	MUS 17
Cleaver, Marian	Latin: continuing our Latin studies together for a fourth year	LAT 03
Cochrane, Tom	Celebrating the vinyl album from 1967 onward	MUS 02
Colledge, Richard	Badminton (Friday)	FIT 03
Connolly, Vanessa	Book group 2	LIT 02
Cook, John	Poetry reading group J - Tuesday	LIT 28
	Poetry reading group J - Tuesday	LIT 28(z)
	The EPR paradox and Bell's theorem: quantum mechanics versus reality	SCE 16(z)
	The material world	SCE 19
	The nuclear option	SCE 20
	The Pale Blue Dot	SCE 21(z)
Cook, Oliver	Rubber Bridge club	LEI 14
Cooper, Dermot MF	Botany	SCE 04
Cooter-Baker, John	Exploring the science of mindfulness	WLL 05
Cox, Graham	Walking for pleasure - Tuesday (fortnightly)	FIT 30
Crow, Liz	Barnwell art group	ART 06
Culver, Tom	The art of the Silent Cinema	FLM 03
Curry, Georgia	Hardanger, pull thread and other decorative stitches	ARTC 01(z)
Cuthbert, Marilyn	Spanish beginners, second year	SPA 01
Cutmore, Katherine	Bridge Street Bridge group	LEI 10
Davies, Dai	Getting more out of Excel	CMP 02
Davis, Peter Granville	Tales from the Low Countries	HIS 30
Davison, Julia	Eine Art Stammtisch	GER 12/ 12(z)
Davison, Martin	Reading German short stories and plays	GER 09/ 09(z)

Day, Kate	Just vegetating (Spring term)	GDN 04
Day, Mike	Just vegetating (Spring term)	GDN 04
	Biographies	HIS 06
De Val, John	Some economic issues; growth and financial power	ECN 05/ 05(z)
	Some economic issues; migration and aid for the developing world	ECN 06/ 06(z)
Desmond, Rose	Botanic Garden group	GDN 03
Dewar, Ann	Book group 4	LIT 04
Dickens, Peter	Society, the cosmos and self-identity	POL 01
Dixon, Sarah	U3AC investment club	
Douglas, Cecilia	Dance and exercise to Zumba	FIT 11
Doyon, Roy	World regional geography - The SubSahara African region	GEO 03(z)
	Introduction to weather and climate	SCE 11(z)
Dring, Maike	Aromatic plants 1	GDN 01
	Aromatic plants 2 (Summer term)	GDN 02
	Aromatherapy for wellbeing	WLL 01
	Frankincense, Myrrh and more	WLL 06
	Get organised and motivated - Build mental and emotional resilience	WLL 07
Duhig, Corinne	Ancient Egypt for beginners	HIS 02
	Ancient Egyptian religion	HIS 03
Durham, Alan	Japanese cinema -Yasujiro Ozu	FLM 01
	Latin (re-)discovered	LAT 02
Durham, Sue	Table tennis (Monday pm)	FIT 20
Dyson, Tom	Latin (re-)discovered	LAT 02
Eacott, Barbara	Painting group - Wednesday	ART 10
Edkins, Jo	Walks around Cambridge - Tuesday	FIT 31
Edmundson, Henry	Himalaya history and culture	HIS 20
	Adventures in high places	WOR 01
Elliott, Brenda	Science for grandparents	SCE 12
English, Michael	Modern board games	LEI 07
	Modern board games	LEI 08
Erasmus, Avy	The cold war and its current implications	HIS 32
Evans, Bridget	Cryptic crossword club	LEI 21
Ewbank, Tim	Photo forum	PHO 01
Fairclough, John	Table tennis (Tuesday pm)	FIT 22
Fay, Maxine	Paint, draw in Cambridge	ART 08
	Mythical women in contemporary fiction	LIT 23
Fay, Mike	Classical Greek self-help reading group	GRC 02/ 02(z)
	Advanced Latin self-help group	LAT 01/ 01(z)
Fenner, Nigel	Cambridge sport: in Fenner's hands	HIS 11
	Cambridge sport: in Fenner's hands	HIS 12
	Cambridge sport: in Fenner's hands	HIS 13
Fisher, Eunice	Opera - Verdi's early work and later development	MUS 10/ 10(z)
	Opera - More of Verdi's early work and later development	MUS 11/ 11(z)
Fisher, John	Current affairs 1	CUR 01(z)
Fitzgerald, Sarah	Raja yoga meditation and philosophy	PHL 03(z)
Fleet, Viv	Badminton (Wednesday)	FIT 01
Fleming, Anne	Easy rambling - Thursday (fortnightly)	FIT 35
Francomb, Hazel	20th century British contemporary choreography ...	FIT 07
Freeman, Len	Easy rambling - Thursday (fortnightly)	FIT 35
Galbraith Woods, David	Chamber choir	MUS 03
	Going beyond Grade 5 Theory year 1	MUS 08/ 08(z)
	Going beyond Grade 5 Theory year 3	MUS 09/ 09(z)
Gamlin, Jill	Spines, shoulders, hips and knees. How do they work ...	SCE 15
Ganz, Debbie	U3AC bird club	LEI 04
Gardner, Nicola	Botany	SCE 04
Gibbs, Michael	Researching, recording and sharing your family genealogy and history	HIS 28/ 28(z)
Gilchrist, Clive	Flights of amazing imagination - the worlds of Terry Pratchett ...	LIT 15
	Snake oil, Piltdown Man and other scientific scams and hoaxes revisited	SCE 13
Goldstone, Gerald	Crimean War 1853-56	HIS 15
	Crimean War 1853-56	HIS 16
Goy, Hilary	New Testament Greek	GRC 03(z)
	Jesus, the Jew, according to Luke	LIT 18(z)
	Picturing the Trojan War	LIT 26(z)
	Reading the Septuagint	LIT 30(z)
	Women in the world	WOR 05
Graham, Judith	Book group 1	LIT 01(z)
Grassie, Stuart	Turning points: stories from our lives	HIS 38
Green, Kay	Practical gardening 1	GDN 05
Greenhill, Alistair	Easy rambling - Thursday (fortnightly)	FIT 35
Greenwood, Anne	Tales from the Low Countries	HIS 30
Griffiths, Hywel	Table tennis (Monday am)	FIT 19
Grimmer, Andrew	Abstract art	ART 01
Gross, Jean	Modern & contemporary poetry: Being Human	LIT 22
Grossmith, Kostadinka	Modern European novels	LIT 21
Guyton, Robert	Poetry reading group R - Wednesday	LIT 29/ 29(z)
	Another book group	LIT 06/ 06(z)
Hagelberg, Erika	DNA and identity	SCE 07

Haining, Robert	The Armchair Economist	ECN 07
	Twentieth and early twenty first century classics	LIT 35
	Twentieth and early twenty first century classics	LIT 35(z)
Hall, John	The Armchair Economist	ECN 07
	Emerging science and technology discussion group	SCE 08
Harnor, Martin	U.A. Fanthorpe (Spring term)	LIT 36(z)
Hashemi, Louise	Cooking: the books	LEI 19
Hassan, Eman	Arabic language	ARB 01/ 01(z)
Hatfield, Eddie	Third Way investment club	
Haynes, William	It's Only Rock 'n' Roll, Rhythm 'n' Blues and Soul Music ...	MUS 12
Hearn, Sylvia	Express yourself in French	FRE 03
Heaton, Melina	Edith Wharton	LIT 12
	Enlightenment ideas revealed in Jane Austen's novels	LIT 14
Henry, Jim	Australian history to federation	HIS 04
	Christian origins and the early church	HIS 14
Herrick, Martin	Walking 6 miles - Monday (weekly)	FIT 26
Hills, Christopher	Choir	MUS 04
Hopkins, John	Aspects of classical music	MUS 01
Horan, David	Personal poetry	LIT 25(z)
Howell, Pauline	Short tennis	FIT 17
Howell, Sue	Barnwell art group	ART 06
Hundleby, Sarah	Practical gardening 2	GDN 06
Hunt, Barrie	Online Bridge league (BBO)	LEI 13
Hunter, Ian	Current affairs 2	CUR 02
	Economics discussion group	ECN 01
Hunter, Josephine	Duplicate Bridge club	LEI 11
	U3AC investment club	
Jackson, Roy	Table tennis (Monday pm)	FIT 20
James, Jane	Patchwork and machine quilting	ARTC 04
Janowski, Anne	Drawing for pleasure	ART 07
Jean, Friederike	Intermediate German	GER 10
Johnson, Brian	Sketching, drawing and painting	ART 11
Johnston, Colleen	Mah Jong group	LEI 25
Jones, Chris	A guided tour round the Fitzwilliam Museum's antiquities	ARTH 01
	Aesop and Zen: wisdom stories east and west	LIT 07(z)
	Near Eastern myths and histories that relate to the Old Testament	LIT 24
	The glory of Babylonian mythology	LIT 33
	Plato's exploration of pleasure and the good. Are they the same or different?	PHL 02
	The gospel according to St Matthew	PHL 04(z)
Jones, Jim	The Human Figure	ART 12
Jones, Peter	Camsail	LEI 15
Judd, Judith	Book group 1	LIT 01(z)
Jump, Mick	Backgammon for fun	LEI 01
	Cryptic crosswords for real beginners	LEI 20
Kakoday, Prashant	Raja yoga meditation and philosophy	PHL 03(z)
Kara, Heather	Positive thinking and meditation	WLL 09
Kelly, Don	Canasta club	LEI 16
Kendall, Arlette	Le cinéma français à vol d'oiseau: La caméra et la plume	FRE 10
Kent, Anne	Practical gardening 1	GDN 05
Kern, Stephen	Picturing the Trojan War	LIT 26(z)
Keyworth, John	The Old Lady of Threadneedle Street: The Bank of England 1694-1946	HIS 35
Kington, Chris	Arts forum	ART 03
	Modern & contemporary poetry: Being Human	LIT 22
Kirk, Kate	The Cambridge Phenomenon ...	HIS 31/ 31(z)
Knight, Jenny	Language labyrinth	HIS 25/ 25(z)
	Classics of the twentieth century (in person)	LIT 10
	Classics of the twentieth century (Zoom)	LIT 11(z)
	Language and literature challenge	LIT 20(z)
	U.A. Fanthorpe	LIT 36(z)
Landshoff, Peter	Emerging science and technology discussion group	SCE 08
Lang, Gillian	Animals in literature	LIT 08
Lass, Rosemary	The Wednesday walkers (weekly)	FIT 33
Latham, Richard	Badminton (Wednesday)	FIT 01
Latif, Nas	Backgammon for fun	LEI 01
Lewney, Richard	Real-world economics	ECN 04
Lintott, Gill	Knitting	ARTC 02
Loughlan, Chris	Imagine if....?	EDU 01
	Imagine if...?	EDU 02
Lovegrove, Alistair	Table tennis (Tuesday am)	FIT 21
	U3AC Bowls club	LEI 26
Lucas, John	Babbage and his engines	SCE 02(z)
MacGinley, Mary	Modern European novels	LIT 21
Macmillan, Jenny	Table tennis (Monday pm)	FIT 20
Macpherson, Ian (Mac)	Barnwell art group	ART 06
Makin, Lucila	Advanced Spanish	SPA 03
Marengi, Sabrina	Exercise to music 1	FIT 12
	Exercise to music 2	FIT 13

Marengi, Sabrina	Exercise to music 3	FIT 14(z)
Marseglia, Elisabeth	Modern Greek: Intermediate	GRM 02
Mathew, Rosemary	Mah Jong group	LEI 25
Matthews, Clare	U3AC bird club	LEI 04
May, Elizabeth	Drawing for pleasure	ART 07
	Flights of amazing imagination - the worlds of Terry Pratchett ...	LIT 15
	Sustainability book group	LIT 32
McCann, Marina	Reading Russian literature	RUS 04
	Dutch improvers	DUT 01/ 01(z)
	Reading Russian literature	RUS 04(z)
McCann, Trevor	Rambling - Thursday (weekly)	FIT 34
McLean, Keith	Song workshop	MUS 16
McLoone, Heather	Skeletons, wet socks and chocolate cake ...	WOR 03
	Green jumpers, blisters and Ian Botham ...	WOR 04
McPhater, Neil	What is driving the Information Revolution?	BUS 01
Meyer, Rolf	Bavaria, the 'special' German federal state - a look behind the curtain	HIS 05
Meyer, Ruth	Women in the world	WOR 05
Middleton, Cathy	Contemporary dance workshop	FIT 08
Milan, Diane	Anglo-Saxon kingdom of Mercia	ARTH 02/ 02(z)
	Art of the Picts	ARTH 03/ 03(z)
Miles, Alison	Book group 2	LIT 02
	U3AC recorder group	MUS 17
Miles, Elaine	Italian intermediate self-help	ITA 06
Miller-Bernal, Leslie	U3AC Environment group	
Millington, Lindsay	Looking at art: Victorians and Impressionists	ARTH 05
Milne, Gloria	Play reading for fun	LIT 27
Milne, Mike	Play reading for fun	LIT 27
Mitchell, Brian	Abstract art	ART 01
	Arts forum	ART 03
Mitchell, Tessa	Practical cookery 1	LEI 17
	Practical cookery 2	LEI 18
Moore, Gillian	U3AC investment club	
Morris, Derek	How safe are you online?	CMP 04/ 04(z)
	How safe are you online?	CMP 05/ 05(z)
	Cycling club	
Moyser, Roy	Topics in the philosophy of mathematics and science	PHL 05
Murphy, Alan	Jazz on a Monday afternoon	MUS 13
Murphy, Michael J	From Parnell to the 1916 Rising and its aftermath	HIS 19
	Irish cultural history 1891-1923	HIS 23
Neville, Peter	British Prime Ministers - Disraeli to Thatcher	HIS 07
Newton, Mary	Book group 1	LIT 01(z)
Nicholson, Frank	Leading Lights of 19th-Century France	HIS 08(z)
Nisbet, Jessie	The monthly draw - urban sketching in Cambridge	ART 13
	A new book group	LIT 05
Oates, David	Absolute beginners practical introduction to QGIS mapping	CMP 01
O'Connell, Kerry	Henrik Ibsen: Three Plays	LIT 17/ 17(z)
	Shakespeare's tragedies: performance and interpretation	LIT 31
	The short story (Spring term)	LIT 34
	Theatre club	
Oliver, Sarah	Badminton for softies	FIT 04
Page, David	Rome: "The Empire" under Augustus, the Julio-Claudians ...	HIS 29/ 29(z)
	Latin: studying book five of the Cambridge Latin Course - and more	LAT 04/ 04(z)
	Latin: let's study together for a sixth year!	LAT 05/ 05(z)
	Latin: let's continue to study together for a seventh year	LAT 06(z)
Paliginis, Eleni	Photo forum	PHO 01
Palmer, Douglas	Reading the geology of landscape paintings	ARTH 06(z)
Parrish, Gillian	Badminton (Thursday pm)	FIT 02
Patterson, BarbaraAnn	Short tennis	FIT 17
Payne, Sarah	Maths can be fun 1	MTH 01(z)
	Maths can be fun 2	MTH 02(z)
Peirce, Fred	Bridge for improvers	LEI 09
	Duplicate Bridge club	LEI 11
Perkins, Gillian	Practical gardening 1	GDN 05
Perutz, Vivien	Titian	ARTH 07/ 07(z)
Peters, William	4 Mile walking group -Tuesday (fortnightly)	FIT 29
Phillips, Helen	Table tennis (Monday am)	FIT 19
Philpott, Samara	Back to basics 1. An introduction to drawing and painting	ART 04
	Back to basics 2. An introduction to drawing and painting	ART 05
	Paint, draw in Cambridge	ART 08
Pinner, Sue	Ballet - beginners and improvers	FIT 05
Pitman, Mike	A promenade through science and philosophy	SCE 01
Plant, Carolyn	Walking for pleasure - Tuesday (fortnightly)	FIT 30
Polihroniadis, Panos	Greek conversation	GRM 01(z)
Pook, Carole	A woman of no importance?	HIS 01/ 01(z)
Pope, Janet	Explorers and travellers in Asia	HIS 17
Potts, Monica	Planning for an optimal Third Age	WLL 08
Price, Jack	Building the human brain	SCE 05/ 05(z)

Priestley, Michael	Short tennis	FIT 17
Provis, Margaret	Lisons 'Rendez-vous' - Monday	FRE 04/ 04(z)
	Continuons 'Rendez-vous' - Wednesday	FRE 05/ 05(z)
	Modern French novels	FRE 08/ 08(z)
Pugsley, Paola	in Sardegna con Grazia Deledda	ITA 03
Purkis, Lucy	Cyber security - be safe online	CUR 05
Quigley, Mike	Swimming	FIT 18
	Gentle walking group - Wednesday	FIT 32
Radford, Jacqueline	Walks in Cambridge city - Saturday)	FIT 38
Read, Tony	Biographies	HIS 06
Richards, Mary	Stitching	ARTC 05
Richardson, Alan	Cosmology	SCE 06
	Basic quantum theory discussion group	SCE 03
	Space telescopes, their images and what they tell us	SCE 14
Roberts, Adrian	French history 1453-1945	HIS 18
	Napoleon Bonaparte	HIS 27
	The Great War 1914-19	HIS 33
	The Three Kingdoms under the Stuart Monarchy 1603-1714	HIS 37
Robinson, David	The Wednesday walkers (weekly)	FIT 33
Rushton, John	Kipling reading group	LIT 19 (z)
Russell, Christine	Exercise to music 1	FIT 12
	Exercise to music 2	FIT 13
	Exercise to music 3	FIT 14(z)
Russell, Nicholas	Current affairs 3	CUR 03/ 03(z)
Sakellaridis, Margaret	Classical Greek tragedy in English translation	LIT 09
Sales, Anne	Mah Jong group	LEI 25
Salmon, Elizabeth	Horses: Their role in the history of man	HIS 22
Savini, Mary	Italian literature: reading modern novelists	ITA 04
Scally, Janet	Yoga - self help	FIT 39
Schwabe, Jim	Song workshop	MUS 16
Seaman, Juliet	U3AC recorder group	MUS 17
Selwyn, Ricky	Italian beginners	ITA 01
	Italian intermediate	ITA 05
	Italian conversation (Tuesday)	ITA 07
	Italian conversation (Friday)	ITA 08
Sharman, Hannah	Tap dance	FIT 10
Simpson, Pauline	Mythical women in contemporary fiction	LIT 23
Sims, Laura	Moviemaking	FLM 02
Smith, John	All-year walking - Tuesday (weekly)	FIT 28
Spencer, Liz	Painting group - Monday	ART 09
Spiers, Linda	From the Wall Street Crash to Pearl Harbour	LIT 16
Stapleton, Christine	German beginners year 2	GER 02/ 02(z)
	German year 3	GER 03/ 03(z)
	German poetry and prose	GER 05/ 05(z)
	German intermediate	GER 11/ 11(z)
	Swedish	SWE 01/ 01(z)
Steen, Ian	Rock climbing group	FIT 16
Steffert, Beverley	The learning brain	SCE 17(z)
Stevens, Jane	Mandarin	MDN 01(z)
Stevens, Tony	The Human Figure	ART 12
Stopp, Christine	Year 3 Spanish	SPA 02(z)
Stringer, Karen	Ballet - beginners and improvers	FIT 05
Stubbings, Ursula	Circle dancing	FIT 06
	Walks using public transport - Friday	FIT 36
	Punting (Summer term)	LEI 23
	Music Theory Grade 5 for beginners	MUS 07
Tabrett, Mike	T'ai Chi Chuan 24 Step beginners	FIT 23
	T'ai Chi Chuan 24 Step intermediate	FIT 24
	Integrated T'ai Chi and Chi Kung exercises	FIT 25
Tamulonis, Geoffrey	Walking football	
Tatham, Jill	Listen, Read, Grammar	FRE 02
	French translation: Fred Vargas	FRE 07
	Translation: Warten bis der Frieden kommt	GER 04
	German translation: Eifel-Gold	GER 06
	Cryptic crossword club	LEI 21
Tavner, Elizabeth	Classical Greek	GRC 01
Thirkettle, Christine	The plant hunters	HIS 36
Thomas, Susan	Bezique	LEI 02
Thorn, Elizabeth	French conversation	FRE 06
Tilling, Vanessa	Choir	MUS 04
Tillotson, Judy	Patchwork and machine quilting	ARTC 04
	Stitching	ARTC 05
Toase, Margaret	Italian self-help	ITA 02
Tritton, Keith	Geology group	SCE 09/ 09(z)
Tuffnell, Jill	Rights and responsibilities on public rights of way - the roles of landowners ...	GEO 02
Turney, Ray	Table tennis (Monday am)	FIT 19
Tyson, John	Current affairs 2	CUR 02

Tyson, John	Economics discussion group	ECN 01
Vallance, Roger	Russian language intermediate	RUS 03/ 03(z)
Van der Velden, Hans	Modern board games	LEI 07
	Modern board games	LEI 08
Venn, Christine	Advanced German conversation	GER 08
Wakefield, Menslu	Russian for beginners year 1	RUS 01
	Russian for beginners year 3	RUS 02
Wallis, Kim	Arabic language	ARB 01/ 01(z)
Walls, Ian	Painting group - Monday	ART 09
Waterhouse, Clare	Elizabeth Bowen (1899-1973)	LIT 13
Watkins, Brian	Choir	MUS 04
Watts, Gillian	Introduction to Nicolas Poussin	ARTH 04
White, Paola	Reading German aloud	GER 07(z)
Whitehead, Jo	Is the world progressing?	HIS 24
	The cold war and its current implications	HIS 32
	Board games online	LEI 05/ 05(z)
	Poetry reading group J - Tuesday	LIT 28/ 28(z)
	Lunchtime concert series	MUS 18
	The science and practice of happiness	WLL 10
Whykes, Susan	Reading music from the beginning	MUS 05(z)
	Music theory for beginners	MUS 06(z)
	Mainly madrigals	MUS 14
Wickens, Graham	Photo forum	PHO 01
Williams, Madeleine	French for beginners	FRE 01
Williams, Olwen	Birdsong identification	LEI 03(z)
Wills, John	The life of stars	SCE 18(z)
Wilson, Brenda	Book group 3	LIT 03
Winfield, Alan	History of early Christianity	HIS 21
Winter, Richard	Introduction to Buddhist meditation	WLL 02
	Buddhist meditation 2: 'Exploring states of mind and feeling'	WLL 03
	Buddhist meditation 3: 'Aspects of the practice of mindfulness'	WLL 04
Woodman, David	Great physicists	SCE 10
Woodsford, Peter	Historical maps on the WWW	GEO 01(z)
	Africa forum	WOR 02/ 02(z)
Yoxall, Maribel	Spanish conversation via Zoom	SPA 05(z)
Yule, Ruth	German beginners	GER 01/ 01(z)

My U3AC timetable

Day of the week	Autumn term	Spring term	Summer term
Monday	AM:	AM:	AM:
	PM:	PM:	PM:
Tuesday > <i>Film Group: Autumn, Spring & Summer terms - 1 pm at Cambridge Arts Picturehouse</i> > <i>Norah Boyce Science Lectures: Autumn & Spring terms - 4.30 pm on Zoom</i>	AM:	AM:	AM:
	PM:	PM:	PM:
Wednesday > <i>Weekly Bulletin emailed</i> > <i>Wednesday Lectures: Autumn, Spring & Summer terms, 2.15 pm in Pink Room & on Zoom</i>	AM:	AM:	AM:
	PM:	PM:	PM:
Thursday	AM:	AM:	AM:
	PM:	PM:	PM:
Friday	AM:	AM:	AM:
	PM:	PM:	PM: