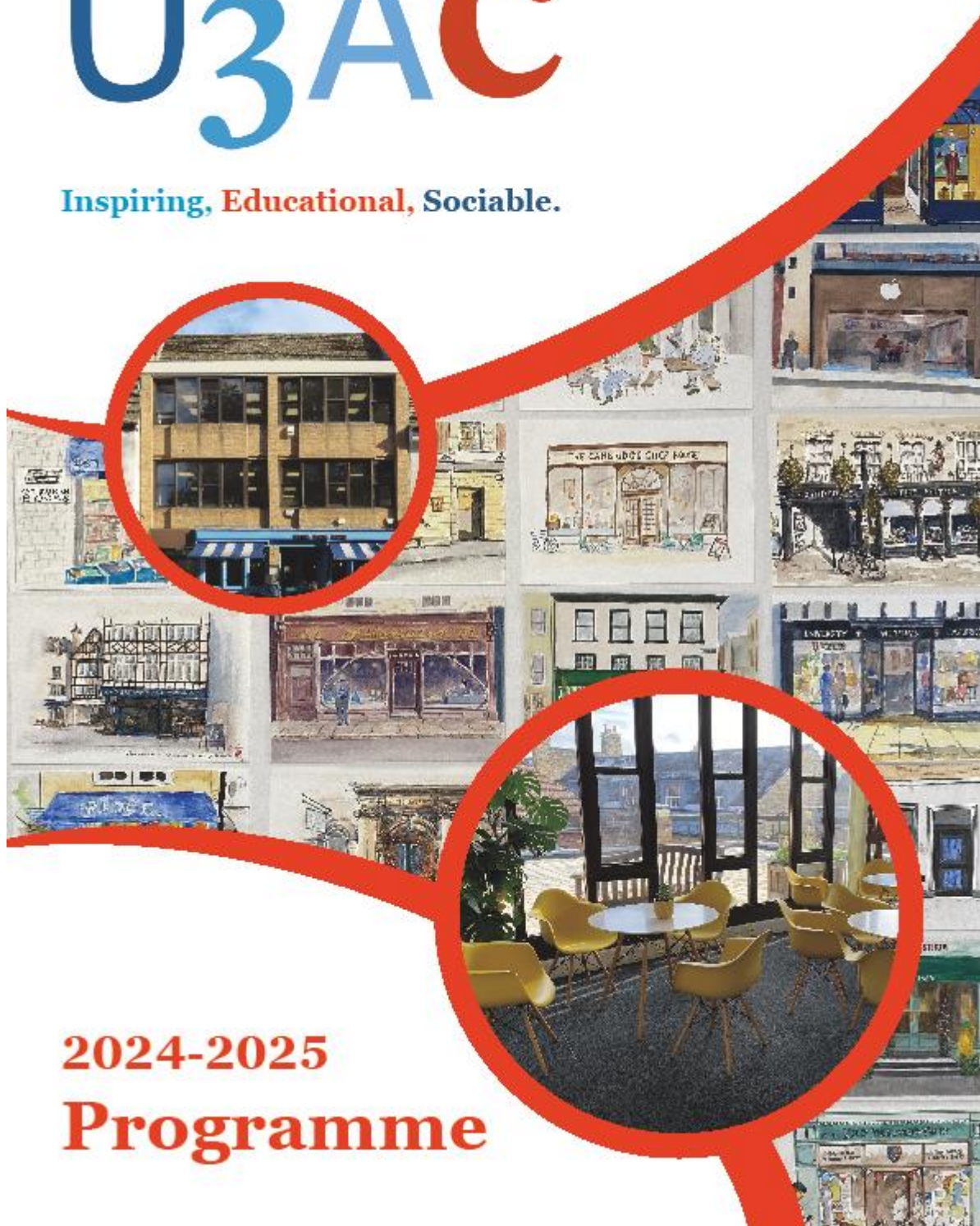


U3AC

Inspiring, Educational, Sociable.



2024-2025
Programme



University of the Third Age in Cambridge (CIO)

Registered Charity No. 1180769 Company Registration No. CE015658

27-28 Bridge Street, Cambridge CB2 1UJ

Tel: 01223 321587

Email: office@u3ac.org.uk

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Cultural & Social Activities Committee

Chair: Clem Messenger

Office staff

Office Manager: Carol Spong

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 New Year.

Access: The entrance to 27-28 Bridge Street is between the Wildwood restaurant (now closed) 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 2024 – 2025

Autumn Term: Monday 7 October – Friday 13 December 2024

Spring Term: Monday 13 January – Friday 21 March 2025

Summer Term: Tuesday 22 April – Friday 13 June 2025

Annual General Meeting Wednesday 26 March 2025 at 2.15 pm

Cover design by Rebecca Birkett-Smith with artwork by Barnwell Art Group

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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 2024–2025 is £110. 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 (£22.00), 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

Applications received by **1 August** will be included in the automatic course allocation.

For existing members

Applications should be submitted via the website, www.u3ac.org.uk

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 your 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. For example, a 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 Member registration and course application form.

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.

Accessibility

A table near the end 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.

Tutors and organisers may arrange informal activities, trips, and holidays for people who are in a class or a programme. However, these do not constitute part of the U3AC programme, and they are organised independently of the U3AC. The U3AC can take no responsibility for the arrangements made or for any issues arising from the activity. It is thus vital you ensure that the appropriate household/travel/legal/indemnity insurance is in place for the activity. Such arrangements are made between individuals who may be members of a class but the arrangements are not an element of that class nor part of the U3AC programme.

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

Organiser: Marilyn Hampton

Tutors: Gregor Alvey & Norman Nicolson

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: 11 Oct

We explore and experiment with a wide range of approaches to make abstract art. Each term there are different themes, lasting for one or two weeks, led by a coordinator, guest artist or a course member. A theme may cover the work of a chosen artist or an abstract style. There is no formal tuition, but guidance and suggestions are given, including details of materials you may wish to use. You can work in any medium except oils. Group members include all levels, from beginners to established artists and you are free to explore your own responses. A highlight of ART 01 is the ethos of collaboration, open mindedness and mutual support; we encourage everyone to learn from each other in a sociable and enjoyable way. We have established an annual exhibition at U3AC's Bridge Street premises and this is open to all who wish to display.

Format: Taught course or activity

About me: (Marilyn) I enjoy visiting art exhibitions and learning about art history, but started abstract art two years ago without any practical experience; it has been a joy and enhanced my appreciation.

ART 02: Adventures in art

Coordinators: Maxine Fay & Samara Philpott

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

Venue: Arbury Community Centre (Small hall)

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

Places: 16

Start date: 08 Oct

Would you like to become more creative and explore new ideas and techniques in art? If so, then this might be the class for you. We want the class to be collaborative and inclusive so we hope that some participants will be willing to share ideas and techniques with the group. Although if you want to come along and just enjoy an afternoon of creating art, that's fine. We will cover a variety of topics depending on members' interests and expertise such as understanding and working with colour, drawing, printing or collage - but not painting in oil. For most sessions you will need to provide your own materials but occasionally we may ask for a small contribution to the cost of providing more specialist equipment. This is a friendly, relaxed, supportive class that welcomes new members as well as people who have attended the previously run course 'Anything Goes'.

Format: Self-taught course or activity with some teaching

About us: Samara and I have been enthusiastic members and coordinators of the Tuesday afternoon and other art classes for many years.

ART 03: Arts forum

Convenor: Chris Kington

Co-Tutors: Marilyn Hampton & Paul Bullen-Smith

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: 09 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. Discussion is the essential part of the forum. Each session will be introduced by a group member who will provide stimulus on a chosen topic as a starting point for wider discussion. Presentations can take any form and we hope will generate a lively exchange of information and views. If there is time, sessions will also include an open and informal discussion of the latest art news and issues, book recommendations, exhibitions visited, reports from the local arts scene. 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.

Format: Discussion

About me: 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: 08 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: 14 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: Sue Howell & Ian (Mac) Macpherson

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 (8 weeks)

Places: 20

Start date: 11 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. The 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: Conversations about art

Coordinator: Adrian French

Day and time: 2nd Thursday of the month 15:00 - 16:30

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (3 weeks), Spring (2 weeks), Summer (2 weeks)

Places: 12

Start date: 10 Oct

Each month we will visit one of the wonderful exhibition spaces in Cambridge in our own time and then meet to talk about it - a bit like a book club. In between meetings we will continue the discussion by sharing understanding and resources online. Over time we will expand the ways that we learn to look at and reflect upon art and the way it enriches our daily lives. Our first discussion will be about this exhibition: <https://fitzmuseum.cam.ac.uk/plan-your-visit/exhibitions/paris-1924-sport-art-and-the-body>. I am neither an artist nor art historian so, whether you are either or neither, come and share your experience with us.

Format: Course or activity without teaching

About me: I am enthusiastic about self-directed group learning. Just as well as I have no specialist arts knowledge. This has never stopped me going to exhibitions nor talking about them.

ART 08: 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 (8 weeks)

Places: 10

Start date: 11 Oct

The group will meet to enjoy 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. We occasionally go informally as a group of friends to visit art galleries, local exhibitions, etc.

Format: Self-taught course or activity

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

ART 09: 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: 20

Start date: 22 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 10: 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 (8 weeks)

Places: 23

Start date: 07 Oct

We are a group of painting enthusiasts who help each other to progress and improve our artistic skills. The sessions are very informal. We welcome beginners as well as more experienced artists. We use watercolours, pastels, acrylics and oils. Grantchester Village Hall is ideal for painting and there is parking available in the street adjoining. The Hall is well equipped with tables and chairs and provides facilities for tea and coffee making.

Summer term dates are: 28 Apr, 12, 19 May, 2, 9, 16, 23, 30 Jun.

Format: Self-taught course or activity

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

ART 11: 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 (8 weeks)

Places: 24

Start date: 09 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 enjoy 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 12: 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 (8 weeks)

Places: 24

Start date: 11 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. On the following dates meetings will be at 2.00 - 4.00pm: 18 Oct, 15 Nov, 17 Jan, 21 Feb, 21 March and 16 May.

Format: Taught course or activity

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

ART 13: The human figure: life drawing

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 (8 weeks)

Places: 20

Start date: 10 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 and have been members of the group for several years.

ART 14: The monthly draw - urban sketching in Cambridge

Organiser: Jessie Nisbet

Day and time: 2nd Friday of each month, (except for April, see dates below) 10:30 - 12:30

Places: 10

Start date: 11 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.

Dates: 11 Oct, 8 Nov, 13 Dec, 10 Jan, 14 Feb, 14 Mar, 25 Apr, 9 May, 13 Jun.

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: Golden Age of Anglo-Saxon art 900 - 1066

Tutor: Diane Milan

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 10 Oct

King Alfred initiated a second period of Anglo-Saxon artistic greatness which lasted until the Conquest. Often called the Winchester School, it is very different from the first golden age - when the Anglo-Saxons arrived. Pen and ink outlines, tall figures and fluttering drapery are part of the style seen in masterpieces of manuscript painting, and other arts. The St Cuthbert embroideries and the Bayeux Tapestry, are the best-known examples of the 'English work' famous throughout Europe and the period was pre-eminent for ivory carvings of great delicacy. The course will look at Anglo-Saxon life and literature, astronomy and medicine, as well as its distinctive architecture, some to be seen locally. There is the Harley Psalter with lively scenes of Anglo-Saxon life and the Trinity Gospels, the most sumptuous of late Anglo-Saxon Gospel books. The course will refer to recent discoveries and publications. Six consecutive weeks in both terms; Spring term starts 16 Jan.

Format: Lecture

About me: I am an enthusiastic amateur whose History degree specialised in the Anglo-Saxons. I now focus on the Art History and update my knowledge through workshops and publications.

ARTH 01(z): Golden Age of Anglo-Saxon art 900 - 1066

Places: 25

As for ARTH 01 but attending via Zoom.

ARTH 02: Art and industry in Britain, 1760-1960 (Spring term)

Tutor: Chris Owen

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 13 Jan

As Britain experienced both the increasing wealth and the social challenges presented by its role at the forefront of the industrial revolution, the history of its art and design reflected different views on the benefits and problems associated with the rise of industrial production. By means of slide talks, visual analysis of individual works and class discussions, this course will explore the careers of many well-known artists, from Hogarth to Hockney, with a particular focus on how their work illustrates the development of our industrial, and later post-industrial, society. No prior knowledge or reading is required, but an interest in and general knowledge of both history and the visual arts would be beneficial.

Format: Lecture

About me: I taught Art History in universities and art schools, becoming Head of Cambridge School of Art, Anglia Ruskin University, before retiring in 2019. My research specialism is British Modern Art.

ARTH 02(z): Art and industry in Britain, 1760-1960 (Spring term)

Places: 30

As for ARTH 02 but attending via Zoom.

ARTH 03: Cultures of Japan (Spring term)

Tutor: Paul Hartle

Day and time: Tuesday 15:45 - 16:45

Venue: U3AC (Red room)

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

Places: 20

Start date: 21 Jan

The course covers several - but far from all - aspects of Japanese art and culture. I plan to discuss - with the use of many illustrative images and objects:

- 1: Heian Period Culture: Calligraphy; 'The Tale of Genji';
- 2: Dress: Kimono, Obi and Accessories;
- 3: Ceramics, Cloisonné and Lacquer;
- 4: Inro and Netsuke;
- 5: Samurai Arts;
- 6: Painting and Woodblock Prints;
- 7: Theatre: Noh, Kyogen, Kabuki, Bunraku;
- 8: Gardens and Ikebana (Flower Arrangement);
- 9: Tea and Saké.

The aim of the course is to introduce these various aspects of Japanese culture to those who are interested, leading perhaps to a broader understanding of Japanese aesthetics. Our cultures first encountered one another more than four centuries ago and the course will explore the arts of Japan through their reception in the West. I hope those who attend will enjoy the continuing conversation.

Format: Lecture/seminar

About me: I am fascinated by Japan, and spent two semesters teaching Shakespeare in Kyoto. I have published articles on 17th-century Britain and Japan and continue to struggle to learn Japanese.

ARTH 04: Introduction to Post-Impressionism (1880 - 1905) (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: 25

Start date: 23 Apr

A reaction in the 1880s against the Impressionist's objective recording of visual appearance led to a search for emotional significance in painting. Three painters were considered to be pioneers - Cézanne, Gauguin and Van Gogh. Seurat became interested in their ideas. The late works of the Impressionists themselves showed evolution in their style. There was an immediate impact on the art of many other countries. Individuals embraced the change each in their own way. The term lost traction in about 1905 with the emergence of Matisse and Derain and the first Fauve pictures, and with Picasso and Braque beginning their evolution towards Cubism and beyond. The course will explore some of the ideas through selected paintings.

Format: Lecture

About me: The course is based on an exhibition and my research into the paintings.

ARTH 05: Looking at art: Into the 20th Century (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: 16 Jan

This course follows the story of Western visual art in the first half of the 20th Century, a period of restless experimentation. Artists pushed the boundaries: challenging what had gone before; drawing on the work of earlier times and distant nations; building bridges with literature, music, crafts and architecture; and reflecting new attitudes to sexuality, suffrage, war and pacifism. Across Europe, many new styles and movements emerged, some figurative, some abstract - examples include cubism, surrealism, modernism and the practical focus of the Bauhaus school. The course will seek to bring order to this confusing world by looking closely at selected works by key artists, using visual analysis techniques. Each session will include small group exercises and everyone makes a (very) short end-of-term presentation. A visit to the Fitzwilliam and/or Kettle's Yard will be arranged if possible. No experience required, but ability to clearly see detail in projected images important.

Format: Taught course or activity

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

ARTH 06: Saints in the Fitzwilliam Museum: a guided tour of pictured saints and their stories

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 (8 weeks)

Places: 12

Start date: 09 Oct

We will explore together the many beautiful medieval and Renaissance (and later) images of saints in the Fitzwilliam's galleries (especially the Italian and Flemish rooms). We will walk round the exhibits and look carefully at the religious paintings and sculptures. I will analyse the paintings and their iconography, and each week one course member will provide for the class the history (and legends) of one saint (sourced from books or the internet) which I will supplement.

Format: Lecture

About me: I have been visiting the Fitzwilliam Museum regularly for decades and love the art there. I ran a guided tour course last year on the museum's antiquities.

Arts and crafts

ARTC 01: A designer-embroiderer's view of the 20th Century: Lilian Dring (1908-1998)

Tutor: Matthew Dring

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

Venue: U3AC (Pink room)

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

Places: 20

Start date: 04 Nov

In 2023, 'Embroidery Magazine' published a 2-page spread entitled 'The Patchwork of the Century' inspired by the most publicly visible piece of Lilian Dring's work - on permanent display in London's Southbank Centre. The writer concluded 'Some names are well known in textile history. Dring is one whom we need to know more'. Graduating from the Royal College of Art as a poster designer in 1929, Lilian Dring produced some provocative posters but, emerging into the Depression, she turned her design to domestic embroidery items, such as cushions and hangings, and later to ecclesiastical vestments and embroidered portraits of houses. Throughout her career, her designs were remarkably innovative, and still seem fresh and modern. Using slides and pieces from her own collection, these talks will illustrate the wide range of her work, reflecting the events of her time, and carrying still relevant social and environmental messages.

Format: Lecture

About me: I am an academic scientist but, following retirement, I give talks to embroidery and women's group about my mother's work, and aim to bring her work to a wider audience.

ARTC 02: Hardanger, pull thread and other decorative stitches (Summer term)

Coordinator: Georgia Curry

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

Venue: U3AC (Yellow room)

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

Places: 10

Start date: 21 Apr

Hardanger - or how to remove threads from your work without everything collapsing in a tangled mess. We will learn/practice 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: Enthusiastic embroider, currently working towards a qualification with the Royal School of Needlework.

ARTC 03: Knitting

Coordinators: Gill Lintott & Jackie Beavis

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: 11 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 04: Light-hearted crafting group

Tutors: Anne Campbell & Vanessa Blake

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 (10 weeks)

Places: 12

Start date: 10 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 us: We are enthusiastic amateur crafters and makers.

ARTC 05: Patchwork and machine quilting

Leader: Jane James

Assistant leader: Lesley Kiln

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

Venue: Joint Ex-Services and Royal Mail Social Club (Main Hall)

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

Places: 14

Start date: 09 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; U3AC offers this service free of charge before term starts. Please get in touch if you would like further details.

Format: Self-taught course or activity

About me: (Jane) My love of fabric and sewing started before I could read! I enjoy making clothes, embroidery and needlepoint, I started learning about patchwork and quilting eight years ago.

ARTC 06: 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 (8 weeks)

Places: 12

Start date: 09 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.

ARTC 07: Time with textiles

Coordinators: Hilary Clark, Sally Livesey & Jackie Covill

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

Venue: Cambridge Victoria Homes (The Pavilion)

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

Places: 14

Start date: 07 Oct

This group is for all those who like working with textiles in a whole variety of ways, whether you are experienced or are just starting and would like to spend time with others. Our hope is that we can share our skills, help each other, maybe try out new things, have fun together and enjoy a cuppa! You will need to bring your own materials and equipment – there are plenty of tables, chairs and sockets at the venue which also has kitchen and toilet facilities.

There is some parking in the grounds. This is not a formally taught course but an opportunity for us to meet, share and learn together.

Format: Course or activity without teaching

About us: We are not experts, but love working with textiles and look forward to sharing with fellow enthusiasts!

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: 10 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: Living with Big Tech, social media and AI

Tutor: Tim Ewbank

Day and time: Tuesday 13:10 - 14:10

Venue: U3AC (Pink room)

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

Places: 20

Start date: 5 Nov

This short course is designed to help you better understand the digital world in which we live. It will examine how social media and Big Tech came to be so influential; their impact on society and democracy; what is being done to better regulate their activities and where we might expect them to go with the growing influence of AI. It is not a course about how to use Facebook or similar platforms, but more to help you better live with them safely.

Format: Lecture

About me: I have been observing of the impact social media and these related technologies have on society since they became massively popular in mid-2000s.

CMP 02: QGIS mapping improvers seminar

Leader: 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: 18 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. The class is designed for students who have already obtained some working knowledge of QGIS from the beginners' class. The class will be run on a seminar basis. Members will be encouraged to choose and present their own projects, enabling mutual help and discussion. The classes will all be practical sessions. Please bring a fully charged laptop. By having fortnightly meetings there will be time to produce your own projects for display and discussion.

Format: Seminar

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

CMP 03: Staying safe online (Spring term)

Tutor: Derek Morris

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 17 Jan

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 whilst using the world wide web and internet. Topics will include an introduction to the Internet, World Wide Web and the Dark Web, recognising online scams and spam, avoiding computer viruses, methods for creating and managing secure passwords, protecting your privacy, how to spot fakes and safe online shopping and banking. The course will include examples and tips for Windows, Mac, iPad and smartphone (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 03(z): Staying safe online (Spring term)

Places: 50

As for CMP 03 but attending via Zoom.

Current affairs

CUR 01: Current affairs 1

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 (8 weeks)

Places: 16

Start date: 11 Oct

A discussion group, mainly concerning topics in the news.

Format: Taught course or activity

About me: (Ian) Retired Further Education Lecturer/Manager.

CUR 02: Current affairs 2

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 (8 weeks)

Places: 16

Start date: 11 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 ninth year doing this activity, members seem to enjoy the format. Many topics are suggested prior to the session by email.

CUR 02(z): Current affairs 2

Places: 8

As for CUR 02 but attending via Zoom.

CUR 03(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: 07 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 webcam 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 04: The history of the Middle East and its current implications

Tutor: Jo Whitehead

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

Venue: U3AC (Pink room)

Length of course: 2 terms. Autumn (7 weeks), Spring (7 weeks)

Places: 30

Start date: 15 Oct

I use a mixture of videos, powerpoints and discussions to explore the history of the Middle East, focusing on those aspects that best explain what is going on today. I anticipate that about 14 sessions will be required. I have some private commitments that mean that I will have to miss some sessions - probably in October and January. Online participants can listen in, but discussion will be focused in the room (if concerned, contact me for more details). Sessions will be recorded by the tutor, so participants can stay up to date even if unable to join that week. Dates tbc.

Format: Mix of lecture, video and discussion

About me: I am not a historian - but people seem to enjoy my style of presenting others research, videos and discussion.

CUR 04(z): The history of the Middle East and its current implications

Places: 50

As for CUR 04 but attending via Zoom.

CUR 05(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: 28 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 equipped with a webcam and internet access. The eight dozen members are third-age learners from the U3AC, UK-based U3As and similar organisations in Canada, the USA and Ireland. 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 06(z): Transatlantic Economist Readers group

UK Coordinator: Harry Belsey

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

Venue: Zoom

Places: 6

Start date: 07 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 equipped with a webcam and 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 (8 weeks)

Places: 15

Start date: 11 Oct

This 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 me: (Ian) Retired Further Education Lecturer and Manager

ECN 01(z): Economics discussion group

Places: 4

As for ECN 01 but attending via Zoom.

ECN 02: Economics of everyday materials

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: 09 Oct

Economics is about everyday life and that everyday life seems increasingly dominated by intangible items such as apps, social networks and online services. But these 'intangible' items are wholly reliant upon the physical infrastructure that facilitates them and the energy that powers them. That physical infrastructure in turn depends upon such mundane items as sand, salt and iron. We are extracting such material in greater quantities than ever before. This term's study will explore the nature of our dependence on these basic elements of Mother Earth and the fascinating network which links them altogether. No previous knowledge of economics is 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 02(z): Economics of everyday materials

Places: 5

As for ECN 02 but attending via Zoom.

ECN 03: Economics of everyday things (Spring term)

Tutor: John De Val

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

Venue: U3AC (Yellow room)

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

Places: 15

Start date: 15 Jan

Economics is about everyday life and in this term's study we will look at the economic stories behind the things that feature in that life from our morning coffee, the jeans we wear, the mobile phones we have in our pockets, the container lorries we encounter on the motorway, and other things we more or less take for granted just appear for us to use. No previous knowledge of economics is 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 private sectors.

ECN 03(z): Economics of everyday things (Spring term)

Places: 5

As for ECN 03 but attending via Zoom.

ECN 04: The Armchair Economist

Organiser: John Hall

Deputy: Robert Haining

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

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

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

Places: 12

Start date: 08 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 me: (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 05: The economy and society: past theories, present issues, future options (Spring term)

Leaders: Richard Lewney & Paul Bullen-Smith

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 15 Jan

This course was conceived as a marriage between Paul's 'Great economists' course and Richard's 'Real-world economics' course, both of which ran in 2023-24. We will look at key issues in economics and society, review how different thinkers have tried to understand the issue in the past, consider how it plays out today, and discuss together what might be done in future to manage things better. We will look at one topic per week and topics could include 'globalisation and protectionism', 'price versus value', 'our housing market problems' and 'is there such a thing as sustainable growth?'. The format will be a seminar: a short presentation on the topic, a look at past ideas, its importance today and future options or ways forward. The group's thoughts, judgements and perspectives will be an important part of the course.

Format: Seminar

About us: Paul taught, examined and developed syllabuses in Economics. Richard worked as a professional economist for a Cambridge spin-off. We're fascinated by how Economics helps us understand the world and society.

ECN 05(z): The economy and society: past theories, present issues, future options (Spring term)

Places: 16

As for ECN 05 but attending via Zoom.

ECN 06: 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: 16 Jan

Economics dominates political decision making usually to the exclusion of other priorities. Many Prime Ministers have studied Economics at University - to any good effect? The great economist JM Keynes observed that 'practical men who believe themselves to be quite exempt from any intellectual influence, are usually the slaves of some defunct economist'. Is the currently fashionable 'value free' neoliberal economics now 'defunct'? Are the values, methods and perspectives of classical economics still relevant? Are there any viable alternatives? This course offers a personal critique of a subject important to us all. Course members will consider basic economic ideas, concepts and theoretical models in a critical light. The course will be in seminar format, with both formal teaching and class discussion. Previous knowledge of economics isn't needed but a sceptical interest in current affairs is. The tutor is experienced in teaching economics to university entrance level.

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 iteration of this course.

Environment

ENV 01(z): A God-ordained resource for mankind: the changing perception of British landscape over time?

Tutor: Douglas Palmer

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

Venue: Zoom

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

Places: 50

Start date: Part one: 07 Nov; Part two: 16 Jan.

This two-part Zoom course looks at a selection of British landscapes from Scotland to Cornwall and discusses how they entered the national consciousness at different times and in different ways, which has finally resulted in some level of protection and conservation from Sites of Special Scientific Interest to Areas of Outstanding National Beauty, National Parks and World Heritage Sites. The history of these changes is discussed through the different roles played by writers, artists and scientists whose work has impacted upon our understanding and appreciation of the remarkably varied British landscape. No previous knowledge is required to participate in this course.

Format: Illustrated lecture

About me: As a science writer with a background in geology, I am interested in landscape – how it is publicly perceived, analysed by scientists and portrayed by writers and artists.

ENV 02: Environment discussion group

Convenors: Vanessa Connolly & Helen Pope

Day and time: First Thursday of the month 15:00 - 16:30

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (2 weeks), Spring (2 weeks), Summer (2 weeks)

Places: 15

Start date: 07 Nov

Are you looking to better understand our relationship with the natural and built environment, our greatest challenges, and help to build a more positive, sustainable future? Then join our discussion group. We meet monthly to examine environmental issues from local to global topics such as climate change, water pollution, energy supply options and the effects of government policies on the environment. Our meetings are participative using a variety of methods such as member-led sessions on a topic that interests them, talks by a guest expert, discussions of articles, books, news reports, research findings, and film clips. Our first two sessions will examine issues relating to energy and air pollution. If anyone is interested in environmental topics and cannot attend the discussion group, please also see our listing under eXtra groups.

Format: Discussion

About us: We both have a non-academic interest in the challenges facing our environment and decided to start a class for like-minded members to learn about and discuss issues of concern.

*** See also U3AC environment group in eXtra groups ***

Film

FLM 01: Moviemaking

Coordinator: Laura Sims

Day and time: Thursdays (See dates below) 15:00 – 17:00

Venue: Arbury Community Centre (Small hall)

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

Places: 10

Start date: 17 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 on the following dates: 17 Oct, 7 & 21 Nov, 5 & 19 Dec, 16 Jan, 20 Feb, 20 Mar, 17 Apr, 16 May, 19 Jun. However, there may also 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.

*** See also U3AC film group in eXtra groups ***

Fitness

FIT 01: Badminton (Wednesday)

Coordinators: Richard Latham & Viv Fleet

Day and time: Wednesdays throughout the year 10:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

Places: 26

Start date: 09 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 £2.85 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 me: (Richard) I 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 (12 weeks), Spring (12 weeks), Summer (4 weeks)

Places: 26

Start date: 26 Sept

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 £25 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.

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: 11 Oct

Badminton is excellent exercise and also great fun. The session has been running for over twenty years with a core of regular players. There is no coaching or tuition. There is a range of ability but the course is best suited to players who have badminton experience. A reasonable fitness level is essential. We play every week throughout the year that Kelsey Kerridge is open. The cost is £2.85 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 me: (Barbara) I have played with this group since it began and have been the organiser for the past 8 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 (8 weeks)

Places: 23

Start date: 09 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 £2.85 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 4 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.

FIT 05: Wise wild dance - plus (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: 20

Start date: 13 Jan

Join a community of dancers who move together creatively, develop our physical fitness and have fun. We use a variety of ideas to inspire our dances (drawing from Rudolf Laban's movement analysis) and we often improvise and choreograph alone, in pairs or in groups. The 'plus' is because this year we will be stimulated by ideas and structures drawn from the professional dance theatre too. A love of dancing is essential for this course but previous knowledge or technique is not; everyone is encouraged to work within their own comfort zone. Please come prepared to dance in bare feet or soft shoes and wear loose comfortable layers.

Format: Taught course or activity

About me: Hazel has a huge wealth of dance teaching experience. She draws inspiration from T'ai Chi and therapeutic dance forms as well as from Laban's analysis and Contemporary Dance.

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: 07 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 payable on application. Please note: There will be no meetings during school half-terms: 28 Oct & 17 Feb. The last session in the Autumn term will be on 16 December.

Format: Taught course or activity

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

FIT 07: 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 (8 weeks)

Places: 25

Start date: 10 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 08: Dance and exercise to Zumba

Tutor: Cecilia Douglas

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

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

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 20

Start date: 09 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.

FIT 09: Dance-harmony

Tutor: Aurora Albano

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

Venue: Downing Place URC (Gibson Hall)

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

Places: 15

Start date: 09 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: I strongly believe that dance is an instinctive response to musical stimuli and therefore universally accessible. It's particularly recommended for the third age for its intrinsic characteristics.

FIT 10: Tap dance

Tutor: Hannah Sharman

Coordinator: Lynn Campbell

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

Venue: Colours of Dance (Studio 1)

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

Places: 15

Start date: 08 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 £98 for the year, payable on application. Please note that there will be no face-to-face classes in the school half-terms: 29 Oct and 18 Feb, instead the tutor will send members a pre-recorded session.

Format: Taught course or activity

About us: Tap dancing is fun and good exercise for the body and brain. If you have any questions please email the coordinator.

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.

FIT 11: Ballet - beginners and improvers

Tutor: Karen Stringer

Coordinator: Sue Pinner

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 (8 weeks)

Places: 25

Start date: 09 Oct

The course will be taught by Karen Stringer ANATD, MNATD, FNATD from 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 for the year to pay for the tutor, payable on application.

Format: Taught course or activity

About me: (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 12: Exercise to music 1

Tutor: Sabrina Marenghi

Coordinator: Christine Russell

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

Venue: Kelsey Kerridge Sports Centre (Fitness Studio)

Length of course: 3 terms. Autumn (13 weeks), Spring (13 weeks), Summer (9 weeks)

Places: 20

Start date: 16 Sep

The exercise to music group 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: 16 Sep-16 Dec (not 28 Oct), 6 Jan-7 Apr (not 17 Feb), 28 Apr-7 Jul (not 5 or 26 May).

Note: There is an additional fee of £56 to pay for the tutor to be paid in advance on application.

Format: Taught course or activity

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

FIT 13: Exercise to music 2

Tutor: Sabrina Marenghi

Coordinator: Christine Russell

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

Venue: Kelsey Kerridge Sports Centre (Fitness Studio)

Length of course: 3 terms. Autumn (13 weeks), Spring (13 weeks), Summer (9 weeks)

Places: 20

Start date: 16 Sep

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

Note: There is an additional fee of £56 to pay for the tutor to be paid in advance on application.

Format: Taught course or activity

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

FIT 14(z): Exercise to music 3

Tutor: Sabrina Marenghi

Coordinator: Christine Russell

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

Venue: Zoom

Length of course: 3 terms. Autumn (13 weeks), Spring (13 weeks), Summer (9 weeks)

Places: 20

Start date: 19 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: 19 Sep-19 Dec (not 31 Oct), 9 Jan-3 Apr (not 20 Feb), 24 Apr-3 Jul (not 29 May).

Note: There is an additional fee of £64 to pay for the tutor to be paid in advance on application.

Format: Taught course or activity

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

FIT 15: Short tennis

Coordinators: BarbaraAnn Patterson, Pauline Howell & Michael Priestley

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 (8 weeks)

Places: 22

Start date: 10 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 (Kelsey Kerridge (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 £27 payable on application (approx. 96p 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 me: (BarbaraAnn) I have enjoyed playing Short Tennis for the past 15 years and would like to introduce it for the enjoyment of others.

FIT 16: 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: 07 Oct

Table tennis is great fun and helps to improve hand-eye coordination 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 request an annual donation of £1, payable to the coordinators. The venue charges a sessional fee of £2.85 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 17: Table tennis (Monday pm)

Coordinators: Roy Jackson, Sue Durham & 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 (8 weeks)

Places: 24

Start date: 07 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 and coordinating this course for a number of years.

FIT 18: 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: 08 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 has 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 £2.85 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 9 years and strive to arrange the session so that everyone has a good time.

FIT 19: 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: 08 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 £2.85 per session. Continues until first week of June then merges with FIT 18 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 20: Table tennis (Friday)

Joint-Coordinator: Jonathan Clough

Assistant coordinators: Deborah Clough, Simon Pearl, Sue Purseglove

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

Venue: St George's Church Hall (Community room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 26

Start date: 11 Oct

Have fun, make friends and get fit playing table tennis. All levels of play welcome as we try to pair off newcomers with more skilful players. We play doubles which can be fast and furious! It is also possible to play singles games when tables are free. Your skills will soon improve and there will be lots of laughs. You will need your own bat (although we have a few spare which you are welcome to use while working out what you want to get) and white balls only are provided so if you prefer colour bring your own. Wear loose sports clothes and bring a drink (water is available on site).

Format: Course or activity without teaching

About us: We're not fiercely competitive, so if you've always fancied having a go at table tennis we look forward to seeing you – we're a friendly bunch.

FIT 21: Walking 6 miles - Monday (weekly)

Organiser: Martin Herrick

Programme administrator: Lorna Brown

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

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 28

Start date: 07 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 co-ordination 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 22: Rambling 4 miles - Monday (fortnightly)

Leader: Di Barton

Assisted by: Catherine Eden-Green

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

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

Places: 28

Start date: 14 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: Walking outside

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

FIT 23: All-year walking - Tuesday (weekly)

Coordinator: John Smith

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

Length of course: Throughout the year

Places: 100

Start date: 08 Oct

Tuesday: 6.5 to 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 6 years.

FIT 24: Walking for pleasure - Tuesday (fortnightly)

Leader: Yvette Maxted

Administrative assistant: Carolyn Plant

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

Places: 40

Start date: 08 Oct

Tuesday: 5-6 miles - throughout the year.

This friendly, fortnightly walking group usually meets at a pub or sometimes a cafe up to about 15 miles from Cambridge. We set off at 10:00 and the walks are between 5 to around 6 miles, we walk at a moderate pace for 2.5 hours with a short rest. We walk throughout the year. There is usually the option at the end of the walk to take lunch at the pub or cafe. Members are encouraged to contribute to leading a walk if they are happy to do so. The next walk details and any menu are communicated by email in the week preceding the walk as the food often has to be pre-ordered.

Format: Course or activity without teaching

About me: (Yvette) I have many years' experience of walking with friends and with the U3AC. I joined this group a few years ago.

FIT 25: 4 Mile walking group -Tuesday (fortnightly)

Coordinators: Barry Desmond & Yvette Maxted

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

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

Places: 35

Start date: 15 Oct

Tuesday: Around 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 15 miles of Cambridge, and at a speed of 2 mph or more unaided. 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. Dogs are welcome as long as they are kept on a lead.

Format: Course or activity without teaching

About us: Barry has been a member of this group for many years and Yvette has been a member in the past.

FIT 26: 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: 08 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 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 27: The Wednesday walkers (weekly)

Leaders: Rosemary Lass & David Robinson

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

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 40

Start date: 09 Oct

Wednesday: 5-6 miles - 3 terms.

Our walks are between 5 to around 6 miles and last about 2 hrs 30 mins: a moderate distance at a moderate pace.

Members are encouraged to contribute by proposing and leading walks but there is no obligation to do so. Where members are willing to lead a walk we will support them in selecting a route. However, it is fine to join the group just for the walks, to discover the countryside around Cambridge and to enjoy the company! The group normally meets at a pub where there is an opportunity to take lunch afterwards if individuals wish. Start points for the walks are within about 20 miles of Cambridge and most nearer. Car sharing is encouraged. Communication is by email.

Format: Course or activity without teaching

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

FIT 28: Easy rambling - Thursday (fortnightly)

Organisers: Len Freeman, Alistair Greenhill & 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: 10 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 Yellow will start on the first Thursday of each term and Green 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 leaders have experience of leading walking groups over a period of years and welcome new members to our convivial walks!

FIT 29: 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: 16 Oct

Wednesday: 3 ½ - 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. 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 30: Rambling - Thursday (weekly)

Organiser: Trevor McCann

Day and time: Thursday 09:30 - 13:00

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 80

Start date: 10 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 be able already 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 many years, and leading it for the last 4 years.

FIT 31: Walks in Cambridge city - Saturday (Autumn and Summer terms)

Leader: Jacqueline Radford

Co-leader: Heather Chisholm

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

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

Places: 10

Start date: 19 Oct

Saturday: 1-3 miles - 2 terms.

We will walk around Cambridge for one to two hours (3 miles or less) looking at architecture and other items of interest. Each walk will be different and at a gentle pace. We 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 us: We both enjoy walking, looking at interesting buildings in Cambridge and learning interesting items of local history.

FIT 32: Yoga - self help

Coordinator: Janet Scally

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

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

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (4 weeks)

Places: 12

Start date: 09 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.

Format: Course or activity without teaching

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

FIT 33: 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 (9 weeks), Spring (9 weeks), Summer (10 weeks)

Places: 25

Start date: 09 Oct

This is a 3 term course focusing on 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 'T'ai Chi and Chi Kung exercises'. Please wear loose, comfortable clothing and soft shoes.

Note: There is an additional fee of £35 to pay for the tutor.

Dates: 9 Oct-11 Dec (not 30 Oct), 15 Jan-19 Mar (not 19 Feb), 9 Apr-25 Jun (not 16 Apr, 28 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 34: 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 (9 weeks), Spring (9 weeks), Summer (10 weeks)

Places: 28

Start date: 09 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 beginner's course, although enthusiasm is more important than skill! For dates see FIT 33.

Note: There is an additional fee of £35 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 35: 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 (9 weeks), Spring (9 weeks), Summer (10 weeks)

Places: 20

Start date: 09 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 and high blood pressure. For dates see FIT 33.

Note: There is an additional fee of £35 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 36: Introduction to Pickleball

Coordinator: Helene Judge

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

Venue: University of Cambridge Sports Centre

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

Places: 12

Start date: 11 Oct

Pickleball is one of the UK's fastest growing sports. It is normally played in doubles on a badminton court, with a net like a tennis net, and a hollow plastic ball with holes in. The 'paddles' (bats) are like oversized ping pong bats. The game is one of accuracy, tactics and strategy, rather than pure physical force. For the first couple of sessions, we'll begin with an introduction to the different strokes, the rules and scoring system and a general explanation of strategy. Very quickly you will be playing proper games and the later sessions will be open play, perhaps with 10 minutes of drills each time, if members so wish. Paddles & balls will be provided by the sports centre.

Format: Taught course or activity

About me: I started playing Pickleball two years ago and have represented Cambridge at several international competitions. I've recently completed training allowing me to run courses for beginners.

FIT 37: Qigong general level

Tutor: Aurora Albano

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

Venue: Downing Place URC (Gibson Hall)

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

Places: 15

Start date: 09 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 the 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 38: 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 (8 weeks)

Places: 20

Start date: 09 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.

Gardens and gardening

GDN 01: Aromatic plants (Summer term)

Tutor: Maike Dring

Day and time: Friday, see dates below 10:30 - 12:00

Venue: Cambridge University Botanic Garden

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

Places: 8

Start date: 02 May

During these 3 visits to the Botanic Garden we observe different plant families, study their growth habits and their benefits. We explore the use of different aromatic plants in the past and present times. By the end of this course, you will have an understanding of some plant families, their specific growing requirements, their contribution to our health and how you could use them yourself. Botanic Garden entry fees do apply.

Dates: 2, 9, 16 May.

Format: Taught course or activity

About me: I have been a professional Aromatherapist (M.I.F.P.A.) for 30 years with some formal botanical training and I am a keen cook and gardener.

GDN 02: 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: 11 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 a route map will be circulated by email, as is all other communication. Walk notes will be sent after the walk has taken place and will also include some notes on the history of the garden.

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 03: Practical gardening 1

Leader: Gillian Perkins

Coordinators: Kay Green, Louise Hashemi & 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: 40

Start date: 27 Sept

Whether you are experienced or new to gardening, this group is for keen gardeners. We meet monthly usually on the third Friday from September, then fortnightly from May to July. We visit each other's gardens, share our experiences, discuss current jobs and any other perennial problems. Quite a few of these gardens may be in villages outside Cambridge. We share cars where possible. 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 four sub-groups; we will allocate these early in September and then send you the relevant information, and where the first meeting will be. This first session will be on Friday 27 September when we will lay a plan for the rest of season.

Format: Discussion

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

GDN 04: Practical gardening 2

Coordinator: Sarah Hundleby

Day and time: 3rd Thursday 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 (4 weeks)

Places: 10

Start date: 19 Sept

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: We will meet on the third Thursday of each month: 19 Sept, 17 Oct, 21 Nov.

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.

GDN 05: 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: 13 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 me: Mike was vegetable trails officer at NIAB.

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: 08 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: Public rights of way and access in England - history, legal basis, rights and responsibilities

Tutor: Jill Tuffnell

Day and time: Tuesday 15:35 - 16:35

Venue: U3AC (Red room)

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

Places: 20

Start date: 22 Oct

Useful for anyone walking our wonderful public rights of way! An overview of how the network has developed and how it is changed, the roles and responsibilities of landowners/managers, path users, the County Council or a Unitary Authority as Highways Authority, what's shown on OS and other maps - and how to report problems. Examples from around the country, but focused on Cambridgeshire.

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 Islamic world

Tutor: Roy Doyon

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

Venue: Zoom

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

Places: 24

Start date: 08 Oct

This course is essentially an undergraduate regional geography class. We will be looking at a select region of the Islamic world which includes Northern Africa from Morocco to Egypt and also includes the Sahel States from Mali to South Sudan. Next we will examine the Middle East states and the empire states of Turkey and Iran. We will begin by looking at aspects of the physical and human environment by which we can compare and evaluate regions. These include climate distribution, physiographic regions, population dynamics and socio-economic indices and current political issues. Using these factors we will then examine the states within the region. We shall also cover some of the major thematic issues such as petroleum, water, and the Islamic schism. This course is a repeat of one I taught two years ago.

Format: Lecture

About me: I'm a former professor of geography in the U.S. and taught courses in world regional geography.

History

HIS 01: A brief introduction to life in Georgian England

Tutor: Glenda Ferneyhough

Day and time: Alternate Thursdays, 11:15 - 12:15

Venue: U3AC (Red room)

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

Places: 20

Start date: 17 Oct

What was life like for ordinary people before the Victorian era? We will consider broad themes of work, leisure, marriage, poverty and wealth. How did men and women respond to the opportunities created by the revolutions in agriculture, industry and transport? We will consider the lives of some individuals in the context of the society in which they lived. This is an entry level course in social history for which no prior reading is required. As the sessions progress I will suggest possible further reading and offer attendees an opportunity to give a five minute presentation on a topic that may be of interest to the other group members.

Format: Lecture

About me: I recently completed a two year Diploma in English Social and Local History and am keen to share my enthusiasm for the Georgian period with others.

HIS 02: Ancient Egyptian Hieroglyphics

Leader: Martin Harnor

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

Venue: U3AC (Blue room)

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

Places: 16

Start date: 17 Oct

This course will introduce you to Ancient Egyptian Hieroglyphics. Some prepared material will be presented at the beginning of each session on the Ancient Egyptian alphabet and grammar to enable students to make a start on writing these. We will cover areas of names of gods, people and animals, greetings, common phrases and drawing the symbols. There was a period of relatively stable government of Egypt under the Pharaohs for more than 3000 years and hieroglyphics were in common usage throughout this period. There is no requirement for previous experience in this subject. Beginners may find the following British Museum Book helpful: 'Write Your Own Egyptian Hieroglyphs', written by Angela McDonald. Please note: there is no session on 31 October.

Format: Taught course or activity with opportunity for discussion

About me: I have a life-long interest and have studied and read extensively about the Ancient Egyptians. I have visited Egypt and the British Museum more than once.

HIS 02(z): Ancient Egyptian Hieroglyphics

Places: 2

As for HIS 02 but attending via Zoom.

HIS 03: Ancient Egyptian religion (Spring term)

Tutor: Corinne Duhig

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 16 Jan

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 Ancient Egypt for Beginners, my previous course. 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: 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: 21

Start date: 11 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 me: (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 05: British Prime Ministers - Disraeli to Thatcher

Tutor: Peter Neville

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

Venue: U3AC (Pink room)

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

Places: 20

Start date: 09 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 06: 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: 10 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 eg. 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 07: 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: 23 Jan

Repeat of HIS 06.

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 08: Cambridge sport: in Fenner's hands

Leader: Nigel Fenner

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

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

Places: 20

Start date: 23 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. This 5-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: Learning as we walk

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

HIS 09: 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: 19 Feb

This is a repeat of HIS 08.

Format: Learning as we walk

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

HIS 10: 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: 23 Apr

This is a repeat of HIS 08.

Format: Learning as we walk

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

HIS 11: Christianity and the Roman Empire

Tutor: Ralph Ecclestone

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 07 Oct

This course will illustrate the many connections between Christianity and the Roman Empire, which were extensive, highly important and occasionally dramatic, with Emperors determining religious dogma, Popes leading armies into war, plus occasional humiliations, kidnappings and possible murders. In addition, the course will outline the events that led to the triumph of Catholicism. This is an introductory course. I am not an expert in the subject (nor even a historian), but I have long been fascinated by this story, and have researched it extensively over many years. I believe that many commonly-held views of both Christianity and the Roman Empire are distortions of the facts, and one of my objectives is to correct these. Please note that this course contains some speculations and opinions that may offend sincere Christians and also contains, of course, references to some violent events.

Format: Lecture

About me: I have been a member of U3AC for over five years now. Although originally a physicist by training, I have a long-standing interest in history.

HIS 12: Democracy in ancient Athens

Tutor: Michael Gray

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 07 Oct

For nearly two centuries, Athens was a democracy. Hardly anybody at the time had a good word to say for this! I propose to explore how they got there, what the arrangements were (in theory and practice), and the views of various Athenians at the time such as Thucydides (unsuccessful general and historian), Aristophanes (comic dramatist), the 'Old Oligarch' (whatever he was), Alcibiades (general, probably blasphemer, and sometimes traitor), Plato (philosopher), and Pericles (general and in practice one-man ruler) - with a glance at Socrates. No knowledge of ancient Greek will be required. I will suggest some reading for those who want to explore further.

Format: Lecture

About me: My first degree (Oxford Lit. Hum.) included Greek history for the period and some political philosophy.

HIS 13: End of Empire (Spring term)

Tutor: Gerald Goldstone

Day and time: Tuesday 10:30 - 11:45

Venue: Member's home (CB1 8RW)

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

Places: 10

Start date: 11 Feb

A century ago the British Empire appeared to be at its peak yet within forty years only fragments remained. This course will examine the reasons for this transformation. We will consider events in the wider world, pressure from within the Empire and changing attitudes in Britain.

Format: Lecture & discussion

About me: Retired History teacher with 18 years' experience with U3AC.

HIS 14: England in the Twenties and Thirties

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: 10 Oct

An historical and literary look at the 1920s and 1930s in England - while casting an eye on how the similar pattern of boom and depression affected the USA. Apart from the historical background to the period, the course will examine the varied social changes as illustrated by the Bloomsbury Group and the Mitfords, T.S. Eliot and Scott Fitzgerald, George Orwell and John Steinbeck. The course will also include popular music, song and dance from Louis Armstrong and the Charleston in the Twenties to Al Bowlly and Fred Astaire and Ginger Rogers in the years leading up to the second world war.

Format: Lecture

About me: Former Principal Lecturer in British History at A.R.U.

HIS 15: From Parnell to the 1916 Rising and its aftermath (Summer term)

Tutor: Michael J Murphy

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 24 Apr

This outline history course 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 and the partition of Ireland in 1920. There are some interesting literary connections such as Yeats, Joyce, Synge and O' Casey - to mention but a few. Hopefully, it will raise some interesting thoughts and questions about Anglo Irish relations in the 20th century. Historical videos and music will be included.

Format: Lecture

About me: Former Principal Lecturer in British and Irish History at A.R.U.

HIS 16: History and evolution of Universities of the Third Age in the UK

Tutor: Annabel McLeod

Day and time: 3rd Thursday of the month 15:00 - 16:30

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (2 weeks)

Places: 8

Start date: 17 Oct

In this course, we will look at the history and evolution of u3a's and similar organisations in the UK, beginning with a seminar and moving to discussion. We will try to understand how and why different u3as have evolved to their current state. If time permits, we may consider what possibilities there may be for the future. Any history of U3as in the UK would be incomplete without including an international dimension. However, for this course, we will focus on u3as and similar organisations in the UK. We will look at the international picture only where it has affected UK u3as. 'Our history' on our U3AC website would be useful initial background reading.

Format: Seminar followed by discussion

About me: Having been in more than one U3a in the last few years and am interested in how and why they differ. I am also interested in possibilities for the future. I have an analytical and scientific background, I am not a historian.

HIS 16(z): History and evolution of Universities of the Third Age in the UK

Places: 3

As for HIS 16 but attending via Zoom.

HIS 17: In search of Spain

Teller of Tales: Peter Granville Davis

Secretary: Anne Greenwood

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

Venue: Our Lady of The Assumption and The English Martyrs (OLEM) (Parish Hall)

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

Places: 60

Start date: 10 Oct

1. Time of the Romans
2. Age of the Moor
3. The Catholic Kings
4. Spain and the New World
5. The Golden Age
6. Don Quixote
7. Great Spanish painters
8. The Civil War
9. El Camino
10. Spain today

Format: Lecture

About me: (Peter) Spain is an enigma: a source of mystery and fascination. In these talks I am trying to find my way to the heart of the country.

HIS 18: Interesting People

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: 10 Oct

In leading several courses at U3AC over the past 12 years I have collected a variety of lectures about 'interesting people' and hope others will find them so. They include the Australian Aborigines to 1788; the Australian Aborigines from 1788 to the Present Day; the Historical Jesus; the Virgin Mary; King Arthur; The Emperor Constantine; Lachlan MacQuarrie; Pope Pius XII, John Momash; the first thousand years of popes.

Format: Lecture and discussion

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

HIS 19: Irish cultural history 1891-1923 (Spring term)

Tutor: Michael J Murphy

Day and time: Monday 13:10 - 14:10

Venue: U3AC (Pink room)

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

Places: 30

Start date: 13 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: Former Principal lecturer in British and Irish history at Anglia Ruskin University.

HIS 20: Language labyrinth

Tutor: Jenny Knight

Day and time: Friday 12:45 - 14:00

Venue: U3AC (Blue room)

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

Places: 12

Start date: 11 Oct

This exploration of the English language continues to evolve and encompasses anthropology, genetics, history, language, literature and social history. Alongside a broadly chronological account beginning with prehistory and continuing to the twenty-first century are diversions into the development of specific words, the significance of place names, personal names and surnames, punctuation, regional dialects, acquisitions 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 Proto-Indo-European. 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 (you are excused if you have difficulty with this). General knowledge of English history and literature is required. Some handouts are sent in advance; ideally you should be able to print these.

Format: Lecture with some class activities

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 20(z): Language labyrinth

Places: 8

As for HIS 20 but attending via Zoom.

HIS 21(z): Leading lights of 19th-century France

Facilitator: Frank Nicholson

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

Venue: Zoom

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

Places: 20

Start date: 08 Oct

This study group will delve into the history of France from Emperor Napoleon I's abdication in 1814 to the outbreak of WW1 a century later, during which time the country saw repeated violent uprisings as it moved from autocratic government to a democratic republic, and Paris served as the world's cultural capital. We'll together learn about the revolutions of 1830 and 1848, the Franco-Prussian War and 1871 Commune and Dreyfus Affair of the 1890s. Each meeting will start with a presentation on the life of one prominent figure and the historical context in which he or she operated, followed by round-the-table Q&A and discussion. The celebrities discussed will come from French politics, literature, art, music, science, medicine, business, philosophy, cuisine, fashion, entertainment and crime. While members will be encouraged to do a presentation, this will be strictly voluntary, with schedule gaps being filled by the facilitator and guest.

Format: Seminar

About me: I have a PhD in history and a long-time interest in France and its modern history and have led this course several times before.

HIS 22: Medieval times and people (Summer term)

Tutor: James Henry

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

Venue: U3AC (Blue room)

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

Places: 12

Start date: 25 Apr

This is a shortened version of a course I gave 6 years ago. The emphasis is on the early Medieval period and will include lectures on the Church - Byzantium - Islam - the Anglo-Saxon invasion of England - the Celtic Church - King Alfred and the Vikings - the First Crusade - Hastings and its Circumstances - the Feudal system.

Format: Lecture and discussion

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

HIS 23(z): Military History Group

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 (8 weeks)

Places: 45

Start date: 09 Oct

The Military History Group 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 often communicate with each other by email to discuss issues arising.

Format: Lectures and discussion

About me: I have been co-ordinating this course since 2012.

HIS 24: Napoleon Bonaparte

Tutor: Adrian Roberts

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

Venue: U3AC (Blue room)

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

Places: 12

Start date: 07 Oct

Napoleon Bonaparte is 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 seven years.

HIS 25: Rome: The Empire after Nero

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 (8 weeks)

Places: 30

Start date: 09 Oct

The political and social history of the 'Empire' in the 150 years or so after Nero's suicide in AD 68, especially as it reached its 'height' under Trajan and Hadrian (AD 98 - 138). A continuation of last year's course with new members most welcome. We look at the establishment of Rome's second dynasty (the Flavian) after the Civil War of AD 69, the period of the so-called 'Five Good Emperors', including their philanthropy, their social and building programmes in the city of Rome and the state's relationship with rising Christianity, the Civil War of AD 193 and 'The Severan Dynasty' (AD 193 - 235) and how it was ultimately 'rescued' for another decade by a determined grandmother and a talented mother of teenage emperors. 28 90-minute illustrated talks over three terms. A transcript of each talk sent weekly by email to each member of the course.

Format: Lecture

About me: I offered Roman history to undergraduates at Trent University in Canada for over 35 years (with awards for excellence in teaching). Continuing to do this at U3AC brings me pleasure.

HIS 25(z): Rome: The Empire after Nero

Places: 24

As for HIS 25 but attending via Zoom.

HIS 26: Teeth with convoluted routes (Spring term)

Tutor: Iain P. Hunter

Day and time: Wednesday 11:50 - 13:05

Venue: U3AC (Pink room)

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

Places: 30

Start date: 15 Jan

Our tooth route will follow the path of a monarch who offered his kingdom for a horse and his soul for the relief of his toothache. A visiting little mermaid fled from an inebriated Edinburgh dinner-party shocked by what Queen Victoria later found to be riotously amusing. This less-trodden Camino will linger past archaeology, anthropology, criminology and even forensic odontology guided, not by Santiago's pilgrim scallop shell, but by St Apollonia's emblematic tooth, following the surgical genius who made thermometers for hibernating hedgehogs and who discovered a race of Irish giants. During the Stuart dynasty, dental sepsis was the fifth commonest cause of death. Small wonder England has 55 churches dedicated to Apollonia, patroness of what Robert Burns called 'the hell of all diseases'. These days NHS dentists are hard to find, but U3AC is offering appointments now. Apollonia looks forward to filling your imagination in January.

Format: Lecture

About me: While normally cheerfully optimistic, I have spent a significant part of my professional life 'Down in the Mouth'.

HIS 27: Ten Turning Points in European History (Spring term)

Tutor: Adrian Roberts

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

Venue: U3AC (Blue room)

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

Places: 12

Start date: 13 Jan

This course will examine ten key events in European history from the 15th century to the 19th century. Some of these may be known to course participants, others will be less familiar. Studying these events will allow us to explore themes such as the Age of European Exploration, the Reformation, the struggle between Christendom and Islam, great power rivalry and the rise of nationalism and liberalism. Evidence will include extracts from contemporary literature, letters and speeches and works of art. No previous knowledge is required.

Format: Lecture and discussion

About me: I am a History teacher by profession and have run courses for U3AC for the past seven years.

HIS 28: 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 (8 weeks)

Places: 18

Start date: 17 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, with a combined annual turnover across the tech companies of around £21 billion. 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 28(z): The Cambridge Phenomenon: history and impact of a world-renowned technology cluster (Spring term)

Places: 10

As for HIS 28 but attending via Zoom.

HIS 29: The Cold War and its current implications

Tutor: Jo Whitehead

Day and time: Wednesday 11:30 - 13:00

Venue: U3AC (Red room)

Length of course: 3 terms. Autumn (8 weeks), Spring (8 weeks), Summer (4 weeks)

Places: 20

Start date: 16 Oct

We have lived through the cold war and seen it restart. As a generalist I describe it in terms of its roots, leaders, geopolitics, economics, military trends and other relevant perspectives. Sessions combine 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, Yeltsin years, Putin era Ukraine. I also cover China, as this is a similar situation, in which history resonates in the present. The course will be about 20 sessions spread over the three terms because other commitments mean that I cannot be available for every week. On-line participants can listen in, but discussion will be focused in the room (if concerned, contact me for more details). Sessions will be recorded by the tutor, so participants can stay up to date even if unable to join that week. Dates tbc.

Format: Seminar

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

HIS 29(z): The Cold War and its current implications

Places: 50

As for HIS 29 but attending via Zoom.

HIS 30: The great defender. The career of Marshall Hall

Tutor: Peter Neville

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

Venue: U3AC (Pink room)

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

Places: 20

Start date: 07 Oct

The course will cover the famous trials of Marshall Hall such as the Camden Town murder and the Seddons. It will also analyse new developments like the coming of women jurors, and putting defendants in the dock. Lastly it will examine Hall's private life and film star status in Edwardian England. No legal knowledge needed. Reading: E. Lustgarten 'The Defenders', T. Grant 'Court Number One', S. Smith 'Marshall Hall. A Law unto Himself'.

Format: Lecture

About me: I have been a university historian with an interest in British political and constitutional history.

HIS 31: The Great War 1914-19

Leader: Adrian Roberts

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

Venue: U3AC (Blue room)

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

Places: 12

Start date: 08 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 32(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: 09 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. We will meet the Kings that ruled these new great Kingdoms. The era of the Viking raids, developed from seasonal raids into outright invasions, then to settlements. 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.

Format: Lecture

About me: I am an enthusiastic amateur historian. This will be the fourth course I have run on this subject.

HIS 33: The impact of colonialisation - a specific country example (Summer term)

Convenor: John McGill

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

Venue: U3AC (Pink room)

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

Places: 20

Start date: 24 Apr

The course looks at one specific country that was subject to British Empire colonialisation - Belize, or British Honduras as it then was. Commencing with the original inhabitants (Mayas) the course will discuss subsequent incomers (buccaneers, British, Mestizos, Garifuna, Mennonites, Lebanese, and more, over the last 300 years). There will be a focus on changes in land use and land ownership, on social, cultural and economic development, politics and regional relations. This will be finalised with the question of what the legacy of the colonial experience might be.

Format: Seminar

About me: I lived and worked in Belize for about 15 years and am familiar with most characteristics of the country. The development and current situation of the country is fascinating.

HIS 34: The Three Kingdoms under the Stuart Monarchy 1603-1714 (Spring term)

Tutor: Adrian Roberts

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

Venue: U3AC (Blue room)

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

Places: 12

Start date: 13 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 35: Three German women and their times

Tutor: Colin Hurst

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

Venue: U3AC (Pink room)

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

Places: 15

Start date: 08 Nov

The lives of Käthe Kollwitz (1867-1945, artist and mother), Edith Stein (1891-1942, academic and Jewish convert to Christianity) and Sophie Scholl (1921-1943, student and Nazi resister) give us unique insights into the turbulent and sometimes surprising history of Germany, 1871-1945. This course will set their lives within that history and reflects on their ideas, their identities and the cultural context which saw the rise of Nazism. On completion of the course, participants will have a better understanding of modern German history and its cultural and social impact. They will also have had an opportunity to reflect on the ways in which this period of history has been remembered and memorialised over the years.

- 1: Germany 1871-1918 'Between Weimar and Potsdam',
2. Käthe Kollwitz 'I found these people beautiful',
- 3: Edith Stein 'Who am I?',
- 4: Sophie Scholl 'The land of poets and thinkers',
- 5: Germany 1945-1989 'The past is never dead...'

Format: Lecture

About me: A retired parish priest with a life-long interest in history. I enjoy teaching adults, both in the Church and beyond, and I have run history courses at Peterborough City College.

HIS 36: Women with a purpose

Tutor: Carole Pook

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 10 Oct

I thought about calling this course 'Women with Convictions' but thought it could be mistaken for a course about women who had served time in prison!

It is about women who strongly wanted to bring about a change in their time and to fight a perceived injustice. It will centre on women in Europe and the United States of America.

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 37: Your family genealogy and history (Spring term)

Leader: Michael Gibbs

Day and time: Tuesday 11:35 - 12:50

Venue: U3AC (Pink room)

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

Places: 30

Start date: 14 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 your 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.

Format: Discussion

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

HIS 37(z): Your family genealogy and history (Spring term)

Places: 48

As for HIS 37 but attending via Zoom.

Languages – Ancient and Classical

GRC 01(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 (8 weeks)

Places: 15

Start date: 11 Oct

We read and explore the content and language of a selection of texts from the New Testament and other related authors. The aim is to enjoy, appreciate and expand our knowledge of this seminal literature. Participants range from those with knowledge of Classical Greek to those with a smattering or none. We meet on Zoom every Friday at 10.00.

Level: Any

Format: Seminar

About me: Teacher of Greek for many years. I enjoy the meeting of minds this course brings.

GRC 02: 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: 11 Oct

We shall finish reading Sophocles' 'Antigone' over the first few weeks of term, and discuss what we might tackle next. Any ideas would be most welcome.

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 03: 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 (5 weeks)

Places: 9

Start date: 07 Oct

This course offers enjoyable, collaborative sessions reading and orally translating the Odyssey with Books 16,17 and 18 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 03(z): Classical Greek self-help reading group

Places: 8

As for GRC 03 but attending via Zoom.

LAT 01: Latin beginners

Tutor: Sarah Oliver

Day and time: Tuesday 12:30 - 13:30

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 12

Start date: 08 Oct

This course is for complete or near beginners in Classical Latin who have an interest in learning the language and a little about the Roman world. We will start with the tutor's own materials before agreeing on a text book to structure the learning in a way agreed by the group. Teaching will be informal and supportive.

Level: Beginners or near beginners

Format: Taught course or activity

About me: I have a Classics degree and spent much of my career teaching Classics, mainly to sixth form students.

LAT 02: Latin: continuing our Latin studies together for a fifth 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 (8 weeks)

Places: 8

Start date: 10 Oct

A continuation course aimed at those who have studied Book IV and started Book V. We will continue with Book V and consolidate our knowledge of language and grammar before reading some prose and verse extracts from leading Roman authors of the classical period. By the end of the course we should at least be at GCSE O-level standard - possibly beyond. As throughout the course we shall be exploring and discussing Roman attitudes and customs, as well as the use of language, in a friendly lively atmosphere. Newcomers wishing to refresh their knowledge of Latin and the Romans would be welcome.

Level: Senior

Format: Seminar

About me: I have always enjoyed working with the Cambridge Latin Course, especially with its cultural background element and it has been fun using it with classes of all ages.

LAT 03: Latin: Continuing Latin beyond Book Five with a variety of Roman writers

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 (8 weeks)

Places: 5

Start date: 10 Oct

A continuation course aimed at providing those who have studied Book Five of the Cambridge Latin Course and beyond with the opportunity to do more Latin together. We will read any of the examples from Roman writers in Amor et Amicitia not already studied and then go on to read, translate and discuss examples from a wide range of Roman writers from both the 'Golden' and 'Silver' Ages of Latin literature (writers such as Cicero, Lucretius, Catullus, Livy, Virgil, Ovid, Pliny, Juvenal, Tacitus, Suetonius) and perhaps, very occasionally, some Mediaeval Latin. After Amor et Amicitia (Patricia Bell) (CUP, ISBN 978-0-521-37736-2), the tutor will provide selections from writers (with vocabulary help and notes) by email each week. A small Latin dictionary or access to on-line vocabulary help may be useful. New members will be most welcome to join the group but should have some ability in Latin to about GCSE level.

Level: Intermediate

Format: Seminar

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

LAT 03(z): Latin: Continuing Latin beyond Book Five with a variety of Roman writers

Places: 4

As for LAT 03 but attending via Zoom.

LAT 04: Latin: Continuing to study Latin together

Tutor: David Page

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

Venue: U3AC (Green room)

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

Places: 14

Start date: 07 Oct

Let us continue to study Latin together, very occasionally looking at one or two Latin 'constructions' which we have not met before, but principally reading, translating and discussing a wide variety of passages (both prose and poetry) from different Roman authors from the 'Golden Age' (such as Sallust, Cicero, Catullus, Lucretius, Livy, Horace, Virgil, Ovid, etc) and from the 'Silver Age' (with authors like Petronius, Tacitus, Suetonius, Juvenal, Statius, etc) and, from time to time, some examples of Mediaeval Latin. No prescribed text. The plan is for the tutor to supply by email suitable passages to study with accompanying vocabulary and notes. It may be helpful to have access to a small Latin dictionary or an on-line dictionary. Although the course is designed with past participants in mind, new members will be most welcome to the group if they have studied Latin to a reasonable level (e.g. GCE O-level).

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 fun to continue doing the same at U3AC.

LAT 04(z): Latin: Continuing to study Latin together

Places: 6

As for LAT 04 but attending via Zoom.

LAT 05: A taste of the Latin Classics (and some helpful grammar)

Coordinators: Mike Fay & John Foulkes

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

Venue: U3AC (Blue room)

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

Places: 12

Start date: 07 Oct

This is intended to attract new participants to the study of some classical Latin texts. We usually take it in turns to read, translate extracts from authors such as Virgil, Cicero, Horace, Ovid, Martial, Catullus and even Plautus. This is not compulsory - just join in the discussion if you prefer: we intend that class members will be able to participate according to their level of confidence and ability. Copyright-free pdf documents with the texts, vocabulary, notes and translations are usually made available by the coordinators. Additionally, grammar will be discussed where helpful in elucidating our Latin readings. Thirdly and optionally, the final part of each class features English to Latin translation using answer keys. 1-2 hours prep between sessions recommended.

Level: Advanced (A-level or beyond)

Format: Self-taught course or activity

About us: Mike has been building on his O-level Latin at U3AC since 2014, John since 2019.

LAT 05(z): A taste of the Latin Classics (and some helpful grammar)

Places: 8

As for LAT 05 but attending via Zoom.

LAT 06: Latin (re-)discovered

Tutor: Alec ('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 (5 weeks)

Places: 7

Start date: 07 Oct

We will be continuing our reading from some of the great texts of classical Roman literature, both verse and prose. Last year we have read from Virgil, Ovid, Plautus and Pliny. Planned future reading includes one of Juvenal's mordant Satires, extracts from Livy's History of Ancient Rome, Ovid's Metamorphoses and more. We usually take turns to read and translate, but it's 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 revisiting and sharing the authors of Ancient Greece and Rome and their world.

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 (8 weeks)

Places: 8

Start date: 11 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 me: (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

Leader: 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: 9

Start date: 10 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 (Dutch is not formally taught in this course). 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. 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.

FRE 01: French for beginners

Tutor: Madeleine Williams

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

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 10

Start date: 11 Oct

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 Debney, Dominique. ISBN: 144416838X. Copies can be purchased from eBay.

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: French, the very beginning

Tutor: Brigitte Grimshaw

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

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 14

Start date: 09 Oct

The best way to understand the culture of a country is to learn its language. This course covers greetings and introductions, travelling around France, going to the bank, shopping and eating out, sending emails, making phone calls and much more. Its main aim is to give you confidence in speaking French at beginners' level which you can work on later on. It is a gate opening onto possibilities. Grammar is included since it is essential for clarity of expression. A friendly and fun atmosphere is very much a part of the course. We will work with 'Voilà!' course book by Jacqueline Gonthier and Crispin Geoghegan. ISBN: 9781473601185.

Level: Beginners

Format: Taught course or activity

About me: I have taught French for many years and just cannot stop. I would very much like to help and support you with your learning of my mother tongue.

FRE 03: 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 (5 weeks)

Places: 10

Start date: 07 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 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 03(z): Lisons 'Rendez-vous' - Monday

Places: 3

As for FRE 03 but attending via Zoom.

FRE 04: 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 (8 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 Monday afternoon 'Rendez-vous' class (FRE 03) - 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): Continuons 'Rendez-vous' - Wednesday

Places: 4

As for FRE 04 but attending via Zoom.

FRE 05: French conversation

Leader: Elizabeth Thorn

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

Venue: Member's home (CB24 8QU)

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

Places: 6

Start date: 10 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 there for 28 years.

FRE 06: 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 (8 weeks)

Places: 16

Start date: 11 Oct

We are a friendly and relaxed group. We will listen to a few audio tapes, with plenty of repetition, watch a short French Experience film from time to time, and continue reading and translating 'Maigret s'amuse' by G Simenon - we will probably have read to the end of chap 2, but I will let everyone know exactly near the beginning of October. We will pick up points of grammar, using 'La grammaire en clair' (out of print, but available online) by Paul Rogers and Jeremy Long.

Level: O-level, rusty would be fine

Format: Taught course or activity

About me: I have taught French for many years.

FRE 07: 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 (8 weeks)

Places: 10

Start date: 09 Oct

Nous lisons des romans à voix haute, à tour de rôle, et faisons des réflexions tantôt littéraires, tantôt personnelles. Veuillez consulter le site web pour voir quel roman nous lirons en premier.

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 07(z): Modern French novels

Places: 4

As for FRE 07 but attending via Zoom.

FRE 08: Parlons Encore

Tutor: Brigitte Grimshaw

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

Venue: U3AC (Green room)

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

Places: 14

Start date: 07 Oct

This course is the opportunity to discuss French novels or plays to give you an insight into the French culture. I would like to start with Delphine de Vigan and 'No et Moi', Faïza Guène and 'Kiffe Kiffe Demain'. Then perhaps Marc Levy avec 'Le voleur d'ombres'. I will have a few novels on offer and we can discuss what you would prefer. Film wise I would like to start with 'Les Intouchables' and 'Lupin' with Omar Sy as one of the main actors. And of course grammar will come to the rescue when needed. We will definitely start with 'No et Moi' by Delphine de Vigan. An adaptation has been made from the novel and we can also discuss its success, comparing the film with the novel. I will aim to speak French at all times but will revert to English when necessary.

Students should get 'No et Moi' by Delphine De Vigan, le livre de poche; ISBN: 978-2-253-12480-1.

You can easily order it from Amazon. Amazon also offers a translation, 'No and Me'; ISBN: 978-0-7475-9964-7.

Level: Intermediate to advanced

Format: Taught course or activity

About me: Newly retired from my college but still working with the Open University, I see myself as a facilitator, as much a learner as a tutor.

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 (8 weeks)

Places: 18

Start date: 08 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: 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 (8 weeks)

Places: 16

Start date: 17 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 11: French translation: Musso: 'L'Instant présent'

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 (8 weeks)

Places: 16

Start date: 11 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 reading 'L'Instant présent' by G Musso (make sure you get the French edition) - it appears to be easily available on-line, but if there is a problem I will sort it out at the beginning of the Autumn term. It is a popular, modern, quirky, action-packed thriller, a real page-turner.

Level: Roughly A-level, but rusty would do

Format: Taught course or activity

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

FRE 12: Le cinéma français à vol d'oiseau: La caméra et la plume - 2ème partie

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: 08 Oct

Mariage entre cinéma, littérature, sociologie politique. 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 (exemple: 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: Jules et Jim - Truffaut Jules et Jim - Henri Pierre Roche. le silence de la mer. Vercors. La maison Tellier Maupassant.

La deuxième partie ne nécessite pas d'avoir suivi la première.

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: 09 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, augmented by various German-origin language learning materials. You will require a copy of the Deutsch Plus book (ISBN 978-0563519157), but there is no need to buy the CDs, which we will listen to in class. 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. The Zoom version of this course will run in parallel, covering the same material at the same time.

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 enjoy introducing others to its pleasures and pitfalls.

GER 02(z): German beginners by Zoom

Tutor: Ruth Yule

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

Venue: Zoom

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

Places: 8

Start date: 10 Oct

This is a Zoom-only version of the in-person GER 01 German beginners' course, with the same syllabus and requirements.

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 enjoy introducing others to its pleasures and pitfalls.

GER 03: Brush up your German

Tutors: Peter Rice & Peter Stutz

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

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 12

Start date: 11 Oct

A course for those who have a very basic knowledge of German and would like a 'brush up'. The course will comprise some grammar, reading in German, translating, a modicum of conversation and some audio/visual.

Level: GCSE/O-level

Format: Lecture / discussion

About us: Peter Rice lived 7 years in Germany, Peter Stutz did German A-level and loves the German language.

GER 04: 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 (8 weeks)

Places: 12

Start date: 09 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. Jede Woche sprechen wir miteinander auf Deutsch, teilweise mit Partnern/innen, und diskutieren vorbereitete Themen. Wir werden auch Geschichten lesen und zum Teil übersetzen. Manchmal studieren wir sogar Grammatik. Hauptsache ist dass wir Spaß haben!

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 04(z): Eine Art Stammtisch

Places: 2

As for GER 04 but attending via Zoom.

GER 05: 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: 09 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 05(z): German beginners year 2

Places: 5

As for GER 05 but attending via Zoom.

GER 06: 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: 08 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 06(z): German intermediate

Places: 5

As for GER 06 but attending via Zoom.

GER 07: 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: 09 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 07(z): German year 3

Places: 5

As for GER 07 but attending via Zoom.

GER 08: 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: 09 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 09: 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 (5 weeks)

Places: 16

Start date: 07 Oct

We will read and translate 'Warten bis der Frieden kommt' by Judith Kerr. We will probably be about a quarter through the book, and I will email the exact place about the beginning of October. It is based on J. Kerr's life, and is episodic, so newcomers will have no problem with the plot. We pick up points of grammar as we read, and occasionally use 'Alles Klar' by Paul Rogers and Jeremy Long. It is out of print, but available online, or I have a couple of spare copies. We are also watching a film from Deutsch Plus.

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 10: Advanced German conversation

Tutor: Carole Trosch

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

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 12

Start date: 10 Oct

General conversation on any subject the group wishes to discuss. A good working knowledge of German is required to enjoy this class. There is a brief language focus at the end of each session and we use this to focus on problems with vocabulary or grammar that have emerged during the discussion, in order to improve our German as we go along. This focus is kept short as this is a conversation class.

Level: Advanced

Format: Discussion

About me: I was a teacher/teacher trainer for overseas students and teachers during my career here in the UK. I also lived and worked in Germany for many years.

GER 11: 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: 08 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 11(z): German poetry and prose

Places: 5

As for GER 11 but attending via Zoom.

GER 12: German translation: Glennkill

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 (5 weeks)

Places: 16

Start date: 07 Oct

You need a reasonable working level of German for this class - roughly A-level. We read a sentence each (with help with pronunciation if appropriate) 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 start 'Glennkill' by Leonie Swann, a modern, well-written, quirky 'Schafskrimi' - the band of sheep have characters all their own, and the cleverest is Miss Maple. We will also watch 5-10 min of a film from time to time - Prima Plus.

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 13: Reading German aloud

Convenor: Paola White

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

Venue: Member's home (CB4 3EW)

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

Places: 5

Start date: 9 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. Chosen book to be decided later and the members will be given time to purchase it before the course starts.

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 14: 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: 14

Start date: 11 Oct

This is an established class for German literature enthusiasts, in which we read German plays and short stories, both classical and modern, and discuss them in English. Last year, for example, we 'performed' a play by Gerhart Hauptmann and read stories by Ludwig Tieck, J W von Goethe, Wolfgang Borchert and Robert Walser. The format works well, so will continue in the coming year. Applicants will need to be eager and fluent German readers - and willing to unleash their inner thespian for the play-reading!

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 14(z): Reading German short stories and plays

Places: 4

As for GER 14 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 (8 weeks)

Places: 8

Start date: 11 Oct

You are on a Greek island, the sun is shining, it is Friday and you want to go to Καφεενείο ο Πανος, to meet friends for a chat in Greek, who speak modern Greek, on any topic of the day. Sorry but the Καφεενείο 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 12:30 - 14:00

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (8 weeks), Spring (10 weeks), Summer (5 weeks)

Places: 8

Start date: 07 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 2023-2024 course Modern Greek: Intermediate. 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: 08 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. Course book 'Buongiorno Italia' - new edition BBC, ISBN 0563 519452. The course may continue into the Summer term running on a self-help basis.

Level: Beginners

Format: Lecture

About me: Semi-retired academic with more than 30 years' experience.

ITA 02: I Promessi Sposi in dieci personaggi (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: 10

Start date: 16 Jan

'I Promessi Sposi' e' un'opera fondamentale nella letteratura italiana. Ma e' molto lunga. La mia edizione fa 746 pagine. Quindi non e' il caso di pensare di leggerla per intero. Vi propongo dunque di affrontare il libro attraverso i suoi personaggi principali (pressapoco dieci) per scoprirne la trama, lo sfondo storico, culturale e sociale e le ragioni della sua importanza nella letteratura italiana. Questo vi dara' una base solida per affrontare una lettura completa se lo desiderate. Potrete comunque sempre impressionare i vostri amici italiani con la vostra cultura.

Level: You need a reasonable level of knowledge in the Italian language and willingness to read Italian aloud. I will supply the relevant text for each class. On the other hand the book itself is easily and cheaply available online in Italian

Format: Seminar

About me: I am Italian and the idea of spending one hour in the company of fellow lovers of my beautiful language proved irresistible.

ITA 03: 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: 08 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 maybe an additional fee 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 04: Italian intermediate self-help

Coordinators: Alan Birch & Elaine Miles

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

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 10

Start date: 08 Oct

We use all means available to improve our ability to read, understand and speak Italian. These include newspaper articles, word games, 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. There will be a small amount of homework every week.

Level: Intermediate

Format: Self-taught course or activity

About us: We have coordinated this class for some years.

ITA 05: 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 (8 weeks)

Places: 12

Start date: 08 Oct

We are a small friendly group whose members have a fairly good 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 06: 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: 08 Oct

This class is for students with knowledge of the Italian language who wish to maintain and improve their fluency speaking Italian. 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 07: 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: 11 Oct

Description as for ITA 06.

Level: Intermediate plus

Format: Discussion

About me: Semi-retired academic with more than 30 years' experience.

ITA 08: 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: 07 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 U.K. I enjoy sharing the discovery of new books and authors.

MDN 01: Mandarin conversation for beginners (Autumn and Summer terms)

Tutor: Yongqing Ma

Day and time: Tuesday 15:45 - 16:45

Venue: U3AC (Orange room)

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

Places: 6

Start date: 08 Oct

This course is for members who have basic knowledge of Mandarin and would like to practice and improve their listening, speaking and communication skills. We will use the textbook: 'Conversational Chinese 301' by Y Kang & S Lai (ISBN 978-7-5619-1403-8 or ISBN 978-7-301-25651-0). Each lesson is divided into six parts: Sentences, Conversation, Substitution & Extension, New Words, Grammar and Exercises. In addition, there will be some materials for particular topics such as culture, history, food etc. Special events e.g. holidays might also help the participants improve and master these basic conversations.

Level: Beginners

Format: Discussion

About me: I am a native Chinese speaker and have lived in Britain and New Zealand for 30 years and we will enjoy together conversing in Mandarin.

MDN 02(z): Mandarin

Coordinator: Jane Stevens

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

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 10

Start date: 10 Oct

This course is a continuation of the previous year's course. It is suitable for intermediate students who have had some exposure to Mandarin, although individuals with little previous experience of Mandarin can join. Teaching covers both written and spoken Mandarin, usually with Pinyin alongside; written Mandarin will involve recognition of Chinese characters and their pronunciation. The emphasis is currently on reading, comprehension and discussions based on Chinese Short Stories for Beginners, with relevant grammar points highlighted.

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 improvers year 4

Coordinator: Rosemary Burdess

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

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 10

Start date: 08 Oct

Russian for improvers is for those who have already learned Russian for a couple of years or who have forgotten past learning. We shall continue learning the Russian language using the textbook 'Colloquial Russian: The complete course for beginners' by Svetlana le Fleming, Susan E. Kay and Mikhail Vodopyanov. Additional material is also used to improve our knowledge of vocabulary or grammar and ability to understand, speak, read and write in Russian. We are a friendly group at different stages in our learning who enjoy brushing up our language skills together.

Level: Improvers, 4th year

Format: Taught course or activity

About me: I am an experienced language teacher.

RUS 02: Russian language intermediate

Organiser: Roger Vallance

Day and time: Tuesday 14:25 - 15:30

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 7

Start date: 08 Oct

This will be a continuation of last year's RUS 03 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 02(z): Russian language intermediate

Places: 3

As for RUS 02 but attending via Zoom.

RUS 03: Reading Russian literature

Convenor: Jim Pateman

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

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 9

Start date: 08 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. We will begin the Autumn Term by reading 'Rudin' by Turgenev. 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 joined the group over ten years ago and have very much enjoyed meeting and working with other fans of Russian classic 19th century and some more modern texts.

RUS 03(z): Reading Russian literature

Places: 4

As for RUS 03 but attending via Zoom.

SPA 01(z): A year of Spanish

Tutor: Christine Stopp

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

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 15

Start date: 09 Oct

This will be a one-year only beginners course in Spanish, designed to give an introduction to the language, with vocabulary, grammar and speaking structures of use in everyday situations. It will be suitable for complete beginners, those who have a general interest in learning basic communication in Spanish, and those who learnt some Spanish ages ago and want to brush up their knowledge. I use a range of activities, including some traditional grammar as well as more 'fun' learning activities. It is helpful if students have access to a printer so they can print off worksheets, and there will be work to complete outside the class. My courses are all given via Zoom, with an in-person meeting at my house (CB23) about once a term.

Level: Beginners

Format: Taught course or activity

About me: I am a Cambridge language graduate and former journalist and secondary school teacher and have been teaching (and enjoying) Spanish at U3AC for the past eight years.

SPA 02(z): Read, speak and learn Spanish

Tutor: Christine Stopp

Day and time: Wednesday 11:30 - 13:00

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 12

Start date: 09 Oct

This is a Spanish course via Zoom for anyone with an intermediate knowledge (GCSE/beginning A-level). It will be suitable for anyone who has attended any of my courses in previous years. We will look at and discuss a text and cover a grammar point in each lesson. Material used will range from literary texts to articles from contemporary newspapers. I hope to cover at least one short novel in a series of excerpts, starting with 'Réquiem por un campesino' by Ramón Sender. There will be work to complete outside the class and I hope to have occasional meetings at my home (CB23) so students can meet each other in person. It will be helpful if students have access to a printer in order to print their own copies of resources.

Level: GCSE/beginning A-level

Format: Taught course or activity

About me: I am a Cambridge languages graduate and a former journalist and secondary school teacher who has been teaching (and enjoying) Spanish at U3AC for the past eight years.

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: 07 Oct

For students who have a good knowledge of the language in general conversation. We will read a novel in Spanish. We will start with 'Nada' by Carmen Laforet. Any edition would do but one edited by E.R. Mulvihill & R.G. Sánchez includes vocabulary. 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 (8 weeks)

Places: 10

Start date: 08 Oct

Tertulia: Reunión de personas que se juntan habitualmente para conversar o recrearse (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 artículos de periódicos/en línea, cuentos cortos, 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 language courses at U3AC for many years. My role in the Tertulia is to facilitate, propose and coordinate activities that promote conversation.

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: 07 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 for beginners

Tutor: Stephen Wright

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

Venue: U3AC (Yellow room)

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

Places: 14

Start date: 08 Oct

This enjoyable course is for visitors to Sweden, and also for those interested in languages. Learning Swedish is a gateway to all the Scandinavian languages. This beginners' course is similar to previous years. We will use the excellent course book 'Complete Swedish' by Dr Anneli Beronius Haake, 2018, ISBN 9781444195101, available from bookshops and online. First, we learn how to pronounce easy and less easy words eg Jag måste lära mig det här språket! We then learn how to use simple Swedish, an easy language for English speakers, when travelling, shopping, and meeting people. Language notes, maps and visitor information will be distributed free. Each session will include an aspect of Swedish life or a well-known Swede, from Lucia to Nobel.

Level: Beginners. CEFR A1, A2 towards B1

Format: Taught course or activity

About me: I frequently visit Stockholm for family reasons and I have studied Swedish with Folkuniversitetet.

SWE 02: Swedish improvers

Coordinators: Christine Stapleton & Mary Wilson

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

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 10

Start date: 08 Oct

This self-help course is suitable for anybody with some previous knowledge of Swedish. We shall continue to use the course book 'Complete Swedish' by Dr Anneli Beronius Haake (2018, ISBN 9781444195101) and a variety of other materials to develop reading and listening skills, to consolidate grammar and to build up confidence in conversation. Please contact the coordinators if in doubt about level required.

Level: Advanced beginners to Intermediate

Format: Self-taught course or activity

About us: We are both keen to make progress with other learners.

SWE 02(z): Swedish improvers

Places: 5

As for SWE 02 but attending via Zoom.

WLS 01: Welsh self-help study group

Coordinator: Mansel Bunford

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

Venue: U3AC (Orange room)

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

Places: 10

Start date: 07 Oct

This is the second year of the 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 an option to develop speaking skills, if there is interest in doing so. 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

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: Bridge for beginners and improvers

Tutor: Fred Peirce

Day and time: Thursday 13:00 - 16:00

Venue: St Mark's Community Centre (Large Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 34

Start date: 10 Oct

Complete beginners 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 02: 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 (8 weeks)

Places: 16

Start date: 10 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 03: Duplicate Bridge club

Organiser: Fred Peirce

Secretary: Josephine Hunter

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

Venue: St Mark's Community Centre (Large Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 45

Start date: 08 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 me: (Fred) I enjoy playing Bridge, and want to enable others to enjoy it too.

LEI 04: 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 (8 weeks)

Places: 64

Start date: 11 Oct

This is NOT a teaching class. Knowledge and use of basic ACOL (weak NT, weak twos) are essential (there is a crib sheet 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 05: Online Bridge league (BBO)

Organiser: Barrie Hunt

Day and time: Thursday 15:00 - 17:00 is preferred (with some flexibility to accommodate individual circumstances)

Venue: Online

Length of course: From 10 October to July with short breaks after each round of fixtures.

Places: 48

Start date: 10 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 06: Rubber Bridge club

Coordinator: Robert Hay

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

Venue: St Mark's Community Centre (Large Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 40

Start date: 07 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 Fledglings group, 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. Please do not park in Millington Road.

Format: Course or activity without teaching.

About me: I enjoy playing social Bridge and this will be my first year coordinating the group.

LEI 07: 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 (8 weeks)

Places: 15

Start date: 09 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 08: Samba (Canasta)

Tutor: Tony Harper

Day and time: Wednesday 15:30 - 17:30

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 15

Start date: 09 Oct

Samba is a variation of the game Canasta with added complexities, not least the ability to play runs of cards of the same suit. This class is a development of the successful Canasta club (LEI 07) and it is aimed at people who have attended that course or who are otherwise experienced Canasta players. A knowledge of Canasta is expected, therefore, but full tuition in this new version will be given.

Format: Taught course or activity

About me: I have been playing Canasta regularly for several years, and samba canasta is a natural development of what I have been playing.

LEI 09: Cryptic crossword club

Coordinators: Mariel Monk & Duncan Winterborn

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

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 16

Start date: 09 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 might struggle to keep up. Participants will need to buy a Telegraph Cryptic Crossword book. We'll let you know which one nearer the time. We'll pick a crossword at random each week, and also tackle a cryptic crossword, which will be supplied.

Format: Course or activity without teaching

About us: Keen crossword solvers who have belonged to the Crossword club for some time.

LEI 10: Cryptic crosswords for real beginners

Organiser: Mick Jump

Day and time: Wednesday 10:45 - 12:00

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

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

Places: 12

Start date: 09 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 11: Scrabble

Organisers: Pat Bass & Julian Landy

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

Venue: Member's home (CB4 2AB)

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

Places: 8

Start date: 07 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 2 & 3 letter words are available. No need to bring your own Scrabble set or dictionary. If members want to, Julian Landy will co-ordinate the Summer term at Bridge Street – details to be confirmed nearer the time.

Format: Course or activity without teaching

About us: (Pat:) Scrabble has been part of my life for sixty years: I have been running this course for more than twenty.

(Julian) I will be coordinating this course for just the Summer term.

LEI 12: Board games online

Tutor: Jo Whitehead

Day and time: Wednesday 16:00 - 17:30

Venue: U3AC (Orange room)

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

Places: 6

Start date: 16 Oct

Board games are popular, 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 a friend 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 fourth iteration of this course.

LEI 12(z): Board games online

Places: 2

As for LEI 12 but attending via Zoom.

LEI 13: 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: 07 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 4. 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 14: 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: 16

Start date: 10 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 boardgame players over many years and would like others to enjoy them too.

LEI 15: 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 (8 weeks)

Places: 14

Start date: 24 Apr

This is a repeat of LEI 14.

Format: Course or activity without teaching

About us: We have been avid boardgame players over many years and would like others to enjoy them too.

LEI 16: Bezique

Coordinator: Susan Thomas

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

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 10

Start date: 11 Oct

Bezique is a 2-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 17: 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 (5 weeks)

Places: 12

Start date: 07 Oct

You will experience exhilaration, frustration, delight and infuriation (not seriously!) when you play this ancient Chinese game whose 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 of it (try 'World of Books' online). 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 2 hours (obviously emergencies are different). A friendly, fun-filled, not over competitive atmosphere prevails.

Format: Course or activity without teaching

About me: (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 18: 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: 11 Oct

We welcome novice and experienced birdwatchers on our all-day visits to reserves throughout East Anglia, and occasional Zoom lectures. Day trips take place every other Friday in termtime; we meet beforehand for coffee at or near the venue. Members can share sightings and photos after each outing. We encourage car sharing (passengers contribute to 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 have a buddy scheme for new joiners. We send out our programme before the start of each term. The annual subscription of £2 per member, for 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 me: (Debbie) I'm not an expert birder but I do enjoy being outside, watching and listening to birds, and learning from other club members.

LEI 19: Birdsong identification (Spring term)

Tutor: Olwen Williams

Day and time: Alternate Fridays, 09:30 - 11:30

Venue: Member's home (CB3 9JG)

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

Places: 10

Start date: 17 Jan

'I can't recognise birds by their call'. How many times do I hear this! If you can tell one tune from another, or distinguish friends on the phone by their voices, you can learn to tell a blackbird from a song thrush. This course aims to sort out about 20-25 of the commonest birds, by which time you will understand what you are listening for and know when it is something new. Starting indoors with tapes, we will venture outside to the real world of birdsong.

Format: Discussion

About me: I have been teaching birdsong identification for several years and am also interested in all aspects of natural history.

LEI 20: Travelling (Spring term)

Leader: Ian Hunter

Coordinator: John Tyson

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

Venue: U3AC (Green room)

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

Places: 14

Start date: 16 Jan

The aim of this course will be to assist those who would like to learn more about travelling across the world, by sharing experiences.

Format: Discussion

About us: (Ian) Retired FE lecturer and Manager (widely travelled).

(John) very widely travelled through his business.

LEI 21: 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: 16 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 £20 subscription. There is parking, the venue is licensed and there is a friendly convivial atmosphere. For examples of these places please see our website Camsail.org.uk. During the Summer term there will be visits to various places of interest.

Format: Lecture

About me: During 50 years of my interest in many types of sailing, I have learnt a lot by listening and reading about the marine environment.

LEI 22: Cooking: the books

Organiser: Louise Hashemi

Day and time: Alternate Fridays, 14:00 - 15:30

Venue: Member's home (CB3 0NJ)

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

Places: 8

Start date: 11 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; national or regional cuisines; culinary techniques; avoiding waste; entertaining; 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. NB cookery skills are not a requirement - an interest in cookery books is!

Format: Discussion

About me: I enjoy reading about the history of food, learning about cuisines from different parts of the world, exchanging opinions about cookery writers and learning new recipes.

LEI 23: 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: 12 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 24: Driving skills

Tutor: Juliet Van Der Velden

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

Venue: U3AC (Red room)

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

Places: 15

Start date: 16 Oct

This is a fun, informative and interactive course that will help you to drive more competently, confidently and calmly and therefore more enjoyably. We will explore topics such as managing the driver behind you, keeping safe on the motorway, understanding and predicting the behaviour of other road users, driving abroad, latest changes to the highway code and many more. Course participants will have plenty of opportunities to suggest extra topics. The course is in the classroom, not on the road.

Format: Lecture and discussion

About me: I am an ex-driving instructor, emergency blue light driver and long distance courier van driver. I have always enjoyed driving both in the UK and abroad, especially in central London.

LEI 25: Exploring the modern wine world

Tutor: Janne Hallinan

Day and time: Alternate Thursdays, 15:30 - 16:30

Venue: U3AC (Blue room)

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

Places: 10

Start date: 13 Feb

Exploring the modern wine world - new wine regions, grape varieties and changing wine styles - how are winemakers adapting to climate change and what will this do to the wine in your glass? Having survived the existential threat of phylloxera in the 1800s, how is the modern wine world adapting to the threats from climate change? What is the impact on the wine in your glass? This course offers an approachable, informative introduction to the innovations and adaptations of the modern wine industry. Through tasting delicious wines from around the world, we explore how historic regions are adapting. Planting new grape varieties, adopting new growing methods and winemaking, and creating new wine styles, will the historic wine regions survive? With new regions and countries entering the wine world, offering real competition to the historic regions, what does the future hold? Suitable for wine lovers of all knowledge levels, from home enthusiast to connoisseur.

Note: There will be an additional fee to cover the costs of the wines we will be tasting.

Format: Lecture

About me: After an extensive career, I followed my passion for wine. Achieving WSET's Diploma in Wine, writing my dissertation on Wine Production in a Changing Climate. I am a wine writer/judge/presenter.

LEI 26: U3AC Bowls Club (Summer term)

Organisers: Peter Campbell & Alistair Lovegrove

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

Venue: Chesterton Outdoor Bowls Club

Length of course: 1 term. Summer (18 weeks)

Places: 32

Start date: 07 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 Chesterton Outdoor 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 payable on application. Also, if you require bowls the organiser will collect a one off £3 which goes towards funding additional bowls.

Format: Course or activity without teaching

About us: We have been playing bowls outdoors and indoors for a number of years and are keen to introduce others to this traditional leisure activity.

LEI 27: Your essential guide to award winning English wines and England's emerging wine scene

Tutor: Janne Hallinan

Day and time: Alternate Thursdays, 15:30 - 16:30

Venue: U3AC (Blue room)

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

Places: 10

Start date: 24 Oct

Did you know there are almost a thousand vineyards in the UK? That the top three grape varieties are the same as Champagne? Viticulture is the fastest growing agricultural sector in the UK and predicted to grow by 50% by 2025.

This course offers an approachable, informative introduction to English wines. Suitable for all wine lovers, from home enthusiast to connoisseur. We will look at England's wine history, its regions, and wine styles.

Exploring climate, soils, and topography, to understand their importance to wine quality. In the later sessions we will taste a selection of wines to explore grape varieties, wine making and styles, and food pairing. Gain an understanding of why England has a growing international reputation for creating award winning sparkling wines and explore the burgeoning still wine scene. A development of my one-off lecture, 'The effect of climate change in wine: will Cambridgeshire be the new Burgundy?'.
Note: There will be an additional fee to cover the costs of the wines we will be tasting.

Format: Lecture

About me: After an extensive career, I followed my passion for wine. Achieving WSET's Diploma in Wine. Becoming a wine writer/educator/judge, particularly interested in English wines. Winner of the Guy Howard Award.

Linguistics

LIN 01: A handle on spoken English (Spring term)

Tutor: Stella Alderton

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

Venue: U3AC (Yellow room)

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

Places: 12

Start date: 17 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. We will also consider factors influencing language change and some specific language varieties and dialects. 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: Mary Newton, Judith Judd & Sue Rhodes

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 (4 weeks)

Places: 14

Start date: 01 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 'Still Life' by Sarah Winman. 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 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: 14 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 'French Braid' by Anne Tyler. 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: We have been in this group for several years and look forward to seeing new and returning members in October. The group enjoys reading books recommended by others to broaden our literary knowledge and promote lively discussion.

LIT 03: Book group 3

Convenor: Brenda Wilson

Day and time: 4th Monday of the month 14:15 - 15:30

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (2 weeks)

Places: 12

Start date: 28 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 the group suggests and chooses the rest of the year. The book I've chosen to start this year, is in fact a biography, recommended by a friend whose opinion I respect: 'Wifedom' by Anna Funder and is about George Orwell's 'forgotten wife'. The copy I have is in hardback and I don't know whether it is out in paperback. If it isn't, and you don't want to splash out on hardback (though try World of books (WOB) on the internet for secondhand books), what I suggest is that you get a book by the same author and we can widen the discussion. 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: 09 Oct

Each month a member will pick a book of fiction (available in paperback) and lead the discussion. We will start in October with my choice of 'Demon Copperhead' by Barbara Kingsolver. This will enable us to focus on two great writers, Kingsolver and Charles Dickens as the novel is loosely based on 'David Copperfield'. If you could come along with your choice of book, then we can arrange a programme from November to July. Last year we read a wonderful variety of novels from 'The Warden' by Anthony Trollope to 'The Silence of the Girls' by Pat Barker. We focus on setting, plot, character, themes, language and critical reception but wide-ranging discussions often ensue on our own opinions of literature and life.

Format: Discussion

About me: I love to read and discuss books.

LIT 05: 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: 2 terms. Autumn (3 weeks), Spring (2 weeks)

Places: 5

Start date: 09 Oct

Having greatly enjoyed the first year of this new book club, I am encouraged by the group to re-convene it. We have been reading short books that stray into something more unusual in content or style. My preference is for books of up to and no more than about 200 or so 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 'Homestead' by Rosina Lippi and 'Maintenance of Headway' by Marcus Mills, 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 05(z): Another book group

Places: 5

As for LIT 05 but attending via Zoom.

LIT 06: Ancient Greek comic drama: war-weary wives on sex-strike for peace, and Socrates breathing purity up in a balloon (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 (8 weeks)

Places: 15

Start date: 23 Apr

We will read in class two of Aristophanes' comic masterpieces, 'The Clouds' and 'Lysistrata', in the Penguin translation by Alan Sommerstein. The one play features Aristophanes' contemporary, the philosopher Socrates, who runs a school (the Thinkery) training students to win arguments whatever the topic, and has himself elevated in a balloon to breathe clearer air and so think better. The other play is set in the long war between Athens and Sparta, where the Athenian soldiers' wives, fed up with the absence of their husbands, hold a women's assembly, and decide to deprive their husbands of sex when they're home on leave, till they stop fighting. The plays sometimes use very rude language (so be prepared). I will provide a running commentary on political references (which are legion, and would be libellous today). Here is an opportunity to parade your thespian skills with gusto.

Format: Taught course or activity

About me: I have been running classes on Socrates for many years and it feels appropriate to explore how Aristophanes, a contemporary of the great philosopher, makes fun of him.

LIT 07: Barbara Pym (1913-1980) (Spring term)

Tutor: Clare Waterhouse

Day and time: Wednesday 11:00 - 12:15

Venue: Castle Street Methodist Church (Aldersgate room)

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

Places: 14

Start date: 15 Jan

Barbara Pym was an English novelist, specialising in social comedies, who has been likened to Jane Austen. In 1977, Lord David Cecil and Philip Larkin nominated her 'the most underrated writer of the century'. During this course we will be considering two of her novels: 'Excellent Women' (1952) and 'A Glass of Blessings' (1958). If time, we will also read a third novel. We will examine the novels individually and in relation to each other, exploring such themes as unrequited love, homosexuality, the Anglican church in the 1950s, intertextuality and anthropology. 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, E M Forster and Elizabeth Bowen.

LIT 08: Classical Greek Tragedy in English Translation (Spring term)

Leader: Margaret Sakellaris

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

Venue: U3AC (Red room)

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

Places: 14

Start date: 13 Jan

In this class, we shall read and discuss together 'Oidipous Tyrannos' the great Greek tragedy by the 5th century B.C. dramatist Sophocles. The required translation is that of Robert Fagles – 'Sophocles: The Three Theban Plays'. Penguin Classics, ISBN 0-14-044425-4.

Format: Seminar

About me: Since 2006 I have been running courses for the U3AC on ancient Greek poetry to bring it to those who cannot access the Greek directly.

LIT 09: 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)

Places: 12

Start date: 21 Oct

We read novels that reflect the changes in the world during the twentieth century. Taking turn to lead, we consider their appeal when they were published and today. Ranging through the 1900s and including literature from a variety of genres and cultural backgrounds, this year we start with Edith Wharton's novella Ethan Frome of 1911. Read it in advance to join in the discussion in session 1. Keith Waterhouse's Billy Liar (1959) is the choice for November. Together with the Zoom group, we shall draw up a programme for December onwards. The two groups are separate but read the same books. We plan to meet throughout the year, but out of term some sessions may be held jointly with the Zoom group (on 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 10(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

Places: 12

Start date: 07 Oct

We read novels that reflect the changes in the world during the twentieth century. Taking turn to lead, we consider their appeal when they were published and today. Ranging through the 1900s and including literature from a variety of genres and cultural backgrounds, this year we start with Edith Wharton's novella 'Ethan Frome' of 1911. Read it in advance to join in the discussion in session 1. Keith Waterhouse's 'Billy Liar' (1959) is the choice for November. Together with the in-person group, we shall draw up a programme for December onwards. The two groups are separate but read the same books. We plan to meet throughout the year, but out of term some sessions may be held together with the LIT 09 participants by Zoom; dates and times for those may vary.

Format: Discussion

About me: Involvement with book groups has widened my reading and my insight into literature. Discussion is lively and the views of everyone are respected.

LIT 11: Climbing the Magic Mountain

Leader: Martin Davison

Day and time: Thursday 15:45 - 16:45

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 14

Start date: 10 Oct

2024 marks the centenary of the publication of Thomas Mann's 'Der Zauberberg: The Magic Mountain'. This multifaceted novel is considered a masterpiece of early 20th century modernism, on a par with Joyce's 'Ulysses' and Proust's 'À la Recherche du Temps Perdu', and contributed to the award of the author's 1929 Nobel Prize for Literature. The proposal is to spend a year reading and discussing it with the close attention it merits, covering a couple of the 51 sub-chapters in each session. Do not be daunted; while indisputably long and serious, the novel is also very readable and often amusing. Knowledge of German is not required, as the book may be read in translation and all class discussions and readings will be in English. The 1928 Helen Lowe-Porter translation lives on but the 1997 version from John E Woods now seems to be more highly regarded.

Format: Seminar

About me: Having studied German literature at university, I renewed my interest at U3AC. I first reached the summit of the Magic Mountain in Tübingen in 1969.

LIT 11(z): Climbing the Magic Mountain

Places: 4

As for LIT 11 but attending via Zoom.

LIT 12: 'Come for the cake - and stay for the books!'

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: 21 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 'Demon Copperhead', by Barbara Kingsolver.

Format: Discussion

About us: We enjoyed running this group last year, and look forward to doing so again next year.

LIT 13: Dystopian literature

Leader: Melina Heaton

Day and time: Wednesdays monthly, see dates below 14:30 - 16:00

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

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

Places: 15

Start date: 16 Oct

As the majority of the world population votes in new governments this year, I thought it might be interesting to look at 21st century dystopian novels to see what issues haunt our contemporary writers and what cautions they put forward for our consideration. We will read 10 novels, all written since 2000; we may, of course, use classics and personal favourites from decades past as a reference to enrich our discussion. These 10 books will not be alternative histories or sci-if epics but of a more political and philosophical nature. The first book will be announced via email as soon as I get the class list. Dates for this course are: 16 Oct, 13 Nov, 11 Dec, 15 Jan, 12 Feb, 12 Mar, 23 Apr, 7 May, 11 June.

Format: Discussion

About me: I studied Comparative Literature at university and taught English and Theory of Knowledge in international schools.

LIT 14(z): Eskimo folk stories (Summer term)

Tutor: Chris Jones

Day and time: Tuesday 15:35 - 17:00

Venue: Zoom

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

Places: 25

Start date: 22 Apr

Inuit folk tales (Eskimo, as was) are amongst the liveliest, wackiest and most entertaining of all traditional stories. The great Danish explorer and anthropologist Knud Rasmussen collected hundreds of these stories on his epic journey on foot through north Canada, lasting several years, in the 1920s. These tales include: The centipede as wooer, The man who ate his wives, The man who became a star, The woman with an iron tail, The man who did everything that was forbidden, The boy who frightened people to death, and The flying race of the two shamans. We shall read together (via Zoom) stories from Rasmussen's 'Eskimo folk-tales', translated by W. Worster. (Some editions are titled 'Inuit folk tales'.) These can be purchased on Amazon or on AbeBooks very cheaply as books or almost free as Kindles. I will provide a commentary on the stories and culture, and facilitate a discussion.

Format: Taught course or activity

About me: I used to tell traditional folk tales (in particular Inuit stories, as these are very unusual) publicly, in an amateur capacity. There is great wisdom in native peoples' cultures.

LIT 15: European writing

Tutor: Adrian French

Day and time: 2nd Tuesday in month 10:30 - 11:45

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

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

Places: 12

Start date: 08 Oct

This is a discussion group. We will read recent writing from or about Europe concentrating mostly but not necessarily exclusively on novels. Starting with titles from Nobel Laureates we will discuss what sort of writings and from what parts of Europe will prompt and satisfy our interests. So we might venture into poetry and some short non-fiction such as biography or travelogue. Bring your ideas.

Format: Discussion

About me: Most of what I know about fiction and poetry I have learned from U3AC groups. I enjoy doing my learning through robust but respectful dialogue.

LIT 16: Flights of amazing imagination - the worlds of Terry Pratchett and other fantasy genre authors

Coordinators: Angie McKerral & 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 (2 weeks)

Places: 12

Start date: 08 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: Angie and I 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 17(z): Folk tales from India

Tutor: Chris Jones

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

Venue: Zoom

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

Places: 25

Start date: 07 Oct

The 'Panchatantra', a collection of Indian folk tales, is one of the most engaging series of traditional stories ever compiled. It is also one of the ancient world's most influential books, having been translated into some 50 languages over the past fifteen hundred years (and, in the Middle Ages, into most European languages - the only book from India to have spread so widely.) In the opening frame story, a king seeks an advisor to teach his sons wisdom. The king's counsellor tells tales (featuring lapwings, hyenas, elephants, ants) to show the young princes how (note, not what) to think. There is a tension between loving-kindness and practical Machiavellianism, as befits future rulers. We shall use the Penguin translation by Chandra Rajan. Class members will recount one of the stories each week, either by reading it or by retelling the plot in his/her own words.

Format: Taught course or activity

About me: I have loved folk stories since childhood. I told folk tales publicly, in an amateur capacity, for some years. Native peoples' folk tales have much wisdom.

LIT 18(z): Folk tales of Ireland (Spring term)

Tutor: Chris Jones

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

Venue: Zoom

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

Places: 25

Start date: 13 Jan

Irish traditional tales have a character all of their own, even though the stories themselves often have equivalents throughout the Indo-European area. We shall read together, and I will facilitate discussion, on Zoom, stories from Kevin Danaher's 'Folktales of the Irish Countryside' and Eamon Kelly's 'Ireland's Master Storyteller'. Both are available cheaply (new or second-hand) on Amazon or AbeBooks. The tales collected in Danaher's book were told to the author when he was young by family members and neighbours in County Limerick in the 1920s. These stories include: The horse that excreted gold, The tub of unblest feet-water that let supernatural beings into the house, The fate of the man who had no story, and The man who built a house on the path of the fairies. Kelly's book includes local legends, the anguish of emigration, and killing the family pig in November. Both accounts are superbly narrated.

Format: Taught course or activity

About me: I fell in love with traditional folk tales (i.e. those which are passed on orally in a 'native' culture) as a child, and have loved them ever since.

LIT 19: Gender in Shakespeare (Spring term)

Tutor: Kerry O'Connell

Day and time: Tuesday 09:55 - 10:55

Venue: U3AC (Red room)

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

Places: 20

Start date: 14 Jan

I want to explore Shakespeare's exploration of gender in his plays, exploring his presentation of women and men in his plays; discussing these questions: what was the historical context he was writing in; how should we respond in today's climate; what does Macbeth say about 'manliness' or strong women? is Hamlet a misogynist? what's with all the cross-dressing? We will also be looking at 'King Lear', 'Twelfth Night', 'As You Like It', 'The Winter's Tale', 'Othello', 'The Tempest' and 'The Taming of the Shrew'.

Format: Lecture

About me: Experienced U3AC tutor; a retired teacher of English and Theatre Studies at secondary and sixth form level.

LIT 20(z): Jesus, the Jew

Tutor: Hilary Goy

Day and time: Wednesday 17:00 - 18:00

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 10

Start date: 09 Oct

Looking at New testament references to the Hebrew bible. We have started with the Gospel of Luke. The sessions focus on discussion and interpretation in the group, participants will not be told what to think!

Format: Discussion

About me: I am involved in U3AC New Testament Greek as well as looking at the Septuagint, this topic is a natural development to explore further.

LIT 21(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: 08 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 22(z): Louis MacNeice (Spring and Summer terms)

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: 2 terms. Spring (10 weeks), Summer (4 weeks)

Places: 20

Start date: 14 Jan

This course is for all those who enjoy reading great poetry and would like to learn more about this poet. Louis MacNeice (12 September 1907 - 3 September 1963), was born in Belfast and was an Irish poet and playwright. He was a member of the so-called Auden Group, which also included W. H. Auden, Stephen Spender and Cecil Day-Lewis. Unlike U. A. Fanthorpe, he wrote his first poem at the age of seven. Although less politically overt than some of his contemporaries, he expressed a humane opposition to totalitarianism as well as an acute awareness of his roots. A brief introduction will be given to several aspects of his life followed by each of us reading in turn from the poetry he created. There will be some analysis of his poems. Please bring his collected poems or other examples of his 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.

LIT 23: Mary Shelley's Frankenstein

Tutor: Melina Heaton

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

Venue: U3AC (Orange room)

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

Places: 8

Start date: 09 Oct

We think we know the story, but how much have the films and TV series and popular culture altered our knowledge of the original novel? Shelley rewards the reader with so many insights into the human condition and she offers a timeless caution to our more megalomaniacal tendencies. In this class we will focus on the novel itself, reading and discussing in class as we go. Historical and philosophical context will be provided.

Format: Seminar

About me: I studied Comparative Literature at university and taught IB English and Theory of Knowledge in international schools.

LIT 24: Modern European novels

Facilitators: 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: 15 Oct

We read prize winning Modern European Novels in translation, challenging our own perceived culture and making us to better reflect upon our own identity. Through masterful storytelling we develop a deeper sense of connection to another reality. Works in translation also fosters a level of intercultural understanding that is even more crucial than ever in today's tumultuous world. This group has been running for eight years, deciding which novels we will read each month in advance.

Together we will be looking into the issues and merits of contemporary novels, while sharing the pleasure of reading, contributing equally and with respect for everyone's view. We will contact you nearer to the start of the new academic year with the title of the first novel.

Format: Discussion

About us: The facilitators have been members of many reading literature groups over the years.

LIT 25: Myth in contemporary fiction

Coordinator: Maxine Fay

Day and time: 2nd Monday of the month 14:15 - 15:30

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (3 weeks), Spring (3 weeks)

Places: 8

Start date: 14 Oct

How have contemporary authors reimagined and retold myths? In the last two years I have led a book group focused on authors who have re-examined Greek myths from the female perspective. Now I want to look at the re-telling of myths from other perspectives to find out how they remain relevant and interesting. And read some good stories! Each month we shall read and discuss one novel, sharing thoughts and ideas with the group. I shall provide some background on the original myth for each session, so there is no absolute need for you to be familiar with the myths before the class. The first book we shall read is 'The Song of Achilles' by Madeline Miller. ISBN 978-0062060624.

Format: Discussion

About me: I've been interested in Greek drama and myth for some time and look forward to discovering new ideas from the group.

LIT 26(z): Personal poetry

Convenor: 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 (4 weeks)

Places: 10

Start date: 14 Oct

A course for those who write poetry and want to improve their skills. We meet every two weeks on Zoom to share and discuss work we have each produced in a supportive and friendly atmosphere. The facilitator does not provide a theme for each meeting but attempts to stimulate the group with 'random' handouts of a poetic nature. This is a peer group and not a teaching workshop and we learn from each other.

Format: Self-taught course or activity

About me: Having written poetry for many years I enjoy the stimulation that other people's ideas and styles provide.

LIT 27: Play reading for fun

Tutors: Gloria & Mike Milne

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

Venue: Member's home (CB5 8JF)

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

Places: 10

Start date: 18 Oct

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.

LIT 28: Poetry reading group J - Tuesday

Organisers: John Cook & Jo Whitehead

Day and time: Tuesday 14:15 - 15:45

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 10

Start date: 08 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: 4

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: 09 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. This course will run for the Autumn and Spring terms only.

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 (5 weeks)

Places: 10

Start date: 07 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 and Verdi

Tutor: Melina Heaton

Day and time: Thursday 09:50 - 11:20

Venue: U3AC (Yellow room)

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

Places: 8

Start date: 10 Oct

Do Verdi's operas enhance our understanding of Shakespeare's plays? This class will focus on Othello (Autumn) and Macbeth (Spring) to explore that question. Using the text of the plays, passages from the operas, and other sources academic and literary, we will look at the ways in which Verdi's interpretations of Shakespeare add to our understanding of the plays.

Format: Seminar

About me: I taught literature in international schools and I've been a bit of an opera fanatic most of my life, so this is a chance to combine two passions.

LIT 32: Shakespeare's Sonnets

Tutor: Kerry O'Connell

Day and time: Tuesday 09:55 - 10:55

Venue: U3AC (Red room)

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

Places: 20

Start date: 08 Oct

Together we will explore Shakespeare's sonnets, looking at individual sonnets together, examining their use of language and themes.

Format: Discussion

About me: Experienced U3AC tutor; a retired teacher of English.

LIT 33: Short stories

Tutor: Kerry O'Connell

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 08 Oct

To look together at a series of short stories, usually two a week, and discussing them together. We will be using 'The Penguin Book of the British Short Stories' as a basis but we will also be looking at other short stories from around the world, usually available on the internet.

Format: Discussion

About me: I'm an experienced U3AC tutor with 40 years' teaching of English and Theatre Studies at secondary and sixth form level.

LIT 34: Sustainability book group

Convenor: Elizabeth May

Class Secretary: Janet Bojan

Day and time: 1st Tuesday of the month 10:15 - 11:15

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (3 weeks), Spring (2 weeks), Summer (2 weeks)

Places: 12

Start date: 01 Oct

We will discuss books and other materials eg newspaper articles, U3AC recorded lectures, 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, 'The High House' by Jessie Greengrass. I hope that members will suggest other books. We usually divide big books into sections assigned to reduce workload. We have read a wide variety of books in this group including George Monbiot's 'This Can't Be Happening', 'Wilding' by Isabella Tree and Jake Fiennes 'Land Healer'. This course is for anyone interested in and/or who would like to know and do more about environmental matters. The first meeting on 1 October will be held in a local cafe.

Format: Discussion

About us: (Elizabeth) A Biology/Environment ex-lecturer and University Environment Manager.

Janet is an environmental activist.

LIT 35: The Buccaneers (Summer term)

Tutor: Melina Heaton

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

Venue: U3AC (Orange room)

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

Places: 8

Start date: 23 Apr

Edith Wharton's last unfinished novel is a fascinating look at five young American girls from nouveau riche families who are taken to the U.K. by their governess to find aristocratic husbands and thus overcome the snobbish disdain of old New York. Marion Mainwaring, a Wharton scholar, finished the novel using the notes and synopsis left behind by Wharton at her death. This class will focus on the novel with in-class readings and discussion.

Format: Seminar

About me: I studied Comparative Literature at university and taught English and Theory of Knowledge in international schools.

LIT 36: The odes of John Keats (Spring term)

Tutor: Kerry O'Connell

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 14 Jan

To explore together the odes of John Keats, looking at his life and times, exploring his use of language and his themes.

Format: Lecture

About me: Experienced U3AC tutor with 40 years' experience as a teacher of English at secondary and sixth form level.

LIT 37: The Poisonwood Bible (Spring term)

Tutor: Melina Heaton

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

Venue: U3AC (Orange room)

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

Places: 8

Start date: 15 Jan

Barbara Kingsolver's novel is a masterpiece of storytelling and a cautionary tale of human folly. In 1959 a missionary packs up his family and moves to a village in the Congo. Kingsolver creates a brilliant narrative switching between the wife and her four daughters to tell us of the misguided adventure. In this class we will read selected passages and discuss the novel; some biographical and historical context will be provided.

Format: Seminar

About me: I studied Comparative Literature at university and taught English and Theory of Knowledge in international schools.

LIT 38: Travel writing

Leaders: Melina Heaton & John Bastable

Day and time: Thursdays monthly, see dates below 14:00 - 15:30

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

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

Places: 14

Start date: 10 Oct

Whether you are an enthusiastic globe trotter or an avid armchair traveller, reading about other people's adventures is always fun and enlightening. This book club will focus on travel writing from around the world and across the centuries. The first book will be announced once we get the class list; we'd like members of the book club to suggest books for the subsequent months, but we will provide a list of ideas as well. Dates for this course are: 10 Oct, 14 Nov, 12 Dec, 16 Jan, 13 Feb, 13 Mar, 24 Apr, 8 May, 12 June.

Format: Discussion

About us: Between us we've covered the globe: living, working, and travelling in many different countries. This experience has made us both avid readers of travel writing.

LIT 39: 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)

Places: 10

Start date: 22 Oct

Meeting once a month throughout the year (except August), our group members select novels written in English 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 up to 2010) and to include literature from a variety of cultural backgrounds. We shall start in October by discussing 'Life and Times of Michael K' by J.M. Coetzee (1983). Those who are allocated places should come prepared. In November we shall discuss 'Mrs Palfrey at the Claremont' by Elizabeth Taylor (1971). All the remaining novels for the year (December 2024 to September 2025) are based on members' suggestions which the group votes on in October. Voting is by category to ensure a spread across time and place. Links to other material about each selected book are provided.

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 39(z): Twentieth and early twenty first century classics

Places: 3

As for LIT 39 but attending via Zoom.

LIT 40: Twenty-first century poets

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: 14 Oct

We will read together the work of contemporary poets who were shortlisted for the Forward Prize for Poetry as published by Faber: 'Poems of the Decade 2011-2020': 'An Anthology of the Forward Books of Poetry 2011-2020', ISBN 9780571325405. This is the required text for this ten-session course. No prior knowledge of poetry is required. The class will discuss a handful of poets 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. They work with the combined knowledge, deliberation and wisdom of the group to explore and enhance enjoyment by reading poetry together. The course format has been refined over the years and will be familiar to those who have studied various modern and contemporary poets with Jean and Chris.

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 41: Wearing purple

Tutor: Judith Braid

Day and time: Alternate Fridays, 10:45 - 12:00

Venue: U3AC (Green room)

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

Places: 12

Start date: 18 Oct

'When I am an old woman I shall wear purple, with a red hat which doesn't go and doesn't suit me...' (Warning by Jenny Joseph). Feisty older women will be the theme of our course. Picking a different novel each session, we'll look at plotting, characterisation and point of view. Where do our sympathies lie? How are the critical issues of time and memory handled? What conclusions can we draw from each heroine's life? Autumn term titles: 'Moon Tiger' by Penelope Lively, 'Mrs Palfrey at the Claremont' by Elizabeth Taylor, 'All Passion Spent' by Vita Sackville-West, 'The Secret Scripture' by Sebastian Barry, 'Memento Mori' by Muriel Spark. For the Spring term: 'The Dark Flood Rises' by Margaret Drabble, 'The Stone Diaries' by Carol Shields, 'School for Love' by Olivia Manning, 'The Night Guest' by Fiona McFarlane, 'Greenbanks' by Dorothy Whipple.

Format: Discussion

About me: I have run discussion classes on modern fiction for several years and would like to share some thought-provoking titles with interested members.

LIT 42: What makes a good short story?

Leader: Dr Gillian Lang

Day and time: Alternate Mondays, 11:00 - 12:00

Venue: U3AC (Yellow room)

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

Places: 12

Start date: 07 Oct

We will read two contrasting stories to discuss per session. These will include fables from the ancient world, tales by John Wyndham and stories by writers such as Oscar Wilde and Guy de Maupassant. Suggestions of stories for us to read will be very welcome.

Format: Discussion

About me: My main academic interests have been in psychology, animal behaviour, and literature. I look forward to reading the stories we choose and discussing them with you.

LIT 43: 1984

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: 15

Start date: 09 Oct

Imagine a world in which it is unsafe to speak your mind freely, even privately. A world of hysterical denunciations of wrong-thinkers, where non-conformity is a crime. Where what is right on Monday is wrong on Tuesday. Where the past is continually re-written according to a present which is ever-changing. A world in which the masses are placated with pop and prolefeed. Where entertainment, produced by machines using automatic formats, has replaced culture, and the entertainment screen records you. Where ecstasies of self-righteous hate are wallowed in, while those who are hated are called 'haters'. Where everyone believes impossibilities, because everyone else does, and you get into serious trouble if you don't. This is 1984. We will read George Orwell's haunting, prophetic story in class. I will provide an analysis and facilitate discussion. Please note that we will not be exploring contemporary politics (!) but Orwell's great novel.

Format: Taught course or activity

About me: Orwell's writings really spoke to me (and surely to us all) as an adolescent. And have done so ever since. He articulated what it meant to be in this society.

*** See also HIS 20 with links to Literature ***

Mathematics

MTH 01(z): Maths can be fun 1

Tutor: Sarah Payne

Day and time: Thursday 11:10 - 12:20

Venue: Zoom

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

Places: 12

Start date: 10 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 bring paper, pen, pencil, rubber, ruler.

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: 15 Jan

This is a repeat of MTH 01(z) so members should not enrol 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.

MTH 03: Maths - keep up with the grandchildren

Tutor: Nigel Canton

Day and time: Tuesday 13:45 - 14:45

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 16

Start date: 08 Oct

Are you bamboozled by algebra? Are your grandchildren running trigonometric rings around you? Find out what's on the curriculum: year 6 to GCSE and stay one step ahead of the opposition. This will be a fast paced tour of current curriculum requirements. No previous mathematical knowledge is required or will be assumed other than an ability to add and subtract and possibly multiply/divide. If you're rusty though don't worry. You'll soon be up to speed.

Format: Taught course or activity

About me: I retired at the end of 2021 having spent the last 10 years of my working life as a maths teacher at secondary (11 - 18) level.

Music

MUS 01: Aspects of classical music

Tutor: John Hopkins

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 08 Oct

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: Lecture

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: Chamber choir

Coordinator: Lorna Cox

Leader: Alison Miles

Support Pianist: Chris Hills

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

Venue: Castle Street Methodist Church (Hall)

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

Places: 24

Start date: 09 Oct

This choir is for experienced choral singers with good sight-reading ability who are confident to sing unaccompanied. We enjoy a variety of sacred and secular music; this year we will be using the Oxford Book of Tudor Anthems, and a range of other music which members can download free from websites such as CPDL. We are a friendly and welcoming group who sing for our own pleasure and not to perform in public.

Format: Course or activity without teaching

About us: We have been members of this choir for many years and love sight-reading music a cappella with this group.

MUS 03: Choir

Director of Music: Brian Watkins

Secretary: Vanessa Tilling

Accompanist: Christopher Hills

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

Venue: St James' C of E Church

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 65

Start date: 10 Oct

Our well-established, friendly and enthusiastic SATB group enjoys singing a wide range of music, both sacred and secular, traditional and modern. Each term we usually sing a variety of smaller arrangements, madrigals, motets, extracts from operas/musicals and other lighter pieces, as well as tackling a more challenging, substantial choral work. In the recent past we have performed works by Handel, Fauré, Gershwin, Bernstein, Saint-Saëns and Borodin, as well as rarely performed works by Stanford and Coleridge-Taylor. In Summer 2024 we rehearsed music from 'Les Misérables'. Music is provided but we occasionally request a small contribution to offset any costs. 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 a very supportive audience each term.

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 04: Classical music 1945 - 2025 (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: 14 Jan

The course will explore the many varied developments in classical music since 1945. Although for many people, this music can be difficult to appreciate, I believe that by investigating the various historical and social contexts in which it was created, and by examining the thinking behind it, we will discover that there is much to enjoy. We will trace the chronological developments, but the choice of pieces to consider in detail will be a personal one, reflecting my own enthusiasms. Technical terminology will be avoided as far as possible; all that is needed will be an open mind and open ears.

Format: Seminar

About me: I am a retired university lecturer and an active composer, concerned for the survival and the wider appreciation of classical music, especially in its contemporary forms.

MUS 05: From The Beach Boys to Neil Young, music from the '60s and '70s (Summer term)

Tutor/Leader: David Poulter

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 22 Apr

A music appreciation session based around my own album collection. Based, perhaps, on a selected year each session between '65 & '80, where the bulk of my collection sits. Or maybe an album from a year and a selection of other tracks from the same year.

Format: Discussion/course or activity without teaching

About me: With my first week's wages in 1968 I bought 'Hollies Greatest', then 'Mighty Garvey' by Manfred Mann and now have around 800 albums. Time to share with U3AC members.

MUS 06: Going beyond Grade 5 Theory year 1

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 (8 weeks)

Places: 8

Start date: 09 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 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 MuseScore 3, which is essential to the course. There will be a weekly homework assignment and optional tutorials via Zoom.

Format: Taught course or activity

About me: I read Music at Pembroke College, was Head of Music at a 6th form college, have particularly enjoyed helping diffident Theory learners from Grade 5 up to degree level.

MUS 06(z): Going beyond Grade 5 Theory year 1

Places: 2

As for MUS 06 but attending via Zoom.

MUS 07: Going beyond Grade 5 Theory year 2

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 (8 weeks)

Places: 8

Start date: 10 Oct

This course is for members who have worked at Music Theory to Grade 6 level and wish to progress further. A previous pass at Grade 6 is not obligatory. Theory Grades 1 to 5 will have covered the Rudiments of Music Notation. Last year we moved on to the 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 7 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 £7) – details later. They should also agree to install the free music-writing program MuseScore3, which is essential to the course. There will be a weekly homework assignment and optional tutorials via Zoom.

Format: Taught course or activity

About me: I read Music at Pembroke College, was Head of Music at a 6th form college, have particularly enjoyed helping diffident Theory learners up to degree and teaching diploma levels.

MUS 07(z): Going beyond Grade 5 Theory year 2

Places: 2

As for MUS 07 but attending via Zoom.

MUS 08: It's Only Rock 'n' Roll, Blues, Rhythm 'n' Blues, and Soul Music from the 50s and 60s .. but I like it

Leader: William Haynes

Day and time: Thursday 10:45 - 12:00

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

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

Places: 40

Start date: 10 Oct

Join me to hear some of the best and authentic original recordings of American rock 'n' roll, Delta and urban blues, rhythm 'n' blues and 60s vintage soul music. As well as playing many lesser known artistes and tracks, there'll also be familiar names such as Otis Redding, Marvin Gaye, Muddy Waters, Buddy Holly, Howlin' Wolf, Eddie Cochran, Sam Cooke, Chuck Berry, Bo Diddley, Little Richard, Elvis Presley, Carl Perkins, Fats Domino, Drifters, Solomon Burke, Miracles, Etta James, BB King, Jackie Wilson, Ray Charles, Booker T, Mary Wells, Robert Johnson, Coasters, Jerry Lee Lewis, Crystals, Ronettes and occasionally the best of 1960's British artistes. American recording labels featured will include Chess, Speciality, Atlantic, King, Sun, Vee-Jay, Coral, Stax, Tamla Motown and more. We'll play many of the original American versions of the hits recorded by British bands in the 60s. This is a sound only course from CDs.

Format: Seminar

About me: Fan of American roots music.

MUS 09: 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: 100

Start date: 07 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 10: 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: 300

Start date: 08 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. Donations are requested by the society at the end of the concert but are entirely voluntary. 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.

MUS 11: Mainly madrigals

Leader: Susan Whykes

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

Venue: Downing Place URC (Gibson Hall)

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

Places: 24

Start date: 08 Oct

This SATB group meets for the pleasure of singing in the Madrigal tradition. Our repertoire is mostly unaccompanied and focussed on English madrigals and partsongs but occasionally includes music in other European languages. Members of this group have good sight-reading abilities and are encouraged to make suggestions on repertoire, technique and performance. We will be starting the term using 'The Oxford Book of English Madrigals' edited by Philip Ledger but we also regularly use 'Madrigals and Partsongs' by Clifford Bartlett. Additional music may be sourced online for members to print off. We are a friendly group and very welcoming to all our participants.

Format: Singing together

About me: I am a music teacher, with a wide range of experience in both orchestral and choral settings.

MUS 12: 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: 80

Start date: 08 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 13(z): Music theory from the very beginning

Tutor: Susan Whykes

Day and time: Friday 08:30 - 09:15

Venue: Zoom

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

Places: 25

Start date: 11 Oct

This course is new in that it combines the previous courses of 'Reading music from the beginning' and 'Music Theory for beginners'. Together we journey through and investigate the beginnings of written music, gradually building up skill sets and studying elements that constitute music, all from the comfort of your own home. The early part of the course is designed to be useful to those wishing to have a better understanding of the signs and squiggles on a page of music. We arrive at the equivalent of an ABRSM (Associated Board of the Royal Schools of Music) Grade 2 standard by the end of the course. PDF booklets that complement each topic will be sent out when appropriate. This will be taught over Zoom using my own license.

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 14(z): Music Theory continuing on to Grade 4

Tutor: Susan Whykes

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

Venue: Zoom

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

Places: 25

Start date: 11 Oct

This course is designed to continue on from 'Music Theory from the very beginning' and covers material from Grade 3 to Grade 4 standard. The sessions develop understanding of more complicated note durations, scales and key, all from the comfort of your own home. (A basic knowledge of Grade 2 standard theory is very useful). A limited amount of other technology might be used during the course if participants wish to use it. There will also be a series of PDF booklets that both cover this work and complement each topic. These will be available as we progress through the course. (This course is taught via Zoom using my own license).

Format: Taught course or activity

About me: I am an experienced music teacher, having been involved in music education for many years. I love theory and find it fascinating.

MUS 15: Opera - French and French style

Tutor: Eunice Fisher

Day and time: Tuesday 11:35 - 12:50

Venue: U3AC (Pink room)

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

Places: 30

Start date: 08 Oct

We will watch and listen to operas by French composers such as Gounod, Massenet, Bizet and Offenbach and some others in the French style. I will try to show contrasting and sometimes controversial productions and we will discuss our preferences. Both newcomers to opera as well as more experienced opera-goers are welcome. No specialist music knowledge required - just an enthusiasm for listening.

Format: Seminar

About me: I am an opera enthusiast and have been offering similar courses for 12 years. I enjoy the enthusiasm of the attendees and have myself learned a lot in the process.

MUS 15(z): Opera - French and French style

Places: 20

As for MUS 15 but attending via Zoom.

MUS 16: Opera: Bel Canto (Spring term)

Tutor: Eunice Fisher

Day and time: Thursday 11:20 - 12:50

Venue: U3AC (Pink room)

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

Places: 30

Start date: 16 Jan

We will watch and listen to operas in the Italian 19th century Bel Canto style. These will include work by Rossini, Donizetti and Bellini. Generally two productions of each opera will be presented, with an opportunity for discussion of the performances. Bel canto opera is melodic, easy-to-listen to and this course is suitable for newcomers to opera as well as opera 'keenies'.

Format: Seminar

About me: I am an opera enthusiast and enjoy sharing and discussing opera productions with others.

MUS 16(z): Opera: Bel Canto (Spring term)

Places: 20

As for MUS 16 but attending via Zoom.

MUS 17: 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: 08 Oct

We are a group of enthusiastic, but moderately-talented singers and players. We sing a range of standards/show-tunes, rock/pop, trad/folk, i.e. those we grew up on, more or less, e.g. 'Sweet Caroline', 'Send in the Clowns', 'See you Later Alligator'. Jim presents most of the songs, and we all join in with the arrangements and rhythms. Words and chords appear on a large screen and in large type, so they are easy to sing. Bring your voice, guitar/uke/harmonica etc. or use our percussion and join in the fun. There will be two groups of ten, which meet on alternate weeks of the two terms. i.e. five sessions per term for each group. We try to create a balance between the two. This course usually has a waiting list, so please put it as your first choice and only apply for a place if you are able to commit to regular attendance.

Format: Taught course or activity

About us: Jim was for many years M/C at the Cambridge Folk Club and Festival. Keith and Jim have run this course for over ten years.

MUS 18: The Symphonies of Beethoven (Summer term)

Tutor: John Hopkins

Day and time: Tuesday 14:20 - 15:50

Venue: U3AC (Pink room)

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

Places: 30

Start date: 22 Apr

Beethoven's 9 Symphonies are one of the threads which trace the development of his music throughout his career. We will consider the world into which Beethoven was born, in both its musical and its historical contexts, and assess the ways in which the Symphonies reflected and influenced the evolution of European music and society during and after his lifetime. Technical terminology will be kept to a minimum, and there will be the opportunity to discuss the impact and meanings that the works convey.

Format: Lecture

About me: I am a retired university lecturer and an active composer, concerned for the survival and the wider appreciation of classical music.

MUS 19: U3AC recorder group

Coordinators: Edwina Clark, Alison Miles & 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 (7 weeks), Summer (5 weeks)

Places: 24

Start date: 04 Oct

We are a self-supporting group of recorder players, meeting fortnightly, playing a wide range of music in different styles - usually 3 to 4 players to a part. Guided by group members, we 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. Before each session a music list will be sent out. Some pieces will be in pdf form for you to print. 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 to enjoy sight reading and playing music together. Dates: 4, 18 Oct, 1, 15, 29 Nov, 13 Dec, 10, 24 Jan, 7, 21 Feb, 7, 21 Mar, 4, 25 Apr, 9, 23 May, 6, 20 June.

Format: Course or activity without teaching

About me: We enjoy playing recorders with other people and this U3AC group provides a friendly and encouraging opportunity to do this.

Philosophy and religion

PHL 01(z): The gospel according to St Luke (Spring and Summer terms)

Tutor: Chris Jones

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

Venue: Zoom

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

Places: 20

Start date: 14 Jan

We shall read together the gospel of St Luke, which is characterised by an air of compassion and forgiveness. Luke, though surely a Gentile, had a keen interest in Jewish scriptures, but his approach is quite different from that of Matthew (who was learnedly Jewish, and more fiery). Although Luke's companion (or continuation) volume, 'The Acts of the Apostles', is not itself part of the course, we will occasionally touch upon this post-Resurrection narrative in order to further understand Luke's method of portraying history. I shall provide a running commentary and facilitate group discussion. Please have available the King James translation. (Note that the class is to be a three-term course, which will continue to the October term of 2025. That is to say, we will explore only the pre-Jerusalem period in Jesus' ministry this academic year.)

Format: Taught course or activity

About me: Luke will be my sixth New Testament course with the U3AC. There is an endless source of loveliness in the gospels.

PHL 02: The Hebrew Bible / Christian Old Testament: A historical view

Leader: Margaret Sakellaridis

Day and time: Thursday 11:45 - 13:15

Venue: U3AC (Yellow room)

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

Places: 14

Start date: 10 Oct

This class will study the historical contexts of the books of the Old Testament or Hebrew Bible. The emphasis will be on the various dates the different books were written and revised, along with how and when they came together over the period c1200B.C. to c90A.D. This is a repeat of the first half of the class offered in 2022-2023 and, as then, discussion will be actively encouraged.

Format: Seminar

About me: A leader of U3AC courses since 2006, I have no academic qualification in this subject but have researched it.

PHL 03: The majesty of late Plato: Theaetetus and Sophist, on the question of knowledge

Tutor: Chris Jones

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

Venue: Autumn & Spring terms: Friends Meeting House, Jesus Lane (Annexe). Summer term: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 15

Start date: 09 Oct

We shall read together the Theaetetus and the Sophist by Plato. These works explore the question: What does it mean to be wise, to possess knowledge? And, is truth something real, or is it relative, just a matter of belief or opinion? Plato writes philosophy in dramatic form, using his mentor Socrates as a character in discussion with another person. This use of dialogue to express philosophy enables us to take in profound and complex ideas bit by bit. The roles of Socrates and his interlocutor will be taken on each week by class members, reading the parts. I shall provide a running analysis and facilitate group discussion. We will use the Cambridge University Press 'Theaetetus and Sophist' translated by Christopher Rowe. (The CUP bookshop gives you a discount as a U3AC member.)

Format: Taught course or activity

About me: I have been teaching Plato for several years now, and it is a great joy. I learn more than anyone else, by carefully exploring this great philosopher.

PHL 04: The Metaphysics of Time and Space

Tutor: Roy Moysen

Day and time: Wednesdays, see dates in description 13:15 - 14:45

Venue: U3AC (Red room)

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

Places: 20

Start date: 09 Oct

Metaphysics is the branch of Philosophy that contains questions about the nature of our universe, our physics, our being, and the limits to what humans can ever know. Since Aristotle, these questions come after the Physics, after our natural Sciences has given answers or has reached an impasse. This course has been designed in conjunction with Alan Richardson and follows on from his course on 'The Physics of Time and Space'. The course will investigate, being in time and space, perception and consciousness, and ask why is mathematics applicable to nature? why does nature act in a lawful way? why did the universe begin? did it have a beginning? will it end? The dates for this course are 9 Oct, 6 Nov, 4 Dec, 15 Jan, 12 Feb, 12 Mar, 23 Apr, 21 May & 11 Jun. A recommended companion course is Alan Richardson's on The Physics of Time and Space (SCE 20) which will run weekly in the Autumn term.

Format: Seminar

About me: This will be my 6th year of presenting philosophy courses for the U3AC. I have an honours degree in Philosophy and Diploma in Physics.

PHL 04(z): The Metaphysics of Time and Space

Places: 20

As for PHL 04 but attending via Zoom.

PHL 05: The mystery of Mary Magdalene (Spring term)

Leader: Margaret Sakellaridis

Day and time: Thursday 11:45 - 13:15

Venue: U3AC (Yellow room)

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

Places: 14

Start date: 16 Jan

Who was Mary Magdalene? How important was she? What happened to her? The opinion of class members will be sought as we seek to answer these questions through study of relevant passages in the New Testament gospels and certain Gnostic gospels. Various legends on Mary Magdalene (but not the Da Vinci Code!) will also be considered.

Format: Seminar

About me: A leader of U3AC courses since 2006, I have no academic qualification in this subject but have researched it.

PHL 06(z): The Passion story in Matthew's gospel

Tutor: Chris Jones

Day and time: Monday 11:30 - 13:00

Venue: Zoom

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

Places: 25

Start date: 07 Oct

This class will focus on the Passion story in Matthew's gospel: chapters 21 to 28 (using the King James translation). It is a continuation of the 2023-2024 course on this gospel (which concluded with Jesus' arrival at Jerusalem), but new members are welcome. The events of Passion week form a coherent story in their own right. We will consider Matthew's use of his sources (Mark and Q) and the way he adapts these to his particularly Jewish perspective (for example, his interest in, and great knowledge of, the 'Old Testament'). We will look at those parables which are only found in Matthew's gospel and consider what these may suggest about Matthew's understanding of who exactly Jesus was. I will translate relevant Greek words and ideas when this seems helpful.

Format: Taught course or activity

About me: I have taught course on the gospels for a number of years. The gospels are an endless source of wonder to me.

Photography

PHO 01: Photography Forum

Leader: Tim Ewbank

Day and time: Alternate Wednesdays, 13:15 - 14:15

Venue: U3AC (Red room)

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

Places: 20

Start date: 16 Oct

The aim is to provide an interactive, inclusive forum, in which members who enjoy photography can all participate. There will be several practical sessions during the course held in the classroom, plus some external assignments, 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 equipment or level of experience. 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/photoforum2023-2024>

Format: Seminar

About me: I have run this course for several years.

PHO 02: Photography walks (Summer term)

Leader: Duncan Winterborn

Day and time: Alternate Wednesdays, 14:00 - 16:00

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

Places: 12

Start date: 30 Apr

A group for all photographers and budding photographers, and all types of camera from smartphones upwards. Walks will take place in alternate weeks, lasting for approximately 2 hours, covering different parts of the city or its outskirts each time. This is not designed as a taught course, but there will be ample opportunity to learn from each other as we go. Some of the places we will visit require an entrance fee, and there may also be parking charges. For the walks outside the city centre, the use of public transport or car sharing is encouraged. The first meeting will include a short introductory classroom session and a shorter walk. This will take place prior to the start of term.

Format: Course or activity without teaching

About me: I have had an interest in photography for more than 30 years and am a member of two local camera clubs.

Psychology

PSY 01(z): Climate Change - What to think and what to do

Organiser: Alastair Breward

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

Venue: Zoom

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

Places: 50

Start date: 17 Oct

The course will look at all aspects of Climate Change - the history, human influence on climate, related challenges like bio-diversity loss etc, the psychology behind inaction, and finally what we can do so that we, our children and grandchildren can live sustainably on a habitable planet, wherever possible retaining the benefits of modern life. If we don't, our generation will live in infamy - the first to know, yet look away. The course (a) covers the urgency of the issue and the need for change, and (b) provides resources to enable you to effect change - things like investing better, lifestyle and engaging others.

IMPORTANT: HOMEWORK! Attendees will receive material each week in advance, to read before attending, and some questions to muse upon (allow 1 hour). Each session will then consist of a brief pass through that material, followed by Q&A/discussion.

Format: Brief presentation of material provided in advance, followed by Q&A/discussion

About me: I am an amateur, but it seems we amateur inhabitants are the crucial actors in this slow-burn existential crisis - there is no Planet B.

PSY 02: Psychology stories

Tutor: John Cooter-Baker

Day and time: Thursday 13:30 - 14:45

Venue: U3AC (Yellow room)

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

Places: 15

Start date: 10 Oct

The controversial stories of key research studies in the history of psychology as a developing science over the last century, and the psychologists who conducted them. Fake shocks, mock prisons, cruel parents, a man with no memory, frightened monkeys and more: we will look at what they claimed to tell us about human behaviour as well as some of the ethical issues they raised.

This course is suitable for anyone, with or without some background knowledge of the subject. Reflection and discussion of the topics covered will be encouraged.

Format: Lecture

About me: Tutor: I have taught PSYCHE for 20 years at first degree level and for A-level/GCSE.

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 (10 weeks)

Places: 14

Start date: 07 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: Seminar

About me: Degree in Lit. Hums (M.A. Oxon) and Science (B.A. Open University). Teacher 35 years, IT professional 6 years. Interest in the reunification of science and philosophy for over 40 years.

SCE 02: Ageing populations and the social sciences

Tutor: Kenneth Howse

Day and time: Thursday 13:45 - 14:45

Venue: U3AC (Red room)

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

Places: 20

Start date: 10 Oct

The course will explore questions and issues related to ageing from perspectives rooted in the social sciences. Population ageing is a change in the age composition of populations that results from increasing longevity and falling fertility. It is widely acknowledged, moreover, to pose significant social and economic challenges. The relationship between population ageing and how we age as individuals has also become a major focus for research in the social sciences (as well as in psychology and biology). I will pick out and examine some of the key themes and issues identified by researchers working on these topics in the social sciences and public policy, especially when they have made use of new ideas or methods.

Format: Lecture

About me: I've been working on this topic for almost 30 years, most of these in a research institute at the University of Oxford.

SCE 03: Botany

Leader: Dermot MF Cooper

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 (8 weeks)

Places: 60

Start date: 07 Oct

The group promotes the study and enjoyment of plants. Indoor illustrated talks are held at approximately 3 week intervals on Monday afternoons in the Autumn and Spring term at Comberton Village Hall. Provisional dates for 2024/25 are 7, 28 Oct, 18 Nov, 2 Dec, 13 Jan, 3, 24 Feb, 17 Mar. This is followed in the summer by a programme of field trips whose planning is assisted by the membership. Some visits are guided by outside botanists, and others by members of the group. A detailed programme is sent out in March. 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 useful. We collect a small voluntary contribution at the beginning of the year to pay speakers' expenses and for donations to trust sites that we visit.

Format: Lectures and field trips

About us: Nicola is a keen amateur botanist. who coordinates the summer programme; Dermot is also an amateur botanist and plant photographer, who coordinates the winter programme.

SCE 04: Building the human brain (Spring term)

Tutor: Jack Price

Day and time: Thursday 13:10 - 14:10

Venue: U3AC (Pink room)

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

Places: 30

Start date: 16 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 04(z): Building the human brain (Spring term)

Places: 50

As for SCE 04 but attending via Zoom.

SCE 05: Computers, brains and AI (Spring term)

Tutor: Dominic Prior

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 17 Jan

This course is for anyone wondering how computers work, why they have become so smart, and how they compare to the human brain. Computers, at their core, are simple beasts, and yet confound us with their brilliance and their stupidity. To unravel this paradox, we will see how their basic components combine into higher and higher levels of abstraction, creating a veritable cathedral in the sky (when they're not being stupid). Brains, on the other hand, are ridiculously complicated. We will get glimpses of this complexity throughout the course, especially when we explore deep learning and artificial neural networks, up to and including ChatGPT. We will also see how computers, like brains, can learn for themselves, rather than just doing what they're told. No previous knowledge is required. The course will focus more on theoretical ideas than practical things such as how to use a computer.

Format: Lecture

About me: I worked in AI (Artificial Intelligence) in the 1980s (before it was fashionable), and in software design and development for the rest of my career.

SCE 05(z): Computers, brains and AI (Spring term)

Places: 50

As for SCE 05 but attending via Zoom.

SCE 06: 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: 10 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. The course has been evolved to cover implications of JWST data on Hubble tension, structure formation, and SMBH evolution, experiments to identify dark matter, the multiverse; time, space and entropy and the presentation of the material slowed down to allow more time for discussion.

Format: Lecture

About me: I am a Cambridge Mathematics graduate. Since retirement I have been investigating what we know in cosmology and why we think we know it from a non-mathematical physical viewpoint.

SCE 07: DNA and identity

Tutor: Erika Hagelberg

Day and time: Monday 15:20 - 16:50

Venue: U3AC (Pink room)

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

Places: 30

Start date: 21 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 08: Eat well, live longer, live well

Leader: Alan Winfield

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 07 Oct

What to eat, what to avoid, how to cook it. We will look at safe simple lifestyle prescriptions based on solid scientific evidence referring regularly to a whole host of published research papers. 100 years ago the major causes of death were pneumonia, tuberculosis and diarrhoeal disease, also malnutrition in some parts of the world. Today death in the developed world is largely due to lifestyle diseases. No fads, no moral crusades, just solid scientific evidence based on peer reviewed research publications.

Format: Lecture

About me: It is important to say that I am not medically or nutritionally trained. I have a scientific background and some scientific research experience. I see my role as a facilitator.

SCE 08(z): Eat well, live longer, live well

Places: 50

As for SCE 08 but attending via Zoom.

SCE 09: 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 (5 weeks)

Places: 10

Start date: 10 Oct

Each week, we will discuss science and technology news reported on the BBC and in the New Scientist (free access to their articles may be 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 for the course, though, is that you still 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 following graduation, and then worked for science-based companies in various capacities.

SCE 10: 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: 18 Oct

We are a group of people who are interested in geology and the earth sciences and who want to learn more about these subjects. 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.

Autumn term dates: 18 Oct, 15 Nov, 13 Dec.

Format: Course or activity without teaching

About me: I have been a participant in this course since it started seven years ago and have made a number of presentations to it.

SCE 10(z): Geology group

Places: 10

As for SCE 10 but attending via Zoom.

SCE 11: Great Physicists

Tutor: David Woodman

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 07 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, without the maths.

Format: Lecture

About me: My fifth time of offering this course, just trying to plot the course of physics through the efforts of good people, without any maths.

SCE 12(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: 08 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 U.S.

SCE 13: Our earth, yesterday, today, and tomorrow (Spring term)

Tutor: Alan Winfield

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 21 Jan

This course will look at our earth in terms of the atmosphere, the waters of the earth (hydrosphere), and the rocks of the earth (lithosphere). We will study the equilibria in these systems prior to the industrial revolution, and the effect we as humans have had on displacing those equilibria. No previous scientific knowledge will be presumed.

Format: Lecture

About me: This is an updated repeat of a course I ran some 10 years ago. The course is based a book I wrote on Environmental Chemistry published by CUP.

SCE 13(z): Our earth, yesterday, today, and tomorrow (Spring term)

Places: 50

As for SCE 13 but attending via Zoom.

SCE 14: Space telescopes, their images and what they tell us (Spring term)

Tutor: Alan Richardson

Day and time: Thursday 13:45 - 14:45

Venue: U3AC (Red room)

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

Places: 20

Start date: 16 Jan

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. Content will be similar to 2023-2024 course though may be updated with more recent images.

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: The energy landscape

Tutor: John Cook

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

Venue: U3AC (Pink room)

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

Places: 25

Start date: 10 Oct

The nature of the energy supply of the world is changing rapidly, driven by factors such as climate change, geopolitical tensions, growing populations, evolving lifestyles and aspirations, and advances in technology. This course will look at the energy landscape past, present and future, local and global; examine what sources of energy we have available with their pros and cons; and try to make sense of policies and decisions on energy use. There will, I expect, be lots of numbers and charts, but no technical knowledge will be required.

Format: Lecture

About me: I worked as a scientist in the energy industry for 35 years, and worry about our future energy supply.

SCE 16(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: 08 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 eleventh 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 17: The material world (Spring term)

Tutor: John Cook

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

Venue: U3AC (Pink room)

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

Places: 25

Start date: 13 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 18: The nuclear option (Spring term)

Tutor: John Cook

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 13 Jan

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 19: The Pale Blue Dot

Tutor: John Cook

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 10 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 retired in 2018 from a long career in oilfield R&D, where the nature of the Earth was a constant and fascinating background.

SCE 20: The Physics of Time and Space

Tutor: Alan Richardson

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 10 Oct

What does physics from Newton to the present day have to say about the nature of time and space? Is space a thing or just the lack of things between things? Does it have a preferred direction? Does time flow and what gives time its arrow? How did relativity and quantum theory affect the picture? What would be the implications of string theory and brane universes? Cosmology predicts a Big Bang and a heat death to the universe - is time therefore necessarily finite? The last talk allows time for an extended discussion on all matters time and space. The subject will be discussed without advanced mathematics. A recommended companion course is Roy Moyser's 'The Metaphysics of Time and Space' (PHL 04) which will run monthly throughout this academic year.

Format: Lecture

About me: Cambridge Maths graduate with broad interests in cosmology, relativity and quantum physics.

SCE 20(z): The Physics of Time and Space

Places: 20

As for SCE 20 but attending via Zoom.

Wellbeing

WLL 01: A mixed bag of Complementary Therapies

Tutor: Maike Dring

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

Venue: U3AC (Red room)

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

Places: 12

Start date: 07 Oct

In this 8-week course we look at different Complementary Therapies and what they can do for us. We are covering Hand & Foot Reflexology, Aromatherapy, Indian Head Massage, The Emmett Technique and The Havening Techniques. Each week we explore the rationale behind a therapy, what it can be used for and practice some hands-on Self-Treatment in class. No previous knowledge needed. There is a fee of £5 to cover materials used during the class, please bring cash at the first session to pay tutor.

Note: There will be no class on 28 October.

Format: Taught course or activity

About me: I am a professional Complementary Therapist and have 30 years' experience. Modalities I am qualified in include Aromatherapy, Reflexology, Indian Head Massage, The Emmett and Bowen Techniques, The Havening Techniques.

WLL 02: Aromatherapy for Wellbeing

Tutor: Maike Dring

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

Venue: U3AC (Blue room)

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

Places: 12

Start date: 07 Oct

Ever wondered what those little bottles of Lavender, Basil, Geranium, or Eucalyptus essential oils could do for you?

This 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. £8 pp contribution to cover materials used during the 8 sessions, payable in cash to the tutor at the first session.

Note: There will be no class on 28 October.

Format: Taught course or activity

About me: I am a professional Aromatherapist (M.I.F.P.A.) and have been teaching and practising Aromatherapy for the last 30 years.

WLL 03: Introduction to Buddhist meditation

Tutors: Richard Winter & Kay Bispham

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

Venue: Cambridge Buddhist Centre

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

Places: 15

Start date: 09 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 us: (Richard) 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.

(Kay) After attending the Buddhist Meditation course six years ago, I have continued to develop my interest in meditation and Buddhism, practising and studying as a "friend" at the Cambridge Buddhist Centre.

WLL 04: Buddhist meditation 2: 'Exploring states of mind and feeling' (Spring term)

Tutors: Richard Winter & Kay Bispham

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

Venue: Cambridge Buddhist Centre

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

Places: 15

Start date: 22 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 metred on-street car-parking and disabled car-parking at the Buddhist Centre.

Format: Discussion and directed meditation practice

About us: (Richard) 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.

(Kay) After attending the Buddhist Meditation course six years ago, I have continued to develop my interest in meditation and Buddhism, practising and studying as a "friend" at the Cambridge Buddhist Centre.

WLL 05: Buddhist meditation 3: 'Aspects of the practice of mindfulness' (Summer term)

Tutors: Richard Winter & Kay Bispham

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

Venue: Cambridge Buddhist Centre

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

Places: 15

Start date: 23 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: Vassantara: '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 us: (Richard) 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.

(Kay) After attending the Buddhist Meditation course six years ago, I have continued to develop my interest in meditation and Buddhism, practising and studying as a "friend" at the Cambridge Buddhist Centre.

WLL 06: Get organised and motivated - Build Mental and Emotional Resilience (Spring term)

Leader: Maïke Dring

Day and time: Fridays, see dates in description 12:15 - 13:30

Venue: U3AC (Green room)

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

Places: 12

Start date: 17 Jan

Learn 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! Together we will create our very own Bullet Journal during the classes. We also discover and practice some Self-Havening Techniques, based on recent Neuro-Science developments. Havening helps you to unlock the key to your brain and change your outlook and mood 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 and an A5 blank exercise book to create your own Bullet Journal in class. This course will take place on 17 and 31 January, 7 and 21 February and 7 March.

Format: Taught course or activity

About me: A fully registered Havening Techniques Practitioner, I am fascinated how recent discoveries in Neuro-Sciences can help Mental Health and Wellbeing. The Bullet Journal has helped me to negotiate particularly busy times without losing the plot!

WLL 07: Honoring the Departed: A course in working through the stages of grief

Tutor: Heather Kara

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

Venue: 2(b) Fen Road, Chesterton, CB4 1TX

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

Places: 6

Start date: 09 Oct

'Honoring the Departed' is a transformative course crafted to guide individuals who have lost someone dear through the intricate process of grieving whilst honouring the cherished memories of their departed loved ones. This course offers a profound opportunity for participants to navigate the stages of grief with dignity, reverence, and a deep sense of purpose. Throughout this journey of healing, participants will embark on an exploration of self-discovery, finding solace and strength in the act of honouring those they have lost. This course provides a nurturing environment for individuals to embrace their emotions, cultivate resilience, and pay tribute to the lives and legacies of their loved ones.

Format: Discussion

About me: Heather Kara has over 20 years' experience learning and teaching Raja Yoga philosophy and meditation which covers profound questions about life, death and relationships.

WLL 08: 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 (8 weeks)

Places: 24

Start date: 11 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 tranquillity 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.

WLL 09: Pro-active ageing (Spring term)

Tutor: Monica Potts

Day and time: Tuesday 13:10 - 14:10

Venue: U3AC (Orange room)

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

Places: 10

Start date: 14 Jan

A course to explore the challenges and benefits of the Third Age. The course will cover the major components of a healthy and fulfilling life; including fitness, leisure, altruism, learning and more. It is designed to help you focus on making beneficial changes to your life and routines. The sessions will be interactive with worksheets to help you increase your decision making and evaluate progress.

Format: Taught course or activity

About me: As a qualified life coach I like helping others to achieve their goals.

WLL 10(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 (10 weeks)

Places: 25

Start date: 07 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) Born and raised in Cambridge and trained in design, my interest in spirituality began in 2009 while teaching language in South East Asia where I discovered Raja Yoga with the Brahma Kumaris.

WLL 11: Sort your stuff out

Tutor: Monica Potts

Day and time: Tuesday 13:10 - 14:10

Venue: U3AC (Orange room)

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

Places: 8

Start date: 15 Oct

A practical course to help you downsize, organise and store your possessions. Clearing clutter and exercising control over what you own provides a calmer background for your life. The course is based on personal experience and research. The sessions are interactive with worksheets as learning aids.

Format: Taught course or activity

About me: I am a qualified life coach and enjoy motivating others to get results.

WLL 12: Understanding sexual orientation and gender identity 1

Tutor: Mia C

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

Venue: Downing Place URC (Rooms 1&2 together - ground floor)

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

Places: 12

Start date: 09 Oct

Despite the perception that the '60s and '70s were the era of sexual liberation and 'free-love', in reality anything outside of 'straight' sex and gender conformity was still largely taboo. Today, gender identity, young people and the interaction between transgender women and society receive almost daily media coverage in some publications, often triggering 'moral outrage'. Gender identity has become a highly politicised 'wedge issue'. 'Freedom of speech', 'sincerely held beliefs', 'women's rights' and 'safeguarding children' are now frequently used to legitimise hurtful words, behaviours and regressive policies towards LGBTQ people. In this class, I will explore sexuality and identity from an experiential and affirmative perspective, looking at their intersectionality and reflecting on the current-day similarities with the 'othering' of minorities in the 1930's and 1980's. **WARNING**, this will be a highly 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 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.

WLL 13: Understanding sexual orientation and gender identity 2 (Spring term)

Tutor: Mia C

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

Venue: Downing Place URC (Rooms 1&2 together - ground floor)

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

Places: 12

Start date: 15 Jan

This is a repeat of WLL 12.

Format: Seminar

About me: I started 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 13:10 - 14:10

Venue: U3AC (Pink room)

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

Places: 30

Start date: 08 Oct

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: 11 Oct

The Africa Forum is a discussion group for those interested in African affairs and has been running for over 19 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 ten years of presentations can be seen: <http://af.woodsforwards.uk/>

Format: Discussion

About me: I taught in Uganda in the 1960s and have maintained close ties ever since.

WOR 02(z): Africa Forum

Places: 20

As for WOR 02 but attending via Zoom.

WOR 03: Italian cities (Spring term)

Tutor: Alan Winfield

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 20 Jan

This course will study the geography, architecture, art, history and culture of Venice, Florence, Pisa, Lucca, Siena, Rome and Naples.

Format: Lecture

About me: I have been leading tours in these cities for 23 years whilst working for a holiday company.

WOR 03(z): Italian cities (Spring term)

Places: 50

As for WOR 03 but attending via Zoom.

WOR 04: The Balkans

Leader: Alan Winfield

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 07 Oct

This course will look at the history, geography, politics, ethnicity and peoples of Albania, Macedonia, Montenegro, Bosnia Herzegovina, Croatia and Slovenia. We will have a virtual tour of parts of these countries and visit sites of interest. A visit may be arranged to one of these countries if there is sufficient demand.

Format: Lecture

About me: I have been leading walking holidays and coach tours in the Balkans for over 20 years. I taught in Albania in 2011 and 2012.

WOR 04(z): The Balkans

Places: 50

As for WOR 04 but attending via Zoom.

WOR 05: Women in the world

Coordinators: Hilary Goy & Ruth Meyer

Day and time: Alternate Wednesdays, 10:30 - 12:30

Venue: Cambridge Central Library (Seminar room)

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

Places: 15

Start date: 09 Oct

This group, now in its thirteenth 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. A current affairs session where we look at present day issues is 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 Effie Gray, women travellers and a discussion on Masculinity. We have relevant outings in the Summer term, and Christmas and summer lunches are 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(z): Memoir writing workshop

Tutors: Reinhard Tenberg & David Horan

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

Venue: Zoom

Length of course: 1 term. Autumn (11 weeks)

Places: 15

Start date: 03 Oct

Memoirs are the way we understand and make sense of the world we find ourselves in. There's no right way to tell your stories, but there are helpful ways to structure them, discover the non-sequential connections and capture them as a narrative that is worth telling. In this workshop we will discuss some basic concepts of memoir writing such as timelines, memory and truth, point of view, character, voice and dialogue. You will need to have access to a word processor in order to save and send weekly assignments and, most importantly, to set aside ca 3-4 hours/week to read and write.

Note: There will be an introductory session held in-person on Thursday 3 October U3AC, Red room.

Format: Workshop with tutor input and discussion

About us: (Reinhard) I am a published author of fiction and non-fiction and have taught creative writing courses in the past.

(David) I'm a poet who has run U3AC poetry classes for many years.

WRT 02: Writers' workshop

Organiser: Liz Alan

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

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

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 18

Start date: 09 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 10 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 group

Coordinator: Derek Morris

Day and time: Rides can be organised for any day of the week, including Sunday

The U3AC Cycling group 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. No commitment is required - you can join as many or as few rides as you wish. The cycling group is open to all U3AC members, and we welcome riders of all abilities including those with electric bikes. Our rides are in small, friendly groups and we generally cycle between 12 and 30 miles, with a refreshment stop. We start from various locations in and around Cambridge and occasionally short train journeys extend our range. 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 are led 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: Sheila Stickley

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: Mr 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 email Bulletin and the termly Newsletters.

U3AC lunch club

Organiser / Coordinator: Marie-Joelle Galvez

This social lunch club meets the first week of every month, Wednesday and Thursday only, at restaurants across Cambridge. 6 groups have been set up with a maximum of 8 people in each. There is currently a waiting list and also an AD HOC list for people to attend lunch as and when a vacancy occurs. A 6 months plan is organised and booked at different venues by the organiser and this plan is distributed to all concerned. If a group is comfortable with each other and want to operate autonomously they must advise the co-ordinator. If a regular luncher cannot make a specific lunch date for any reason they must contact the organiser so that alternative arrangements can be made. The U3AC Lunch Club is not responsible for special requirements and it is up to the individual to organise their special requirements. Additionally, the U3AC Lunch club organiser does not deal with dietary ailments. It is also up to the individual to advise the restaurant at ordering time or preferably beforehand.

U3AC environment group

Events Planners: Helen Pope & Martin Harnor

Email: u3acenvgroup@gmail.com

Day and time: By arrangement

Our objective is to inform and educate members in all aspects of the natural and built environment both globally and locally, covering factors such as climate change, emissions, water pollution and extraction, energy, and the effects of government policies in environmental matters. We collaborate with the Cambridge Conservation Forum to provide larger seminars on major environment areas with expert speakers. We also organise field trips to sites of environmental interest and run a monthly discussion group. These events are open to all members of the U3AC. Our website gives links to information about, international, national and local environmental issues. This can be found at <https://u3aceg.wixsite.com/u3aceg>. If you would like to join please do not hesitate to contact us via our email u3acenvgroup@gmail.com.

Walking football

Organiser: Geof Tamulonis

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

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 Foundation (CUF). Their focus is to combat social isolation, promote physical and mental health and empower people to live healthier lifestyles. Sessions run every Thursday between 10:00-11:15am, and cost £4.00 each session. Contact the Organiser for more information.

Third way investment club

Convenor: Eddie Hatfield

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

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

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 and 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 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 2 meetings before joining. For further information and to join please contact the Convenor - Eddie Hatfield. You must be a U3AC member.

U3AC investment club

Organiser: Sarah Dixon

Chairman: Gillian Moore

Day and time: Third Saturday of each month throughout the year 10:00 - 12:00

Venue: Cambridge Central Library (Conference Room)

Start date: 19 Oct

The investment club selects and manages a portfolio of shares, reviewing the investments each month to develop members' understanding of, and skills with, investing. All 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 investments 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 in researching companies that we hold. Any member is welcome to suggest new companies that we might invest in. Each member contributes £50 per month and there is a £50 joining fee. Experience of investing on the stock market and/or assessing business performance is welcomed.

Lectures

The term's lecture programmes will be 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
Arbury Community Centre	Campkin Road, Cambridge CB4 2LD	Y	Y (in large hall)	Y (ground floor)
Arbury Road Baptist Church	20 Arbury Road, Cambridge CB4 2JE	Y	N	Y
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 Garden	1 Brookside, Cambridge CB2 1JE	Local pay and display	N	Y
Cambridge Victoria Homes	Victoria Road, Cambridge CB4 3DX	Y	Y	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)
Chesterton Outdoor Bowls Club	Logan's Way, Cambridge CB4 1BL	Y	N	Y
Colours of Dance	Level 2, 182 Histon Road, Cambridge CB4 3JP	Y	N	Y (lift to 2 nd floor)
Comberton Village Hall	Green End, Comberton, Cambridge 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	N	Y
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

Venue	Address	Parking	Hearing Loop	Disabled access
Grantchester Village Hall	High Street, Grantchester, Cambridge CB3 9NF	Y	N (PA system)	Y
Histon & Impington Recreation Ground	1 New Road, Impington, Cambridge CB24 9LU	Y	N	Outdoors
Joint Ex-Services and Royal Mail Social Club	Barnwell Drive, Cambridge CB5 8RD	Y	N	Y
Kelsey Kerridge Sports Centre	Queen Anne Terrace, Gonville Place, Cambridge CB1 1NA	Public parking Queen Anne Terrace carpark	N	Y
Our Lady of The Assumption and The English Martyrs (OLEM)	Roman Catholic Church and Parish, 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 George's Church Hall	Chesterfield Road, Cambridge CB4 1LN	On-street	N	Y
St James C of E Church	Wulfstan Way, Cambridge CB1 8QJ	Y	N	Y
St Laurence's Roman Catholic Church	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

Courses and activities by day of the week

Monday

ART 10	Painting group - Monday
ARTC 01	A designer-embroiderer's view ...
ARTC 02	Hardanger, pull thread ...
ARTC 07	Time with textiles
ARTH 02/ 02(z)	Art and industry in Britain, 1760-1960
CUR 03(z)	Current affairs by Zoom
CUR 05(z)	Transatlantic Discussion Forum
CUR 06(z)	Transatlantic Economist Readers group
FIT 05	Wise wild dance - plus
FIT 06	Circle dancing
FIT 12/ 13	Exercise to music
FIT 16/ 17	Table tennis
FIT 21	Walking 6 miles - Monday
FIT 22	Rambling 4 miles - Monday
FRE 03/ 03(z)	Lisons 'Rendez-vous'
FRE 08	Parlons Encore
GDN 05	Just vegetating
GER 09	Translation: Warten bis der Frieden kommt
GER 12	German translation: Glennkill
GRC 03/ 03(z)	Classical Greek self-help reading group
GRM 02	Modern Greek: Intermediate
HIS 11	Christianity and the Roman Empire
HIS 12	Democracy in ancient Athens
HIS 19	Irish cultural history 1891-1923
HIS 24	Napoleon Bonaparte
HIS 27	Ten Turning Points in European History
HIS 30	The great defender ...
HIS 34	The Three Kingdoms ...
ITA 08	Italian literature: reading modern novelists
LAT 04/ 04(z)	Latin: Continuing to study Latin together
LAT 05/ 05(z)	A taste of the Latin Classics ...
LAT 06	Latin (re-)discovered
LEI 06	Rubber Bridge club

LEI 11	Scrabble
LEI 13	Introduction to modern board games
LEI 17	Mah Jong group
LEI 23	Croquet for beginners
LIT 02/ 03	Book group
LIT 08	Classical Greek Tragedy ...
LIT 09/ 10(z)	Classics of the twentieth century
LIT 12	'Come for the cake - and stay for the books!'
LIT 17(z)	Folk tales from India
LIT 18(z)	Folk tales of Ireland
LIT 25	Myth in contemporary fiction
LIT 26(z)	Personal poetry
LIT 30(z)	Reading the Septuagint
LIT 40	Twenty-first century poets
LIT 42	What makes a good short story?
MUS 09	Jazz on a Monday afternoon
PHL 06(z)	The Passion story in Matthew's gospel
SCE 01	A promenade through science ... philosophy
SCE 03	Botany
SCE 07	DNA and identity
SCE 08/ 08(z)	Eat well, live longer, live well
SCE 11	Great Physicists
SCE 17	The material world
SCE 18	The nuclear option
SPA 03	Advanced Spanish
SPA 05(z)	Spanish conversation via Zoom
WLL 01	A mixed bag of complementary therapies
WLL 02	Aromatherapy for Wellbeing
WLL 10(z)	Raja Yoga Meditation and Philosophy
WLS 01	Welsh self-help study group
WOR 03/ 03(z)	Italian cities
WOR 04/ 04(z)	The Balkans

Tuesday

ART 02	Adventures in art
ART 04/ 05	Back to basics
ART 09	Paint, draw in Cambridge
ARTH 03	Cultures of Japan
CMP 01	Living with Big Tech, social media and AI
CUR 04/ 04(z)	The history of the Middle East ...
ECN 04	The Armchair Economist
FIT 10	Tap dance
FIT 18/ 19	Table tennis
FIT 23	All-year walking
FIT 24	Walking for pleasure
FIT 25	4 Mile walking group
FIT 26	Walks around Cambridge
FRE 09	Cercle francais
FRE 12	Le cinéma français à vol d'oiseau ...
GEO 01(z)	Historical maps on the WWW
GEO 02	Public rights of way and access ...
GEO 03(z)	World regional geography - the Islamic world
GER 06/ 06(z)	German intermediate
GER 11/ 11(z)	German poetry and prose
HIS 13	End of Empire
HIS 21(z)	Leading lights of 19th-century France
HIS 31	The Great War 1914-19
HIS 37/ 37(z)	Your family genealogy and history
ITA 01/ 03/ 04	Italian
ITA 05	Italian self-help
ITA 06	Italian conversation
LAT 01	Latin beginners
LEI 03	Duplicate Bridge club
LIT 01(z)	Book group 1
LIT 14(z)	Eskimo folk stories
LIT 15	European writing
LIT 16	Flights of amazing imagination ...
LIT 19	Gender in Shakespeare

LIT 21(z)	Kipling reading group
LIT 22(z)	Louis MacNeice
LIT 24	Modern European novels
LIT 28/ 28(z)	Poetry reading group J
LIT 32	Shakespeare's Sonnets
LIT 33	Short stories
LIT 34	Sustainability book group
LIT 36	The odes of John Keats
LIT 39/ 39(z)	Twentieth ... twenty first century classics
MDN 01	Mandarin conversation for beginners
MTH 03	Maths - keep up with the grandchildren
MUS 01	Aspects of classical music
MUS 04	Classical music 1945 - 2025
MUS 05	From The Beach Boys to Neil Young ...
MUS 10	Lunchtime concert series
MUS 11	Mainly madrigals
MUS 12	Music club
MUS 15/ 15(z)	Opera - French and French style
MUS 17	Song workshop
MUS 18	The Symphonies of Beethoven
PHL 01(z)	The gospel according to St Luke
RUS 01	Russian for improvers year 4
RUS 02/ 02(z)	Russian language intermediate
RUS 03/ 03(z)	Reading Russian literature
SCE 12(z)	Introduction to weather and climate
SCE 13/ 13(z)	Our earth, yesterday, today, and tomorrow
SCE 16(z)	The life of stars
SPA 04	La Tertulia de la U3AC
SWE 01	Swedish for beginners
SWE 02/ 02(z)	Swedish improvers
WLL 09	Pro-active ageing
WLL 11	Sort your stuff out
WOR 01	Adventures in high places
	U3AC film group

Wednesday

ART 03	Arts forum
ART 11	Painting group - Wednesday
ARTC 05	Patchwork and machine quilting
ARTC 06	Stitching
ARTH 04	Introduction to Post-Impressionism
ARTH 06	Saints in the Fitzwilliam Museum: ...
ECN 02/ 02(z)	Economics of everyday materials
ECN 03/ 03(z)	Economics of everyday things
ECN 05/ 05(z)	The economy and society ...
FIT 01/ 04	Badminton
FIT 08	Dance and exercise to Zumba
FIT 09	Dance-harmony
FIT 11	Ballet - beginners and improvers
FIT 27	The Wednesday walkers
FIT 29	Gentle walking group
FIT 32	Yoga - self help
FIT 33/ 34/ 35	T'ai Chi Chuan
FIT 37	Qigong general level
FIT 38	Rock climbing group
FRE 02	French, the very beginning
FRE 04/ 04(z)	Continuons 'Rendez-vous'
FRE 07/ 07(z)	Modern French novels
GER 01	German beginners
GER 04/ 04(z)	Eine Art Stammtisch
GER 05/ 05(z)	German beginners year 2
GER 07/ 07(z)	German year 3
GER 08	Intermediate German
GER 13	Reading German aloud
HIS 05	British Prime
HIS 08/ 09/ 10	Cambridge sport: in Fenner's hands
HIS 23(z)	Military History Group
HIS 25/ 25(z)	Rome: The Empire after Nero
HIS 26	Teeth with convoluted routes
HIS 29/ 29(z)	The Cold War and its current implications
HIS 32(z)	The history of England AD 410 to 1066

Thursday

ART 07	Conversations about art
ART 13	The human figure: life drawing
ARTC 04	Light-hearted crafting group
ARTH 01/ 01(z)	Golden Age of Anglo-Saxon art 900 - 1066
ARTH 05	Looking at art: Into the 20th Century
BUS 01	What is driving the Information Revolution?
DUT 01	Dutch improvers
ECN 06	The uses and abuses of economics
ENV 01(z)	A God-ordained resource for mankind ...
ENV 02	Environment discussion group
FIT 02	Badminton
FIT 07	Contemporary dance workshop
FIT 14(z)	Exercise to music 3
FIT 15	Short tennis
FIT 28	Easy rambling
FIT 30	Rambling
FLM 01	Moviemaking
FRE 05	French conversation
FRE 10	Express yourself in French
GDN 04	Practical gardening 2
GER 02(z)	German beginners by Zoom
GER 10	Advanced German conversation
HIS 01	A brief introduction ... Georgian England
HIS 02/ 02(z)	Ancient Egyptian Hieroglyphics
HIS 03	Ancient Egyptian religion
HIS 06/ 07	Cambridge history and the wider context
HIS 14	England in the Twenties and Thirties
HIS 15	From Parnell to the 1916 Rising ...
HIS 16/ 16(z)	History and evolution of Universities ...
HIS 17	In search of Spain
HIS 18	Interesting People
HIS 33	The impact of colonialisation ...
HIS 36	Women with a purpose

LEI 07	Canasta club
LEI 08	Samba (Canasta)
LEI 09	Cryptic crossword club
LEI 10	Cryptic crosswords for real beginners
LEI 12/ 12(z)	Board games online
LEI 21	Camsail
LEI 24	Driving skills
LEI 26	U3AC Bowls Club
LIT 04	Book group 4
LIT 05/ 05(z)	Another book group
LIT 06	Ancient Greek comic drama ...
LIT 07	Barbara Pym (1913-1980)
LIT 13	Dystopian literature
LIT 20(z)	Jesus, the Jew
LIT 23	Mary Shelley's Frankenstein
LIT 29/ 29(z)	Poetry reading group R
LIT 35	The Buccaneers
LIT 37	The Poisonwood Bible
LIT 43	1984
MTH 02(z)	Maths can be fun 2
MUS 02	Chamber choir
MUS 06/ 06(z)	Going beyond Grade 5 Theory year 1
PHL 03	The majesty of late Plato ...
PHL 04/ 04(z)	The Metaphysics of Time and Space
PHO 01	Photography Forum
PHO 02	Photography walks
SPA 01(z)	A year of Spanish
SPA 02(z)	Read, speak and learn Spanish
WLL 03/ 04/ 05	Buddhist meditation
WLL 07	Honoring the Departed ...
WLL 12/ 13	Understanding sexual orientation ...
WOR 05	Women in the world
WRT 02	Writers' workshop
	Third way investment club

ITA 02	I Promessi Sposi in dieci personaggi
LAT 02/ 03/ 03(z)	Latin
LEI 01	Bridge for beginners and improvers
LEI 02	Bridge Street Bridge group
LEI 05	Online Bridge league (BBO)
LEI 14/ 15	Modern board games
LEI 20	Travelling
LEI 25	Exploring the modern wine world
LEI 27	Your essential guide ... English wines ...
LIT 11/ 11(z)	Climbing the Magic Mountain
LIT 31	Shakespeare and Verdi
LIT 38	Travel writing
MDN 02(z)	Mandarin
MTH 01(z)	Maths can be fun 1
MUS 03	Choir
MUS 07/ 07(z)	Going beyond Grade 5 Theory year 2
MUS 08	It's Only Rock 'n' Roll, Blues...
MUS 16/ 16(z)	Opera: Bel Canto
PHL 02	The Hebrew Bible / Christian ... Testament
PHL 05	The mystery of Mary Magdalene
PSY 01(z)	Climate Change - What to think ...
PSY 02	Psychology stories
SCE 02	Ageing populations and the social sciences
SCE 04/ 04(z)	Building the human brain
SCE 06	Cosmology
SCE 09	Emerging science and technology ...
SCE 14	Space telescopes, their images ...
SCE 15	The energy landscape
SCE 19	The Pale Blue Dot
SCE 20/ 20(z)	The Physics of Time and Space
WRT 01(z)	Memoir writing workshop
	Walking football

Friday

ARB 01/ 01(z)	Arabic language
ART 01	Abstract art
ART 06	Barnwell art group
ART 08	Drawing for pleasure
ART 12	Sketching, drawing and painting
ART 14	The monthly draw ...
ARTC 03	Knitting
CMP 02	QGIS mapping improvers seminar
CMP 03/ 03(z)	Staying safe online
CUR 01	Current affairs 1
CUR 02/ 02(z)	Current affairs 2
ECN 01/ 01(z)	Economics discussion group
FIT 03	Badminton
FIT 20	Table tennis
FIT 36	Introduction to Pickleball
FRE 01	French for beginners
FRE 06	Listen, Read, Grammar
FRE 11	French translation: Musso: 'L'Instant present'
GDN 01	Aromatic plants
GDN 02	Botanic Garden group
GDN 03	Practical gardening 1
GER 03	Brush up your German
GER 14/ 14(z)	Reading German short stories and plays
GRC 01(z)	New Testament Greek

Saturday

FIT 31	Walks in Cambridge city - Saturday
	U3AC investment club

GRC 02	Classical Greek
GRM 01(z)	Greek conversation
HIS 04	Biographies
HIS 20/ 20(z)	Language labyrinth
HIS 22	Medieval times and people
HIS 28/ 28(z)	The Cambridge Phenomenon ...
HIS 35	Three German women and their times
ITA 07	Italian conversation
LEI 04	Fledgling Bridge
LEI 16	Bezique
LEI 18	U3AC bird club
LEI 19	Birdsong identification
LEI 22	Cooking: the books
LIN 01	A handle on spoken English
LIT 27	Play reading for fun
LIT 41	Wearing purple
MUS 13(z)	Music theory from the very beginning
MUS 14(z)	Music Theory continuing on to Grade 4
MUS 19	U3AC recorder group
SCE 05/ 05(z)	Computers, brains and AI
SCE 10/ 10(z)	Geology group
WLL 06	Get organised and motivated ...
WLL 08	Positive thinking and meditation
WOR 02/ 02(z)	Africa Forum

List of tutors/course leaders

Alan, Liz	Writers' workshop	WRT 02
Albano, Aurora	Dance-harmony	FIT 09
	Qigong general level	FIT 37
Alderton, Stella	A handle on spoken English	LIN 01
Aldred, Jeremy and Jill	U3AC bird club	LEI 18
Alvey, Gregor	Abstract art	ART 01
Atkinson, Michael	Music club	MUS 12
Barber, Eric	Fledgling Bridge	LEI 04
Barton, Di	Rambling 4 miles - Monday (fortnightly)	FIT 22
Bass, Pat	Scrabble	LEI 11
Bastable, Jenny	'Come for the cake - and stay for the books!'	LIT 12
	Travel writing	LIT 38
Beavis, Jackie	Knitting	ARTC 03
Belsey, Harry	Current affairs by Zoom	CUR 03(z)
	Transatlantic Discussion Forum	CUR 05(z)
	Transatlantic Economist Readers group	CUR 06(z)
	Military History Group	HIS 23(z)
Benziger, Dieter	Croquet for beginners	LEI 23
Berkley, David	Cambridge history and the wider context	HIS 06
	Cambridge history and the wider context	HIS 07
Birch, Alan	Cercle francais	FRE 09
	Italian intermediate self-help	ITA 04
Bispham, Kay	Introduction to Buddhist meditation	WLL 03
	Buddhist meditation 2: 'Exploring states of mind and feeling'	WLL 04
	Buddhist meditation 3: 'Aspects of the practice of mindfulness'	WLL 05
Bithell, Mike	Croquet for beginners	LEI 23
Blake, Vanessa	Light-hearted crafting group	ARTC 04
Bojan, Janet	Sustainability book group	LIT 34
Bowler, Chris	Fledgling Bridge	LEI 04
Braid, Judith	Wearing purple	LIT 41
Breward, Alastair	Climate Change - What to think and what to do	PSY 01(z)
Brown, Lorna	Walking 6 miles - Monday (weekly)	FIT 21
Bullen-Smith, Paul	Arts forum	ART 03
	The economy and society: past theories, present issues, future options	ECN 05/ 05(z)
Buncombe, Jeremy John	U3AC film group	
Bunford, Mansel	La Tertulia de la U3AC	SPA 04
	Welsh self-help study group	WLS 01
Burdess, Rosemary	Russian for improvers year 4	RUS 01
Burgess, David	The uses and abuses of economics	ECN 06
C, Mia	Understanding sexual orientation and gender identity 1	WLL 12
	Understanding sexual orientation and gender identity 2	WLL 13
Camilletti, Peter	The history of England AD 410 to 1066	HIS 32(z)
Campbell, Anne	Light-hearted crafting group	ARTC 04
	Introduction to modern board games	LEI 13
Campbell, Lynn	Tap dance	FIT 10
Campbell, Peter	Introduction to modern board games	LEI 13
	Modern board games	LEI 14
	Modern board games	LEI 15
	U3AC Bowls Club	LEI 26
Canton, Nigel	Maths - keep up with the grandchildren	MTH 03
Carpenter, Barbara	Badminton (Friday)	FIT 03
Chisholm, Heather	Walks in Cambridge city - Saturday	FIT 31
Clark, Edwina	U3AC recorder group	MUS 19
Clark, Hilary	Time with textiles	ARTC 07
Cleaver, Marian	Latin: continuing our Latin studies together for a fifth year	LAT 02
Clough, Deborah	Table tennis (Friday)	FIT 20
Clough, Jonathan	Table tennis (Friday)	FIT 20
Colledge, Richard	Badminton (Friday)	FIT 03
Connolly, Vanessa	Book group 2	LIT 02
Connolly, Vanessa	Environment discussion group	ENV 02
Cook, John	Poetry reading group J - Tuesday	LIT 28/ 28(z)
	The energy landscape	SCE 15
	The material world	SCE 17
	The nuclear option	SCE 18
	The Pale Blue Dot	SCE 19
Cooper, Dermot	Botany	SCE 03
Cooter-Baker, John	Psychology stories	PSY 02
Covill, Jacqueline	Time with textiles	ARTC 07
Cox, Lorna	Chamber choir	MUS 02
Crow, Liz	Barnwell art group	ART 06
Curry, Georgia	Hardanger, pull thread and other decorative stitches	ARTC 02
Cutmore, Katherine	Bridge Street Bridge group	LEI 02
Davison, Julia	Eine Art Stammtisch	GER 04/ 04(z)

Davison, Martin	Reading German short stories and plays	GER 14/ 14(z)
	Climbing the Magic Mountain	LIT 11/ 11(z)
Day, Kate	Just vegetating	GDN 05
Day, Mike	Just vegetating	GDN 05
	Biographies	HIS 04
De Val, John	Economics of everyday materials	ECN 02/ 02(z)
	Economics of everyday things	ECN 03/ 03(z)
Desmond, Barry	4 Mile walking group -Tuesday (fortnightly)	FIT 25
Desmond, Rose	Botanic Garden group	GDN 02
Dewar, Ann	Book group 4	LIT 04
Dixon, Sarah	U3AC investment club	
Douglas, Cecilia	Dance and exercise to Zumba	FIT 08
Doyon, Roy	World regional geography - the Islamic world	GEO 03(z)
	Introduction to weather and climate	SCE 12(z)
Dring, Maike	Aromatic plants	GDN 01
	A mixed bag of complementary therapies	WLL 01
	Aromatherapy for Wellbeing	WLL 02
	Get organised and motivated - Build Mental and Emotional Resilience	WLL 06
Dring, Matthew	A designer-embroiderer's view of the 20th Century: Lilian Dring (1908-1998)	ARTC 01
Duhig, Corinne	Ancient Egyptian religion	HIS 03
Durham, Sue	Table tennis (Monday pm)	FIT 17
Dyson, Tom	Latin (re-)discovered	LAT 06
Eacott, Barbara	Painting group - Wednesday	ART 11
Ecclestone, Ralph	Christianity and the Roman Empire	HIS 11
Eden-Green, Catherine	Rambling 4 miles - Monday (fortnightly)	FIT 22
Edkins, Jo	Walks around Cambridge - Tuesday	FIT 26
Edmundson, Henry	Adventures in high places	WOR 01
English, Michael	Modern board games	LEI 14
	Modern board games	LEI 15
Ewbank, Tim	Living with Big Tech, social media and AI	CMP 01
	Photography Forum	PHO 01
Fairclough, John	Table tennis (Tuesday pm)	FIT 19
Fay, Maxine	Adventures in art	ART 02
	Paint, draw in Cambridge	ART 09
	Myth in contemporary fiction	LIT 25
Fay, Mike	Classical Greek self-help reading group	GRC 03/ 03(z)
	A taste of the Latin Classics (and some helpful grammar)	LAT 05/ 05(z)
Fenner, Nigel	Cambridge sport: in Fenner's hands	HIS 08/ 09/ 10
Fernyhough, Glenda	A brief introduction to life in Georgian England	HIS 01
Fisher, Eunice	Opera - French and French style	MUS 15/ 15(z)
	Opera: Bel Canto	MUS 16/ 16(z)
Fitzgerald, Sarah	Raja Yoga Meditation and Philosophy	WLL 10(z)
Fleet, Viv	Badminton (Wednesday)	FIT 01
Fleming, Anne	Easy rambling - Thursday (fortnightly)	FIT 28
Foulkes, John	A taste of the Latin Classics (and some helpful grammar)	LAT 05/ 05(z)
Francomb, Hazel	Wise wild dance - plus	FIT 05
Freeman, Len	Easy rambling - Thursday (fortnightly)	FIT 28
French, Adrian	Conversations about art	ART 07
	European writing	LIT 15
Galbraith Woods, David	Going beyond Grade 5 Theory year 1	MUS 06/ 06(z)
	Going beyond Grade 5 Theory year 2	MUS 07/ 07(z)
Galvez, Marie-Joelle	U3AC lunch club	
Ganz, Debbie	U3AC bird club	LEI 18
Gardner, Nicola	Botany	SCE 03
Gibbs, Michael	Your family genealogy and history	HIS 37/ 37(z)
Goldstone, Gerald	End of Empire	HIS 13
Goy, Hilary	New Testament Greek	GRC 01(z)
	Jesus, the Jew	LIT 20(z)
	Reading the Septuagint	LIT 30(z)
	Women in the world	WOR 05
Granville Davis, Peter	In search of Spain	HIS 17
Gray, Michael	Democracy in ancient Athens	HIS 12
Green, Kay	Practical gardening 1	GDN 03
Greenhill, Alistair	Easy rambling - Thursday (fortnightly)	FIT 28
Greenwood, Anne	In search of Spain	HIS 17
Griffiths, Hywel	Table tennis (Monday am)	FIT 16
Grimshaw, Brigitte	French, the very beginning	FRE 02
	Parlons Encore	FRE 08
Gross, Jean	Twenty-first century poets	LIT 40
Grossmith, Kostadinka	Modern European novels	LIT 24
Guyton, Robert	Another book group	LIT 05/ 05(z)
	Poetry reading group R - Wednesday	LIT 29/ 29(z)
Hagelberg, Erika	DNA and identity	SCE 07
Haining, Robert	The Armchair Economist	ECN 04
	Twentieth and early twenty first century classics	LIT 39/ 39(z)
Hall, John	The Armchair Economist	ECN 04
	Emerging science and technology discussion group	SCE 09

Hallinan, Janne	Exploring the modern wine world	LEI 25
	Your essential guide to award winning English wines and England's ... wine scene	LEI 27
Hampton, Marilyn	Abstract art	ART 01
	Arts forum	ART 03
Harnor, Martin	Ancient Egyptian Hieroglyphics	HIS 02/ 02(z)
	Louis MacNeice	LIT 22(z)
	U3AC environment group	
Harper, Anthony	Samba (Canasta)	LEI 08
Hartle, Paul	Cultures of Japan	ARTH 03
Hashemi, Louise	Cooking: the books	LEI 22
	Practical gardening 1	GDN 03
Hassan, Eman	Arabic language	ARB 01/ 01(z)
Hatfield, Eddie	Third way investment club	
Hay, Robert	Rubber Bridge club	LEI 06
Haynes, William	It's Only Rock 'n' Roll, Blues, Rhythm 'n' Blues, and Soul Music ...	MUS 08
Hearn, Sylvia	Express yourself in French	FRE 10
Heaton, Melina	Mary Shelley's Frankenstein	LIT 23
	Dystopian literature	LIT 13
	Shakespeare and Verdi	LIT 31
	The Buccaneers	LIT 35
	The Poisonwood Bible	LIT 37
	Travel writing	LIT 38
Henry, Jim	Interesting People	HIS 18
	Medieval times and people	HIS 22
Herrick, Martin	Walking 6 miles - Monday (weekly)	FIT 21
Hills, Christopher	Chamber choir	MUS 02
	Choir	MUS 03
Hopkins, John	Aspects of classical music	MUS 01
	Classical music 1945 - 2025	MUS 04
	The Symphonies of Beethoven	MUS 18
Horan, David	Personal poetry	LIT 26(z)
	Memoir writing workshop	WRT 01(z)
Howell, Pauline	Short tennis	FIT 15
Howell, Sue	Barnwell art group	ART 06
Howse, Kenneth	Ageing populations and the social sciences	SCE 02
Hundleby, Sarah	Practical gardening 2	GDN 04
Hunt, Barrie	Online Bridge league (BBO)	LEI 05
Hunter, Iain	Teeth with convoluted routes	HIS 26
Hunter, Ian	Current affairs 1	CUR 01
	Economics discussion group	ECN 01/ 01(z)
	Travelling	LEI 20
Hunter, Josephine	Duplicate Bridge club	LEI 03
Hurst, Colin	Three German women and their times	HIS 35
Jackson, Roy	Table tennis (Monday pm)	FIT 17
James, Jane	Patchwork and machine quilting	ARTC 05
Jeanes, Friederike	Intermediate German	GER 08
Johnson, Brian	Sketching, drawing and painting	ART 12
Johnston, Colleen	Mah Jong group	LEI 17
Jones, Peter	Camsail	LEI 21
Jones, Chris	Saints in the Fitzwilliam Museum: a guided tour of pictured saints and their stories	ARTH 06
	Ancient Greek comic drama: war-weary wives on sex-strike for peace ...	LIT 06
	Eskimo folk stories	LIT 14(z)
	Folk tales from India	LIT 17(z)
	Folk tales of Ireland	LIT 18(z)
	1984	LIT 43
	The gospel according to St Luke	PHL 01(z)
	The majesty of late Plato: Theaetetus and Sophist, on the question of knowledge	PHL 03
	The Passion story in Matthew's gospel	PHL 06(z)
Jones, Jim	The human figure: life drawing	ART 13
Judd, Judith	Book group 1	LIT 01(z)
Judge, Helene	Introduction to Pickleball	FIT 36
Jump, Mick	Cryptic crosswords for real beginners	LEI 10
Kakoday, Prashant	Raja Yoga Meditation and Philosophy	WLL 10(z)
Kara, Heather	Honoring the Departed: A course in working through the stages of grief	WLL 07
	Positive thinking and meditation	WLL 08
Kelly, Don	Canasta club	LEI 07
Kendall, Arlette	Le cinéma français à vol d'oiseau: La caméra et la plume - 2ème partie	FRE 12
Kent, Anne	Practical gardening 1	GDN 03
Kiln, Lesley	Patchwork and machine quilting	ARTC 05
Kington, Chris	Arts forum	ART 03
	Twenty-first century poets	LIT 40
Kirk, Kate	The Cambridge Phenomenon: history and ... a world-renowned technology cluster	HIS 28/ 28(z)
Knight, Jenny	Language labyrinth	HIS 20/ 20(z)
	Classics of the twentieth century (in person)	LIT 09
	Classics of the twentieth century (Zoom)	LIT 10(z)
	Louis MacNeice	LIT 22(z)
Landshoff, Peter	Emerging science and technology discussion group	SCE 09

Landy, Julian	Scrabble	LEI 11
Lang, Gillian	What makes a good short story?	LIT 42
Lass, Rosemary	The Wednesday walkers (weekly)	FIT 27
Latham, Richard	Badminton (Wednesday)	FIT 01
Lewney, Richard	The economy and society: past theories, present issues, future options	ECN 05/ 05(z)
Lintott, Gill	Knitting	ARTC 03
Livesey, Sally	Time with textiles	ARTC 07
Lovegrove, Alistair	Table tennis (Tuesday am)	FIT 18
	U3AC Bowls Club	LEI 26
Ma, Yongqing	Mandarin conversation for beginners	MDN 01
MacGinley, Mary	Modern European novels	LIT 24
Macmillan, Jenny	Table tennis (Monday pm)	FIT 17
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
	Exercise to music 3	FIT 14(z)
Marseglia, Elisabeth	Modern Greek: Intermediate	GRM 02
Mathew, Rosemary	Mah Jong group	LEI 17
Matthews, Clare	U3AC bird club	LEI 18
Maxted, Yvette	Walking for pleasure - Tuesday (fortnightly)	FIT 24
	4 Mile walking group -Tuesday (fortnightly)	FIT 25
May, Elizabeth	Drawing for pleasure	ART 08
	Flights of amazing imagination - the worlds of Terry Pratchett and other fantasy ...	LIT 16
	Sustainability book group	LIT 34
McCann, Marina	Dutch improvers	DUT 01
McCann, Trevor	Rambling - Thursday (weekly)	FIT 30
McGill, John	The impact of colonisation - a specific country example	HIS 33
McKerral, Angie	Flights of amazing imagination - the worlds of Terry Pratchett and other fantasy ...	LIT 16
McLean, Keith	Song workshop	MUS 17
McLeod, Annabel	History and evolution of Universities of the Third Age in the UK	HIS 16/ 16(z)
McPhater, Neil	What is driving the Information Revolution?	BUS 01
Meyer, Ruth	Women in the world	WOR 05
Middleton, Cathy	Contemporary dance workshop	FIT 07
Milan, Diane	Golden Age of Anglo-Saxon art 900 - 1066	ARTH 01/ 01(z)
Miles, Alison	Book group 2	LIT 02
	Chamber choir	MUS 02
	U3AC recorder group	MUS 19
Miles, Elaine	Italian intermediate self-help	ITA 04
Millington, Lindsay	Looking at art: Into the 20th Century	ARTH 05
Milne, Gloria	Play reading for fun	LIT 27
Milne, Mike	Play reading for fun	LIT 27
Monk, Mariel	Cryptic crossword club	LEI 09
Moore, Gillian	U3AC investment club	
Morris, Derek	Staying safe online	CMP 03/ 03(z)
	Cycling group	
Moyser, Roy	The Metaphysics of Time and Space	PHL 04/ 04(z)
Murphy, Alan	Jazz on a Monday afternoon	MUS 09
Murphy, Michael J	England in the Twenties and Thirties	HIS 14
	From Parnell to the 1916 Rising and its aftermath	HIS 15
	Irish cultural history 1891-1923	HIS 19
Neville, Peter	British Prime Ministers - Disraeli to Thatcher	HIS 05
	The great defender. The career of Marshall Hall	HIS 30
Newton, Mary	Book group 1	LIT 01(z)
Nicholson, Frank	Leading lights of 19th-century France	HIS 21(z)
Nicolson, Norman	Abstract art	ART 01
Nisbet, Jessie	The monthly draw - urban sketching in Cambridge	ART 14
	'Come for the cake - and stay for the books!'	LIT 12
Oates, David	QGIS mapping improvers seminar	CMP 02
O'Connell, Kerry	Gender in Shakespeare	LIT 19
	Shakespeare's Sonnets	LIT 32
	Short stories	LIT 33
	The odes of John Keats	LIT 36
Oliver, Sarah	Badminton for softies	FIT 04
	Latin beginners	LAT 01
Owen, Chris	Art and industry in Britain, 1760-1960	ARTH 02/ 02(z)
Page, David	Rome: The Empire after Nero	HIS 25/ 25(z)
	Latin: Continuing Latin beyond Book Five with a variety of Roman writers	LAT 03/ 03(z)
	Latin: Continuing to study Latin together	LAT 04/ 04(z)
Palmer, Douglas	A God-ordained resource for mankind: the changing perception ...	ENV 01(z)
Parrish, Gill	Badminton (Thursday pm)	FIT 02
Pateman, Jim	Reading Russian literature	RUS 03/ 03(z)
Patterson, Barbara Ann	Short tennis	FIT 15
Payne, Sarah	Maths can be fun 1	MTH 01(z)
	Maths can be fun 2	MTH 02(z)
Pearl, Simon	Table tennis (Friday)	FIT 20
Peirce, Fred	Bridge for beginners and improvers	LEI 01

Peirce, Fred	Duplicate Bridge club	LEI 03
Perkins, Gillian	Practical gardening 1	GDN 03
Phillips, Helen	Table tennis (Monday am)	FIT 16
Philpott, Samara	Adventures in art	ART 02
	Back to basics 1. An introduction to drawing and painting	ART 04/ 05
	Paint, draw in Cambridge	ART 09
Pinner, Sue	Ballet - beginners and improvers	FIT 11
Pitman, Michael	A promenade through science and philosophy	SCE 01
Plant, Carolyn	Walking for pleasure - Tuesday (fortnightly)	FIT 24
Polihroniadis, Panos	Greek conversation	GRM 01(z)
Pook, Carole	Women with a purpose	HIS 36
Pope, Helen	Environment discussion group	ENV 02
	U3AC environment group	
Potts, Monica	Pro-active ageing	WLL 09
	Sort your stuff out	WLL 11
Poulter, David	From The Beach Boys to Neil Young, music from the '60s and '70s	MUS 05
Price, Jack	Building the human brain	SCE 04/ 04(z)
Priestley, Michael	Short tennis	FIT 15
Prior, Dominic	Computers, brains and AI	SCE 05/ 05(z)
Provis, Margaret	Lisons 'Rendez-vous' - Monday	FRE 03/ 03(z)
	Continuons 'Rendez-vous' - Wednesday	FRE 04/ 04(z)
	Modern French novels	FRE 07/ 07(z)
Pugsley, Paola	I Promessi Sposi in dieci personaggi	ITA 02
Purseglove, Sue	Table tennis (Friday)	FIT 20
Quigley, Mike	Gentle walking group - Wednesday	FIT 29
Radford, Jacqueline	Walks in Cambridge city - Saturday	FIT 31
Read, Tony	Biographies	HIS 04
Rhodes, Sue	Book group 1	LIT 01(z)
Rice, Peter	Brush up your German	GER 03
Richards, Mary	Stitching	ARTC 06
Richardson, Alan	Cosmology	SCE 06
	Space telescopes, their images and what they tell us	SCE 14
	The Physics of Time and Space	SCE 20/ 20(z)
Roberts, Adrian	Napoleon Bonaparte	HIS 24
	Ten Turning Points in European History	HIS 27
	The Great War 1914-19	HIS 31
	The Three Kingdoms under the Stuart Monarchy 1603-1714	HIS 34
Robinson, David	The Wednesday walkers (weekly)	FIT 27
Rushton, John	Kipling reading group	LIT 21(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 2	CUR 02/ 02(z)
Sakellaridis, Margaret	Classical Greek Tragedy in English Translation	LIT 08
	The Hebrew Bible / Christian Old Testament: A historical view	PHL 02
	The mystery of Mary Magdalene	PHL 05
Sales, Anne	Mah Jong group	LEI 17
Savini, Mary	Italian literature: reading modern novelists	ITA 08
Scally, Janet	Yoga - self help	FIT 32
Schwabe, Jim	Song workshop	MUS 17
Seaman, Juliet	U3AC recorder group	MUS 19
Selwyn, Ricky	Italian beginners	ITA 01
	Italian intermediate	ITA 03
	Italian conversation (Tuesday)	ITA 06
	Italian conversation (Friday)	ITA 07
Sharman, Hannah	Tap dance	FIT 10
Sims, Laura	Moviemaking	FLM 01
Smith, John	All-year walking - Tuesday (weekly)	FIT 23
Spencer, Liz	Painting group - Monday	ART 10
Stapleton, Christine	German beginners year 2	GER 05/ 05(z)
	German intermediate	GER 06/ 06(z)
	German year 3	GER 07/ 07(z)
	German poetry and prose	GER 11/ 11(z)
	Swedish improvers	SWE 02/ 02(z)
Steen, Ian	Rock climbing group	FIT 38
Stevens, Jane	Mandarin	MDN 02(z)
Stevens, Tony	The human figure: life drawing	ART 13
Stickley, Sheila	Theatre club	
Stopp, Christine	A year of Spanish	SPA 01(z)
	Read, speak and learn Spanish	SPA 02(z)
Stringer, Karen	Ballet - beginners and improvers	FIT 11
Stubbings, Ursula	Circle dancing	FIT 06
Stutz, Peter	Brush up your German	GER 03
Tabrett, Mike	T'ai Chi Chuan 24 Step beginners	FIT 33
	T'ai Chi Chuan 24 Step intermediate	FIT 34
	Integrated T'ai Chi and Chi Kung exercises	FIT 35
Tamulonis, Geof	Walking football	

Tatham, Jill	Listen, Read, Grammar	FRE 06
	French translation: Musso: 'L'Instant present'	FRE 11
	Translation: Warten bis der Frieden kommt	GER 09
	German translation: Glennkill	GER 12
Tavner, Elizabeth	Classical Greek	GRC 02
Tenberg, Reinhard	Memoir writing workshop	WRT 01(z)
Thomas, Susan	Bezique	LEI 16
Thorn, Elizabeth	French conversation	FRE 05
Tilling, Vanessa	Choir	MUS 03
Tillotson, Judy	Stitching	ARTC 06
Toase, Margaret	Italian self-help	ITA 05
Tritton, Keith	Geology group	SCE 10/ 10(z)
Trosch, Carole	Advanced German conversation	GER 10
Tuffnell, Jill	Public rights of way and access in England - history, legal basis, rights ...	GEO 02
Turney, Ray	Table tennis (Monday am)	FIT 16
Tyson, John	Current affairs 1	CUR 01
	Economics discussion group	ECN 01/ 01(z)
	Travelling	LEI 20
Vallance, Roger	Russian language intermediate	RUS 02/ 02(z)
Van der Velden, Hans	Modern board games	LEI 14
	Modern board games	LEI 15
Van der Velden, Juliet	Driving skills	LEI 24
Von Janowski, Anne	Drawing for pleasure	ART 08
Wallis, Kim	Arabic language	ARB 01/ 01(z)
Walls, Ian	Painting group - Monday	ART 10
Waterhouse, Clare	Barbara Pym (1913-1980)	LIT 07
Watkins, Brian	Choir	MUS 03
Watts, Gillian	Introduction to Post-Impressionism (1880 - 1905)	ARTH 04
White, Paola	Reading German aloud	GER 13
Whitehead, Jo	The history of the Middle East and its current implications	CUR 04/ 04(z)
	The Cold War and its current implications	HIS 29/ 29(z)
	Board games online	LEI 12/ 12(z)
	Poetry reading group J - Tuesday	LIT 28/ 28(z)
	Lunchtime concert series	MUS 10
Whykes, Susan	Mainly madrigals	MUS 11
	Music theory from the very beginning	MUS 13(z)
	Music Theory continuing on to Grade 4	MUS 14(z)
Williams, Madeleine	French for beginners	FRE 01
Williams, Olwen	Birdsong identification	LEI 19
Wills, John	The life of stars	SCE 16(z)
Wilson, Brenda	Book group 3	LIT 03
Wilson, Mary	Swedish improvers	SWE 02/ 02(z)
Winfield, Alan	Eat well, live longer, live well	SCE 08/ 08(z)
	Our earth, yesterday, today, and tomorrow	SCE 13/ 13(z)
	Italian cities	WOR 03/ 03(z)
	The Balkans	WOR 04/ 04(z)
Winter, Richard	Introduction to Buddhist meditation	WLL 03
	Buddhist meditation 2: 'Exploring states of mind and feeling'	WLL 04
	Buddhist meditation 3: 'Aspects of the practice of mindfulness'	WLL 05
Winterborn, Duncan	Cryptic crossword club	LEI 09
	Photography walks	PHO 02
Woodman, David	Great Physicists	SCE 11
Woodsford, Peter	Africa Forum	WOR 02/ 02(z)
	Historical maps on the WWW	GEO 01(z)
Wright, Stephen	Swedish for beginners	SWE 01
Yoxall, Maribel	Spanish conversation via Zoom	SPA 05(z)
Yule, Ruth	German beginners	GER 01
	German beginners by Zoom	GER 02(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: