

WATFORD AND DISTRICT U3A

SYNOPSIS – July 2011

MONDAY

ART APPRECIATION			
	Hollytree House, Gammons Lane, Watford	10.00am for coffee, 10.30am start	2nd Mon
<p>We are a large, lively and enterprising group. We have explored various themes over the years recently sharing with each other "Art we would like our Grandchildren to know". Our main theme this year is very broad. "Lesser known artists about whom we would like to learn". This will ensure a wide range of work. Some members of the group research artists in whom they are interested and prepare PowerPoint presentations. Our technical skills, helped by a number of our "techy" members, as well as our knowledge of art, have greatly improved and we have a lot of fun. Visits to galleries complement our talks. This year we are organizing a group tour at the Mall Gallery in July followed by a picnic in Green Park and about 50 of us will spend five days checking out the Art in Glasgow at the beginning of October.</p>			
BETTER PHOTOGRAPHY			
		10.00am	4th Mon
<p>The Better Photography Group has been running for many years. A lot of us are very enthusiastic photographers. One or two still use film, the rest have a variety of digital cameras from the simple point and shoot to the more sophisticated SLR's. When we have been out to a place of interest to take photos, it is surprising the number of views we have got between us. There is very often the comment "I didn't see that" or "What an interesting angle" This is good as it makes the rest of us look at scenes with different ideas or points of view. When we are not out taking photos we meet at a member's house for an informal meeting where we show others what we have taken. Between us we can usually help our members sort out most problems, be it operating the camera, taking photos or using computer programmes to change or enhance images.</p>			
BOOK DISCUSSION GROUP			
		2.00pm	4th Mon
<p>Watford U3A Book Reading Group. Books are suggested by members or sometimes by the library, who try to supply enough copies of the books we read for each member. Enjoyment of the books may vary but all lead to a lively discussion over a cup of tea in a comfortable venue.</p>			
CLASSICS			
		2.15pm	3rd Mon
<p>The Classics group have been running for over 7 years. We cover many aspects of the classics including history, mythology, archaeology, the people and their literature. We also have occasional visits to places of interest or the theatre. We are reading and discussing Ovid's Metamorphoses and finding references to these stories in poetry, prose, painting and sculpture in more modern works.</p>			
CYCLING			
	Watford Met Station	10.00am	1st Mon
See entry for Friday			
DIY DISCUSSION GROUP			
	Tree Bridge House, Garston Lane, Garston WD25 9QR Buses from Watford Nos. 5,6,and 321	10.00am	2nd Mon
<p>Would you like to be shown how to repair a dripping tap or a leaking overflow, check that in your house heating system there is sufficient rust inhibitor, invisibly repair damaged fitted carpets, remove old and stained sealant around a bath and/or sink and replace with new, easily repair cracks in plaster?? Many more such items are discussed and demonstrated at our D.I.Y. class – NEW MEMBERS ARE WELCOME</p>			

HISTORY			
	Garston Fire Station	2.00pm	2nd Mon
Subjects for presentation and discussion cover national history from Roman through to twenty-first century. So far this year we have studied the King Georges I – VI and look forward to a variety of subjects from everyday life, politics etc, which will also encompass American history.			
NEEDLECRAFTS			
	Garston Fire Station	10.00am	1st & 4th Mon
A group of 13, we meet twice a month. In 2010 we did beadwork, blackwork and painting on fabrics, plus other subjects of interest. 2011 brings a series of pennants for Fair Trade, and revisiting past projects. The group members participate by organizing workshops and outings.			
OPERA			
		2.00pm	2nd Mon
We are a very enthusiastic group who study the various genre of opera with the aid of video, CDs and DVDs and discuss them afterwards. We have coach trips to see live opera at the Royal Albert Hall, English National Opera, Welsh National Opera and the Glyndebourne Touring Company at Milton Keynes. There are opportunities for members of the group to bring their favourite excerpts from operas for others to hear, and we make a point of studying one or two of the lesser known operas during the year in order to expand our knowledge. We also have the occasional fairly relaxed quiz. We are fortunate in that one of our members will occasionally give us an illustrated talk on different types of voices, which is always very informative.			
PERFORMING ARTS WITH READING AND STUDYING POETRY			
		7.30pm	Monthly TBA
1) Theatre visits – suggested theatre visits for subsequent discussion evenings; 2) Play readings – 3-4 evenings a year devoted to reading plays (with feeling). Everyone who wants a part gets one - or you can just come and listen; 3) Performing – we put on a show each year at the monthly meeting consisting of play readings, poetry, music and sketches; 4) Poetry Evenings – when we read and study poets and poetry.			
SCIENCE INTEREST			
	Hollytree House, Gammons Lane	10.00am	3rd Mon
Whether a professional scientist or a non-scientist keen to learn, we have discussions and talks that cover the widest interpretation of science, from astronomy to zoology and covering both general interest and occasional expert explanations. We also have two to three visits a year to places of scientific interest.			
SNOOKER			
	Watford Town and Country Club, Rosslyn Rd, Watford	11.00am-1.00pm	Every Mon
Open to those who have played some snooker before (the club doesn't want the table cloths ripped!) Good way to revive former glory days!! Cues, chalk and someone to play against guaranteed! Why not give it a go? £5 charge per 2 hour session.			
TABLE TENNIS			
	St. Marks Church, Leggatts Way Leavesden Watford	7.30pm	Selective Monday evenings
The group was started in the latter months of 2009. We were invited to share the facilities of the LMR Audit Table Tennis Club who play their matches at St Marks Church. They have facilities for three Tables, but normally use only two and have therefore allowed us to play on the third Table when they open up the Club for their Home games. As such we are considered as honorary members of the Club. Currently we have ten members of which between four and six turn out to play on any given evening which is interrupted only to enjoy a cup of tea/coffee and a biscuit. The Audit players often take time out to mix with our group and teach us some of the tricks of the trade resulting in marked improvement in the groups playing skills. A small charge of £2 to £3 pounds is made to cover the cost of the use of the hall, and using the Clubs Table and equipment plus of course the cost of refreshments. As the Table Tennis League season only runs from September to April it is intended to see if, as a U3A			

group on its own, we can use the hall throughout the summer months. This of course will depend on the number of members we can attract so that we can cover the full cost of using St Marks on our own without making the cost prohibitive.

U3A SINGERS

	Combewood Hse, Horseshoe Lane, Watford	2.30pm	1st & 3rd Mon
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Members of this friendly group enjoy singing a variety of songs to suit all tastes, from well-known popular numbers (old and new), to more-challenging, serious pieces. We gain great pleasure and satisfaction from public performances when the occasion arises.

WIT-KNITS

	Various venues	10.00am	1st Mon
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We are a small but enthusiastic group who enjoy knitting together and looking at our member's latest projects. We share information on sources of yarns and discuss patterns, stitches and wools. Some of the group recently visited a knitting and craft show and we hope to arrange similar visits in the future.

TUESDAY

ANTIQUES

		2.30pm	2nd Tues
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We discuss the development of furniture through the ages regarding design, historical and fashionable influences etc and will touch on jewellery, glass, porcelain and clocks etc - in fact anything that falls within our range of interests.

CHESS

	Hollytree House, Gammons Lane, Watford	9.30am	2nd & 4th Tues
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Chess for everyone at all levels. Beginners welcome. Meetings usually begin with a half-hour discussion and instruction, followed by two hours of games.

CURRENT AFFAIRS

	Hollytree House, Gammons Lane, Watford	10.00am	3rd Tues
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The format of our meetings is similar to TV's 'Question Time' or radio's 'Any Questions' but subjects are raised by members for general discussion, rather than questions asked. The Group is lively with an attendance of 20-22 each month. Special subjects are sometimes explored in detail when we have an expert in that subject.

DISCOVERING THE SOUTH EAST

	Meet Essex Arms, Langley Way, Watford	Various	3rd Tues
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New group formed to give U3A members the enjoyment of a regular trip out and around the South East. Within reason, we intend to look not only at London but around the South East itself, visiting places of interest including historical buildings. The intention is for outings to be varied, so we may travel by coach, boat and also engage in some walking. Some trips will include guides, either on the coach or at the place of interest, all with the idea of us getting as much out of the day as we can in knowledge and enjoyment.

LIFESTYLE

	Combewood House, Horseshoe Lane, Watford	2.00pm	4th Tues
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Our main thrust is healthy living and how food and drink play their part. We look at all aspects of food and drink, enjoying a wide range of experiences from speakers, demonstrators and visits to improve our understanding. Great socialising!

PATHFINDERS

	Meet at Essex Arms, Langley Way, Watford	9.25am	4th Tues
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We travel to various destinations to complete a circular walk of about 5 miles. Each walk is led by two members of the group and finishes with an optional pub lunch.

SPANISH GROUP

		10.00am	Once every 4th week
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The aim of this newly formed group is to improve our Spanish conversation. We meet in comfortable surroundings and enjoy learning from each other.

SPORTING FORUM

	Combewood, Horseshoe Lane, Garston	2.00pm	3rd Tues
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A variety of speakers, topics, and the occasional quiz provide the basis for our gatherings, all of which take place in a friendly and convivial atmosphere. In addition we have enjoyed outings to a variety of sporting events and venues. Those attending have a broad range of sporting interests, some 'actively' involved in their pursuits, whilst others though at one time active, are now happy to observe from the sidelines or from the armchair in front of the TV. Our group currently with 35 members is full.

STROLLERS

	Various	11.00am	2nd & 4th Tues
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We hold a planning meeting every six months or so, when we draw up a list of walks. There are suggestions by members and walks will cover approximately 3 miles (moving at a fairly leisurely pace!). We have lunch afterwards, usually at a local pub and enjoy the conversation as much as the walking. We have 20 members in our group, with an attendance of 12-15 walking at each meeting. We have room for a few more members if you would like to join us.

TUESDAY TREKKERS

	Various	9.45am for 10.00am	2nd Tues
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We take it in turns to lead a walk of between 4 and 6 miles at a comfortable pace. So far we have walked in the following areas:- Chipperfield, Chess Valley, Sarratt, Rickmansworth, Croxley Green, Whippendell Woods, Ley Hill. We occasionally make use of our bus passes as well!

TUESDAY RAMBLERS

	Meet Varied	9.30am	4th Tues
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We meet on the fourth Tuesday of the month, usually at 9.30am to walk for pleasure and fitness. Distance approximately 10-12 miles at about 3mph, generally in South West Herts and Bucks. There is a stop for a pub lunch about 2/3 of the way round. Walks take place unless weather conditions are predicted to be hazardous for driving to the start point. Planning and Leadership of future walks is shared amongst the group. New members welcome.

WRITING WORKSHOP

		2.00pm	Tues fortnightly
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Whatever type of writing you are interested in we will at some point try to cover it in our fortnightly sessions. Articles, story writing, poetry, autobiographies, small pieces - long pieces, we try everything. New members would be most welcome. No experience necessary, just an interest and a willingness to "have a go." Most people work on an agreed subject in between sessions.

WEDNESDAY**EUROPEAN STUDIES**

		10.00am	4th Wed
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Our study of the 18th century has proved to be very interesting. We have now come to the end of the French Revolution and the Napoleonic Era which caused upheaval across Europe. We plan to look at how the life and culture were influenced by the events during these years, before turning, in October, to the next period from 1851-1918. The historical events of this age, technical and scientific advances, the music, literature, art and reforms will give us plenty to discuss. As well as preparing talks, we watch films and documentaries and listen to music. Members of the group present different sessions giving us

a varied programme. This group is currently full.

EXPLORING LONDON (and BEYOND)

	Meet Essex Arms, Langley Way, Watford	Various	1st Wed
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A coach trip into London or further afield, to places of interest or historic. If possible a trained guide will give a lecture about the place to be visited. Plenty of free time given to explore.

JAZZ APPRECIATION

		2.40pm	3rd Wed
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Please note, that our Jazz Appreciation group has a new venue. The subjects for each session are still chosen by the group at the end of each group and will cover groups, styles, periods, instruments or players, as requested by the members. We meet at 14.40 so park at 14.30 due to parking restrictions in the area. We cover every aspect of Jazz, so if you are an enthusiast, then please come and join us.

LUNCHEON CLUB

	Various	12.30pm	4th Wed
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We meet once a month for a friendly lunch in a pub or restaurant in the local area. New members very welcome.

MUSIC APPRECIATION

		10am	3rd Wed
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Although intended to cover all types of music, we concentrate on "Classical Music", mainly of European origin. We discuss composers within their musical periods and listen to their works on CDs, tapes and records. Current information on concerts and recitals is readily available. When desired, bookings are made. Member's participation is much enjoyed.

SHAKESPEARE

		2.00pm	Last Wed
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We read and discuss the plays of Shakespeare and a chosen sonnet each month. Sometimes we watch a relevant video and occasionally visit Stratford-upon-Avon or The Globe. Our numbers are now about right as a reading group; but there may be vacancies for visits, so it is good to make contact.

WALKING / RAMBLING

	All walks start at JS A41	10.00am	2nd & 4th Wed
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Covering 6 miles, following unusual trails through towns and lovely countryside. Picnic lunch on route.

THURSDAY

COMPUTERS

	Garston Fire Station, 530 St Albans Road (Behind Asda)	2.00pm-4.00pm	3rd Thurs
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This group is devoted to improving information technology skills by means of question and answer sessions dealing with members' problems, together with illustrated talks on matters of interest in this field. New members welcome.

EXERCISE GROUP

	Beechen Grove Baptist Church, Watford	12.00-2.00pm	Every Thurs
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This is an exercise class for male and female members of any age or ability – run by Herts Sports Partnership. The instructors are fully qualified and experienced and the emphasis of the group is to deliver sociable and enjoyable activities. New members always welcome.

FILM GROUP

		2.00pm	1st Thurs
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We watch DVDs or videos of classic and other films brought by members of the group. Tea follows with a discussion of the film. Please let Alan or Carol know if you are unable to attend a meeting.

GARDENING

	Various venues	10.00am	3rd Thurs
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We visit famous gardens as well as those not so well known. Recent visits have been to RHS Wisley, Merriments Gardens in Sussex and Sir Harold Hillier Gardens among others. During the winter, indoor meetings are at Hollytree House and include either a speaker or one or more of our members talking about any topic related to gardening. There is always plenty of opportunity for people to swap ideas and knowledge. We welcome anyone with an interest in gardening - you don't even have to have a garden!

GERMAN CONVERSATION

		10.00am	1st & 3rd Thurs
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The members do their homework (all goody goodies) consisting of translating an interesting text into English, with text being read through at the meeting for pronunciation practice. This text, plus any juicy gossip, used for starting German conversation. Generally, have fun with German - it's amazing how much laughter goes on! Unfortunately, some German is needed to join the Group.

GOLF LESSONS FOR THE U3A

	Batchwood Hall Golf Club, St Albans, AL3 5XA	Various	Thurs fortnightly
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This is a new group offering one hour golf sessions for all abilities. Sessions are run by Mark Flitton, golf professional and his aim is to teach all keen golfers who would like to improve their game.

GREETINGS CARDS

	Hollytree House, Gammons Lane	10.00am & 1.30pm	2nd Thurs
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There are two groups who cover the same topics. We look at a different area each month and produce a variety of hand made cards by the end of the session.

ITALIAN (Intermediate)

		10.00am	Fortnightly Thurs
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We use 'Ultimate Italian' (an audio package published by the Random House Company) as the main focus for our studies. This is supplemented by another audio package aimed specifically at extending our skills and improving our range of communication. In addition to the textbooks, use of other original Italian texts, together with some video material adds variety and provokes discussion. We are fortunate in having the guidance of a fluent Italian speaker from another U3A.

MONEY MATTERS

	Hollytree House, Gammons Lane, Watford	10.00am	1st Thurs
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An informal group where members learn and gain knowledge about different types of investments, such as "Best savings interest rates", investing for children, how these can affect inheritance and income taxes, and equity release. Members discuss their own monetary experiences.

SCRABBLE

		2.15pm	2nd & 4th Thurs
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This is a small but very friendly group whose members do not take themselves too seriously. At the moment there are no vacancies.

SCRABBLE 2

		10.00am	2nd Thurs
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A friendly way to brush up your rusty language skills or astonish us with your brilliance. Our group is currently full.

THE ROCK AND ROLL YEARS

	Hollytree House	2.30pm	4th Thurs
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A nostalgic look back and listen to the artists and music of our youth.

THE THIRSTY WALKERS

	Essex Arms, Langley Way	9.30am	4th Thurs
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We meet at the Essex Arms in order to share cars to the starting point of our walks, which are of about 4 to 6 miles. We always enjoy a lunch afterwards at a local hostelry to relax and talk. We have one planning meeting and a New Year Lunch to launch the new programme of walks.

TOFFEE Tea/Coffee Group

		10.00am- 12.00pm	3rd Thurs
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This is a purely social and relaxed group - no advanced preparation - just come and bring your news or anything you have made or photographs to show everyone or even a cake to taste. Just come along and make new friends. The educational side of this group is relaxation, easy to say, difficult to do. Plus History, Geography, Nutrition and/or Diet. In fact anything we discuss will come under a category.

FRIDAY**ANGLO-GERMAN WALKS**

	Meeting at agreed location, always in the Chilterns	9.30am	4th Fri
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Walks of around 10 miles, stopping at a pub for lunch. Before lunch we practise our German as we walk. 'Get by in' level of German at least required, and native German speakers, willing to give up their excellent English for the day in exchange for a great day's walk, also welcome! In 2011 we start our fifth year of 'walk 'n talk' in German with 16 members (including three native speakers) from 9 different U3As surrounding the Chilterns.

CYCLING

	Watford Met. Station	10.00am	2nd Fri
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The rides are at a gentle pace avoiding traffic as much as possible and lasting two to three hours, often ending at a pub or someone's house. Sometimes we use car or train to extend our range. We have similar rides on the first Monday of the month. We occasionally have overnight stays away from home. Home made soup and fresh bread. Summer picnics and Christmas Suppers also figure in our activities.

CRYPTIC CROSSWORDS

	Hollytree House, Gammons Lane, Watford	10.00am	1st & 3rd Fri
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A friendly group who meet to practice and improve their crossword skill. An all-ability group with help and tuition available for beginners.

EXPLORERS

	Various	10.00am	1st Fri
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The explorers aim to go a bit further, around 4 to 6 miles, depending on who is leading the walk. Our walks are taken at an easy pace, to help build up our fitness and stamina, with a chance of chatting along the way or time to take a photograph or two. At the end of the walk, you could put all those calories back on with a pub lunch. NEW MEMBERS ALWAYS WELCOME.

GENEALOGY

	Watford Rural Parish Council Hall, Oxhey Drive, South Oxhey	10.00am	2nd Fri
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We are a large group of members who are either already researching our family history or just starting. The group is in its first year and is just beginning to establish its way of working. We have been meeting socially and discussing our current research in terms of methods of finding, presenting and storing information. Plans are now being made to have visits to local centres which facilitate searching for family related information. This will alternate with social gatherings with a guest speaker and time to exchange our latest findings.

WINE APPRECIATION

	St. John's Ch Hall, Hemel Hempstead	2.30pm- 4.30pm	Last Fri
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This group is run by Tony Pye, a member of Hemel Hempstead U3A.

VARIOUS DATES AND DAYS**COLOSSEUM GROUP "IT'S SHOWTIME"**

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Various Dates and times

LONDON THEATRE

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Various times, dates and venues

TRAVEL GROUP

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Various Locations

The following is an outside group to which a number of Watford U3A members belong, but is not a U3A study group

KEEP FIT FOR THE 50+

	YMCA Orbital Centre, Haines Way, Watford	10.00am- 11am	Tuesday and Friday
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