

WATFORD U3A

SYNOPSIS – APRIL 2010

MONDAY

<u>ART APPRECIATION</u>			
	Hollytree House, Gammons Lane, Watford	10.00am for coffee, 10.30am start	2nd Mon
<p>We are a large, lively and enterprising group. Some members of the group prepare PowerPoint presentations and there is always help on hand if needed.</p> <p>We have recently studied portraiture and in 2010 we will concentrate on Social History in Art. Visits to galleries complement our talks. This year we are organizing a group tour at the National Gallery in May and hope to spend five days in Liverpool at the end of September, looking round the many galleries in the Liverpool and Manchester area.</p>			
<u>BETTER PHOTOGRAPHY</u>			
		10.00am	4th Mon
<p>We are a self help group with a variety of cameras from the simple point and shoot film camera to the modern digital camera. Sometimes we go out and take photos on a theme and other months we meet up to look at the results. We always come back with a wide variety of photos as everyone looks at the same subject in different ways. We all try to help and support each other. You don't have to be a David Bailey to join the group. We welcome beginners and people moving over to digital.</p>			
<u>BOOK DISCUSSION GROUP</u>			
		2.00pm	4th Mon
<p>Watford U3A Book Reading Group has joined forces at present with the Watford Park Book 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>			
<u>CLASSICS</u>			
		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. Recently we have read, discussed and enjoyed Herodotus The Histories. We have now decided to return to the development of Greece starting from the Minoan and Mycenaean civilizations. We also have occasional visits to places of interest or the theatre.</p>			
<u>CYCLING</u>			
	Watford Met Station	10.00am	1st Mon
See entry for Wednesday			
<u>DIY DISCUSSION GROUP</u>			
	Tree Bridge House, Garston Lane, Garston	10.00am	2nd Mon
<p>The idea is to meet and as much as possible have practical demonstration and instruction on home repairs and DIY topics after which the group members are encouraged to try their hands on what has been demonstrated. Following the practical work we discuss items of household DIY in order to pool our knowledge and to plan, practical subjects, for following meetings.</p> <p>The group is in its infancy, February being its third meeting. To date we have had demonstrations and instructions on renewing washers of leaking taps, wiring three pinned electrical plugs, wiring in line switches to table lamps, selecting and ensuring the correct amperage in fuses for various home appliances. After the demonstration and instruction, the group are invited and encouraged to get "hands on" experience and execute the work that they have been shown, under the guidance of the instructors.</p>			
<u>HISTORY</u>			
	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

	Combewood, Horseshoe Lane, Watford	10.00am	1st & 4th Mon
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A group of 12, we meet twice a month. In 2009 we concentrated on finishing patchwork projects and 3-dimensional embroidery. 2010 brings crochet and whatever needlecraft we haven't tried yet, or something which may offer a challenge!

OPERA

		2.00pm	2nd Mon
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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

		7.30pm	Monthly TBA
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- 1) Theatre visits. Three meetings a year to decide on our theatre programme; so as to include a wide variety of events to suit all tastes.
- 2) Play readings 3 - 4 evenings a year devoted to reading plays (with feeling). Everyone who wants a part gets one - or you could just come and listen.
- 3) Performing. We put on a show in the New Year, consisting of readings, poems and music.

READING AND STUDYING POETRY

**This is now part of PERFORMING ARTS.
Refer to the entry above**

SCIENCE INTEREST

	Hollytree House, Gammons Lane	10.00am	3rd Mon
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Members lead discussions on a wide variety of science topics ranging from astronomy to zoology. We have two or three visits each year to places of Scientific Interest.

SNOOKER

	Watford Town and Country Club, Rosslyn Rd, Watford	11.00am- 1.00pm	Every Mon
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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.

<u>TABLE TENNIS</u>			
	St. Marks Church, Leggatts Way Leavesden Watford	7.30pm	Selective Monday evenings
<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>			
<u>U3A SINGERS</u>			
	Combewood, Horseshoe Lane, Watford	2.30pm	1st & 3rd Mon
<p>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.</p>			
<u>WIT-KNITS</u>			
	Various venues	10.00am	1st Mon
<p>We are a small but enthusiastic group who enjoy knitting together and looking at 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.</p>			

TUESDAY

<u>ANTIQUES</u>			
		2.30pm	2nd Tues
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.			
<u>CHESS</u>			
	Hollytree House, Gammons Lane, Watford	9.30am	2nd & 4th Tues
Chess for everyone at all levels. Beginners welcome. Meetings usually begin with a half-hour discussion and instruction, followed by two hours of games.			
<u>CURRENT AFFAIRS</u>			
	Hollytree House, Gammons Lane, Watford	10.00am	3rd Tues
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.			
<u>FOOD AND NUTRITION</u>			
	Combewood House, Horseshoe Lane, Watford	2.00pm	4th Tues
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!			
<u>PATHFINDERS</u>			
	Meet at Essex Arms, Langley Way, Watford	9.25am	4th Tues
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.			

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 will make arrangements among ourselves for car sharing - for example, from the Essex Arms - when that seems sensible. Everyone has a list of telephone numbers which will make this easy to organise.

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.

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

<u>CYCLING</u>			
	Watford Met. Station	10.00am	3rd Wed
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 bread, Summer picnics and Christmas suppers also figure in our activities.			
<u>EUROPEAN STUDIES</u>			
		10.00am	4th Wed
We are still studying the 18 th Century, continuing to find so many topics of interest. The history of Europe during this century gave rise to great literature, music, art, science and technological developments despite the social upheavals resulting from the many wars. We have recently covered the histories of Poland and Italy. Agricultural and industrial advances, communications and religion are just a few of our future topics. The French Revolution and Napoleon together with their impact on all aspects of life in Europe will be a most interesting and fascinating study. This vast subject is only possible because of the willingness of the group members to research the individual topics.			
<u>EXPLORING LONDON (and BEYOND)</u>			
	Meet Essex Arms, Langley Way, Watford	Various	1st Wed
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.			
<u>JAZZ APPRECIATION</u>			
		2.30pm	3rd Wed
We play jazz records and discuss them. We encourage members to bring their own favourite records to listen to and discuss. We attempt to explain the technicalities of jazz by demonstrating on the piano. New members are always welcome.			
<u>LUNCHEON CLUB</u>			
	Various	12.30pm	4th Wed
We meet once a month for a friendly lunch in a pub or restaurant in the local area. New members very welcome.			
<u>MUSIC APPRECIATION</u>			
	,	10.30am	3rd Wed
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.			
<u>SHAKESPEARE</u>			
		2.00pm	Last Wed
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.			
<u>WALKING / RAMBLING</u>			
	All walks start at JS A41	9.30am / 10.00am	2nd & 4th Wed
2 nd Wed Definitely for the serious walker, often covering 8 miles, following unusual trails through towns, villages and beautiful countryside. 4 th Wed is shorter, around 6 miles ending with a picnic lunch.			

THURSDAY

<u>COMPUTERS</u>			
	Garston Fire Station, 530 St Albans Road (Behind Asda)	2.00pm-4.00pm	3rd Thurs
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.			
<u>FILM</u>			
		2.00pm	1st Thurs
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 Barbara know if you are unable to attend a meeting.			
<u>GARDENING</u>			
	Various venues	10.00am	3rd Thurs
We visit famous gardens as well as those not so well known - We've recently been to Exbury and Sissinghurst, much loved by many, and Welford Park and High Beeches, new to most, among others. We also have a thriving allotment with two 10-pole plots in Oxhey. We welcome anyone with an interest in gardening - you don't even have to have a garden!			
<u>GERMAN CONVERSATION</u>			
		10.00am	1st & 3rd Thurs
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.			
<u>GREETINGS CARDS</u>			
	Hollytree House, Gammons Lane	10.00am & 1.45pm	2nd Thurs
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.			
<u>ITALIAN (Intermediate)</u>			
		10.00am	Fortnightly Thurs
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.			
<u>MONEY MATTERS</u>			
	Hollytree House, Gammons Lane, Watford	10.00am	1st Thurs
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.			
<u>SCRABBLE</u>			
		2.15pm	2nd & 4th Thurs
This is a small but very friendly group whose members do not take themselves too seriously. At the moment there are no vacancies.			
<u>SCRABBLE 2</u>			
Carol and Alan Rose Tel: 01923 240818		10.00am	2nd Thurs
Come and join us for a friendly way to brush up your rusty language skills or astonish us with your			

brilliance.

THE ROCK AND ROLL YEARS

Hollytree House

2.30pm

4th Thurs

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

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

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

<u>ANGLO-GERMAN WALKS</u>			
	Meeting at agreed location, usually in the Chilterns	9.30am	4th Fri
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 2010 we start our fourth year of 'walk 'n talk' with 15 members (including three native speakers) from 10 different U3As surrounding the Chilterns.			
<u>CRYPTIC CROSSWORDS</u>			
		10.00am	1st & 3rd Fri
A friendly group who meet to practice and improve their crossword skill. An all-ability group with help and tuition available for beginners.			
<u>EXPLORERS</u>			
	Various	10.00am	1st Fri
The members take it in turns to lead the walks which are about 5 to 5½ miles. They are taken at an easy pace, with a chance to chat and admire the views along the way. Some of our walks are a bit further afield and we then try to car share. We still have room for a few more members.			
<u>WINE APPRECIATION</u>			
	St. John's Ch. Hall, Hemel Hempstead	2.30pm-4.30pm	Last Fri
This group is run by Tony Pye a member of Hemel Hempstead U3A.			

VARIOUS DATES AND DAYS

<u>LONDON THEATRE</u>			
Various times, dates and venues.			
<u>TRAVEL GROUP</u>			
Various Locations			

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

<u>AEROBICS</u>			
	Community Centre, Haines Way, Watford	10.00am	Weekly Mon