Craven U3A
Registered Charity No. 1038617

Course Programme
And Timetable
2019 - 2020

Courses start in September/October and January unless otherwise stated.

Enrolment is by postal application only. Enrolment forms are sent to members and are also available from 6th August 2019 at Skipton Library and at the Open Event in Skipton St. Andrew’s Church Hall at 2pm and also online at www.cravenu3a.org

There is free computer access at Skipton Library.

For 2019-2020 the membership fee is £28. There is no separate course fee, but some courses may involve additional costs as stated in the programme.

Course Programme Information, Amendments and Group Leader details will be on Beacon via our website www.cravenu3a.org

IT IS IMPORTANT YOU KEEP THIS PROGRAMME, ESPECIALLY IF YOU DO NOT HAVE ACCESS TO BEACON
Ad Hoc Walking Group  
Mike Valiant
Flexible  All day  Max No  All Year  To
•  Flexible meeting times. The group allows members who like to walk to link up and walk with other members, either for safety or just for company. There is no published programme. Walks are advertised by email at short notice, typically 72 – 36 hours prior to start time. Any member of the group can propose a walk which can be short/long and/or easy/strenuous. The proposer will give some indication of the anticipated length, route and type of the walk, but members must understand that the walk may not have been recce’d and occasionally route improvisations may be required.  Need clothing and footwear appropriate to the walk. Possible use of public transport.

Aerobic Workout  
John Dixon  St Andrews Church Hall
Wednesday  10:00  To  11:00  Max No  30  Autumn & Spring  02/10/2019  To  18/03/2020
Incorporating some high intensity aerobic exercise,(HIIT). Suitable clothing essential, mats/towels required for cool down. Please bring water and check that HIIT is O.K. with your doctor as heart rates will be elevated.

Allotment  
Noelle Helena Tudhope  Plot 39, Broughton Rd
Sunday mornings, Monday, Thursday afternoons. Other times by arrangement within the group  Max No  12  All Year
Let’s grow! Additional costs: seeds, plants & other consumables necessary for growing crops

Are we there yet? (Formerly Boys Days Out)  
Mick Richings
Wednesday  All Day  Max No  50  Summer  To
This group operates March to October and offers visits to locations of interest two or three times between March and September using private cars and occasionally a coach. Members will be advised of forthcoming events by e mail. Extra costs: entry to events and a contribution to car sharing costs if applicable at 7p per mile.

Art, History of  
Ian Adams  Embsay Village Hall Side Room
Tuesday  10:00  To  12:00  Max No  23  Autumn & Spring  01/10/2019  To  17/03/2020
The history of Western art from Ancient Greece to the end of the 19th century. Photocopying £3/term.

Aspects of Art and Architecture  
Ian Adams  Embsay Village Hall
Wednesday  10:00  To  12:00  Max No  23  Autumn  02/10/2019  To  11/12/2019
A follow on course from the History of Art (but it is not essential to have done History of Art first). The course looks at art and architecture in Britain in the 19th Century and the Western World in the 20th Century. The course includes an architectural tour of Leedson 31/10/18. Photocopying £3.

Astronomy - New Discoveries  
Keith Berrington  Swadford Centre Library
Wednesday  12:30  To  13:30  Max No  20  Spring  08/01/2020  To  12/02/2020
A series of lunchtime talks on new discoveries in astronomy. A different topic will be presented every week with particular emphasis on the findings in the current planetary and solar system missions, and the search for habitable exoplanets.

Ballet DVDs and Musicals  
Constance Wood  Baptist Church
Friday  09:30  To  12:00  Max No  51  Autumn & Spring  04/10/2019  To  20/03/2020
A program of Ballet DVDs will be shown in the Autumn term and Musicals in the Spring term.

Bellini - Master of Bel Canto  
Michael Lovitt  Private Houses
Wednesday  13:45  To  16:30  Max No  15  Autumn  16/10/2019  To
After examination of definitions of bel canto and some consideration of Bellini’s early operas in particularly I Capuleti e I Montecchi detailed attention will be given to Bellini’s three major operas – La Sonnambula, Norma, I Puritani – in each case using two DVDs to explore different productions and styles of singing.

Belly Dancing for Fun & Fitness  
Judith Edy  Three Links Club
Friday  10:00  To  11:30  Max No  15  Autumn  27/09/2019  To  13/12/2019
Learn a new style of dance and increase the flexibility of your spine and hips, improve your coordination, posture and balance – and have fun! Belly dance moves are gentle and suitable for everyone regardless of age, size or level of fitness but if you have any serious spine or hip problems please check with your doctor. Wear comfortable clothes and bare feet/socks/very soft shoes.

Birdwatching  
Sheila Hodgson  Bolton Abbey Village Hall
Monday  10:00  To  12:00  Max No  90  Autumn & Spring  07/10/2019  To  23/03/2020
A class for those interested in birdwatching with talks by Group Members and External Speakers, and also DVDs. Free parking at the venue. Outdoor field trips by car or coach take place on alternate Mondays. Bring binoculars. RSPB Membership is recommended as we visit some RSPB Reserves. Car sharing costs and coach fares on outdoor field trips. There will be an optional 4-5 day birdwatching excursion.

Book Group International  
Wendy Berrington  Private Houses
Monday  14:00  To  16:00  Max No  10  All Year  07/10/2019  To
We choose books to read and discuss, together. Tea/coffee and biscuit break. Pleasant company. A stimulating and companionable start to your week.

**Bridge - Play**

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<td>03/10/2019 To 26/03/2020</td>
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For those who have played Bridge and want to improve their game. We play duplicate bridge. You do not need a partner you will always get a game. Additional costs: £1 to cover cards and travellers.

**Bridge for Beginners**

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away from the game. There is a minimum number of 13 for this course.

**Calligraphy**

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<td>03/10/2019 To 19/03/2020</td>
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This is a self-help group with no tutor and is therefore not suitable for absolute beginners. In the Autumn Term there will be a short introduction to Chinese calligraphy. Occasional photocopying costs.

**Ceilidh Club**

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The Ceilidh Club is for people who like to dance, play and call English country dances. The aim of the club is to have sessions on this.

**Craven U3A Orchestra**

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<tr>
<td>Wednesday</td>
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<td>25/09/2019 To 25/03/2020</td>
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If you play or have ever played an instrument you will be welcome at the orchestra. Our members have varying levels of skill, varying from beginners to the highly proficient, but all share an enthusiasm for making music together. Our repertoire ranges wide over the musical landscape – Dowland, Handel, Schubert and Vaughan Williams all featured in our latest annual concert. We also enjoyed letting our hair down with Pirates of the Caribbean. The rehearsals are always an enjoyable and rewarding way of spending an afternoon. Come and join us!

**Creative Writing**

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<td>27/09/2019 To 27/03/2020</td>
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A creative writing group which aims to encourage individuals who enjoy writing to share their poetry, short stories and factual articles in a friendly, supportive atmosphere and to provide this opportunity to discuss in a supportive way. Some members may choose to bring in their favourite author’s writing rather than their own for discussion. I want the facilitating to be shared rather than falling on one person. The emphasis will be on creativity rather than teaching grammar, unless group members want to have sessions on this. John Healey, friend, poet, stand-up and teacher may be willing to run a workshop as he has done locally in the past. Occasional photocopying costs.

**Crochet**

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An informal meeting at my home for beginners to learn and practice basic skills, also for those who just enjoy a chat and crochet or may wish to share their skills.

**Croquet**

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<td>27/03/2020 To 27/03/2020</td>
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Instruction and guidance on how to play croquet will be given with the kind assistance of P&C.C.C. members. Croquet is equally suitable for men and women. Although the game is competitive 'Golf Croquet' players are on the lawn together so you will find it a friendly and sociable sport. All equipment will be provided, flat soled footwear is essential. Weekly charge of £3.50 (Includes tea and biscuits).

**Crown Green Bowls 1**

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<td>01/05/2020 To 11/09/2020</td>
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Instruction and guidance on how to play crown green bowls. Wear flat soled shoes or trainers. There is a cost of £1 each time.

**Crown Green Bowls 2**

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<td>01/05/2020 To 11/09/2020</td>
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Instruction and guidance on how to play crown green bowls. Wear flat soled shoes or trainers. There is a cost of £1 each time.

**Crown Green Bowls 3**

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<tr>
<td>Tuesday</td>
<td>13:30 To 16:00</td>
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<td>05/05/2020 To 15/09/2020</td>
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Instruction and guidance on how to play crown green bowls. Wear appropriate flat shoes. There is a cost of £1 each time.

**Discussion Group - Politics**

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Following on from last year's inaugural session this group discusses a wide range of topics covering all.

**Early Opera - Monteverdi to Gluck**

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In this series of talks I intend to play extracts from my own collection of operas, starting with "L’Orfeo" by Monteverdi (1607) running through the baroque period and slightly beyond, to end with Gluck’s “Orphee and Eurydice” as revised in 1774. During each session, we will discuss a little about the composer and his time and I will try to explain the opera’s story.

**Economics & Economic History**

Sydney Matthews

Swadford Centre Library

Thursday 10:00 To 12:00 Max No 26 Autumn & Spring 03/10/2019 To 26/03/2020

This is part 2 of a two year programme. New members welcome if spaces available as continuing members given priority.

Please indicate when you are applying that you are continuing the course. We will be looking at the relative UK decline as other countries industrialise. We will attempt to find out why this decline took place and examine possible causes. The World Wars will be analysed to see why UK economic management was so successful in achieving the final outcomes. The impact of the wars and the management of peace will be studied. The post 1945 period will be looked at, to see how reconstruction and reform were achieved, also how the post war consensus declined in the 1970s.

**European History**

Derek Clabburn

Swadford Centre

Thursday 14:00 To 16:00 Max No 61 Spring 23/01/2020 To 09/04/2020

In response to many requests by former U3A students, I will be offering the study of the history of Poland in the spring term 2020. We will start with the end of the Jagiellonian dynasty and and continue to the rise of Solidarity and the emergence of a non-Communist independent Poland from up to the year 2000. Bring to the course an open mind, a questioning attitude and hopefully we will enjoy ourselves!

**Exploring English Poetry**

David Turner

Swadford Centre

Monday 14:00 To 16:00 Max No 40 Spring 06/01/2020 To 23/03/2020

A journey through the history of English poetry from its Anglo-Saxon origins through Chaucer, the Tudor and Classical periods, the Romantic poets, plus the Victorians and the 20th

**Exploring the Countryside**

Keith Berrington, Wendy

Swadford Centre

Wednesday All Day Max No 26 Autumn & Spring Dates to be arranged

Occasional morning trips in the summer to visit local sites of geographical interest. Meet at the site at 10 am and expect to be there for about two hours. Suitable clothing, footwear and provisions for a midmorning break are essential. There will be some walking over rough ground. Each trip will be organised by a member of the group (volunteers welcome!) who will circulate beforehand by email some background information about the site. Dates and locations will be emailed in early 2020. Please car share where possible. Sorry no dogs.

**Film documentaries of 20th Century Life**

Keith Berrington, Wendy

Swadford Centre

Friday 14:00 To 16:00 Max No 70 Autumn 04/10/2019 To 13/12/2019

Come and see what life was like in the 20th century! Historic film footage and documentaries of everyday life in the last century show us a world which has all but vanished, except in our memories. Each week we examine facets of life, work and play in Britain as captured at the time on film.

**Film International - French**

Wendy Berrington

Champions Church

Thursday 13:30 To 16:00 Max No 90 Autumn 03/10/2019 To 12/12/2019

All films have sub-titles. A list of films will be available on the Open Day. Come to as many or as few films as you like. Good wheelchair access. Warm hall. Tea and coffee break with biscuits 50p. A stimulating and companionable way to spend an

**Film International - Worldwide**

Wendy Berrington

Champions Church

Thursday 13:30 To 16:00 Max No 90 Spring 09/01/2020 To

All films have sub-titles. A list of films will be available on the Open Day. Come to as many or as few films as you like. Good wheelchair access. Warm hall. Tea and coffee break with biscuits 50p. A stimulating and companionable way to spend an

**Film International Extra**

Veronica Eastham

Champions Church

Tuesday 13:30 To 16:30 Max No 75 Spring 07/01/2020 To 17/03/2020

A selection of films – some old, some new - from around Europe and elsewhere including Australia, the UK and the USA. All films will be subtitled. The majority of films will be certificated 12 or PG (by the British Board of Film Censors, or European equivalent) but one or two may be certificated as 15.

**Films from Japan and Nordic Countries**

Dagmar Akselson, Naksuko Holden

Champions Church

Tuesday 13:30 To 16:30 Max No 90 Autumn 24/09/2019 To 03/12/2019

A selection of subtitled films from Japan, Sweden, Norway, Denmark and Iceland presented by leaders from Japan and Sweden. After the film members who are interested can stay for a short discussion about the film (unfortunately not possible after very long films). Come to as many or as few films as you want. There is good wheelchair access and Champions Church now has a new projector that really brings out the colour of the film. And of course - tea/coffee break halfways into the film.

**Flower Arranging**

Jesca de Rijk

Greatwood and Horseclose

Thursday 14:00 To 16:00 Max No 16 Autumn & Spring 19/09/2019 To 09/04/2020

A course to develop flower arranging skills for traditional events, specific uses and interpretive titles. Flower arranging is non competitive, sociable and fun! Equipment details to be emailed in advance. Refreshments £5 for both terms.
**French (Advanced)**  
Kevin Franks  
Swadford Centre Library  
Friday  
09:45 To 11:45  
Max No 16  
Autumn & Spring  
27/09/2019 To 27/03/2020  
The course will give students the opportunity to practice spoken and written French at an advanced level using a wide range of relevant texts and activities. Photocopying £2 approx.

**French (Continuing)**  
Peter Self  
Greatwood and Horseclose  
Tuesday  
14:00 To 16:00  
Max No 21  
Autumn & Spring  
24/09/2019 To 31/03/2020  
Practice in spoken and written French to an intermediate level. Loosely based on ‘French Experience’ Book 2. Aspects of French life via the media, short stories etc.

**Geography Forum**  
James Enever  
Swadford Centre  
Wednesday  
10:00 To 12:00  
Max No 70  
Autumn & Spring  
02/10/2019 To 05/02/2020  
The Geography Forum has been running for many years with members giving talks on the geography (and sometimes history) of places they know or have visited. In previous years it has only run in the autumn but at the end of last years’ course there were offers to give 15 talks hence the extension to early February.

**German (Continuing)**  
Sheila Clark  
St Andrews Library  
Tuesday  
10:00 To 12:00  
Max No 18  
Autumn & Spring  
08/10/2019 To 10/03/2020  
A course for revising vocabulary and grammar, with regular listening comprehension. Reading a variety of German speakers’ texts.  
Clive Jolliffe will present his approach to German culture, music and Austrian way of life.  
Additional costs £3 towards photocopying & materials.

**Government and Politics Group 1**  
Sydney Matthews  
Swadford Centre Library  
Wednesday  
10:00 To 12:00  
Max No 26  
Autumn  
02/10/2019 To 18/12/2019  
We will be looking at the nature of politics and political behaviour which will involve an examination of democracy and totalitarianism. We will also look at different systems of government, political parties, pressure groups, elections and local government.

**Government and Politics Group 2**  
Sydney Matthews  
Swadford Centre Library  
Wednesday  
10:00 To 12:00  
Max No 26  
Spring  
08/01/2020 To 08/04/2020  
We will be looking at the nature of politics and political behaviour which will involve an examination of democracy and totalitarianism. We will also look at different systems of government, political parties, pressure groups, elections and local government.

**Homes Fit for Heroes**  
Vera Brearey  
Soroptimist International  
Wednesday  
10:00 To 12:30  
Max No 30  
Autumn  
02/10/2019 To 11/12/2019  
Hearing Loop available. Before WW1 being a council tenant was almost unheard of.  
By the late 70s, about a third of the population lived in a council property. Now it’s 9% and going down. What happened?  
A quick look back at the history of council housing. Vera worked for local authority housing departments and housing associations for 30 years. Additional Costs: £1 for photocopying, plus travel costs associated with visits on seven of the weeks.

**Housing options for the Third Age**  
Vera Brearey  
Swadford Centre Library  
Wednesday  
10:00 To 12:00  
Max No 15  
Spring  
22/01/2020 To 01/04/2020  
We will be discussing the specialist housing options for the over 60s in the Craven area and visiting a variety of developments to find out what’s on offer. You’ve heard of Extra Care or Assisted Living but don’t know what they are? Join us and find out. Vera worked in housing management for 30 years, specialising in housing for older people for the last 15. Additional Costs: £1 for photocopying plus travel costs associated with visits on seven of the weeks.

**Italian (Continuation)**  
Sylva Vorstman  
Skipton Friends Meeting House  
Monday  
14:00 To 16:00  
Max No 21  
Autumn & Spring  
30/09/2019 To 23/03/2020  
Good level of fluency required.  
Conversation & listening practice.  
Passages for reading and comprehension on a range of topics related to Italy.  
Revision of grammar.  
Approx £1/week for photocopying, tea/coffee etc.

**Italian (Improvers)**  
Sylva Vorstman  
Skipton Friends Meeting House  
Wednesday  
14:00 To 16:00  
Max No 21  
Autumn & Spring  
02/10/2019 To 25/03/2020  
From a fairly low base, this course improves all skills: listening, speaking, reading and writing. It extends vocabulary and covers more intricate grammar. Not suitable for beginners. Approx £1/week for photocopying, tea/coffee etc.

**Keep Going**  
Joan Hardy  
Three Links Club  
Friday  
10:00 To 11:30  
Max No 20  
Autumn & Spring  
04/10/2019 To 20/03/2020  
Gentle exercises to music aimed at keeping all body parts moving. We will include dancing and regular exercises i.e. stretches, balances and arm punches. Most exercises can be done whilst sitting. People with knee, hip, heart and other health issues should ask their G.P. which exercises may NOT be suitable.  
Soft shoes should be worn.

**Learning to be retired**  
Chis Newson  
Christ Church  
Monday  
10:00 To 12:00  
Max No 12  
Autumn  
30/09/2019 To 04/11/2019  
Five sessions on 30 Sept, 7 Oct, 14 Oct, 28 Oct, 4 Nov. Be confident about being retired, develop a personal strategy, identify opportunities and ideas to explore. Look at the nuts and bolts of day to day living. Develop a new identity, new social connections and have the time of your life. You earned it!
Looking at the History of Medicine
Richard Woolf
Swadford Centre
Monday 10:00 To 12:00 Max No 60 Autumn 23/09/2019 To 16/12/2019
An overview of how medicine has developed and its’ impact on people and societies from the earliest times up to the mid 20th century. Although following the same basic themes as last year’s course there will be new elements and increased focus on some issues.

Mah-Jong
Margaret Rosser
Princes Drive Community Centre
Thursday 14:00 To 16:00 Max No 20 Autumn & Spring 03/10/2019 To 19/03/2020
This is an old Chinese game using tiles and building walls. There are three suits and winds and dragons! It is akin to card games and tests your mind, both in memory and logic.

Metal Detecting
Andrew Fletcher
Tuesday 10:00 To 12:00 Max No 13 Summer To
Any day, depends on availability of land, dates and venues to be arranged. Introduction to the theory and practice of metal detecting – including the choosing and use of equipment and practical detecting sessions. Researching and dating finds. Compliance with the Treasure Act and Portable Antiquities Scheme.

Multi-media in Art 1 pm
Hazel Chatwin
Three Links Club
Wednesday 13:00 To 15:00 Max No 20 Autumn & Spring 02/10/2019 To 18/03/2020
Mixed media art class with good company and tuition available for painting, felting, mosaic, knitting and needlework.

Multi-media in Art 10 am
Hazel Chatwin
Three Links Club
Wednesday 10:00 To 12:00 Max No 21 Autumn & Spring 02/10/2019 To 18/03/2020
Mixed media art class with good company and tuition available for painting, felting, mosaic, knitting and needlework.

Music for Fun
Maggie Cannon,Graham
Trinity Methodist Church
Tuesday 10:30 To 12:30 Max No 50 Autumn 08/10/2019 To 18/03/2020
Everyone can join in the singing, we are NOT a choir, musicians of all abilities play their instruments to accompany the singing. Themed mornings, from Scottish songs, folk, jazz, pop and singing the Blues add to the variety! Songs from the thirties through to the more modern songs are also sung. Usually Graham, Graham and Lesley lead the sessions, but others also take their turn if they WISH. Percussion instruments are available to all. Words and chords are projected onto a screen, so everyone can see. Musicians please note that we only provide chords - no dots I’m afraid. Come along and join in the fun!

Patchwork and Quilting
Mary Peake
Champions Church
Wednesday 13:45 To 15:45 Max No 24 Autumn & Spring 02/10/2019 To 25/03/2020
Patchwork and Quilting plus other needlecrafts e.g. embroidery, knitting, rag rugs. Tea and coffee 25p.

Popular Music 1920-1960
David Wiseman
St Andrews Church Hall Skipton
Tuesday 10:00 To 16:00 Max No 101 Autumn & Spring 10/10/2019 To 17/03/2020
From ragtime to rock ’n roll via British dance bands, American swing, Hollywood musicals, wartime nostalgia and fifties pop. From Jolson to Presley via Glenn Millar, Judy Garland, Frank Sinatra and Buddy Holly. Something every week for every century. Although following the same basic themes as last year’s course there will be new elements and increased focus on some issues.

Racketball Monday (Group 1)
David Smith
The Coulthurst Craven Sports
Monday 09:30 To 10:50 Max No 13 All Year 30/09/2019 To
Played on a squash court to the same rules as squash but with a bigger ball and larger racket making the ball easier to retrieve and hit. Clothing as for squash/tennis with non-marking shoes. A reasonable level of fitness is required. Racket and ball provided. The less experienced players, in the judgement of the Course Tutor, will be enrolled into the 2nd class. Additional costs: £3 per session for court fees.

Racketball Monday (Group 2)
David Smith
The Coulthurst Craven Sports
Monday 10:50 To 12.10 Max No 13 All Year 30/09/2019 To
Played on a squash court to the same rules as squash but with a bigger ball and larger racket making the ball easier to retrieve and hit. Clothing as for squash/tennis with non-marking shoes. A reasonable level of fitness is required. Racket and ball provided. The less experienced players, in the judgement of the Course Tutor, will be enrolled into the 2nd class. Additional costs: £3 per session for court fees.

Racketball Wednesday
Jon Tomlinson
The Coulthurst Craven Sports
Wednesday 09:30 To 10:50 Max No 14 All Year 02/10/2019 To
Played on a squash court to the same rules as squash but with a bigger ball and larger racket making the ball easier to retrieve and hit. Clothing as for squash/tennis with non-marking shoes. A reasonable level of fitness is required. Racket and ball provided. The less experienced players, in the judgement of the Course Tutor, will be enrolled into the 2nd class. Additional costs: £3 per session for court fees.

Railway Studies
Ian Appleyard
Swadford Centre
Friday 10:00 To 12:00 Max No 90 Autumn & Spring 04/10/2019 To 03/04/2020
The program will include a wide variety of railway topics both modern and historic. The presentations will be given by members of the group and about 10 guest speakers. Additional Costs: £1 per meeting to cover coffee, guest speaker expenses and
Skipton and Climate Change

tuesday
Spanish Level 1

Speaking and listening to recordings of native speakers, as well as reading authentic Spanish texts, watching video clips and the main verb tenses, and are keen to progress and encourage each other. Our classes are structured, we have a strong focus on

This small, friendly group is suitable for learners who are already familiar with Spanish grammar and vocabulary, including knowledge is required, and members will discover that local history draws on a wide range of disciplines and experiences.

The underlying aim is to demonstrate that familiar urban landscapes are rich in historical interest. No prior time permits. The underlying aim is to demonstrate that familiar urban landscapes are rich in historical interest. No prior

The course follows on from the local history class presented in 2017 and 2018, by looking at the spatial development of Skipton between the wars. Although the emphasis will be on housing, other aspects of social and economic change will be discussed if time permits. The underlying aim is to demonstrate that familiar urban landscapes are rich in historical interest. No prior

We are an informal self-help group, and members have a varied amount of musical knowledge. We play all sorts of 2, 3 and 4 part music. Ideally you should have some previous experience of simple sight reading, and 15 notes, but if in doubt please contact me to check standard needed. Requirements: Recorder and portable music stand. Allow £10 for music. Refreshments –

Four or five part music will be played, on Descant, Treble, Tenor and Bass recorders from different genre. The group is sometimes invited to take part in public performances.

Russia: A panoramic history Part 1

Wednesday

Russia: A panoramic history Part 2

Wednesday

Safety on the Web

Various

Various

Sunday

Monday

Recorder Ensemble

Monday

Recorder (Continuers)

Monday

Science and Technology

Tuesday

Skipton and Climate Change

Thursday

Skipton and the rise of Suburbia 1919-1939

Monday

Spanish Continuers (formerly Beginners 3)

Wednesday

Spanish Level 1

Tuesday
**Stories of Scientists**  
*Andre Botherway, Carleton-in-Craven Village Hall*  
*Wednesday 10:00 To 12:00 Max No 70 Spring 08/01/2020 To 25/03/2020*

A series of individual talks on the lives of various scientists and engineers, some of whom deserve better recognition.

**Stretching And Yoga**  
*Sandra Dixon, St Andrews Church Hall Skipton*  
*Monday 10:00 To 11:00 Max No 25 Autumn & Spring 07/10/2019 To 16/03/2020*

Exercise for flexibility and muscle toning. Please wear comfortable clothing and soft shoes. Bring a mat and bottle of water.

**Table Tennis**  
*Jennifer Crook, Margaret The Coulhurst Craven Sports*  
*Friday 14:00 To 16:00 Max No 50 Autumn & Spring 04/10/2019 To 20/03/2020*

Have fun and improve your fitness and co-ordination at the same time. Beginners are welcome. £1 per term for balls etc.

**Ten-Pin Bowling**  
*Gail Matthews, Matrix Superbowl*  
*Monday 14:00 To 16:00 Max No 24 Autumn & Spring 23/09/2019 To 06/04/2020*

We play two games each week at a cost of £4. The session lasts 1.5-2.0 hours. This is ‘friendly bowling’ – no experience required.

**The life and times of George Clifford**  
*Steve Wilton, Soroptimist International*  
*Tuesday 14:30 To 16:30 Max No 40 Autumn 22/10/2019 To 05/11/2019*

Today George Clifford has been eclipsed by his famous daughter, Anne, in popular consciousness but his exploits and achievements deserve to be better known. The course sets out to explore some of the feats of this multi-faceted man of action as we chart his life as a provincial landowner, a courtier and Queen Elizabeth’s Favourite, a Privateer, an inveterate gambler and ultimately one of the founding fathers of the British Empire. Finally, we’ll examine the bitterness and discord he bequeathed to the Clifford family on his death. We include an optional tour of Skipton Castle £8.50, £7.40 concession.

**The Life and Times of Lady Anne Clifford**  
*Steve Wilton, Soroptimist International*  
*Tuesday 14:30 To 16:30 Max No 40 Spring 14/01/2020 To 28/01/2020*

Lady Anne Clifford’s life was nothing if not eventful – a protagonist in an inheritance dispute to rival Dickens’ Jarndyce v Jarndyce, she lived through the reigns of four monarchs, a civil war and two difficult marriages. Born in Skipton castle she has become a local hero for facing down some of the most powerful men of the Stuart Era and her legacy in later life of charitable works and the restoration of the Clifford family fortunes (and of course Skipton Castle!) The course will include an optional tour of Skipton Castle £8.50, £7.40 concession.

**Tuesday Trekkers**  
*Victor Edy, Town Hall Car Park*  
*Tuesday All day Max No 16 All Year All Year*

A mix of short, medium and long walks. Membership of the group is limited to 16 people and all the members must be prepared to lead 3 or 4 walks a year. We meet at Skipton Town Hall Car Park a few minutes before the time stated in the Walks Programme to arrange car sharing. Suitable clothing, footwear and packed lunches are essential. Sorry no dogs. Cost for car sharing: 7p per mile to the car driver.

**Walk to Lunch**  
*Jenny Robinson, Brigida No Venue*  
*Thursday 10:15 To Lunch Max No 30 All Year All Year*

Morning walks of up to 5 miles followed by a pub or café lunch. Members must be fit to walk at a good pace, manage hills and stiles. Meeting points and pub menus are circulated by e-mail prior to each walk – members need to book meals and commit to walks in advance. Email access is ESSENTIAL for this group. Need walking boots and wet weather clothing. Additional costs: lunch, travel to walks.

**Walking Group**  
*George Mackley, Coach St Car Park*  
*Tuesday & Thursday All Day Max No 16 All Year All Year*

We offer a sequence of short (5-7 miles), medium (8-9 miles) and long walks (10+ miles) with various degrees of difficulty. We meet at Skipton Coach Street Car Park 10 minutes before the time stated in the Walks Programme to arrange car sharing. Suitable clothing, footwear and packed lunches are essential. All walks are at the members’ own risk. Sorry no dogs. Programmes are distributed by email and can also be viewed on the Craven U3A website. Cost for car sharing: 7p per mile to the car driver.

**Walking Netball**  
*Helen White, Sheila The Coulhurst Craven Sports*  
*Friday 13:00 To 14:00 MaxNo 16 Other 27/09/2019 To 17/07/2020*

27 Sep – 25 Oct and 8 Nov – 20 Dec and 10 Jan – 14 Feb and 28 Feb – 3 Apr and 24 Apr – 22 May and 5 Jun - 17 July. To reintroduce ex-players to the sport they have always loved or engage adults in a sport they didn’t realise they would enjoy. We will develop netball skills at a slower pace for everyone to increase physical and social health. Open to everyone, health.

**Watercolours (Leisure)**  
*Barry Norton, Trinity Methodist Church*  
*Tuesday 14:00 To 16:00 Max No 17 Autumn & Spring 15/10/2019 To 17/03/2020*

A group for leisure painters in watercolour, to help each other with advice and tips. Not for beginners.

**Watercolours Paint and Progress**  
*Julia Newiss, Barbara Kidd Greatwood and Horseclose*
Join this relaxed and informal group to practice and improve your watercolour skills. Through a ‘share and learn’ approach we will cover varied subjects ranging from still life to landscapes. There will be a group choice of subject matter and suggestions on composition and colour choice. Members must provide all their own painting materials including paper, paints, brushes, water containers etc.

**Wine Tasting**
Terence Bamforth Soroptimist International
Thursday 14:00 To 16:00 Max No 16 Autumn & Spring 26/09/2019 To 23/04/2020
Meeting on 26 Sept, 24 Oct, 28 Nov. 23 Jan, 27 Feb, 26 Mar and 23 Apr. To discuss various wines, i.e. taste, grape variety etc

**Women in Art History & Now 1**
Ginny Wilkinson Private Houses
Monday 10:00 To 12:00 Max No 9 Autumn 07/10/2019 To 16/12/2019
This was a new adventure in shared learning last year. The leader provided comprehensive information each week so that we could examine the artwork of a woman artist in her period for each of the subsequent weeks. This year we will continue from the early 20th century to the present one. The tutor will provide hard copies of images for sharing. Members to consider £2 for other printouts to keep.

**Women in Art History & Now 2**
Ginny Wilkinson Private Houses
Monday 10:00 To 12:00 Max No 9 Spring 13/01/2020 To 23/03/2020
This was a new adventure in shared learning last year. The leader provided comprehensive information each week so that we could examine the artwork of a woman artist in her period for each of the subsequent weeks. This year we will continue from the early 20th century to the present one. The tutor will provide hard copies of images for sharing. Members to consider £2 for other printouts to keep.

**Woodturning 1**
Alan Douglas Hirst Woodturning
Monday 13:00 To 15:00 Max No 5 Autumn & Spring 30/09/2019 To 30/03/2020
A mixed ability class. Beginners will be taught basic techniques. Returners will undertake more ambitious projects. N.B. This course involves moving machinery and sharp tools, so there are health and safety issues, which will be taught. There will be some exposure to dust, so it may not be advisable for those with breathing difficulties. Physical strength is not required, so it is suitable for both sexes. The course involves standing at a lathe so members with health issues, especially postural hypotension MUST inform the group leader. Small charges (£5) for cost of materials (wood etc.)

**Woodturning 2**
Alan Douglas Hirst Woodturning
Tuesday 13:00 To 15:00 Max No 5 Autumn & Spring 01/10/2019 To 31/03/2020
A mixed ability class. Beginners will be taught basic techniques. Returners will undertake more ambitious projects. N.B. This course involves moving machinery and sharp tools, so there are health and safety issues, which will be taught. There will be some exposure to dust, so it may not be advisable for those with breathing difficulties. Physical strength is not required, so it is suitable for both sexes. The course involves standing at a lathe so members with health issues, especially postural hypotension MUST inform the group leader. Small charges (£5) for cost of materials (wood etc.)