

Craven u3a

Registered Charity No. 1038617

Updated Course Programme

Oct 2021 – Aug 2022

The programme has been updated since the publication of the printed version for the Open Event so please have a look to see if any of the changes affect you.

If you would like to join one of the new groups log into Beacon and join yourself or contact the Group Leader or the Membership Secretary and they will do it for you. Some old groups are not full so please check the group lists on Beacon to see which groups still have spaces to join if you are interested.

If you are a prospective member please contact any of the committee members using the details on the website.

www.cravenu3a.org

AD HOC WALKING

- Mike Valiant

- There is no programme; walks are proposed by group members at short notice taking advantage of good weather. Any group member can propose a walk anytime, anywhere, any length. The proposer can set the maximum group size within any current Covid guidelines. Groups are usually small (historical maximum: 15, average: 6). On joining the group, you will be sent the latest guidelines.

AEROBICS – HIGH INTENSITY

- John Dixon

- St Andrew's Church – Wednesday 10.00 – 11.00, 6 Oct – 15 Dec and 5 Jan – 16 Mar. Max 25
Numbers are limited so members must be able to do press ups, squats, lunges and be able to sustain some high intensity aerobic exercise (HIIT). Suitable clothing essential, 2x1kg weights, mats, towels required for cool down. Please bring water. CHECK WITH YOUR DOCTOR THAT HIIT IS OK FOR YOU AS HEART RATES WILL BE ELEVATED.

ALLOTMENT

- Helena Tudhope - Sunday mornings. Other times by arrangement within the group.

Plots 39 and 93, Broughton Rd. All year from 5 Sept.

Let's grow! We meet on Sunday mornings to work together and plan for the following week. It is expected that in the growing season all members take a turn in the weekly watering rota and spend another session working on the plots. No previous knowledge necessary, just lots of energy and enthusiasm. Additional costs shared between the group: seeds, plants & other consumables necessary for growing crops.

ART AND ARCHITECTURE – ZOOMING AT HOME

- Wendy Berrington - I will contact you via Beacon

- Zoom – Mondays, 2.00 – 2.40 (three Mondays out of four, as Book Group is once a month). From 11 Oct. Please contact me before that to arrange your date and contribution. What artwork interests you? Each of us introduces for discussion a masterpiece by a well-known artist. Or a variation on this theme.

ART APPRECIATION: THE VICTORIANS

- Keith Berrington

- Private houses – Mondays' fortnightly (to be decided by members) 11 – 12, 4 Oct – 4 Apr. Max 9
Each fortnight one of us introduces an example of Victorian art for discussion. Topics could include an artwork or an artist, and the flowering of artistic talent associated with the Pre-Raphaelites and their followers. Typically, the introducer for the session gives a short presentation (say 20 minutes) of their topic, which is followed by class discussion of about the same length of time.

A SHORT HISTORY OF THE USA Currently suspended

- Syd Matthews –

- Swadford Centre Library – Wednesday 10.00 - 12.00, 6 Oct – 15 Dec. Max no 25 .

The object of this course is to examine notable events in the history of the USA from its formation so that we may begin to understand how they have a bearing on contemporary events.

ASPECTS OF ART AND ARCHITECTURE

- **Ian Adams**

- Embsay Village Hall - Wed 10.00 – 12.00, 6 Oct – 15 Dec, ex 10 Nov. Possible visit to Leeds. Max 22.

This course is designed to follow on from the History of Art course (though it is not essential). The course looks at art, architecture and design, mainly in Britain in the 19th Century and then in Europe and America in the 20th Century. Additional cost £3 for photocopying.

ASTRONOMY

- **Keith Berrington**

- St Stephen's Church, Skipton – Wednesdays' fortnightly 12.15 - 1:15, 6 Oct – 8 Dec. Max 30

Fortnightly talks on various astronomical topics. Occasional outdoor viewing of the night sky when skies are clear, and moonlight is low. We would then meet in a reasonably dark place for star identification, planet hunting, meteor showers, eclipses etc. Outdoor viewing dates are dependent on clear skies, so will be arranged at short notice.

BIRDWATCHING

- **Sheila Hodgson**

- Bolton Abbey Village Hall - Monday 10.00 - 12.00, 11 Oct – 6 Dec & 10 Jan – 21 Mar. Max 75

A class for those interested in birdwatching with talks by group members and external speakers, also DVDs. Free parking at the venue. Bring binoculars. RSPB membership is recommended as we visit some RSPB Reserves. Car sharing costs and coach fares on outdoor field trips.

BALLET DVDs

- **Con Wood**

- Stream/Zoom - Friday 10.00 - 12.00 24 Sept – 3 Dec.

The ballets to be shown include Hobson's Choice, Sylvia, Still Life at the Penguin Café, A Simple Man, The Red Shoes, Le Corsair, Woolf's Works, Manon, Bolshoi's Swan Lake and Matthew Bourne's Swan Lake.

BOOK GROUP - NOVELS AND BIOGRAPHY

- **Wendy Berrington - I will contact you via Beacon**

- Zoom - Mondays monthly, 2.00 – 2.40, 4 Oct – 20 Dec. Max 12

(Then 2.00 – 4.00 at my home with a tea and cake when we are permitted again. We may run all year.)

Novels and Biography from Diaspora, British and European Writing. Original work in English or in translation.

BRIDGE PLAY

- **Douglas Goode**

- Thursday 2.00 – 4.00, Draughton Village Hall. 30 Sept – 16 Dec & 13 Jan – 31 Mar. Max 40

For those who have played Bridge and want to improve their duplicate game. There may be a 'tip' on bidding or play at some meetings with a look at any interesting hands. Additional cost of £1 to cover cards and travellers.

CALLIGRAPHY

- **Pam Greenwood**

- Three Links Club - Thursday 10.00 - 12.00 7 Oct – 20 weeks. Max no 12

This is a self-help group and is therefore not suitable for complete beginners.

COASTAL NAVIGATION

- **Douglas Goode**

- Appt 16, Mallory Court, Brewery Lane, Skipton. Thursday 10.30 – 12.00, 7 Oct – 9 Dec. Max 7

The aim of this course is to introduce you to coastal navigation, which has many similarities to map reading and finding your way on land, but with the added interest of how to chart your position at sea including the effects of tides and wind. The course will cover Admiralty and Imray charts and their symbols, Fixing your position at sea, Effect of tides and wind, Plotting a course on the chart, Sailing a course, Use of electronic plotter, Planning a passage, Useful knots. You will learn navigation by doing up to 30 'exercises' using the Firth of Clyde chart. There will be a cost of £3 for notes; some Firth of Clyde charts will be available (about £20 if you buy your own).

CRAVEN u3a ORCHESTRA

- **Wilbur Paley**

- **Sue Stidworthy – 01943 601723, sue@stidworthy.plus.com**

- Embsay Village Hall – Wed 2.00 – 4.00. 22 Sept – 8 Dec & 12 Jan – 30 Mar. Ex 27 Oct & 23 Feb. Max 60

If you play, or have ever played, an instrument you will be welcome at the orchestra. Our members have varying levels of skill, from beginners to the highly proficient, but all share an enthusiasm for making music together. Our repertoire ranges widely over the musical landscape – Dowland, Handel, Schubert and Vaughan Williams have all featured in our annual concerts. We also play music from films and musicals. The rehearsals are always an enjoyable and rewarding way of spending an afternoon. We are very much looking forward to meeting together again after our long break and hope you will join us. There may be a small charge for music or additional rehearsals.

CREATIVE WRITING

- Laurie Prowse

No venue for now. No regular weekly slot. No particular end date. Max. no.12.

This no ordinary group! We do not teach but we do learn, from each other, in a relaxed and informal way. Last year, we worked successfully by email, with a new theme each fortnight. There is no obligation to contribute, it's up to you. Contributors send their efforts to the rest of the group at any time during the fortnight and any individual can, if they wish, make private comments back to the contributor. We will start this way in September but we may try Zoom or even meeting face-to-face. Only time and the feelings of the group will decide.

CROQUET

- **Graham Read**

- Pendle & Craven Croquet Club, Cemetery Rd, Earby, BB18 6QX,
Wednesday 1.30 – 3.30, 4 May 2022 – end Sept. Max 32

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

CROWN GREEN BOWLS 1

- **Keith Waddington**

- Whinfield Bowling Club - Friday, 11.30 – 2.00, 6 May 2022– 16 Sept - Max no 24.

Instruction and guidance on how to play Crown Green Bowls. £1 every time you play. Flat soled shoes or trainers must be worn.

CROWN GREEN BOWLS 2

- **Keith Waddington**

- Whinfield Bowling Club - Friday, 2.00 – 4.30 - 6 May 2022 – 16 Sept - Max no 24.

Instruction and guidance on how to play Crown Green Bowls. £1 every time you play. Flat soled shoes or trainers must be worn.

ECONOMICS AND ECONOMIC HISTORY PART 1 1066-1851 Currently Suspended

- **Syd Matthews**

Swadford Centre Library – Thurs 10.00 - 12.00, 7 Oct – 16 Dec. Max 25 Jan-Mar dates TBA

This is the first part of a 2 year course that will studying the reasons why this country was the first to experience an Industrial Revolution. This will involve using economics to analyse how society organises its resources to meet its wants and needs. We will also therefore look at how this changed over time and how people and technology changed to adapt to these changing pressures that ultimately led to the society in which we live today.

ENGLISH CASTLES AND COUNTRY HOUSES

- **Ian Adams**

- Zoom - Thursday 10.00 – 12.00, 13 Jan – 24 Mar.

This course looks at the history and architecture of English castles and country houses from the Norman Conquest to the present day.

EXPLORING POETRY

- **Denise Jones** -

- Denise's House, Skipton - Monday 11.00 – 12.00, 4 Oct - 10 sessions. Max 8

Members will be invited to introduce poems on one of the following themes each week. The person leading each session will be asked to forward titles of their chosen poems to the group in advance to enable group members to read them, apart from the first one which Denise will present, and be prepared to contribute to the discussion. Suggested themes: Poems Remembered from Childhood, Friendship, The Wild West, Reflections/Refractions, Lost, The Senses, Black and White, Revelation, The Ages, A Journey. Apart from the first one these are not in any order and will rely on group members to choose their topics and when they would like to present their selection.

FILM INTERNATIONAL

- **Wendy Berrington** - **I will contact you via Beacon.**

– Champion's Church, Wednesday 1.30 – 4.00, 6 Oct – 8 Dec & 5 Jan – 9 Mar. Max 50

In this course I will show French films in the Autumn term and films from any nation in the Spring term. There will be a vast variety of films here, we hope you will want to discuss them in the break and make friends. You might like to bring a flask and biscuit. We have a great time, and you are most welcome. This is a friendly and long established group. We are delighted to have new members.

I will email the full list of films to all class members, but our first film will be *The Grocer's Son* – directed by Eric Guirado – a French film, and our second will be *The Double Life of Veronique* – directed by Krzysztof Kieslowski; this is a Polish/French film. All films have subtitles in English.

FILM INTERNATIONAL EXTRA

- Vee Eastham

- Champion's Church, Tuesday 1.30 – 4.00 , 11 Jan – 22 Mar. Max 75 Possibly April & May too.

A selection of films – some old, some new - from around Europe and elsewhere including Australia, UK and the USA to warm our spirits during the cold winter months and as we journey into springtime. 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 15.

FILMS FROM JAPAN AND NORDIC COUNTRIES

- Natsuko Holden

- Dagmar Akselsson

- Champion's Church, Tuesday 1.30 to 4.30, 5 Oct – 14 Dec. Max no. 75

A selection of subtitled films from Japan and Nordic countries presented by leaders from Japan and Sweden. There will be an interval with time for a chat but please bring your own refreshments. After the film, members who want to, can stay for a short discussion (unfortunately not possible after extra long films).

A list of films will be emailed to group members, but if you want to know about the films before registering you are welcome to contact either of the leaders.

FLOWER ARRANGING

- Jesca de Rijk

- Three Links – Thursday 2.00 – 4.00. Max 12

16, 30 Sep, 14, 28 Oct, 11, 25 Nov, 9 Dec, 6, 20 Jan, 3, 17 Feb, 3, 17, 31 Mar, 14, 28 Apr, 12, 26 May, 09, 23 Jun.

This is not a taught course but an opportunity for a group to share knowledge, experience, ideas and resources in a practical 'have a go' session. Each session will focus on an aspect of flower arrangement, incorporating theory into practice. You will bring your own flowers, foliage and container and take home an arrangement that should last longer than a week! I aim to provide a friendly and supportive environment in which we can all learn from each other and develop our understanding of techniques and skills. No prior experience is needed, just a willingness to experiment and the desire to enjoy a creative art.

FRENCH ADVANCED

- Kevin Franks

- St Stephen's Church Hall - Friday 10.00 – 12.00, 8 Oct – 10 Dec & 14 Jan – 18 Mar. Max 14

An opportunity to improve your French in a convivial atmosphere using largely contemporary sources. A reasonable standard of spoken French required to obtain maximum benefit.

FRENCH CONTINUING

- Pauline Kennedy

- Swadford Centre - Tuesday 10.00 – 12.00, 5 Oct – 14 Dec & 4 Jan – 15 Mar tbc, Max 20

This is the continuation of Peter Self's Continuing French group. Pauline will administer the group. The teacher will be Jen Rowlands. Extra costs are likely to be around £2 for photocopying per term and 50p weekly for tea/coffee.

GEOGRAPHY FORUM

- **James Enever**

- St Stephen's Church Hall, Wednesday 10.00 – 12.00, 6 Oct – 15 Dec & 5 Jan – 16 Mar. Max 60

The course is a series of individual talks by the members, often based on their travels and experiences; covering geography, geology, climate, history and nature.

GEOLOGY

- **Keith Berrington**

- St Stephen's Church Hall – Wednesdays' fortnightly, 12.15 to 1.15, 5 Jan – 16 Mar. Max 60

Fortnightly talks on various geological topics. Outdoor field trips take place on alternate Mondays to local geographic features.

GERMAN CONTINUING

- **Sheila Clark**

- St Andrew's Library, Tuesday 10.00 – 12.00, 5 Oct – 7 Dec & 11 Jan – 15 Mar. Max no. 17

This course is for revising and enhancing grammar and vocabulary through reading a variety of texts and to develop conversation confidence. Additional cost of £3 for photocopying.

GOVERNMENT AND POLITICS

Currently suspended

- Swadford Centre Library – Wednesday 1.00 - 3.00, 6 Oct – 15 Dec. Max 25 The object of this course is to look at the nature of political behaviour and its purpose in societies. This leads to the study of democracy and totalitarianism. We will also look at how different political systems operate, the role of political parties, elections and local government with the aim of broadening our knowledge of this important aspect of our everyday life.

HISTORY OF ART

- **Ian Adams**

- Embsay Village Hall - Tuesday 10.00 – 12.00, 5 Oct – 14 Dec, ex 9 Nov, 11 Jan – 22 Mar, ex 15 Feb. Max 22

This course looks at the history of art from Ancient Greece to the end of the 19th Century. Additional £3 for photocopying per term.

IRON CURTAIN: THE TRAUMA OF EASTERN EUROPE 1944 – 1989

- **Nigel Holden**

- St Stephen's Church Hall - Wednesday 1.30 – 3.30, 5 Jan – 16 Mar. Half Term 23 Feb. Max 60

- *Catch-up on Zoom from Mon 10 Jan to Mon 21 Mar, 7.00 – 9.00pm (half term 21 Feb)*

At the end of the Second World War eight Eastern European countries were taken over by the Soviet Union and compelled to set up as socialist regimes under Kremlin control. Duly known as Iron Curtain countries, these lasted until the collapse of the Berlin Wall in 1989. This course accounts for the particular trauma of being an ordinary citizen, a secret policeman, and a party functionary (at any level) in this lost civilisation of cruelty, outlandish propaganda and totalitarian paranoia. A prologue and epilogue will put that experience of raw socialism into a wider context.

ITALIAN - CONTINUING

- Sylva Vorstman

- Friends Meeting House, Monday 2.00 – 4.00, 4 Oct – 13 Dec & 10 Jan – 21 Mar. Max 15

This course is for students with a comfortable fluency in Italian and a basic understanding of grammar. The work covers comprehension to and from the foreign language, conversation, listening exercises, and grammar and vocab. work. Extra cost - Photocopying and coffee - about £1 per session.

ITALIAN IMPROVING

- Sylva Vorstman

- Friends Meeting House, Wednesday 2.00 – 4.00, 6 Oct – 15 Dec & 12 Jan – 23 Mar. Max 15

This course is for students with a smattering of Italian. We spend our time practising vocab and grammar via translation from Italian, listening exercises, conversation, grammar exercises, games and simple comprehension exercises. It is not a Beginners' class, and the Monday class is more suitable for anyone who has lived in Italy among Italians for any length of time.- Photocopying and coffee - about £1 per session.

KEEPING GOING

- Joan Hardy

- Three Links Club - Friday 10.00 – 11.30, 24 Sept – 26 Nov. Max 20

Very gentle exercise to music.

MAH JONG

- Margaret Rosser

- Princes Drive Centre, Thursday 2.00 – 4.00, 7 Oct – 9 Dec & 13 Jan – 17 Mar. Max 20

Both experienced players and beginners are welcome to this game; it resembles Rummy, but uses Chinese tiles based on Eastern Mythology.

METAL DETECTING

- Andrew Fletcher

- Any day, depends on availability of land, dates and venues to be arranged. All year. Max no 13.

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 – Morning Please contact Sue for information until Hazel is ready to return.

– Hazel Chatwin

- Sue Fletcher

- Three Links - Wed 10.00 – 12.00 - 6 Oct – 22 Dec & 12 Jan – 16 Mar. Max 20 per group.

Multi Media covers all aspects of craft work plus various paint disciplines.

MULTI MEDIA - Afternoon Please contact Sue for information until Hazel is ready to return.

- Hazel Chatwin

- Sue Fletcher

- Three Links - Wed 1.00 – 3.00 - 6 Oct – 22 Dec & 12 Jan – 16 Mar. Max 20 per group.

Multi Media covers all aspects of craft work plus various paint disciplines.

MUSIC FOR FUN

- **Graham Read**

- **Lesley Widdop**

- Trinity Methodist Church - Tuesday 10.30 – 12.30, 5 Oct – 7 Dec & 11 Jan – 15 Mar. Max 25

The course is for the enjoyment of singing and playing music. Singers and/or musicians welcome. We do not provide music, but words and chords are projected on to the wall. We sing and accompany a variety of songs including folk, classic pop, American song book, jazz etc. Members are invited to request songs and/or to lead them if they feel able. The course leaders will lead songs but we would like it to be a proactive group where members feel they can contribute and make requests and suggestions.

OPERA DISCUSSION

- **Keith Berrington,**

- Private houses – Wednesdays' fortnightly, 6 Oct – 30 Mar, 2.00 - 3.30. Max 7

Are you an opera lover, a lover of opera stories and performances? Each fortnight one of us introduces an operatic topic for discussion. It could be an opera that we are all able to see at the time on-line or on TV, or excerpts from DVD. Or you could focus on an opera singer, or on the story behind a particular opera. Indulge your love of opera.

PLAY READING

- **Keith Berrington**

- Private houses - Mondays 10.00 – 11.00, (to be decided by members) 4 Oct – 4 Apr. Max 7

We choose a play suitable for the size of group. Each member takes a character in the play. We do the reading from script, no memorizing required!

POETRY WRITING

- **Keith Berrington,**

- Monthly by email, Friday 1 Oct – 31 Mar. Max 9

Are you interested in writing poetry? Each month a member will choose a particular poetic form or theme, and email round the group some classic examples of that form or theme. You then have a month to produce your own poem in that style (or a variant for dramatic effect) and send it to me. I will email all the poems received to the group each month. We avoid personal criticism, offensive material and plagiarism. Each month we have a meeting to discuss the exercise.

POLITICS DISCUSSION GROUP

- **Syd Matthews,**

This group is full. It will be co-ordinated by Richard Newson until further notice. Richard will email the group members with further information.

- Swadford Centre Library – Thursday 1.00 - 3.00, 7 Oct – 16 Dec. Jan-Mar dates TBA, Max 25

A popular member led discussion group where we discuss a wide range of topics arising from the groups own interests. It is advisable to have completed the Government course as this assists the understanding of political systems and some of the basic concepts..

POPULAR MUSIC 1920 - 1970

- **David Wiseman,**

- St Andrew's Hall – Tuesday 2.00 – 4.00, 5 Oct – 14 Dec & 11 Jan – 22 Mar, Max 56

From ragtime to rock 'n roll via British dance bands, American swing, Hollywood musicals, wartime

nostalgia, 50's to 70's pop. From Jolson to Presley via Glenn Millar, Judy Garland, Frank Sinatra and Buddy Holly. Something every week for every generation!

QUILTING AND SEWING GROUP

- **Anne Reay,**

- Christ Church - Wednesday 10.00 – 12.00, 3 Nov – 8 Dec. Max 15

If you enjoy sewing, come and join this group to share sewing skills and friendship. We will be exploring all aspects of needlework from quilts to pin cushions and maybe even dressmaking. Everyone welcome, from experienced quilters and dressmakers to complete novices. Bring your own project or, if you're new to sewing bring pins, needles, scissors, ruler or tape measure, pencil and paper and a selection of cotton type fabric (recycled clothes!). I look forward to meeting you.

RACKETBALL - MONDAY

- **Dave Smith,**

- Sandylands - Monday 09.30, from 6 Sept then every week all year except public holidays. Max 26

Played on a squash court with similar rules to squash but with a larger ball and larger racket making the ball easier to hit and retrieve. Clothing as for squash/tennis with non-marking shoes. A reasonable level of fitness is required. The less experienced players, in the opinion of the group co-ordinator, will be enrolled in the second, 10.50, course. Racket and ball are provided. Court fees £2 per session.

RACKETBALL - WEDNESDAY

- **Jon Tomlinson**

- Sandylands - Wednesday 09.30, from 8 Sept then every week all year except public holidays. Max 13

Played on a squash court with similar rules to squash but with a larger ball and larger racket making the ball easier to hit and retrieve. Clothing as for squash/tennis with non-marking shoes. A reasonable level of fitness is required. Racket and ball are provided. Court fees £2 per session.

RAILWAY GROUP

- **Ian Appleyard**

- **John Goodall,**

- Swadford Centre - Friday 10.00 – 12.00, 1 Oct – 17 Dec & 14 Jan – 8 Apr. Max 90

The programme consists of talks on a wide variety of railway and related topics. These range from the historic to the present day railway with the emphasis on Britain's railways, but with overseas railways also featuring. Most talks feature Powerpoint presentations. Speakers are drawn from the ranks of the group membership as well as about ten Guest Speakers, some well known in the railway industry.

RECORDER ENSEMBLE

- **Jean Kendrew,**

- Champion's Church, Monday 1.30 – 2.30 4 Oct – 13 Dec & 10 Jan – 21 Mar. Max 20

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

RECORDER CONTINUERS

- **Jenny Crook,**

- Champion's Church, Monday 4.00 – 6.00, 27 Sept - 13 Dec & 10 Jan – 28 Mar. Ex 25 Oct & 21 Feb. Max 22

We are an informal, supportive, self help group (no tutor) 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 basic experience, but if in doubt please contact me to check standard needed. Requirements: Recorder and portable music stand. Allow £10 for music.

SACRED MUSIC FROM THE MEDIAEVAL TO THE BAROQUE

- **Vic Edy**

- Soroptomists' Rooms, Friday 10.00 – 12.00, 14 Jan – 28 Mar. Max 20

We will follow the development of religious music from early plainchant through Renaissance polyphonic masses to the splendours of the Baroque oratorio and cantata, from Hildegard of Bingen to J.S. Bach, and learn a little about the life story of each of the composers.

SAFETY ON THE WEB

- **George Mackley**

Zoom - Friday - I will offer 2 slots of 2 hours on 2 Fridays in November. Max no 12 per session (24 total)

1. 5 Nov - 11.00 – 1.00

2. 12 Nov - 2.00 – 4.00

I will offer more sessions if there is sufficient demand. As pensioners we are major targets for spam and fraudsters. The web is the first global marketplace without borders, so it really is the World Wild West www. I am repeating myself, but you can only register for one of the days and times most convenient to your timetable. I will email you the Zoom details when you register for the course. I will use a Powerpoint presentation. Safety on the Web is for all those who want to be more confident using the web and, as knowledge is power, to be able to use the web more safely than now. It is the World Wild West (www.) out there.

SCIENCE AND TECHNOLOGY DISCUSSION GROUP

- **Doug Hirst**

- St Stephen's, Tuesday 10 - 12. 5 Oct – 14 Dec & 4 Jan – 29 Mar, Max 20

Discussion of current scientific topics that are of special interest to group members. If members have expertise in a particular area the group would welcome a presentation. The group distributes discussion documents via their website: <https://cravenst971700904.wordpress.com> so familiarity with internet technology would be an advantage. We hope to have internet access at the venue but as back-up we also have a 4G Router, so a laptop/ smartphone /tablet would also be useful.

SKIPTON AND THE RISE OF SUBURBIA, 1919 – 1939

- **Dr Kenneth Jackson**

- Swadford Centre, Monday, 10:30 to 12:30, 3 Jan – 7 Mar, with break in school half term. Max 80

The course considers 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 knowledge is required, and members will discover that local history draws on a wide range of disciplines and experiences. The course was previously presented in 2020. Guide to optional walks approx. £2-00

SPANISH INTERMEDIATE

- **Charles Dobson**

- Private home – Wednesday 10.00 – 11.30, 6 Oct – 1 Dec, 12 Jan – 6 Apr, 4 May – 29 Jun. Max no 6.

This will be a largely “self-help” group for people who have achieved an intermediate level of Spanish. The emphasis will be on the spoken language. i.e. on conversing in Spanish (including “role play”) and understanding spoken Spanish. There will however be opportunities to revise aspects of grammar or vocabulary if members of the group would like.

STORIES OF SCIENTISTS

- **Andre Botherway**

- Carleton Village Hall - Wednesday 10.00 – 12.00, 12 Jan – 23 Mar except 16 Feb. Max 60

A series of talks presenting the life and work of scientists and engineers, some of whom deserve better recognition.

STRETCHING AND YOGA

- **Sandra Dixon**

- St Andrew’s Church Hall – Monday 10.00 – 11.00 4 Oct – 13 Dec & 3 Jan – 14 Mar. Max 25

Exercise for flexibility and muscle toning. Ability to do shoulder stands and sit down on your heels is necessary to do the exercises correctly. Please wear comfortable clothing and soft shoes. Bring a mat and a bottle of water.

TABLE TENNIS

- **Jenny Crook,**

- Sandylands – Friday 2.00 – 4.00 1 Oct – 10 Dec & 7 Jan – 18 Mar. Max 50

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

TEN-PIN BOWLING

- **Gail Matthews**

- **Bobbie Fawcett**

- Matrix Superbowl, Sandylands, - Monday 2.00 - 4.00 13 Sept – 15 Nov & 10 Jan – 14 Mar. Max 24

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 RENAISSANCE GARDEN AND OVID

- **Jane Houlton**

- Zoom – Tuesday 10.00 – 11.30. 11 Jan – 29 Mar. Break 22 Feb. Max 100

A course for lovers of gardens, poetry and myth. Many of the famous gardens of the Italian Renaissance draw their design and imagery from the work of the Classical Roman poet Ovid. We will travel to visit these fine gardens, and others round Europe; exploring the ideas, poetry and myths that inform their creation; learning about Ovid, and Renaissance culture, along the way.

WALKING NETBALL

- **Helen White**

- **Sheila Gregory**

- Sandylands - Tuesday 10.00 – 11.00, 21 Sept – 7 Dec & 11 Jan – 22 Mar, Ex 26 Oct & 22 Feb. Max 20

To reintroduce ex-players to a sport they have always loved or to engage adults in a sport they didn't realise they could enjoy. We will develop netball skills at a slower pace for everyone to increase physical and social health. Open to everyone, health assessment will be discussed. There will be a charge of £1 per person per session to help cover the cost of the venue.

WALKING GROUP – Friendship, Fun and Fitness

- **George Mackley**

- Tuesday & Thursday all year.

We offer a sequence of short (5-7 miles), medium (8-9 miles) and long (10+ miles) with various degrees of difficulty. We plan to meet at a prearranged walk start point 10 minutes before the time stated in the Walks Programme to get your boots and gaiters on. Suitable clothing, footwear and packed lunches are essential. Join us to meet new friends, walk in the glorious setting of the Yorkshire Dales and Moors together with walks in the Lake District National Park. All walks are at the members' own risk. Sorry no dogs. Walk Programmes are distributed by email. If you do not have email, please phone George Mackley to get a hard copy of the programme.

WALK TO LUNCH

- **Jenny Robinson**

- **Brigida Martino**

- Thursdays' fortnightly, from 7 Oct. Meet 10.15 for 10.30. Meeting points vary. Max 32.

We will offer morning walks of up to 5 miles followed by a 'bring your own' lunch. As soon as pubs are willing to accept larger bookings, we will start to book pub lunches again. Members must be fit to walk at a good pace and manage hills and stiles. Meeting points and pub menus are circulated by email – members need to commit to walks in advance and, when possible, pre book meals. E-mail access is essential for this group.

WATERCOLOUR (LEISURE)

- **Barry Norton**

- Trinity Methodist Church - Tuesday 2.00 - 4.00 12 Oct – 21 Dec & 11 Jan – 22 Mar. Max 16

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

WHARFEDALE WALKING

- **Keith Berrington**

- Saturday 10.00. From 2 Oct

Meet at start point of walk. Max 20.

A friendly way to walk, for reasonably good walkers, over hilly and sometimes demanding terrain. We like to stop from time to time to take in the scenery and anything else of interest during the walk. You should have appropriate clothing, boots, equipment, drink and a picnic lunch: walks may last up to six hours. Pre-booking necessary. Each walk is risk assessed.

WOODTURNING 1 (Monday)

- Doug Hirst

- Doug's Home - Monday 1.00 – 3.00. 4 Oct – 13 Dec & 10 Jan – 4 Apr, Max 4

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. Persons with health problems such as postural hypotension MUST inform the Group Leader. Additional cost <£5 for cost of materials, wood.

WOODTURNING 2 (Tuesday)

- Doug Hirst

- Doug's Home - Tuesday 1.00 – 3.00. 5 Oct – 14 Dec & 10 Jan – 4 Apr, Max 4

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. Persons with health problems such as postural hypotension MUST inform the Group Leader. Additional cost <£5 for cost of materials, wood.