



University of
the Third Age
in Cambridge

Inspiring, Educational,
Sociable.



2021–2022
Programme
of Courses



University of the Third Age in Cambridge (CIO)

Registered Charity No. 1180769 Company Registration No. CE015658

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Cultural & Social Activities Committee

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Our Office

Office staff

Office Manager: Carol Spong

Course and Venue Coordinator: Jane Carmichael

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Office hours: Monday to Friday 10.00 am to 2.00 pm

The Office is closed only on bank holidays and during the period between Christmas and the New Year.

Access: The entrance to 27-28 Bridge Street is between the Wildwood restaurant and the Typically British gift shop. There are two steps up to the entrance and a wheelchair ramp is available. For assistance, ring the bell near the step to the left of the entrance. The building has a wide lift which services both floors of the premises.

Term dates 2021 – 2022

Autumn Term: Monday 11 October – Friday 17 December 2021

Spring Term: Monday 17 January – Friday 25 March 2022

Summer Term: Monday 25 April – Friday 17 June 2022

Annual General Meeting Wednesday 23 March 2022 at 2.15 pm

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General information

About U3AC

University of the Third Age in Cambridge (U3AC) is a Charitable Incorporated Organisation (CIO) that organises educational, social and fitness activities for people who are not, or no longer, in full-time employment (there are no age restrictions). Our website, www.u3ac.org.uk, gives full details of the organisation – how we are run, our history, our constitution, policies and our annual report and accounts. It is the place to go for up-to-date information about our courses, lectures, social and cultural activities, privacy policy, public liability insurance etc.

The annual subscription

The annual subscription for 2021–2022 is £95. New members pay an additional enrolment fee of £5. A reduced rate subscription is available for members in receipt of pension credit. To qualify for the reduced subscription of 20% of the full rate (£19), contact the Office with evidence of your entitlement. If you enrol online, you will be refunded the difference when the relevant documentation has been received. The annual membership subscription contributes to the administration and accommodation costs of U3AC and is non-refundable. **It is not a payment for individual classes, lectures or activities.**

Applying for courses

For existing members

Applications should be submitted via the website, www.u3ac.org.uk, no later than **13 August**.

Please note: If you apply for only one course, and that course has a limited number of places, we cannot guarantee that you will be allocated a place. It is therefore advisable to list an alternative.

1. Log on to the website using your username and password (if you have forgotten your password, click [Forgotten Password](#)).
2. Click 'Course selection'. Select the courses you want to apply for. You can choose a **maximum of 6**:
 - Make sure their times do not clash.
 - If two are on the same day, ensure that you have time to get from one to the next.
 - Rank your courses in order of preference with your first choice at the top of the list. You can change the order of preference by dragging the courses you have selected up and down the list.
3. If you wish, enter an alternative course in the right-hand column. The alternative should be either: similar to the course in the first column and you don't mind which one you attend, including the same course which is offered both on Zoom and face-to-face
or
at the same time as the course in the first column.
4. Click the 'Submit course choices' button at the bottom of the screen.
5. Pay the annual subscription, and any additional course fees via PayPal, using your credit card or debit card (you do not need to have a PayPal account).
6. Once payment has been made via PayPal you will be taken back to the U3AC website to complete the payment and submit your application.

For new members

You must first register on the website and set up your account:

1. Click [Join U3AC](#) on the homepage.
2. Complete the two parts of the online registration form ('Your info' and 'Additional Information'). Don't forget to click the Submit button at the bottom of the Additional Information form.
3. Then apply for up to 6 courses, as described in steps 2–6 for existing members above.

Any existing or new member who needs help completing the online form, should telephone the Office on 01223 321587 and a member of staff will be pleased to talk you through the process.

If you do not have access to the internet, the Office can send you a paper copy of the New member registration and course application form.

When to apply

You can join U3AC at any time and apply for courses. If your course choices are submitted by **13 August**, they will be included in the annual allocation process, which uses a computer algorithm. If they are submitted after the allocation process, some courses will be full, so it is best to check first with the Office. If you have made your application by **13 August**, you will be sent your membership card in September, with a list of the courses on which you have a place.

The vacancy list, available from September, shows courses that still have vacancies. If you apply for a course that is full, you will be placed on the waiting list.

Course allocation

The computer algorithm used to allocate courses works as follows:

1. It finds all members who have placed a particular course as their first choice.
2. If there are more applicants than places on the course, the algorithm selects names at random from the list of applicants.
3. If the course still has empty places, applications from members who put it as their second choice are considered, and so on.
4. If you are not allocated a place on your chosen course, your name is added to the waiting list, unless you have listed an alternative course in the second column. In this case the alternative course will be substituted for the course in the first column and you will not be put on the waiting list.
5. To make the course allocation more evenly balanced, the algorithm holds a 'success number' for each member. This is initially set to zero. Each time a member is allocated a place on a course, their success number increases by 1. Members who have a lower success number (i.e. have not been allocated their first choice of course, or their alternative first choice) are given priority in the allocation of second choice courses, and so are more likely to get these.

Once you have received your confirmation letter and membership card you may start to attend courses. Please note: *The Courses Committee reserves the right to cancel courses whose enrolments fail to reach 50% of the allocated capacity.*

Attending courses

Health and safety

Participation in all U3AC activities is at your own risk.

- Before taking a fitness course or other physical activity, please consider whether you should consult your GP.
- If you have a significant health concern, please mention this (in confidence) to the course tutor or organiser.

If you are attending a class in the U3AC premises, let Office staff know if you require help should the premises need to be evacuated in an emergency by ticking the box on the application form.

Members with special needs

Many courses can be adapted to cater for members with visual or hearing impairments. Please discuss your needs with the course tutor or organiser.

A table on pages 87 and 88 of this Programme and the course venues page on the website give details of each venue's facilities and accessibility.

Withdrawing from a course

If you are not able to attend a course, or if you find it does not meet your needs, let the Office know as soon as possible so your place can be offered to someone on the waiting list.

Contacting a tutor

For data protection reasons, the tutor's personal details are not printed in the Programme of Courses. Instead, they are available to members who are logged in to the website.

- Log in in the usual way and go to the course description page. The contact details are listed under the tutor's description.
- If you do not have internet access you can request this information from the Office.

Privacy Notice (Data Protection)

The U3AC Privacy Notice includes:

- The legal basis we rely on to use your information
- Why we need your information and how we use it
- Your rights relating to the information we hold about you.

We will use your personal information only to administer your membership account for the delivery of the activities offered by the organisation. We do this on the basis of Legitimate Interests, which is that we use the personal data you provide to us in ways you would reasonably expect and which have a minimal privacy impact. You can view your personal data by logging in to your account via the U3AC website.

If you wish to raise a complaint about how we have handled your personal data, you can contact the U3AC Office in the first instance (office@u3ac.org.uk), who will investigate the matter.

If you are not satisfied with our response or believe we are not processing your personal data in accordance with the law, you can complain to the Information Commissioner's Office (ICO).

For further information see the full Privacy Notice on our website (https://u3ac.org.uk/privacy_notice/) or contact the U3AC Office (office@u3ac.org.uk)

Insurance

U3AC's insurance policy includes cover for public liability, that is U3AC's liability for accidental injury or damage to property which occurs at our premises or in the external venues we hire for some of our activities. This covers members and those working on our behalf as volunteers while in our premises or in such external venues. Where a course is held in a member's home, our public liability insurance covers only losses directly attributable to the activities outlined in the course description given in the Programme of Courses.

Our public liability also extends to excursions and trips organised by U3AC's Social and Cultural Activities Committee and to any trip forming part of a course description.

Please note that we accept liability only for activities formally provided by U3AC and accepted by our insurer. For other informal activities or trips abroad, individual members should have appropriate household or travel insurance.

Please contact the Office (office@u3ac.org.uk) if you have any questions about public liability insurance for an activity you may organise or if you wish to see a copy of the policy document.

Volunteering

U3AC is very much run by its members for its members, and there is a continuing need for help with our activities. In particular, we are always looking for members who are willing to teach a course or lead a group. Other members arrange visits to museums, galleries, theatres and concerts, and occasionally organise short trips in this country and longer trips abroad. Established members may wish to consider joining the U3AC Council.

Please indicate on your application form if you would like to volunteer in any way.

Art

ART 01: Abstract art

Coordinators: Andrew Grimmer, Simon Draper, Gregor Alvey, Maggie Balshaw & Brian Mitchell

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

Venue: Castle Street Methodist Church (Hall)

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

Places: 24

Start date: 15 Oct

Participants are encouraged to experiment and enjoy this socially interactive group. A highlight of ART 01 has been the ethos of collaboration and open mindedness. This has created a forum free of pressure that everyone thoroughly enjoys. Although there is no formal tuition, we will give guidance and set out a programme of, in the main, two-weekly sessions each dealing with a specific theme. We plan to arrange break-out sessions on specific techniques including digital art. When you feel confident you may like to take a lead sharing techniques in a session. You can work in any medium (except oils), bringing your own materials and equipment. If, unfortunately, we have to return to 'virtual' classes we have proved this can be done successfully.

Format: Course or activity without teaching

About us: The organisers, in addition to their experience in the world of art, have varied backgrounds encompassing education, science, and music.

ART 02: Anything goes: exploring representational and abstract forms

Tutor: Maggie Balshaw

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

Venue: Arbury Community Centre (Small hall)

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

Places: 15

Start date: 12 Oct

This course will offer a loose structure for members to explore/develop their favourite mediums and art forms. Words/music/themes/existing works of art and art movements will be used to stimulate creative artwork. Class members will gain most from the sessions if they prepare for their interpretations of the themes as homework, as the topic will be given at least a week in advance of the class. The choice of mediums to be used will be that of the class members. Advice will be offered about suitable mediums for chosen subjects. The course will be most suited to previous participants in 'Anything goes', but others are also welcome. Course members will be expected to reflect on their work and the processes that go into producing it in joint discussion and critique.

Format: Practical activities and discussions

About me: I studied art at school and college, coming back to it after a break, joining a U3AC class, then becoming a tutor, having now been a tutor for 11 years.

ART 03: Back to basics 1. An introduction to drawing and painting

Tutor: Samara Philpott

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

Venue: Arbury Community Centre (Meeting room)

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

Places: 9

Start date: 12 Oct

Have you ever wanted to draw or paint but don't know how to start? Here is your chance to learn and practice some basic techniques in a relaxed and supportive way. Ideal for beginners. We will start by drawing objects from home and garden in pencil and charcoal. Then we will use paint, watercolour or acrylic, to create colourful pictures. You will need to provide your own materials; advice will be given on what to bring to each session.

Format: Practical activities with guidance

About me: I have taught or attended many art classes with the U3AC and other organisations and enjoy sharing my experience and enthusiasm of art with other people.

ART 04: Back to basics 2. An introduction to drawing and painting (Spring term)

Tutor: Samara Philpott

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

Venue: Arbury Community Centre (Meeting room)

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

Places: 9

Start date: 18 Jan

Repeat of ART 03.

Format: Practical activities with guidance

About me: I have taught or attended many art classes with the U3AC and other organisations and enjoy sharing my experience and enthusiasm of art with other people.

ART 05: Barnwell art group

Coordinators: Sue Howell & Ian (Mac) Macpherson

Class Secretary: Liz Crow

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

Venue: East Barnwell Scout Centre

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 20

Start date: 15 Oct

This is an ongoing course with the aim of continuing to develop and practice drawing and painting skills in an atmosphere of mutual support. Participants will provide their own materials. Occasionally we engage the help of skilled artists and models for classes, so there will be some cost on an ad hoc basis. We also organise a couple of summer outings to paint, draw and lunch in attractive locations. Returners and new members with some experience are welcome. There is free parking at the Centre.

Format: Course or activity without teaching

About us: We have been involved with this class since it first began as a 2-year tutored course (under Alan Chadwick).

ART 06: Drawing for pleasure

Convenor: Elizabeth May

Secretary: Anne Janowski

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

Venue: Arbury Community Centre (Meeting room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 8

Start date: 15 Oct

The group will meet to indulge its interest in drawing/art. Each person in turn suggests a still-life subject, occasionally we attempt to draw a human. There is no tutor - we encourage one another. Please supply your own paper, pencils, etc. The intimate group is valued for a good social rapport. In the last year we have shared our work through Dropbox and met via Zoom.

Format: Self-taught course or activity

About Bryan: I have convened the group for a number of years.

ART 07: Painting group - Monday

Coordinator: Ian Walls

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

Venue: Grantchester Village Hall

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

Places: 22

Start date: 11 Oct

We are a group of painting enthusiasts who help each other to progress and improve our artistic skills. The sessions are very informal. We welcome beginners as well as more experienced artists. We use watercolours, pastels, acrylics and oils. Hopefully we will be able to meet weekly in Grantchester Village Hall which is ideal for painting and where there is parking available in the street adjoining. The Hall is well equipped with tables and chairs and provides facilities for tea and coffee making. If the Hall is not available due to Covid restrictions then we will continue by having Zooming sessions each fortnight. Occasionally for a small fee we have a demonstration from a professional.

Format: Self-taught course or activity

About me: I have taken over as coordinator for the class this year.

ART 08: Painting group - Wednesday

Coordinators: Barbara Eacott & Rosemary Cluff

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

Venue: Grantchester Village Hall

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (6 weeks)

Places: 21

Start date: 13 Oct

This is a friendly self-help group working independently in watercolour, acrylic or pastels (oils can also be used provided the light-coloured wood floor is protected by the artist). Though it is an untutored session periodically a theme is introduced that members paint producing creative and unusual results. The group is helpful and supportive including all levels of skill and we enjoy an informal atmosphere in which to chat, relax and pursue our painting.

Format: Course or activity without teaching

About Barbara: An enthusiastic amateur who has been involved with art creation for several years.

ART 09: Sketching, drawing and painting

Tutor: Brian F.G. Johnson

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

Venue: Grantchester Village Hall

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

Places: 24

Start date: 15 Oct

This course is concerned with drawing in pencil or pen and ink and painting in watercolours. It is a continuation of work and techniques established in previous years. Please note: On 15/10/21 & 17/12/21 meetings will be at 2.00 – 4.00pm, no session on 19/11/21, or 03/06/22. Additional session on 24/06/22

Format: Taught course or activity

About me: Have been teaching course for past nine years.

ART 10: The human figure

Organiser: Ian (Mac) Macpherson

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

Venue: East Barnwell Scout Centre

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 20

Start date: 14 Oct

This is a self-help group for people with any level of ability and experience. Each week there will be an unclothed model and during each term there will be male and female models. There is a charge to cover the costs of the models which will be collected from each member of the class at the beginning of each term. No equipment or materials are provided. Members use a variety of techniques including pencil, charcoal, pastel and coloured washes. There is car parking at the venue and in adjacent roads.

Format: Course or activity without teaching

About me: I have co-ordinated this class for the last few years.

Art history

ARTH 01: Anglo-Saxon kingdom of Mercia (Spring term)

Tutor: Diane Milan

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

Venue: U3AC (Pink room)

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

Places: 20

Start date: 21 Jan

Cambridge was part of Anglo-Saxon Mercia, bordering on the kingdom of East Anglia. Mercia was one of three powerful Anglo-Saxon kingdoms and came into particular prominence during the Mercian supremacy under King Offa, when Magdalene Bridge was built and ended in 910 within a single kingdom of England. The course will look at the geographical extent of Mercia to the Welsh border; its peoples, its dialect. Northumbria has Bede and Wessex the Anglo-Saxon Chronicle, Mercia has less documentary evidence but its story is now starting to be told with the stunning find of the Staffordshire Hoard. Mercia had its own distinctive art of high quality, the Tiberius school of manuscripts, including the Book of Cerne and the Barberini Gospels and an influential style of metalwork, including the elegant Trewhiddle style of silver jewellery, that spread across England. It has famous churches and sculpture, which drew on Carolingian art.

Format: Lecture

About me: I am an enthusiastic amateur whose History degree specialised in the Anglo-Saxons. I have the good fortune to live somewhere offering high quality workshops, which update my knowledge.

ARTH 01(z): Anglo-Saxon kingdom of Mercia (Spring term)

As for ARTH 01 but attending via Zoom.

Places: 10

ARTH 02(z): Looking at art: 1300-1600 (Spring term)

Tutor: Lindsay Millington

Day and time: Thursday 09:30 - 11:30

Venue: Zoom

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

Places: 15

Start date: 20 Jan

This course explores the story of Western European art from 1300-1600, from late Italian mediaeval artists such as Giotto and Simone Martini to the High Renaissance of Raphael and Michelangelo, and the different context in which Northern artists such as Van Eyck, Dürer and Holbein worked. We will consider how writers, patrons, and institutions shaped their work and continue to influence what we consider 'beautiful' or 'great art' today. The course introduces visual analysis techniques for looking at paintings, sculpture and architecture and talking to others about it. Each session includes small group exercises and everyone makes a short end-of-term presentation. Please make sure you will be able to attend the first session. Visit(s) to the Fitzwilliam will be arranged, if possible. [Previously offered as part of my two-term 'Looking at art' course.]

Format: Taught course or activity

About me: I have taught a U3AC class since 2013. I achieved my MA and MPhil in Art History as a mature student, alongside a career in manufacturing industry

ARTH 03: Reading women: Questioning image and meaning(s)

Tutor: Britta Dwyer

Day and time: Tuesday 11:20 - 12:35

Venue: U3AC (Pink room)

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

Places: 25

Start date: 12 Oct

Why are women readers so overrepresented in the visual arts given the limited access they had historically to the 'activity of reading'? Why were reading women considered dangerous? In this class I want to bring together a selection of works of women reading - from the Renaissance to present - to ask some loaded questions. Beginning with WHO is reading and WHAT is being read (bible, novel or newspaper) I want to explore HOW the images reflect upon social issues (women's literacy, patriarchal taboos) and crucially, HOW the images function as metaphors for voyeurism and gendered viewing. So, join me on this challenging journey as we interpret images of 'Reading women'. Male members especially welcome: we need your input and feedback.

Format: Lecture

About me: I am a retired university lecturer and have taught classes at the U3AC for the last ten plus years.

ARTH 04: Vermeer and his contemporaries (Summer term)

Tutor: Gillian Watts

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

Venue: U3AC (Pink room)

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

Places: 25

Start date: 27 Apr

This introductory course concerns what we know about Vermeer of Delft, set in context by referring to contemporaries. There are thirty-four works currently attributed to this Dutch master, some tentatively. There are three areas of subject matter - a few historical/mythological/biblical paintings, a street scene, a town view, and some "modern" paintings of people in interiors of the period. Vermeer's themes, methods, use of colour and use of optical aids will be addressed, both generally and in relation to particular works. Links to internet resources will be offered to enable participants to pursue their interest in the subject material.

Format: Lecture

About me: The course is based on a six month research project into the life and works of Vermeer of Delft.

ARTH 05: Vikings in Cambridge and East Anglia

Tutor: Diane Milan

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 14 Oct

East Anglia reaching as far as Ely and Cambridge was one of the wealthiest areas of Anglo-Saxon England, and one of the places most affected by sea-borne Vikings due to its long coastline. The course will look at the first Viking Age in East Anglia and patterns of settlement, trade and the setting up of towns helped by the many recent metal-detected finds. The course will also look at Viking beliefs and conversion, Viking art, style and fashion and how this combined with Anglo-Saxon art, sculpture and metalwork. The second Viking Age under King Cnut brought about a peace dividend, the founding or re-founding of several famous abbeys in our part of the world, who engaged in digging waterways long before the Dutch in c.17th and took part in a monastic and artistic revival - the last hurrah of the Anglo-Saxons.

Format: Lecture

About me: I am an enthusiastic amateur whose History degree specialised in the Anglo-Saxons. I have the good fortune to live somewhere offering high quality workshops, which update my knowledge.

ARTH 05(z): Vikings in Cambridge and East Anglia

As for ARTH 05 but attending via Zoom.

Places: 10

Arts and Crafts

ARTC 01: Arts forum

Leader: Colin Whitworth

Day and time: Wednesday 14:15 - 15:15

Venue: U3AC (Yellow room)

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

Places: 10

Start date: 13 Oct

Each session will begin with a half-hour presentation and discussion of a topic, led by a member of the group. Topics will cover all of the arts - visual, literature, music, dance, architecture, film/tv, etc. The second half will be an open and informal discussion of the latest arts news and issues - books recommended, exhibitions visited, the local music scene, etc. We hope for a lively exchange of opinions. This is a fully-participatory forum - it is essential that all members of the group are willing to present at least one prepared topic during the 2 terms. Presentations can be projected from a laptop, or by handing around reference material, by holding a quiz, or any other method.

Format: Discussion

About me: Artist, retired Designer. Have run various U3AC art, music & literature courses for about 12 years.

ARTC 02: Embroidery, knitting and general needlework (Spring and Summer terms)

Leader: Georgia Curry

Day and time: Monday 16:00 - 17:00

Venue: U3AC (Yellow room)

Length of course: 2 terms. Spring (5 weeks), Summer (7 weeks)

Places: 7

Start date: 17 Jan

A relaxed group where you can either learn a new skill such as hardanger or pull thread or you can show off (and share!) your knitting, or embroidery skills. We welcome everyone, from complete beginner to life-long expert.

Format: Taught course or activity

About me: An enthusiastic amateur with life-long passion for crafts.

ARTC 02(z): Embroidery, knitting and general needlework (Spring and Summer terms)

As for ARTC 02 but attending via Zoom.

Places: 7

ARTC 03: Light-hearted crafting and making

Tutor: Anne Campbell

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

Venue: U3AC (Orange room)

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

Places: 8

Start date: 14 Oct

Making with the hands is stimulating to the brain, relaxing and improves wellbeing. This class is for anyone wishing to spend time in a friendly group situation with the shared aim of experiencing these benefits. Each class will be led by the tutor and all materials will be provided, so you don't need to come with anything but yourself! No previous crafting skills are necessary and all abilities are welcome. Each week you will be introduced to a different technique and will take home a finished item such as a greetings card, keyring and fabric decoration.

Format: Taught course or activity

About me: An enthusiastic amateur crafter and maker.

ARTC 04: Patchwork and machine quilting

Tutors: Jennie Lewis & Jane James

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

Venue: Arbury Community Centre (Large hall)

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

Places: 14

Start date: 13 Oct

A self-help group for all those who enjoy patchwork and quilting using, modern, mainly machined methods. All levels are welcome but you should own and have recent experience of using a modern electric sewing machine. Participants will need to provide their own basic equipment and fabric. There will be a project which members of the group can work on individually if they wish. Dependent on the Covid-19 situation we will plan to meet socially during the summer, to discuss our future projects.

Format: Self-taught course or activity

About us: Although this is a self-help group, I have been teaching patchwork for more than 30 years, I am happy to teach and encourage the members.

ARTC 05: Patterns and how to make them

Tutor: Jo Edkins

Day and time: Monday 16:00 - 17:00

Venue: U3AC (Yellow room)

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

Places: 10

Start date: 11 Oct

Learn to draw spirals, Greek keys, mazes, Celtic knots and other patterns. This is a practical course, but there will also be some discussion of the history of the designs. You will make your own designs within each session of the course. No artistic skill required, no mathematical knowledge needed. You will be surprised how easy it is! Paper and colouring pens will be provided, although if you can bring your own paper (a few sheets of plain paper) and/or pens or other colouring material, that would be appreciated. This course has been given as an email course during "Time of Covid". If anyone on the email course wishes to join this classroom course, then you are welcome, but note that there is no new content.

Format: Taught course or activity

About me: Enthusiastic amateur

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

ARTC 06: Stitching

Coordinators: Mary Richards & Judy Tillotson

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

Venue: U3AC (Blue room)

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

Places: 14

Start date: 13 Oct

A practical working group for members who enjoy all forms of needlework, including embroidery, tapestry, patchwork, quilting, needlepoint, crochet, knitting and other related crafts. Everyone is welcome to work on their own projects in good company. This is a friendly group of stitchers who enjoy sharing their skills with each other and gaining inspiration from the projects of other members.

Format: Self-taught course or activity

About us: We are both enthusiastic amateur stitchers, who enjoy hand patchwork, knitting and crochet, embroidery and tapestry.

Business

BUS 01: What is driving the Information Revolution?

Tutor: Neil McPhater

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

Venue: U3AC (Red room)

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

Places: 14

Start date: 14 Oct

Do you shop at Amazon or eBay? Have you renewed your car insurance online? When did you last visit your bank branch in person? Addicted to Google and Wikipedia? Do you read current affairs articles online? Welcome to examples of the Information Revolution. I will explore the fundamental drivers of information-based economic change, together with where digital pioneers like Amazon, Apple and ARM have sprung from, together with the origins of their success. Historically how does the Information Revolution compare with previous Industrial Revolutions? This multi-disciplinary course will explore the intersection of Information Technology and Business - from viewpoints like Economics, Innovation, Management of Information, Marketing, and Economic History. Underlying concepts like diffusion of innovations, network effects and economics of digital platforms will be explored in topical examples from many industries.

Format: Lecture

About me: My credentials are a longstanding interest in the business impact of IT, a few decades in a Cambridge high technology company together with an engineer's enquiring mind.

BUS 01(z): What is driving the Information Revolution?

As for BUS 01 but attending via Zoom.

Places: 7

Computing and IT

CMP 01: Getting more out of Excel

Tutor: Dai Davies

Day and time: Monday 11:40 - 12:40

Venue: U3AC (Yellow room)

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

Places: 10

Start date: 11 Oct

Excel is the most widely used spreadsheet available today. It is a powerful piece of software widely used for data-analysis, finance and scientific computing. Many people use it, yet few really exploit its power. The course is aimed at helping those people who only currently use Excel as a way of storing information and for simple calculations. The overall objectives will be to help users improve their mastery of Excel. A reasonable knowledge of the spreadsheet is needed including the ability to open the program and to enter data. Topics covered will include, Charts, Pivot Tables, use of Lists, use of Names, Data Validation, Functions etc. The course could culminate in a project exploiting the things learnt. You will need your own laptop (MAC or PC). A tablet will not do. You must have a 2010 or later version of Excel.

Format: Taught course or activity

About me: I have used Excel since the early 1980's and am interested in making its power accessible to others. I have run this course for four years.

CMP 02: Getting the most out of social media 1

Tutor: Simone Castello

Day and time: Friday 16:00 - 17:00

Venue: U3AC (Red room)

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

Places: 8

Start date: 15 Oct

Gain confidence using social media channels like Facebook, LinkedIn, Pinterest, Instagram, YouTube and Twitter. The tutor will use a PC and android phone/tablet (for apps) to demonstrate digital platforms and share tips on how you can use them for business or leisure. Please be aware that Apple products and mobile devices have different menus and functionalities from desktop PCs and laptops.

Format: Taught course or activity

About me: I am a marketing and communications professional working at the University of Cambridge.

CMP 03: Getting the most out of social media 2 (Spring term)

Tutor: Simone Castello

Day and time: Friday 16:00 - 17:00

Venue: U3AC (Red room)

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

Places: 8

Start date: 25 Feb

This course is a repeat of CMP 02.

Format: Taught course or activity

About me: I am a marketing and communications professional working at the University of Cambridge.

CMP 04(z): Historical maps on the WWW

Tutor: Peter Woodsford

Day and time: Tuesday, first four weeks of term, followed by four week gap and then two final sessions 13:00 - 14:10

Venue: Zoom

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

Places: 25

Start date: 12 Oct

Many historical maps are now accessible on the World Wide Web and the number increases all the time. The course consists of four sessions on what is available and how it can be accessed. All that is needed is a basic familiarity with web-browsing. The intention is for course members to then go off for the next four weeks researching maps that interest them. The final two sessions will be a visit to the Map Room at the University Library (subject to confirmation) and a final session in which members can present the results of their research. There will be a class website.

Format: Taught course or activity

About me: My career has been in the Geographic Information industry and I have a life-long interest in maps.

CMP 05: How computers work. How they are programmed

Tutor: Dai Davies

Day and time: Monday 12:55 - 13:55

Venue: U3AC (Yellow room)

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

Places: 10

Start date: 11 Oct

Most people use computers but have little idea of the way they work. This course will look at the basic elements of a computer, starting with how they function, their use of binary numbers, and consider how a simplified computer actually works and how a computer is programmed. We will look at the general principles behind computer programming and consider some simple practical examples. I will use Microsoft Excel to demonstrate some of these ideas. Consequently you will need a laptop with a post 2010 version of Excel. A tablet will not do.

Format: Taught course or activity

About me: I have taught a course in Excel for the last four years. This course is intended to answer more general questions about how computers and programs work.

CMP o6: How to build a free website (Spring term)

Tutor: Steve Newman

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

Venue: Zoom

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

Places: 16

Start date: 18 Jan

This course is a beginner's guide to building and maintaining a simple zero-cost website in WordPress, eg for a local community group. The course explores the free website/domain facilities offered by WordPress, and the limitations imposed. No prior knowledge is required other than familiarity with web browsing on the internet. The course covers creating a WordPress account; WordPress themes (the free ones); building pages with text, images and other content; setting up menus; adding contact forms; integrating with Google Calendars and Maps; and creating password restricted members' areas. Course members are encouraged to discuss their own website requirements and try out the course techniques between sessions. Copies of weekly materials are provided after each session.

Format: Taught course or activity

About me: Since retirement I have built websites for local community groups and would be pleased to share my experience to help others.

CMP o7(z): Interfacing computer with the physical world

Tutor: Jake Stewart

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

Venue: Zoom

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

Places: 10

Start date: 18 Oct

Bring the fun back into computing similar to when we used to have a low cost hobby. Using Arduino and Raspberry Pi computers both on their own and together to measure temperature, humidity, time (data logger). Using small displays for interactive projects. I hope to evolve some small projects that may be helpful in improving ordinary life. Course materials including Arduino UNO+Multi-function board+ USB cable+screw terminal interface will be posted before the course. Course supported with <https://jstoftscot.moodlecloud.com>

Username and password will be supplied before the course.

Format: Taught course or activity

About me: I have always had a passion for computing. I had a varied working life including design engineer and teacher. This course hopefully will enable me to use past skills.

CMP o8: Maps in the computer age (Spring term)

Tutor: Peter Woodsford

Day and time: Friday 12:00 - 13:00

Venue: U3AC (Red room)

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

Places: 20

Start date: 21 Jan

We will start with a brief history of mapping, and then look at some of the new ways we can nowadays use information traditionally shown on maps - SatNav systems, Web Mapping, Google Earth, Geographic Information Systems, etc. We will then look at the new technologies that make these new developments possible and consider a range of applications of geographical information systems including e-government, planning, the environment, transportation and location-based services and some of the ethical and societal issues involved. Hopefully there will be time to do a little crystal ball gazing. No previous knowledge will be assumed, but some level of familiarity with the Internet would be useful. The course will introduce a wide range of websites with geographical content. There will be a class website and in the final session members can present their own topics. This is an update of the course given last year.

Format: Seminar

About me: My career has been in the Geographical Information industry.

CMP o8(z): Maps in the computer age (Spring term)

As for CMP 08 but attending via Zoom.

Places: 25

CMP o9: Master your iPad 1

Tutor: Tim Ewbank

Day and time: Thursday 09:45 - 10:45

Venue: U3AC (Green room)

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

Places: 15

Start date: 14 Oct

Since its launch ten years ago, Apple's iPad has become very popular because it is both useful and easy to use. However, like most computers, it is capable of a great deal more than most of us use it for. This course will help you make the best use of your iPad, from browsing the internet and using email; calendars and reminders, to using the App Store, plus fun stuff like Siri and enhancing your photos. It will also demonstrate good practice in setting up your iPad, sensible security measures and how to get help. As it is a practical course you will need to bring your own iPad to each class.

Format: Taught course or activity

About me: I'm a long time user of Apple products and have previously run U3AC courses on Photos and Keynote presentation software. I deliver all my talks off my iPad.

CMP 10: Puzzle solvers forum

Leader: Nick Kerry

Day and time: Alternate Fridays, 16:00 - 17:00

Venue: U3AC (Yellow room)

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

Places: 10

Start date: 22 Oct

Do you do Sudoku? Personally I find it even more challenging writing computer programs to solve Sudoku and other puzzles. If there are others out there with similar interests, would you like to establish this forum? You may be an experienced programmer, or you might want to learn and be looking for problems to work on. The range of puzzles we might look at is exemplified by the daily puzzles in the "i" newspaper. Some can be solved directly by an algorithm, some require trial-and-error. The Python programming language suggests itself, but I'm open to alternatives.

Format: Self-taught course or activity

About me: My career involved technical software development in a commercial environment, and in retirement I indulge in recreational computing.

CMP 10(z): Puzzle solvers forum

As for CMP 10 but attending via Zoom.

Places: 10

Current affairs

CUR 01(z): Current affairs 1

Coordinators: John Marshall & John Fisher

Day and time: Friday 12:30 - 13:45

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 20

Start date: 15 Oct

These days we all have the opportunity to access vast amounts of news to help us build our knowledge of what is happening in the world around us. This group aims to have a discussion, humorous where appropriate, listening to the views and perceptions of its members, in the hope that our understanding is enriched by their insights. Those who have lived or worked abroad can often add a further dimension to the discussion. It is not a forum for 'imported experts' but an opportunity to spend a pleasant hour or so listening to the experience of others and sharing thoughts on world events.

Format: Discussion

About us: We find the opportunity to discuss the variety of issues classified as current affairs, within an informal group, to be both stimulating and challenging, but most of all enjoyable!

CUR 02: Current affairs 2

Leader: Ian Hunter

Coordinator: John Tyson

Day and time: Friday 13:15 - 14:30

Venue: U3AC (Red room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 14

Start date: 15 Oct

A discussion group mainly concerning topics in the news.

Format: Course or activity without teaching

About Ian: Retired Further Education Lecturer/ Manager.

CUR 02(z): Current affairs 2

As for CUR 02 but attending via Zoom.

Places: 4

CUR 03: Current affairs 3

Tutor: Nicholas Russell

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

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 16

Start date: 15 Oct

Most of us listen to the news on radio and television to help us build an understanding of what is happening in the world around us. The group aims to have a discussion, humorous where appropriate, listening to the perceptions of others in the group, so that our understanding is enriched by their insights. Members who have lived or worked abroad can often add a further dimension to our understanding. We see it not as a forum for 'imported experts' but as an opportunity to spend a pleasant hour or so listening to the experience and insights of others in the group and sharing our thoughts and understandings of world events.

Format: Discussion

About me: This will be my sixth year doing this activity, members seem to enjoy the format. Many topics are suggested prior to the session by email.

CUR 03(z): Current affairs 3

As for CUR 03 but attending via Zoom.

Places: 5

CUR 04(z): Current affairs by zoom

Coordinator: Harry Belsey

Day and time: Monday 09:00 - 10:30

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 9

Start date: 11 Oct

In this class we discuss the matters of the day, on Zoom from your own home. To join in you will need a computer with a web cam and a decent Internet connection. Any relatively modern laptop has a web cam and speakers incorporated. I will check out your equipment before you join the class in a trial run. The only other thing you need is an interest in current affairs and a willingness to join in the discussion. We usually continue our discussions out of term time.

Format: From your own home on your own computer

About me: This course started as an experiment in early 2018 and went mainstream later in 2018.

CUR 05: Join the conversation!

Facilitator: John Hall

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

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

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

Places: 10

Start date: 15 Oct

Are you aware of the website theconversation.com? Universities submit evidence based articles on a variety of topical affairs. Each week we will discuss items beneath one of the major subheadings. So if you want to separate fact from noise, and learn what is really going on across a range of subjects, then you can do nothing better on a Friday afternoon than join the conversation!!!

Format: Discussion

About me: Your Facilitator also runs the Armchair Economist and Emerging science discussion groups.

CUR 06(z): "Virtual" Economist readers group

Coordinator: Harry Belsey

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

Venue: Zoom

Places: 6

Start date: 11 Oct

This class is hosted by a group of third-age learners in Toronto, Canada. It meets on the second Monday of every month both in and out of term time throughout the year. Participation is by Zoom from your home computer. All that's needed to join in is a computer (desktop, laptop or tablet) equipped with a webcam and high-speed Internet access. The two dozen participants are regular readers of The Economist from the U3AC, other UK-based U3As and "sister" organisations in Canada and the USA. At a typical session, the magazine's cover article is discussed first. The round-the-table discussion then moves on to other articles, with a range of perspectives represented.

Format: Discussion

About me: I have been coordinating the UK end of this activity since 2017

CUR 07(z): "Virtual" transatlantic discussion forum

UK Coordinator: Harry Belsey

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

Venue: Zoom

Places: 16

Start date: 25 Oct

This class is hosted by a group of third-age learners in Toronto, Canada. It meets on the last Monday of every month and is repeated to an overflow audience on the following first Monday of the following month both in and out of term time throughout the year. Participation is by Zoom from your home computer. All that's needed to join in is a computer (desktop, laptop or tablet) equipped with a webcam and high-speed Internet access. The four dozen members are third-age learners from the U3AC, other UK-based U3As and similar organisations in Canada and the USA. At a typical session, a member or guest speaker kicks off the discussion with a 30-minute presentation on a current topic of international interest. This is followed by an hour or so of round-the-table discussion, with a range of perspectives represented.

Format: Discussion

About me: I have been coordinating the UK end of this activity since 2017 and sit on the international managing committee.

Economics

ECN 01: Economics discussion group

Leader: Ian Hunter

Convenor: John Tyson

Day and time: Friday 10:00 - 11:45

Venue: U3AC (Red room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 20

Start date: 15 Oct

The Economics discussion group is the equivalent of: A dance by Mohammed Ali, A recipe from an Elizabeth David cook book, A dress from Coco Chanel, A goal by Denis Law, An insult from Groucho Marx, A garden by Gertrude Jekyll. Bring own rug and hamper.

Format: Discussion

About Ian: Retired Further Education Lecturer and Manager

ECN 01(z): Economics discussion group

As for ECN 01 but attending via Zoom.

Places: 4

ECN 02: Economics with justice

Tutor: John De Val

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

Venue: U3AC (Green room)

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

Places: 10

Start date: 13 Oct

A fresh approach to economics which considers the principles relating to the major areas of economic study. It takes as its basic assumption that, in practice, economics should have a just and equitable outcome for all those participating in, or affected by, the economy. Economics is approached as a social study, involving all of humanity, but with humanity seen in the context of its place in nature and the universe. The role of nature as the source of wealth and sustainer of life is emphasised. Importing considerations of justice, equality and nature's laws into the study of economics opens up a much brighter prospect for planetary health and prosperity. No previous knowledge of economics is required.

Format: Lecture

About me: I graduated with a BA in economics and for most of my working life was involved in economic issues in both the public and private sectors.

ECN 02(z): Economics with justice

As for ECN 02 but attending via Zoom.

Places: 5

ECN 03: Economic ideas (Spring term)

Tutor: John De Val

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

Venue: U3AC (Green room)

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

Places: 10

Start date: 19 Jan

Study of the great economists and their ideas is used to focus attention on some of the hidden assumptions of economic life - the idea of property, the place of land, labour and capital as factors of production, the importance of natural resources and the income derived from them, the role of government in managing modern economies.

Understanding these enables students to see the causes of many of the injustices and difficulties experienced in modern economics and how these might be avoided or resolved. The course gives brief descriptions of different economic systems - classical, neo-classical, Marxist, Keynesian, monetarist etc - and assesses the extent to which they demonstrate the working of natural laws and the effects they have had. It builds on the principles covered in Economics with justice course but it is not necessary to have attended that course to find this course of interest.

Format: Lecture

About me: I graduated with a BA in economics and for most of my working life was involved in economic issues in both the public and private sectors.

ECN 03(z): Economic ideas (Spring term)

As for ECN 03 but attending via Zoom.

Places: 5

ECN 04: The armchair Economist

Organiser: John Hall

Day and time: Tuesday 13:45 - 15:15

Venue: U3AC (Orange room)

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

Places: 10

Start date: 12 Oct

This is a discussion group for those of you who either already enjoy reading The Economist, or who are looking for great insights about the way politics, economics, finance, demographics, culture, science and technology might shape life in Britain, and the rest of the world. The Economist is a wide ranging magazine, with a very readable house style. If you don't know it, it is a discovery worth making. As a group, we focus, in a highly participative way, on the Leaders each week. You will be debating The Economist's interpretations and its solutions. Where time permits, you can also share knowledge of other articles you may have found of interest. We set out to enjoy our sessions. Join us, and you will find yourself naturally involved, better informed, and awaiting the next session with interest!

Format: Discussion

About me: Your facilitator has been reading The Economist for many years and is passionate about its ability to educate and inform although sometimes quarrels with its stance.

Environment

ENV 01(z): My carbon footprint and sustainability - what should I/can I do?

Leaders: Elizabeth May & Andy Clarke

Day and time: Wednesday 14:00 - 16:15

Venue: Zoom

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

Places: 10

Start date: 13 Oct

We shall use the excellent Carbon Conversations materials by Cambridge authors Rosemary Randall and Andy Brown to analyse one's personal impact (carbon footprint), as well as the wider social and political issues. Difficult issues are tackled using several methods including games, case studies and discussion. Class members consider what changes they could realistically make eg eating less meat or travelling less, and what factors make change difficult. Elizabeth has run this many times for Cambridge Carbon Footprint/U3AC and is joined for the second time by Andy Clarke. Materials may be downloaded, or text books cost £10 to be paid by bank transfer (or by cheque). Homework will be set each week looking at the 4 main drivers of carbon usage: home energy, food, travel, and 'stuff'; such as clothing and consumer electronics.

Format: Discussion and worksheets.

About Elizabeth: Ex lecturer and university environment manager

Film

*** See also OTH 03: U3AC Film group*

FLM 01: Japanese cinema - Akira Kurosawa (Spring term)

Tutor: Alan Durham

Day and time: Wednesday 14:30 - 17:30

Venue: U3AC (Pink room)

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

Places: 30

Start date: 19 Jan

A look at the life and work of Akira Kurosawa, best known in the West for such films as Rashomon and The Seven Samurai. Each week I will show one of his films, preceded by a short talk. There will be handouts available for those that want to explore further.

Format: Film with short talk.

About me: I have for many years been interested in cinema, and am fascinated by Japanese culture and history.

FLM 02: The art of the silent cinema (Summer term)

Organiser: Tom Culver

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

Venue: Member's home, CB4 1JD

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

Places: 7

Start date: 28 Apr

By 1930, talking motion pictures had become almost necessary for commercial success. The cinema had had more than 30 years to develop and perfect the method of conveying a drama without dialogue. The art of the silent cinema then disappeared, for the sound cinema has very different requirements. It was an art form that is very beautiful. The purpose of this course is to show examples of films in which that art form was developing and had reached a very sophisticated level. We will see whole films and if they are less than two hours we will have shorts. If more than two hours (and many of the best are) we will hold a longer class to see the complete film. Each film is accompanied by programme notes which are intended to give information. This year we may watch a couple of very early talkies.

Format: Show films with programme notes sent beforehand, some discussion when there is time

About me: I am a retired lawyer and judge. I am a lifelong film fan. I ran a seaside summer cinema for some years in my teens.

Fitness

FIT 01: Badminton for softies

Coordinator: Sarah Oliver

Day and time: Wednesday 12:00 - 13:00

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

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

Places: 22

Start date: 13 Oct

Are you looking to return to badminton after years off the court, or are you a beginner, keen to start playing in a friendly supportive group? The emphasis in this course is on having fun and helping each other. We all learn by having a go without any formal teaching but the coordinator running the session and those who have played before will be able to inform on rules and help beginners get started. A fee of £2.50 per session is paid to the venue. Shuttles are provided for a small infrequent charge and racquets can usually be borrowed from the venue if needed.

Format: Course or activity without teaching

About me: I started badminton only 3 years ago, with U3AC. Still (and probably always!) a softie, I've come to love the game and I'm keen to help others enjoy it too.

FIT 02: Badminton (Wednesday)

Coordinators: Mo Sibbons & Viv Fleet

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

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

Places: 26

Start date: 13 Oct

A social badminton session for players, playing almost every Wednesday morning regardless of U3AC term dates. There is no coaching or tuition and previous badminton experience is required. However, we are a mixed ability group, and believe in having fun while we play. A reasonable level of fitness is necessary. The cost is £2.50 per session, paid to the venue, who can provide racquets if required. Shuttles are provided for a modest, infrequent charge.

Format: Self-taught course or activity

About Mo: I love playing badminton which I have been enjoying for many years!

FIT 03: Badminton (Thursday pm)

Coordinator: Mo Sibbons

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

Venue: University of Cambridge Sports Centre

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 26

Start date: 14 Oct

This social badminton session on a Thursday afternoon is open to U3AC members to play this popular and enjoyable game. There will be no coaching or tuition and experience of the game is required; however, the session is available for players of mixed ability. There will be some missing sessions in May (dates tbc) when the hall is required by the University for use as an examination centre. Play will resume in June (or following the examination period) to complete the 7 weeks of the Summer term.

Note: There is an additional one-off fee of £29 for the year, payable on application. There will be no weekly charge for play. There will be a modest and infrequent charge for shuttles.

Format: Self-taught course or activity

About me: It's a great game, I love playing, and I have been coordinating play for the U3AC for many years.

FIT 04: Badminton (Friday)

Organisers: Barbara Carpenter & Jan Wren

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

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 24

Start date: 15 Oct

Badminton is excellent exercise and also great fun. The session has been running for fifteen years with a core of regular players. There is no coaching or tuition and the session is best suited to players who have some badminton experience. There is, however, a range of ability. A reasonable fitness level is essential. The cost is £2.50 per session levied by KKSC, who can provide racquets. A modest fee is collected to provide shuttles.

Format: Course or activity without teaching

About Barbara: I have been the organiser of this group for the past 11 years.

FIT 05: Ballet beginners

Coordinator: Sue Pinner

Tutor: Karen Stringer

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

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

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

Places: 18

Start date: 13 Oct

The Course will be taught by Karen Stringer ANATD, MNATD, FNATD - Director of The Russian Ballet School in Cambridge. Karen specialises in teaching adults and believes strongly that everyone should have the chance to dance and learn a new skill. The course is open to beginners or those with some experience. The level will be tailored to the group but all classes will follow the same structure and include exercises at the barre to warm up the body. Centre work will include exercises and combinations of steps, followed by a group dance. Dances may include national, historical or folk dances. The aim is to increase fitness, strength, balance and poise. Karen expects everyone to have proper ballet attire, which can be purchased from International Dance Supplies online. You may wear leggings and t shirt for the first lesson, but if you decide to continue you need to wear the proper clothing, all of which has a purpose in ballet.

Note: There is an additional fee of £58 to pay for the tutor, payable on application.

Format: Taught course or activity

About Sue: Being a class member and now class coordinator, has resulted in ballet being an important part of my life.

FIT o6: Ballet improvers

Coordinator: Sue Pinner

Tutor: Karen Stringer

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

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

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

Places: 15

Start date: 13 Oct

The course will be taught by Karen Stringer ANATD, MNATD, FNATD - Director of The Russian Ballet School in Cambridge. Karen specialises in teaching adults and believes strongly that everyone should have the chance to dance and develop their skills. The course is open to those who have experience and knowledge of ballet technique and exercises. Classes will follow the same structure as for Ballet beginners. Dancers should be able to bend fully in grand plies, jump little and large Allegro, and hold reasonable balance in Adage centre work. Uniform should be formal ballet attire - any style black leotard, black or pink tights, black or pink ballet shoes and a chiffon ballet skirt (optional).

Note: There is an additional fee of £58 to pay for the tutor, payable on application.

Format: Taught course or activity

About Sue: This class gives an opportunity for members of the Ballet beginners to progress as well as those who have danced previously to dance at a higher level.

FIT o7: Circle dancing

Leader: Ursula Stubbings

Day and time: Monday 13:30 - 15:00

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

Length of course: 2 terms. Autumn (9 weeks), Spring (9 weeks)

Places: 17

Start date: 11 Oct

Moving to beautiful music in a circle without partners. Barefoot or soft flat shoes.

Note: This course is not covered by U3AC insurance, as the leader has her own insurance policy for which there is an additional fee of £2 payable on application. Please note: there will be no meetings during school half-terms: 25 Oct & 14 Feb.

Format: Taught course or activity

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

FIT o8: Contemporary dance workshop

Tutor: Catherine Middleton

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

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

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 20

Start date: 14 Oct

This course is suitable for people with a wide range of dance experience from the absolute beginner to those experienced in other dance forms or people who have done contemporary dance before. Each class will include structured dance technique and exercises to stretch and strengthen the whole body with an emphasis on movement flow, balance, co-ordination, sequencing and effort. Although much of the movement vocabulary has its roots in ballet, contemporary dance is an expressive natural dance form that is particularly suitable for all ages and abilities. One of the aims is to develop choreographic themes over the course with some creative input from the class members if appropriate. Please wear comfortable clothing and bare feet or soft dance shoes.

Format: Taught course or activity

About me: Dancing and teaching dance to people of all ages and abilities has been my passion for many years and sharing my experience with U3AC members is a welcome bonus.

FIT o9(z): Dance harmony

Tutor: Aurora Albano

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

Venue: Zoom

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

Places: 20

Start date: 15 Oct

Have you ever thought you would love to dance but just did not know where to start? Would you like to learn how to articulate this natural yearning in a series of clear, and easy to follow movements, accessible to persons of all ages, shapes and physical conditions? If the answer is yes, then Dance harmony is for you. What is Dance harmony? It's a movement system arising from an instinctive response to musical stimuli, based on the observation of natural movements of the spine in everyday life. I have developed this coherent system over a number of years drawing from my background in Dance, Pilates and Qigong. The good news is that Dance harmony enables the dancer to interpret virtually any kind of music, from the slow and lyrical to the most rhythmic.

Format: Taught course or activity

About me: As a qualified Health Qigong and Pilates instructor my mission is to find common ground between holistic Eastern and secular Western movement traditions.

FIT 10: Tap dance

Coordinator: Ruth Dunn

Tutor: Hannah Sharman

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

Venue: Colours of Dance Studio (Studio 1)

Length of course: 3 terms. Autumn (9 weeks), Spring (9 weeks), Summer (7 weeks)

Places: 15

Start date: 12 Oct

A tap class for tap dancers of all levels including beginners.

Note: A professional tutor is employed to teach the class, for which there is an additional fee of £86 for the year, payable on application. You will need tap shoes. Please note that there will be no face-to-face classes in the school half-terms: 26 October, 15 February and 31 May, instead the tutor will send members a pre-recorded session.

Format: Taught course or activity

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

FIT 11: Wise wild dance - for fun fitness and sharing (Spring term)

Tutor: Hazel Francomb

Day and time: Monday 13:30 - 15:00

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

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

Places: 20

Start date: 17 Jan

This class offers participants the chance to be part of a community of dancers who move together creatively for fitness and well-being. A variety of ideas may be used to inspire our dance and there will be an emphasis on process and improvisation. Participants who love dancing at any level are welcome. Please come prepared to work in bare feet or soft shoes, and wear loose comfortable layers.

Format: Taught course or activity

About me: Hazel has a huge wealth of dance teaching experience. She draws inspiration from Tai Chi and therapeutic dance forms as well as from Laban and contemporary dance.

FIT 12: Exercise to music 1

Tutor: Sabrina Marengi

Coordinator: Christine Russell

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

Venue: Kelsey Kerridge Sports Centre (Fitness Studio)

Length of course: 3 terms. Autumn (13 weeks), Spring (11 weeks), Summer (11 weeks)

Places: 18

Start date: 13 Sep

The exercise group Exercise to music aims to improve fitness, flexibility, strength and balance. It is taught by a fully qualified instructor and includes aerobic routines, use of hand weights/bands and mat exercises. Comfortable clothing and trainers/plimsolls to change into required. Please also bring a bottle of water. The class runs throughout the year, except August, for a total of 35 weeks. Please make a note of dates: 13 Sept-13 Dec (not 25 Oct), 10 Jan-28 March (not 14 Feb), 25 Apr-18 Jul (not 2 or 30 May)

Note: There is an additional fee of £46 to pay for the tutor to be paid in advance on application

Format: Taught course or activity

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

FIT 13: Exercise to music 2

Tutor: Sabrina Marengi

Coordinator: Christine Russell

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

Venue: Kelsey Kerridge Sports Centre (Fitness Studio)

Length of course: 3 terms. Autumn (13 weeks), Spring (11 weeks), Summer (11 weeks)

Places: 18

Start date: 13 Sep

Repeat of Exercise to music 1. Please make a note of dates: 13 Sept-13 Dec (not 25 Oct) 10 Jan-28 March (not 14 Feb) 25 Apr-18 Jul (not 2 or 30 May).

Note: There is an additional fee of £46 to pay for the tutor to be paid in advance on application.

Format: Taught course or activity

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

FIT 14(z): Exercise to music 3

Tutor: Sabrina Marengi

Coordinator: Christine Russell

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

Venue: Zoom

Length of course: 3 terms. Autumn (13 weeks), Spring (11 weeks), Summer (11 weeks)

Places: 22

Start date: 16 Sep

This is a repeat of FIT 12 and will run by Zoom. New members will need a mat for floor work and hand weights or makeshift alternative for arm work. All members take part at their own risk and are responsible for their own safety. Please make a note of dates: 16 Sept-16 Dec (not 28 Oct), 13 Jan-31 March (not 17 Feb), 28 Apr-14 Jul (not 2 June), **Note:** There is an additional fee of £38 to pay for the tutor to be paid in advance on application.

Format: Taught course or activity

About me: As coordinator I am a member of one of the Exercise to music classes. Another coordinator for this class may be found at a later stage.

FIT 15: Moving with ease: The Feldenkrais Method ^(R)

Tutor: Susan Dillon

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

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

Length of course: 2 terms. Autumn (9 weeks), Spring (9 weeks)

Places: 12

Start date: 12 Oct

This course, based on the work of Dr. Moshe Feldenkrais, will help you learn to move with minimum effort and maximum efficiency - not by using muscular strength but by becoming more aware of how you move. You will be verbally guided through movement sequences in basic positions: sitting or lying on the floor, standing, or sitting in a chair. The emphasis will be on recognising habitual movement patterns and developing new alternatives. These sometimes subtle movements are relaxing and help to increase flexibility and co-ordination. Please note: there will be no meetings during school half-terms: 26 Oct & 15 Feb.

Format: Taught course or activity

About me: I finished my training as a Feldenkrais practitioner in 1998 in New York City. I have practiced in Cambridge for more than 20 years.

FIT 16(z): Qigong

Tutor: Aurora Albano

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

Venue: Zoom

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

Places: 20

Start date: 12 Oct

Health Qigong is a psychological practising skill that combines body, breath and mind into one exercise regime through slow, flowing and effective three-dimensional movements. The first aim is to adjust posture and movement, the second is to adjust and regulate breathing and the third is to adjust mental concentration. There is strong evidence that the Health Qigong, which was developed and widely practised in China, greatly improves general health of those who regularly practise it. In modern times it has become very popular for fitness purposes. Qigong is particularly beneficial, improving posture, balance, breathing effectiveness and general coordination, as well as mental focus and relaxation, helping older people make the most of their mature years. The course does not require any previous knowledge and all exercises are done standing. No equipment needed, just wearing clothing and thin exercise shoes or socks.

Format: Taught course or activity

About me: As a qualified Health Qigong and Pilates instructor my mission is to find common ground between holistic Eastern and secular Western movement traditions.

FIT 17: T'ai Chi Chuan 24 Step beginners

Tutor: Mike Tabrett

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

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

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

Places: 20

Start date: 06 Oct

This class focuses on the learning of an 8 minute sequence (form) of movements and associated exercises. These arts, based on the healing, meditative and martial traditions of China are becoming increasingly recognised as ideal practises to enhance health and well-being accessible to all ages and can help you with posture and balance, breathing, relaxation and managing long term conditions. We will work at a gentle pace, with the emphasis on slow individual development to enable each student to come to their own understanding of these arts. Many people will repeat the course several times. Please note that this class is all standing - if you do not feel that this is appropriate you might want to consider the later class 'Tai Chi and Chi Kung exercises'. Please wear loose, comfortable clothing and soft shoes.

Note: There is an additional fee of £32 payable on application to pay for the tutor.

Dates: 6 October – 15 December (not 27 October), 12 January – 23 March (not 16 February), 20 April – 15 June (not 1 June)

Format: Taught course or activity

About me: I have been practising these arts since 1983, developing by working with a variety of teachers in both Tai Chi and related arts and taught at U3AC since 1990.

FIT 18: T'ai Chi Chuan 24 Step intermediate

Tutor: Mike Tabrett

Day and time: Wednesday 10:40 - 11:40

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

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

Places: 20

Start date: 06 Oct

This course will begin with a detailed review of the latter stages of the form and continue to work with the whole of the short form and exercise programme to enable students to develop and deepen their practise. You will need to have completed a beginner's course, although enthusiasm is more important than skill! For dates see FIT 17.

Note: There is an additional fee of £32 to pay for the tutor payable on application.

Format: Taught course or activity

About me: I have been practising these arts since 1983, developing by working with a variety of teachers in both Tai Chi and related arts and by teaching at U3AC since 1990.

FIT 19: T'ai Chi and Chi Kung exercises

Tutor: Mike Tabrett

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

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

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

Places: 20

Start date: 06 Oct

This class will concentrate on individual seated and standing exercises and is suitable for all levels. They are an excellent standalone practise for health & wellbeing. We work with the natural structures and movements of the body according to well established basic principles that allow for a great deal of flexibility in their expression. In addition the mind is encouraged to quieten and focus through the movements. They have proven to be effective in helping to manage a wide range of chronic health conditions including: stress related conditions. Diabetes. MS. Respiratory and cardiac problems. Long term consequences of stroke and head injury. Balance and mobility problems. Arthritis. Poor flexibility & high blood pressure. For dates see FIT 17.

Note: There is an additional fee of £32 to pay for the tutor payable on application.

Format: Taught course or activity

About me: I have been practising these arts since 1983, developing by working with a variety of teachers in both T'ai Chi and related arts and taught at U3AC since 1990.

FIT 20: Table tennis (Monday am)

Coordinators: Hywel Griffiths, Helen Phillips & Ray Turney

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

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Places: 31

Start date: 11 Oct

Table tennis is great fun and helps to improve hand-eye co-ordination and fitness, as it can be fairly energetic. Some prior experience is required - however long ago. We are a friendly mixed-ability group that plays throughout the year, and those interested go for lunch together after the session on the first Monday of each month. Bats are provided by the venue, though most people bring their own. We now supply balls, and are introducing an annual donation of £1, payable to the coordinators. The venue charges a sessional fee £2.50 per person, payable at the desk.

Format: Course or activity without teaching

About Hywel: I am a keen table tennis player, though by no means an expert. I have been a member of this group since it began.

FIT 21: Table tennis (Monday pm)

Coordinators: Sue Durham, Roy Jackson & Jenny Macmillan

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

Venue: University of Cambridge Sports Centre

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

Places: 24

Start date: 11 Oct

This course is intended for intermediate level players and above. All players should have played the game before and be able to maintain a rally of at least 10 shots, be able to serve and to understand the rudiments of the game. There is no coaching available for this course. We play mainly doubles. Although the centre has a limited number of bats available, most members bring their own. Balls will be provided, but we ask for a small donation of £1.00 per person (payable to the course organiser) in October to cover the cost of these for the year.

Format: Course or activity without teaching

About us: The course coordinators have been playing table tennis with U3AC and coordinating this course for a number of years.

FIT 22: Table tennis (Tuesday am)

Organiser: Alistair Lovegrove

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

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

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

Places: 30

Start date: 12 Oct

Table tennis is good exercise and beneficial for hand-eye co-ordination, but the main objective is simply to have fun. The group encompasses a wide range of ability. Don't worry if you haven't played for many years as you'll soon pick it up again. Although the Sports Centre have a limited number of bats available, most members bring their own. Balls will be provided, but you will be asked for a small donation of £1.00 per person (payable to the course organiser) in October to cover the cost of these for the year. Kelsey Kerridge charge is £2.50 per session. We play every Tuesday morning except the odd date when the sports centre needs the room for other activities.

Format: Course or activity without teaching

About me: I have been playing table tennis with U3AC for the past 5 years and strive to arrange the session so that everyone has a good time.

FIT 23: Table tennis (Tuesday pm)

Leader: John Fairclough

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

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

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

Places: 30

Start date: 12 Oct

Table tennis is a delightful game, good exercise and useful for hand-eye co-ordination but the main objective is to enjoy it. The standard varies a great deal. Don't worry if you haven't played for many years, you'll soon pick it up again. Bats and balls are provided by the venue and the cost is £2.50 per session. Continues until first week of June then merges with Table tennis (Tuesday am).

Format: Course or activity without teaching

About me: I have run the course for several years and can give tuition if necessary.

FIT 24: Table tennis (Friday)

Coordinator: Jonathan Clough

Day and time: Friday 09:30 - 11:30

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

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 28

Start date: 15 Oct

Have fun, make friends and get fit playing table tennis. All levels of play welcome as we try to pair off newcomers with more skilful players. We play doubles which can be fast and furious! Your skills will soon improve and there will be lots of laughs. You will need your own bat and white balls only are provided so if you prefer colour bring your own. Wear loose sports clothes and bring a drink (water is available on site). Please note that an additional volunteer is needed to open up the hall once a month. Please contact the Office if you would be prepared to do this.

Format: Course or activity without teaching

About me: Jonathan is a recreational table tennis player and looks forward to seeing members from the old Friday afternoon group as well as anyone new who wants to join us.

FIT 25: Short tennis

Coordinators: BarbaraAnn Patterson, Michael Priestley & Hilary Atkinson

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

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 18

Start date: 14 Oct

Short tennis is a smaller indoor version of tennis played with junior rackets and foam balls. The game is easy to pick up and ideal for the active older player. The serve is under arm and we play doubles so you always have help and support. You will need your own junior racket (KK have a couple of rackets for hire if required). Come and play - I am sure you will enjoy it - it is a great game!

Note: There is an additional fee of £35.55 payable on application (approx. £1.32 per session). There is also a £1.50 fee payable on entry to the venue or you can join KK for £18.40 per annum (£0.68 per session). Total approx. £2 per session.

Format: Course or activity without teaching

About BarbaraAnn: I have enjoyed playing Short tennis for the past 10 years and would like to introduce it for the enjoyment of others.

FIT 26: Tennis (Summer term)

Organisers: Alistair Lovegrove & Paul Pinnington

Day and time: Thursday 12:00 - 13:30

Venue: Cocks and Hens Cambridge Tennis

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

Places: 16

Start date: 14 Apr

We will be playing social tennis on Thursdays at The Cocks and Hens Tennis Club on Grantchester Road. All are welcome.

Note: There is an additional fee of £35 to be paid to the U3AC Office on application. You will be asked to make a small contribution to the cost of balls at the beginning of term. To be able to run this course we will need a minimum of 16 members to join the group. Please note: the session will take place at the slightly later time of 13.00- 14:30 on 26 May.

Format: Course or activity without teaching

About Alistair: I have been playing tennis with the U3AC group for the past 5 years and we try to make sure that everyone has fun.

FIT 27: Walking 6 miles - Monday (weekly)

Coordinator: Ray Howarth

Secretary: Di Barton

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

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

Places: 28

Start date: 11 Oct

Monday: 6-6½ miles - 3 terms.

Walks will be between 6 and 6½ miles, lasting about 2½ hours including a short break. These Monday walks are for committed walkers who are prepared to walk in all seasons. Members are encouraged to offer walks. Walking boots and waterproof clothing are essential. We usually meet within approx. 15 miles of Cambridge. Communication with members is normally by email so please provide an email address when applying for the group. Note: The group will walk on the bank holiday in May.

Format: Course or activity without teaching

About Ray: I have a long experience of walking in the area motivated by an interest in topography and local history.

FIT 28: All-year walking - Tuesday (weekly)

Coordinator: John Smith

Day and time: Tuesday 10:00 - 13:00 throughout the year

Places: 90

Start date: 05 Oct

Tuesday 6.5 to 7.5 miles - 51 weeks.

Assuming Coronavirus restrictions have eased, the intention is to return to operating in two groups. Both groups will visit the same range of walks and pubs, normally one week apart. We walk 51 weeks of the year starting at 10.00 and finishing around 12.30 including a 10-minute midway comfort break. Walks are generally within 20 miles of Cambridge. Dogs are welcome but owners are responsible for their behaviour. Appropriate clothing and footwear are essential. We use pubs for lunch and parking. Car sharing is encouraged for reasons of economy and parking is sometimes limited. Communication by email is essential. The master library of walks, available through the U3AC website, covers almost 100 different routes.

Format: Course or activity without teaching

About me: I've been an avid climber, mountaineer and hill walker for 50 years and a member of this Tuesday group for the past 3 years.

FIT 29: Walking for pleasure - Tuesday (fortnightly)

Leader: Graham Cox

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

Places: 45

Start date: 12 Oct

Tuesday: 5-6 miles – throughout the year.

This friendly, fortnightly walking group usually meets at a pub within 15 miles of Cambridge. We set off at 10:00 and walk at a moderate pace for 2½ hours with a short rest. We walk throughout the year. Dogs are welcome under the responsibility of their owners. Most of us end the walk with lunch at the pub.

Format: Course or activity without teaching

About me: I have many years' experience of hiking alone, with the family and with various groups. I joined this group a few years ago under Graham Kirkup's excellent leadership.

FIT 30: 4 Mile walking group -Tuesday (fortnightly)

Coordinators: William Peters & Dieter Benziger

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

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

Places: 29

Start date: 12 Oct

Tuesday: 4 miles - 3 terms.

These walks on alternate Tuesdays are for committed walkers who enjoy walking in all weather. We try to do walks of about 4 miles within a radius of 10 miles of Cambridge, and at a speed generally under 2 mph. Walks will mostly start at a pub so that lunch may be had after the walk. Members are encouraged to lead and to do a recce of a chosen walk prior to the walk day. Stout footwear and suitable waterproof clothing are essential, and a walking pole or two is/are advisable. Car sharing is encouraged. Communication is by email.

Format: Course or activity without teaching

About us: Dieter and Bill have many years walking experience with Cambridge Rambling Club and have run this course for two years.

FIT 31: Gentle walking group - Wednesday

Co-leaders: Jane Quigley & Mike Quigley

Day and time: 3rd Wednesday of the month 10:30 - 13:00

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

Places: 30

Start date: 20 Oct

Wednesday: 3 1/2 - 4 miles - 3 terms.

This group is for committed members who enjoy walking at a gentle pace to allow time to appreciate the countryside and ambience of the walk. Walks are no more than 3.5 - 4 miles long in total and avoid stiles and difficult paths as far as possible. All walks are within a 20-mile radius of Cambridge and usually commence at a village pub or suitable lunch venue. Members are encouraged to lead and recce walks prior to walk day. Suitable waterproof clothing and footwear are essential. Communication is by email. Car-sharing is encouraged when possible. Note: If necessary, social distancing guidelines will be observed. Dogs will only be permitted if kept on a lead at all times.

Format: Course or activity without teaching

About us: We took over the coordination of this group in Oct 2020. We appreciate the wonderful walks available in Cambridgeshire and enjoy sharing them.

FIT 32: The Wednesday walkers (weekly)

Leaders: David Robinson & Rosemary Lass

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

Length of course: 3 terms. Autumn (9 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 40

Start date: 20 Oct

Wednesday: 5-6 1/2 miles - 3 terms.

Our walks are between 5 and 6.5 miles and last about 2 hrs 30 mins: a moderate distance at a moderate pace.

Members are encouraged to contribute by proposing and leading walks but there is no obligation or expectation placed on members to do so. It is fine to join the group just for the walks, to discover parts of the countryside around Cambridge you never knew and to enjoy the company! The group normally meets at a pub where the walk starts and ends. There is then an opportunity to take lunch at the pub if you wish. Start points for the walks are within about 20 miles of Cambridge and most nearer. Car sharing is encouraged. Communication is preferably by email so please provide an email address if you have one. Format may be varied if Covid-19 situation demands.

Format: Course or activity without teaching

About us: This will be our 9th year leading the group.

FIT 33: Easy rambling - Thursday (fortnightly)

Organisers: Alistair Greenhill (Green group), Len Freeman (Yellow group), Ian Gartshore, Lesley Greenhill, Roz Mays & Anne Fleming

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

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

Places: 70

Start date: 14 Oct

Thursday: 5-6 miles - 3 terms.

Walks between 5 and 6 miles, starting at a pub within 15 miles of Cambridge and lasting 2.5 hours. Walking is on alternate Thursdays with members divided into two groups, Green and Yellow. The groups walk in all weathers. Stout footwear and outdoor clothing are essential and a stick is advisable. Each walk is followed by a pub lunch, optional but enjoyable. Communication is by email. Walkers are asked to check emails before each walk in case of changes, eg severe weather. Note: There will also be a short introductory meeting at the start of the first walk. Allocation to Groups and each term's programme of walks will be emailed to members beforehand. We hope to also organise an optional spring walking break. Note: This course will be modified or postponed to comply with any social distancing guidelines in place.

Format: Course or activity without teaching

About leaders: All the leaders have experience of leading walking groups over a period of years.

FIT 34: Rambling - Thursday (weekly)

Coordinator: Trevor McCann

Day and time: Thursday 09:30 - 14:00

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 80

Start date: 14 Oct

Thursday: 10-11 miles - 51 weeks of the year.

The group normally walk for 51 weeks of the year. We will be following social distancing and group meeting guidelines. Most walks are within 30 miles of Cambridge, in all compass directions, so there is a good variety of countryside to be enjoyed – some walks are pretty flat, but over the years we have found a fair number of slopes here and there to provide a bit more of a challenge. And of course, on occasions, there can be a ploughed field to cross! We aim to walk for 10-11 miles at an average speed of approx. 3.4-3.5mph. Shorter walks are for existing group members only. Appropriate clothing and footwear are essential. When and where possible we will use pubs for lunch.

Format: Course or activity without teaching

About me: I have been walking with this group for more than 10 years

FIT 35: Walks using public transport - Friday (Summer term)

Organiser: Ursula Stubbings

Day and time: Friday 10:30 - 13:00

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

Places: 20

Start date: 29 Apr

Friday: 5-7 miles - 1 term.

This group is aimed at members who do not drive or have no car. The walks start at a location reachable by bus or train from central Cambridge, at roughly 10.30 am depending on transport times. They start and finish at a bus stop or station, although some members stay for a pub lunch where there is one conveniently located. We walk at a reasonable pace and the walks vary from approximately 5-7 miles in length. The walks are led by different, experienced walk leaders. Please bring a snack.

Format: Walking group

About me: Keen walker

FIT 36(z): Yoga

Tutor: Orsi Marton

Coordinator: Helen Staden

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

Venue: Zoom

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

Places: 15

Start date: 13 Oct

This yoga class is designed for ages 50 and up (however, there are limited props available for modifying postures, so if you are experiencing mobility problems, the class may not be as accessible) who are regularly active and looking for an opportunity to integrate more stretching and breathing into their weekly practice. Orsi is a certified yoga and pilates teacher, also certified to teach restorative and therapeutic yoga/pilates forms. The format will be that of a regular yoga class lasting one hour, including breathing techniques with a period of gentle warm up, regular yoga postures and a period of gentler poses and final relaxation.

Note: There is an additional fee of £56 to pay for the tutor, payable on application.

Format: Taught course or activity

About Helen: Coordinator and yoga enthusiast

FIT 37: Yoga - self help

Coordinator: Janet Scally

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

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

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

Places: 9

Start date: 13 Oct

This is a self-help group and each member suggests a pose. We practise a wide range of yoga poses including stretching, balancing and relaxation to increase suppleness and flexibility. You will need to wear loose clothing and bring a non-slip mat. It is only open to experienced practitioners who are willing and able to suggest and carry out different poses.

Format: Course or activity without teaching

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

FIT 38: Swimming

Coordinator: Mike Quigley

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

Venue: Leys School

Length of course: 3 terms. Autumn (9 weeks), Spring (9 weeks), Summer (7 weeks)

Places: 20

Start date: 12 Oct

There is a traditional 25m school pool with 1m shallow and 2m deep ends and no lane division. The complex has communal changing rooms with showers. Parking is available on site at the Sports Hall a 5 to 10 minute walk from the pool. There is no tuition or organised activity. Most people swim lengths but the time is entirely your own. Swimming is a solitary activity but we are a friendly group and all are welcome. A free trial swim can be arranged. There will be no sessions during school half-terms: 26 Oct, 15 Feb & 31 May.

Note: There is an additional fee of £96.00 payable on application which covers the hire of the pool and lifeguard. Please note that in order for Swimming to run, a member of the group will need to volunteer as coordinator. Please contact the Office if you would be prepared to do this.

Format: Course or activity without teaching

FIT 39: Rock climbing group

Organiser and tutor: Ian Steen

Day and time: Thursday 10:00 - 16:00

Venue: Big Rock Climbing Centre

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 20

Start date: 14 Oct

The Rock Climbing group has run successfully since 2010. We climb at one of two Big Rock indoor climbing centres in Milton Keynes. These are brilliant for both beginners and experienced. Occasionally, we also climb outdoors. We meet in or close to Cambridge and car share for the 45 minute drive to Milton Keynes. We share the cost of fuel and there is an entry charge at Big Rock. We are a friendly open group, working together and helping each other. We welcome newcomers with a basic level of fitness and run coaching sessions. Some of us started to climb recently and others climbed when younger and have come back to it. We find that most people can learn to climb safely. But, we reserve the right to exclude people if after tuition, we are not confident that they can climb safely.

Format: We offer tuition and coaching if required, but mostly we climb independently taking responsibility for our own safety

About me: Ian Steen is a Rock Climbing Instructor, Climbing Wall Instructor and Summer Mountain Leader.

Gardens and Gardening

GDN 01: Botanic Garden group

Organiser: Cathy Jennings

Day and time: 2nd Friday of every month (Oct - Sept)
10:00 - 12:00

Venue: Cambridge University Botanic Garden

Places: 40

Start date: 08 Oct

This group visits the Botanic Garden every month throughout the year, sharing our interest, knowledge and pleasure as we observe the calendar changes. On each visit we will break up into smaller groups, led by monitors who are members of the group, and the programme will ensure that we visit all parts of the garden, known and lesser known, as well as the seasonal highlights. Before each walk notes and route map are circulated by email, as is all other communication. Note: Entry to the Garden is subject to the normal fee, so if you join this group it makes economic sense to become a Friend.

Format: Discussion

About me: I am keen but not an expert. Our visits draw on the interests and experience of all the members, who are encouraged to share their knowledge and enthusiasm.

GDN 02: Just vegetating (Spring term)

Tutors: Mike and Kate Day

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

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

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

Places: 17

Start date: 17 Jan

The course will study the history, background, importance, culture, and nutritional content of vegetables including modern breeding aims and commercial and gardening growing methods. In addition, we will encourage participants to share and discuss experiences with vegetable recipes and cooking methods.

Format: Lectures combined with discussion and sampling of recipes

About us: Mike was vegetable trails officer at NIAB

GDN 03: Practical gardening

Coordinators: Gillian Perkins & Anne Kent

Day and time: 3rd Friday of the month 10:30 - 12:15

Venue: Member's home (Different houses)

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

Places: 20

Start date: 17 Sep

Whether you are experienced or new to gardening, this group is for keen gardeners. We meet monthly on the third Friday from September, with a break December-February, then through to July. We visit each other's gardens, share our experiences, discuss current jobs and any other perennial problems. Over coffee we might exchange plants, catalogues, borrow books and make plans. It does not matter how large/small your garden is, how developed, or how blank a canvas. You don't have to host a meeting if you don't want to. We shall divide the course into 2 groups of 10, and then send you the relevant information. The first meeting for both groups will be on Friday 17th September, when we shall plan visits for the rest of the year.

Format: Discussion

About Gillian: I'm a plantaholic, entirely self-taught. I'm forever re-planning borders so I can cram in yet more flowers and veg into our typical suburban garden.

GDN 04(z): U3AC garden group

Coordinator: Margaret Nimmo-Smith

Day and time: Alternate Tuesdays, 14:00 - 16:00

Venue: Zoom

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

Places: 40

Start date: 12 Oct

Established in the early 80s the Garden group is one of the longest running groups in the U3AC. Garden enthusiasts meet to enjoy talks by individual gardening experts and by members of the group, with occasional sessions devoted to group discussions on topics of special interest. In the Summer term we arrange visits to local (usually members') gardens and a coach trip to gardens and nurseries further afield. We welcome members who are enthusiastic about gardens and plants, but no experience necessary. Dates: 12 & 26 Oct, 9 & 23 Nov, 7 Dec; 25 Jan, 8 & 22 Feb, 8 & 22 Mar. N.B. There will be an additional charge of £10 per head towards speaker expenses payable at the first meeting either by BACS, cash or cheque payable to Margaret Nimmo-Smith.

Format: Mixture of guest speakers, occasional group discussion and garden visits

About me: I have been a keen gardener all my adult life, helped organise other horticultural groups, give gardening talks and worked at Monksilver Nursery.

Geography

GEO 01(z): Overland to India 1965-70

Tutor: Rob Howard

Day and time: Monday 11:10 - 12:10

Venue: Zoom

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

Places: 25

Start date: 11 Oct

At this time, travel was possible through the Middle East where many countries have since become difficult to visit. The author, who is a retired architect, has lectured on Islamic buildings, will use slides of many of these, and also landscapes and people, to illustrate and stimulate discussion.

Format: Seminar

About me: An architect with an interest in travel and historical buildings. Previous U3AC lectures were on Islamic architecture.

GEO 02(z): World regional geography - The Islamic world

Tutor: Roy Doyon

Day and time: Monday 16:15 - 17:15

Venue: Zoom

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

Places: 20

Start date: 11 Oct

This is a general course on global regions, which is essentially an A-level geography class. We will initially look at aspects of the physical and human environment by which we can compare and evaluate regions. These aspects include climate distribution, physiographic regions, population dynamics and socio-economic indices to include theories of economic development, and current political issues. Using these factors we will then examine Northern Africa and the Middle East regions. We will examine the role of petroleum, water resources and the Islamic schism. This class is a repeat of a course taught last year.

Format: Lecture

About me: I'm a former professor having taught at a mid-western university in the United States. This will be the third year I've offered this course.

GEO 03(z): World regional geography - The SubSahara African region

Tutor: Roy Doyon

Day and time: Monday 13:15 - 14:15

Venue: Zoom

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

Places: 25

Start date: 11 Oct

This is a general course on global regions, which is essentially an A-level geography class. We will initially look at aspects of the physical and human environment by which we can compare and evaluate regions. These aspects include climate distribution, physiographic regions, population dynamics and socio-economic indices to include theories of economic development, and current political issues. Using these factors we will then examine the SubSahara African Region. In addition to the geographic aspects cited above we will examine the role of ethnicity, religion, and a brief survey of the historical and political influences.

Format: Lecture

About me: I was a lecturer in geography at a mid-west university in the United States and taught this course every semester.

History

HIS 01: A woman of no importance?

Tutor: Carole Pook

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 11 Oct

This is a repeat course from Spring 2021. We will look at the careers of ten women who were overlooked in their time or subsequently despite their achievements in science, literature, politics, social reform.

Format: Lecture

About me: I am very interested in the lives of women in the past and want to present them to you in a stimulating and interesting format.

HIS 01(z): A woman of no importance?

As for HIS 01 but attending via Zoom.

Places: 10

HIS 02: About herbal medicine

Tutor: Christine Thirkettle

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

Venue: U3AC (Red room)

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

Places: 18

Start date: 13 Oct

This course looks at the use of herbs in medicine through history. Topics include the use of herbs in ancient civilisations, early medieval Britain, monasteries and Arab scholars, rivalry between surgeons, physicians and herbalists, Paracelsus, Culpeper, herbal texts and physic gardens. Later subjects from the 1800s and 1900s:- new herbal movements mainly from the US, the beginnings of modern pharmacy, the fall and rise of interest in herbalism and big Pharma's involvement with herbs. We will look at some of the important plants along the way. The final week we will discuss medicinal herbs and herbalists in Britain today. No previous knowledge assumed. The course is mainly about the Western herbal tradition.

Format: Lecture

About me: U3AC tutor for several years: I have a scientific background and an interest in the history of plants and gardens.

HIS 02(z): About herbal medicine

As for HIS 02 but attending via Zoom.

Places: 18

HIS 03(z): Ancient Egyptian history

Leaders: Martin & Helga Harnor

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

Venue: Zoom

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

Places: 30

Start date: 13 Oct

This course will introduce you to Ancient Egyptian history. Some prepared material will be presented at the beginning of each session on the following themes: The Egyptian World, Pre-Dynastic Egypt and the Three Kingdoms. There was a period of more than 3000 years of relatively stable government of Egypt under the Pharaohs. There will be an opportunity for discussion of the ideas presented. There is no requirement for previous experience in this subject. There is no set text as the course is based on many books about Ancient Egyptian history.

Format: Taught course or activity with opportunity for discussion

About us: My wife and I have a life-long interest and have studied and read extensively about the Ancient Egyptians. We have visited Egypt and the British Museum.

HIS 04(z): Anglo-French relations

Tutor: Gerald Goldstone

Day and time: Wednesday 09:30 - 10:45

Venue: Zoom

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

Places: 24

Start date: 13 Oct

This title includes a play on words - in the course I will be relating stories about relations between this country and France over the past thousand years or so - though the emphasis will be on more recent centuries. We will cover cultural and economic issues as well as politics. No previous knowledge of the subject is required. Class members will be welcome to contribute stories from their own areas of interest if they wish.

Format: Lecture and discussion

About me: I am a retired History teacher with fifteen years' experience as a U3AC tutor

HIS 05: Australian history to federation (Summer term)

Tutor: Jim Henry

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

Venue: U3AC (Blue room)

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

Places: 15

Start date: 29 Apr

The course will begin with a discussion concerning the first Australians - the Aborigines and how and when they got there. This will lead to an investigation of Europeans entering the wider world - from ancient times to Cook's voyages in the 1770s. The first fleet and its problems, the early governors and the Rum Rebellion, the age of MacQuarie, inland exploration and the establishment of other colonies, the convict system, the sheep industry, the Gold Rush, self-government and federation are other topics that will be examined. If time allows some discussion of twentieth century Australian history and society may be possible.

Format: Lecture

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

HIS 06: Bavaria, the "different" German Federal State - open the curtain and have a look! (Spring term)

Tutor: Rolf Meyer

Day and time: Tuesday 11:15 - 12:40

Venue: U3AC (Red room)

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

Places: 16

Start date: 18 Jan

Bavaria is the biggest German Federal State by size and has a very long history which is much longer than the history of Germany as a country. Bavaria has changed from an ancient duchy to a modern and very prosperous part of the current Germany. The history of Bavaria covers glorious times (e. g. the famous "fairy tale" King Ludwig II), the end of its independence (Bismarck's unification of Germany), the dark Nazi years and Hitler's affection for Bavaria as well as the development as a federal state since 1946. We will look into Bavaria's history, society & culture, political developments and economy. A glance at Bavaria's regions will complete the journey. Many Bavarians consider their state "different" to all other federal states of Germany. In this course we will try to discover if there is a reason for this. Maybe it's just imagination?

Format: Lecture

About me: I'm a retired manager from Munich and have lived in the UK since 2010. During my professional career I worked as a Management Executive in HR and Personnel Development.

HIS 07: Biographies

Convenor: Tony Read

Day and time: Friday 10:45 - 12:15

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

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

Places: 17

Start date: 15 Oct

This is a group led by its members. Each week a class member will present to the group their chosen subject. There is no set format, presentations vary in style ranging from those using PowerPoint to those given in a less formal, conversational style. The talks usually last up to forty-five minutes. Subjects this year ranged widely through authors, mariners, politicians, artists, scientists, instigators of social change and less well-known people representative of their time in history. A lively discussion inevitably ensues.

Format: Seminar

About me: I've been a keen member of the group for a few years. The range of subjects/people presented never fails to amaze me.

HIS 08: Britain begins (Summer term)

Tutor: Sheila Farrant

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 27 Apr

The title is taken from the book by Barry Cunliffe and in the latter half of the course we will look at some of the maps he provided re the UK. Initially we will briefly look at the period 3-2 million years ago, then progress to the last 1 million years noting the changes taking place in tool-making etc, our views regarding Neanderthal and Homo Sapiens contacts etc. looking in particular at the UK.

Format: Taught course or activity

About me: My interest in archaeology stems from my student days doing Arch and Anth here in Cambridge.

HIS 09: Cambridge history and the wider context

Leader: David Berkley

Day and time: Thursday 11:00 - 13:00

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

Places: 20

Start date: 14 Oct

The highly influential religious and secular history of Cambridge. Influences in/out of Cambridge from/to the Western World. Specifically - monasteries, Renaissance, Reformation, Puritans, Cromwell, Wilberforce. Simeon and missionaries. F. Bacon. Science - (Newton, Darwin, discovery of the electron, 1st splitting of the atom, world's 1st computer, DNA). University/college educational system. World's 1st Debating Society. College visits - S. Sussex, Trinity Hall, King's, Magdalene, Jesus, Emmanuel, Pembroke, Queens', St Johns and Trinity College. Church visits - Round Church, GSM, St Edwards. Architecture. Other buildings eg. Old Divinity School and Gates of Humility, Virtue and Honour. Student pranks. Meet 1st week at U3AC when the programme will be given out.

Format: Learning as we walk round town and visit colleges

About me: In teaching after 12 years in business and always intensely interested in history, both secular and religious, explaining why society is as it now is.

HIS 10: Cambridge history and the wider context (Spring term)

Leader: David Berkley

Day and time: Thursday 11:00 - 13:00

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

Places: 20

Start date: 20 Jan

Repeat of HIS 09.

Format: Learning as we walk round town and visit colleges

About me: In teaching after 12 years in business and always intensely interested in history, both secular and religious, explaining why society is as it now is.

HIS 11: Catal Hoyuk (Spring term)

Tutor: Sheila Farrant

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 19 Jan

Catal Hoyuk is a town of 10,000 people, artists, sculptors, farmers, hunters and toolmakers that flourished 9,000 years ago for over 2,000 years. First excavated by Mellaart 1961-65 then continuing under Hodder from 1993 it has transformed our understanding of our far past. This course attempts to give a brief description of the site and some of the questions raised.

Format: Taught course or activity

About me: In 1965 I studied Arch and Anth in Cambridge when Catal Hoyuk exploded onto our scene and have been fascinated since by it.

HIS 12: Christian origins and the early church

Tutor: Jim Henry

Day and time: Wednesday 13:00 - 14:15

Venue: U3AC (Green room)

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

Places: 15

Start date: 13 Oct

The course will begin by attempting to examine the sources and historicity of the books of the Old Testament - especially the Pentateuch. All books of the OT will be discussed as will the intertestamental period and first century Judeah. The gospels, the historical Jesus and the early centuries of the church will also be considered as will Egyptian, Zoroastrian and Greek influences on Judaism and early Christianity. A history of the Popes and the Papacy also form part of the course. The approach is historical and rational and questions and discussion will be encouraged.

Format: Lecture and discussion

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

HIS 13: Early Irish history

Tutor: Michael J Murphy B.A. Dip.Ed. M.A.

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 21 Oct

The philosophy behind this outline course of Irish history is: interest - pure and simple. What does it mean to be Irish? This course will examine the history, language, culture and geography that has made them from the Celts in ancient times to Cromwell in the 17th Century. Any general history of Ireland will be useful, but the course will be self-contained - no text necessary.

Format: Lecture

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

HIS 14: Edward III 1312-1377, The Black Prince and the age of chivalry

Tutor: Chlöe Cockerill

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 16 Nov

This course will cover the reign of Edward III, who came to the throne aged fourteen in 1327 and reigned for 50 years. His reign was dominated by the Hundred Years War which he sparked off in 1337 by laying claim to the throne of France. The War included the famous victories of the Battles of Crecy and Poitiers involving his eldest son later known as The Black Prince. We shall be particularly looking at their love of tournaments and jousting, the foundation of the Order of the Garter and contemporary attitudes to Chivalry. Then we shall look at how important Chivalry and the Medieval Past became in the nineteenth and earlier twentieth century.

Format: Lecture

About me: I have lectured for U3AC on Heraldry and the Lost Princes. I was an accredited lecturer for the Art Society

HIS 15: Evolution of the modern British army

Tutor: Alistair Mack

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

Venue: U3AC (Red room)

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

Places: 12

Start date: 16 Nov

This course is for anyone with an interest in the modern British Army. First-hand Service experience and/ or prior study are not prerequisites; an inquiring mind and curiosity are welcomed. The course will follow a broadly chronological and thematic approach and examine facts, myths, perceptions and achievements ranging from the well-known to the overlooked or truly remarkable. With an emphasis upon promoting attendees interests the course provides an opportunity to explore a range of social and cultural issues and trends. The focus will be on the 20th and 21st centuries and will be illustrated with case studies including personal and local. The intended outcome is a sound knowledge and understanding of the modern British Army and should help provide learners with the confidence to conduct their own independent research. Recommended reading will be made for each session.

Format: Introductory illustrated lecture leading to discussion / Q&A

About me: A recently retired Army officer, former lecturer at the UK Defence Academy and specialist in professional development and Civil-Military Cooperation.

HIS 16: Explorers and travellers in Asia (Spring term)

Tutor: Janet Pope

Day and time: Tuesday 13:20 - 14:20

Venue: U3AC (Pink room)

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

Places: 30

Start date: 18 Jan

Over the centuries people have travelled in Asia for many different reasons. These journeys were difficult, not only mountains, deserts, wars and bandits but also unhelpful or obstructive bureaucracy. This course will look at several of them, who they were, why they travelled and where they went. They include a Hungarian looking for the homeland of his people; two ladies who both lived to 100 but made very different journeys; two Chinese monks who travelled to India; finding the Tsangpo gorge in Tibet; the Russian exploration of eastern Siberia and, of course, Marco Polo. The times range from the fourth century to the present day.

Format: Lecture

About me: I have been fascinated by Central Asia, Iran and Tibet for many years and have studied many of the interesting people who travelled in Asia.

HIS 16(z): Explorers and travellers in Asia (Spring term)

As for HIS 16 but attending via Zoom.

Places: 10

HIS 17: France since de Gaulle

Tutor: Peter Neville

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

Venue: U3AC (Pink room)

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

Places: 25

Start date: 13 Oct

The course will cover the period from 1958 to the present day. It will highlight episodes such as the story of Mitterand's socialists in 1981, 2002 and the Iraq War, and the emergence of Macron. Academic and cultural aspects will also be focused on. Reading: R. Price 'A Concise History of France'; J. Le Millan 'Twentieth Century France'; P Short 'Mitterand: A Study in Ambiguity'; P Goubert 'The Course of French History'.

Format: Lecture

About me: I have taught French History for many years at university level. Last year I taught the course France 1870-1958 at U3AC.

HIS 18: French history 1453-1945 (Spring term)

Tutor: Adrian Roberts

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

Venue: U3AC (Blue room)

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

Places: 12

Start date: 17 Jan

This course will consider key events in the history of France from the end of the Hundred Years War against England in 1453 to the Liberation of 1944. It will include topics such as the reign of Francis I (the great rival of Henry VIII), the Wars of Religion, Cardinal Richelieu, Louis XIV "the Sun King", the rivalry with Britain in the 18th century, the Revolution and Terror, Napoleon Bonaparte and France in the World Wars. A major part of each session will be use of images and written sources. This course is not for specialist historians but rather for members who have a general interest in France and would like to know more about the history of our nearest continental neighbour. No previous knowledge is required.

Format: Lecture and discussion

About me: I have taught aspects of French history for many years and am fascinated by the country. I also run a course on The Great War for U3AC.

HIS 19(z): An overview of the history of England

Tutor: John Chandler

Day and time: Monday 13:00 - 14:15

Venue: Zoom

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

Places: 6

Start date: 11 Oct

The course was developed for advanced students studying English as a second language who expressed an interest in learning about the country where they now live. It may also be of interest to anyone else who did not cover English History at school (or who has forgotten it!). There will also be the opportunity for ad-hoc social gatherings if requested. The course is delivered by a CELTA-qualified teacher.

Format: Lecture

About me: John Chandler teaches English as a Second Language and has worked in many different countries.

HIS 20: Irish history - Cromwell to Parnell (Spring term)

Tutor: Michael J Murphy B.A. Dip.Ed. M.A.

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 20 Jan

The aim of this course is to analyse Anglo-Irish relations during the eighteenth and nineteenth centuries and in particular the rise of Dublin in the 18th century. Consideration will be given to the emergence of Irish nationalism during this period and the challenges it posed to the Union with England - from the French Revolution and the Fenians to Parnell. There will also be an examination of the Great Famine of the 1840s and its impact on Ireland in the nineteenth century.

Format: Lecture

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

HIS 21: Language labyrinth

Leader: Jenny Knight

Day and time: Thursday 12:30 - 13:45

Venue: U3AC (Green room)

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

Places: 12

Start date: 14 Oct

The winding route through English begins with language itself: its prehistory and theories about its origin. The first step after that is the ancestral languages identified in the eighteenth century, with a focus on our Indo-European group. The journey takes in all the significant languages once spoken in Britain: Celtic variants, forms of Latin, Germanic tribal dialects, Anglo-Saxon, Old Norse and Norman French. Diversions include the development of punctuation, runes, regional dialects and foreign infiltrations into modern English. Evidence from place names, history and literature is examined. At the end of the journey we consider the international significance of English and the evolution of the language in our lifetimes. Class members will be set oral and written tasks and will be expected to take part in discussion and in reading scripts. General knowledge of English history and literature required. Not suitable for those whose English is limited.

Format: Lecture with discussion and activities

About me: After working in publishing as a freelance editor for many years, I enjoy sharing with others what I have learned about the evolution of the English language.

HIS 21(z): Language labyrinth

As for HIS 21 but attending via Zoom.

Places: 8

HIS 22: May thou sink in sin - The medieval Scottish castle (Summer term)

Tutor: Thomas Wilkie

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 26 Apr

Visit the place where Macbeth really died. Tour the tower house of Threave, built by Archibald 'The Grim' Douglas. Find out why Edinburgh Castle was cursed to 'sink in sin' after its infamous Black Dinner - inspiration for the 'Red Wedding' scene in Game of Thrones. Scotland's castles can entertain and inform. They tell tales full of human interest, but they also reflect the country's history - and can even cast light on the roots of Scottish nationalism in our own time. This course, illustrated with photos and maps, will explore both of these themes and tease out from the country's history why it was that Scotland developed an architectural castle style unique in Europe - and then stuck with it for three centuries, long after other countries had ceased to fortify their houses.

Format: Lecture

About me: During lockdown, I rediscovered on my bookshelves one of the standard works on Scotland's castles, rekindling my boyhood interest. This course aims to inform and entertain, with relevance to today.

HIS 22(z): May thou sink in sin - The medieval Scottish castle (Summer term)

As for HIS 22 but attending via Zoom.

Places: 50

HIS 23: Medieval times and people

Tutor: Jim Henry

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

Venue: U3AC (Blue room)

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

Places: 15

Start date: 15 Oct

This is a repeat and extension of last year's course and is an introduction to the Middle Ages. Things discussed will be the fall of the Roman Empire and the barbarian invasions, the medieval church, Charlemagne, and the Holy Roman Empire, the Vikings, Byzantium, Islam, the Crusades, the Norman Conquest and Feudalism. The emphasis is on the early middle ages and the style is informal, with questions and discussion welcomed.

Format: Lecture

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

HIS 24: Mediterranean Turkey

Tutor: Paola Pugsley

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 14 Oct

Mediterranean Turkey squashed as it is between the high Taurus mountains and the sea, is but a narrow strip of coastline most times cut off from the interior and looking out to the big wide world. The east Mediterranean was a very busy place from early times and that's where some of the ideas came from. Come and have a look for yourself: no previous knowledge required. We shall start from the west with those intriguing Lycians and end up in Antioch now a Turkish town but with quite a variegated past.

Format: Seminar

About me: People may be visiting that part of the world and my aim is to equip them with some essential background

HIS 25(z): Military history circle

Coordinator: Harry Belsey

Day and time: Wednesday 10:30 - 12:15

Venue: Zoom

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

Places: 45

Start date: 13 Oct

The Military history circle has been in existence since 1996 and is now Zoom based. Members are encouraged to give talks on aspects of military history in which they are interested. Members have presented a wide range of interesting subjects covering conflicts from different periods of time and from different parts of the globe. Presentations are followed by a discussion and the subjects are chosen by individual members. There is no compulsion for members to make presentations. New members are welcome. No qualifications are required except an enthusiasm for military history and an email address. Members communicate with each other by email. Note: we plan to run Summer term 2022 as a hybrid course; Zoom + classroom.

Format: Lectures and discussion

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

HIS 26: Modern history group (Spring term)

Leader: Hilary Perraton

Day and time: Tuesday 15:50 - 16:50

Venue: U3AC (Red room)

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

Places: 15

Start date: 18 Jan

This is a group run by and for its members, coming up for its third year. Each week one member presents to the group on a topic of their choice in any area of modern history: we have ranged in topic from haughty Britain and European history, to Edward Colston, to British and French imperialism; in time from the 17th to the 21st centuries; in place across four continents. Talks last up to about 45 minutes followed by discussion; some have used PowerPoint, some not, in informal discussion. No qualifications required and no compulsion to present, though we need enough volunteers to make it work. New members most welcome. I aim to contact the group during the autumn to agree the programme.

Format: Seminar

About me: Hilary is a former international civil servant who has been writing history books about international students since he retired

HIS 26(z): Modern history group (Spring term)

As for HIS 26 but with a new programme

Places: 5

HIS 27: Mulberry bushes and frosty mornings (Spring term)

Tutor: Iain Hunter

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 18 Jan

Dress in your finest coloured silks while you sip lemon sherbet. Nibble fresh almonds and apricots to the sound of a seductive lute, with no other distraction than a pulsating water-wheel irrigating a paradise garden. Open your eyes, for you are in Al-Andalus, that wide area of the Iberian Peninsula which over 2000 generations of Muslims called home in a golden age which endowed not only Spain but the whole world with new tastes in music, architecture, medicine, philosophy and of course food.

Format: Lecture

About me: I have spent 20 years following Santiago Matamoros to Galicia. On the way I have met many interesting Moors whose story deserves to be told.

HIS 28: Napoleon Bonaparte

Tutor: Adrian Roberts

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

Venue: U3AC (Blue room)

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

Places: 12

Start date: 11 Oct

2021 is the 200th anniversary of the death of Napoleon Bonaparte, one of the most instantly-recognisable and controversial individuals in European history. Praised as an enlightened reformer and promoter of economic progress and reviled as a megalomaniac tyrant and warlord, Napoleon's reputation is as much debated today as it was in his lifetime. This course will examine his impact on France, Europe and the world. It will include his rise to power and relationship with the French Revolution, his methods of governing France, his attempts to defeat Britain, his military and political domination of Europe, resistance to his rule and the reasons for his eventual downfall. Sessions will make use of Napoleon's own speeches and writings, the views of his contemporaries and of historians and works of art from the period. No previous knowledge is required.

Format: Lecture and discussion

About me: I am a History teacher by profession and have been running courses for U3AC for the past three years.

HIS 29(z): Postwar (Spring term)

Tutor: Gerald Goldstone

Day and time: Wednesday 09:30 - 10:45

Venue: Zoom

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

Places: 24

Start date: 19 Jan

This course will be a sequel to the 2020/21 course on How the Second World War Ended, but you will not need to have attended that class to participate in this one. We will be looking at how the postwar world developed - politically, economically and culturally - concentrating on the late 1940s and 1950s, but looking ahead to ask what might be an end date for a coherent account of the period - was it 1953 (death of Stalin and end of Korean War), 1962 (Cuban missile crisis), 1968 (unrest everywhere), mid 1970s (end of Vietnam War, death of Mao) or 1989?

Format: Lecture and discussion

About me: I am a retired History teacher with fifteen years' experience as a tutor with U3AC

HIS 30: Rome - The making of the city (Spring term)

Tutor: Charles Bonney

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 21 Jan

This course has now reached the Nineteenth century in the course of which the papacy is deprived of its secular authority and Rome becomes the capital of the kingdom of a united Italy. Our seven fully illustrated lectures will take in the short but hyperactive Napoleonic intervention, with the beginnings of systematic examination of the archaeology of the city; the early promise of modernisation under Pius IX before his exile; the surrender of the city in 1870 to the forces of King Vittorio Emanuele II; the start of the building of Roma Capitale and a second phase of archaeological exploration; and we should get through to the end of the century or a little beyond. As before, we will take note of social and religious conditions and structures within the city and national and international politics without. Members new to the course are welcome.

Format: Lecture

About me: The city of Rome has been my private passion for more than 40 years. I aim to share that with the class.

HIS 31: Rome: The Empire from about AD 150 to the abdication of Diocletian in AD 305

Tutor: David Page

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 13 Oct

The course is a continuation from what was covered in 2020-2021. After a review of the 'reigns' of Trajan (AD 98-117) and Hadrian (AD 117-138) as the 'Empire' reached its height, we will look at Antoninus Pius and Marcus Aurelius (138-180); the disastrous 'reign' of Commodus; the Civil War of 193; the achievements of the Severan Dynasty (AD 193-235) – with its assertive, often ruthless women who, towards its end, ran the empire in the name of 'emperors' in their early teens; the 50-year breakdown of the mid-AD 200s when the empire broke into three; its reunification under men like Aurelian; and the 'new order' of Diocletian (AD 284-305). Included will be a look at the women of the imperial house and the state's interactions with the emerging Church. Newcomers will be most welcome but should contact the tutor before the course begins.

Format: Lecture

About me: I offered Roman history to undergraduates at Trent University in Canada for 39 years - with awards for excellence in teaching. It is a pleasure to continue at U3AC.

HIS 31(z): Rome: The Empire from about AD 150 to the abdication of Diocletian in AD 305

As for HIS 31 but attending via Zoom.

Places: 15

HIS 32: Samuel Pepys - his diary and his world

Coordinators: Sue Woodsford & Linda Saunders

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 13 Oct

A two-part course, the first term an introduction to the Pepys Diary for those unfamiliar with it and the second term a further exploration of the world in which he lived.

Format: Lecture

About us: Linda and Sue are enthusiastic about all things 17th century and have given successful U3AC courses for several years on Pepys and the world in which he lived.

HIS 33: The Cambridge Phenomenon: history and impact of a world-renowned technology cluster (Spring term)

Tutor: Kate Kirk

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

Venue: U3AC (Red room)

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

Places: 15

Start date: 27 Jan

This course is for those wishing to learn more about the history and importance of Cambridge's thriving technology cluster. Christened a 'Phenomenon' by the Financial Times, our small city punches way above its weight. In the digital economy alone, Cambridge has the fifth highest turnover in the UK - ahead of cities such as Birmingham and Southampton. How did it get that way? Based on a range of material, including my two books about the evolution and global impact of the Cambridge Phenomenon, we'll explore how the early technology entrepreneurs got started, the challenges they had to overcome and how the Phenomenon 'grow'd like Topsy'. I'm hoping that at least some of the participants in this series of talks will have first-hand experience from their own careers, so am looking forward to sharing and learning at the same time.

Format: Lecture

About me: I've written, or helped write, several books about the Cambridge technology cluster, entrepreneurship and innovation. Cambridge is world-renowned, often nicknamed 'Silicon Fen', and its growth is a fascinating story.

HIS 33(z): The Cambridge Phenomenon: history and impact of a world-renowned technology cluster (Spring term)

As for HIS 33 but attending via Zoom.

Places: 10

HIS 34: The Great War 1914-19

Leader: Adrian Roberts

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

Venue: U3AC (Blue room)

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

Places: 12

Start date: 12 Oct

This course is for members who would like to learn more about the worldwide conflict which began in August 1914. Topics covered will include the origins of the war, the major campaigns on all fronts, the war at sea and in the air, propaganda, the impact on civilian populations, the peace settlements, the results of the war and how the casualties have been commemorated. Commonly-held views on issues such as military leadership will be examined and questioned. Study of written sources, images and artefacts from the period will form a significant part of the course. Participants will have the opportunity to talk to the group about the experiences of members of their own families in the war. This course is intended for those with a general interest in the Great War rather than for specialist military historians.

Format: Lecture and discussion

About me: I am a History teacher by profession and have led groups to study the battlefields of the Western Front for over 20 years.

HIS 35(z): The history of England AD 410 to 1066

Tutor: Peter Camilletti

Day and time: Wednesday 11:00 - 12:10

Venue: Zoom

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

Places: 25

Start date: 13 Oct

After the departure of the Romans from Britain. The course will cover the 'Dark Ages' and the various theories of how the people we call the Anglo-Saxons arrived, gradually dominated England, and formed kingdoms. As the course progresses the written and archaeological evidence becomes more certain giving us a view of how the development of the powerful Kingdoms of Northumbria, Mercia, and eventually the superpower of Wessex took place. The spread of Christianity is essential to the understanding of this period. We will meet the Kings that ruled these new great Kingdoms. The era of the Viking raids which developed from bloody seasonal raids into outright invasions, then to settlements and changed the character of England will also be covered. The course concludes with the Battle of Hastings, the death of King Harold, and the coronation of Duke William of Normandy as William I of England.

Format: Lecture

About me: I am an enthusiastic amateur historian. This has been a new area of study for me having run a course on the Later Roman Empire and Roman Britain for several years.

HIS 36: The last Plantagenets and the Wars of the Roses

Tutor: Celia Martyn

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 02 Nov

This course describes the end of the Plantagenet dynasty. It focuses on Henry V, Henry VI, Edward IV, Edward V and Richard III, and the wars of the Roses between the Houses of Lancaster and York. It follows on from my previous courses on the Plantagenets, but it is also a standalone course in its own right.

Format: Lecture

About me: I am passionate about medieval history and have recently completed a history degree with the Open University.

HIS 37: The Old Lady of Threadneedle Street: The Bank of England 1694-1946

Tutor: John Keyworth

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

Venue: U3AC (Red room)

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

Places: 16

Start date: 12 Oct

Beginning with the founding of the Bank in the aftermath of the Glorious revolution we shall examine the high and low spots in the development of the institution over 250 years until 1946 when it was taken into public ownership. We shall also look at the evolution of the bank note, forgery and counterfeiting, the buildings on the Threadneedle Street site, the employment of women in 1894, personalities associated or with connections to the Bank including Kenneth Grahame, T.E. Lawrence and Montagu Norman and end with some delightfully scurrilous cartoons of the institution and its denizens from the 18th to the 21st centuries.

Format: Lecture

About me: John Keyworth was Curator of the Bank of England Museum from 1986 until his retirement in 2013.

HIS 38: The personality of nineteenth-century Paris

Tutor: Alan Baker

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

Venue: Emmanuel College (Harrods Room, Queen's Building)

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

Places: 40

Start date: 05 Oct

Nine talks exploring the personality of Paris 1789-1914.

1. Beginnings: the founding of Paris and its growth to 1800
2. Peopling Paris: the making of 'Parisians'
3. Monumentalising Paris: commemorating its past
4. Modernising Paris: rebuilding the city
5. Symbolising Paris: architectural icons
6. Projecting Paris: world exhibitions
7. Enjoying Paris: food, fashion and fun
8. Escaping Paris: (re)discovering nature and the provinces
9. Assassinating Paris?: revolutions, wars and the twentieth century.

Format: Lecture and questions

About me: Alan, author of *Amateur Musical Societies and Sports Clubs in Provincial France 1848-1914* (2017), is a historical geographer with research interests in the society and landscapes of nineteenth-century France.

HIS 39: The Spanish Civil War (Spring term)

Tutor: Nick Coni

Day and time: Monday 13:20 - 14:35

Venue: U3AC (Pink room)

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

Places: 30

Start date: 17 Jan

The war ended 80 years ago but interest in it, in the media in Spain and elsewhere, refuses to die. The course will examine the events leading up to its outbreak, its military course, its convoluted political aspects, its international ramifications, and its aftermath. The Tutor does not claim to be an historian and speaks indifferent Spanish, but has published and given lectures on the subject. We may try to negotiate slots during the Easter break or the Summer term to show a few feature films if there is enthusiasm to do so.

Format: Lecture

About me: Have written some papers in journals about it and lectured on the subject

HIS 40: What's the point of the Third Age? (Spring term)

Tutor: Thelma Lovell

Day and time: Thursday 15:15 - 16:30

Venue: U3AC (Blue room)

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

Places: 16

Start date: 20 Jan

We are - some of us at least - living longer than ever. This has created a huge market for advice givers and commentators of every persuasion, from the scientific to the wryly humorous. They are part of a long tradition of reflections, whether philosophical, literary or religious, that aim to fit ageing into life's overall narrative: how do we define it, and how is it experienced? As with all phases of life, the third age is to a large extent a social construct whose shape varies in different epochs and cultures. This course explores a variety of attitudes to the subject from the psalms to the present day, from Cicero to Tolstoy, and from Francis Bacon to Diana Athill. Can we find in the ensuing composite picture any points of universal validity?

Format: Lecture/Discussion

About me: An experienced tutor with a background in classics, the arts and cultural history, I have made a particular study of responses to ageing.

HIS 41: The ascent of man (Spring and Summer terms)

Leader: John Abbott

Day and time: Tuesday 15:35 - 17:05

Venue: U3AC (Orange room)

Length of course: 2 terms. Spring (10 weeks), Summer (3 weeks)

Places: 10

Start date: 18 Jan

The title alludes to Darwin's *Descent of Man*, and repeats the much-acclaimed series commissioned by David Attenborough on BBC2. (It complemented *Civilisation*.) Jacob Bronowski took 3 years travelling the world tracing the development of human society through its understanding of science. He had a rare grasp of science, but also its historical and social context. He disliked the dichotomy of the arts and the sciences, and was uniquely qualified to take on this *magnus opus*. You may remember the original series, and book, and welcome the opportunity to explore again:- *Lower than the Angels*, *The Harvest of the Seasons*, *The Grain in the Stone*, *The Hidden Structure*, *Music of the Spheres*, *The Starry Messenger*, *The Majestic Clockwork*, *World within World*, *The Ladder of Creation*, *The Drive for Power*, *Knowledge or Certainty*, *Generation upon Generation*, *The Long Childhood*. Each week we'll look at one 50 min programme/theme, forming the basis for about 35 mins discussion.

Format: Discussion

About me: I have led courses on many themes. I relished this Series when aired on TV, and it stands the test of time; a retrospective look will help us find fascinating insights.

HIS 41(z): The ascent of man (Spring and Summer terms)

As for HIS 41 but attending via Zoom.

Places: 10

Investment

*** See also: OTH 04 U3AC investment club and OTH 05: Third Way investment club*

INV 01: Investment matters

Leader: John Abbott

Day and time: Alternate Fridays, 12:15 - 13:30

Venue: U3AC (Green room)

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

Places: 10

Start date: 22 Oct

The aim of the course is to improve our skills in managing investments, made more important by low interest rates. The range of options for safe and profitable investment is enormous, but with knowledge and commitment it is possible to 'beat the market'. We learn as much from each other as from media and sales promotional material, useful as this is for background intelligence. We'll look for insights into how successful investors operate, and try to identify the upcoming regions and sectors. We'll start discussing the issues of the day, financial, political and economic and their implications for the market and for investors like us. We'll evaluate the range of products, shares, funds, investment trusts, ETFs, trackers, bonds, which private investors normally consider. We'll then share thoughts and experiences on how our portfolios are performing and so, in the spirit of reciprocity, members should be active investors. Please contact the leader before enrolling for this course.

Format: Discussion

About me: Having run Current affairs classes for many years and recently Finance Matters, I think I am getting the hang of it!

INV 01(z): Investment matters

As for INV 01 but attending via Zoom.

Places: 6

INV 02: Virtual investment club

Leader: Geoffrey Forster

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

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 14

Start date: 14 Oct

The course is similar to an investment club but will use 'virtual' money rather than 'real' money. Individual shares will be researched at each meeting, and members can also propose shares that seem interesting from an investment point of view. Buy/Sell decisions are made in Teams, and each Team will start with the same initial investment portfolio and the same money for investment. At the end of the course, we will all learn from the decision-making processes of each Team. Course members will need to access the internet between meetings, and all the websites used by the course will be 'free to use'.

Format: Discussion

About me: I was a member of a successful investment club for over 5 years, and led the Virtual investment club last year.

Languages - Ancient and Classical

BAB 01: Babylonian and Assyrian 1 (Spring term)

Tutor: Nicholas Postgate

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

Venue: Staircase I Room 1, Neville's Court, Trinity College

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

Places: 6

Start date: 17 Jan

Babylonian and Assyrian are twin dialects of Akkadian, a Semitic language which was written in cuneiform between about 2500 and 0 BC. The course will begin with an introduction to the grammar, and we will then progress to reading selections in cuneiform script from the law code of Hammurabi. We will discuss access to work tools and other reading at the first session.

Level: Introductory

Format: Taught course or activity

About me: I taught Akkadian (=Babylonian+Assyrian) for more than 20 years at the university here, and co-edited the only affordable Akkadian-English dictionary.

BAB 02: Babylonian and Assyrian 2 (Autumn and Summer terms)

Tutor: Nicholas Postgate

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

Venue: Staircase I Room 1, Neville's Court, Trinity College

Length of course: 2 terms. Autumn (10 weeks), Summer (7 weeks)

Places: 6

Start date: 11 Oct

This course is aimed at those who already know Akkadian (whether from U3AC classes or otherwise). The texts to be read will be agreed after consultation with participants possibly conducted at the end of the 20/21 Summer term.

Level: Intermediate and Advanced

Format: Taught course or activity

About me: I taught Akkadian (=Babylonian+Assyrian) for more than 20 years at the university here, and co-edited the only affordable Akkadian-English dictionary.

GRC 01: Classical Greek

Coordinator: Anthony Melville

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

Venue: Member's home, CB1 8RW

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

Places: 9

Start date: 15 Oct

We shall continue to read Homer's 'The Iliad'.

Level: Advanced

Format: Course or activity without teaching

About me: I have convened this group since 2007.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

GRC 02: Classical Greek self-help reading group

Coordinator: Mike Fay

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

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 11 Oct

This course offers enjoyable, collaborative sessions reading and orally translating the Odyssey with Books 7, 8 and 9 on this year's agenda. Newcomers are welcome; previous participants have studied Classical Greek for five or more years. A key text has been Homer: Odyssey I-XII, edited by W B Stanford (Bristol Classical Press). Dictionaries used include Liddell and Scott's Greek-English Lexicon, Cunliffe's Lexicon of the Homeric Dialect and Autenrieth's Homeric Dictionary, with the new Cambridge Greek Lexicon about to appear. Internet sources, e.g. the Perseus Digital Library, offer help with lexis (links to online dictionaries) and even parsing, while commentaries by Geoffrey Steadman can be found online free of charge. To extend existing knowledge or revive dormant skills one might try Greek Beyond GCSE by John Taylor (Bristol Classical Press). For additional information please contact Mike Fay (phone or email).

Level: Working towards A level or equivalent reading skills

Format: Self-taught course or activity

About me: I am a former teacher and translator of French and Spanish and have been studying Greek at U3AC since 2015.

GRC 02(z): Classical Greek self-help reading group

As for GRC 02 but attending via Zoom.

Places: 2

GRC 03: New Testament Greek

Tutor: Hilary Goy

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

Venue: Member's home, CB4 2AB

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 15

Start date: 15 Oct

We shall read and explore the content and language of a selection of texts from the New Testament and other related authors. We can decide not only what we read but also when and how often we meet. The aim is to enjoy, appreciate and expand our knowledge of this seminal literature. In person or Zoom as convenient for participants as there are facilities in house for mixed meetings. You do not need to specify on application.

Level: Any

Format: Seminar

About me: I am an old Classics teacher, still captivated by the literature and culture of the Ancient World.

LAT 01(z): Beginners Latin

Leader: Louise Riley-Smith

Day and time: Tuesday 15:35 - 17:05

Venue: Zoom

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

Places: 8

Start date: 12 Oct

If you've always wanted to learn Latin, or have rusty school Latin, this course is for you. We will explore, at beginners' level, Latin grammar (while having fun!) and the cultural background to Roman life as found in Pompeii. We will read simple stories designed for beginners, translating them when we need to. Good pronunciation will be encouraged. We will be using the Cambridge Latin Course Book 1 (CUP Fourth Edition 1998. Paperback). ISBN 978-0-521-63543-1 with additional material.

Level: Beginners/rusty

Format: Discussion

About me: I have enjoyed teaching Latin to adults and children for over forty years. I have a degree in Latin and French (St Andrews University) and an Adult Education Teaching Certificate.

LAT 02: Latin: 'Let's continue!'

Tutor: David Page

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

Venue: U3AC (Blue room)

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

Places: 10

Start date: 12 Oct

A continuation of last year's course for 'Beginners'. We'll pick up with the study of classical Latin by turning to Book II of the 'Cambridge Latin Course' (with any reviewing of material in Book I if the class feels it's needed). We will encounter some new 'constructions' and, of course, new vocabulary. The scene will also change to Roman Britain with a new set of characters. 'Newcomers' will be most welcome, but it is hoped that priority will be given to members of the 2020-2021 'first-year' class. The tutor will provide supplemental handouts to the book (for which there may be a very small charge). Let's have fun exploring even more Latin together in a friendly, interactive atmosphere!

Level: Post-beginners

Format: Seminar

About me: Exploring Latin with U3AC members brings the same enjoyment as with students in Canada over 39 years at Trent University - with awards for excellence in teaching.

LAT 02(z): Latin: 'Let's Continue!'

As for LAT 02 but attending via Zoom.

Places: 2

LAT 03: Latin: 'Let's do a third year of Latin together!'

Tutor: David Page

Day and time: Thursday 10:15 - 11:45

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 14 Oct

A continuation of last year's second-year course 'Let's continue!'. After some quick reviewing (if needed) of the main points in Book II, we will move on with enthusiasm into Book III of the Cambridge Latin Course. There will be new, exciting 'constructions' and, of course, new vocabulary. While 'newcomers' will be very welcome, priority will be given to members of the 2020-2021 class. The material of Book III will be supplemented, as before, with handouts (for which there may be a small charge) prepared by the tutor. Let's have fun exploring more Latin together and challenging ourselves in a friendly atmosphere!

Level: Beyond-Intermediate

Format: Seminar

About me: Exploring Latin at different levels with U3AC members is even more fun than doing so with undergraduates over 39 years - with awards for teaching - at Trent University (Canada).

LAT 03(z): Latin: 'Let's do a third year of Latin together!'

As for LAT 03 but attending via Zoom.

Places: 4

LAT 04: Latin: Continuing our Latin studies together for a fourth year

Tutor: David Page

Day and time: Monday 10:00 - 11:25

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 11 Oct

After reviewing some of the main 'constructions' in Latin using 'the subjunctive' we met in Book III of the Cambridge Latin Course, we will move on to Book IV where we will meet more usages taking us close to everything needed for Latin GCSE and beyond. Again we will encounter a wide range of new vocabulary. Every effort will be made to give priority in enrolment to those in last year's third-year class, although new members will be welcome. Again there will be handouts to supplement Book IV (for which there will be a small charge). It is hoped that we will also look at a few simple passages of Latin from Roman writers as a diversion from the 'text-book'. Please retain your handouts for Book III, if you have them. Let's continue to have fun and challenge ourselves doing more Latin!

Level: Post-Intermediate

Format: Seminar

About me: Studying Latin with U3AC members is even more fun than with undergraduates during my 39 years of teaching - with awards for excellence in teaching - at Trent University (Canada)

LAT 04(z): Latin: Continuing our Latin studies together for a fourth year

As for LAT 04 but attending via Zoom.

Places: 4

LAT 05: Latin: Studying book V of the Cambridge Latin Course - and more

Tutor: David Page

Day and time: Friday 14:25 - 15:45

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 15 Oct

This is a continuation course aimed at providing members of last year's course with an opportunity to do a fifth year of Latin together, working through Book V of the Cambridge Latin Course. We will also tackle some selected prose and verse passages (provided by the tutor) taken from leading Roman writers of the classical period. Newcomers will be most welcome but should contact the tutor before the course begins. As before, the tutor will also supply supplementary materials (for which there may be a small charge) to Book V and material on any important 'constructions' not covered by Book V. We should at the end of the course be at, at least, GCSE level. Let's continue having fun in a friendly atmosphere as we explore more Latin!

Level: Post-intermediate

Format: Seminar

About me: Offering Latin at U3AC remains a great pleasure, building on 39 years of doing so in Canada at Trent University - with awards for excellence in teaching.

LAT 05(z): Latin: Studying book V of the Cambridge Latin Course - and more

As for LAT 05 but attending via Zoom.

Places: 4

LAT o6: Advanced Latin

Tutor: Mike Fay

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

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 11 Oct

This class aims to cover similar ground to the final year of an A level course, with grammar, translation Latin-English and (optionally) English-Latin, and readings from Classical authors. The main textbook will be John Taylor, Latin Beyond GCSE, Second Edition, Bloomsbury 2016.

Authentic Latin readings broadening the selection in the textbook, together with some notes, vocabulary and translations, will be made available digitally, e.g. via pdf file. In addition to exercises from the textbook, optional translation into Latin will draw on Richard Ashdown and James Morwood, Writing Latin, Bloomsbury 2007 and more venerable textbooks with their keys. 1-2 hours preparation between classes expected. Optional resources: a dictionary such as Cassell's Latin-English/English-Latin. If you have any queries, please contact Mike Fay by email or telephone before term starts for guidance and support.

Level: Advanced (roughly A level)

Format: Taught course or activity

About me: I'm a retired teacher and professional translator of French and Spanish and have been building on my O Level Latin at U3AC since 2014, learning through teaching!

LAT o6(z): Advanced Latin

As for LAT 06 but attending via Zoom.

Places: 2

LAT o7: Advanced Latin self-help group

Coordinator: Mike Fay

Day and time: Wednesday 14:15 - 15:15

Venue: U3AC (Blue room)

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

Places: 10

Start date: 13 Oct

We are a group of keen Latin students building our expertise in Latin in a sociable way through mutual self-help. A typical class involves reading aloud and translating selected, annotated extracts from Classical authors and working through grammar topics and exercises. 1-2 hours of home study is required each week, depending on previous learning and desired progress. A key textbook will be P Ruth Taylor Briggs (2000), Via Plana, Graduated Readings in Advanced Latin (Bristol Classical Press). Likely readings will include extracts from Aeneid Book 4; Caesar in Britain (de Bello Gallico 4 and 5); Horace, Odes; and Cicero, Pro Milone. Access to a dictionary such as Cassell's Latin-English/English-Latin and a grammar such as Kennedy's Revised Latin Primer is recommended. We also use freely available Internet resources including online dictionaries. For further information and guidance about the course, texts and other resources, please contact Mike Fay.

Level: Roughly A Level equivalent and upwards.

Format: Self-taught course or activity

About me: I am a former teacher and translator of French and Spanish and have been building on my O level Latin at U3AC since 2014.

LAT o7(z): Advanced Latin self-help group

As for LAT 07 but attending via Zoom.

Places: 2

LAT o8: Latin (re-)discovered

Coordinators: Alan Durham & Tom Dyson

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

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 8

Start date: 11 Oct

We will continue our reading of some of the classics of Roman literature, beginning with Rudens by the playwright Plautus, and taking in works by Ovid, Cicero, Juvenal, Tibullus, and others. Copies of the texts will be provided. We take it in turns to read and translate from the texts, but this is not compulsory.

Level: A-Level onwards

Format: Self-taught course or activity

About us: We are a self-help group, sharing our knowledge and experience.

Languages - Modern

ARB o1: Arabic language

Tutor: TBC

Coordinator: Kim Wallis

Day and time: Friday 10:55 - 12:25

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 8

Start date: 15 Oct

We are a small group of Arabic language students with mixed intermediate levels of experience. New class members are very welcome indeed, and having a basic level of Arabic is advisable. We cover general conversation as well as written, listening and reading exercises. There will be an additional fee of £50 per term for our Arabic Tutor's time, and this is payable at the beginning of each term.

Level: Intermediate

Format: Taught course or activity

About Kim: I am one of the students in our Arabic group, as well as the class coordinator.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

DUT 01: Dutch improvers

Tutor: Marina McCann

Day and time: Thursday 12:00 - 13:30

Venue: U3AC (Orange room)

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

Places: 7

Start date: 14 Oct

Reading is the main part of the course, but there will be about 20 minutes for conversation. The course is for people who have some basic knowledge of the Dutch language and would like to learn more. First, we'll read short stories/novellas. We'll prepare at leisure an agreed number of pages at home and take turns on the day to read in Dutch and translate into English. Help with pronunciation will be available throughout. All comments about the stories, language, grammar etc., will be in English. Material: dictionary for work at home. Cost per book if applicable. Conversation: each week, one of the participants will be invited to offer a short talk about a chosen subject, known in advance. The others will then have the opportunity to comment/ask questions.

Level: Basic to medium level of reading

Format: Reading/speaking

About me: I am from Brussels, Belgium, where Dutch was my second language. I have used it in many different contexts.

DUT 01(z): Dutch improvers

As for DUT 01 but attending via Zoom.

Places: 1

FRE 01: French conversation

Tutor: Frances Sell

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

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (7 weeks), Spring (10 weeks)

Places: 10

Start date: 18 Oct

I am a fluent French speaker but am not technically bilingual! Also, I make mistakes! The condition for joining the group in October is to be able to 'get by' in French.

Level: Intermediate

Format: Discussion

About me: I lived and worked in France for 40 years, returning to the UK in 2008 to live in Ely.

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 11 Oct

This is a continuation of last year's course, but new members are also welcome. There will sometimes be a little grammar work, but we will spend most of the time reading, translating and discussing articles in the French language magazine 'Rendez-vous', which contains items and interviews on current affairs, as well as feature-length articles on culture, history, and social issues - not forgetting 'humour'. Please note that we will be covering the same material as the Wednesday afternoon 'Rendez-vous' class (FRE 03) - so don't apply for more than one. You will need to take out a year's subscription to the magazine, which comes out every other month. Please call the tutor for further information about this. Unfortunately I will have to miss the last two weeks of the Autumn term, but I anticipate that the classes can still go ahead.

Level: Intermediate

Format: Part taught, part self-taught

About me: BA Hons in French and English literature. Worked in France for two years in the 1970s.

FRE 02(z): Lisons 'Rendez-vous' - Monday

As for FRE 02 but attending via Zoom.

Places: 4

FRE 03: Continuons 'Rendez-vous' - Wednesday

Coordinator: Margaret Provis

Day and time: Wednesday 15:20 - 16:35

Venue: U3AC (Orange room)

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

Places: 10

Start date: 13 Oct

This is a continuation of last year's course, but new members are also welcome. There will sometimes be a little grammar work, but we will spend most of the time reading, translating and discussing articles in the French language magazine 'Rendez-vous', which contains items and interviews on current affairs, as well as feature-length articles on culture, history, and social issues - not forgetting 'humour'. Please note that we will be covering the same material as the Monday afternoon 'Rendez-vous' class (FRE 02) - so don't apply for more than one. You will need to take out a year's subscription to the magazine, which comes out every other month. Please call the tutor for further information about this. Unfortunately, I will be away for the last three weeks of the Autumn term, but I anticipate that the classes can still go ahead.

Level: Intermediate

Format: Part taught, part self-taught

About me: BA Hons in French and English literature. Worked in France for two years in the 1970s.

FRE 02: Lisons 'Rendez-vous' - Monday

Coordinator: Margaret Provis

Day and time: Monday 15:45 - 17:00

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

FRE 03(z): Continuons 'Rendez-vous' - Wednesday

As for FRE 03 but attending via Zoom.

Places: 4

FRE 04: Play-reading in French

Organiser: Jenny Jump

Day and time: Thursday 15:15 - 16:30

Venue: U3AC (Blue room)

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

Places: 8

Start date: 14 Oct

Do you enjoy reading plays? Do you enjoy reading in French? This is a one-term course to do both. You will need a reasonable proficiency in reading French and a slight dramatic bent! We will start with the play 'Art' by Yasmina Reza in the French edition, which is widely available to order online (ISBN 978-2-210-75447-8. Book shops would need a little longer to get it in.

Level: Intermediate

Format: Course of activity without teaching

About me: I have been leading French courses for several years for U3AC and have a background in teaching French and English.

FRE 05: Modern French novels 1

Organiser: Margaret Provis

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

Venue: U3AC (Blue room)

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

Places: 10

Start date: 13 Oct

Nous lisons des romans à voix haute, à tour de rôle, et faisons des réflexions tantôt littéraires, tantôt personnelles. Le roman que nous lirons en premier sera 'Le Sang des Atrides' de Pierre Magnan.

Level: Good intermediate

Format: Reading (aloud) around the room, and discussion

About me: BA Hons in French and English literature. Worked in France for two years in the 1970s.

FRE 05(z): Modern French novels 1

As for FRE 05 but attending via Zoom.

Places: 2

FRE 06: French grammar intermediate

Tutor: Jill Tatham

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

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 16

Start date: 15 Oct

You will need to be roughly O level standard to get the most out of this course. We will spend about a third of the lesson each on grammar and pronunciation, reading/translating and listening in this relaxed and friendly class. From time to time we watch a short film. We will be using Practice in French Grammar (2nd edition, with blue and red cover - other editions will not do) by Michael Gross, published by Nelson Thomas. It is sadly out of print, but copies are available on the internet. Heffers can obtain copies, but would have to charge a handling fee.

Level: roughly O level

Format: Taught course or activity

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

FRE 07: Express yourself in French

Tutor: Sylvia Hearn

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

Venue: U3AC (Blue room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 16

Start date: 14 Oct

The aim of the class is to help you put aside your inhibitions and speak French more freely. You will be encouraged to talk briefly to the class in French on any subject you choose, which may lead to questions and discussion. You will be gently corrected for grammatical and pronunciation errors, so that you can make your meaning clear. There will be some teaching about these aspects of language, time for informal conversation, as well as a chance to dip into our library of condensed novels and short stories.

Level: Post GCE

Format: Taught course or activity

About me: I enjoy enabling people to get access to their perhaps neglected ability to speak French.

FRE 08: Translation: Vous revoir

Tutor: Jill Tatham

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

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 16

Start date: 15 Oct

This relaxed class is suitable for a variety of levels, but you need a reasonable working level of French. It is a fun way to brush up rusty language, get to grips with varying constructions and expand vocabulary. We read a sentence each (with help with pronunciation if necessary) and translate it into English. We will be reading 'Vous revoir' by Marc Levy, a modern, lively, quirky novel. We will be about half way through the book by October, but new members will be welcome, and I will provide a synopsis at the beginning of term. Contact me for exact details of which page we will be starting on.

Level: Roughly O/ A level, but rusty would do

Format: Taught course or activity

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

FRE 09: Cercle français

Coordinator: Alan Birch

Day and time: Tuesday 14:10 - 15:30

Venue: U3AC (Red room)

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

Places: 18

Start date: 12 Oct

Nous parlons français tout le long des cours, il faut donc savoir parler assez couramment. Les activités sont variées et peuvent couvrir des discussions sur les actualités, des exercices, et des débats. À chaque session, deux membres du groupe à tour de rôle choisissent et mènent les activités. Il est donc demandé un peu de préparation préalable à ce moment là, mais rien d'autre.

Level: Advanced

Format: Course or activity without teaching

About me: I have coordinated the Cercle français for some years.

FRE 10: Les grandes oeuvres du théâtre français vu à travers le prisme du Théâtre National Populaire

Tutor: Arlette Kendall

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

Venue: U3AC (Yellow room)

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

Places: 20

Start date: 12 Oct

Le TNP c'est Jean Vilar l'homme de théâtre le plus important de la seconde moitié du XXème siècle. Le TNP c'est le théâtre de la diversité ouvert à tous et centré sur le texte lui seul détenteur de son sens profond. Nous parcourerons avec lui le répertoire à travers les époques, pierre angulaire du théâtre. Textes admirables et prenantes actions dramatiques réconcilient le théâtre et la littérature. C'est le triomphe de la littérature sur la scène. Nous suivrons les héros / ines exemplaires à travers l'interprétation des acteurs du TNP (Gérard Philipe, interprète emblématique des oeuvres de Musset, Corneille) Avec le TNP nous ferons la synthèse mythique d'un théâtre exigeant, élitiste et populaire. A travers Corneille, Molière, Racine, Beaumarchais, Musset, Hugo, Jarry, Giraudoux nous réimaginerons le monde et puiserons dans ces trésors pour décrypter l'actualité.

Level: Advanced

Format: Lecture

About me: I am a lover of the French language, Literature and Theatre and wish to pass on my love to others.

GER 01: German beginners

Tutor: Christine Stapleton

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

Venue: U3AC (Blue room)

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

Places: 9

Start date: 13 Oct

This course for complete beginners aims to provide students with the language skills, including some basic grammar, necessary for communicating in everyday situations. We will use the BBC language course Deutsch Plus (ISBN 978-0563519157), but it is not necessary to buy the CD edition as we will work through the recorded material in class.

Level: Beginner

Format: Taught course or activity

About me: I was brought up and educated in Germany and have been teaching German at the U3AC for a number of years.

GER 01(z): German beginners

As for GER 01 but attending via Zoom.

Places: 6

GER 02: German beginners year 2

Tutor: Judy Houghton

Day and time: Thursday 13:00 - 14:15

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 14 Oct

This is a class for second year beginners and we will continue to use Deutsch Plus, a BBC language pack that contains a course book and 4 audio CDs (9780563519157). It is available from book shops and on line from amazon.co.uk. Purchase of the CD edition is optional as we will hope to use the recorded material in class. The class will read German aloud and the tutor will provide periodic handouts for additional vocabulary and grammar practice. The overall aim will be for students to gain an understanding of written and spoken German, to acquire confident pronunciation and to participate in simple German conversation. If you are new to the class please check with the tutor before applying.

Level: Beginners

Format: Taught course or activity

About me: I studied German as part of an Arts degree and have attended advanced courses since. I have been tutoring this class for the last few years.

GER 02(z): German beginners year 2

As for GER 02 but attending via Zoom.

Places: 5

GER 03: German year 3

Tutor: Christine Stapleton

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

Venue: U3AC (Blue room)

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

Places: 9

Start date: 14 Oct

This course is a continuation of last year's German beginners year 2 which was based on the BBC language course Deutsch Plus (2004, ISBN 978-0563519157). We will continue to use this course book and supplement it with other materials where appropriate. New members, who would like to join the class, should contact the tutor before applying.

Level: Third year beginners

Format: Taught course or activity

About me: I was brought up and educated in Germany and have been teaching German at the U3AC for a few years

GER 03(z): German year 3

As for GER 03 but attending via Zoom.

Places: 6

GER 04: German: Als Hitler das rosa Kaninchen stahl

Tutor: Jill Tatham

Day and time: Monday 12:15 - 13:15

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 16

Start date: 11 Oct

We will read and translate 'Als Hitler das rosa Kaninchen stahl', a paperback by Judith Kerr - make sure to buy the German version. We will read it slowly, analysing one or two sentences each week to explain, and sometimes expand on the grammar and I will correct pronunciation where necessary. I have recordings of some parts of the book. The story is based on Judith Kerr's childhood and is episodic, so lends itself to being read slowly in class with no danger of losing the plot. The course is aimed at people with 2 - 3 years of German, and would also be good for anyone wanting to brush up rusty German.

Level: Lower intermediate

Format: Taught course or activity

About me: I have taught German for many years and especially love reading, translation and grammar

GER 05: German intermediate

Tutor: Christine Stapleton

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

Venue: U3AC (Blue room)

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

Places: 9

Start date: 13 Oct

This course is suitable for people who have studied German for about three years. We will use a variety of texts, audio material and a grammar practice book (Schaum's Outlines 'German Grammar' 6th edition, ISBN 9781260120998; 4th and 5th editions can also be used) to develop reading and listening skills, to consolidate grammar and to build up confidence in conversation. Please contact the tutor if in doubt about level required.

Level: Intermediate

Format: Taught course or activity

About me: I was brought up and educated in Germany and have been teaching German at the U3AC for a number of years.

GER 05(z): German intermediate

As for GER 05 but attending via Zoom.

Places: 6

GER 06: Improvers German

Tutor: Friederike Jeans

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

Venue: U3AC (Yellow room)

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

Places: 12

Start date: 13 Oct

We use "Kontakte 3" (yellowish-green) as our book, but we do our own conversation, vocabulary-work and grammar. What is discussed in class should be repeated at home, in form of exercises, given or made up. "That improves the learning process enormously". We have done cases, pronouns, strong + weak verbs in their 3 main tenses, word order and many words! Anyone with even a basic idea about the language is very welcome, it is a friendly, cooperative group.

Level: Intermediate

Format: Taught course or activity

About me: I have taught German at Uni for 20 years and still love it!

GER 07: Eine art stammtisch

Leader: Julia Davison

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

Venue: U3AC (Yellow room)

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

Places: 14

Start date: 13 Oct

This is a continuing course for intermediate-plus students. Some people have sat round our Stammtisch for years but new members are very welcome. I will be leading the group for the first two terms. In the Summer term we will be more flexible and group members will take turns to leading. Jede Woche diskutieren und plaudern wir auf Deutsch. Wir werden auch ein Buch lesen und übersetzen. Manchmal studieren wir sogar Grammatik. Dieses Jahr lesen wir 'Der Vorleser' von Bernhard Schlink, das auf Deutsch und Englisch erhältlich ist.

Level: High intermediate

Format: Taught course or activity

About me: I have always loved speaking and learning about German and Germany since schooldays, a degree and a teaching career.

GER 08: Advanced German conversation

Coordinator: Christine Venn

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

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 14 Oct

General conversation of any subject the group wishes to discuss. A good working knowledge of German is required to enjoy this class.

Level: Advanced

Format: Discussion

About me: Native German, living in England since 1962. It is good for me too, to speak German once a week.

GER 08(z): Advanced German conversation

As for GER 08 but attending via Zoom.

Places: 2

GER 09: Brush-up your German grammar

Tutor: Friederike Jeans

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

Venue: U3AC (Green room)

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

Places: 12

Start date: 15 Oct

We deal with grammar points chosen by the students. We look it up then make sample sentences - at home and in class. Sometimes a student "plays" teacher. Usually we also do some reading (for improvement of the vocabulary) from newspapers or books. Whatever the students bring. Occasional poems lighten up the class. We always speak German in class!

Level: Advanced

Format: Discussion

About me: I've taught German at this Uni for 20 years - and still love it!

GER 10: Deutsche Novellen

Leader: Martin Davison

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

Venue: U3AC (Yellow room)

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

Places: 10

Start date: 15 Oct

The Novelle has been an especially important genre in German literature for the past two centuries. In recent years our small group of enthusiasts has studied works by Thomas Mann, Franz Kafka and Stefan Zweig amongst others. This year I intend to go back into the 19th century but also to advance into the post-war period, which is where we find the first story we are going to read: Martin Walser's *Ein fliehendes Pferd* from 1978. While discussion of the stories will be in English, the texts will of course be read in German. An important, and I hope enjoyable, element of this course is reading part or all of the text aloud in class. So, new members of the group, who will be made very welcome, should note that a degree of reading fluency in German will be necessary.

Level: Advanced

Format: Seminar

About me: Having studied the language at university, I tried to keep my German up over the years and returned to the study of German literature with U3AC.

GER 11: German poetry and prose

Coordinator: Christine Stapleton

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

Venue: U3AC (Green room)

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

Places: 10

Start date: 12 Oct

Our principal focus will continue to be a wide-ranging selection from the best of German writing - from medieval to modern - mainly poetry but also short stories and extracts from plays. The choice of texts is made by class members with some guidance from the coordinator.

Discussion is in English.

Level: Advanced - A level equivalent or above

Format: Discussion

About me: I was brought up and educated in Germany and have had a life-long interest in German literature.

GER 11(z): German poetry and prose

As for GER 11 but attending via Zoom.

Places: 5

GER 12: German translation: Gray

Tutor: Jill Tatham

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

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 16

Start date: 11 Oct

This class is suitable for a variety of levels of ability, but you need a reasonable working level of German. We read a sentence each (with help with pronunciation if necessary) and translate into English. It is a fun way to brush up rusty language, get to grips with varying sentence structures and expand vocabulary. We will be continuing to read 'Gray' by Leonie Swann (ISBN 9783 4424 88315 - make sure you get it in the original German). It is a modern, quirky, light-hearted Krimi set in Cambridge and college life. We will be nearly half way through, but I will provide a short synopsis for newcomers.

Level: Roughly A level, rusty would be fine.

Format: Taught course or activity

About me: I have taught German for many years and especially love reading and translation.

GER 13: Reading German aloud

Convenor: Paola White

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

Venue: Member's home, CB4 3EW

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

Places: 7

Start date: 13 Oct

A self-help group for members with a good knowledge of the language where we take turns in reading aloud works of German literature. We also discuss, preferably in German, both the content or any language point which may not be clear. This year we will read 'Olga' by contemporary author Bernhard Schlink, author of 'Der Vorleser'. This group may appeal to members who have up to now concentrated on grammar and now feel ready to enjoy reading. The book is published by Diogenes and it should be available through amazon.uk.

Level: Really fluent

Format: Course or activity without teaching

About me: Although Italian born I did all my studies in German. I took over this group 20 years ago in order to keep my German alive.

GRM 01: Modern Greek: Elementary A

Tutor: Hazel Hayhurst

Day and time: Monday 10:15 - 11:15

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 6

Start date: 11 Oct

This is a continuation of the Beginners' class which started in 2015. It is therefore NOT suitable for total beginners. Others who know some Ancient or Modern Greek already may find it possible, but please contact the course tutor before applying. We will go on learning the grammar quite slowly with plenty of opportunity to practise. We will concentrate primarily on speaking and listening, but will do some reading and writing as well.

Level: Elementary

Format: Taught course or activity

About me: I am not Greek but I enjoy both learning the language and helping others to discover it.

GRM 01(z): Modern Greek: Elementary A

As for GRM 01 but attending via Zoom.

Places: 2

GRM 02: Modern Greek: Elementary B

Tutor: Hazel Hayhurst

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

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 6

Start date: 11 Oct

This is a repeat of Modern Greek: Elementary A. The same restrictions on class membership apply. It will follow exactly the same pattern and cover the same material.

Level: Elementary

Format: Taught course or activity

About me: I am not Greek but enjoy both learning the language and helping others to discover it.

GRM 02(z): Modern Greek: Elementary B

As for GRM 02 but attending via Zoom.

Places: 2

GRM 03: Modern Greek: Improvers

Tutor: Hazel Hayhurst

Day and time: Wednesday 12:50 - 13:50

Venue: U3AC (Orange room)

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

Places: 6

Start date: 13 Oct

This class has been meeting for several years. We are now concentrating on speaking and listening, with some reading and writing. Grammar is revised and new grammar introduced as necessary. It is not suitable for beginners or those with only very basic knowledge of the language. Newcomers who know some Greek already are welcome. However, before applying please contact the tutor to discuss whether the class is suitable for you.

Level: Upper elementary

Format: Taught course or activity

About me: I am not Greek but enjoy learning the language and helping others to discover it.

GRM 03(z): Modern Greek: Improvers

As for GRM 03 but attending via Zoom.

Places: 2

GRM 04: Modern Greek: Intermediate

Coordinator: Hazel Hayhurst

Day and time: Monday 12:45 - 14:15

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 8

Start date: 11 Oct

This class is for those who already have a reasonably good knowledge of demotic Greek grammar and vocabulary. It is a continuation of the 2020-2021 course Modern Greek: Intermediate (GRM 04). A tutor who is a native Greek speaker is being sought, but until then the class will be a self-help group. Work will be based on the book Ταξίδι στην Ελλάδα (Επίπεδα B1 και B2) which includes reading, writing, listening and conversational exercises, supplemented with additional material. The aim of the course is to help the members to develop a greater facility in spoken Greek. New members should contact the course coordinator before applying, to discuss whether the class is appropriate for them.

Level: Intermediate

Format: Taught course or activity

About me: We enjoy learning the language together and coming to understand more of the culture of modern Greece.

GRM 04(z): Modern Greek: Intermediate

As for GRM 04 but attending via Zoom.

Places: 2

GRM 05: Greek conversation

Tutor: Panos Polihroniadis

Day and time: Friday 13:55 - 14:55

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 8

Start date: 15 Oct

You are on a Greek island, the sun is shining, it is Friday and you want to go to Καφενείο ο Πανος, to meet friends for a chat in Greek, who speak modern Greek, on any topic of the day. OK, you are in the Cambridge office, the sky is grey and drizzling, coffee is not allowed in the classroom, but you know what I mean.

Level: Good command of Modern Greek

Format: Discussion

About me: I am Greek and I enjoy the Greek conversation.

ITA 01: Italian beginners

Tutor: Prof Ricky Selwyn

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

Venue: U3AC (Green room)

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

Places: 15

Start date: 12 Oct

The tutor introduces Italian language and culture. The students will learn to converse in simple Italian, they are introduced to basic grammar and some reading. Students are stimulated through role play conversation, from time to time listening to tapes, CDs. At the end of the course students will be able to communicate in everyday situations. The class could go on into the first weeks of Summer term. Course book Buongiorno Italia - new edition BBC, ISBN 0563 519452.

Level: Beginners

Format: Lecture

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

ITA 02(z): Italian for beginners

Tutor: Caterina Sani

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

Venue: Zoom

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

Places: 10

Start date: 12 Oct

Students will be engaged in a series of activities and role plays to practise the basics of the Italian language. By the end of the course students will be able to introduce themselves, talk about themselves and their families, engage a short conversation with Italians and be able to get by in everyday activities, such as buy something or order at a restaurant.

Level: Beginners

Format: Interactive taught course

About me: I'm an Italian teacher with 20 plus years of experience. I love my job and am looking forward to sharing my language and culture with my students.

ITA 03: Italian self-help

Coordinators: Victoria Woodward & Margaret Toase

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

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 12 Oct

We are a small friendly group whose members have a basic knowledge of the language. Each week we either focus on a topic or listen to a CD recording and follow the text of a simple story (to be chosen from the series Imparare Leggendo CIDEB - livello 2 and 3). The aim of our informal sessions is to encourage confidence in speaking.

Level: Improvers, roughly O/A level standard.

Format: Self-taught course or activity

About us: In normal times, we love going to Italy, and have found that even the smallest smattering of Italian enhances our visits hugely.

ITA 04: Italian intermediate

Tutor: Prof Ricky Selwyn

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

Venue: U3AC (Yellow room)

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

Places: 15

Start date: 12 Oct

The class is for students who have a basic knowledge of the Italian language. They will have the opportunity to revise and reorganise what they already know to gradually learn complex structures of the language. No text book is required, the tutor will provide photocopies for which there is a fee of £5.00 to cover costs payable directly to the tutor. The class could go on into the first few weeks of the Summer term.

Level: Intermediate

Format: Lecture

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

ITA 05: Italian intermediate self-help

Coordinator: Alan Birch

Day and time: Tuesday 12:00 - 13:20

Venue: U3AC (Orange room)

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

Places: 10

Start date: 12 Oct

We use all means available to improve our ability to read, understand and speak Italian. These include newspaper articles, text-books and readers. We assimilate grammar and vocabulary by using the language, not through exercises. There is no tutor, so we are a genuine self-help group. We use recordings of native speakers to help with our pronunciation and listening skills. There will be a small amount of homework every week.

Level: Intermediate

Format: Self-taught course or activity

About me: I have looked after this course for some years and we are all (slowly) learning together.

ITA 06: Italian literature: reading modern novelists

Coordinator: Mary Savini

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

Venue: U3AC (Red room)

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

Places: 12

Start date: 11 Oct

This course gives an opportunity to read, translate and discuss prose works of modern Italian writers. The only requirement is the ability and willingness to read texts aloud. The books will be chosen from the wide spectrum of current Italian literature.

Level: Intermediate

Format: Course or activity without teaching

About me: I lived in Rome, Italy, for over 40 years, and have only recently returned to the U.K. I enjoy sharing the discovery of new books and authors.

ITA 07: Italian conversation (Tuesday)

Tutor: Prof Ricky Selwyn

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

Venue: U3AC (Green room)

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

Places: 15

Start date: 12 Oct

This class is for students with knowledge of the Italian language who wish to maintain and improve their fluency speaking Italian. The topics of conversation are suggested by the students, the tutor, Italian magazines, newspapers and films for which there is a fee of £10.00 to cover costs, payable directly to the tutor. The class may go on into the first few weeks of Summer term.

Level: Intermediate Plus

Format: Discussion

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

ITA 08: Italian conversation (Friday)

Tutor: Prof Ricky Selwyn

Day and time: Friday 13:45 - 15:00

Venue: U3AC (Green room)

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

Places: 15

Start date: 15 Oct

Description as for ITA 07.

Level: Intermediate plus

Format: Discussion

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

ITA 09(z): Italian 2

Tutor: Caterina Sani

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

Venue: Zoom

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

Places: 10

Start date: 12 Oct

This course is aimed at students with an elementary knowledge of Italian (students who can speak at least in both present and past tenses). We will explore more everyday situations, more grammar structures and more culture. By the end of the course, students will be able to interact naturally with Italians.

Level: A2

Format: Interactive course

About me: I'm an Italian teacher with 20 years plus experience. I love teaching and I'm looking forward to sharing my language and culture with my students!

ITA 10: Un'ora con Cesare Pavese (Spring term)

Tutor: Paola Pugsley

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

Venue: U3AC (Orange room)

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

Places: 8

Start date: 20 Jan

Il corso vi propone di leggere insieme l'ultimo romanzo di Pavese 'La luna e i falò' ambientato nel suo natale Piemonte; un paesaggio visto con gli occhi di un emigrante che torna a casa dopo aver fatto fortuna in America e anche attraverso lo sguardo dell'autore stesso (che non è mai stato in America) e che ricorda le sue prime esperienze di vita. È un mondo che già spariva ai tempi della pubblicazione (1950) ed è completamente perso ora. La data di pubblicazione poco prima del suicidio dell'autore fa di quest'opera il suo testamento.

Level: Participants need to have a good understanding of the language and some willingness to read aloud. The book can be easily found on line.

Format: Seminar

About me: I am myself Italian and would like with the class to enjoy a good read and explore the dark side of the Langhe and its recent past

MDN 01(z): Mandarin

Coordinator: Jane Stevens

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

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 14 Oct

This course is a continuation of previous years' courses. It is suitable for lower intermediate students who have had moderate exposure to Mandarin. Teaching covers both spoken and written Mandarin; written Mandarin will involve some knowledge of Chinese characters as well as the Romanised alphabet used in China.

Level: A reasonable basic knowledge required

Format: Taught course or activity

About me: Teachers are Chinese speakers from China currently in the UK.

RUS 01: Russian for beginners

Tutor: Menslu Wakefield

Day and time: Tuesday 11:10 - 12:10

Venue: Member's home, CB4 3RJ

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

Places: 10

Start date: 12 Oct

Russian for beginners is for those who began learning the language in this group last year. We shall continue the second year of learning the Russian language using the textbook 'Colloquial Russian: The complete course for beginners' by Svetlana le Fleming and Susan E Kay. Additional material is used to develop the speech, writing, listening and communication abilities of learners.

Level: Beginners

Format: Taught course or activity

About me: I have been teaching English in Kazakhstan at schools and universities. Russian is my native language along with Kazakh.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

RUS 02(z): Russian language intermediate

Organiser: Margaret Deuchar

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

Venue: Zoom

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

Places: 8

Start date: 12 Oct

This will be a continuation of last year's RUS 03 which will again operate on a self-help basis. The aim will be to develop conversational and reading skills in Russian, with some discussion of Russian grammar. On a rota basis, participants will take it in turns to prepare class sessions, using resources such as podcasts from the internet, and textbooks and reading material as appropriate.

Level: Intermediate

Format: Self-taught course or activity

About me: I am just one of the participants in the course, which was started by Bobbie Heather. We have continued successfully as a self-help course.

RUS 03: Reading Russian

Coordinator: Marina McCann

Day and time: Tuesday 10:15 - 11:45

Venue: U3AC (Orange room)

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

Places: 6

Start date: 12 Oct

This is a self-help group for those who know enough of the language to read Russian fiction. We choose a book by common consent and prepare beforehand an agreed number of pages, which we take turns on the day to read in Russian and translate into English. All discussion is in English. Cost as per book.

Level: Intermediate

Format: Course or activity without teaching

About me: I have been part of this group for many years, and continue to be captivated by Russian literature.

RUS 03(z): Reading Russian

As for RUS 03 but attending via Zoom.

Places: 5

SPA 01(z): Spanish for beginners

Tutor: Christine Stopp

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

Venue: Zoom

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

Places: 15

Start date: 12 Oct

A short Zoom only course for complete beginners. We will work to develop basic speaking and comprehension skills in Spanish using some traditional grammar as well as more 'fun' learning activities. There will be work to complete outside the class and students will be directed towards some of the many online resources available to help enhance their skills. There is a small termly charge for production of resources.

Level: Beginner

Format: Taught course or activity

About me: I am a Cambridge languages graduate and former journalist and secondary school teacher who still enjoys the pleasure of passing language learning on to others.

SPA 02: Advanced Spanish

Leader: Lucila Makin

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

Venue: U3AC (Red room)

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

Places: 10

Start date: 11 Oct

For students who have a good knowledge of the language in general conversation. We will read a novel or short stories in Spanish. We will start with "El otro árbol de Guernica" by Luis de Castresana. The emphasis will be on discussion of the chapters (read in advance) to enhance communication although grammar and other aspects of language will be explained when necessary.

Level: Advanced

Format: Discussion

About me: I come from Buenos Aires and I have been living and teaching in the UK for many years.

SPA 02(z): Advanced Spanish

As for SPA 02 but attending via Zoom.

Places: 6

SPA 03(z): Intermediate Spanish year 5

Tutor: Christine Stopp

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

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 11 Oct

For those who attended last year's Intermediate Spanish year 4. There may be a small number of places for new entrants, who should have an understanding of Spanish grammar to include all the main tenses. There is a small termly charge for the production of resources.

Note: The course will be held partly in person at the tutor's home (CB23) and partly by Zoom. The first five weeks of the Autumn term will be in person, with Zoom sessions during the winter months.

Level: between GCSE and A level

Format: Taught course or activity

About me: I am a Cambridge languages graduate and former secondary schoolteacher who still enjoys the pleasure of passing language learning on to others.

SPA 04(z): Intermediate Spanish year 6

Tutor: Christine Stopp

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

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 11 Oct

For those who attended last year's Intermediate Spanish year 5. There may be a small number of places for new joiners, who should have an intermediate knowledge of Spanish, including all basic grammar. The class will continue to develop Spanish skills, using traditional grammar, some straightforward press and literary texts, and more 'fun' learning activities, including online resources, in a friendly and social group. We will work particularly on speaking skills. There is a small termly charge for production of resources.

Note: The course will be held partly in person at the tutor's home (CB23) and partly by Zoom. The first five weeks of the Autumn term will be in person, with Zoom sessions during the winter months.

Level: Between GCSE and A level

Format: Taught course or activity

About me: I am a Cambridge languages graduate and former secondary schoolteacher who still enjoys the pleasure of passing language learning on to others.

SPA 05(z): Spanish conversation via Zoom

Tutor: Maribel Yoxall

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

Venue: Zoom

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

Places: 10

Start date: 11 Oct

A conversation class for those who have studied Spanish for a number of years and have a good knowledge of grammar and vocabulary. There will be informal discussions with the aim of improving fluency. Our tutor is a native Spanish speaker with many years teaching experience.

Level: Advanced (roughly the first year of A level)

Format: Discussion

About me: I am a native Spaniard, fully qualified teacher, with many years of experience teaching Spanish to adults

SPA 06: La Tertulia de la U3AC

Organiser: Jane Quigley

Day and time: Tuesday 15:45 - 17:00

Venue: U3AC (Green room)

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

Places: 7

Start date: 12 Oct

tertulia: reunión de personas que se juntan habitualmente para conversar o recrearse. (Diccionario de la Real Academia Española) Ahora no es necesario ir a un café de Madrid o Barcelona para aprovecharse de una buena charla en español. Venga a compartir nuestra tertulia de la U3AC. Cada semana nos reunimos para hablar en español. Los temas son varios -cuentos, artículos de revistas, poemas, y por supuesto todos en español. Es necesario un nivel razonable de la lengua, pero lo mas importante no es que hables un español perfecto - es que tengas ganas de comunicar.

Level: Advanced

Format: Discussion

About me: I have an OU degree and certificates from a Spanish language school up to level C1.

SPA 06(z): La Tertulia de la U3AC

As for SPA 06 but attending via Zoom.

Places: 2

SWE 01: Swedish

Tutor: Stephen Wright

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

Venue: U3AC (Yellow room)

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

Places: 15

Start date: 14 Oct

This enjoyable course is primarily for visitors to Sweden and is similar to last year's. Swedish is an easy language for English speakers. We will use the course book 'Complete Swedish' by Dr Anneli Beronius Haake, 2018, ISBN 9781444195101, available from bookshops and online. First, we learn how to pronounce easy and less easy words eg *tåg, sjö, tjugo sju, Kungsträdgårdsgatan, Långstrump, vad roligt!* We then learn how to use simple Swedish when travelling, shopping, and meeting people. Language notes, maps and visitor information will be distributed free. Each session will include an aspect of Swedish life or a well-known Swede. We shall also invite Swedes in Sweden to take part in some classes. They are happy to speak English and Swedish according to the needs of everyone in the group. Learning Swedish is a gateway to all of Scandinavia.

Level: Beginners. CEFR A1 and A2

Format: Interactive, taught course

About me: I usually visit Sweden several times a year and have studied Swedish with Folkuniversitetet. I am a qualified teacher who taught in comprehensive schools for 32 years non-stop.

SWE 01(z): Swedish

As for SWE 01 but attending via Zoom.

Places: 15

SWE 02: Swedish self-help: Third year continuation

Coordinator: Christine Stapleton

Day and time: Alternate Tuesdays, 13:00 - 14:00

Venue: U3AC (Yellow room)

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

Places: 9

Start date: 12 Oct

This follows last year's 'Swedish - Second year continuation' course. All previous students, and others, are welcome. We shall continue to use the course book 'Complete Swedish' by Dr Anneli Beronius Haake, 2018, ISBN 9781444195101, available from bookshops and online. For each meeting, the coordinator will suggest the objectives to be covered from the textbook, starting from Chapter 12, aiming perhaps to cover half a chapter per session. The emphasis will be on understanding written and spoken Swedish.

Level: Intermediate CEFR A2, B1 towards B2

Format: Self-taught course or activity

About me: I travel to Sweden regularly because of family connections there.

SWE 02(z): Swedish self-help: Third year continuation

As for SWE 02 but attending via Zoom.

Places: 6

WLS 01: Reading in Welsh

Coordinators: Helen Parry & Michael Thomas

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

Venue: U3AC (Yellow room)

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

Places: 12

Start date: 12 Oct

The focus of the class will be on contemporary Welsh, made available through a variety of materials provided by the course leaders for which a modest nominal sum may be requested and more extended reading materials such as short stories appropriate for learners. It is expected that class members be willing to prepare, read aloud, translate and to be prepared, in a friendly setting, to encourage each other to practise the spoken language but please note this is not intended as a conversation class as such. Members of previous Welsh classes welcome as well as new members who have as a minimum completed a Beginners course or equivalent. Potential class members are asked to contact the coordinators before applying.

Level: Members should have completed a Beginners course or equivalent as a minimum.

Format: Taught course or activity

About us: Both leaders are Welsh speakers keen to share their enthusiasm and interest in the language with others.

Leisure

LEI 01: Bridge for absolute beginners

Tutor: Fred Peirce

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

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

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

Places: 32

Start date: 14 Oct

Absolute beginners, and those with little experience of playing Bridge are welcome. You will quickly start playing one of the most enjoyable card games in the world. We will cover basic Acol. Learning will be a short lecture, followed by tutored play. It will be challenging, but fun.

Note: the start time is earlier than in previous years. Please do not park in Millington Road.

Format: Taught course or activity

About me: I enjoy playing Bridge, and want to enable others to enjoy it too.

LEI 02: Bridge Street bridge group

Organiser: Katherine Cutmore

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

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 16

Start date: 14 Oct

To join our relaxed Bridge playing group, all you need is to be familiar with the Standard Acol bidding system. We do not play rubber or duplicate Bridge - each game is complete in itself - but we do aim to bid our hands as accurately as possible! We have fun, but at the same time, strive to improve as the time goes on. Partners are chosen on the day, by selecting cards, but we may also change partners during each session.

Format: Course or activity without teaching

About me: I have been playing Bridge for several years and been running the Bridge Street bridge group for the past 5 years.

LEI 03: Duplicate bridge club

Organiser: Fred Peirce

Secretary: Josephine Hunter

Day and time: Tuesday 13:00 - 15:30

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

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

Places: 45

Start date: 12 Oct

This club is intended for any bridge players who want to play duplicate. This is not a teaching class, and members will need to be experienced players. Partners will be chosen randomly at the start of each session except on the occasions when we choose partners. All players are required to play standard Acol with weak No-Trumps. Play should be friendly and fun, as well as competitive.

Note: the start time is earlier than in previous years. Please do not park in Millington Road.

Format: Course or activity without teaching

About Fred: I enjoy playing Bridge, and want to enable others to enjoy it too.

LEI 04: Fledgling bridge

Organiser: Charles Nisbet

Day and time: Friday 13:45 - 16:00

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

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

Places: 60

Start date: 15 Oct

This is NOT a teaching class. A knowledge and use of basic ACOL (weak NT) are essential. If you are out of practice, or are relatively inexperienced, then this is the class for you. We have fun playing rubber bridge in a relaxed and friendly environment where questions can be asked and notes consulted. Our only golden rule is that no player shall ever chide another. If you arrive on your own you can be sure of a welcome and a table to join. Please do not park in Millington Road.

Format: Course or activity without teaching

About me: I have been a member of the Fledgling bridge group for fifteen years and continue to enjoy the company and stimulus of playing bridge in this gathering.

LEI 05: Online bridge league (BBO)

Organiser: Barrie Hunt

Day and time: To be decided between pairs.

Venue: Member's home (Members are given one pair to play online each week. They make arrangements with their opponents directly.)

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

Places: 48

Start date: TBD

This course, developed with the Fledglings during Covid, uses Bridge Base Online (BBO) software for those who find it difficult to attend a conventional U3AC bridge group.

Many players set up a Zoom, Skype or WhatsApp call in parallel to add a social dimension. Matches are arranged so that pairs play different opponents each week - the online equivalent of moving tables. Each match is played in Chicago format and takes around 90 minutes. Suitable for anyone who can play standard ACOL, you can join either as a pair or an individual - in the latter case I will endeavour to find you a partner. Matches may be played at any time by arrangement with your opponents. BBO, Chicago and Zoom are straightforward to learn and I provide supporting sheets as standard. The league is low-key, secondary to enjoyment - pairs are simply identified by letters in the league table.

Format: Course or activity without teaching

About me: I'm an average social player. During Covid I ran a successful online league and the model seemed ideal for those who cannot easily travel for whatever reason.

LEI 06: Rubber bridge club

Organiser: Oliver Cook

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

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

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

Places: 40

Start date: 11 Oct

Members play rubber bridge throughout the afternoon with tables and partnerships being made up on arrival and changing after each rubber. There are no regular partnerships. As with the Fledglings group, there is a wide range of experience and expertise in the group, with the emphasis being on enjoyment and good manners, and less experienced players are very welcome. The class continues to meet on Bank Holidays.

Format: Course or activity without teaching.

About me: This will be my first year of coordinating the club.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

LEI 07: Camsail

Coordinator: Peter Jones

Day and time: Wednesday Monthly 19:30 - 21:00

Venue: Cambridge and County Bowling Club

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

Places: 40

Start date: 13 Oct

An informal group which meets once a month from October to March for presentations by invited speakers or by members. Our subject is all aspects of sailing which includes cruising, racing, or pottering in sailing boats of all types, ages and sizes. Matters of interest will also include: meteorology, navigation, the marine environment and history. All are welcome, though at the second meeting which you attend, we hope that you will join the Camsail club and pay the annual £15 subscription. There is parking, the venue is licenced and there is a friendly convivial atmosphere. Dates: 13/10/21, 10/11/21, 8/12/21, 12/01/22, 09/02/22, 09/03/22. The programme for the 6 meetings can be found on the Camsail website www.camsail.org.uk

Format: Lecture

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

LEI 08: Canasta club

Organiser: Don Kelly

Day and time: Wednesday 15:30 - 17:00

Venue: U3AC (Yellow room)

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

Places: 12

Start date: 13 Oct

Play this exciting card game in a relaxed and welcoming atmosphere. Far simpler than Bridge, with none of that game's formality, Canasta, deriving from South America, is usually played with up to four participants and two packs of cards. Those without any experience of the game are very welcome, with ample opportunity in the early sessions to pick up the basic rules. Come along and have fun.

Format: Taught course or activity

About me: I used to play the game as a child and have a renewed enthusiasm having attended this course for a few years now.

LEI 09: Croquet for beginners (Summer term)

Coordinator: David Rush

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

Venue: Histon & Impington Recreation Ground

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

Places: 10

Start date: 23 May

Croquet is a great way to combine fresh air, fun and a social activity. We will introduce course members gradually to all they need to know in order to spend an enjoyable afternoon playing association croquet. Actual games will start in the first or second week. The course is primarily intended for beginners, or those who have played before but would like a refresher course. The main objective is to introduce course members to the basic techniques and strategies of the game. Each session will include a tea break. There is a possibility of playing on into the summer with the Histon and Impington Croquet Club after the course finishes. As a preparation, we suggest the purchase of a very useful beginner's guide called 'How to Play Croquet', which is available for £4.00 from the Croquet Association website, <http://www.croquetassociationshop.org.uk>

Format: Taught course or activity

About me: David started playing after retirement some eleven years ago and enjoys the social and tactical aspects of the game.

LEI 10(z): Cryptic crosswords for real beginners

Organiser: Mick Jump

Day and time: Thursday 15:30 - 17:00

Venue: Zoom

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

Places: 8

Start date: 14 Oct

Whatever can those clues mean? How can you possibly work out the answers? For those who have felt too daunted to start, here's the friendly, non-critical course for you. We will be using the Telegraph Big Book of Cryptic Crosswords 1, ISBN 9780600635192 £7.99. Please obtain a copy before the course begins, but check the ISBN as there are other books with similar titles! Attendance for the first week of term is crucial as we'll be going through the basic principles together. Thereafter we'll be practising those principles, and we won't really have the time to go back, so if you are unable to attend week one please do not apply.

Format: Taught course or activity

About me: I'm a regular cryptic crossworder and find them a great way to keep the brain ticking over!

LEI 11: Cryptic crossword club

Convenor: Ruth Cook

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

Venue: U3AC (Green room)

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

Places: 16

Start date: 13 Oct

A friendly club for regular crossword solvers. We work in groups, so tips and help can be given to less experienced solvers. All are welcome

Format: Course or activity without teaching

About me: I am a keen crossword solver and enjoy attending the club, where I particularly like the teamwork in solving puzzles

LEI 12: Mah Jong group

Convenor: Rosemary Mathew

Day and time: Monday 12:45 - 14:45

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 11

Start date: 11 Oct

A combination of chance and strategy make for the great enjoyment of this ancient Chinese game which is played using small decorated tiles, and dice. Methods of play differ slightly throughout the world, but we follow the rules set out in The Game of Mah Jong, by Patricia A. Thompson and Betty Maloney (publ. Kangaroo Press. ISBN 978-0-8641-7302-7) and you will need your own copy. (NB we can provide one for £11.) You play as an individual, ideally in groups of 4, but 3 players also make for a good game, and you will experience occasional frustration (!) and frequent laughter. A friendly, informal and not over-competitive atmosphere prevails.

Format: Course or activity without teaching

About me: Having played Mah Jong as a student - many years ago - it was great fun to re-learn the game and make some very good new friends at U3AC.

LEI 13: Modern board games for beginners

Tutors: Peter Campbell & Hans Van der Velden

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

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

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

Places: 12

Start date: 14 Oct

This is an informal, friendly group for learning and playing modern board games. Board games have come a long way since Monopoly and Ludo. The typical modern game involves lots of interesting, competitive decision making over a period of 30 to 90 minutes. Above all playing modern board games is fun. In a friendly and relaxed way we'd like to introduce you to some of the classic modern Euro style board games such as Ticket to Ride, Kingdomino, Sushi Go. Initially we will explain the rules and play specific games in groups of about 4. We will often replay games already learnt. In later classes, group members will have the opportunity to choose what they would like to play or what new games they would like to learn. We will provide the games required. Suitable for those new to board games or anyone just wanting to play more.

Format: Taught course or activity

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

LEI 14: Modern board games (Spring term)

Tutors: Peter Campbell & Hans Van der Velden

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

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

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

Places: 16

Start date: 20 Jan

This is an informal, friendly group for playing modern Euro style board games. We will attempt to organise the games to play in advance via email. We will briefly explain the rules for unfamiliar games before playing. Some exposure to board games or a willingness to learn quickly would be beneficial. We will play games such as Ticket to Ride, Istanbul, Pandemic, 7 wonders. There are many other possibilities. Also class members are welcome to bring along their own games, and if necessary explain the rules to others. Suitable for those already familiar with modern euro style board games or are fast learners. Those unfamiliar with modern board games should go on the beginners course first.

Format: Course or activity without teaching

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

LEI 15: Practical cookery 1

Tutor: Tessa Mitchell

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

Venue: Member's home, CB4 1HG

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

Places: 3

Start date: 14 Oct

Join me in my kitchen to learn a range of practical skills that will enable you to tackle almost any recipe. There is a course recipe book on the course notes section of the U3AC web site, please look at this, as it will give you an idea of the range of dishes we will be attempting. We will also have a good deal of food & nutrition chat and I am willing to adapt and change if there is something you really want to make or cannot eat. You are also welcome to refer to my extensive recipe book collection. For the first lesson I will provide the ingredients if you bring £5.00 and 3 containers. For subsequent lessons you can decide whether or not you want to bring your own ingredients

Format: Taught course or activity

About me: Ex teacher, youth worker trained to teach food and enjoy meeting people

LEI 16: Practical cookery 2 (Spring term)

Tutor: Tessa Mitchell

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

Venue: Member's home, CB4 1HG

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

Places: 10

Start date: 20 Jan

This is a repeat of LEI 15.

Format: Taught course or activity

About me: Ex teacher, youth worker trained to teach food and enjoy meeting people.

LEI 17: Punting (Summer term)

Tutor: Ursula Stubbings

Day and time: Thursday 12:00 - 13:00

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

Places: 5

Start date: 5 May

Only apply for this if you can swim! The basics of punting will be taught. The 5th session will be a 4 hour voyage/picnic/outing. Wear non slip shoes. A towel and change of clothes might be useful. A small charge is payable each week for the hire of the punt.

Format: Taught course or activity

About me: I am a non professional punter with many years experience of teaching.

LEI 18: Drop in scrabble

Organisers: Bridget Evans & Jill Tatham

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

Venue: U3AC (Orange room)

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

Places: 10

Start date: 13 Oct

Come and join us for a friendly game of Scrabble, all levels welcome. We have enough Scrabble sets for everyone.

Format: Course or activity without teaching

About us: We have enjoyed playing Scrabble for many years.

LEI 19: Scrabble

Organiser: Pat Bass

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

Venue: Member's home, CB4 2AB

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

Places: 12

Start date: 11 Oct

This is an informal, friendly group for people who enjoy Scrabble, without being too concerned whether they win or lose! We play in tables of four, and inexperienced players are very welcome. In the past, beginners have developed into skilled players, and watching how more advanced players play helps this. An eye for an anagram is a help! Scrabble dictionaries are useful, and lists of 2 & 3 letter words are available online. No need to bring your own Scrabble set.

Format: Course or activity without teaching

About me: I have been playing Scrabble for 50 years, and running this class for 20, and never tire of it. It is a perfect mixture of luck and skill.

LEI 20: Scrabble - out of town (Summer term)

Organiser: Elisabeth Miles

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

Venue: Member's home, CB25 9HA

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

Places: 7

Start date: 25 Apr

Come and have some fun with a friendly group who enjoy playing Scrabble, and keep those little grey cells working! No previous experience necessary! All equipment will be provided. The venue is a short walk from the number 11 bus route and we can be flexible with the start/end times if necessary. If you are very fit you could take the cycle track from Cambridge. Car parking is free. I am happy to contact any prospective player to answer any questions.

Contingent on prevailing Covid-19 restrictions, Scrabble out of town will be held in DRY weather only, on Mondays at 2pm, at large tables in my garden. Depending on any Covid-19 social distancing regulations that may be in force or relaxed over the Summer 2022 term, I will of course reconsider the number of players and whether or not we would be permitted to meet in the house.

Format: Course or activity without teaching

About me: Scrabble is an enjoyable and amusing game that I've played sporadically since childhood.

LEI 21: U3AC bird club

Organisers: Debbie Ganz & Clare Matthews

Secretary: Jeremy and Jill Aldred

Day and time: Alternate Fridays, 10:00 - 15:00

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

Places: 75

Start date: 15 Oct

The club welcomes both novice and experienced birdwatchers on its all-day visits to reserves throughout East Anglia. Day trips take place every other Friday in term time. Members are keen to share their knowledge and enthusiasm. Car sharing is generally encouraged (Covid-19 restrictions permitting). The programme is sent out to members before the start of each term. In previous years we have organised a longer birdwatching trip in the UK or overseas, a Christmas lunch and a summer get-together - we will restart these activities as soon as we can.

Note: The annual subscription of £2 per member, to cover administration costs, must be paid on application. Some reserves charge an entry fee if you are not a member of the organisation that runs it, e.g. RSPB.

Format: Activity with some teaching

About Debbie: I'm fairly new to bird watching and have learned so much in the 3 years since I joined the Bird Club.

LEI 22: U3AC bowls club (Summer term)

Organiser: Roy Jackson

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

Venue: Alexandra & Beehive Bowls Club

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

Places: 32

Start date: 03 May

Have you ever wanted to play bowls? Well now is your chance. U3AC Bowls Club has a mixture of experienced and novice bowlers and we are pleased to welcome new members in either category. We meet from early May until early September. The green we use is by kind permission of the Alexandra & Beehive Bowls Club. Tuition may be available for complete beginners. Bowls are available for those who need them. Members must wear lightweight shoes with flat soles.

Note: There is an additional fee of £20.00 (+£2 if bowls required).

Format: Course or activity without teaching

About me: I began playing bowls with U3AC as a complete novice in 2012 & have been organising the club since 2013.

LEI 23(z): Birdsong identification (Spring term)

Leader: Olwen Williams

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

Venue: Zoom

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

Places: 100

Start date: 17 Feb

All birds have different songs and this is the best time of year to learn to recognise them, before the leaves are on the trees. This course offers 4 x 1 hour sessions, aiming to introduce around 20 of the locally common birds. It is basic, though requires some knowledge of the birds themselves. (It is definitely not for those who want to discuss the subtle differences between blackcap and garden warbler songs.) You will get the most out of it if you are prepared to revise after each session, by listening to the tapes and also outdoors. There will be lots of repetition. Dates: 17 Feb; 3, 17 & 31 March.

Format: Lecture

About me: I have a higher degree in Natural Science, a passion for natural history and have led U3AC Naturalists Groups for the last 7 years.

Linguistics

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

Tutor: Stella Alderton

Day and time: Friday 09:55 - 11:10

Venue: Zoom

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

Places: 12

Start date: 21 Jan

'It's not what you say but the way you say it'. Do sound values, stress, rhythm, intonation, gesture and fine timing have a greater role in the process of spoken communication than the words and grammar we use? For native and non-native speakers alike, this course will focus on the articulation and broad phonemic notation of our spoken language and explore those features which impact on communication and intelligibility. Members' contributions will be welcomed and no previous knowledge of linguistics is assumed.

Format: Taught course with workshop activities

About me: Through my background in language training I have become increasingly interested in the true criteria for effective communication.

Literature

LIT 01(z): Book group 1

Coordinators: Sharon Camilletti & Margaret Head

Co-coordinator: Elaine Brewis

Day and time: 1st Tuesday of the month 09:45 - 11:00

Venue: Zoom

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

Places: 15

Start date: 05 Oct

Book group 1 reads mainly 20/21st century contemporary fiction and sometimes non-fiction as chosen by members. It is anticipated that each member will recommend a book during the year and then lead the discussion but this is certainly not obligatory! New and returning members are equally welcome. The book for the first meeting of the new academic year is agreed at the last meeting of the Summer term. New members will be informed of the book to be read in good time before the first meeting. Please bring suggestions for future reading to the first meeting of the Autumn term so we can plan ahead. The group often continues to meet during the holiday breaks and often starts the week before the official term start date. Note: The course will be held via video-conference (Zoom) throughout the year.

Format: Discussion

About us: Sharon has coordinated Book group 1 for over ten years and Margaret, as co-coordinator, for the last three. They are joint coordinators of the group. Both enjoy reading a wide range of literary genres chosen by group members and the lively stimulating discussion which follows. Both have a background in education. Elaine Brewis, co-coordinator, joined the group last year.

LIT 02: Book group 2

Coordinators: Alison Miles & Vanessa Connolly

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

Venue: St Laurence's Roman Catholic Church

Length of course: 3 terms. Autumn (3 weeks), Spring (4 weeks), Summer (2 weeks)

Places: 14

Start date: 11 Oct

We are a friendly and diverse group of avid readers seeking to broaden our reading experience. Our discussions are stimulating and fun and different viewpoints are welcomed from all. The books are mainly fiction by 20th and 21st century authors, either written in English or translated. The first book we will read is 'A Country Road, A Tree' by Jo Baker. Members are encouraged to suggest books to read. We take turns to introduce the book for each session but this is not compulsory. The group meets on the second Monday of every month, from October to June.

Format: Discussion

About us: We have been in this group for several years and look forward to seeing new and returning members in October.

LIT 03: Book group 3

Convenor: Brenda Wilson

Day and time: 4th Monday of the month 14:45 - 15:55

Venue: U3AC (Green room)

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

Places: 12

Start date: 25 Oct

Reading is a great pleasure, which is much enhanced when you can share your thoughts with others. That's what our reading group is about. We've been going for a number of years now (we used to be Book group 5) and the format seems to work well. I choose the first book, but then the choice comes from the group, so that our range is always extending: it can be an old favourite, a bright new author, or whatever takes our fancy - some work, some don't, but the discussion is always interesting. This year, I don't have an outstanding book that I desperately want to read, so I'm going to suggest a book I've had on my shelf for some time, and not got round to: Peter Carey's "Amnesia". According to Andrew Motion writing in The Guardian, it is a "deeply engaging book... No other contemporary novelist is better able to mix farce with ferocity, or to better effect". It was first published in 2014 and it's now in paperback. Happy reading.

Format: Taught course or activity

About me: I've been an avid reader all my life and enjoy hearing the views and experience of others.

LIT 04: Book group 4

Leader: Ann Dewar

Day and time: 1st Wednesday (this may vary slightly) of the month 10:30 - 12:00

Venue: Member's home, CB2 0AS

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

Places: 10

Start date: 06 Oct

At our first meeting each member will outline 3 possible books (available in paperback) from which the rest of the group will pick one. Members can specify a month that best suits them and we will agree a programme for the year. Books can be fiction or non-fiction from a variety of genres but must be worth reading and discussing.

Format: Discussion

About me I used to be an English teacher and all my life have been a voracious reader. There is nothing better than curling up with a good book!

LIT 05(z): Addison on Milton

Tutor: Christopher Bristow

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

Venue: Zoom

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

Places: 8

Start date: 14 Oct

(Follow-up to last year's Milton course) Addison on Paradise Lost. The poem was first published in 1667, perhaps the least propitious decade that could possibly have been chosen. The Restoration was at its height, the Puritans who had secured the trial and execution of Charles I were either themselves dead or in disgrace or in great danger, the Commonwealth and all its works despised and derided. Early in 1711 Joseph Addison published 17 essays in The Spectator which claimed for Paradise Lost a uniquely high status that (despite the efforts of Eliot and Leavis) it never afterward lost. Why? And why did Addison's use, in these papers, of a new term, the Sublime, have such an effect on English thinking about poetry and other arts?

Format: Lecture

About me: I have taught for the Cambridge English Faculty for some decades.

LIT 06: An introduction to Marcel Proust's "In Search of Lost Time" (Spring term)

Leaders: Lewis Isaacs & Sarah Ray

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

Venue: Member's home, CB1 2HL

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

Places: 10

Start date: 17 Jan

We are not Proust academics (and haven't read him in French), but we are Proust enthusiasts. We hope to share that enthusiasm with anyone who has always intended to "have a go" at Proust, but has never got round to it. If that description fits, then please join us. We shall be discussing "Swann's Way", his first novel in the series and "Time Regained", his last.

Format: Discussion

About us: Lewis is a Solicitor, Sarah is a retired English teacher; both have read the whole of "In Search of Lost Time".

LIT 07: Carriage rides in Jane Austen's works (Spring term)

Tutor: Marina White

Day and time: Wednesday 13:00 - 14:15

Venue: U3AC (Green room)

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

Places: 14

Start date: 19 Jan

Is it about the journey, or the destination? Does a carriage ride develop the plot or comment on character? Jane Austen's works abound not only with carriage rides, but descriptions of different types of carriages, from the smallest gig to the most comfortable barouche. I will provide two or three carriage rides in advance of each session via a handout. This will be either an extract, or a direction for where to find the text, or a combination of both. At each session, I will begin with some analysis, followed by a facilitated group discussion. The extracts will not be limited to Austen's completed, published novels, but will also include her juvenilia and unfinished works (i.e. Catharine, Sanditon, etc.) Your enjoyment of the course will be increased by your knowledge of the works.

Format: Seminar/Discussion

About me: My MA dissertation subject was 'Walks and Carriage Rides in Austen's Novels'. This course builds on my previous course, The role of 'walks' in Austen's novels.

LIT 08: Classical Greek tragedy in English translation

Leader: Margaret Sakellaridis

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

Venue: U3AC (Yellow room)

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

Places: 14

Start date: 14 Oct

'Women of Trachis' and 'Philoctetes' are two tragedies by the 5th century B.C. Greek dramatist Sophocles. They are full of emotion and address issues of concern at the time, some of which issues still confront us today. For example, is a person in pain ultimately alone in their suffering? How should we respond if a friend asks for help to achieve their death? Deep, dark questions but we shall aim to keep a light atmosphere in our reading and discussions. The required English translation is that of David Raeburn in 'Sophocles: Electra and Other Plays', 2008, Penguin Classics, ISBN 978-0-140-44978-5.

Format: Seminar

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

LIT 09: Contemporary poetry: get to grips with modern poetry (face to face class)

Coordinator: Chris Kington

Day and time: Alternate Thursdays, 12:30 - 14:00

Venue: U3AC (Red room)

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

Places: 14

Start date: 21 Oct

Modern poetry can seem impenetrable and inaccessible. This class may help give you confidence to explore a whole new world. Together we will read and discuss the poems and help each other work out ways of reading and interpreting them. This is a discussion based class led by a tutor who came to poetry through being inspired by other U3AC literature and poetry courses. Late in life I have been thrilled to discover modern poems and poets and endeavour to share this experience. For complete novices and enthusiasts alike. For those who previously took the class we will follow a similar format this year but the content will be different. Some preparatory reading is encouraged. There is no basic textbook although a brief list of helpful titles will be provided.

Format: Discussion

About me: Expert facilitator who enjoys contemporary poetry, samples it widely but is neither an expert on poetry nor an academic.

LIT 10(z): Contemporary poetry: get to grips with modern poetry (Zoom only)

Coordinator: Chris Kington

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

Venue: Zoom

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

Places: 15

Start date: 19 Oct

Modern poetry can seem impenetrable and inaccessible. This class may help give you confidence to explore a whole new world. Together we will read and discuss the poems and help each other work out ways of reading and enjoying them. This is a discussion based class led by a tutor who came to poetry through being inspired by other U3AC literature and poetry courses. For complete novices and enthusiasts alike. For those who previously took this class we will follow a similar format but the content will be different. Some preparatory reading is encouraged. There is no basic textbook although a brief list of helpful titles will be provided. Exemplar material and session notes are provided electronically for each class by the facilitator and video clips and wider reading resources are also suggested.

Format: Discussion

About me: An expert facilitator of group discussion, but not a literary student nor an expert on poetry but simply an enthusiast.

LIT 11: E M Forster (1879-1970) (Spring term)

Tutor: Clare Waterhouse

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

Venue: U3AC (Red room)

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

Places: 12

Start date: 17 Jan

Edward Morgan Forster was an English novelist, short story writer and essayist. During this course we will be considering two of his novels: *A Room with a View* (1908) and *Howard's End* (1910). We will examine the novels individually, in relation to each other and refer to his other novels. In addition, we will explore such themes as: hypocrisy & class differences, sexism, social change, Forster's humanism, symbolism and ageism. We will spend 4 weeks on each novel. At each seminar we will study specific passages and course members will be encouraged to prepare topics for discussion, in advance. We hope to view and discuss Merchant & Ivory's 1985 film of "A Room with a View."

Format: Seminar

About me: Graduate in English & American Literature - have previously taught U3AC courses on Edith Wharton & L P Hartley

LIT 12: Flights of amazing imagination - the worlds of Terry Pratchett and other fantasy genre authors

Coordinators: Clive Gilchrist & Elizabeth May

Day and time: 2nd Tuesday of the month 10:00 - 11:00

Venue: U3AC (Blue room)

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

Places: 12

Start date: 12 Oct

Join us for a light-hearted delve into the works of today's fantasy authors. Each month we alternate between Terry Pratchett and other contributors to this frequently thought provoking genre. You'll be surprised at the issues raised during our sessions! After our session at the U3AC we then go to a nearby restaurant for morning coffee/brunch.

Format: Discussion

About Clive: I've had a lifelong love of science fiction/fantasy and enjoy learning from other people's interpretations of stories in this genre.

LIT 13(z): John Betjeman (Spring term)

Leader: Martin Harnor

Day and time: Tuesday 09:45 - 10:45

Venue: Zoom

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

Places: 18

Start date: 18 Jan

Sir John (Born August 1906 - Died May 1984) was an English poet, writer, and broadcaster. He was Poet Laureate from 1972 until his death. He was a founding member of the Victorian Society and a passionate defender of Victorian architecture, helping to save St Pancras railway station from demolition. He began his career as a journalist and ended it as one of the most popular British Poets Laureate and a much-loved figure on British television. This course is for all who like reading great poetry and would like to learn more about him. There will be a brief introduction to several aspects of his life using published material and then we will read some of his poetry in turn. You are encouraged to bring any of his poems. There will be some analysis of his poems.

Format: Course or activity without teaching

About me: A trained teacher and learning support professional with a life-long interest in literature and poetry, I have run successful U3AC poetry groups for the last four years.

LIT 14: Kipling reading group

Organisers: Christopher Amery, Sandra Fouracre, Leonie Llewellyn, Gill Mallett & John Rushton

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

Venue: Via Zoom (Autumn term) Magdalene College (Buckingham Room) (Spring term)

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

Places: 20

Start date: 12 Oct

We read aloud the works of Rudyard Kipling in turn. After each short story or chapter we pause to discuss and reflect on the passage. Occasionally members of the group make short presentations on relevant subjects. Meetings are usually at Magdalene College (The Buckingham Room) where we gather for coffee and a chat from 10 am onwards and start the reading and discussions from 10:30. After the session some of us occasionally move on to a local restaurant for a coffee and snack. In September we will confirm which book we will be reading in the first term. We suggest that new members obtain a copy of 'The Collected Poems of Rudyard Kipling' published by The Wordsworth Library. Then we will read other books and poetry from Kipling's very extensive repertoire chosen by the group. Kipling was an Honorary Fellow of Magdalene College so it is fitting that we meet there.

Format: Discussion

About us: A small committee has been established to organise the discussion group.

LIT 15: Laugh along with the Ancients

Tutors: Hilary Goy & Stephen Kern

Day and time: Alternate Thursdays, 10:00 - 11:30

Venue: Member's home, CB4 2AB

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

Places: 15

Start date: 14 Oct

Comedy in the Ancient World, from biting political satire to slapstick humour 'Up Pompeii'. We will cover comic drama from Fifth Century Athens to Republican Rome via authors such as Aristophanes, Menander, Plautus and Terence. There will also be showings of comedies through the ages. There are facilities for in person and Zoom participation in house; it is not necessary to give a preference in your application.

Format: Seminar

About us: Two seasoned Classics teachers who are still enthused by their subject and want to share it with others.

LIT 16: Modern European novels

Coordinators: Sue Kington & Maura Bourdon

Day and time: 3rd Tuesday of the month throughout the year including holidays except August and September 10:00 - 11:00

Venue: U3AC (Blue room)

Places: 12

Start date: 19 Oct

We will read modern European novels in translation. The group decides from month to month which books to read. The Modern European novels group has been running for five years and we continue to discover the most amazing literature. Reading work from other parts of Europe challenges perceptions and introduces us to previously unknown authors and their countries. In the present times, although we are not able to travel, we can be taken to other places by reading and stories. This is not a taught group, and we don't ask individuals to 'lead'. We work on the assumption that everyone can contribute equally. Please contact me nearer the start of the Autumn term for the title of the first novel in the next academic year.

Format: Discussion

About us: So many European novels to discover with this group.

LIT 17: Modern European theatre part one

Tutor: Kerry O'Connell

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

Venue: U3AC (Red room)

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

Places: 16

Start date: 13 Oct

To explore modern European theatre by looking at plays, playwrights and key theatre practitioners of the last 150 years. We will be looking at playtexts, videos of plays and hopefully a shared theatre trip. We will explore the rise of naturalism in Ibsen, Strindberg and Chekhov; Irish theatre in Synge and Beckett; Brecht and epic theatre; Pirandello and Dario Fo; Lorca; the theatre of the absurd; Peter Brook; Harold Pinter; the rise of 'physical theatre'. This is to be an extended version of the course I have run in previous years and I see it taking two years to complete it. Instead of looking at fragments of plays as before, we will be exploring complete performances of plays where possible.

Format: Lecture

About me: Retired from 40 years teaching Drama and English at sixth form level.

LIT 17(z): Modern European theatre part one

As for LIT 17 but attending via Zoom.

Places: 16

LIT 18: Passion, irony and social justice in Jane Austen's novels (Spring term)

Tutor: Mike Lynch

Day and time: Monday 12:40 - 13:55

Venue: U3AC (Yellow room)

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

Places: 10

Start date: 17 Jan

19th Century novelists such as Emily Bronte and Charles Dickens deal with profound themes of human love, suffering and social justice in a dramatic manner, while Jane Austen's novels are often regarded as a somewhat gentler form of literature. In this course we shall examine two of her novels - Sense and Sensibility and Mansfield Park - and consider whether Austen deals with the same major themes in ways that are different in style but just as effective in impact.

Format: Seminar

About me: I have a degree in English Literature and enjoy reading Jane Austen's novels.

LIT 18(z): Passion, irony and social justice in Jane Austen's novels (Spring term)

As for LIT 18 but attending via Zoom.

Places: 12

LIT 19(z): Personal poetry

Coordinator: David Horan

Day and time: Alternate Mondays, 10:00 - 11:30

Venue: Zoom

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

Places: 10

Start date: 11 Oct

This course is for all who enjoy writing poetry irrespective of form or genre. We meet fortnightly to share the work we have each produced in a friendly and supportive atmosphere. Although we do not write to a given theme, the coordinator attempts to stimulate the group with handouts on a wide range of subjects of a vaguely poetic nature. NB this is a peer group and as such is not a teaching workshop.

Format: Students read their own work and other students observe and comment in a respectful and stimulating way

About me: Although trained as an engineer I have been writing poetry all my life. I see my role as a facilitator rather than a tutor.

LIT 20: Play reading for fun

Tutors: Gloria & Mike Milne

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

Venue: Member's home, CB5 8JF

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

Places: 8

Start date: 15 Oct

A selection of plays will be read and discussed throughout the course. A wide range of playwrights will be explored during the year and members will be involved with the choice of plays to be used. This course will attract anyone who has an interest in theatre and enjoys reading. The overall intention is to have fun discovering plays which we can read, analyse and appreciate.

Format: Course or activity without teaching

About Gloria: I have been directing plays in and around Cambridge for many years! My most recent production before lockdown was at the ADC Theatre in 2019 and was The 39 Steps

LIT 21(z): Poetry in America 1 (Spring term)

Tutor: Christopher Bristow

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

Venue: Zoom

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

Places: 8

Start date: 20 Jan

Emily Dickinson and Walt Whitman. These great poets are the foundation of the tradition of all (north) American poetry, of whatever cultural origin or sexual orientation, black, brown, white, gay, straight, both, neither, unsure. We'll look closely at particular poems week by week (texts will be mentioned and circulated in advance - they won't be nearly as long as for my Milton class!) pondering as we go Tony Tanner's classic *The Reign of Wonder* (CUP 1965) which makes a fascinating case about the way the imagination responded to a new world and its challenges.

Format: Lecture

About me: I have taught for the Cambridge English Faculty for some decades.

LIT 22(z): Poetry in America 2 (Summer term)

Tutor: Christopher Bristow

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

Venue: Zoom

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

Places: 8

Start date: 28 Apr

Ezra Pound and Amanda Gorman (presidential inauguration poem, 2021). Both of these poets show what power the poet's speaking voice can command in an American world, and what consequent dangers it can encounter: Pound attempted through thirty years to align his own American voice, its phenomenal range, tone, and cadence, with Latin, Greek, Italian, Chinese resources, and the result was the utter and terrible defeat recorded in Canto CXVI and nearby. Amanda Gorman seems to point toward other ways of meeting with, and giving expression to, wonder. Again, we'll look at passages I will circulate in advance.

Format: Lecture

About me: I have taught for the Cambridge English Faculty for some decades.

LIT 23: Poetry reading group - M

Convenor: Michael Snell

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

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (9 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 9

Start date: 20 Oct

Every week each member chooses a poem to be projected on screens, read aloud, and then discussed by the group. Poems are read in English; poems translated from other languages are included. The range of poems is wide and the discussion may digress, usually involving laughter. Erudite knowledge is welcome but optional. There is no learned tutor. See also the similar group "Poetry reading group - R" (LIT 24).

Format: Course or activity without teaching

About me: I am a retired engineer with a lifelong interest in poetry, and enjoy hearing poets I didn't previously know of; my ignorance balances the erudition of some other members.

LIT 23(z): Poetry reading group - M

As for LIT 23 but attending via Zoom.

Places: 6

LIT 24: Poetry reading group - R

Convenor: Rob Guyton

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

Venue: U3AC (Red room)

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

Places: 15

Start date: 13 Oct

Each member brings a poem, in English, to read aloud and then to be discussed by the group. Poems translated from other languages are included. The range of poems is wide and the discussion may digress, usually involving laughter. Erudite knowledge is welcome but optional. There is no learned tutor. See also the similar group "Poetry reading group – M". This group will mirror the other group and is initiated to deal with the popularity and over-subscription to the first group. The course will run for the Autumn and Spring terms only.

Format: Course or activity without teaching

About me: I have greatly enjoyed being part of the long-running Poetry reading group and am happy to expand the possible numbers by running a second group.

LIT 25: Reading James Joyce's Dubliners in context

Tutor: Mark Sutton

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

Venue: U3AC (Yellow room)

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

Places: 16

Start date: 15 Oct

Joyce identified the style of his short story collection *Dubliners* as one of 'scrupulous meanness'. The book's diminished subject matter, along with its employment of the epiphany (a term coined by Joyce), and its deliberate lack of evident authorial intrusion which allows its characters inadvertently to reveal their truths, marked the beginning of a new style in twentieth-century literature. Joyce evidently conceived of the Irish as his primary readers for *Dubliners*, and these Irish readers were the inhabitants of a particular historical context - the early twentieth-century Dublin of Joyce's youth. Joyce intended *Dubliners* to be realistic and revelatory. The course will consider *Dubliners'* innovations of style and substance, studying the individual stories against the background of the context of the Ireland he so uncompromisingly addressed in the struggle for what he termed 'the spiritual liberation of my country'. The required course reading is *Dubliners* (Penguin Modern Classics, 2000).

Format: Discussion

About me: I have taught for the Open University, for the University of Cambridge, for Anglia Ruskin University, and for U3AC.

LIT 26: Shakespeare's 'A Midsummer Night's Dream' (Spring term)

Tutor: Kerry O'Connell

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

Venue: U3AC (Red room)

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

Places: 16

Start date: 19 Jan

Using a variety of video performances and studying the text, I plan to lead the group through an exploration of Shakespeare's text, considering its performance history and asking 'How is this play relevant today?'

Format: Seminar

About me: I have retired after 40 years teaching English and Theatre Studies at secondary and sixth form level.

LIT 26(z): Shakespeare's 'A Midsummer Night's Dream' (Spring term)

As for LIT 26 but attending via Zoom.

Places: 16

LIT 27: Sustainability: Book group

Convenor: Elizabeth May

Assistant: Janet Bojan

Day and time: 1st Tuesday of the month 10:00 - 11:15

Venue: U3AC (Blue room)

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

Places: 10

Start date: 02 Nov

We will discuss books and other materials eg newspaper articles, both fact and fiction on various aspects of sustainability, and consider taking appropriate actions such as writing to MPs, lowering thermostats, car sharing or planting trees or a wild flower meadow. Our first book will be George Monbiot's, 'This Can't Be Happening' (out in August 2021) Members usually suggest other books. (We often divide books into sections assigned to individuals to reduce workload.) Last year we read, Jessica Tree's 'Wilding', Tim Jackson's 'Prosperity Without Growth' and Kate Haworth's 'Doughnut Economics' amongst others. This course is for anyone interested in and/or who would like to know and do more about environmental matters.

Format: Discussion

About Elizabeth: I have a lifelong interest in environment and sustainability, and am an avid reader. I have lectured in environment and was also my university's environment manager.

LIT 27(z): Sustainability: Book group

As for LIT 27 but attending via Zoom.

Places: 2

LIT 28: The roles of animals in literature

Leader: Gillian Lang

Day and time: Alternate Tuesdays, 13:00 - 14:00

Venue: U3AC (Yellow room)

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

Places: 10

Start date: 19 Oct

Animals feature in literature for many reasons, including exploration of the relationships between ourselves and other animals, to depict different aspects of human nature, to examine complex ideas in an approachable form, or to explore the world from a non-human perspective. Group members will choose the books we read and discuss.

Format: Discussion

About me: My research has included the study of natural behaviour in animals, and there is some wonderful and varied literature featuring them.

LIT 29: The short story

Tutor: Kerry O'Connell

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

Venue: U3AC (Red room)

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

Places: 16

Start date: 13 Oct

To look together at a series of short stories and explore their evolution over the past two centuries, beginning with Charles Dickens and Edgar Allen Poe, continuing through the twentieth century and concluding with very modern versions. We would be looking not just at stories written in English, considering (among others) Maupassant, Chekhov, Murakami. I will publish a full list of the stories well in advance.

Format: Discussion

About me: I retired from 40 years' teaching of English and Theatre Studies at secondary and sixth form level.

LIT 29(z): The short story

As for LIT 29 but attending via Zoom.

Places: 16

LIT 30: Twentieth-century classics 1

Convenor: Jenny Knight

Day and time: 2nd Monday of the month throughout the year 14:45 - 15:45

Venue: U3AC (Green room)

Places: 10

Start date: 11 Oct

Meeting throughout the year, our group members select novels written in English that reflect the changes in the world during the twentieth century. Together we consider their appeal today and when they were published. The aim is to range widely through the 1900s and to include literature from a variety of cultural backgrounds. This year biographies and autobiographies will be included. We start in week 1 with J.L. Carr's short novel *A Month in the Country*; you are advised to come prepared to join in the discussion. Together we draw up a programme of books that reflect different genres and cultures, based on members' suggestions. We exclude translations from other languages, and avoid lengthy works.

Format: Discussion

About me: Involvement with this group for the last five years has widened my reading and my insight into some familiar works. Discussion is lively and the views of everyone are respected.

LIT 30(z): Twentieth-century classics 1

As for LIT 30 but attending via Zoom.

Places: 6

LIT 31: Twentieth and early twenty first century classics

Tutor: Robert Haining

Day and time: 4th Tuesday of the month throughout the year 10:15 - 11:15

Venue: U3AC (Blue room)

Places: 10

Start date: 26 Oct

Meeting throughout the year (except August), our group members select novels written in English that reflect the changes in the world during the twentieth and early twenty first century. Together we consider their significance today and at the time when they were published. The aim is to range widely through the 1900s (and slightly beyond) and to include literature from a variety of cultural backgrounds. Applicants should please note that we shall start in October by discussing 'The Debt to Pleasure' by John Lanchester. Those who are allocated places should come prepared. In November we shall discuss 'The Siege of Krishnapur' by J.G. Farrell. All the remaining novels for the year (December 2021 to September 2022) are based on members' suggestions which the group votes on in October. Ideally the programme of novels reflect different genres and cultures. We exclude biographies, translations and avoid lengthy books.

Format: Discussion

About me: Reading is a great pleasure, widened by discovering new authors recommended by others, deepened and enhanced by listening to the views of others.

LIT 31(z): Twentieth and early twenty first century classics

As for LIT 31 but attending via Zoom.

Places: 2

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

Mathematics

MTH 01(z): Maths can be fun 1

Leader: Sarah Payne

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

Venue: Zoom

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

Places: 12

Start date: 14 Oct

This course contains topics in maths which have always intrigued and delighted me. I will not be teaching "school maths" but instead will explore topics such as the Platonic Solids, Fibonacci series, Infinity, Binary counting, Probability, the Maths of Tuning. I often get asked 'but how is this relevant' so where possible I will explain. I hope those that take up this course will eventually agree with its title 'Maths can be fun'. No previous experience is required except a basic ability in arithmetic and an interest in numbers and problem solving. Please bring paper, pen, pencil, rubber, ruler.

Format: Taught course or activity

About me: I was a sixth form Maths teacher for most of my career and enjoy this opportunity to dip into non-syllabus topics with (usually!) an eager and responsive group.

MTH 02(z): Maths can be fun 2 (Spring term)

Leader: Sarah Payne

Day and time: Wednesday 11:00 - 12:10

Venue: Zoom

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

Places: 12

Start date: 19 Jan

This is a repeat of MTH 01(z) so members should not sign up for both.

Format: Taught course or activity

About me: I was a sixth form Maths teacher for most of my career and enjoy this opportunity to dip into non-syllabus topics with (usually!) an eager and responsive group.

Music

MUS 01: A Cappella chamber choir

Leader: Julia Simmonds

Accompanist: Christopher Hills

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

Venue: Castle Street Methodist Church (Hall)

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

Places: 25

Start date: 13 Oct

We are experienced choir members who enjoy singing a wide variety of sacred and secular choral music from the 16th to the 20th centuries. Our repertoire is largely unaccompanied and we welcome new members with good sight-singing ability. Our current core book is OUP 'Oxford Choral Classics: Sacred Choruses', which encompasses works from Monteverdi to Elgar (please bring your own copy). Additional material is provided through inter-library loan music sets (modest fee applies) and free online collections, such as CPDL choralwiki. These enable us to extend our range further into small-scale classical SATB works such as British and continental European madrigals, English part-songs from Purcell to the present day, plus motets, anthems and seasonal music from Palestrina to Bruckner. Those without access to a printer may borrow copies.

Format: Singing together

About Julia: An ex-music teacher, I have sung in many choirs and have a wide experience of choral music.

MUS 02: Choir

Director of Music: Brian Watkins

Secretary: Vanessa Tilling

Accompanist: Christopher Hills

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

Venue: St James' C of E Church

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 65

Start date: 14 Oct

Our well-established, enthusiastic SATB group has been "furloughed" during Covid-19 restrictions but we eagerly anticipate singing together again. We sing a wide range of music - sacred and secular, traditional and modern, and usually also tackle a more challenging, substantial choral work each term, alongside a variety of smaller arrangements, madrigals, motets, extracts from operas/musicals and other lighter pieces. In recent years we performed works by Saint-Saëns, Gershwin, and Bernstein and worked on two rarely heard works: 'Hiawatha's Wedding Feast' by Coleridge-Taylor, and 'Phaetrix Crohoore' by Stanford. Scores are provided but we occasionally request a small voluntary contribution to offset costs. Regular attendance is important as we normally aim to perform to a very supportive audience each term. The ability to read music is not essential but you should be willing to learn your part so that you can sing in tune! Please note that this will be subject to monthly review and any limits required to ensure safe singing.

Format: Participation in rehearsal with teaching and encouragement, with a view to a performance at the end of each term.

About Brian: I have a wide range of experience gained from directing choral music and have worked with a variety of choirs for more than 45 years.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

MUS 03: Flute choir

Organiser: Jane Quigley

Day and time: Last Tuesday of the month 10:30 - 12:00

Venue: Member's home, CB2 8QA

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

Places: 7

Start date: 26 Oct

The aim of the class is to play in 2, 3 or 4 parts for fun or maybe performance. The standard is Grade 3 and above. I have a large selection of music of different genres (Grades 2 - 7) in parts ready to play. All you need to bring is your instrument and a music stand. Please contact me by email to chat about the class or to get directions.

Format: We sit in a group to play

About me: I am an average player who enjoys playing.

MUS 04: Handel's operas and oratorios: a 'Top Ten' (Spring term)

Tutor: Tony Watts

Day and time: Monday 11:20 - 13:00

Venue: U3AC (Pink room)

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

Places: 30

Start date: 17 Jan

Over the last 7 years I have run U3AC classes on all 70 of Handel's operas and oratorios. For this final course in the series, I will select my personal 'top ten' and will play DVDs rather than CDs, to enable us to pay some attention to staging.

Format: Lecture interspersed with music

About me: I am not a musician or musicologist: merely a music-lover. But I love to learn about Handel, and to share what I have learned.

MUS 05: It's only Rock n Roll...but I like it - music from the era that rocked the world... year 3

Tutor: Bill Haynes

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

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

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

Places: 40

Start date: 14 Oct

Join us for 10 weeks of authentic American roots music from the 50s covering rock n roll, rhythm 'n blues, doo wop, blues, gospel, jump jive, rock a billy and hillbilly bop.

We'll occasionally delve even further back into the 30s and 40s and play some of the music that formed the roots of rhythm 'n blues and rock 'n roll. We will also feature British beat from the pre-Beatles era and some classic tracks from the UK & USA 50s hit parade. There'll also be time for your requests throughout the course.

Please note: This course is a "sound only course". There are no still or moving images accompanying the tracks.

Format: Seminar

About me: A fan and collector of rock n roll and other roots music for 60 plus years

MUS 06: Jazz on a Monday afternoon

Coordinator: Alan Murphy

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

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

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

Places: 40

Start date: 11 Oct

Jazz was born in the early 20th century in and around New Orleans. It then spread North and West coming to Europe in the 1920s. In the Autumn term we will illustrate this history through the music and accompanying commentary. In addition we will use the Penguin guide to help members build a collection of the best jazz recordings. In the Spring term we will freewheel but will include one session of bring your own favourite recording. Live sessions are currently used in both terms. We aim to give programmes that are enjoyable and entertaining for the new and experienced listener. Our website gives the term programme, individual playlists and links to YouTube performances. Suggestions for reading include The Rough Guide to Jazz, The History of Jazz by Ted Gioia and A New History of Jazz by Alyn Shipton. Website <http://jazzoama.blogspot.co.uk>

Format: Series of presentations by different members

About me: Listener to jazz for over 60 years.

MUS 07: Mainly madrigals

Leader: Susan Whykes

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

Venue: Our Lady and the English Martyrs Church (Music room)

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

Places: 24

Start date: 12 Oct

This SATB group meets for the pleasure of singing early music usually in the Madrigal tradition. Our repertoire is mostly unaccompanied. We welcome members with good sight-reading abilities. Our focus is on English madrigals and partsongs but occasionally includes music in other European languages. We will be starting the term using The Oxford Book of English Madrigals. Other books we will use are The First Penguin Book of English Madrigals for 4 voices and The Second Penguin Book of English Madrigals for 5 voices both by Denis Stevens and available through Amazon. We also will dip into Madrigals and Partsongs by Clifford Bartlett. Additional music may be sourced online from ChoralWiki and my own resources for members to print off since we are not able to share copies. We are a friendly group and all are encouraged to make suggestions on repertoire, technique and performance.

Format: Singing together

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

MUS o8: Music club

Organisers: Michael Atkinson & Colin Saunders

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

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

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

Places: 40

Start date: 12 Oct

The club offers varied programmes of recorded music mainly classical, presented by members. Excellent acoustic and sound reproduction. We will endeavour to have two live performances per term. Very much a social morning music club where, if you wish, you can relax and meet old friends or make new ones over coffee and a biscuit, for up to half an hour beforehand.

Format: Course or activity without teaching

About us: Long term class member now joint club organisers.

MUS o9(z): Music Theory for beginners

Tutor: Susan Whykes

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

Venue: Zoom

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

Places: 10

Start date: 15 Oct

This course is designed for those with little or no knowledge of Music Theory. Gradually building up the skills set, our aim is to achieve the equivalent of an ABRSM (Associated Board of the Royal Schools of Music) Grade 2 standard. There is a series of theory books by ABRSM called Discovering Music Theory and you would need book 1 for term one and book 2 for term 2. A good pencil and eraser are necessary and manuscript and rough paper would be useful.

Format: Taught course or activity

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

MUS 10: Music Theory Grade 5 - continuation

Tutor: Ursula Stubbings ARCM

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

Venue: TBC

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

Places: 5

Start date: TBC

This is a continuation course from last year.

Format: Taught course or activity

About me: Experienced music teacher.

MUS 11: Music Theory Grade 5 for beginners (Spring and Summer terms)

Tutor: Ursula Stubbings ARCM

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

Venue: TBC

Length of course: 2 terms. Spring (10 weeks), Summer (7 weeks)

Places: 5

Start date: 20 Jan

This course assumes no previous knowledge of written music but would be useful for those who sing or who are learning an instrument and want to learn about the theory of music. Those who want to will be able to take the ABRSM Music Theory Grade 5 exam in 4 terms.

Homework will be necessary.

Format: Taught course or activity

About me: Experienced Music teacher.

MUS 12: Going beyond Grade 5 Theory year 1

Tutor: David Galbraith Woods

Day and time: Wednesday 11:35 - 12:35

Venue: U3AC (Orange room)

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

Places: 5

Start date: 13 Oct

This course is for members who have worked at Music Theory up to Grade 5 level and wish to progress further. A previous pass at Grade 5 is not obligatory. Theory Grades 1 to 5 covered the Rudiments of Music Notation. After that comes the much more exciting and creative study of real Music Theory, which embraces harmony, counterpoint, analysis, music history, composing, orchestration, acoustics. This course will initially use the existing ABRSM Grade 6 curriculum and published materials. If there is continuing interest we will move on towards Grades 7 and 8 at a later stage. Members will be asked to purchase an appropriate workbook (around £5) - details later. They should also consider installing the free music writing program MuseScore.

Format: Taught course or activity

About me: I read Music at Pembroke; was Head of Music at a 6th form college; have particularly enjoyed helping diffident Theory learners from Grade 5 up to degree and teaching-diploma levels.

MUS 12(z): Going beyond Grade 5 Theory year 1

As for MUS 12 but attending via Zoom.

Places: 1

MUS 13: Going beyond Grade 5 Theory year 2

Tutor: David Galbraith Woods

Day and time: Wednesday 14:05 - 15:05

Venue: U3AC (Orange room)

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

Places: 6

Start date: 13 Oct

This course is for members who have worked at Music Theory up to Grade 5 level and wish to progress further. A previous pass at Grade 5 is not obligatory. Theory Grades 1 to 5 covered the Rudiments of Music Notation. After that comes the much more exciting and creative study of real Music Theory, which embraces harmony, counterpoint, analysis, music history, composing, orchestration, acoustics. This course will initially revise work done at the existing ABRSM Grade 6 curriculum and published materials, and then continue on towards Grades 7 and 8. Members will be asked to purchase an appropriate workbook (around £7) - details later. There will be weekly assignments and optional individual Zoom tutorials.

Format: Taught course or activity

About me: I read Music at Pembroke; was Head of Music at a 6th form college; have particularly enjoyed helping diffident Theory learners from Grade 5 up to degree and teaching-diploma levels.

MUS 13(z): Going beyond Grade 5 Theory year 2

As for MUS 13 but attending via Zoom.

Places: 1

MUS 14: Opera on DVD - Verdi's women

Tutor: Eunice Fisher

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 11 Oct

This course looks at the way Verdi portrayed women, not only their characters through their roles in the story, but also the way he used their voices to enrich and develop those roles, sometimes demanding a more extended range than normal. We will examine a number of his female roles, for example Abigaille in Nabucco, Lady Macbeth in Macbeth and the Leonoras in La Forza del Destino and Il Trovatore. The course is suitable for those new to opera as well as long-term opera goers. You do not need to be a musician, though contributions from those with musical knowledge will be welcomed.

Format: Seminar

About me: I am an opera enthusiast and have been running similar courses annually since 2011. I enjoy sharing my DVDs with the class and exploring our varied opinions and experiences.

MUS 14(z): Opera on DVD - Verdi's women

As for MUS 14 but attending via Zoom.

Places: 20

MUS 15: Opera on DVD - contrasting productions (Spring term)

Tutor: Eunice Fisher

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 20 Jan

Producers of operas often seek new ways of presenting established works. Some adaptations are applauded, others severely criticised. Some opera goers abhor any changes updating or altering the original work. We will watch and listen to a selection of traditional and amended versions, and will discuss whether we like the alterations, and whether we think they add or detract from the original set out by the composer. I shall show a selection of contrasting performances; these will include Donizetti's La Favorite, Tchaikovsky's Eugene Onegin and Mozart's Marriage of Figaro. Newcomers to opera as well as long-term 'buffs' are welcome. Musicians and non-musicians alike are welcome.

Format: Seminar

About me: I am an opera enthusiast who enjoys sharing experiences of performances with class members. I have been running similar courses annually since 2011

MUS 15(z): Opera on DVD - contrasting productions (Spring term)

As for MUS 15 but attending via Zoom.

Places: 20

MUS 16: Simply the best of 60s music ...year 2 (Spring term)

Tutor: William Haynes

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

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

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

Places: 40

Start date: 20 Jan

Simply the best of 60s music will be a wide and varied mix of music focusing on the 1960s and early 70s from the UK & USA. Genres will include West Coast USA... folk, flower power, folk rock and surfing. From the big USA cities... R&B/ urban blues. Tracks from lots of the 60s British bands ...plus a wide range of American 60s soul music and R&B ballads.

Just a few of the many artistes we'll be playing.... David Bowie, Janis Joplin, Rolling Stones, Small Faces, Wilson Pickett, Jimi Hendrix, Beatles, The Kinks, Etta James, Them, Peter Green, Muddy Waters, Chuck Berry, the Beach Boys many more ...if you like any of the music by any of these artistes then I'm sure you'll enjoy 10 weeks of Simply the best... and possibly there'll be several tracks you've never heard before. There'll be time some weeks for your requests. Please note: the course is sound only, there are no stills or videos to accompany the tracks / music.

Format: Seminar

About me: A music fan and record collector for 60 plus years.

MUS 17: Song workshop

Tutor: Jim Schwabe

Day and time: Alternate Tuesdays 11:30 - 13:00

Venue: Arbury Community Centre (Small hall)

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

Places: 20 (10 per group)

Start date: 12 Oct

We are a group of moderately-talented singers and players, who meet together to sing pop, rock, folk songs, using simple rhythms and arrangements. We sing every song together and words/chords appear on a large screen and in large type. So bring your voice, guitar/uke etc. to form a 'backing band', and join the fun. This course usually has a waiting list, so please put it as your 1st choice and only apply for a place if you are able to commit to regular attendance. There will be two groups of 10 which will meet on alternate weeks each term, i.e. 5 sessions per term for each. We will try to create a balance between the two groups.

Format: Taught course or activity

About me I was for many years M/C at the Cambridge Folk Festival. Keith and I have run this course for eight years. My hobby is arranging songs and singing them with others.

MUS 18: The great string quartets

Tutor: Eric Berger

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

Venue: U3AC (Red room)

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

Places: 10

Start date: 14 Oct

For more than two hundred years the string quartet has been a medium for music of the deepest personal expression. The course should be of interest to those lovers of classical music wishing to begin or extend their knowledge of this medium. The course will progress from the 18th to the 20th century, each session devoted to a particular quartet, beginning with an introduction to the composer and his music before watching and listening to a DVD and then sharing our thoughts. Starting with Haydn, often described as the father of the string quartet, we continue with Mozart, Beethoven, Schubert, Brahms, Bartok, Britten and Shostakovich.

Format: Seminar

About me: I am not a musician but I have been listening to music from classical to jazz for more years than I can count.

MUS 19: The operas of Monteverdi in context

Tutor: Thelma Lovell

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

Venue: Member's home, CB1 8RX

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

Places: 16

Start date: 13 Oct

"First the words, and then the music", declared Monteverdi - an unexpected manifesto for one of the greatest and most innovative composers of all time. This course will discuss and illustrate Monteverdi's three surviving operas, exploring their background both in terms of a developing humanistic culture and an expansion of musical language in the direction of new expressive possibilities. Originating in an artistic and intellectual project that sought to revive the pairing of music and drama in ancient Greece, Monteverdi's operas unsurprisingly base their plots on legendary and historical personalities, notably Orpheus, Ulysses, and Nero. The message however is endlessly familiar: humans are at the mercy of forces beyond their control. How Monteverdi presents this in music is the question for us to consider. This course is a detailed exploration of the topic and will include some technicalities. It will require downloading of the texts of the operas.

Format: Lecture

About me: An experienced teacher and lecturer on music, I've given previous courses on Bach and Schubert; the present course is a further exploration of the connection of music and ideas.

MUS 20: U3AC recorder group

Coordinators: Alison Miles & Christine Stapleton

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

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

Length of course: 3 terms. Autumn (6 weeks), Spring (7 weeks), Summer (5 weeks)

Places: 22

Start date: 01 Oct

We are a self-supporting group of recorder players meeting fortnightly. We play a wide variety of music in different styles. An ability to sight-read is essential. Please bring a music stand and whatever sizes of instrument you enjoy playing. At present the venue for next year will only permit 15 people to attend each session. To allow the maximum number (22 + 2 coordinators) to join the recorder group, if restrictions continue we plan to divide players into two sub groups. This means everyone will play every two weeks, with one sub group playing face to face while the other plays via zoom, then swapping over for the following session, two weeks later. Dates: 1, 15, 29 Oct; 12, 26 Nov; 10 Dec; 14, 28 Jan; 11, 25 Feb; 11, 25 Mar; 8, 29 Apr; 13, 27 May; 10, 24 Jun.

Format: Course or activity without teaching

About us: We enjoy playing recorders with other people.

Philosophy and Religion

PHL 01: An introduction to the New Testament

Tutor: Kathy English

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

Venue: U3AC (Yellow room)

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

Places: 16

Start date: 15 Oct

The bible is said to be the best-selling book in the world, but often sits on shelves unread. This course is designed for those of you who would like to know more about it. We shall look at how the New Testament came to be in its current form, when and by whom its components were written, the types of literature it contains and its historical background as well as taking a glimpse into the Old Testament that lies behind it. Each week we will read and discuss sample passages. The course will be from a Christian perspective, but those of other faiths or no faith are very welcome.

Format: Taught course or activity

About me: I am a licensed lay minister in the Church of England and enjoy reading and discussing the bible, especially with people whose views differ from my own

PHL 02: Basic philosophical issues

Leader: Bill Humphrey

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

Venue: Member's home, CB3 9JF

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

Places: 10

Start date: 11 Oct

We will read and discuss 'What Do We Really Know -The Big Questions of Philosophy' by Simon Blackburn. In it the author, who held the Bertrand Russell chair of philosophy at Cambridge University, covers such questions as 'Why Be Good', 'What Are My Rights' and 'Is Death To Be Feared'. It may be out of print but there are plenty of second hand copies on Amazon. The Kindle version is linked to a hardback version which is just titled 'The Big Questions of Philosophy'.

Format: Discussion

About me: This will be the 22nd year I have run this U3AC course using a different book each year.

PHL 03: Christianity - A beginner's guide (Spring term)

Tutor: Cathy Michell

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 18 Jan

Looking at this world religion by means of 8 'dimensions' common to all the great religious traditions (see Prof. Ninian Smart), this course will look at Christianity's rituals, sacred places and artefacts, key texts, institutions and history, some of its distinctive beliefs, ethical values and its forms of spirituality and ideal lifestyle. The course is designed for anyone who enjoys studying religion in all its rich diversity and is suitable for those with or without any knowledge or experience of this Faith. It will be taught with a mixture of lecture-style input and group discussion and will also make use of visual images, music, poetry, artefacts and, if possible, a guided visit to some central Cambridge churches. Students will be encouraged throughout the course to share their own insights and experiences.

Format: Lecture

About me: I am a retired teacher of Religious Studies previously having taught in secondary schools, sixth form college and adult learning settings such as the Open University.

PHL 04: Exploring philosophy

Tutor: Roy Moyser

Day and time: Alternate Thursdays, 12:30 - 14:00

Venue: U3AC (Red room)

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

Places: 20

Start date: 14 Oct

This course follows the historical development of philosophy, in the western tradition, from ancient Greece to the modern era. It will be based mainly, around the ideas of the most prominent philosophers, such as Aristotle, Descartes, Kant and Wittgenstein, although it will also cover broader subjects such as Existentialism and Logical Positivism. It will start with a basic introduction to philosophical concerns and methodology. It is designed to be accessible for those having little prior knowledge of philosophy, whilst those having a background in philosophy may welcome the chance to revise their knowledge. Two YouTube series "A History of Philosophy" by Arthur Holmes and "The Great Philosophers" by Bryan Magee are recommended viewing. A good reference book such as "A New History of Western Philosophy" by Anthony Kenny, is also recommended.

Format: Seminar

About me: I am an honours graduate in Philosophy and subsequently acquired a diploma in Physics.

PHL 05: Humanism and religion

Organisers: Michael Fincham & Jacqui Davis

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

Venue: Downing Place URC (Emmanuel room)

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

Places: 12

Start date: 16 Oct

This class is about the exploration of religious beliefs and non-beliefs. The principal aim is to learn about secular humanistic thinking and the major religions of the world, what they all have in common, what divides them and how they may have respectively contributed to the greater good (or otherwise) of the world. Historical contexts, scientific evidence and topical issues feature in the programme with the aim of developing our learning and our capacity to think clearly and constructively. This is undertaken through listening to presentations and from questioning and discussing practices and values. In those ways, the course presents an opportunity for participants to reflect on, clarify and develop their own thoughts and beliefs in a discursive and supportive context.

Format: Presentations and discussion

About Michael: As a previous attendee, I will be taking over the organisation with help from 2 colleagues.

PHL 06: Introduction to Hinduism (Summer term)

Tutor: Cathy Michell

Day and time: Wednesday 13:45 - 15:00

Venue: U3AC (Red room)

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

Places: 15

Start date: 27 Apr

This course can be enjoyed by those with any level of prior knowledge. It aims to introduce you to various aspects of the beliefs and practices of Hinduism. Sessions will focus on various key questions about life and explore Hinduism's responses to these, e.g. Does God exist? What is human identity and purpose? What is the good life? Why do we suffer? Do we live after death? The course will make use of different sources including Hindu literature, images, music, newspaper cuttings and your own experience of living. The format for each session will be taught input from the tutor with plenty of space for questions and discussion. Reading; any book with 'Short Introduction to Hinduism' in its title. Or see A level textbooks e.g. Ian Jamison's.

Format: Taught lecture

About me: I am a retired Religious Studies teacher and taught Hinduism for many years in secondary schools, to sixth formers and to mature students.

PHL 07: Let's be logical

Tutor: Susan Beer

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

Venue: U3AC (Yellow room)

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

Places: 16

Start date: 13 Oct

One of the requests for new courses this year was for 'using philosophy in our everyday lives'. This is that course! Philosophy is not really about armchair reasoning - it is a living skill. However, in order that we may acquire that skill it is useful to look at how logicians have applied it in the past. Great minds, from Plato to Wittgenstein, have helped to show us the way to relate philosophy to every aspect of our lives. An introduction to simple formal logic, which can be applied to help with correct reasoning and hence clear thinking, will assist us in exposing fallacies in the statements and reasoning of others, whether in casual, friendly conversation or the serious attempts of advertisers, politicians and public figures to influence our thought. Flawed and false arguments abound and in this course we try to show ways to untangle them.

Format: Lecture

About me: Philosophy graduate with particular interest in philosophy of language and logic.

PHL 08(z): Q

Tutor: Chris Jones

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

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 25

Start date: 14 Oct

Q was a mid-first century gospel. It consisted of teachings of Jesus with no narrative, even the crucifixion, and hardly even any miracles. Q served as a major source for Matthew and Luke in the later first century. Like most first century documents, Q has not survived. Its contents (and very existence) are hypothesised. Its text is reconstructed on the basis of what Matthew and Luke have in common which is not in Mark (who is their other main source). We will read the parallel Matthew/Luke passages. I will analyse the differences and facilitate group discussion. You will need a King James Bible. (John Kloppenborg's "Q Parallels" is optional.)

Format: Taught course

About me: I have been running courses on the gospels with U3AC since 2019, as they are so beautiful and profound.

PHL 09(z): Raja yoga meditation and philosophy

Tutors: Sarah FitzGerald & Prashant Kakoday

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

Venue: Zoom

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

Places: 20

Start date: 11 Oct

This course will be a deep and practical study of subjects related to spirituality and meditation. Subjects to be discussed will include Higher Consciousness, Freedom from Suffering, Cyclical time and Karma etc.

Format: Taught course or activity

About me: Sarah was born in Cambridge and has had an interest in Raja Yoga Meditation and Philosophy since 2009, when she discovered these ideas whilst teaching in South East Asia.

PHL 10: The conquest of the Promised Land in the Old Testament (Summer term)

Tutor: Chris Jones

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 25 Apr

The Book of Joshua tells the story of how the Israelites, having left Egypt and ended their desert wanderings, moved (on the death of Moses) into the "Promised Land". We all know of Joshua fighting the battle of Jericho and how the walls came tumbling down, but the full story of the conquest and re-population may be less familiar. God's role, in supporting one side against the other in an aggressive war, as well as what happens to the natives, are controversial. Our concern will be, not questions of historical veracity or our religious belief, but to understand the story as reported in the Old Testament. We will read the book together in class. I will explore what the text says, with John Barton's 2001 Oxford Bible Commentary as a guide. You will need a King James Bible.

Format: Taught course or activity

About me: I have been teaching courses on religion and philosophy at the U3AC for several years.

PHL 11(z): The implications of artificial intelligence for humankind

Tutor: Alastair Breward

Day and time: Thursday 14:30 - 15:35

Venue: Zoom

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

Places: 50

Start date: 21 Oct

An overview of the impact on the fabric of society of non-human but highly intelligent beings of the kind we are collectively working to create. Will we succeed in creating highly intelligent beings in software and non-biological hardware, and if we do, when? And what will the implications for humanity be in terms of our social, political, and ethical structures, and our views, activities and beliefs as individuals?

Format: Seminar

About me: Amateur philosopher and technology voyeur, lover of the big picture and the long view.

PHL 12: The Koran

Tutor: Chris Jones

Day and time: Monday 14:10 - 15:40

Venue: U3AC (Yellow room)

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

Places: 16

Start date: 11 Oct

Non-Moslems tend to be completely unfamiliar with Islam's key text, the Koran. This course aims to address this deficiency. The purpose of the class is to gain insight. We shall read the book together in class. Our object is not belief but understanding of what the text says. (Non-Christians may, after all, know quite a lot about the crucifixion and resurrection of Jesus.) You will need a copy of the Penguin translation by N J Dawood (a post-1990 edition).

Format: Taught course or activity

About me: I have been teaching Shakespeare, the New Testament and Ancient Greek philosophy at the U3AC for several years.

PHL 13: What, then, is love?

Tutor: Chris Jones

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

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 16

Start date: 11 Oct

Plato's "Symposium" is a profound, witty, poetic, dramatic, and at times very funny exploration of the nature of love. At a party, a number of lively individuals describe what love really "is" (as they see it.) Then Socrates tells of what he had learned on this subject, recounting the teaching of a lady called Diotima. Finally, the drunken gate-crasher Alcibiades bursts in, and praises Socrates himself as the object of love. You will need the Penguin Classics translation by Christopher Gill. We will read the book together. I shall provide a running philosophical commentary and facilitate discussion. We will also read (and consider) C. S. Lewis' masterpiece "The Four Loves", an exploration of how having four different words for "love" (as Greek has) helps reduce the confusion which English-speakers fall into, with just the one word. You will need a copy of this book, too.

Format: Taught course or activity

About me: I have studied Plato under Malcolm Willcock and David Sedley, wonderful classicists who strengthened my love for Plato's philosophy.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

Photography

PHO 01: Five facets of photography (Spring term)

Tutor: Brian Human

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 23 Feb

Photography, like all of the arts, does not exist in a vacuum, yet too often we take photographs at face value, paying attention to what they are of rather than what they are about. Photography lives, and has always lived, in a world of influences and challenges to which it responds and on which it, in turn, has an impact. Its story and current practice reflect debates around issues such as equality, exploitation, censorship and interpretations of history. Usually those matters are expressed through the photographs; sometimes they are expressed through the lives of the photographers. This course will explore these relationships in five sessions covering: ideas that changed photography; photographs that changed the world; women in photography; travellers, exploration and photography; and photographic controversy and the bounds of acceptability (will include pictures that some may find offensive).

Format: Lecture

About me: Brian is an ex-town planner with practical, historical and academic interests in photography.

PHO 02(z): Photography group (Spring term)

Convenor: Eleni Paliginis

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

Venue: Zoom

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

Places: 15

Start date: 21 Jan

This photography group intends to bring together people interested in photography and give a space where participants every week will show their photos on a specific theme, discuss them, exchange views, propose improvements, share knowledge. This will not be a taught course in photography. Some familiarity with the basics of photography will be useful. Participants are expected to have a DSLR or equivalent camera. However some camera phones have become very good and give good results, participants with camera phones are welcome. We will have sessions in landscape, night, street, travel, portrait and macro photography. Each week, when we discuss the photos of the participants, we will refer to the best camera settings for the type of photography. The course will be in 8 zoom meetings and 2 field sessions, one in Cambridge centre and river and a second one in the Botanic Gardens.

Format: Course or activity without teaching

About me: I am an amateur photographer. I have followed a number of short courses in different genres of photography. I am mainly interested in landscape and macro photography.

Politics

POL 01: German chancellors 1949 - 2021: headlines they faced. A selection of facts, news, events and rumours (Spring term)

Tutor: Rolf Meyer

Day and time: Thursday 10:45 - 12:15

Venue: U3AC (Red room)

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

Places: 16

Start date: 20 Jan

Since its founding in 1949, the Federal Republic of Germany has had only eight chancellors as head of government. In comparison, in the UK 16 Prime Ministers have held "Number 10" over the same period. Is this a pattern or coincidence? In 1949 Konrad Adenauer became the first chancellor after WWII. Seven other chancellors succeeded him in over 70 years of history of modern Germany. Each one faced very different challenges and situations. This course will explain the role of the chancellor within the political system of Germany and will mainly follow newspaper headlines to discover milestones as well as some trivia about their time in office. We will look into some details of their life and their achievements in general elections, too. This course cannot and will not deliver the history of Germany but will highlight - by the tutor selected - political and social events.

Format: Lecture

About me: I'm a retired HR manager from Munich and have lived in the UK since 2010. I have always been interested in politics.

POL 02: Is it time for the UK to join the real world? (Spring term)

Tutor: Stephen Marshall

Day and time: Tuesday 11:35 - 13:05

Venue: U3AC (Pink room)

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

Places: 30

Start date: 18 Jan

A former PM once claimed that the UK is the world's oldest democracy. He was right about the 'old' bit, but what about democracy? How democratic is the UK really? Does it even have institutions capable of delivering democratic government? Join me to discuss these issues in eight 90 minute sessions.

Format: Seminar

About me: I was active in local politics for many years, serving as Chair of two political parties (at different times!), and as an elected member of Cambridge City Council.

Psychology

PSY 01: Introduction to developmental psychology

Tutor: Dr Alan Pechey

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 12 Oct

The focus will be on early child development (before the age of 5); an area in which there have been exciting recent discoveries. We will look at topics such as what childhood is and why is it necessary; nature versus nurture; the development of attachment bonds; the development of thinking (including thinking about other people) and the development of language. We will also look at the development of personal identity and at some of the methods used to study early development. No previous knowledge is assumed.

Format: Taught course or activity

About me: I love psychology and teaching; have been an Open University tutor in developmental and cognitive psychology for 25 years; have a Cambridge University MA (cognitive development) and PhD (human memory).

PSY 01(z): Introduction to developmental psychology

As for PSY 01 but attending via Zoom.

Places: 20

PSY 02: Introduction to cognitive psychology (Spring term)

Tutor: Alan Pechey

Day and time: Tuesday 12:55 - 13:55

Venue: U3AC (Red room)

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

Places: 20

Start date: 18 Jan

The focus will be on introducing some of the key areas of cognitive psychology. We will look at fascinating topics such as human memory, perception and problem solving; both how these function normally, and how they can go wrong. We will also look at some of the methods used to study cognitive psychology. No previous knowledge is assumed.

Format: Taught course or activity

About me: I love psychology and teaching; have been an Open University tutor in developmental and cognitive psychology for 25 years; have a Cambridge University MA (cognitive development) and PhD (human memory).

PSY 02(z): Introduction to cognitive psychology (Spring term)

As for PSY 02 but attending via Zoom.

Places: 20

Science

SCE 01: A brief introduction to astronomy (Spring term)

Tutor: Jonathan Clough

Day and time: Monday 14:55 - 15:55

Venue: U3AC (Pink room)

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

Places: 25

Start date: 17 Jan

This course is intended to provide a basic introduction to a number of the main areas of astronomy: - Cosmology overview (including origin and evolution of the universe) - Our solar system - Stars - an overview of the life and death of stars - Galaxy types and exo-planets - Human exploration of the universe and the technology being used. - Artemis - putting humans back on the moon. This is not an advanced course, so might appeal to anyone who has ever looked at the night sky and wanted to know more about what they see up there. I have used a number of books to build the course content. Two that might be of interest are: The Cosmos, 4th edition, Jay M Pasachoff and Alex Filippenko, and An Introduction to the Solar System, revised edition, David A Rothery, Neil McBride and Iain Gilmour

Format: Lecture

About me: I am a Fellow of the Royal Astronomical Society and a committee member for the Cambridge Astronomical Association, but basically I'm mad about space and love sharing my knowledge.

SCE 01(z): A brief introduction to astronomy (Spring term)

As for SCE 01 but attending via Zoom.

Places: 25

SCE 02: Black gold: how oil and gas are produced

Tutor: John Cook

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

Venue: U3AC (Pink room)

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

Places: 25

Start date: 11 Oct

Love them or loathe them, oil and gas are vital to the world economy, and predicted to stay that way for the next 20-30 years. Unless you're in the hydrocarbons industry, though, you're unlikely to know much about the remarkable technology it uses. First we'll look at the history and current state of the industry, the different types of hydrocarbon, and how they're generated and trapped in the Earth. Then we'll move on to exploration and production - how hydrocarbons are located, then accessed by drilling, evaluated and produced. If the production isn't high enough, the well can be stimulated or fracked - we'll devote a session to this controversial topic. Finally, we'll examine how the industry ties up after itself (or not), and its impact on the environment. These lectures and discussions will focus on technology, but no previous technical background is needed.

Format: Taught course or activity

About me: I worked in research in oilfield services for 35 years. The technology used in the hydrocarbon industry is remarkable, and I enjoy helping people learn about it.

SCE 03: Botany

Leader: Pamela Newman

Co-leaders: Richard Jennings & Nicola Gardner

Day and time: Mondays - every three weeks approximately in Autumn and Spring 14:00 - 16:30

Venue: Comberton Village Hall

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

Places: 60

Start date: 11 Oct

The group promotes a common interest in the study and enjoyment of plants. Indoor study meetings and illustrated talks are held at approximately 3 week intervals on Monday afternoons in the Autumn and Spring term at Comberton Village Hall - or via Zoom. This is followed after Easter by approximately bi/tri-weekly field visits into Cambridgeshire and the surrounding counties, from April until September, with a mixture of half day and whole day trips. A detailed programme is issued twice yearly. A donation of £2 is suggested to pay for speakers' travelling expenses and for donations to Trust sites that we visit when appropriate. Car-sharing is encouraged. Members should acquire guide(s) to the wild flowers (including grasses, sedges & rushes) of the British Isles, recommendations will be made. A good X10 hand lens is also useful. Government Covid-19 guidelines will determine the format that can be offered by next Autumn. Lecture dates are: 1 & 22 Nov, 6 Dec 2021, 17 Jan, 7 & 28 Feb, 14 March 2022.

Format: Lectures and field trips

About Dermot: Although professionally a cell biologist I maintain an interest in all aspects of Botany.

SCE 04: Building the human brain (Spring term)

Tutor: Jack Price

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

Venue: U3AC (Pink room)

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

Places: 25

Start date: 20 Jan

This is a lecture course that will outline how the human brain develops from a microscopic cluster of cells, through fetal development, to the moment of birth. It will seek to explain how the human brain is unique in terms of the enormous variety of cells of which it is composed, and the complexity of the connections between them. It will characterise the major features in evolution and development that have led to the emergence of this powerful thinking machine. Finally, we will take a tentative look at how neurodiversity arises, and why each of us is unique. There is no course work or preparatory reading, but a basic knowledge of Biology (O-level) would be an asset.

Format: Lecture

About me: I am Professor of Developmental Neurobiology at King's College London with forty years teaching and research experience in brain development.

SCE 04(z): Building the human brain (Spring term)

As for SCE 04 but attending via Zoom.

Places: 50

SCE 05: Chemistry tales - Analysis and detection (Summer term)

Tutor: Ken Cook

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 26 Apr

The course is returning after a Covid break. We will explore some of the techniques used to isolate and identify substances. Various types of chromatography will be included, together with mass spectrometry and examples of atomic and molecular spectroscopy. No previous scientific knowledge will be assumed and I will try to produce a set of notes to accompany the course.

Format: Lecture

About me: I am a former Chemistry teacher who has taught U3AC classes for several years.

SCE 06(z): Climate change - How catastrophic is it? (Spring term)

Tutor: Michael Atkinson

Day and time: Thursday 09:50 - 10:50

Venue: Zoom

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

Places: 15

Start date: 20 Jan

This course will examine some of the commonly stated views on climate change and how man's activities affect the planet. Reports in the mass media come from a variety of sources, including activist organisations. How accurate are these reports? Are we receiving a balance of views, including from others who take a contrary position when analysing the data? Some of the data and conclusions reached will be presented and discussed. Political attempts to limit emissions, generated by the burning of fossil fuels, include policies with far-reaching economic consequences (e.g. in energy sources, energy usage, and power generation). What are these policies hoping to achieve, and can they be successful? Alternative views to the orthodoxy will be presented, based on the work of acclaimed scientists in the field, and data from official organisations. Time will be allocated for discussion.

Format: Seminar

About me: I have science background and this will be the 6th year of presenting this course. It is hoped to include other speakers for some of the weeks.

SCE 07(z): Covid-19 and coronaviruses, what do we know now? (Spring term)

Tutor: Lynne Harrison

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

Venue: Zoom

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

Places: 50

Start date: 21 Feb

I will try to cover the up to date scientific understanding of the virus SARS CoV2 and Covid-19. This course will complement the short courses in 2019 and 2020 but will also be accessible to new students, no previous scientific knowledge will be presumed. We will consider the origins of SARS CoV2, how infection spreads and understanding Covid-19. We will look at the methods that have been developed to study the virus and the approaches to the prevention and treatment of Covid-19. Importantly we will discuss what we still need to discover and how to prepare for the next pandemic. After each presentation I will try to answer the questions arising. All presentations will also be available together with links to further information on my website at <https://flynnh.wordpress.com>.

Format: Lecture

About me: After a career in research I joined the University of Cambridge Institute of Continuing Education. At U3AC I offered courses on viruses and Covid-19 in 2019 and 2020.

SCE 08: Dazzling DNA, scintillating cells and disconcerting diseases (Spring term)

Tutor: Ron Laskey

Day and time: Thursday 15:50 - 16:50

Venue: U3AC (Pink room)

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

Places: 30

Start date: 20 Jan

This course offers a gentle introduction to DNA and the cells that make us, subjects which have enormous impacts on our health and daily lives. It is a repeat of last year's course. What is DNA and how was its structure and roles in heredity identified? How was its code cracked and how is it decoded in our body's cells? How does a single fertilized egg become trillions of cells and why aren't they all the same? What are stem cells and why do they matter? What are viruses and how do they hijack our cells? How do diseases such as cancer and dementia arise and what can we do about them? The explosion in knowledge of cells and DNA is transforming medicine, forensic science and agriculture. This course aims to provide an intelligible introduction.

Format: Lecture

About me: Ron directed the MRC Cancer Cell Unit and lectured to about 10,000 students and many public audiences over his 29 years as a Cambridge professor.

SCE 08(z): Dazzling DNA, scintillating cells and disconcerting diseases (Spring term)

As for SCE 08 but attending via Zoom.

Places: 30

SCE 09: Drug development for patients (Spring term)

Tutor: David Pierce

Day and time: Alternate Fridays, 12:05 - 13:05

Venue: U3AC (Pink room)

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

Places: 25

Start date: 21 Jan

This course will encompass a walk through the Package Leaflet (PL) found inside every medication pack, bringing it to life with examples drawn from the chemistry, pharmacology, clinical science and pharmaceuticals of a wide range of medicines. You'll be introduced to how drugs are handled in the body, their actions at cell receptors, and the potential mechanisms for drug interactions. We'll look at experiments designed to answer key questions: does this medicine work, is it safe, and is its quality reliable? We'll see how data are analysed and interpreted to provide the unequivocal evidence required by government regulators before approving a medication. We'll look at the link between the PL and the prescribing information for your GP, and how both are derived from reports and publications of scientific and clinical drug development. This should enable you to appreciate the diversity, complexity and patient-focused science underpinning this relatively simple document.

Format: Lecture

About me: I have a Ph.D in Drug Metabolism and over 40 years experience in preclinical and clinical drug development in the pharmaceutical industry, including authoring publications and lectures.

SCE 10: Eat well, live longer and live well

Leader: Alan Winfield

Day and time: Tuesday 14:40 - 15:40

Venue: U3AC (Pink room)

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

Places: 30

Start date: 12 Oct

What to eat, what to avoid, how to cook it. We will look at safe simple lifestyle prescriptions based on solid scientific evidence referring regularly to a whole host of published research papers. 100 years ago the major causes of death were pneumonia, tuberculosis and diarrhoeal disease, also malnutrition in some parts of the world. Today death in the developed world is largely due to lifestyle diseases. No fads, no moral crusades, just solid scientific evidence based on peer reviewed research publications.

Format: Discussion

About me: It is important to say that I am not medically or nutritionally trained. I have a scientific background and some scientific research experience. I see my role as a facilitator.

SCE 10(z): Eat well, live longer and live well

As for SCE 10 but attending via Zoom.

Places: 50

SCE 11: Emerging science and technology discussion group

Organiser: John Hall

Deputy: Peter Landshoff

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

Venue: U3AC (Green room)

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

Places: 10

Start date: 14 Oct

Each week, we will discuss science and technology news reported on the BBC and other websites, as well as news and articles in the New Scientist. The nature of the group is informal, highly participative, sometimes speculative, sometimes critical of the media, but, at all times, as reported by members last year, highly enjoyable and educational. You will be expected to join in and contribute any special knowledge to further the understanding of the group. Sometimes, we will also share views on local science based talks or on the work of Cambridge scientific companies. You will probably be a subscriber to the New Scientist, and/or another scientific, engineering, or technical journal, (or follow scientific news via specialist websites). A science A level, even though fifty years old, could be useful. More important, is that sense of curiosity that led you towards science interests in your past.

Format: Discussion

About John: Your facilitator has a science degree; and experience in instrumentation physics, and has run the Melbourn U3A Science Forum for the last six years.

SCE 12: Everything you wanted to know about computers, but were afraid to ask (Spring term)

Tutor: Derek Morris

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

Venue: U3AC (Red room)

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

Places: 20

Start date: 17 Jan

Are you aware of Britain's role in the creation of the computer industry, or that mobile phones, tablets, as well as Apple's latest computers all rely on technology invented in Cambridge? Do you know why the Met Office is spending £1.2B on computers over the next decade? Can you explain the difference between bits, bytes, and megabytes; hardware and software; or supercomputers and embedded computers? Are you interested in knowing how the Internet works? This course plots the development of modern computers, from the very large to the vanishingly small, guides you through the jargon, explains how computer hardware works and how it's made, introduces software and programming, and explains networking, the Internet and computer viruses. We also take a look at some of the pioneers of the industry and have a peek into the future. The course is lecture based, with the occasional video. No prior knowledge is required.

Format: Lecture

About me: I have been developing and using computers for over 40 years. I hold a computer science degree, and have spent most of my career working at computer companies.

SCE 12(z): Everything you wanted to know about computers, but were afraid to ask (Spring term)

As for SCE 12 but attending via Zoom.

Places: 50

SCE 13: Eye and brain: Constructing the visual world (Spring term)

Tutor: Keith Bradshaw

Day and time: Friday 13:25 - 14:40

Venue: U3AC (Pink room)

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

Places: 30

Start date: 21 Jan

We take it for granted that vision is just a passive registering of objects in the external world; that the outside world is somehow projected directly into our mind.

However, modern visual neuroscience indicates quite the opposite. It is now clear that the eye and visual parts of the brain work together as a complex yet highly organised system that actively constructs an image of the external world. Reality is not what it seems! This short course will outline some of the cognitive and neural mechanisms in the process from detection of light by the eye to our ability to perceive and recognise objects, colour and complex scenes in the outside world.

Format: Lecture

About me: Post-graduate qualification in vision science.

SCE 14: Geology group

Organiser: Beth Morgan

Day and time: 3rd Friday of the month 10:45 - 11:45

Venue: U3AC (Pink room)

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

Places: 30

Start date: 15 Oct

We are a group of people who are interested in geology and the earth sciences and who want to learn more about the subject. The group meets monthly, we invite some outside speakers, and members volunteer to lead sessions on topics that particularly interest them. In addition we organise some field trips. People who are new to the subject are welcomed, however it is not a course, so some rudimentary knowledge of geology will be assumed. Two very useful, easy to read and low cost books are: 'Geology' by J. Zalaiewicz in the OUP Very Short Introduction series and 'Geology' by D A Rothery in the Teach Yourself series. Please note: Group members will need access to the internet. All communication will be via email.

Format: Self-taught course or activity

About me: I have organised the Geology group for 4 years.

SCE 15(z): Introduction to weather and climate

Tutor: Roy Doyon

Day and time: Tuesday 16:05 - 17:05

Venue: Zoom

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

Places: 20

Start date: 12 Oct

This course is designed to familiarise participants with the elements that cause or are involved in weather and climate. Starting with the fundamentals of earth/sun geometry which determines the seasons and the amount of energy received from the sun we'll discuss global circulation patterns, atmospheric composition, air masses, pressure systems, wind, clouds, convective and orographic rainfall, hurricanes, frontal systems, monsoons and climate distribution. The course assumes no prior knowledge of meteorology and will involve very little maths. At the end of the course you should be able to understand why it's so difficult to predict the weather in the United Kingdom. Discussion is encouraged and welcomed. The lectures will be online (i.e. PowerPoint). There may be an occasional handout.

Format: Lecture

About me: I taught weather and climate in graduate school and incorporated the subject in my geography classes as a professor in the U.S.

SCE 16(z): Layer upon layer; dividing British geological history

Tutor: Douglas Palmer

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

Venue: Zoom

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

Places: 30

Start date: 11 Oct

The landscapes of the British Isles with their underlying rocks and fossils present an unusually good sample of Earth's geological history over the last 550 million years. As a result, British geologists pioneered or 'colonised' vast stretches of geological time with British names such as Cambrian and Devonian. William Smith's 1817 geological section from North Wales to London, roughly along the route of the Irish Mails, was the first to represent the succession of strata that preserve a good sample of the last 550 million years of geological time. The course takes Smith's section as a starting point to take an illustrated tour through the history of British life and changing environments represented by these rocks and fossils. Weeks 4, 7 and 10 of the course will be Sedgwick Museum sessions which will limit the numbers who can attend on those days to 30 with two successive groups of 15, one at 2-3 pm and the other at 3-4 pm. There is also the possibility of running 'overflow' Museum visits for those who cannot attend these sessions.

Format: Talks and visits

About me: I am a science writer (mainly books on earth science and palaeontology) and palaeontologist and work part-time for the Sedgwick Museum.

SCE 17: Meanwhile in the rest of the world(Spring term)

Tutor: Clive Gilchrist

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 20 Jan

Of all the courses I have presented at the U3AC this is my favourite. So please join me for 6 sessions of a revisited introduction to the fascinating history of science beyond our European boundaries. As a taster: what do piano accordions and the Flying Scotsman, but not Boudica, have in common with Ancient China? Join me and find out.

Format: Lecture

About me: I have lectured on science at both night school and work throughout my career and have enjoyed continuing lecturing at the U3AC.

SCE 17(z): Meanwhile in the rest of the world(Spring term)

As for SCE 17 but attending via Zoom.

Places: 20

SCE 18: Modelling the outbreak of infectious diseases

Tutor: Nick Kerry

Day and time: Tuesday 13:20 - 14:20

Venue: U3AC (Pink room)

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

Places: 30

Start date: 19 Oct

The development of an infectious disease can be described by simple mathematical models; the course will demonstrate how to construct a spreadsheet implementation, but it's not essential for following the course. Powerful conclusions can be drawn by exploring the effect of changing the "R number". For example, the UK government's response to the Covid-19 had the goal of managing the number of patients requiring intensive care: 'flattening the curve'. The course will also discuss wider situations such as endemic diseases, examining the impact of vaccination and the concept of 'herd immunity'. Note that the emphasis of the course will be on the modelling of outbreaks rather than on the biology of the infectious organism and the search for a vaccine, etc. This course will be essentially the same as last year, but updated to see what can be learnt from later waves.

Format: Lecture

About me: With a lifetime's background in modelling and data analysis I wanted to understand the Covid-19 outbreak and what lessons could be learned for the future.

SCE 18(z): Modelling the outbreak of infectious diseases

As for SCE 18 but attending via Zoom.

Places: 50

SCE 19: Osteoporosis (Spring term)

Tutor: Ann Laskey

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

Venue: U3AC (Red room)

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

Places: 15

Start date: 19 Jan

Osteoporosis is a condition that weakens bones, making them fragile and more likely to break. It affects over 3 million, mainly elderly women, in the UK. This course will include bone biology and the pros and cons of various techniques used to diagnose osteoporosis, including dual-energy X-ray absorptiometry (DEXA). It will describe the drug treatments currently available and bone changes that occur during the life-cycle, including during pregnancy and lactation. The course is designed for those who have, or may be at risk of developing osteoporosis, and those interested in the science behind this condition. Advice on how to decrease our risk of developing osteoporosis will be discussed. A knowledge of science is not essential.

Format: Lecture

About me: I investigated techniques used to quantify bone, worked at Addenbrookes's Bone Density Unit, studied factors effecting bone of young Cambridge and Gambian subjects, and I have osteoporosis.

SCE 19(z): Osteoporosis (Spring term)

As for SCE 19 but attending via Zoom.

Places: 5

SCE 20: Our earth, yesterday, today, and tomorrow (Spring term)

Tutor: Alan Winfield

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 19 Jan

This course will look at our earth in terms of the atmosphere, the waters of the earth (hydrosphere), and the rocks of the earth (lithosphere). We will study the equilibria in these systems prior to the industrial revolution, and the effect we as humans have had on displacing those equilibria. No previous scientific knowledge will be presumed.

Format: Lecture

About me: This is an updated repeat of a course I ran some 10 years ago. The course is based on a book I wrote on Environmental Chemistry published by CUP.

SCE 20(z): Our earth, yesterday, today, and tomorrow (Spring term)

As for SCE 20 but attending via Zoom.

Places: 50

SCE 21(z): Polar studies

Coordinators: John Procter & Bill Peters

Day and time: Alternate Tuesdays, 14:30 - 15:45

Venue: Zoom

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

Places: 150

Start date: 19 Oct

In the Autumn and Spring terms there will be a programme of 5 talks by research scientists, environmentalists and others who have a particular interest in the polar regions.

Format: Lecture

About us: Bill and I have a mutual interest in all matters Polar. We aim to continue to offer the programme of talks initiated by Bill Block.

SCE 22(z): Science and philosophy - A fresh perspective

Tutor: Michael Pitman

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

Venue: Zoom

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

Places: 18

Start date: 14 Oct

The course (with accompanying book, copies available at cost price) introduces a binary philosophical structure; it then proceeds to treat the subjects of information, physics, psychology, biology and society within this structure.

Format: Lecture

About me: My interest is the integration without prejudice of mankind's perennial disciplines of philosophy, science and religion. Long-term research has resulted in the systematic co-treatment of the subjects in our course.

SCE 23: Science for grandchildren

Tutor: Brenda Elliott

Day and time: Monday 16:10 - 17:10

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 10

Start date: 11 Oct

Basic introduction to Engineering and the Sciences using easy to obtain materials like household items, supermarket supplies and recycled packaging materials. A course to teach grandparents to harness the enthusiasm and curiosity of primary age children, to create a lasting interest in science and fill your times together with laughter and learning. Play together and discover what fun science can be! I've taught Science to students of all ages in both South Africa and the UK, with a particular focus on primary school science. At primary level, Science isn't treated as a core subject in the same way as Maths and English are, so lessons are often skipped to make room in the curriculum. I feel this is the age to help children develop an interest in Science and the world around them as they're at their most curious. Anything required will be detailed at the start of the course.

Format: Taught course or activity

About me: I taught all 3 Science subjects to students of all ages in South Africa and the UK. Prior to teaching, I worked as a qualified laboratory technician.

SCE 24(z): The EPR paradox and Bell's theorem: quantum mechanics versus reality (Spring term)

Tutor: John Cook

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

Venue: Zoom

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

Places: 25

Start date: 18 Jan

One of the gaps identified in the curriculum this year was "Advanced Physics". It's difficult to do most advanced physics without advanced mathematics, but there is an exception. In 1935, Einstein, Podolsky and Rosen wrote a paper (often called EPR) showing that the prevailing interpretation of quantum mechanics was inconsistent with reality. In 1964, the Irish physicist John Bell generalised their idea and framed it as a simple experimentally testable equation. The result of the experiment was "Quantum Mechanics - 1: Reality - 0". EPR's concept of reality was shown to be incorrect. The worrying thing is that this incorrect concept might be summed up as "Things have properties". After a quick review of quantum mechanics, photons, and polarization, we'll dive into EPR, Bell's work, Aspect's experiments, and their implications. The concepts here are very challenging but fortunately the maths is relatively easy, trigonometry and probability.

Format: Lecture

About me: I've been working in scientific research for about 50 years; I hope to get a better understanding of the EPR paradox by teaching it.

SCE 25(z): The learning brain

Tutor: Beverly Steffert

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

Venue: Zoom

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

Places: 40

Start date: 11 Oct

How the brain develops, learns and ages. The trade-offs between strengths and weaknesses that underlie the Words brain, (the lawyer who can't ride a bike) or the Visual brain (the Artist who can't spell) or the Analytical brain that can't see the wood for the trees as well as the Global Brain, that gets the overall picture but forgets the details. When learning preferences turn to extremes we see the Dyslexic, Dyspraxic, Asperger's or Attention Deficit Brain. We also look at the emotional requirements for learning, the Aging Brain, the male vs the female Brain, the Stressed Brain (including Post traumatic Stress and Addiction), memory, the bi and multi-lingual Brain as well as Interventions to boost the Brain's learning ability. This course is a reorganisation and update of the course I did last year.

Format: Lecture / discussion

About me: I am a Chartered Psychologist and Neuropsychologist, previously teaching Brain/Behaviour relationships at London University now running a Learning Centre www.qeeg.co.uk www.learningrecovery.co.uk, assessing and treating psychological and educational issues

SCE 26(z): The life of stars

Tutor: John Wills

Day and time: Thursday 13:30 - 14:45

Venue: Zoom

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

Places: 40

Start date: 14 Oct

This course aims to answer all the questions you might have about stars. Where do they come from, what are they, how long do they live, what happens to them? To answer these, and many other questions, you will learn how astronomers and physicists themselves found the answers; the techniques they used and the theories they developed to explain what they observed. We will range over a wide slice of astronomy and physics; from the first few minutes of creation to the end of all things; from the nucleus of an atom to the entire universe. The course is lavishly illustrated, using the many wonderful images available from modern telescopes. It is largely descriptive, but will use the terms and tools actually used by astronomers, particularly in dealing with the astronomical numbers involved! It is an exciting ride so hold onto your hat!

Format: Lecture

About me: This is the eighth year that I have presented this course. I post each lecture on Drop Box after it is presented for members to download and keep.

SCE 27(z): The Pale Blue Dot

Tutor: John Cook

Day and time: Monday 10:15 - 11:15

Venue: Zoom

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

Places: 25

Start date: 11 Oct

The Pale Blue Dot is a photograph of Earth taken in 1990 by NASA's Voyager 1 spacecraft, at a distance of 3.7 billion miles from the Sun. This course is all about the planet on which we live. It starts with Earth's rather insignificant place in the wider universe, going on to look at how (we think) it was formed, its physical makeup (and how we know what we know), and similarities and differences to other planets and moons. Then we'll look at geological history, and the current consequences of that such as earthquakes and volcanoes. Next we'll focus on the thin skin of the planet - the atmosphere, the oceans and the continents - and finally, the biosphere.

Format: Lecture

About me: I've recently retired from a long career in oilfield R&D, where the nature of the Earth was a constant and fascinating background.

SCE 28(z): The physics of the pizza: how scientists use the laws of nature (Spring term)

Tutor: John Cook

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

Venue: Zoom

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

Places: 25

Start date: 17 Jan

Most popular discussions of physics focus on frontiers; quantum mechanics, black holes, etc. Before these discoveries, though, were centuries of development of classical physics: for example, Newton's laws of motion and gravity, Maxwell's equations and thermodynamics. I hope to show you how these still form the basis of everyday behaviour - for example to discover what happens to a pizza when the pizzaiola spins it; why, after mixing white and wholemeal flours for the pizza, you can't unmix them; and what holds the pizza (and the pizza pan, and the stars, and stuff in general) together. At the end, we'll see the breakdown of classical physics as the 20th century dawned - the so-called Ultraviolet Catastrophe - and introduce modern physics, with quantum mechanics and relativity. The material might be a bit challenging, but there will be no (use of) equations, and no experience of physics or mathematics is needed.

Format: Lecture

About me: I've been studying and using physics for around 50 years, and enjoy trying to make it accessible to everyone.

SCE 29: The UK's global leadership in genomic sequencing - a Cambridge success story! (Spring term)

Tutor: Nick Kerry

Day and time: Tuesday 16:05 - 17:05

Venue: U3AC (Pink room)

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

Places: 30

Start date: 22 Feb

On 1 Feb 2021, during the Covid-19 pandemic the Health and Social Care Secretary, Matt Hancock, said 'our global leadership in genomic sequencing has helped us to spot new variants here in the UK, and quickly alert the rest of the world'. Another example of government spin? This series of 5 lectures will describe what genomic sequencing is, how it works, and reveal the Cambridge pub where 'NextGen' sequencing was born. It will address some of its applications to understanding genetic diseases and cancer as well as its role in fighting Covid-19, and on the way I'll explain what a PCR test is. The course has been extended from 3 weeks in 2021 to cover the material at a somewhat slower pace with additional material on applications such as gene therapy.

Format: Lecture

About me: Before I retired, I worked for 10 years as a data analyst at a company developing and applying DNA sequencing technology.

SCE 29(z): The UK's global leadership in genomic sequencing - a Cambridge success story! (Spring term)

As for SCE 29 but attending via Zoom.

Places: 50

SCE 30(z): Uncovering the evidence for human origins (Spring term)

Tutor: Douglas Palmer

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

Venue: Zoom

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

Places: 100

Start date: 18 Jan

When asked which species was our immediate ancestor, the species who gave rise to *Homo sapiens*? Was it *Homo neanderthalensis*, *H. habilis*, *H. erectus* etc? Few people, outside of the archaeological/ paleoanthropological community, know the answer. Why not, is it that we are not interested, or that we still do not like the idea that we have descended from some more primitive group? This course looks at the history of discovery of our human ancestry from pre-Darwinian times up to the present revolution in understanding brought about by the discovery of ancient DNA and its recovery from the remains of some of our most recent ancestors.

Format: Lecture

About me: I am a science writer (mainly books on earth science and palaeontology) and palaeontologist and work part-time for the Sedgwick Museum.

Self-management

SFM 01: Buddhist meditation 1: Introduction to meditation practices

Tutor: Richard Winter

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

Venue: Cambridge Buddhist Centre

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

Places: 18

Start date: 13 Oct

Buddhist meditation is a way of exploring our inner experience and responding creatively to what we find. It can bring many important benefits: less anxiety, greater awareness, better concentration, and a more sensitive understanding of oneself and others. Meditation has recently become influential in the West as an effective method for dealing with the pressures and difficulties of living. It has been practised for 2500 years as a central aspect of the Buddhist tradition, although the course does not assume Buddhist or any other beliefs. The course is practice-based: it focuses on setting up a regular meditation practice and introduces two basic methods, based on awareness of the breath and on the cultivation of kindness. It also includes developing mindfulness in everyday life and walking meditation. Local buses stop outside the Cambridge Buddhist Centre. There is metered on-street car-parking, and disabled car-parking is available at the Centre.

Format: Discussion and directed meditation practice

About me: I used to teach at Anglia Ruskin University; I have been studying and practising meditation and Buddhism for more than 20 years as a member of the Cambridge Buddhist Centre.

SFM 02: Buddhist meditation 2: 'Exploring states of mind and feeling' (Spring term)

Tutor: Richard Winter

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

Venue: Cambridge Buddhist Centre

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

Places: 18

Start date: 19 Jan

This course provides an opportunity to explore Buddhist meditation in greater detail. It is intended as a continuation for those who wish to take further the insights and practices they developed in the Autumn term course. And also for anyone who undertook the introductory course in previous years, or already has experience of Buddhist meditation. The course focuses on linking our feelings with our breathing and on exploring key dimensions of the way we connect with, and respond to, others' experience. We will also examine possible remedies for the obstacles to meditation we may encounter. Suggested reading: Vessantara: 'The Art of Meditation: The Breath' (2005) (Windhorse Publications); Vessantara: 'The Art of Meditation: The Heart' (2006) (Windhorse Publications). Local buses stop outside the Cambridge Buddhist Centre; there is metred on-street car-parking and disabled car-parking at the Buddhist Centre.

Format: Discussion and directed meditation practice

About me: I used to teach at Anglia Ruskin University; I have been studying and practising meditation and Buddhism for more than 20 years as a member of the Cambridge Buddhist Centre

SFM 03: Buddhist meditation 3: 'Aspects of the practice of mindfulness' (Summer term)

Tutor: Richard Winter

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

Venue: Cambridge Buddhist Centre

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

Places: 18

Start date: 27 Apr

This course is intended as a continuation for those who wish to take further the insights and practices they developed in the Autumn and Spring term courses. And also for anyone who undertook these two courses in previous years, or already has substantial experience of Buddhist meditation. We shall focus in particular on the foundations and practices of mindfulness: the grounding of mindfulness in awareness of bodily experiences (including pain), awareness of the process of our feelings, and awareness of our general state of mind. We will also consider the link between meditation and the imagination. Suggested reading: Vassantara: 'The Art of Meditation: The Breath' (2005) (Windhorse Publications) Vessantara: 'The Art of Meditation: The Heart' (2006) (Windhorse Publications). Local buses stop outside the Cambridge Buddhist Centre. There is metered on-street car-parking, and disabled car-parking is available at the Centre.

Format: Discussion and directed meditation practice

About me: I used to teach at Anglia Ruskin University; I have been studying and practising Buddhism and meditation for more than 20 years as a member of the Cambridge Buddhist Centre.

SFM 04: Positive thinking and meditation

Tutor: Heather Kara

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

Venue: 2b Fen Road, Chesterton, CB4 1TX (**Note:** we will have to begin with Zoom, but may switch to hybrid later))

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 40

Start date: 15 Oct

Positive thinking and meditation is a course designed to wake up your natural positive qualities and discover a new consciousness. With higher awareness, we discover the beautiful truth about ourselves which ultimately leads to freedom from anxiety and worry, improved relationships and sleep, and restored tranquillity and happiness. Raja Yoga Meditation is a simple meditation, which requires no previous experience. Note: Neighbours would prefer us not to park on Fen Road itself, so please use the riverside official car park, or there is plenty of parking in side streets.

Format: Discussion

About me: From software developer to property manager, Heather has found the tools of positive thinking and meditation invaluable and finds joy in sharing these with others as they benefit from them.

World

WOR 01: Africa forum

Convenor: Peter Woodsford

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

Venue: U3AC (Pink room)

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

Places: 25

Start date: 15 Oct

The Africa forum is a discussion group for those interested in African affairs and has been running for over 16 years. It includes the culture, history, economics, politics and current affairs of the continent. Each week a member of the group or an outside speaker presents a topic for discussion. The group clearly depends on having a core membership with an active and knowledgeable interest in Africa. They would welcome members who would like to learn or share about the continent and developments. As last year, we will include remote contributions, especially from Africa. The course has a website where the past seven years of presentations can be seen: <http://af.woodsforfs.uk/>

Format: Discussion

About me: I taught in Uganda in the 1960's and have maintained close ties ever since. I am a member of the Royal Africa Society.

WOR 01(z): Africa forum

As for WOR 01 but attending via Zoom.

Places: 25

WOR 02: Italian cities (Spring term)

Tutor: Alan Winfield

Day and time: Tuesday 14:40 - 15:40

Venue: U3AC (Pink room)

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

Places: 30

Start date: 18 Jan

This course will study the geography, architecture, art, history and culture of Venice, Florence, Pisa, Lucca, Siena, Rome and Naples.

Format: Lecture

About me: I have been leading tours in these cities for 22 years whilst working for a holiday company.

WOR 02(z): Italian cities (Spring term)

As for WOR 02 but attending via Zoom.

Places: 50

WOR 03: The Balkans

Leader: Alan Winfield

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

Venue: U3AC (Pink room)

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

Places: 30

Start date: 14 Oct

This course will look at the history, geography, politics, ethnicity and peoples of Albania, Macedonia, Montenegro, Bosnia Herzegovina, Croatia and Slovenia. We will have a virtual tour of parts of these countries and visit sites of interest. A visit may be arranged to one of these countries if there is sufficient demand and Covid-19 regulations permit.

Format: Lecture

About me: I have been leading walking holidays and coach tours in the Balkans for over 20 years. I taught in Albania in 2011 and 2012.

WOR 03(z): The Balkans

As for WOR 03 but attending via Zoom.

Places: 50

WOR 04: Travel: Places to go back to

Lecturer: Peter Granville Davis

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

Venue: Our Lady and the English Martyrs Church (Parish Hall)

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

Places: 70

Start date: 14 Oct

Places to go back to:

1. Kathmandu, Nepal
2. Finding Aotearoa
3. Venice
4. Perth and the birth of a nation
5. Dublin: Yeats and 'a terrible beauty'
6. New York
7. Crete
8. Berlin, then and now
9. Barcelona, the beauty and the scars
10. Paris

Format: Lecture

About me: Talks about places I love and would be delighted to go back to.

WOR 05: Women in the world

Coordinators: Linda Haslett & Linda Holland

Day and time: Alternate Wednesdays, 10:30 - 12:30

Venue: Michaelhouse Centre (Montefiore room)

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

Places: 16

Start date: 13 Oct

This group, now in its tenth year, meets fortnightly to explore and discuss the place of women. It looks at how it has changed, their achievements and what has held them back, in a wide range of different settings and periods. Specific topics will depend on the interests of members and what they can offer. Members take it in turns to research and introduce a subject, though this is not an absolute requirement of membership. In a current affairs session we look at present day issues before the presentation, followed by a coffee break. Last year topics included Barbara Castle, Pliny's Women, Freya Stark and Girl War Reporters. We hope to have outings in the Summer term. Christmas and summer lunches will be held in members' homes. Members will be asked for a small donation to cover the hire of the data projector for the year.

Format: Presentations and Discussion

About us: Both coordinators have a keen interest in women's Issues and have been running the class for nine years.

Writing

WRT 01: Childhood memories (Spring term)

Facilitator: Jenny O'Brien

Co-facilitator: Pauline Simpson

Day and time: Friday 15:15 - 17:00

Venue: U3AC (Green room)

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

Places: 10

Start date: 21 Jan

Activities to help you capture the art of remembering your youth/childhood - or your children's childhood perhaps. Unearth your own anecdotes. Find stories to share, and amaze the younger people in your life. Maybe your childhood memories could become a personal/family heirloom. No writing experience needed. No textbooks required. Pen and paper - essential. Library card - very useful.

Format: Informal workshop style

About us: Jenny: A love of art and children's stories inspired me to undertake an MA and to provide story-making workshops and creative writing sessions locally over several years.

Pauline: A love of children's literature led me first to become a children's librarian and then to take the same Masters in Writing for Children as Jenny.

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

WRT 02(z): From the word go

Leader: Liz Wicken

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

Venue: Zoom

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

Places: 8

Start date: 13 Oct

At last! There is room in your life to think about the writing you have wanted to do for a long time. Is it family history? Memoir? Travel writing? Something creative, like a novel or some short stories? We will start from scratch. This is a structured but informal course, having fun along the way, and providing a foundation for more advanced classes. All you need is pen and paper.

Format: Taught course or activity

About me: This is an established class run by Liz Wicken, a writer of novels, novellas, short stories and non-fiction.

WRT 03: Poetry workshop

Coordinator: Dave Peat

Day and time: Alternate Fridays, 12:15 - 13:30

Venue: U3AC (Green room)

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

Places: 10

Start date: 15 Oct

This is for all who enjoy writing poetry (of any shape or form). We meet every fortnight having previously chosen a theme/word/phrase to write on then share our poems in a friendly supportive as well as creative and stimulating atmosphere. NB this is NOT a critical or teaching workshop, nor is it for professional poets.

Format: Course or activity without teaching

About me: I took over as coordinator of the group in 2020.

WRT 04: Starting to write poetry (Spring term)

Tutor: David Thear

Day and time: Friday 15:10 - 16:35

Venue: U3AC (Orange room)

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

Places: 10

Start date: 21 Jan

Would you like to write poetry but are not sure how to begin? Perhaps you have already written a few poems and would like to learn more about the craft? This course will look at the building blocks of poetry like metre, metaphor, imagery, rhythm, repetition and rhyme. We will read both traditional and modern poems each week to show how these elements are deployed and there will also be opportunities for writing and friendly discussion.

Format: Taught course or activity

About me: I have enjoyed reading poetry for more than 50 years and have been writing it for almost 10. I am a published poet.

WRT 05: Writers' workshop

Organiser: Liz Alan

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

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

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 17

Start date: 13 Oct

This writers' workshop is a self-help group that inspires and develops writing through the mutual exchange of ideas. Current members' writing projects include various types of fiction, family memoirs and historical biography. Each week four members read a short piece of their own writing (1500 to 2000 words) at least 2 or 3 times per term. The group listens and offers constructive and supportive feedback. We aim to learn from each other and consider such topics as getting started, voice, characterisation, plot and story lines, as well as handling dialogue. The intention of the workshop is to enable members to develop confidence in their writing. If they finish a current project, they may wish to continue with another into the following year. Vacancies permitting, we welcome new members during the year.

Format: Course or activity without teaching

About me: As well as being the Organiser, I am an active writing member of the workshop, having joined it 6 years ago.

Other groups

Do not apply for these groups on your application form.

OTH 01: Cycling

Coordinator: Beth Morgan

Email: cyclingu3ac@gmail.com

Day and time: Rides can be organised for any day of the week, including Sunday

The Cycling club offers a mixed programme of rides of varying distance and speed. Rides can be on any day of the week, so members simply choose the ones that fit their timetable and ability. The majority occur between March and December but there might also be additional ad hoc rides when the weather is good. We generally meet in Cambridge and use quiet, country roads but sometimes short train journeys extend our range. For more information and to join, please contact the Coordinator on cyclingu3ac@gmail.com

All communications are by email.

Note: Whilst government policy on social distancing remains in force, we will limit the number of people on each ride.

Format: Course or activity without teaching

About me: I have organised the Cycling Club for several years.

OTH 02: Environment group

Chair: Elizabeth May

Email: environmentu3ac@gmail.com

In 2012 U3AC made a formal commitment to manage its environmental impacts and in 2013 an Environment group was set up to help with this. It reports to the U3AC Council and is responsible for advising on promotion of environmental awareness and environmental practice throughout U3AC. It meets about every 6-8 weeks. The group runs seminars on environmental/sustainability issues that are open to all U3AC members, and is a source of information about environmental activities in Cambridge and beyond through our web page on the U3AC website. Further information can be found at <http://u3ac.org.uk/environment>. Please do not hesitate to contact us via email on environmentu3ac@gmail.com. Environment Group Officers: Elizabeth May, Chair; Dr Leslie Miller-Bernal, Secretary; Daughn Eva-Adshead, Web Officer; Angie Mc Kerral, IT Communications Officer.

OTH 03: U3AC film group

Organiser: Jeremy Buncombe

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

Venue: Arts Picturehouse

Start date: 05 Oct

The Film group programme aims to show the best of world cinema, past and present, covering a wide range of international productions. New members are always welcome to join in post screening discussions and are encouraged to make suggestions for future programmes. Full details of each term's films will appear in the August, December and March Newsletters. All screenings take place at the Arts Picturehouse on Tuesdays commencing promptly at 1.00 pm.

Note: The charge per term is £35.00 and should be purchased in person at the Arts Picturehouse. Do not apply for this on your U3AC application for courses.

Note: At the time of going to press it was not known when film screenings will resume. Any new programme will be subject to government & cinema guidelines of which you will be advised. Information will be publicised via the weekly emailed Bulletin and the termly Newsletters.

Format: Screening of great films followed by discussion

About me: Lifelong enthusiast of world films and cinema

OTH 04: Third Way investment club

Organiser: Eddie Hatfield

Day and time: Last Wednesday of each month 14:15 - 16:00

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

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

Places: 20

Start date: 27 Oct

The object of our club is to discuss, select and make stock market investments for profit and learn from one another about the investing process. The value of investments is allocated in proportion to member's accumulated subscriptions. Membership is not a short term commitment, nor is it a source of investment advice. Investments are purchased from members' monthly subscriptions of £50 per month (paid by standing order) and there is a non-refundable joining fee of £50 to cover the significant administration costs. Members must have some knowledge of investments in general and the stock market in particular. Prospective members are expected to attend at least 2 meetings before joining. We will continue with Hybrid Zoom when post-Covid. For further information, please contact the Organiser - Eddie Hatfield. Contact the U3AC Office to register your interest in joining the club.

Format: Discussion

About me: 10 years a member and now secretary.

OTH 05: U3AC investment club

Secretary: Ian Gaseltine

Day and time: Third Saturday of each month 10:00 - 12:00

Venue: Cambridge Central Library (Conference Room)

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

Places: 20

Start date: 16 Oct

The club was formed in 2001 with several founder members remaining enthusiastic investors. Due to its ongoing nature existing members retain continuing membership. Prospective members are invited to observe a meeting prior to joining the waiting list. The club would be of interest to members who wish to improve their knowledge of the stock market by active involvement in running our own portfolio, researching acquisitions and making presentations. We provide online research software, exclusively for members who must have a working knowledge of computing for accessing it. All investment decisions which affect members' unit holding are made by majority vote. The commitment is long term with a monthly investment of £50 payable by standing order plus a £50 joining fee. Contact the U3AC Office to register your interest in joining the club.

Format: Discussion

About me: As a founding member I have learned from others the use of research tools and investment opportunities.

Other activities

The terms' lecture programmes are given on the website and in the August, December, and March Newsletters. Details of each week's lectures are in the weekly Bulletin and on the website.

Wednesday Lectures

These lectures cover a wide range of topics – from international issues to matters of local interest, and from literature and the arts to national politics and current affairs.

Norah Boyce Science Lectures

These lectures, aimed at a general audience, cover a wide range of scientific topics; their strapline is 'Science for everyone'.

Course venues

For information on getting to the venues using public transport, go to the Traveline website (www.traveline.info). This plans your route, offers bus routes and timetables, and gives the location of bus stops and walking route to the venue.

Venue	Address	Parking	Hearing Loop	Disabled access
Alexandra & Beehive Bowls Club	Alexandra Gardens, Carlyle Road, Cambridge CB4 3DN	Limited	N	Y
Arbury Community Centre	Campkin Road, Cambridge CB4 2LD	Y	Y (in large hall)	Y (ground floor)
Arts Picturehouse	38-39 St Andrew's Street, Cambridge CB2 3AR	N	N	Yes (ramp at north entrance, lift to all floors)
Big Rock Climbing Centre	Mandeville Drive, Kingston, Milton Keynes MK10 0AG	Y	N	
Cambridge & County Bowling Club	Brooklands Avenue, Cambridge CB2 8FG	Limited	N	Outdoors
Cambridge Buddhist Centre	38 Newmarket Road, Cambridge CB5 8DT	N	N	Y
Cambridge Central Library	7 Lion Yard, Cambridge CB2 3QD	Public parking	N	Y
Cambridge University Botanic Gardens	1 Brookside, Cambridge CB2 1JE	Local pay and display	N	Y
Castle Street Methodist Church	Castle Street, Cambridge CB3 0AH	N Do not park in the church car park. Use pay and display in nearby streets.	No	Y: Hall and Aldersgate Room (ground floor) N: Epworth Room (1 st floor, no lift)
Cocks and Hens Cambridge Tennis	Grantchester Road, Cambridge CB3 9ED	Y	N	Outdoors
Colours of Dance Studio	Level 2, 182 Histon Road, Cambridge CB4 3JP	Y	N	Y (lift to 2 nd floor)
Comberton Village Hall	Green End, Comberton, CB23 7DY	Limited	Y	Y
Downing Place URC (previously St Columba's Church)	4 Downing Street, Cambridge CB2 3EL	N	Y	Y
East Barnwell Scout Centre	41 Thorley Road, Cambridge CB5 8NF	Y	N	Y
Emmanuel College, Harrods Room, Queens' Building	St Andrew's Street, Cambridge CB2 3AP	N	N	2 nd floor, with lift access
Friends' Meeting House, Hartington Grove	91-93 Hartington Grove, Cambridge CB1 7UB	Limited	Y	Y
Friends Meeting House, Jesus Lane	12 Jesus Lane, Cambridge CB5 8BA	N	Y	Y

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

Grantchester Village Hall	High Street, Grantchester CB3 9NF	Y	N (PA system)	Y
Histon & Impington Recreation Ground	1 New Road, Impington CB24 9LU	Y	N	Outdoors
Kelsey Kerridge Sports Centre	Queen Anne Terrace, Gonville Place, Cambridge CB1 1NA	Public parking Queen Anne Terrace carpark	N	Y
Leys School	The Fen Causeway, Cambridge CB2 7AD	Limited	N	Y
Magdalene College, Buckingham Room	Magdalene Street, Cambridge CB3 0AG	N	N	Y
McCrum Lecture Theatre, Corpus Christi College (behind the Eagle Pub)	Bene't Street, Cambridge CB2 1RH	N	Y	Y (ground floor)
Michaelhouse Centre	St Michael's Church, Trinity Street, Cambridge CB2 1SU	N	N	Y
OLEM The Church of Our Lady and the English Martyrs	Hills Road, Cambridge CB2 1JR	Limited on-site	N	Y (ground floor)
Physiology Lecture Theatre	Downing Street, Cambridge CB2 3DY	N	Y	Wheelchair access on request
St Andrews Street Baptist Church	St Andrew's Street, Cambridge CB2 3AR	N	Y	Y (lift to first floor)
St Clement's Church	Bridge Street, Cambridge CB2 1UF	N	N	N (Upper Room on 1 st floor, no lift.)
St George's Church Hall	Chesterfield Road, Cambridge CB4 1LN	On-street	N	Y
St James C of E Church	Wulfstan Way, Cambridge CB1 8QJ	Y	N	Y
St Laurence's RC Church Hall	91 Milton Road, Cambridge CB4 1XB	Limited	N	Y
St Mark's Community Centre	13 Barton Road, Newnham, Cambridge CB3 9JZ	N	Y	Y (ramp)
U3AC premises	27-28 Bridge Street, Cambridge CB2 1UJ	N	Y	2 steps at entrance. Portable ramp on request. Lift to both floors.
University of Cambridge Sports Centre	Phillipa Fawcett Drive, Cambridge CB3 0AS	Disabled parking only	N	Y

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

Courses by day of the week

Monday

ART 07	Painting group - Monday
ARTC 02 /02(z)	Embroidery, knitting and general needlework
ARTC 05	Patterns and how to make them
BAB 01 /02	Babylonian and Assyrian
CMP 01	Getting more out of Excel
CMP 05	How computers work. ...
CMP 07(z)	Interfacing computer with the physical world
CUR 04(z)	Current affairs by zoom
CUR 06(z)	"Virtual" transatlantic Economist readers ...
CUR 07(z)	"Virtual" transatlantic discussion forum
FIT 07	Circle dancing
FIT 11	Wise wild dance - for fun fitness and sharing
FIT 12 /13	Exercise to music
FIT 20 /21	Table tennis
FIT 27	Walking 6 miles - Monday
FRE 01	French conversation
FRE 02 /02(z)	Lisons 'Rendez-vous' - Monday
GDN 02	Just vegetating
GEO 01(z)	Overland to India 1965-70
GEO 02(z) /03(z)	World regional geography
GER 04	German: Als Hitler das rosa Kaninchen stahl
GER 12	German translation: Gray
GRC 02 /02(z)	Classical Greek self-help reading group
GRM 01 /01(z)	Modern Greek: Elementary A
GRM 02 /02(z)	Modern Greek: Elementary B
GRM 04 /04(z)	Modern Greek: Intermediate
HIS 01 /01(z)	A woman of no importance?
HIS 18	French history 1453-1945
HIS 19(z)	An overview of the history of England
HIS 28	Napoleon Bonaparte
HIS 39	The Spanish Civil War
ITA 06	Italian literature: reading modern novelists
LAT 04 /04(z)	Latin: Continuing our Latin studies together

LAT 06 /06(z)	Advanced Latin
LAT 08	Latin (re-)discovered
LEI 06	Rubber bridge club
LEI 09	Croquet for beginners
LEI 12	Mah Jong group
LEI 19 /20	Scrabble
LIT 02 /03	Book group
LIT 06	An introduction to Marcel Proust ...
LIT 11	E M Forster (1879-1970)
LIT 18 /18(z)	Passion, irony and social justice ...
LIT 19(z)	Personal poetry
LIT 30 /30(z)	Twentieth-century classics 1
MUS 04	Handel's operas and oratorios: a 'Top Ten'
MUS 06	Jazz on a Monday afternoon
MUS 14 /14(z)	Opera on DVD - Verdi's women
PHL 02	Basic philosophical issues
PHL 09(z)	Raja yoga meditation and philosophy
PHL 10	The conquest of the Promised Land ...
PHL 12	The Koran
PHL 13	What, then, is love?
SCE 01 /01(z)	A brief introduction to astronomy
SCE 02	Black gold: how oil and gas are produced
SCE 03	Botany
SCE 07(z)	Covid-19 and coronaviruses ...
SCE 12 /12(z)	Everything you wanted to know ...computers
SCE 16(z)	Layer upon layer ...
SCE 23	Science for grandchildren
SCE 25(z)	The learning brain
SCE 27(z)	The Pale Blue Dot
SCE 28(z)	The physics of the pizza ...
SPA 02 /02(z)	Advanced Spanish
SPA 03(z) /04(z)	Intermediate Spanish
SPA 05(z)	Spanish conversation via Zoom

Tuesday

ART 02	Anything goes ...
ART 03 /04	Back to basics ...
ARTH 03	Reading women ...
CMP 04(z)	Historical maps on the WWW
CMP 06	How to build a free website
ECN 04	The armchair Economist
FIT 10	Tap dance
FIT 15	Moving with ease ...
FIT 16(z)	Qigong
FIT 22 /23	Table tennis
FIT 28	All-year walking - Tuesday (weekly)
FIT 29	Walking for pleasure - Tuesday (fortnightly)
FIT 30	4 Mile walking group -Tuesday (fortnightly)
FIT 38	Swimming
FRE 09	Cercle francais
FRE 10	Les grandes oeuvres du théâtre français ...
GDN 04(z)	U3AC garden group
GER 11 /11(z)	German poetry and prose
HIS 06	Bavaria, the "different" German Federal ...
HIS 14	Edward III 1312-1377 ...
HIS 15	Evolution of the modern British army
HIS 16 /16(z)	Explorers and travellers in Asia
HIS 22 /22(z)	May thou sink in sin ...
HIS 26 /26(z)	Modern history group
HIS 27	Mulberry bushes and frosty mornings
HIS 34	The Great War 1914-19
HIS 36	The last Plantagenets ...
HIS 37	The Old Lady of Threadneedle Street ...
HIS 38	The personality of nineteenth-century Paris
HIS 41 /41(z)	The ascent of man
ITA 01 /02(z)	Italian
ITA 03 /04 /05	Italian
ITA 07 /09(z)	Italian
LAT 01(z)	Beginners Latin
LAT 02 /02(z)	Latin: 'Let's continue!'

LEI 03	Duplicate bridge club
LEI 22	U3AC bowls club
LIT 01(z)	Book group 1
LIT 10(z)	Contemporary poetry ...
LIT 12	Flights of amazing imagination ...
LIT 13(z)	John Betjeman
LIT 14	Kipling reading group
LIT 16	Modern European novels
LIT 27 /27(z)	Sustainability: Book group
LIT 28	The roles of animals in literature
LIT 31 /31(z)	Twentieth and early twenty first century ...
MUS 03	Flute choir
MUS 07	Mainly madrigals
MUS 08	Music club
MUS 17	Song workshop
OTH 03	U3AC film group
PHL 03	Christianity - A beginner's guide
POL 02	Is it time for the UK to join the real world?
PSY 01 /01(z)	Introduction to developmental psychology
PSY 02 /02(z)	Introduction to cognitive psychology
RUS 01 /02(z)	Russian
RUS 03 /03(z)	Reading Russian
SCE 05	Chemistry tales - Analysis and detection
SCE 10 /10(z)	Eat well, live longer and live well
SCE 15(z)	Introduction to weather and climate
SCE 18 /18(z)	Modelling the outbreak of infectious diseases
SCE 21(z)	Polar studies
SCE 24(z)	The EPR paradox and Bell's theorem: ...
SCE 29 /29(z)	The UK's global leadership ...
SCE 30(z)	Uncovering the evidence for human origins
SPA 01(z)	Spanish for beginners
SPA 06 /06(z)	La Tertulia de la U3AC
SWE 02 /02(z)	Swedish self-help: Third year continuation
WLS 01	Reading in Welsh
WOR 02 /02(z)	Italian cities (Spring term)

Wednesday

ART 08	Painting group
ARTC 01	Arts forum
ARTC 04	Patchwork and machine quilting
ARTC 06	Stitching
ARTH 04	Vermeer and his contemporaries
ECN 02 /02(z)	Economics with justice
ECN 03 /03(z)	Economic ideas
ENV 01(z)	My carbon footprint and sustainability ...
FIT 01 /02	Badminton
FIT 05 /06	Ballet
FIT 17 /18 /19	T'ai Chi Chuan
FIT 31	Gentle walking group
FIT 32	The Wednesday walkers
FIT 36(z) /37	Yoga
FLM 01	Japanese cinema - Akira Kurosawa
FRE 03 /03(z)	Continuons 'Rendez-vous'
FRE 05 /05(z)	Modern French novels 1
GER 01 /01(z)	German beginners
GER 05 /05(z)	German intermediate
GER 06	Improvers German
GER 07	Eine art stammtisch
GER 13	Reading German aloud
GRM 03 /03(z)	Modern Greek: Improvers
HIS 02 /02(z)	About herbal medicine
HIS 03(z)	Ancient Egyptian history
HIS 04(z)	Anglo-French relations
HIS 08	Britain begins
HIS 11	Catal Hoyuk
HIS 12	Christian origins and the early church
HIS 17	France since de Gaulle
HIS 25(z)	Military history circle

HIS 29(z)	Postwar
HIS 31 /31(z)	Rome: The Empire from about AD 150 ...
HIS 32	Samuel Pepys - his diary and his world
HIS 35(z)	The history of England AD 410 to 1066
LAT 07 /07(z)	Advanced Latin self-help group
LEI 07	Camsail
LEI 08	Canasta club
LEI 11	Cryptic crossword club
LEI 18	Drop in scrabble
LIT 04	Book group 4
LIT 07	Carriage rides in Jane Austen's works
LIT 17 /17(z)	Modern European theatre part one
LIT 23 /23(z)	Poetry reading group - M
LIT 24	Poetry reading group - R
LIT 26 /26(z)	Shakespeare's 'A Midsummer Night's Dream'
LIT 29 /29(z)	The short story
MTH 02(z)	Maths can be fun 2
MUS 01	A Cappella chamber choir
MUS 12 /12(z)	Going beyond Grade 5 Theory year 1
MUS 13 /13(z)	Going beyond Grade 5 Theory year 2
MUS 19	The operas of Monteverdi in context
OTH 04	Third Way investment club
PHL 06	Introduction to Hinduism
PHL 07	Let's be logical
PHO 01	Five facets of photography
SCE 19 /19(z)	Osteoporosis
SCE 20 /20(z)	Our earth, yesterday, today, and tomorrow
SFM 01 /02 /03	Buddhist meditation
WOR 05	Women in the world
WRT 02(z)	From the word go
WRT 05	Writers' workshop

Thursday

ART 10	The human figure
ARTC 03	Light-hearted crafting and making
ARTH 02(z)	Looking at art: 1300-1600
ARTH 05 /05(z)	Vikings in Cambridge and East Anglia
BUS 01 /01(z)	What is driving the Information Revolution?
CMP 09	Master your iPad 1
DUT 01 /01(z)	Dutch improvers
FIT 03	Badminton
FIT 08	Contemporary dance workshop
FIT 14(z)	Exercise to music 3
FIT 25	Short tennis
FIT 26	Tennis
FIT 33	Easy rambling
FIT 34	Rambling
FIT 39	Rock climbing group
FLM 02	The art of the silent cinema
FRE 04	Play-reading in French
FRE 07	Express yourself in French
GER 02 /02(z)	German beginners year 2
GER 03 /03(z)	German year 3
GER 08 /08(z)	Advanced German conversation
HIS 09 /10	Cambridge history and the wider context
HIS 13	Early Irish history
HIS 20	Irish history - Cromwell to Parnell
HIS 21 /21(z)	Language labyrinth
HIS 24	Mediterranean Turkey
HIS 33 /33(z)	The Cambridge Phenomenon ...
HIS 40	What's the point of the Third Age?
INV 02	Virtual investment club
ITA 10	Un'ora con Cesare Pavese
LAT 03 /03(z)	Latin: 'Let's do a third year of Latin together!'
LEI 01	Bridge for absolute beginners
LEI 02	Bridge Street bridge group

LEI 10(z)	Cryptic crosswords for real beginners
LEI 13 /14	Modern board games
LEI 15 /16	Practical cookery
LEI 17	Punting
LEI 23(z)	Birdsong identification
LIT 05(z)	Addison on Milton
LIT 08	Classical Greek tragedy in English ...
LIT 09	Contemporary poetry ...
LIT 15	Laugh along with the Ancients
LIT 21(z) /22(z)	Poetry in America
MDN 01(z)	Mandarin
MTH 01(z)	Maths can be fun 1
MUS 02	Choir
MUS 05	It's only Rock n Roll...but I like it ...
MUS 10	Music Theory Grade 5 - continuation
MUS 11	Music Theory Grade 5 for beginners
MUS 15 /15(z)	Opera on DVD - contrasting productions
MUS 16	Simply the best of 60s music ...year 2
MUS 18	The great string quartets
PHL 04	Exploring philosophy
PHL 08(z)	Q
PHL 11(z)	The implications of artificial intelligence ...
POL 01	German chancellors 1949 – 2021 ...
SCE 04 /04(z)	Building the human brain
SCE 06(z)	Climate change - How catastrophic is it?
SCE 08 /08(z)	Dazzling DNA, scintillating cells ...
SCE 11	Emerging science and technology ...
SCE 17 /17(z)	Meanwhile in the rest of the world ...
SCE 22(z)	Science and philosophy - A fresh perspective
SCE 26(z)	The life of stars
SWE 01 /01(z)	Swedish
WOR 03 /03(z)	The Balkans
WOR 04	Travel: Places to go back to

Friday

ARB 01	Arabic language
ART 01	Abstract art
ART 05	Barnwell art group
ART 06	Drawing for pleasure
ART 09	Sketching, drawing and painting
ARTH 01 /01(z)	Anglo-Saxon kingdom of Mercia
CMP 02 /03	Getting the most out of social media
CMP 08 /08(z)	Maps in the computer age
CMP 10 /10(z)	Puzzle solvers forum
CUR 01(z)	Current affairs 1
CUR 02 /02(z)	Current affairs 2
CUR 03 /03(z)	Current affairs 3
CUR 05	Join the conversation!
ECN 01 /01(z)	Economics discussion group
FIT 04	Badminton
FIT 09(z)	Dance harmony
FIT 24	Table tennis
FIT 35	Walks using public transport
FRE 06	French grammar intermediate
FRE 08	Translation: Vous revoir
GDN 01	Botanic Garden group
GDN 03	Practical gardening
GER 09	Brush-up your German grammar
GER 10	Deutsche Novellen
GRC 01	Classical Greek
GRC 03	New Testament Greek

Saturday

OTH 05	U3AC investment club
PHL 05	Humanism and religion

GRM 05	Greek conversation
HIS 05	Australian history to federation
HIS 07	Biographies
HIS 23	Medieval times and people
HIS 30	Rome - The making of the city
INV 01 /01(z)	Investment matters
ITA 08	Italian conversation
LAT 05 /05(z)	Latin: Studying book V ...
LEI 04	Fledgling bridge
LEI 21	U3AC bird club
LIN 01(z)	A handle on spoken English
LIT 20	Play reading for fun
LIT 25	Reading James Joyce's Dubliners in context
MUS 09(z)	Music Theory for beginners
MUS 20	U3AC recorder group
PHL 01	An introduction to the New Testament
PHO 02(z)	Photography group
SCE 09	Drug development for patients
SCE 13	Eye and brain: Constructing the visual world
SCE 14	Geology group
SFM 04	Positive thinking and meditation
WOR 01 /01(z)	Africa forum
WRT 01	Childhood memories
WRT 03	Poetry workshop
WRT 04	Starting to write poetry

List of tutors/course leaders

Abbott, John	The ascent of man	HIS 41 /HIS 41(z)
	Investment matters	INV 01 /INV 01(z)
Alan Liz	Writers' workshop	WRT 05
Albano, Aurora	Dance harmony	FIT 09(z)
	Qigong	FIT 16(z)
Alderton, Stella	A handle on spoken English	LIN 01(z)
Aldred, Jeremy	U3AC bird club	LEI 21
Alvey, Gregor	Abstract art	ART 01
Amery, Christopher	Kipling reading group	LIT 14
Atkinson, Hilary	Short tennis	FIT 25
Atkinson, Michael	Music club	MUS 08
	Climate change - How catastrophic is it?	SCE 06(z)
Baker, Alan	The personality of nineteenth-century Paris	HIS 38
Balshaw, Maggie	Abstract art	ART 01
	Anything goes: exploring representational and abstract forms	ART 02
Barton, Di	Walking 6 miles - Monday (weekly)	FIT 27
Bass, Pat	Scrabble	LEI 19
Beer, Susan	Let's be logical	PHL 07
Belsey, Harry	Current affairs by zoom	CUR 04(z)
	"Virtual" transatlantic Economist readers group	CUR 06(z)
	"Virtual" transatlantic discussion forum	CUR 07(z)
	Military history circle	HIS 25(z)
Benziger, Dieter	4 Mile walking group -Tuesday (fortnightly)	FIT 30
Berger, Eric	The great string quartets	MUS 18
Berkley, David	Cambridge history and the wider context	HIS 09
	Cambridge history and the wider context	HIS 10
Birch, Alan	Cercle francais	FRE 09
	Italian intermediate self-help	ITA 05
Bojan, Janet	Sustainability: Book group	LIT 27 /LIT 27(z)
Bonney, Charles	Rome - The making of the city	HIS 30
Bourdon, Maura	Modern European novels	LIT 16
Bradshaw, Keith	Eye and brain: Constructing the visual world	SCE 13
Breward, Alastair	The implications of artificial intelligence for humankind	PHL 11(z)
Brewis, Elaine	Book group 1	LIT 01(z)
Bristow, Christopher	Addison on Milton	LIT 05(z)
	Poetry in America 1	LIT 21(z)
	Poetry in America 2	LIT 22(z)
Buncombe, Jeremy	U3AC film group	OTH 03
Camilletti, Peter	The history of England AD 410 to 1066	HIS 35(z)
Camilletti, Sharon	Book group 1	LIT 01(z)
Campbell, Anne	Light-hearted crafting and making	ARTC 03
Campbell, Peter	Modern board games for beginners	LEI 13
	Modern board games	LEI 14
Carpenter, Barbara	Badminton (Friday)	FIT 04
Castello, Simone	Getting the most out of social media 1	CMP 02
	Getting the most out of social media 2	CMP 03
Chandler, John	An overview of the history of England	HIS 19(z)
Clarke, Andy	My carbon footprint and sustainability - what should I/can I do?	ENV 01(z)
Clough, Jonathan	Table tennis (Friday)	FIT 24
	A brief introduction to astronomy	SCE 01 /SCE 01(z)
Cluff, Rosemary	Painting group - Wednesday	ART 08
Cockerill, Chloe	Edward III 1312-1377, The Black Prince and the age of chivalry	HIS 14
Coni, Nick	The Spanish Civil War	HIS 39
Connolly, Vanessa	Book group 2	LIT 02
Cook, John	Black gold: how oil and gas are produced	SCE 02
	The EPR paradox and Bell's theorem: quantum mechanics versus reality	SCE 24(z)
	The Pale Blue Dot	SCE 27(z)
	The physics of the pizza: how scientists use the laws of nature	SCE 28(z)
Cook, Ken	Chemistry tales - Analysis and detection	SCE 05
Cook, Oliver	Rubber bridge club	LEI 06
Cook, Ruth	Cryptic crossword club	LEI 11
Cooper, Dermot	Botany	SCE 03
Cox, Graham	Walking for pleasure - Tuesday (fortnightly)	FIT 29
Crow, Liz	Barnwell art group	ART 05
Culver, Tom	The art of the silent cinema	FLM 02
Curry, Georgia	Embroidery, knitting and general needlework	ARTC 02 /ARTC 02(z)
Cutmore, Katherine	Bridge Street bridge group	LEI 02
Davies, Dai	Getting more out of Excel	CMP 01
	How computers work. How they are programmed	CMP 05
Davis, Peter Granville	Travel: Places to go back to	WOR 04
Davis, Jacqui	Humanism and religion	PHL 05
Davison, Julia	Eine art stammtisch	GER 07
Davison, Martin	Deutsche Novellen	GER 10

Day, Kate	Just vegetating	GDN 02
Day, Mike	Just vegetating	GDN 02
De Val, John	Economics with justice	ECN 02 /ECN 02(z)
	Economic ideas	ECN 03 /ECN 03(z)
Deuchar, Margaret	Russian language intermediate	RUS 02(z)
Dewar, Ann	Book group 4	LIT 04
Dillon, Susan	Moving with ease: The Feldenkrais Method ^(R)	FIT 15
Doyon, Roy	World regional geography - The Islamic world	GEO 02(z)
	World regional geography - The SubSahara African region	GEO 03(z)
	Introduction to weather and climate	SCE 15(z)
Draper, Simon	Abstract art	ART 01
Dunn, Ruth	Tap dance	FIT 10
Durham, Alan	Japanese cinema - Akira Kurosawa	FLM 01
	Latin (re-)discovered	LAT 08
Durham, Sue	Table tennis (Monday pm)	FIT 21
Dwyer, Britta	Reading women: Questioning image and meaning(s)	ARTH 03
Dyson, Tom	Latin (re-)discovered	LAT 08
Eacott, Barbara	Painting group - Wednesday	ART 08
Edkins, Jo	Patterns and how to make them	ARTC 05
Elliott, Brenda	Science for grandchildren	SCE 23
English, Kathy	An introduction to the New Testament	PHL 01
Evans, Bridget	Drop in scrabble	LEI 18
Ewbank, Tim	Master your iPad 1	CMP 09
Fairclough, John	Table tennis (Tuesday pm)	FIT 23
Farrant, Sheila	Britain begins	HIS 08
	Catal Hoyuk	HIS 11
Fay, Mike	Classical Greek self-help reading group	GRC 02 /GRC 02(z)
	Advanced Latin	LAT 06 /LAT 06(z)
	Advanced Latin self-help group	LAT 07 /LAT 07(z)
Fincham, Michael	Humanism and religion	PHL 05
Fisher, Eunice	Opera on DVD - Verdi's women	MUS 14 /MUS 14(z)
	Opera on DVD - contrasting productions	MUS 15 /MUS 15(z)
Fisher, John	Current affairs 1	CUR 01(z)
Fitzgerald, Sarah	Raja yoga meditation and philosophy	PHL 09(z)
Fleet, Viv	Badminton (Wednesday)	FIT 02
Fleming, Anne	Easy rambling - Thursday (fortnightly)	FIT 33
Forster, Geoffrey	Virtual investment club	INV 02
Fouracre, Sandra	Kipling reading group	LIT 14
Francomb, Hazel	Wise wild dance - for fun fitness and sharing	FIT 11
Freeman, Len	Easy rambling - Thursday (fortnightly)	FIT 33
Ganz, Debbie	U3AC bird club	LEI 21
Gardner, Nicola	Botany	SCE 03
Garrett, Bryan	Drawing for pleasure	ART 06
Gartshore, Ian	Easy rambling - Thursday (fortnightly)	FIT 33
Gaseltine, Ian	U3AC investment club	OTH 05
Gilchrist, Clive	Flights of amazing imagination ...	LIT 12
	Meanwhile in the rest of the world ...	SCE 17 /SCE 17(z)
Goldstone, Gerald	Anglo-French relations	HIS 04(z)
	Postwar	HIS 29(z)
Goy, Hilary	New Testament Greek	GRC 03
	Laugh along with the Ancients	LIT 15
Greenhill, Alistair	Easy rambling - Thursday (fortnightly)	FIT 33
Greenhill, Lesley	Easy rambling - Thursday (fortnightly)	FIT 33
Griffiths, Hywel	Table tennis (Monday am)	FIT 20
Grimmer, Andrew	Abstract art	ART 01
Guyton, Robert	Poetry reading group - R	LIT 24
Haining, Robert	Twentieth and early twenty first century classics	LIT 31 /LIT 31(z)
Hall, John	Join the conversation!	CUR 05
	The armchair Economist	ECN 04
	Emerging science and technology discussion group	SCE 11
Harnor, Helga	Ancient Egyptian history	HIS 03(z)
Harnor, Martin	Ancient Egyptian history	HIS 03(z)
	John Betjeman	LIT 13(z)
Harrison, Lynne	Covid-19 and coronaviruses, what do we know now?	SCE 07(z)
Haslett, Linda	Women in the world	WOR 05
Hatfield, Edward	Third Way investment club	OTH 04
Hayhurst, Hazel	Modern Greek: Elementary A	GRM 01 /GRM 01(z)
	Modern Greek: Elementary B	GRM 02 /GRM 02(z)
	Modern Greek: Improvers	GRM 03 /GRM 03(z)
	Modern Greek: Intermediate	GRM 04 /GRM 04(z)
Haynes, William	It's only Rock n Roll...but I like it - music from the era that rocked the world... year 3	MUS 05
	Simply the best of 60s music ...year 2	MUS 16
Head, Margaret	Book group 1	LIT 01(z)
Hearn, Sylvia	Express yourself in French	FRE 07
Henry, Jim	Australian history to federation	HIS 05
	Christian origins and the early church	HIS 12
	Medieval times and people	HIS 23

Hills, Christopher	A Cappella chamber choir	MUS 01
	Choir	MUS 02
Holland, Linda	Women in the world	WOR 05
Horan, David	Personal poetry	LIT 19(z)
Houghton, Judy	German beginners year 2	GER 02 /GER 02(z)
Howard, Rob	Overland to India 1965-70	GEO 01(z)
Howarth, Ray	Walking 6 miles - Monday (weekly)	FIT 27
Howell, Sue	Barnwell art group	ART 05
Human, Brian	Five facets of photography	PHO 01
Humphrey, Bill	Basic philosophical issues	PHL 02
Hunt, Barrie	Online bridge league (BBO)	LEI 05
Hunter, Iain	Mulberry bushes and frosty mornings	HIS 27
Hunter, Ian	Current affairs 2	CUR 02 /CUR 02(z)
	Economics discussion group	ECN 01 /ECN 01(z)
Hunter, Josephine	Duplicate bridge club	LEI 03
Isaacs, Lewis	An introduction to Marcel Proust's "In Search of Lost Time"	LIT 06
Jackson, Roy	Table tennis (Monday pm)	FIT 21
	U3AC bowls club	LEI 22
James, Jane	Patchwork and machine quilting	ARTC 04
Jeans, Friederike	Improvers German	GER 06
	Brush-up your German grammar	GER 09
Jennings, Cathy	Botanic Garden group	GDN 01
Jennings, Richard	Botany	SCE 03
Johnson, Brian	Sketching, drawing and painting	ART 09
Jones, Chris	Q	PHL 08(z)
	The conquest of the Promised Land in the Old Testament	PHL 10
	The Koran	PHL 12
	What, then, is love?	PHL 13
Jones, Peter	Camsail	LEI 07
Jump, Jenny	Play-reading in French	FRE 04
Jump, Mick	Cryptic crosswords for real beginners	LEI 10(z)
Kakoday, Prashant	Raja yoga meditation and philosophy	PHL 09(z)
Kara, Heather	Positive thinking and meditation	SFM 04
Kelly, Don	Canasta club	LEI 08
Kendall, Arlette	Les grandes oeuvres du théâtre français vu à travers ...	FRE 10
Kent, Anne	Practical gardening	GDN 03
Kern, Stephen	Laugh along with the Ancients	LIT 15
Kerry, Nick	Puzzle solvers forum	CMP 10 /CMP 10(z)
	Modelling the outbreak of infectious diseases	SCE 18 /SCE 18(z)
	The UK's global leadership in genomic sequencing - a Cambridge success story!	SCE 29 /SCE 29(z)
Keyworth, John	The Old Lady of Threadneedle Street: The Bank of England 1694-1946	HIS 37
Kington, Chris	Contemporary poetry: get to grips with modern poetry (face to face class)	LIT 09
	Contemporary poetry: get to grips with modern poetry (Zoom only)	LIT 10(z)
Kington, Sue	Modern European novels	LIT 16
Kirk, Kate	The Cambridge Phenomenon ...	HIS 33 /HIS 33(z)
Knight, Jenny	Language labyrinth	HIS 21 /HIS 21(z)
	Twentieth-century classics 1	LIT 30 /LIT 30(z)
Landshoff, Peter	Emerging science and technology discussion group	SCE 11
Lang, Gillian	The roles of animals in literature	LIT 28
Laskey, Ann	Osteoporosis	SCE 19 /SCE 19(z)
Laskey, Ron	Dazzling DNA, scintillating cells and disconcerting diseases	SCE 08 /SCE 08(z)
Lass, Rosemary	The Wednesday walkers (weekly)	FIT 32
Lewis, Jennie	Patchwork and machine quilting	ARTC 04
Llewellyn, Leonie	Kipling reading group	LIT 14
Lovegrove, Alistair	Table tennis (Tuesday am)	FIT 22
	Tennis	FIT 26
Lovell, Thelma	What's the point of the Third Age?	HIS 40
	The operas of Monteverdi in context	MUS 19
Lynch, Mike	Passion, irony and social justice in Jane Austen's novels	LIT 18 /LIT 18(z)
Mack, Alistair	Evolution of the modern British army	HIS 15
Macmillan, Jenny	Table tennis (Monday pm)	FIT 21
Macpherson, Ian	Barnwell art group	ART 05
	The human figure	ART 10
Makin, Lucila	Advanced Spanish	SPA 02 /SPA 02(z)
Mallett, Gill	Kipling reading group	LIT 14
Marengi, Sabrina	Exercise to music 1	FIT 12
	Exercise to music 2	FIT 13
	Exercise to music 3	FIT 14(z)
Marshall, John	Current affairs 1	CUR 01(z)
Marshall, Stephen	Is it time for the UK to join the real world?	POL 02
Marton, Orsi	Yoga	FIT 36(z)
Martyn, Celia	The last Plantagenets and the Wars of the Roses	HIS 36
Mathew, Rosemary	Mah Jong group	LEI 12
Matthews, Clare	U3AC bird club	LEI 21
May, Elizabeth	Drawing for pleasure	ART 06
	My carbon footprint and sustainability - what should I/can I do?	ENV 01(z)
	Flights of amazing imagination - the worlds of Terry Pratchett ...	LIT 12

May, Elizabeth	Sustainability: Book group	LIT 27 /LIT 27(z)
	Environment group	OTH 02
Mays, Roz	Easy rambling - Thursday (fortnightly)	FIT 33
McCann, Marina	Dutch improvers	DUT 01 /DUT 01(z)
	Reading Russian	RUS 03 /RUS 03(z)
McCann, Trevor	Rambling - Thursday (weekly)	FIT 34
McPhater, Neil	What is driving the Information Revolution?	BUS 01 /BUS 01(z)
Melville, Anthony	Classical Greek	GRC 01
Meyer, Rolf	Bavaria, the "different" German Federal State - open the curtain and have a look!	HIS 06
	German chancellors 1949 - 2021: headlines they faced ...	POL 01
Michell, Cathy	Christianity - A beginner's guide	PHL 03
	Introduction to Hinduism	PHL 06
Middleton, Catherine	Contemporary dance workshop	FIT 08
Milan, Diane	Anglo-Saxon kingdom of Mercia	ARTH 01 /ARTH 01(z)
	Vikings in Cambridge and East Anglia	ARTH 05 /ARTH 05(z)
Miles, Alison	Book group 2	LIT 02
	U3AC recorder group	MUS 20
Miles, Elisabeth	Scrabble - out of town	LEI 20
Millington, Lindsay	Looking at art: 1300-1600	ARTH 02(z)
Milne, Gloria	Play reading for fun	LIT 20
Milne, Mike	Play reading for fun	LIT 20
Mitchell, Brian	Abstract art	ART 01
Mitchell, Tessa	Practical cookery 1	LEI 15
	Practical cookery 2	LEI 16
Morgan, Beth	Cycling	OTH 01
	Geology group	SCE 14
Morris, Derek	Everything you wanted to know about computers, but were afraid to ask	SCE 12 /SCE 12(z)
Moyser, Roy	Exploring philosophy	PHL 04
Murphy, Alan	Jazz on a Monday afternoon	MUS 06
Murphy, Michael J	Early Irish history	HIS 13
	Irish history - Cromwell to Parnell	HIS 20
Neville, Peter	France since de Gaulle	HIS 17
Newman, Steve	How to build a free website	CMP 06
Nimmo-Smith, Margaret	U3AC garden group	GDN 04(z)
Nisbet, Charles	Fledgling bridge	LEI 04
O'Brien, Jenny	Childhood memories	WRT 01
O'Connell, Kerry	Modern European theatre part one	LIT 17 /LIT 17(z)
O'Connell, Kerry	Shakespeare's 'A Midsummer Night's Dream'	LIT 26 /LIT 26(z)
O'Connell, Kerry	The short story	LIT 29 /LIT 29(z)
Oliver, Sarah	Badminton for softies	FIT 01
Page, David	Rome: The Empire from about AD 150 to the abdication of Diocletian in AD 305	HIS 31 /HIS 31(z)
	Latin: 'Let's continue!'	LAT 02 /LAT 02(z)
	Latin: 'Let's do a third year of Latin together!'	LAT 03 /LAT 03(z)
	Latin: Continuing our Latin studies together for a fourth year	LAT 04 /LAT 04(z)
	Latin: Studying book V of the Cambridge Latin Course - and more	LAT 05 /LAT 05(z)
Page, Regine	Painting group - Monday	ART 07
Paliginis, Eleni	Photography group	PHO 02(z)
Palmer, Douglas	Layer upon layer; dividing British geological history	SCE 16(z)
	Uncovering the evidence for human origins	SCE 30(z)
Parry, Helen	Reading in Welsh	WLS 01
Patterson, BarbaraAnn	Short tennis	FIT 25
Payne, Sarah	Maths can be fun 1	MTH 01(z)
	Maths can be fun 2	MTH 02(z)
Peat, Dave	Poetry workshop	WRT 03
Pechey, Alan	Introduction to developmental psychology	PSY 01 /PSY 01(z)
	Introduction to cognitive psychology	PSY 02 /PSY 02(z)
Peirce, Fred	Bridge for absolute beginners	LEI 01
	Duplicate bridge club	LEI 03
Perkins, Gillian	Practical gardening	GDN 03
Perraton, Hilary	Modern history group	HIS 26 /HIS 26(z)
Peters, William	4 Mile walking group -Tuesday (fortnightly)	FIT 30
	Polar studies	SCE 21(z)
Phillips, Helen	Table tennis (Monday am)	FIT 20
Philpott, Samara	Back to basics 1. An introduction to drawing and painting	ART 03
	Back to basics 2. An introduction to drawing and painting	ART 04
Pierce, David	Drug development for patients	SCE 09
Pinner, Sue	Ballet beginners	FIT 05
	Ballet improvers	FIT 06
Pinnington, Paul	Tennis	FIT 26
Pitman, Michael	Science and philosophy - A fresh perspective	SCE 22(z)
Polihroniadis, Panos	Greek conversation	GRM 05
Pook, Carole	A woman of no importance?	HIS 01 /HIS 01(z)
Pope, Janet	Explorers and travellers in Asia	HIS 16 /HIS 16(z)
Postgate, Nicholas	Babylonian and Assyrian 1	BAB 01
	Babylonian and Assyrian 2	BAB 02
Price, Jack	Building the human brain	SCE 04 /SCE 04(z)
Priestley, Michael	Short tennis	FIT 25

Procter, John	Polar studies	SCE 21(z)
Provis, Margaret	Lisons 'Rendez-vous' - Monday	FRE 02 /FRE 02(z)
	Continuons 'Rendez-vous' - Wednesday	FRE 03 /FRE 03(z)
	Modern French novels 1	FRE 05 /FRE 05(z)
Pugsley, Paola	Mediterranean Turkey	HIS 24
	Un'ora con Cesare Pavese	ITA 10
Quigley, Jane	Gentle walking group - Wednesday	FIT 31
	Flute choir	MUS 03
	La Tertulia de la U3AC	SPA 06 /SPA 06(z)
Quigley, Mike	Gentle walking group - Wednesday	FIT 31
Ray, Sarah	An introduction to Marcel Proust's "In Search of Lost Time"	LIT 06
Read, Tony	Biographies	HIS 07
Richards, Mary	Stitching	ARTC 06
Riley-Smith, Louise	Beginners Latin	LAT 01(z)
Roberts, Adrian	French history 1453-1945	HIS 18
	Napoleon Bonaparte	HIS 28
	The Great War 1914-19	HIS 34
Robinson, David	The Wednesday walkers (weekly)	FIT 32
Rush, David	Croquet for beginners	LEI 09
Rushton, John	Kipling reading group	LIT 14
Russell, Nicholas	Current affairs 3	CUR 03 /CUR 03(z)
Russell, Christine	Exercise to music 1	FIT 12
	Exercise to music 2	FIT 13
	Exercise to music 3	FIT 14(z)
Sakellaris, Margaret	Classical Greek tragedy in English translation	LIT 08
Sani, Caterina	Italian for beginners	ITA 02(z)
	Italian 2	ITA 09(z)
Saunders, Colin	Music club	MUS 08
Saunders, Linda	Samuel Pepys - his diary and his world	HIS 32
Savini, Mary	Italian literature: reading modern novelists	ITA 06
Scally, Janet	Yoga - self help	FIT 37
Schwabe, Jim	Song workshop	MUS 17
Sebahia, Safya	Arabic language	ARB 01
Sell, Frances	French conversation	FRE 01
Selwyn, Ricky	Italian beginners	ITA 01
	Italian intermediate	ITA 04
	Italian conversation (Tuesday)	ITA 07
	Italian conversation (Friday)	ITA 08
Sharman, Hannah	Tap dance	FIT 10
Sibbons, Mo	Badminton (Wednesday)	FIT 02
	Badminton (Thursday pm)	FIT 03
Simmonds, Julia	A Cappella chamber choir	MUS 01
Simpson, Pauline	Childhood memories	WRT 01
Smith, John	All-year walking - Tuesday (weekly)	FIT 28
Snell, Michael	Poetry reading group - M	LIT 23 /LIT 23(z)
Staden, Helen	Yoga	FIT 36(z)
Stapleton, Christine	German beginners	GER 01 /GER 01(z)
	German year 3	GER 03 /GER 03(z)
	German intermediate	GER 05 /GER 05(z)
	German poetry and prose	GER 11 /GER 11(z)
	U3AC recorder group	MUS 20
	Swedish self-help: Third year continuation	SWE 02 /SWE 02(z)
Steen, Ian	Rock climbing group	FIT 39
Steffert, Beverley	The learning brain	SCE 25(z)
Stevens, Jane	Mandarin	MDN 01(z)
Stewart, Jake	Interfacing computer with the physical world	CMP 07(z)
Stopp, Christine	Spanish for beginners	SPA 01(z)
	Intermediate Spanish year 5	SPA 03(z)
	Intermediate Spanish year 6	SPA 04(z)
Stringer, Karen	Ballet beginners	FIT 05
	Ballet improvers	FIT 06
Stubbings, Ursula	Circle dancing	FIT 07
	Walks using public transport - Friday	FIT 35
	Punting	LEI 17
	Music Theory Grade 5 - continuation	MUS 10
	Music Theory Grade 5 for beginners	MUS 11
Sutton, Mark	Reading James Joyce's Dubliners in context	LIT 25
Tabrett, Mike	T'ai Chi Chuan 24 Step beginners	FIT 17
	T'ai Chi Chuan 24 Step intermediate	FIT 18
	T'ai Chi and Chi Kung exercises	FIT 19
Tatham, Jill	French grammar intermediate	FRE 06
	Translation: Vous revoir	FRE 08
	German: Als Hitler das rosa Kaninchen stahl	GER 04
	German translation: Gray	GER 12
	Drop in scrabble	LEI 18
Thear, David	Starting to write poetry	WRT 04
Thirkettle, Christine	About herbal medicine	HIS 02 /HIS 02(z)

Thomas, Michael	Reading in Welsh	WLS 01
Tilling, Vanessa	Choir	MUS 02
Tillotson, Judy	Stitching	ARTC 06
Toase, Margaret	Italian self-help	ITA 03
Turney, Ray	Table tennis (Monday am)	FIT 20
Tyson, John	Current affairs 2	CUR 02 /CUR 02(z)
	Economics discussion group	ECN 01 /ECN 01(z)
Van der Velden, Hans	Modern board games for beginners	LEI 13
	Modern board games	LEI 14
Venn, Christine	Advanced German conversation	GER 08 /GER 08(z)
Wakefield, Menslu	Russian for beginners	RUS 01
Wallis, Kim	Arabic language	ARB 01
Walls, Ian	Painting group - Monday	ART 07
Waterhouse, Clare	E M Forster (1879-1970)	LIT 11
Watkins, Brian	Choir	MUS 02
Watts, Gillian	Vermeer and his contemporaries	ARTH 04
Watts, Tony	Handel's operas and oratorios: a 'Top Ten'	MUS 04
White, Marina	Carriage rides in Jane Austen's works	LIT 07
White, Paola	Reading German aloud	GER 13
Whitworth, Colin	Arts forum	ARTC 01
Whykes, Susan	Mainly madrigals	MUS 07
	Music Theory for beginners	MUS 09(z)
Wicken, Liz	From the word go	WRT 02(z)
Wilkie, Thomas	May thou sink in sin - The medieval Scottish castle	HIS 22 /HIS 22(z)
Williams, Olwen	Birdsong identification	LEI 23(z)
Wills, John	The life of stars	SCE 26(z)
Wilson, Brenda	Book group 3	LIT 03
Winfield, Alan	Eat well, live longer and live well	SCE 10 /SCE 10(z)
	Our earth, yesterday, today, and tomorrow	SCE 20 /SCE 20(z)
	Italian cities	WOR 02 /WOR 02(z)
	The Balkans	WOR 03 /WOR 03(z)
Winter, Richard	Buddhist meditation 1: Introduction to meditation practices	SFM 01
	Buddhist meditation 2: 'Exploring states of mind and feeling'	SFM 02
	Buddhist meditation 3: 'Aspects of the practice of mindfulness'	SFM 03
Woods, David	Going beyond Grade 5 Theory year 1	MUS 12 /MUS 12(z)
	Going beyond Grade 5 Theory year 2	MUS 13 /MUS 13(z)
Woodsford, Peter	Historical maps on the WWW	CMP 04(z)
	Maps in the computer age	CMP 08 /CMP 08(z)
	Africa forum	WOR 01 /WOR 01(z)
Woodsford, Susan	Samuel Pepys - his diary and his world	HIS 32
Woodward, Victoria	Italian self-help	ITA 03
Wren, Jan	Badminton (Friday)	FIT 04
Wright, Stephen	Swedish	SWE 01 /SWE 01(z)
Yoxall, Maribel	Spanish conversation via Zoom	SPA 05(z)