

Who? What? Where?  
**Groups** When?



www.penrithandnorthlakesu3a.org.uk

Newsletter 137

August / September 2014

Several groups are operating at capacity, but co-ordinators do need contact from you even if you've heard your choice is one of these. We do try to establish further groups where there's a clear call for these. Not always easy, but we'll work at it.

Archaeology	2nd Mondays 10.00 - 12.00	Ruth Ansell-Davis 01768 362857
Architecture	1st Fridays 10.00-12.00	Gillian Stoddart 01768 480122
Art Appreciation	2nd Tuesdays 10.00 -12.00	Mike Fossey 01900 824079
Art Apprec. Discussion	1st Tuesdays 10.00-12.00	Diana Smith 01768 862196
Badminton	Fridays 2.00-4.00	Howard Simpson 01768 840122
Birdwatching	4th Fridays	Hedda Moore 07981 321306
Book Circle: 1	3rd Wednesdays 2.00-4.00	Sheila Summerscales 01768 362783
Book Circle: 2	1st Thursdays 2.00-4.00	Judith Markey 01768 863742
Book Circle 3	3rd Wednesdays 10.30—12.30	Linda Cook 01768 210522
Book Circle 4	1st Thursdays 10.00-noon	Tim Southern 01768 606122
Bridge	Friday weekly 2.00-5.00	John Upson 01768-863538
Classical Studies	4th Wednesdays 10.00-12.00	John Fletcher 01768-898804
Cycling	1st and 3rd Thursdays	Sue Greenhalgh 01931 714450
Family History: 2	4th Thursdays 2.00	Sara Holliday 01768-865009
Folk Music Workshop	Thursdays fort- nightly 10.00-12.00	Sue Greenhalgh 01931-714450
French 1	Monday weekly 2.00	Judith Markey 01768-863742
French 4* Beginners	Tuesday morning	Janet Simpson 01768 863054
French 5	Thursdays 10.30-12.00	David Moreton 01768 865974
Geology Basic Principles	4th Wednesdays 2.30-4.30	John Rodgers 01768 895743 or 07816 769918
Geology Advanced Topics	2nd Wednesdays 2.30-4.30	John Rodgers 01768 895743 or 07816 769918
German	Alternate Tuesdays 10.30-12.00	Ian Forrest 01768 483526
Handicrafts	2nd & 4th Fridays 10.30am	Sue Crothers 01768 210631
Handicrafts 2	3rd Fridays 10.30	Carol Mitchell 01768 890443
Indoor Bowls	Wednesdays 4.00-6.00	Peter/Judy Miles 01768 867506
Italian	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays 2-4pm.	Shirley Moss 01931 714051
Literature 1	1st Wednesdays 10.30-12.30	Robin Acland 01768 779672
Literature 2	2nd Fridays 10.00-12.00	Cathy Smith 01768 362862
Local Studies	1st Tuesdays 2.15	Carolyn Marshall 01768 895547
Lunch Group: 2	1st Wednesdays 12.30	Violet Swainson 01768 863098
Lunch Group: 3	Last Fridays 12.30	Marjorie Thomas 016974 75314

Lunch Group: 4	4th Wednesdays 12.15 for 12.30	Ian Reekie 01768-868231
Vegetarian Lunch Group	2 <sup>nd</sup> Tuesdays 12 for 12.30	Jan Mills 01768 863480
Music	Monday weekly 10.00—12 noon	John Upson 01768 863538
Philosophy 1	2nd Mondays 10.00--12.00	Glynn Phillips 01768 864419
Philosophy 2	2nd Mondays 2.00-4.00	Glynn Phillips 01768 864419
Philosophy 3	2nd Tuesdays 2.00-4.00	Glynn Phillips 01768 864419
Play Reading 2	4th Tuesdays 2.00-4.30	Joe Cann 01931 712429
Pottery	Tuesdays weekly 9.30-12.30	Anita Woods 01931 714080
Singing For Fun	Monday weekly 10-12 Sept-May	Brian Donaghy 01768 895205
Science Discussion	2nd Thursdays 10.00-12.00	Jane Boylan 01768 867932
Spanish	Tuesday weekly 9.45	Angela Davies 01697 475217
Strenuous Walks	1st and 3rd Weds	Peter Beachell 01768 840707
Less Strenuous Walks	2nd & 4th Weds	Sue Lancaster 01768 895673
Short Walks	3rd Wednesdays 10am	Tony Gerwitz 01768 870356
Table Tennis	Thursdays 2.00-4.00	Eve Knafler 01768 840040
Virtual Homes and Gardens	4th Tuesdays 2.00	Sue Crothers 01768 210631
Writing for Pleasure	4th Wednesdays 2.00	Dorothy Cadwallader 01768 866983 Hazel Stansfield 01768 483587
Wild Flowers	1st Wednesdays times flexible	Caroline Warlow 01768 480876

### Bridge

Beginners and Improvers: see notice in main newsletter for new opportunities.

### Singing for Fun

Singing for Fun group have a new leader. We will be singing a new, more modern and wide-ranging set of songs, led by Viv Murray.

Viv is looking forward to taking the group, and is a very experienced singer and musician leading a community choir in Armathwaite, where she lives. Please join us for this new adventure in singing on Monday 29th September at Great Salkeld Village Hall from 10 am to 12.

Any voice is welcome and ability to read music is not necessary.

Please contact BrianDonaghy:

[glendenning1606@hotmail.com](mailto:glendenning1606@hotmail.com) phone 01768 895205 or just turn up on the day.

## Local Studies

Carolyn Marshall [carolynmarshall7@gmail.com](mailto:carolynmarshall7@gmail.com) or 01768 895547, but Barbara for the following:

### Tuesday 2nd September 2014

The visit to Durham on 2nd September to City or morning at Botanical Gardens and in afternoon to Crook Hall, the coach is fully booked, leaves Penrith Bus Station at 8.30a.m. Cost Durham only £12.50. Including Crook Hall £16.50, if morning visit to Botanical Gardens £3.00 at gate. To contact Barbara ring 01768 840943.



*Crook Hall: the walled garden in summer*

Next meeting and others following are at 14.15 at Penrith Cricket Club unless otherwise stated.

Tuesday 7th October: *Cumbria Culture and Curiosities* with Jennifer Heaton, U3A member.

## Walking

### Strenuous walks

Usually 1st and 3rd Wednesdays

3rd September Catbells, 5 miles 1500 feet leader Chris Wilkinson tel 01768 361819

17th September Bakestall, Skiddaw Little Man 10 miles 3000 feet leader Trevor Lancaster tel 01768 895673

1st October High Style ridge, 8 miles 2800feet leader Bob Parkes tel 01768 892230

15th October Grisedale Pike, Eel Cragg, Barrow, 8miles 4000 feet leader Peter Beachell tel 01768 840707

### Less strenuous walks

2nd & 4<sup>th</sup> Wednesdays

September 10th. Leader Sue Lancaster [susanlancaster42@yahoo.co.uk](mailto:susanlancaster42@yahoo.co.uk) 01768 895673  
Meet Reghed 9.30 for a walk in Greystoke Park Estate on Permissive Paths.

Parking at Greystoke Swimming Pool. Some gentle ascents 6.5 miles

September 24th. Leader Sue Parmley [sueparmley@googlemail.com](mailto:sueparmley@googlemail.com) 01228 560153  
Meet Reghed 9.30 or at Hackthorpe. Park on loop road that runs parallel to A6  
Hackthorpe - Whale - Lowther via river 6.5 miles

October 8th Leader Cathy Smith [cathys55@hotmail.com](mailto:cathys55@hotmail.com) 01768 362862  
Meet Reghed 9.30 for a walk in the Threlkeld area towards Westcoe and Brundholme Woods. Some short steep ascents.

October 22nd Leader Jane Boylan [janeboylan@tiscali.co.uk](mailto:janeboylan@tiscali.co.uk) 01768 867932  
Meet Reghed 9.30. Bassenthwaite, The Watches and Scarness  
7 miles 650 ascent

## Short walks

Leader Tony Gerwitz, 01768 870356, 07890 673660, [a.gerwitz@btinternet.com](mailto:a.gerwitz@btinternet.com)

Important. I'm changing to twice a month, 2nd and 4th Tues. As we now always meet at the Rugby Club at 9.45, I can change the walk at that point if the reccy has found problems or the weather is difficult. I shall keep to similar distance and difficulty. If you intend to go straight to the walk you must contact me just in case.

I'm on holiday the 4th Tuesday in Oct. I am looking for a deputy leader so I don't have to cancel.

Tuesday 9th September. Edenhall. Ladies walk. 2.7 miles Almost flat.

Tuesday 23rd September. Stainton. 3.2 miles Gentle hills.

Tuesday 14th October. Temple Sowerby/Acorn Bank 100 ft climb.

Tuesday 28th October. Holiday for me.