

Several groups are operating at capacity, but convenors 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 1	2nd Mondays 10.00 - 12.00	Linda Davis 01768 866082
Archaeology 2	2nd Thursdays 10.00-12.00	Jim Sellars 017683 62363
Architecture 1	1st Fridays 10.00-12.00	Gillian Stoddart 01768 862501
Architecture 2	3rd Mondays 2.00-4.00	Sue Tomlinson 01768 865622
Architecture 3	1st Tuesdays 10.00-12.00	Janet Madden 01768 862637
Art Appreciation	2nd Tuesdays 10.00 -12.00	Mike Fossey 01900 824079
Art Apprec.	1st Tuesdays 10.00-12.00	Diana Smith 01768 862196
Discussion	10.00-12.00	01768 862196
Badminton	Fridays 2.00-4.00	Howard Simpson 01768 840122
Birdwatching	4th Fridays	Hedda Moore 07981 321306 David Jones 017684 84170
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 Cooke 01768 210522
Book Circle 4	1st Thursdays 10.00-noon	Kathy Taylor 07712 168085
Bridge	Friday weekly 2.00-5.00	John Upson 01768 863538
Classical Literature	4th Wednesdays 10.00-12.00	John Fletcher 01768 898804
Cycling	2nd + 4th Tuesdays	Mike Head 01768 606627
Exploring Music	2nd Wednesdays 10.00-12.00	Angela Newport 01768 840944
Folk Dancing	2nd and 4th Thurs 2.00-4.15pm (Tirril reading room)	Rose Johnson 01768 480058 Roger Burgin 01768 894107
Folk Music Workshop	1st and 3rd Thursdays 10.00-12.00 (Cliburn village hall)	Phillip Helm 01768 88797 Sheila Stuart 016974 72734
French 4 Beginners	Tuesday morning	Janet Simpson 01768 863054
Gardening	4th Mondays 2.00pm	Richard Hall 01768 483394
Geology Beginners	2nd Wednesdays 1.30-2.45	John Rodgers 01768 895743
Geology Advanced	2nd Wednesdays 3.15-4.30	John Rodgers 01768 895743
German	Alternate Tuesdays 10.30-12.00	Ian Forrest 01768 483526
Handicrafts 2	2nd & 4th Fridays 10.30am	Sue Crothers 01768 210631
Handicrafts 1	3rd Fridays 10.30	Carol Mitchell 01768 890443
Indoor Bowls	Wednesdays 4.00-6.00	Mike Lawson 01768 862346
Italian	2 nd & 4 th Thursdays 2-4pm.	Shirley Moss 01931 714051
Literature 1	1st Wednesdays	Robin Acland

Literature 3	10.00-12.30 1st Fridays	01768 779672 Helen Dunham 01931 712429
Lunch Group: 3	Last Fridays 12.30	Sandra Barton 01768 840410
Mainly for Men	1st Tuesdays	Trevor Keith 01768 840113
Music	Monday weekly 10.00-12 noon	John Upson 01768 863538
Philosophy 2	2nd Tuesdays 2.00-4.00	Alan Green 07812 059575
Photography	meeting times to be decided	Alan Beale 07414 656218
Play Reading 2	4th Tuesdays 2.00-4.30	Joe Cann 01931 712429
Pottery 1	Tuesdays weekly 10.00-1.00	David Neale 0752 129 5454
Pottery 2	Tuesdays weekly 1.00-4.00	Anna Bartrum 017687 79815
Science Discussion 1	2nd Thursdays 10.00-12.00	Jane Boylan 01768 867932
Science	2nd Thursdays 2.00-4.00	Roger Leech 01768 88745
Scrabble	1st Tuesdays 2.00-4.00	Mary Lund 01768 428312
Spanish	every Tuesday 9.45-12 noon	Maggie Neale 01768 868123 Joy Davies 07521 754003
Strenuous Walks	1st and 3rd Weds	Bob Parkes 01768 89230 John Storr 01228 560963
Less Strenuous Walks	2nd & 4th Weds	Sue Lancaster 01768 895673
Short Walks	2nd and 4th Tues 10am	Tony Gerwitz 01768 870356
Table Tennis	Thursdays 2.00-4.00	Alan Wright 01931 716490 Eve Knafler 07717 947317
Table Tennis	Tuesdays 2.45-4.45	Denise Walker 01768 865096
Ukulele Fun	1st & 3rd Thurs 12.00-1.30	Marilyn Keith 0750 319 2007
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

See over for new groups planned:
Folk Singing
Sketching / Painting
French

Folk Singing

A folk singing group has been proposed and has already attracted a healthy potential membership. The intention is to sing traditional and contemporary folk songs, covering material from the British Isles and around the world, including Folk, Country, 'Americana', Sea Shanties, Gospel, Blues and Pop.



The material would suit male and female voices. There is no requirement to have any previous formal singing experience, to read music or already know the material: just an interest and a willingness to have a go. Enjoyment is the key. No auditions!

Although some of us have a background in folk singing, nobody has formal music training. That said, we are hoping to attract someone able to lead with song arrangements and harmonies. It might also be useful if some people played instruments but we are mainly looking at songs that suit unaccompanied voices.

If you would like to discuss the proposed group please contact: Neil Stretton
neiljstretton@outlook.com or 01768 362969

At the open day, twenty people signed up as interested in joining this group. A meeting will be held early in the New Year to discuss what the group will do, as well as when and where it will meet. Those who signed up will be notified direct by email or telephone. Anyone else who would like to come to the meeting should contact the groups co-

ordinator on ian.forrest1940@gmail.com or 01768 483526. Neil Stretton has offered to be convenor of the group and can be contacted on neiljstretton@outlook.com or 01768 362969.

Sketching / Painting

At the open day, eighteen people signed up as interested in joining the proposed sketching and/or painting group. A meeting will be held early in the New Year to discuss what the group will do, as well as when and where it will meet. Those who signed up will be notified direct by email or telephone. Anyone else who would like to come to the meeting should contact the groups co-ordinator on ian.forrest1940@gmail.com or 01768 483526. Diana Smith is guiding the setting up of the group and can be contacted on dianamcsmith@aol.com or 01768 862196.

French

At the open day, twelve people expressed an interest in improving their French. Roger Hornby has offered to convene a group and has arranged a meeting for the 12th December to discuss how and when such a group might operate. At present the likely level is less confident to intermediate. Anyone else interested should contact Roger on rjf.hornby@btinternet.com or 01931 712797.

M4M schedule January to June 2019

January 1st Tuesday is New Years Day- so no meeting planned for January

February 5th. Ten Pin Bowling. Options for venue Carlisle or Workington. Carlisle gets a poor Trustpilot review, but is nearer- we can decide at the time.

March 5th- (or nearest date) Sporting event. TBA

April 2nd Hartlepool Historic Quay. Visit to Trincomalee- sailing ship £8

May 7th Threlked Museum and Quarry

June 4th Provisionally; Transport Museum Glasgow
Details TBC

Less strenuous walks

2nd and 4th Wednesdays

January 9th Leader Howard Simpson
simplam@btinternet.com 01769 840122

Meet Rheged 9.30 for a low level walk to Dacre, Dalemain, Barton and Sockbridge. About 7 miles

January 23rd Leader Sue Lancaster
susanlancaster42@yahoo.co.uk 01768 895673

Meet Rheged 9.30

A low level walk from Braithwaite towards Little Town. 7 miles. Parking near the War Memorial on the B5292 which is accessed by turning right from the A66

before the left turn into Braithwaite.

February 13th Leader Jane Boylan
janeboylan@tiscali.co.uk 01768 867932

Meet Rheged 9.30 or Clifton village 9.45
Clifton, Lowther Park and Brougham. 7 miles
Cumulative height 250 ft. Parking on the A6 close to St Cuthbert's church.

February 27th Leader Trevor Lancaster
susanlancaster42@yahoo.co.uk 01768 895673

Walk info will be emailed to the group nearer the time.

Short Walks

Leader Tony Gerwitz 01768 870356 07890
673660 a.gerwitz@btinternet.com

Walks are on the 2nd and 4th Tuesdays. 2-3 miles and 300 ft climb maximum and minimum stiles. Sometimes there are NO stiles. Usually meet at Penrith RFC at 9.30 to leave at 9.45. I am in touch with most by email so I can make last minute changes. Phone me if not on the net. Dates are **1st, 8th and 22nd January, then 12th and 26th February.**

