

Farnham u3a programme 2026 - 2027



u3a
Live, laugh, learn

Version 9: 1 October 2026

Contents

General information.....	3
Key dates for 2026-2027	3
Groups.....	4
Social Events	4
Contacts	5
Committee Members & Key Role-holders 2026-27.....	5
Annual Theme.....	6
Monthly Meetings	9
Group information September 2026 to June 2027	11
Groups Index.....	69
Language levels	70

General information

Welcome to Farnham u3a and our programme for 2026-2027. This is where we list all our groups and activities and tell you how you can participate.

Remember that changes will occur frequently during the year. Please check the website www.farnhamu3a.org.uk to make sure you are accessing the latest information.

Key dates for 2026-2027

Open Morning – Monday, 6 July 2026, 10.00 to 12.00, Farnham Maltings. An opportunity to talk to Group Leaders about the many groups available.

Annual General Meeting

The Annual General Meeting will be held on **Tuesday, 15 September 2026** starting at **2.00pm** before a talk by Lauren Wayland, the Manager of the Farham Museum. Refreshments will be served.

Annual Group Leaders and Group Contacts Meeting

This meeting will be held on **Friday, 19 March 2027** - Group Leaders and Group Contacts will be invited.

New Members' Receptions

We are eager to welcome new members and hold receptions for them in the autumn and in the spring. New members will receive an invitation to these events, but as advance notice the first one is scheduled for **Monday, 5 October 2026** and the Spring one for **Monday, 8 March 2027**.

Groups

Groups operate from **Tuesday, 1 September 2026 to Wednesday, 30 June 2027**, with short breaks for Christmas and Easter, and sometimes half-terms. A few groups may continue over the summer.

To join a group please email the group contact. If the group is full, please ask to be put on the waiting list by the group contact. To join a group, you must be a member of Farnham u3a, and you will need to provide your membership number.

If you find you can no longer attend a group, please inform the group contact so that someone on the waiting list can take your place.

Most groups meet at the **Farnham Maltings** – where this is not the case, the meeting location is specified in the programme. Please note that the rooms allocated to groups in the Maltings are posted daily on the whiteboard opposite the reception desk. Room changes can occur at short notice, so always check the board.

Social Events

Dates for social events will be posted on the Events Calendar, on the website, on the u3a noticeboard in the corridor towards the Great Hall, and in eNews.

Contact the Membership Engagement Facilitator for more information. Several **quizzes** are scheduled throughout the year in the evenings. They are usually held from 6.30 to 9.30pm. All u3a members are welcome. You may participate as a member of a team, but by all means turn up on your own as we form ad-hoc teams on the night.

Quiz dates	
17 September 2026	22 October 2026
17 December 2026	4 February 2027
15 April 2027	24 June 2027

The monthly **Cuppa-and-a-chat** sessions are informal pop-in affairs held in the Maltings café. They offer all members the opportunity to meet up with other members or potential members and exchange ideas, find out more about what is happening in Farnham u3a or simply come and chat. Dates are published on the website.

Other social events, such as a book or jigsaw puzzle swap and disco take place on an ad hoc basis. Further information will be provided via eNews, on the website and by email.

Contacts

If you require further information on anything not covered in the programme, please contact the Secretary.

To email a committee member or key role holder, insert the relevant email name immediately in front of @farnhamu3a.org.uk (e.g. chair@farnhamu3a.org.uk).

Committee Members & Key Role-holders 2026-27

(*committee) – Committee agreed at the AGM

Role	Role holder	Email name
Chair*	Lynda Robinson	chair
Vice-Chair & Accessibility Facilitator*	Philip Oliver	vicechair
Secretary*	Sally Bowden	secretary
Treasurer*	Shree Merriman	treasurer
Membership Secretary*	Margaret Popovic	members
Groups Liaison*	Charlotte Hurst	groups
Events*	Vivienne Miller	events
Membership Engagement	Jane Moberly	membereng
Marketing*	Steve Tilburn	marketing
Programme*	Annette Kratz	prog
Database*	Annette Kratz	beaconadmin
Theme Meetings	Pauline Belfield	theme
Monthly Meetings	Jenny Bray	monthlymtgs
Technical (sound & visual)	Clive Vinall	tech
Hybrid meetings	Alan Freeland	hybrid
Venues	Groups Team	venues
Website	Web Team	websupport

Annual Theme

Our annual theme this year is “The Extraordinary”. Presentations are given monthly on Friday mornings normally in the Barley Room at Farnham Maltings,

starting at 10.30 a.m. and lasting approximately one hour. Please note, however, that the Christmas Event starts at 2.00 p.m. All members are welcome.

The room capacity is 100 and admittance will be on a first-come first-served basis.

Date	Speaker	Title	Description
18 Sep	Christopher Marino	The Story of Cantor Fitzgerald and the 9/11 attacks	When the terrorists attacked the World Trade Centre on 9/11 no company suffered more human loss than Cantor Fitzgerald. Chris shares his first-hand account of that tragic day and the dramatic aftermath of rebuilding the firm.
23 Oct	Peter Tomlinson	A Towering Achievement	A look at the history and expansion of Heathrow Airport and the building of the essential Control Tower. Discover how it was conceived and completed with all the ensuing challenges, right in the middle of one of the world's busiest airports.
20 Nov	David Simpson	Ada Lovelace (1815-52)	The daughter of Lord Byron, Lovelace was a pioneering mathematician whose insight led her to write what is now considered the first computer program. Blending logic with imagination, she envisioned computing's vast potential and became a foundational figure in the history of technology.
11 Dec pm	Andy Wood	Christmas Entertainment	An afternoon of music, humour and drama presented by Andy and friends.

Date	Speaker	Title	Description
15 Jan	Thoreya Swage	Two Overlooked Women Scientists	For too long the contribution of women to the body of scientific knowledge has been ignored and only a few are recognised. This talk aims to highlight the achievements of two women scientists whose key discoveries had an impact on astronomy.
19 Feb	Andy Wood	Joshua Slocum (1844-1909)	The first recorded person to sail around the globe single-handedly. One of the greatest untold adventures in maritime history. He sailed 46,000 miles in three years, two months and two days.
19 Mar	John Atkinson	Splitting the Atom	Atoms are too small for our eyes to see – so why be interested in splitting them? Quite simply the part they play in the origin of humanity, its continued growth and current concern over its possible extinction.
16 April	Laurence Carter	Garibaldi – The Unification of Italy	1860: In one brief summer, thanks to one man, Italy was upended and for the first time since the Roman empire re-established as a united country.
21 May	Andrew Morgan	Iran – a very different country in 1979	A recollection of working in the Middle East in a time of change – the 1970s. A peaceful and unsophisticated region with a charm unique to its inhabitants shattered by the emergence of the desire for change in what became the Islamic Republic of Iran.
18 Jun	Stephen Goss	Gilbert & Sullivan	Their comic operas made them household names in Victorian England with a combination of musical genius and witty satire. Although they did not always see eye to eye their work

Date	Speaker	Title	Description
			transformed British musical theatre creating a popular legacy.

Monthly Meetings

All members are welcome to Monthly Meetings, usually talks by external speakers, which take place on Monday afternoons at 14.00 normally in the Barley Room and last about an hour. Capacity is 100 and admittance is on a first-come first-served basis.

Date	Speaker	Title	Description
28 Sep	Bobbie Darbyshire	A Beginning, a Muddle & an End	In an entertaining, informative talk, prize-winning author Bobbie Darbyshire explains how ideas formulate in the novelist's mind. She has worked as barmaid, mushroom picker, film extra, maths coach, cabinet minister's private secretary, care assistant, volunteer adult-literacy teacher, plus in social research and government policy.
26 Oct	Hilary Roberts	Manipulated Reality: The Camera at War	Hilary presents a new perspective on the role of image manipulation in war photography over the past 170 years, exploring the consequences for our understanding of historic and contemporary conflicts.

Date	Speaker	Title	Description
23 Nov	Jonathan Jones	Memory: Tricks & Techniques	In this informative and amusing talk, Jonathan will let us into the tricks and techniques used by participants in the World Memory Championships to accomplish seemingly impossible feats. Their memories are not superior to ours, but they do spend many hours honing these skills.
7 Dec	Colin Butcher	An Introduction to the Orchestra	Colin who is bringing his tuba will talk about orchestras and bands from an insider's point of view, explaining some of what's happening during rehearsals and performances. The intention of this talk is to help people get a little more out of going to live performances.
25 Jan	Lorraine Spindler	Mud, Money & Marvels: Secrets of the Thames Foreshore	Once the desperate work of London's poorest, riverside scavenging has evolved into a remarkable way of uncovering the city's past as each find tells a story. Lorraine explores the history, rules, surprising treasures and some recently discovered objects which you can see up close.
22 Feb	Susan Purcell	Crosswords	Crosswords are not just about leisure and enjoyment; the intelligence services have always taken a close interest in them. Susan will look at their history and regale us with anecdotes. The talk is light-hearted and aimed at everyone - those who do and those who don't.

Date	Speaker	Title	Description
22 Mar	Andy Thomas	The Crop Circle Mystery	With stunning visuals, Andy explores this extraordinary phenomenon appearing in fields yearly around the world and still defying total explanation. He reveals their fascinating history up to the present and explores both the amazing designs and the many varied and imaginative theories to explain them.
26 Apr	Andy Richardson	The Aviator Hall of Fame	An illustrated biography of a selection of Aviation's greatest pioneers, Influencers and heroes as chosen by Andy and concluding with an audience vote as to who should head their Hall of Fame.
24 May	James & Christine Rowley	Henry Mayhew's London Characters	During the 1840s journalist Henry Mayhew interviewed hundreds of street vendors and characters. Discover many strange professions and how they survived. The story is brought to life with readings, music and illustrations and covers his colourful life and his influence on Dickens and others.
28 Jun	Kathryn Harkup	'A' is for Arsenic	and also for Agatha Christie who revelled in using poison, carefully chosen to kill off unfortunate victims. We will look at howdunnit but whodunnit is for you to discover. Kathryn is a former chemist. Her interests are anything gothic, gory and geeky - preferably all three!

Group information September 2026 to June 2027

For more information on each group and to register an interest in attending, please get in touch with the person named as the Contact for the group using the email address given.

Groups are listed in alphabetical order of subject. An [index](#) follows the main list.

Architecture – John Townsend				
<i>An informal participatory group with a shared interest and enthusiasm for architecture. Largely self-led with member presentations accompanied by lively discussion. Occasional visits. All are welcome.</i>				
Contact	John Townsend – arch@farnhamu3a.org.uk			
Meets	Monthly, Tuesdays, 10.00-12.00			
Sep 15	Oct 13	Nov 17	Dec 15	Jan 19
Feb 16	Mar 16	Apr 13	May 18	

Art History - Ann Vickers				
<i>We encourage members to give an illustrated talk on an artist, school of painting, or era, of their choice. You can also just come to watch and listen.</i>				
Contact	Ann Vickers - arthist@farnhamu3a.org.uk			
Meets	Monthly, Friday, 14.00-16.00			
Sep 4	Oct 2	Nov 6	Dec 4	Jan 8
Feb 5	Mar 12	Apr 2	May 14	Jun 4

Artificial Intelligence

– Alan Freeland

This group has two aims. First, to provide members the confidence and support to proactively use Artificial Intelligence (AI) in their everyday lives both for fun and as an assistant in solving life's many tasks. Members will be expected to use AI Chatbots, such as ChatGPT, between meetings and share their experiences. Second, to explore how AI is being used in society. Members will be expected to share their views on these topics. Typically, each month's class will have two sessions, one focused on AI and society and one focused on members' use of AI.

Contact	Jane Foster - ai@farnhamu3a.org.uk
----------------	--

Meets	Monthly, Wednesday, 14.00-16.00
--------------	---------------------------------

Sep 2	Oct 7	Nov 4	Dec 9	Jan 6
Feb 3	Mar 3	Apr 7	May 5	Jun 2

Astronomy

- Laurence Anslow

An informal group with discussions and presentations on all aspects of Astronomy and Space Exploration. The group is led by a science and astronomy instructor. Beginners and more experienced astronomers are welcome.

Contact	Lynne Watson - astro@farnhamu3a.org.uk
----------------	---

Meets	Monthly, Wednesday, 14.00-15.45
--------------	---------------------------------

Sep 9	Oct 14	Nov 11	Dec 9	Jan 13
Feb 10	Mar 10	Apr 14	May 12	Jun 9

Ballroom and Latin Dancing – NEW at Alton

– Vitor Fernandes (external qualified instructor)

*Farnham u3a members have the chance to join **Alton** u3a's Ballroom and Latin Dancing Group. This class offers opportunities to learn Ballroom and Latin dances in a friendly and relaxed environment. No partner is required and everyone is welcome. The instructor is a professional Ballroom and Latin dancer with many years of experience. Classes will be tailored to meet the experience levels of the group. The cost is £10 per session, which is payable to the tutor on the day. For more details see [Ballroom & Latin classes by Art-V-Motion - Alton](#)*

Contact	Maria Mitchell - ball@farnhamu3a.org.uk			
Meets	Weekly, Tuesday at 13.45-15.45, Assembly Rooms, Alton			
Sep 1, 8, 15, 22, 29	Oct 6, 13, 20, 27	Nov 3, 17, 24	Dec 1, 8, 15	Jan 5, 12, 19, 26
Feb 2, 9, 16, 23	Mar 2, 9, 16, 30	Apr 6, 13, 20, 27	May 4, 11, 18, 25	

Birdwatching

– self-led

A monthly two hour long amateur birdwatching walk, visiting local nature and bird reserves with members choosing to lead walks throughout the programme.

Contact	Chris Wilson & Heather McGraw - bird@farnhamu3a.org.uk			
Meets	Monthly, Third Tuesday at 10.00am, at various locations			
Sep 15	Oct 20	Nov 17	Dec 15	Jan 19
Feb 16	Mar 16	Apr 20	May 18	Jun 15

Board Games –

– Bruce Merrells

The Board Games group meets to play old and new games from Scrabble to Ticket to Ride. All members are asked to bring a game along each week and share in playing it in groups of 4 or more players. Groups will be selected randomly each week to make sure that members play with a variety of other people. Sessions will be two and a half hours to give time to complete games.

Contact	Bruce Merrells - games@farnhamu3a.org.uk			
Meets	Weekly, Tuesday, 10.30-12.30			
Sep 8, 15, 22, 29	Oct 6, 13, 20, 27	Nov 3, 10, 17, 24	Dec 1, 15, 22	Jan 5, 12, 19, 26
Feb 2, 9, 16, 23	Mar 2, 9, 16, 23	Apr 13, 20, 27	May 11, 18, 25	Jun 1, 8, 15, 22, 29; Jul 6

Book Groups

We currently have six groups in this category: two generic Book Groups, Modern Novel, a Theme Book Group and two groups discussing World Literature.

Book Group 1 - self-led

This lively group meets to discuss a book we have read, introduced by a member of the group. We choose ten books in advance covering a wide range of modern novels, classics and biographies, old and new.

Contact	Penny Bonner – book1@farnhamu3a.org.uk			
Meets	Monthly, Friday, 14.00-15.30			
Sep 18	Oct 16	Nov 20	Dec 18	Jan 22

Feb 19	Mar 19	Apr 16	May 14	Jun 18
Book Group 2 – self-led				
<i>Another group of keen readers meeting monthly to discuss a wide range of books chosen in advance, from 19th and 20th century classics to contemporary novels and non-fiction, each introduced by a group member.</i>				
Contact	Margot Tringham - book2@farnhamu3a.org.uk			
Meets	Monthly, Friday, 10.30-12.00			
Sep 18	Oct 16	Nov 20	Dec 18	Jan 22
Feb 19	Mar 19	Apr 16	May 14	Jun 18
Modern Novel – Katrina Dennison				
<i>We select literature of the 21st century. Ten titles are chosen from suggestions within the group, and a member presents the chosen book for discussion at the monthly meeting.</i>				
Contact	Katrina Dennison - modnov@farnhamu3a.org.uk			
Meets	Monthly, Wednesday, 10.00-12.00			
Sep 2	Oct 7	Nov 4	Dec 2	Jan 6
Feb 3	Mar 3	Apr 7	May 5	Jun 2
Theme Book Group – Patricia Thorns				
<i>Our theme this year is “The Extraordinary”.</i>				
Contact	Patricia Thorns - themebook@farnhamu3a.org.uk			
Meets	Monthly, Tuesday, 14.00 – 16.00			
Sep 15	Oct 20	Nov 17	Dec 15	Jan 19

Feb 16	Mar 16	Apr 20	May 18	Jun 15
World Literature 1 – Gillian Watts				
<i>We read novels which explore countries and cultures around the world. Each month a novel is introduced by one of our group, leading to lively discussions about the authors, the writing, the countries covered and wider issues.</i>				
Contact	Gillian Watts - worlit1@farnhamu3a.org.uk			
Meets	Monthly, Tuesday, 10.00-12.00			
Sep 1	Oct 6	Nov 3	Dec 1	Jan 5
Feb 2	Mar 2	Apr 6	May 4	Jun 1
World Literature 2 - self-led				
<i>We take a lively look at books - mainly fiction but not exclusively - from around the world by authors, some known but many unfamiliar. We enjoy the discovery of new names, stories and ways of life that the books open for us.</i>				
Contact	Katy Dawes - worlit2@farnhamu3a.org.uk			
Meets	Monthly, Friday, 10.15-12.00			
Sep 4	Oct 2	Nov 6	Dec 4	Jan 8
Feb 5	Mar 5	Apr 9	May 7	Jun 4

Bookbinding – Rhona Jones
<i>Discover how to become a Bookbinder, creating a book from scratch. Also find out about book repair. Help and advice is given if required. Some equipment and materials are provided at cost.</i>

Contact	Jane Kirby - bobind@farnhamu3a.org.uk			
Meets	Roughly twice per month – see dates below, Thursday, 9.30-12.30			
Sep 3, 17, 24	Oct 15, 22	Nov 5, 12	Jan 7, 14, 21, 28	Feb 25
Mar 4, 11, 18, 25	Apr 29	May 6, 13, 20, 27	Jun 17, 24	

Bowls, Lawn – Stephen Samuel	
<i>Why not try the game of bowls with a very friendly club? Taster sessions introduce beginners to try out and then improve their skills over a number of weeks - all comers being most welcome. Wear what you like but you must have flat-soled shoes. First Free Taster Session on Sunday, 25th April 2026 at 10.00am. This will be the first of three sessions at Seale and Sands Bowls Club located by the British Legion, The Sands, GU10 1LL. The following sessions will be 9th and 16th May. Plentiful parking. The club will lend you bowls. PLEASE RESERVE A PLACE.</i>	
Contact	Stephen Samuel - bowls@farnhamu3a.org.uk
Meets	Weekly roll up sessions throughout the summer, Tuesdays/Thursdays, from June, 10.00-12.00, for members who join the Seale and Sands Bowls Club.

Bridge There are two bridge groups, catering for a variety of levels.
Bridge - Duncan Weir
<i>We are a friendly group. No tuition. Come with or without a partner. This group meets at the Bourne Club.</i>

Contact	Duncan Weir – bridge@farnhamu3a.org.uk			
Meets	Weekly, Thursday, 13.30-16.00			
Sep 3, 10, 17, 24	Oct 1, 8, 15, 22, 29	Nov 5, 12, 19, 26	Dec 3, 10, 17	Jan 7, 14, 21, 28
Feb 4, 11, 18, 25	Mar 4, 11, 18, 25	Apr 1, 8, 15, 22, 29	May 6, 13, 20, 27	Jun 3, 10, 17, 24

Bridge - Beginners and Improvers

– Andrew Ward

This group is run in two streams: beginners, and bridge players who want to improve their game. Beginners can join at the start of each term, i.e. on 2 September, 6 January and 31 March and they will start with some mini bridge (playing) courses followed by a 4- session course covering the basics of bidding. Once completed beginners can continue playing and learning with support from experienced bridge players. For improvers we will run weekly sessions on bidding, partnership understanding, declarer play and defence. Wherever you are in your bridge journey we can help you.

Most sessions will take place at The Maltings with additional sessions marked with an asterix () at the **Bourne Club**.*

Contact	Andrew Ward – bridge2@farnhamu3a.org.uk				
Meets	Weekly, Wednesday, 13.30-15.30				
Sep 2*, 9, 23, 30	Oct 7*, 14, 21, 28	Nov 4*, 11*, 18*, 25	Dec 2, 9, 16	Jan 6*, 13, 20, 27	Feb 3*, 10, 17, 24
Mar 3*, 10, 24, 31	Apr 7*, 14, 21, 28	May 5*, 12, 19, 26	Jun 2*, 9, 16*, 23, 30	Jul 7, 14*, 21*, 28*	

Chess - NEW

– Nigel Marriott

Welcome to our chess club in Farnham u3a. We are open to Beginners and more experienced players. Tuition will be available to those with little experience of the game. Participants will be asked to bring their own chess sets where possible. Come and join the fun! More dates will follow after Christmas if successful. **Venue: Spire Church**

Contact	Pamela Martin - chess@farnhamu3a.org.uk			
Meets	Monthly, Wednesday, 13.45-16.15			
Sep 16	Oct 14	Nov 18	Dec 16	

Choral Music Appreciation

– Geoff Quick

The group will meet monthly for a 90 min to 2-hour session. At each meeting, one member of the group will introduce a composer or theme and play a selection of choral excerpts or complete pieces to illustrate the theme/composer. There will be informal discussion about the pieces chosen over tea/coffee.

Contact	Geoff Quick - choapp@farnhamu3a.org.uk			
Meets	Monthly, Tuesday, 10.00-12.00			
Oct 20	Nov 10	Dec 8	Jan 12	Feb 2
Mar 2	Apr 27	May 11	Jun 1	

Church Visits

- Geoff Quick

The group meets every 4 to 6 weeks. One member of the group will organise a morning or afternoon visit to one or more local places of worship, followed by a coffee/tea or lunch stop. Hopefully we can organise someone to be on hand at each church to talk about the history of the building and point out the interesting features.

Contact	Geoff Quick - chuvis@farnhamu3a.org.uk			
----------------	--	--	--	--

Meets	Various
--------------	---------

Classical Studies – Laurence Carter				
<i>Classical Studies covers a huge variety of topics: Art, Drama, Poetry, History, Philosophy etc. Knowledgeable people in our u3a lead sessions on their own subjects but there's lots of room if you just want to come along and listen.</i>				
Contact	Alison Gordon - class@farnhamu3a.org.uk			
Meets	Monthly, Tuesday, 14.00-16.00			
Sep 8	Oct 6	Nov 3	Dec 1	Jan 12
Feb 9	Mar 9	Apr 13	May 4	Jun 8

Climate Change - Stewart Edge & Philip Oliver				
<i>For those concerned about the future of the planet and our legacy for future generations. We will explore the issues involved - technical, economic, behavioural and more. Members will be encouraged to research specific topics and present their findings to the group for discussion.</i>				
Contact	Stewart Edge - clim@farnhamu3a.org.uk			
Meets	Monthly, Wednesday, 10.00-12.00			
Sep 9	Oct 14	Nov 11	Dec 9	Jan 13
Feb 10	Mar 10	Apr 14	May 12	Jun 9

Comic Diaries

- Emma Bell

Learn to create an autobiographical comic at UCA, guided by lecturers from the Comic and Concept Art degree. Explore comic theory and history, and gain drawing and medium- specific skills, including perspective, shading, colouring, pencilling, inking, and lettering, on both paper and computer. By the end of the year, you will produce a printed comic book based on your life story and have the skills to continue making comics.

Venue: UCA.

Contact	Andrew Morgan - com@farnhamu3a.org.uk			
Meets	Monthly, Fridays, 14.00-16.30 Likely to move to another weekday			
		Nov 27	Jan 29	Feb 26
Mar 26	Apr 30	May 28	Jun 25	

Concert Club

– Alison Boydell, Mary Somerville, Juliet Evans

Concert Club is for people who enjoy listening to live classical music. We organise concerts at various venues, travelling by coach. For trips to London we try to arrive about an hour before the concert so people can have a meal beforehand if they wish. The concerts we choose cover as wide a spectrum of music as possible – we try to vary orchestras, venues and repertoire to please as many group members as we can. They can select as many concerts (or as few) as they like. For more details go to:

<https://farnhamu3a.org.uk/groups/concert-club/>

Contact	Mary Somerville – concert@farnhamu3a.org.uk			
Meets	Meeting dates and the programme will be on our group page on the Farnham u3a website.			

Cookery for Beginners and Improvers

– Pat Thorns and the Cookery Team

*A basic cookery course of 10 lessons for those with little or no previous cookery knowledge. The aim is to give participants sufficient skill and confidence to carry on cooking after the course. The course will cover nutrition, food hygiene and knife skills. There will be a small fee for this course for shared ingredients. Classes will be in the early evening at **All Hallows School**.*

Contact	Patricia Thorns – cook@farnhamu3a.org.uk		
Meets	Classes will be held on Tuesdays at All Hallows School, 17.00-19.00		
Sep 15, 22, 29	Oct 6, 13, 20	Nov 3, 10, 17, 24	

Creative Writing

– self-led

This self-led group aims to provide a friendly and encouraging venue for aspiring writers. Every month we each read a short (no more than 1,000 words) work of fiction we have written, on a title or idea chosen the previous month. Our stories encompass a wide range of genres and may include memoirs, poetry, flash fiction, and excerpts from longer works. They just have to be creative! Only positive, non-critical feedback is allowed.

Contact	Len Davis - cw@farnhamu3a.org.uk			
Meets	Monthly, Wednesday, 10.00-12.00			
Sep 9	Oct 14	Nov 11	Dec 9	Jan 13
Feb 10	Mar 10	Apr 14	May 12	Jun 9

Croquet

– Bruce Merrells

*We will play every Thursday from 29 April until 23 September 2027 (22 sessions) – the play each week depending on the weather. The play is at **Guildford and Godalming Croquet club (GGCC)** Godalming. All equipment is provided and all you need is flat shoes. There are club mallets. The group will be assisted and supported by members of the GGCC each week. We will offer two free taster sessions on 29 April and 6 May 2027. Thereafter the cost will be £100 for the full season until late September, payable by standing order to the Croquet Club in £20 monthly instalments.*

Contact	Bruce Merrells - croq@farnhamu3a.org.uk			
Meets	Weekly, Thursday, 10.30-12.30			
April 29, May 6, 13, 20, 27	Jun 3, 10, 17, 24	Jul 1, 8, 15, 22, 29	Aug 5, 12, 19, 26	Sep 2, 9, 16, 23

Cryptic Crosswords

– Geoff Quick

For those intrigued by cryptic crosswords. Ideally, you'll have an interest in words and a warped mind. All levels are welcome. Starter training sessions will be given in October, for complete beginners.

Contact	Geoff Quick – cryp@farnhamu3a.org.uk			
Meets	Fortnightly, Monday, 14.00-15.00			
Sep 7, 21	Oct 12, 26	Nov 9, 23	Dec 7, 21	Jan 11, 25
Feb 8, 22	Mar 8, 22	Apr 12, 26	May 10, 24	Jun 7, 21, Jul 5

Current Affairs <i>We have three groups. Members come prepared to discuss significant events at home and abroad. They are encouraged to add topics for discussion.</i>				
Current Affairs 1 – Sharon Downs				
Contact	Sharon Downs - ca1@farnhamu3a.org.uk			
Meets	Fortnightly, Monday, 10.00-12.00			
Sep 7, 21	Oct 5, 19	Nov 2, 16, 30	Dec 14	Jan 11, 18
Feb 1, 15	Mar 1, 15	Apr 5, 19	May 10, 24	Jun 7, 14, 28
Current Affairs 2 – Clive Cook & Denise Thompson				
Contact	Carol Sacha – ca2@farnhamu3a.org.uk			
Meets	Fortnightly, Wednesday, 10.00-12.00			
Sep 9, 23	Oct 21, 28	Nov 25	Dec 9	Jan 13, 27
Feb 10, 24	Mar 10, 24	Apr 14, 28	May 12, 26	Jun 9, 23
Current Affairs 3 – Stewart Edge				
Contact	Stewart Edge - ca3@farnhamu3a.org.uk			
Meets	Fortnightly, Thursday, 10.00-12.00			
Sep 3, 17	Oct 1, 15, 29	Nov 12, 26	Dec 10	Jan 14, 28
Feb 25	Mar 11, 25	Apr 15, 29	May 13, 27	Jun 17

Cycling Club

Monday: Andrew Melbourne, Maxine Dunn; Wednesday: Bob Mercer, David Hepper; Thursday: Ian Newman, Douglas and Jenny Gordon

This group gives all abilities of cyclists a chance to ride in a friendly, non-competitive environment. There are four rides in total across Mondays, Wednesdays and Thursdays. Minimum equipment: a well-maintained bike, cycle helmet, spare inner tube & pump. Additional equipment suggested: hi-vis jacket/tabard (u3a tabards available free to members), water bottle, money for coffee and cake. Cyclists with e-bikes are very welcome to join the rides. See also the group's webpage <https://farnhamu3a.org.uk/groups/cycling/> for information on risk assessment and compliance with regulations.

Monday Riders: *a fortnightly chance for a bit of exercise after the weekend, a circular ride starting at 10.00 am from The Bourne Green (parking available). Distance will be between 20 and 25 miles at about 10-12 miles an hour, inevitably with undulations! We will generally keep to roads with a chance for refreshments at the end of the ride. Places will be limited to 23 plus a leader so group members will need to sign up for each ride via our group email. Up to 3 sets of 8 will ride separately from each other so the third group can go at a slower pace if they wish.*

Contact	MONDAY RIDERS - Andrew Melbourne & Maxine Dunn. cyclmon@farnhamu3a.org.uk
----------------	---

Meets	Fortnightly, The Bourne Green, 10.00am
--------------	--

Sep 7, 21	Oct 5, 19	Nov 2, 16, 30	Dec 14, 28	Jan 18	Feb 1, 15
Mar 1, 15	Apr 5, 19	May 17	Jun 7, 21	Jul 5, 19	Aug 2, 16

Wednesday Riders: *There are two rides: easy EASY ROCKERS - about 15 - 20 miles at an average speed of about 9 mph, with some tracks; moderate MODS - about 25 - 35 miles, at an average speed of about 13 mph, all on roads. Both groups will stop for refreshments in a local café. These two groups are limited to 15 riders so please advise the contacts below if you wish to attend.*

Contact	EASY ROCKERS: David Hepper – cyceasy@farnhamu3a.org.uk MODS: Bob Mercer – cycmods@farnhamu3a.org.uk We have created a WhatsApp group for the MODS cycling group to keep in touch. To be added, please email Bob Mercer.				
Meets	EASY ROCKERS and MODS: the plan is for rides to be weekly, Wednesday, 10.00 - 13.30, throughout the year, meeting at Farnham Maltings, unless otherwise advised.				
Sep 2, 9, 16, 23, 30	Oct 7, 14, 21, 28	Nov 4, 11, 18, 25	Dec 2, 9, 16, 23 & 30 (Mods only)	Jan 6, 13, 20, 27	Feb 3, 10, 17, 24
Mar 3, 10, 17, 24, 31	Apr 7, 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23, 30	Jul 7, 14, 21, 28	Aug 4, 11, 18, 25
Thursday Riders: <i>Circular cycle rides of around 15 to 18 miles at an average speed of 8 to 9 mph, organised and led by group members, from various locations in the wonderful Surrey-Hampshire countryside, mostly on-road (quiet country lanes) and some tracks. Places are limited to max. 21 including the ride leader, riding as three separate groups.</i>					
Contact	Ian Newman. Douglas Gordon, Jenny Gordon – cycthu@farnhamu3a.org.uk				
Meets	Thursday, 10.00 – 13.30, weekly, throughout the year at locations to be advised. You must let us know if you are planning on coming on a ride – please use the group email above.				
Sep 3, 10, 17, 24	Oct 1, 8, 15, 22, 29	Nov 5, 12, 19, 26	Dec 3, 10, 17	Jan 7, 14, 21, 28	Feb 4, 11, 18, 25
Mar 4, 11, 18, 25	Apr 1, 8, 15, 22, 29	May 6, 13, 20, 27	Jun 3, 10, 17, 24	Jul 1, 8, 15, 22, 29	Aug 5, 12, 19, 26

Day Trips

– Steve Tilburn and Colin Jordan

We aim to provide at least 10 trips each year by coach from 2 pick-up points in Farnham — namely Hart Car Park and Sainsbury's Water Lane. We have arranged with a local Travel Company to provide day trips selected by the Day Trip Group Leaders, to various sites in the Southeast. Members' suggestions are always welcome. The places visited will be of general interest and each trip length will aim to be up to a maximum of 8 hours. Trips will be competitively priced, and members selected on a first come, first served basis.

Contact	Steve Tilburn and Colin Jordan - u3adaytrips1@outlook.com
----------------	--

Meets	Various
--------------	---------

Film Buffs

– Nicola Norman

Join this friendly group to discuss your favourite films, directors and genres. We've got everything covered - from timeless classics and blockbusters to documentaries and biopics to world cinema and indie films along with a few hidden gems! We analyse themes, look at film history, explore interpretations and share our recommendations. We also tap into film anniversaries, director seasons and film awards such as the Oscars. In addition, we have a DVD library for members to use.

Contact	Nicola Norman – film@farnhamu3a.org.uk
----------------	--

Meets	Monday, 15.00-17.00
--------------	---------------------

Sep 14	Oct 12	Nov 9	Dec 14	Jan 18
Feb 15	Mar 15	Apr 19	May 17	Jun 14

French <i>We have seven French language groups, set out below.</i>				
Elementary French - Charlotte Hurst				
<i>Level 1/2. A friendly group, targeted at people who have a little, perhaps rather rusty knowledge of the language and who want to practise and improve their conversational French.</i>				
Contact	Charlotte Hurst - freel@farnhamu3a.org.uk			
Meets	Fortnightly, Wednesday, 13.15-14.45			
Sep 2, 16	Oct 7, 21	Nov 4, 25	Dec 9, 23	Jan 6, 20
Feb 3, 17	Mar 3, 17	Apr 7, 21	May 5, 19	Jun 2, 16
French Intermediate Conversation 1 – Maryse Houston <i>Level 3+. Relaxed topical conversation at your own level.</i>				
Contact	Maryse Houston - freintcon1@farnhamu3a.org.uk			
Meets	Fortnightly, Thursday, 11.00-12.00			
Sep 3, 24	Oct 8, 22	Nov 5, 26	Dec 17	Jan 7, 21
Feb 4, 18	Mar 4, 18	Apr 1, 15, 29	May 13, 27	Jun 17, 24
French Intermediate Conversation 2 – Clare and Jim Parker <i>Level 3+. Relaxed topical conversation at your own level</i>				
Contact	Clare and Jim Parker - freintcon2@farnhamu3a.org.uk			
Meets	Fortnightly, Tuesday, 12.30-13.30			
Sep 1, 15	Oct 6, 20	Nov 3, 17	Dec 1, 15	Jan 5, 19
Feb 2, 16	Mar 2, 16	Apr 6, 20	May 4, 18	Jun 1, 15
French Intermediate – Sue Leach				

Level 3. A qualified French instructor will run this group with the emphasis on oral practice, including role play and using the book 'French Experience Vol 1' (with CD).

Contact	Sue Leach – freint@farnhamu3a.org.uk			
Meets	Fortnightly, Monday, 10.30-12.00			
Sep 7, 21	Oct 12, 26	Nov 9, 23	Dec 7, 21	Jan 11, 25
Feb 8, 22	Mar 8, 22	Apr 5, 19	May 10, 24	Jun 7, 21; Jul 5

French Improvers – Jane Raw

Level 3. We will try to progress our grammar and conversation, discover more about French life and culture and maybe listen to the odd "chanson".

Contact	Jane Raw - freimp@farnhamu3a.org.uk			
Meets	Fortnightly, Monday, 10.00-11.15			
Sep 7, 21	Oct 12, 26	Nov 9, 23	Dec 7, 21	Jan 11, 25
Feb 8, 22	Mar 8, 22	Apr 5, 19	May 10, 24	Jun 7, 21

French Higher Intermediate – Odette Byrne

Level 4. This year we will be reviewing major grammatical points for practice and improvement of written and oral skills and looking at French culture and life in a variety of ways.

Contact	Ian Ford - frehint@farnhamu3a.org.uk			
Meets	Fortnightly, Wednesday, 14.00-15.30			
Sep 2, 16	Oct 7, 21	Nov 4, 11	Dec 2, 16	Jan 6, 20
Feb 3, 17	Mar 3, 17	Apr 7, 21	May 5, 19	Jun 2, 16

French Advanced Conversation - Sarah Hebbon

Level 6. A conversation class, conducted entirely in French, where participants are expected to be completely fluent in French. Best suited to those who have lived and worked in French speaking countries or are graduates in French or whose mother tongue is French.

Contact	Sarah Hebborn - freadcon@farnhamu3a.org.uk			
Meets	Fortnightly, Tuesday, 10.00-11.30			
Sep 8, 22	Oct 13, 27	Nov 10, 24	Dec 1, 22	Jan 12, 26
Feb 9, 23	Mar 9, 23	Apr 13, 27	May 11, 25	Jun 8, 22

Geology 4 Non-Geologists

- Mick Caulfield and Andy Wood

The Geology 4 Non-Geologists group is designed for anyone who wants to discover more about geology, from rock types to fossils and from plate tectonics to meteorites.

Contact	Mick Caulfield - geol@farnhamu3a.org.uk			
Meets	Monthly, Wednesday, 14.00-16.00			
Sep 2	Oct 7	Nov 11	Dec 2	Jan 6
Feb 3	Mar 3	Apr 7	May 5	Jun 2

Geopolitics

- Rotating Chairperson

Discussion of a wide-ranging set of international and geopolitical subjects led by group members.

Contact	Pam Martin - geopol@farnhamu3a.org.uk			
Meets	Monthly, Friday, 10.00-12.00			

Sep 4	Oct 2	Nov 6	Dec 4	Jan 8
Feb 5	Mar 12	Apr 2	May 7	Jun 4

German <i>Our two German groups cater both for more advanced German language students as well as those continuing to master the language.</i>				
German Conversation – Clive Peters				
<i>Level 5+. This is largely a conversation group for those with a sound knowledge of German and willingness to participate. Members introduce a variety of subjects for discussion. New members welcome. There are two native German speakers in the class.</i>				
Contact	Clive Peters - gercon@farnhamu3a.org.uk			
Meets	Fortnightly, Wednesday, 10.00-11.30			
Sep 2, 16	Oct 7, 21	Nov 11, 25	Dec 2, 16	Jan 6, 20
Feb 3, 17	Mar 3, 17	Apr 7, 21	May 5, 26	Jun 9, 23
German Improvers – Sigi Brown <i>Level 2+. For German Improvers, with emphasis on useful conversation for tourism/travel purposes in continental Europe, concentrating mainly on communication by using new vocabulary, practising pronunciation, everyday expressions and grammar.</i>				
Contact	Sigi Brown - gerimp@farnhamu3a.org.uk			
Meets	Fortnightly, Thursday, 10.30-12.00			
Sep 3, 24	Oct 8, 22	Nov 5, 26	Dec 3	Jan 7, 21
Feb 4, 25	Mar 4, 25	Apr 1, 15, 29	May 13, 20	Jun 17, 24

Grumpy Old People – Mary Williams				
<i>Have you watched those Grumpy Old Men and Women on television, and can only think they talk good sense? If that is you – this is the group for you. We have two sub-groups, the first meeting normally on the 2nd Tuesday of the month and the second on the third Tuesday. Both are self-led: at the end of each meeting, members choose three or four topics for discussion at the next, giving time to arrive ready to have your say.</i>				
Contact	Mary Williams - grum1@farnhamu3a.org.uk			
Meets	Monthly, Tuesday, 14.30-16.00			
Grumpy Old People 1				
Sep 8	Oct 13	Nov 10	Dec 8	Jan 12
Feb 9	Mar 9	Apr 13	May 11	Jun 8
Grumpy Old People 2				
Sep 15	Oct 20	Nov 17	Dec 15	Jan 19
Feb 16	Mar 16	Apr 20	May 18	Jun 15

Handicraft – Lynne Hutt				
<i>We are a self-led group dedicated to knitting, sewing, tapestry, embroidery or any other type of handicraft. Bring along your current project and join us to share skills, ideas and the occasional guest demonstration.</i>				
Contact	Lynne Hutt - handi@farnhamu3a.org.uk			
Meets	Fortnightly, Monday, 14.00-16.00			
Sep 7, 21	Oct 12, 26	Nov 9, 23	Dec 7, 21	Jan 11, 25
Feb 8, 22	Mar 8, 22	Apr 12, 26	May 10, 24	Jun 7, 21; Jul 5

Healthy Eating

– Thea Morgan

*An interactive group. Each meeting focuses on a different food group or groups, exploring the nutritional and health benefits or otherwise of the components. Recipes will be discussed for their health benefits then tried at home. Other topics will cover fats, proteins, carbohydrates, Ultra-processed Foods and types of diet. Additionally, members are invited to bring their favourite recipes or meal ideas to discuss how these can be made healthier. **Please note that this group will largely cover the same topics as in previous years, so if you attended that group, you may not wish to attend again.***

Contact	Thea Morgan – health@farnhamu3a.org.uk			
Meets	Monthly, Monday, 14.00-15.30			
Sep 21	Oct 26	Nov 30	Dec 14	Jan 25
Feb 22	Mar 22	Apr 19	May 24	Jun 21

History groups

We have six groups which explore different aspects of history, both local and global.

Family History 1 & 2 – Lorna Thomas

Family History Main Group: Roots & Records (1): Workshop style meetings with plenty of interaction and contributions from members. For those who have already begun their Family History journey and want to take their research further. We cover recent research developments including DNA and AI; digital technology tools and looking at our ancestors in the wide historical and social perspective. We share experience via group discussions; informative talks and projects. Above all, we make family history FUN.

Family History Getting Started (2) is a course of meetings designed to get you underway on your Family History journey! Covering the BASICS: where to start; what to do next; research techniques & tips; family trees; storage & archiving; online resources; where to find documents and what is available; hints & tips to avoid common pitfalls.* small room

Family History Main Group (1)					
Contact	Lorna Thomas - alderton90@outlook.com				
Meets	Monthly, Thursday, 14.00-16.00				
Sep 17	Oct 8	Nov 12	Dec 17	Jan 21	
Feb 25	Mar 25	Apr 8	May 27	Jun 17	
Family History Getting Started (2)					
Contact	Lorna Thomas - alderton90@outlook.com				
Sep 3	Oct 15*	Nov 5	Jan 7	Feb 4	
Mar 4	Apr 1	May 13	Jun 3		
Family History: Roots & Bytes (Digital)					
<i>Six additional meetings dedicated to Digital Family History and writing up stories. Open to both Family History Groups.</i>					
Sep 24	Oct 22	Dec 10	Jan 28	Mar 11	Jun 24
Farnham Local History – Brian White					
<i>Farnham and the surrounding area is rich in history. Group members are encouraged to share their knowledge and research. Some guest speakers.</i>					
Contact	Brian White - lochist@farnhamu3a.org.uk				
Meets	Monthly, Wednesday, 14.00-16.00				
Sep 2	Oct 7	Nov 11	Dec 2	Jan 6	
Feb 3	Mar 3	Apr 7	May 5	Jun 2	

History of Science and Technology – Derek Linney

We look at some of the most important scientific discoveries and technology developments. As well as the science, we also look at the people involved and their impact. No scientific or technical knowledge is necessary to join the group. Group members are encouraged to make a contribution and perhaps do some research of their own.

Contact	Derek Linney - histsci@farnhamu3a.org.uk
----------------	---

Meets	Monthly, Thursday, 14.00-16.00
--------------	--------------------------------

Sep 24	Oct 29	Nov 26	Dec 17	Jan 28
--------	--------	--------	--------	--------

Feb 25	Mar 25	Apr 29	May 27	Jun 24
--------	--------	--------	--------	--------

Military History – Nigel Hoad

We have presentations covering a variety of aspects – personnel, strategy, logistics, intelligence gathering, training, the evolution of weapons and their impact on battle tactics from ancient times to the present day.

Contact	Chris Howard – mihis@farnhamu3a.org.uk
----------------	---

Meets	Monthly, Friday, 10.00-12.00
--------------	------------------------------

Sep 4	Oct 2	Nov 6	Dec 4	Jan 8
-------	-------	-------	-------	-------

Feb 5	Mar 12	Apr 2	May 14	Jun 4
-------	--------	-------	--------	-------

World History: Ancient, Medieval and Modern – Lorna Thomas, Alan Freeland, Tim Davies

A diverse group where the members have a passion for history. The group offers a variety of talk formats ranging from 80-minute talks on a single subject, short talks by several presenters on a theme, debates, interviews and occasional book reviews. We cover World History from Ancient times through the Medieval years to the Present.

Contact	Lorna Thomas - alderton90@outlook.com			
Meets	Fortnightly, Monday, 10.00-12.00			
Sep 7, 21	Oct 5, 19	Nov 2, 23	Dec 7, 21	Jan 11, 25
Feb 8, 22	Mar 8, 22	Apr 12, 26	May 10, 24	Jun 7, 21
Hybrid meetings	Most meetings will use the successful hybrid format giving members the choice of joining the meeting at the Maltings or by using our Zoom link to tune in from home.			

Horticulture				
– Costas Lymbouris				
<i>Horticulture offers an informative programme for experienced and inexperienced gardeners. You are welcome to join us whether you have a small courtyard garden or an extensive plot. We meet monthly for presentations by members sharing their horticultural knowledge, experiences, hints and tips; or presenting on places of horticultural interest they have visited. There are talks by outside speakers, but we especially welcome participation by members, encouraging them to talk about their gardens and the plants they grow as well as sharing photos of these in our monthly video slideshow. A yearly subscription of £5 to cover the group's costs is required.</i>				
Contact	Jenny Colquhoun - horti@farnhamu3a.org.uk			
Meets	Monthly, Tuesday, 14.00-16.00			
Sep 1	Oct 13	Nov 3	Dec 8	Jan 5
Feb 2	Mar 2	Apr 6	May 11	Jun 1

Italian

We have two Italian language groups, basic and intermediate.

Italian Improvers – Laurence Carter

Level 2 – For those who have covered the basic grammar and have a reasonable vocabulary.

Contact	Laurence Carter - itimp@farnhamu3a.org.uk			
Meets	Fortnightly, Monday, 11.30-12.45			
Sep 14, 28	Oct 5, 19	Nov 2, 16, 30	Dec 7	Jan 11, 18
Feb 1, 15	Mar 1, 22	Apr 5, 19	May 10, 24	Jun 14, 28

Italian Conversation – self-led

Level 3 - For reasonably fluent Italian speakers. The group has a maximum of 15 to allow a free-flowing relaxed conversation on any topics that arise.

Contact	Tony Ashwell- itcon@farnhamu3a.org.uk			
Meets	Fortnightly, Monday, 11.30-12.30			
Sep 7, 21	Oct 12, 26	Nov 9, 30	Dec 7, 21	Jan 11, 25
Feb 8, 22	Mar 8, 22	Apr 12, 26	May 10, 24	Jun 7, 21

Jazz & Blues Club

– Alan Little

We feature the whole spectrum of jazz and blues music with two different themes at every meeting, so that we offer 'something for everybody'. You do not need any previous knowledge of jazz, just an open mind and an ability to enjoy music. The majority of sessions are led by our members, some of whom are musicians but most of whom are 'fans'. We welcome new members so please give us a try.

Contact	Ann Vickers - jazz@farnhamu3a.org.uk			
Meets	Fortnightly, Thursday, 14.15-16.15			
Sep 3, 17	Oct 1, 22	Nov 12	Dec 3, 10	Jan 7, 21
Feb 4, 18	Mar 4, 18	Apr 1	May 6, 20	Jun 3, 17

Literary Topics – Jan Herbert				
<i>Ten talks examining the nature and effects of Time as explored by a variety of writers. A member of the group gives a talk, with a coffee break, followed by an opportunity for questions and comments.</i>				
Contact	Ann Sykes - littop@farnhamu3a.org.uk			
Meets	Monthly, Thursday, 10.00-12.00			
Sep 24	Oct 29	Nov 26	Dec 17	Jan 21
Feb 25	Mar 25	Apr 8	May 20	Jun 17

MahJong – self-led				
<i>Guidance is available and beginners are welcome. Guidelines and lists of hands are available to those who are new to the group. Bring along your MahJong set and/or racks to the sessions.</i>				
Contact	Gill & Steve Tilburn - mah@farnhamu3a.org.uk			
Meets	Fortnightly, Tuesday, 10.00-12.00			
Sep 8, 22	Oct 13, 27	Nov 10, 24	Dec 8, 22	Jan 12, 26
Feb 9, 23	Mar 9, 23	Apr 13, 27	May 11, 25	Jun 8, 22

Materials in Society - NEW

-Andrew Evans

The group will explore how modern materials and processes have influenced our lives. We will look at their diverse uses in areas such as medical devices, modern aircraft, and motor sport.

Although all enthusiastic and interested members are welcome to join this group, members with engineering backgrounds, who could present and lead sessions as well as participating in discussions, are especially welcome.

Contact	Andrew Evans- mat@farnhamu3a.org.uk			
Meets	Monthly, Wednesday, 14.00-16.00			
Sep 23	Oct 28	Nov 25	Dec 16	Jan 27
Feb 24	Mar 24	Apr 28	May 26	Jun 23

Meditation – NEW

- Alison Bone

This group offers members the chance to learn to meditate, using breathwork techniques. This has been shown to help with stress management and general wellbeing. The Group Leader is an experienced meditator and will share techniques with the group. There will be the opportunity to practice meditating in silence, as well as to ask questions and give feedback.

Contact	Alison Bone - med@farnhamu3a.org.uk			
Meets	Twice per month, Wednesday, 12.15-13.15			
Sep 2. 9	Oct 7, 14, 28	Nov 25	Dec 2, 16	Feb 3, 17, 24
Mar 3, 31	Apr 14, 21, 28	May 12	Jun 2, 30	

MOTO Group

– for Members On Their Own

- Maria Mitchell & Cynthia Barnett

Members will meet others in a similar situation and learn from each other's experiences through regular social gatherings which include talks, quizzes, games, etc. Additional coffee mornings/afternoons, lunches, dinners etc are arranged throughout the year including July and August. These are advised by email to MOTO members at the beginning of each month.

Contact	Maria Mitchell - moto@farnhamu3a.org.uk			
Meets	Monthly themed meetings, Friday, 14.00-16.00			
Sep 18	Oct 23	Nov 20	Dec 18	Jan 29
Feb 26	Mar 19	Apr 30	May 21	Jun 25

Meets	Monthly coffee afternoons mainly in Riverside Cafe, Various, 14.00-16.00			
Sep 7	Oct 8	Nov 16	Dec 7	Jan 11
Feb 8	Mar 8	Apr 5	May 10	Jun 7

Movement to Music

– Jo Hobbs & Caryl Griffith

A gentle warm up of the whole body to help with balance and movement. It is good for keeping an active mind and we have fun. All are welcome.

Contact	Joanna Hobbs - movmus@farnhamu3a.org.uk			
Meets	Fortnightly, Friday, 10.00-11.00			
Sep 4, 18	Oct 2, 16	Nov 6, 20	Dec 4, 18	Jan 8, 22
Feb 5, 19	Mar 5, 12	Apr 2, 16	May 7, 21	Jun 4, 18

Opera – Pam Laslett				
<i>Talks and screenings covering all periods and aspects of opera. The programme is varied to include interests or contributions from members.</i>				
Contact	Glennis Turner - opera@farnhamu3a.org.uk			
Meets	Monthly, Tuesday, 13.30-16.00			
Sep 15	Oct 20	Nov 17	Dec 15	Jan 19
Feb 16	Mar 16	Apr 27	May 18	Jun 15

Painting <i>We have three fortnightly painting groups. All groups welcome painters and drawers of all levels.</i>				
Painting 1 – Alison Ridgeon <i>A friendly painting group for all abilities, with a programme of activities. Help and advice given where necessary. Occasional workshops and demonstrations are organised. * in Workshop.</i>				
Contact	Alison Ridgeon - paint1@farnhamu3a.org.uk			
Meets	Fortnightly, Tuesday, 14.00-16.00			
Sep 8, 22	Oct 13, 27	Nov 10, 24	Dec 15, 22	Jan 12, 26
Feb 2, 23	Mar 9, 23	Apr 13*, 27*	May 11*, 25	Jun 8, 22
Painting 2 – self-led				

Painters of all abilities are welcome to join this friendly group. You can do your own thing or join in some themed sessions. We also occasionally have demos and assisted sessions and charge a small fee to cover these at the beginning of the u3a year.

Contact	Val Atkinson - paint2@farnhamu3a.org.uk			
Meets	Fortnightly, Friday, 10.00-12.00			
Sep 4, 18	Oct 2, 23	Nov 6, 27	Dec 4, 18	Jan 8, 22
Feb 5, 19	Mar 5, 19	Apr 2, 16	May 14, 21	Jun 4, 18

Painting 3 - Val Atkinson

*For complete beginners and improvers. We'll look at some basic drawing and painting techniques, and have a go at landscapes, portraits, abstracts - lots of different ideas. Sessions will be structured for beginners with additional challenges for those with more experience. Mainly we'll have fun! * small room. Prior sign up required.*

Contact	Val Atkinson – paint3@farnhamu3a.org.uk			
Meets	Fortnightly, Wednesday, 10.00-12.00			
Sep 2, 23,30	Oct 21, 28	Nov 4*, 11*	Dec 2*, 23	Jan 6, 20
Feb 3, 24	Mar 3, 17	Apr 7, 28	May 5, 19	Jun 2, 16

Pétanque

- Colin Jordan

*This group has a limit of 40 players. Play will be at **Crondall Pétanque Club, Cody Sports & Social Club**, The Fairway, Old Ively Road, Farnborough, Hampshire, GU14 0LP. We play from mid-March to mid-October. The first July to October dates are 2026 dates.*

Contact	Colin Jordan petan@farnhamu3a.org.uk
Meets	Fortnightly, Wednesday, 10.00-12.00

Jul 8, 22	Aug 5, 19, 26	Sep 2, 16, 30	Oct 14	Mar 17, 31	Apr 14, 28
May 12, 26	Jun 9, 23	Jul 7, 21	Aug 4, 18	Sep 1, 15, 29	Oct 13

Philosophy

We have two Philosophy discussion groups, differing slightly in mode of operation, as explained below.

Philosophy 1 – Ann Vickers

In Philosophy 1 we prepare a chapter from our current book-choice (or something from the media) and then look at it in detail during the class. Discussion is encouraged.

Contact Ann Vickers - phil1@farnhamu3a.org.uk

Meets Monthly, Wednesday, 14.00-16.00

Sep 23	Oct 28	Nov 25	Dec 23?	Jan 27
Feb 24	Mar 24	Apr 28	May 26	Jun 23

Philosophy 2 – self led

Philosophy 2 differs from Philosophy 1, in that we each take it in turn to present a chapter from our chosen book. Again, discussion is encouraged.

Contact Ann Vickers - phil2@farnhamu3a.org.uk

Meets Monthly, Wednesday, 14.00-16.00

Sep 9	Oct 14	Nov 11	Dec 9	Jan 13
Feb 10	Mar 10	Apr 14	May 12	Jun 9

Photography – committee led				
<i>This is a friendly group suitable for all abilities. Improve your digital images. Enjoy talks and workshops on various aspects of Photography. The group's end of year digital image competition celebrates the achievements of all members. Please see our detailed programme on the u3a website. A yearly subscription of £10 to cover the group's cost is required.</i>				
Contact	Tricia Osborne, Janet Blaver, Ian Newman - photo@farnhamu3a.org.uk			
Meets	Fortnightly, Monday, 10.00-12.00			
Sep 14, 28	Oct 12, 26	Nov 9, 23	Dec 7	Jan 11, 25
Feb 8, 22	Mar 8, 22	Apr 12, 26	May 10, 24	Jun 7, 14, 28

Pickleball - Janine Durrant				
<i>Paddles and balls will be provided – if you have your own paddles/balls please do bring them along. Please also wear proper sports shoes with light coloured soles (not black soles) and make sure to bring a drink. We will hopefully be able to offer an introduction training session at the beginning of each term for beginners, or those who haven't played a lot. This should be either the first or second week of the new term. £10 non-refundable charge per term. Venue: Bourne Club</i>				
Contact	Janine Durrant pickle@farnhamu3a.org.uk			
Meets	Weekly, Thursdays, 13.30-15.00			
Sep 17, 24	Oct 1, 8, 15	Nov 5, 12, 19, 26	Dec 3, 10	Jan 14, 21, 28
Feb 4, 11, 25	Mar 4, 11, 18, 25	Apr 15, 22, 29	May 6, 13, 20, 27	Jun 10, 17, 24; Jul 1, 8, 15

Pilates

We have six groups, providing exercises to improve posture, balance and flexibility, to strengthen muscles and to keep joints mobile. Each class is run by an external qualified leader who caters for all ability levels, with or without experience. There is a fee for each group.

The Wednesday Pilates classes meet at **Daniel Hall**, Long Garden Walk, Farnham, GU9 7HX.

Pilates 1 – Amy Taylor (external qualified leader)

Mats are NOT provided.

Contact	Alison Bradford - pila1@farnhamu3a.org.uk
----------------	--

Meets	Weekly, Monday, 12.15-13.15
--------------	-----------------------------

Sep 7, 14, 21, 28	Oct 5, 12, 19	Nov 2, 9, 16, 23, 30	Dec 7, 14	Jan 11, 18, 25
Feb 1, 8, 22	Mar 1, 8, 15, 22	Apr 12, 19, 26	May 10, 17, 24	Jun 7, 14, 21, 28

Pilates 2 – Suzanne Fowler Evans (external qualified leader)

Contact	Alison Hepburn – pila2@farnhamu3a.org.uk
----------------	---

Meets	Weekly, Wednesday, 13.00-14.00
--------------	--------------------------------

Sep 2, 9, 16, 23, 30	Oct 7, 14, 21, 28	Nov 4, 11, 18, 25	Dec 2, 9, 16	Jan 6, 13, 20, 27
Feb 3, 10, 17, 24	Mar 3, 10, 17, 24, 31	Apr 7, 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23

Pilates 3 – Suzanne Fowler Evans (external qualified leader)

Contact	Maggie Beal – pila3@farnhamu3a.org.uk			
Meets	Weekly, Wednesday, 14.00-15.00			
Sep 2, 9, 16, 23, 30	Oct 7, 14, 21, 28	Nov 4, 11, 18, 25	Dec 2, 9, 16	Jan 6, 13, 20, 27
Feb 3, 10, 17, 24	Mar 3, 10, 17, 24, 31	Apr 7, 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23
Pilates 4 – Kay Wardle (external qualified leader)				
<i>Mats are NOT provided.</i>				
Contact	Doreen Chelton - pila4@farnhamu3a.org.uk			
Meets	Weekly, Monday, 09.50 – 10.50			
Sep 7, 14, 21, 28	Oct 5, 12, 19	Nov 2, 9, 16, 23, 30	Dec 7, 14	Jan 11, 18, 25
Feb 1, 8, 22	Mar 1, 8, 15, 22	Apr 12, 19, 26	May 10, 17, 24	Jun 7, 14, 21, 28
Pilates 5 – Amy Taylor (external qualified leader)				
<i>Mats are NOT provided.</i>				
Contact	Sarah Burt – pila5@farnhamu3a.org.uk			
Meets	Weekly, Monday, 11.00-12.00			
Sep 7, 14, 21, 28	Oct 5, 12, 19	Nov 2, 9, 16, 23, 30	Dec 7, 14	Jan 11, 18, 25
Feb 1, 8, 22	Mar 1, 8, 15, 22	Apr 12, 19, 26	May 10, 17, 24	Jun 7, 14, 21, 28

Pilates 6 – Suzanne Fowler Evans (external qualified leader)				
Contact	Karen Tinson - pila6@farnhamu3a.org.uk			
Meets	Weekly, Wednesday, 11.30-12.30			
Sep 2, 9, 16, 23, 30	Oct 7, 14, 21, 28	Nov 4, 11, 18, 25	Dec 2, 9, 16	Jan 6, 13, 20, 27
Feb 3, 10, 17, 24	Mar 3, 10, 17, 24, 31	Apr 7, 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23

Play Reading – Geoff Quick				
<i>An informal gathering round a table reading plays for pleasure. We have recently read works by Peter Shaffer, Dylan Thomas, Alan Ayckbourn, Alan Bennett, E.F. Benson and Thomas Hardy.</i>				
Contact	Geoff Quick - play@farnhamu3a.org.uk			
Meets	Two meetings monthly, same Thursday, first meeting from 10.00-12.00; second meeting 14.00-16.00			
Sep 17	Oct 15	Nov 12	Dec 17	Jan 14
Feb 18	Mar 18	Apr 8	May 13	Jun 17
Online meetings	When not at the Maltings, a number of the group also meet weekly on Zoom at 14.00 (for 1 hour) taking two weeks to read through a complete play. Contact Geoff for details.			

Poetry – Patricia Thorns	
<i>Our theme this year is “The ABC Pot-Pourri of Poetry”.</i>	
Contact	Ann Vickers - poet@farnhamu3a.org.uk

Meets	Monthly, Tuesday, 14.00-16.00			
Sep 1	Oct 6	Nov 3	Dec 1	Jan 5
Feb 2	Mar 2	Apr 6	May 11	Jun 1

Political Hot Spots – Brian Holt <i>The world has many hot spots where inter-state conflict (or serious mass communal violence inside a state) occurs. Some will have a bearing on British security and/or trade interests. The purpose of the Political Hot Spots group is to discover about and discuss these events and possibilities. Initially we will look at the work of the UN and regional organisations in promoting international peace and security. Then we will look at various Hot Spots, group members taking turns to present, in a non-biased way, a short introduction to the subject before group discussion.</i>				
Contact	Brian Holt - polhot@farnhamu3a.org.uk			
Meets	Monthly, Friday, 13.30-15.30			
Sep 4	Oct 2	Nov 6	Dec 4	Jan 8
Feb 5	Mar 5	Apr 2	May 7	Jun 4

Pub Lunch - David Swayne <i>We meet for topical and convivial discussion over lunch in local pubs.</i>				
Contact	David Swayne – publun@farnhamu3a.org.uk			
Meets	Monthly, Tuesday 12.15. Venue as advised.			
Sep 1	Oct 6	Nov 3	Dec 1	Jan 5
Feb 2	Mar 2	Apr 6	May 4	Jun 1

Qi Gong - NEW

Alla Bennett – (external qualified leader)

Qi Gong is a gentle movement and breathwork practice and is suitable for all body types and abilities. Qi Gong practice typically involves coordinating slow-flowing movements of cantering and grounding with mindful breathing techniques that may enable a more relaxed and toned state.

Contact	Pam Park - qi@farnhamu3a.org.uk			
Meets	Weekly, Thursday, 12.00-13.00			
Sep 17, 24	Oct 1, 8, 22, 29	Nov 5, 12, 26	Dec 3, 10, 17	Jan 7, 14, 21, 28
Feb 4, 18, 25	Mar 4, 11, 18, 25	Apr 1, 8, 15, 29	May 6, 13, 20, 27	Jun 3, 17, 24

Ramblers

Two Ramblers groups where members get together to enjoy a sociable walk and (optional) pub lunch and a chat.

Ramblers 1 – Roger Jude

Circular walks of around five miles, organised by members, from different locations, finishing c 12.30 p.m. in time for the optional pub lunch and chat.

Contact	Christina Evans - ramb1@farnhamu3a.org.uk			
Meets	Fortnightly, Friday, 10.00 - 12.30 (approx.)			
Sep 18	Oct 2, 16, 30	Nov 13, 27	Jan 8, 22	Feb 5, 19

Mar 5, 19	Apr 9, 23	May 7, 21	Jun 4, 18	Jul 2, 16	
Ramblers 2 – Sarah Burt					
<i>A second rambling group similar to Ramblers 1, with local circular walks of 5 miles or less and an optional pub lunch and chat at the end. Members are encouraged to lead walks and volunteers are always needed for this.</i>					
Contact	Sarah Burt – ramb2@farnhamu3a.org.uk				
Meets	1st and/or 3rd Thursday of the month, 10.30-12.30 approx.				
Sep 3, 17	Oct 1, 15	Nov 5, 19	Dec 3, 17	Jan 21	Feb 4, 18
Mar 4, 18	Apr 15	May 6, 20	Jun 3, 17	Jul 1	

Russian – Steve Eddolls <i>There are two Russian groups led by Steve.</i>				
Russian Level 1 - Steve Eddolls <i>Complete beginners and those with a previous knowledge of the language who need to go back to basics are welcome to attend sessions from 10.30 to 11.00 immediately before the fortnightly 11.00 - 12.00 sessions for advanced users of the language.</i>				
Contact	Steve Eddolls - russ@farnhamu3a.org.uk			
Meets	Fortnightly, Tuesday, 10.30-11.00			
Sep 8, 22	Oct 13, 27	Nov 10, 24	Dec 8, 22	Jan 12, 26
Feb 9, 23	Mar 9, 23	Apr 13, 27	May 11, 25	Jun 8, 22
Russian Level 2 - Steve Eddolls				

The aim of the course is to achieve a good reading standard and an ability to communicate using basic sentence structures with grammar explained by example. The course is based on The New Penguin Russian Course by Nicholas Brown.

Contact	Steve Eddolls - russ@farnhamu3a.org.uk			
Meets	Fortnightly, Tuesday, 11.00-12.00			
Sep 8, 22	Oct 13, 27	Nov 10, 24	Dec 8, 22	Jan 12, 26
Feb 9, 23	Mar 9, 23	Apr 13, 27	May 11, 25	Jun 8, 22

Salsa

- Lynda Robinson

*This is a friendly group for beginners or novices in Salsa. If you'd like some gentle exercise with great music, this is for you. The Salsa sessions take place in blocks of six at a cost of £42 at the **Spire Church**. The class is run by an experienced instructor in Cuban Salsa.*

Contact	Lynda Robinson - salsa@farnhamu3a.org.uk				
Meets	Weekly, Friday, 15.00-16.00				
Sep 4, 11, 18, 25	Oct 2, 9, 16, 30	Nov 6, 13, 20, 27	Dec 4, 11	Jan 8, 15, 22, 29	Feb 5, 12, 26
Mar 5, 12, 19	Apr 16, 23, 30	May 7, 14, 21, 28	Jun 11, 18, 25	Jul 2	

Scrabble

- Shirley Forster

Our Scrabble group is friendly and fun. We are not all experts and welcome all levels of expertise.

Contact	Shirley Forster - scrab@farnhamu3a.org.uk
----------------	--

Meets	Fortnightly, Friday, 14.00-16.00			
Sep 4, 18	Oct 2, 16	Nov 6, 20	Dec 4, 18	Jan 8, 22
Feb 5, 19	Mar 5, 19	Apr 2, 16	May 7, 21	Jun 4, 18

Scrapbooking Group – Rosemarie Gilbert				
<i>Do you have a box of photos that need mounting and identifying? Perhaps you are interested in Family History? Come along and join a keen happy group who are enjoying sorting out their photos and displaying them with any details and memories for future generations.</i>				
Contact	Rosemarie Gilbert - scrap@farnhamu3a.org.uk			
Meets	Fortnightly, Monday, 10.00-12.00			
Sep 7, 21	Oct 12, 26	Nov 9, 23	Dec 14	Jan 11, 25
Feb 8, 22	Mar 8, 22	Apr 12, 26	May 10, 24	Jun 7, 21; Jul 5

Shakespeare – Tricia Wallis				
<i>“He was not of an age but for all time”. We will cover one play a month. Analysis of key scenes. Informative and interactive. Lots of opportunities to read aloud and discuss.</i>				
Contact	Tricia Wallis - shak1@farnhamu3a.org.uk			
Meets	Monthly, Wednesday, 10.00 – 12.00			
Sep 16	Nov 4, 25	Dec 16	Jan 20	Feb 17
Mar 17	Apr 21	May 19	Jun 16	

Short Stories

– Jane Blandy

*Like good book group but with only a short story to read. In preparation, we ask you to read a story from our chosen anthology and think about some questions for discussion. At the session we listen to one of our group introduce the writer and the story before discussing it in a small group and as a whole group. It is surprising how much we all learn from close reading and discussion. Current book: **The Penguin Book of Contemporary British Short Story ed. Philip Hensher.***

Contact	Jane Blandy - short@farnhamu3a.org.uk			
Meets	Monthly, Wednesday, 10.00-12.00			
Sep 16	Oct 21	Nov 25	Dec 16	Jan 20
Feb 17	Mar 17	Apr 21	May 19	Jun 16

Smartphone Workshop

– Kate Harvey and Sally Bowden

This workshop, consisting of two times 4 sessions, is designed to help you get more out of your Smartphone. Suitable for users of either iPhones or Android phones. This is a repeat of sessions held in previous years so priority will be given to those that haven't already attended a Smartphone Workshop.

Contact	Kate Harvey - smart@farnhamu3a.org.uk			
Meets	Monthly, Wednesday, 10.00-12.00			
Oct 7	Nov 11	Dec 2	Jan 6	Feb 3
Mar 3	Apr 7	May 5		

Social Guitar

– Simon Ayres & Peter Crutchfield

In this group we will be looking at ways of developing the playing of existing guitar players. Areas we can explore and develop include:

*Developing strumming techniques; Alternative chord shapes; Reading guitar TAB
Developing fingerpicking styles; Classic intros; Arranging a song for performance;
Developing the playing of guitar instrumentals'. * Class will be 14.30- 16.30*

Contact	Simon Ayres – guitar@farnhamu3a.org.uk			
Meets	Monthly, Thursday, 14.00 – 16.00			
Sep 17	Oct 8	Nov 12	Dec 10*	Jan 14
Feb 18	Mar 11	Apr 8	May 6, 27	Jun 17

Songwriting

– Peter Crutchfield & Mike Rawlins

We introduce the basic concepts of songwriting such as song structures, lyrical forms, melody, etc., while drawing on familiar songs as examples. During each session participants will work together and write a song. Some musical knowledge would be an advantage but is not essential – we all have songs within us.

Contact	Peter Crutchfield – songw@farnhamu3a.org.uk			
Meets	Monthly, Thursday, 11.30-13.30			
Sep 17	Oct 8	Nov 12	Dec 10	Jan 14
Feb 18	Mar 11	Apr 8	May 13	Jun 17

Spanish

We have five Spanish language groups, set out below.

Spanish – First Steps – Sue Treherne

Level 1-3. This is a fun course predominantly in Spanish using stories and games to reinforce vocabulary. Students are encouraged to study on their own as well, using language apps and podcasts, to make rapid progress. Emphasis is on comprehension rather than grammar. Hasta luego, amigo – see you later, my friend.

Contact Sue Treherne – spafistep@farnhamu3a.org.uk

Meets Weekly, Thursday 14.00 – 15.00

Sep 3, 17, 24	Oct 1, 8, 15, 22, 29	Nov 5, 12, 26	Dec 3, 10, 17	Jan 7, 14, 21, 28
Feb 4, 18, 25	Mar 4, 11, 18, 25	Apr 1, 8, 15, 29	May 6, 13, 20, 27	Jun 3, 17, 24

Spanish Reading NEW

Denise Thompson

Level 3. This friendly class is intended for those who have been learning Spanish for 2/3 years. Guided by a fluent Spanish speaker, we aim to extend our vocabulary and build our confidence in speaking Spanish. We start each class with about 20 minutes of conversation, and this is followed by reading and translating a set book together.

Contact Denise Thompson – sparead@farnhamu3a.org.uk

Meets Weekly, Thursday 15.00 – 16.00

Sep 3, 17, 24	Oct 1, 8, 15, 22, 29	Nov 5, 12, 26	Dec 3, 10, 17	Jan 7, 14, 21, 28
Feb 4, 18, 25	Mar 4, 11, 18, 25	Apr 1, 8, 15, 29	May 6, 13, 20, 27	Jun 3, 17, 24

Spanish Improvers – Gary Tyas

Level 3 - Suitable for people seeking to build on a basic knowledge of Spanish. The emphasis is on improving oral skills, extending vocabulary and grammatical knowledge through the use of reading, listening and written material. Face to face meetings at the Maltings are supplemented in alternate weeks by online Zoom sessions.

Contact	Gary Tyas – spaimp@farnhamu3a.org.uk			
Meets	Fortnightly, Monday, 9.30-11.00			
Sep 14, 28	Oct 12, 26	Nov 9, 30	Dec 14	Jan 11, 18
Feb 8, 22	Mar 8, 22	Apr 12, 26	May 17, 24	Jun 14, 28
Spanish Higher Intermediate – Gary Tyas				
<i>Level 4. Participants should have a sound knowledge of Spanish grammar and vocabulary. The class aims to extend this and to promote greater oral fluency.</i>				
Contact	Gary Tyas – spahint@farnhamu3a.org.uk			
Meets	Fortnightly, Wednesday, 11.30-13.00			
Sep 2, 16	Oct 7, 21	Nov 11, 25	Dec 9, 23	Jan 6, 20
Feb 3, 17	Mar 3, 24	Apr 7, 21	May 12, 26	Jun 2, 16
Spanish Conversation – Cesc Ingles				
<i>Level 6. Conversation group, conducted entirely in Spanish, for those with a sound working knowledge of the language. Members meet via a Zoom link, normally from their homes. Once each term we will meet at the Maltings. * Meetings in person.</i>				
Contact	Simon Atkinson - spaadcon@farnhamu3a.org.uk			
Meets	Fortnightly, Friday, 10.00-11.30			
Sep 4, 18	Oct 2, 23	Nov 6, 20	Dec 4, 18*	Jan 8, 22
Feb 5, 19	Mar 5, 19*	Apr 9, 30	May 14, 28	Jun 4, 18*

Strength Training to Keep Active

*There are three groups providing exercises to strengthen muscles and to keep joints mobile. Classes are led by an external qualified instructor and a qualified member who caters for all abilities, with or without experience. The groups meet at the **Bourne Club**. There is a fee for this group which will be collected quarterly in advance by the instructor.*

Strength Training 1 – Linda Tyler (external qualified instructor)

Contact	Caroline Dickinson - strength1@farnhamu3a.org.uk				
Meets	Weekly, Wednesday, 11.30 – 12.15				
Sep 9, 16, 23, 30	Oct 7, 14, 28	Nov 4, 11, 18, 25	Dec 2, 9, 16, 23	Jan 6, 13, 20, 27	
Feb 3, 10, 24	Mar 3, 10, 17, 24	Apr 14, 21, 28	May 5, 12, 19, 26	Jun 9, 16, 23, 30	Jul 7, 14, 21, 28

Strength Training 2 – Linda Tyler (external qualified instructor)

Meets	Weekly, Wednesday, 12.30 – 13.15				
Contact	Caroline Dickinson - strength2@farnhamu3a.org.uk				
Sep 9, 16, 23, 30	Oct 7, 14, 28	Nov 4, 11, 18, 25	Dec 2, 9, 16, 23	Jan 6, 13, 20, 27	
Feb 3, 10, 24	Mar 3, 10, 17, 24	Apr 14, 21, 28	May 5, 12, 19, 26	Jun 9, 16, 23, 30	Jul 7, 14, 21, 28

Strength Training 3 – Linda Tyler (external qualified instructor) **NEW**

Meets	Weekly, Thursday, 12.30 – 13.15				
Contact	Caroline Dickinson – strength3@farnhamu3a.org.uk				

Sep 17, 24	Oct 1, 8, 15, 29	Nov 5, 12, 19, 26	Dec 3, 10, 17	
------------	------------------	-------------------	---------------	--

Sunday Lunch Club

*This is an opportunity for those who live on their own to enjoy Sunday lunch out in convivial company. There are three Sunday Lunch Clubs, meeting monthly on a Sunday from 12 midday onwards at different local or further afield venues. **Members should join one group only.** The November lunch will be a joint event for all three groups.*

Sunday Lunch 1 - Maria Mitchell

Contact	Maria Mitchell - sund1@farnhamu3a.org.uk			
Meets	Monthly, Sunday, 12.00 onwards			
Sep 20	Oct 18	Nov 29	Jan 17	Feb 21
Mar 21	Apr 18	May 23	Jun 27	

Sunday Lunch 2 - Nigel Bulbeck

Contact	Nigel Bulbeck - sund2@farnhamu3a.org.uk			
Sep 20	Oct 18	Nov 15, 29	Jan 17	Feb 21
Mar 14	Apr 18	May 16	Jun 13	

Sunday Lunch 3 - Nigel Bulbeck

Contact	Nigel Bulbeck - sund3@farnhamu3a.org.uk			
Sep 27	Oct 25	Nov 22, 29	Jan 24	Feb 28
Mar 21	Apr 25	May 23	Jun 27	

Swimming

– Shuang Cowen

*This is purely recreational swimming with a very friendly group. There is no tuition, the pool is 25m in length with 2 lanes dedicated to the group. A lifeguard is present and parking is available at Farnham town rates close by. Venue: **Farnham Leisure Centre.***

Contact	Shuang Cowen - swimm@farnhamu3a.org.uk			
Meets	Fortnightly, Tuesday, 12.00-13.00			
Sep 8, 22	Oct 6, 20	Nov 3, 17	Dec 1	Jan 5, 19
Feb 2, 16	Mar 2, 16, 30	Apr 13, 27	May 11, 25	Jun 8

Table Tennis

*We have two Table Tennis groups that meet alternate Mondays at the **Bourne Club.** Both groups are for players of all abilities. We have the use of four tables, adequately spaced in a comfortable room, playing doubles to the old rules of 21 up. Please do not join both groups.*

Table Tennis 1 – Anne Connolly

Contact	Anne Connolly - tabten1@farnhamu3a.org.uk			
Meets	Twice monthly, Monday, 13.30 - 15.30			
Sep 7, 21	Oct 5, 19	Nov 2, 16, 30	Dec 14	Jan 4, 18
Feb 1, 15	Mar 1, 15	Apr 12, 26	May 10, 24	

Table Tennis 2 – Colin Hall

Contact	Annette Kratz - tabten2@farnhamu3a.org.uk			
Meets	Twice monthly, Monday, 13.30 - 15.00			

Sep 14, 28	Oct 12, 26	Nov 9, 23	Dec 7, 21	Jan 11, 25
Feb 8, 22	Mar 8, 22	Apr 5, 19	May 17	Jun 7, 21

Tai Chi

Groups 1-4 are led by professional, paid leaders. These groups cater for beginners and improvers. They begin with warm-up exercises and deep breathing routines, leading to the slow controlled movements of the Form, to improve balance, coordination and concentration. There is a fee for each of these groups. Group 5 is for Beginners and Group 6 for Continuing members from Group 5. The form improves balance, but the main aims are strength, flexibility and stillness. These are not led by a professional paid leader, so there is no charge.

Tai Chi 1 – Alla Bennett (external qualified leader)

Contact	Janet Wilson – tai1@farnhamu3a.org.uk			
Meets	Weekly, Thursday, 13.45-14.45			
Sep 3, 17, 24	Oct 1, 8, 15, 22, 29	Nov 5, 12, 26	Dec 3, 10, 17	Jan 7, 14, 21, 28
Feb 4, 18, 25	Mar 4, 11, 18	Apr 8, 15, 29	May 6, 13, 20, 27	Jun 3, 17, 24

Tai Chi 2 – Arta Split (external qualified leader)

Contact	Diane Godwin – tai2@farnhamu3a.org.uk			
Meets	Weekly, Wednesday, 10.00-11.00			
Sep 2, 9, 16, 23, 30	Oct 7, 14, 21, 28	Nov 4, 11, 25	Dec 2, 9, 16	Jan 6, 13, 20, 27
Feb 3, 10, 17, 24	Mar 3, 10, 17, 24, 31	Apr 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23, 30

Tai Chi 3 – Arta Split (external qualified leader)				
Contact	Diane Godwin – tai3@farnhamu3a.org.uk			
Meets	Weekly, Wednesday, 11.00-12.00			
Sep 2, 9, 16, 23, 30	Oct 7, 14, 21, 28	Nov 4, 11, 25	Dec 2, 9, 16	Jan 6, 13, 20, 27
Feb 3, 10, 17, 24	Mar 3, 10, 17, 24, 31	Apr 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23, 30
Tai Chi 4 – Alla Bennett (external qualified leader)				
Contact	Richard Williams - tai4@farnhamu3a.org.uk			
Meets	Weekly, Friday, 11.15-12.30			
Sep 4, 18	Oct 2, 16, 23, 30	Nov 6, 20, 27	Dec 4, 11, 18	Jan 8, 15, 22, 29
Feb 5, 19, 26	Mar 5, 12, 19	Apr 2, 9, 16, 30	May 7, 14, 21, 28	Jun 4, 18, 25; Jul 2
Tai Chi 5 Beginners – Graham Smith				
Contact	Graham Smith – tai5@farnhamu3a.org.uk			
Meets	Weekly, Wednesday, 14.00-15.00			
Sep 9, 16, 23, 30	Oct 7, 14, 21, 28	Nov 4, 11, 25	Dec 2, 9, 16, 23	Jan 6, 13, 20, 27
Feb 3, 10, 17, 24	Mar 3, 10, 17, 24	Apr 7, 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23, 30
Tai Chi 6 Continuing – Graham Smith				
Contact	Graham Smtih – tai6@farnhamu3a.org.uk			

Meets	Weekly, Wednesday, 15.00-16.00			
Sep 9, 16, 23, 30	Oct 7, 14, 21, 28	Nov 4, 11, 25	Dec 2, 9, 16, 23	Jan 6, 13, 20, 27
Feb 3, 10, 17, 24	Mar 3, 10, 17, 24	Apr 7, 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23, 30

Tennis

- Paul Townson

*The Tennis Group meets at **Wrecclesham Tennis Club** for social tennis. Please bring your own racquet and wear suitable shoes and clothes. Balls will be provided. There will be no winter play. Play will resume in March with dates and venue to be determined.*

Contact Paul Townson- tennis@farnhamu3a.org.uk

Meets Fortnightly, Thursdays, 1000-12.00

Sep 3, 17	Oct 1, 15	Nov 5, 19		
-----------	-----------	-----------	--	--

Theatre Group

- Mandy Caine

The Theatre Group arranges visits, by coach, to a variety of theatres in the area, including Chichester, Southampton, Woking, Richmond and London. We aim for a varied programme including musicals, comedy, and serious plays. Future shows are advertised in advance on the group's webpage; details are emailed out to the group's members approximately 8-10 weeks beforehand. Members will be selected on a first come, first served basis.

Contact Mandy Caine - theatre@farnhamu3a.org.uk

Traditional Dancing

– Jo Hobbs & Caryl Griffith

Enter the Mediaeval world through dance. We will then become time travellers experiencing each era through dance and the manners of each new age up to the Victorian era.

Contact	Jo Hobbs - traddan@farnhamu3a.org.uk			
Meets	Fortnightly, Thursday, 10.45-11.45			
Sep 3, 17	Oct 1, 22	Nov 5, 12	Dec 3, 10	Jan 7, 21
Feb 4, 18	Mar 4, 11	Apr 1, 15, 29	May 13, 20	Jun 3, 17; Jul 1

Travelling the World

– Fiona MacDonald & Sue Lawrence

This informal group is for people who enjoy travelling and finding out about our world through sharing stories. We will also look at different ways of travelling and how to record and share your experiences.

Contact	Fiona MacDonald - travel@farnhamu3a.org.uk			
Meets	Monthly, Mondays, 10.00-12.00			
Sep 7	Oct 19	Nov 16	Dec 14	Jan 18
Feb 15	Mar 15	Apr 19	May 17	Jun 14

Wine Club

We have six u3a groups dedicated to Wine.

Wine Discovery – Clive Jourdain

*A group of enthusiastic amateurs enjoying discovering more about wines from all parts of the world in 9 sessions with a charge of £80 to buy wine. Meetings in October, December and April will **not** be in the Maltings.*

Contact	Tony Burke - winedisc@farnhamu3a.org.uk		
Meets	Monthly, Thursday, 14.00-16.00		
Oct 8	Nov 12	Dec 10	Jan 14
Feb 4	Mar 11	Apr 8	May 13, Jun 3

Wine for Fun 1 – Kate Harvey

The Wine for Fun 1 group meets monthly for twelve meetings a year when a lively group get together to taste wine and discover something about it. Members take turns to present their own choice of wine. The cost is £80 per person per year payable in advance.

Contact	Pauline Belfield - wine1@farnhamu3a.org.uk				
Meets	Monthly throughout the year, Thursday, at the Maltings except in August, 17.00-19.00				
Sep 17	Oct 15	Nov 26	Dec 17	Jan 21	Feb 18
Mar 18	Apr 15	May 20	Jun 17	Jul 8	Aug 19

Wine for Fun 2 – Karen Kelley

Wine tasting sessions presented by group members. A very participative group which runs all year and aims to include a field trip in August. The cost is £80 for the year, payable in advance.

Contact	Joan Munro - wine2@farnhamu3a.org.uk				
Meets	Monthly throughout the year, Wednesday, 17.00-19.00 except in December and August				
Sep 9	Oct 14	Nov 11	Dec 9	Jan 13	Feb 10

Mar 10	Apr 14	May 12	Jun 9	Jul 7	Aug 11
Wine for Fun 3 – Colin Jordan					
<i>Wine tasting sessions presented by group members. A very participative group which runs for 10 months and aims to have an outing in July. The cost is £70 for the year, payable in advance.</i>					
Contact	Colin Jordan - wine3@farnhamu3a.org.uk				
Meets	Monthly throughout the year, Wednesday, 17.00-19.00				
Sep 2	Oct 7	Nov 4	Dec 2	Jan 6	Feb 3
Mar 3	Apr 7	May 5	Jun 2		
Wine for Fun 4 – Charlotte Hurst					
<i>Wine tasting sessions presented by group members. A very participative group which runs all year and aims to include a field trip in August. The cost is £80 for the year, payable in advance.</i>					
Contact	Charlotte Hurst - wine4@farnhamu3a.org.uk				
Meets	Monthly throughout the year, Thursdays, 17.00-19.00				
Sep 17	Oct 22	Nov 26	Dec 17	Jan 21	Feb 25
Mar 25	Apr 29	May 27	Jun 24	Jul 8	Aug 27
Wine for Fun 5 – Charlotte Hurst					
<i>Wine tasting sessions presented by group members. A very participative group which runs all year and aims to include a field trip in August. The cost is £80 for the year, payable in advance.</i>					
Contact	Charlotte Hurst – wine5@farnhamu3a.org.uk				
Meets	Monthly throughout the year, Tuesdays, 17.00-19.00				

Sep 15	Oct 13	Nov 10	Dec 8	Jan 12	Feb 9
Mar 9	Apr 13	May 11	Jun 8	Jul 6	Aug 27

Yoga

We offer four groups, catering for mixed abilities. Two Yoga and two Chair Yoga groups.

Yoga 1 - Caroline Clarke (external qualified leader)

There is a fee for this group.

Contact

Christina Evans - yoga1@farnhamu3a.org.uk

Meets

Weekly, Wednesday, 10.00-11.00

Sep 16, 23, 30	Oct 7, 14, 21	Nov 4, 11, 25	Dec 2, 9, 16	Jan 13, 20, 27
Feb 3, 10, 17, 24	Mar 3, 10, 17, 24	Apr 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23, 30

Yoga 2 - Caroline Clarke (external qualified leader)

There is a fee for this group.

Contact

Christina Evans - yoga2@farnhamu3a.org.uk

Meets

Weekly, Wednesday, 12.00-13.00

Sep 16, 23, 30	Oct 7, 14, 21	Nov 4, 11, 25	Dec 2, 9, 16	Jan 13, 20, 27
Feb 3, 10, 17, 24	Mar 3, 10, 17, 24	Apr 14, 21, 28	May 5, 12, 19, 26	Jun 2, 9, 16, 23, 30

Chair Yoga

– Sophie Kenée

*Chair Yoga is a gentle, accessible form of yoga designed for individuals who may have difficulty with traditional yoga poses. It involves performing yoga postures while seated in a chair or using a chair for support during standing poses. This practice is particularly beneficial for seniors, individuals with mobility challenges, or anyone looking for a low-impact way to improve flexibility, strength, and mindfulness. There are two groups. It is run by a professional leader and there will be a charge for the course. The meeting place is **Daniel Hall**.*

Contact	Carol Chappell - chyoga@farnhamu3a.org.uk			
Chair Yoga 1	Sophie Kenée (external qualified leader)			
Meets	Chair Yoga 1 Weekly, Thursdays, 12.30-13.30			
Sep 3, 10	Oct 1, 8, 15	Nov 5, 12, 19, 26	Dec 3, 10, 17	Jan 7, 14, 21, 28
Feb 4, 11, 25	Mar 4, 11, 18	Apr 15, 22, 29	May 6, 13, 20, 27	Jun 10, 17, 24; Jul 1
Chair Yoga 2	Sophie Kenée (external qualified leader)			
Meets	Chair Yoga 2 Weekly, Fridays, 12.30-13.30			
Sep 4	Oct 2, 9, 16	Nov 6, 13, 20, 27	Dec 4, 11, 18	Jan 8, 15, 22, 29
Feb 5, 12, 26	Mar 5, 12, 19	Apr 16, 23, 30	May 7, 14, 21, 28	Jun 11, 18, 25; Jul 2

Groups Index

Architecture	12	Grumpy Old People	33
Art History	12	Handicraft	33
Artificial Intelligence	13	Healthy Eating	34
Astronomy	13	History groups	34
Ballroom and Latin Dancing – NEW at Alton	14	Horticulture	37
Birdwatching	14	Italian	38
Board Games –	15	Jazz & Blues Club	38
Book Groups	15	Literary Topics	39
Bookbinding	17	MahJong	39
Bowls, Lawn	18	Materials in Society - NEW ..	40
Bridge	18	Meditation – NEW	40
Chess - NEW	19	MOTO Group	41
Choral Music Appreciation ..	20	Movement to Music	41
Church Visits	20	Opera	42
Classical Studies	21	Painting	42
Climate Change	21	Pétanque	43
Comic Diaries	22	Philosophy	44
Concert Club	22	Photography	45
Cookery for Beginners and Improvers	23	Pickleball	45
Creative Writing	23	Pilates	46
Croquet	23	Play Reading	48
Cryptic Crosswords	24	Poetry	48
Current Affairs	25	Political Hot Spots	49
Cycling Club	26	Pub Lunch	49
Day Trips	28	Qi Gong - NEW	50
Film Buffs	28	Ramblers	50
French	29	Russian	51
Geology 4 Non-Geologists ...	31	Salsa	52
Geopolitics	31	Scrabble	52
German	32	Scrapbooking Group	53
		Shakespeare	53
		Short Stories	54

Smartphone Workshop	54
Social Guitar	54
Songwriting.....	55
Spanish.....	55
Strength Training to Keep	
Active	58
Sunday Lunch Club	59
Swimming	60
Table Tennis.....	60

Tai Chi	61
Tennis.....	63
Theatre Group	63
Traditional Dancing	64
Travelling the World.....	64
Wine Club	64
Yoga	67
Chair Yoga.....	68

Language levels

- **Level 1** - Beginner - No previous knowledge required.
- **Level 2** - Elementary - "I can use simple phrases and sentences to describe where I live and people that I know".
- **Level 3** - Lower intermediate - "I can use a series of phrases and sentences to simply describe my family and other people, living conditions, my educational background and my present/most recent job".
- **Level 4** - Mid intermediate - "I can connect phrases in a simple way in order to describe experiences and events, my dreams, hopes and ambitions. I can briefly give reasons and explanations for opinions and plans. I can narrate a story or relate the plot of a book or film and describe my reactions".
- **Level 5** - Higher intermediate - "I can present detailed descriptions on a wide range of subjects related to interests. I can explain a viewpoint on a topical issue giving the advantages and disadvantages of various options".
- **Level 6** - Advanced - "I can present clear, detailed descriptions of complex subjects integrating sub-themes, developing particular points and rounding off with an appropriate conclusion.

