

Beeston u3a interest groups – May 2022

We're hoping to start some new groups in the next few months. The suggested topics are in the first table.

If you're interested in these new groups email Kathy and Brendan at groups@beestonu3a.org.uk

Adventures outside your comfort zone
Backgammon
British Sign Language
Cookery – sharing recipes and cooking for each other
DIY- sharing skills and learning from each other
Dominoes
Flamenco dancing
French for beginners
German for beginners
Latin for beginners
Longer cycle rides
Railways – outings/talks/discussions
Short mat bowls
Tap dancing

Some of the groups have facilitators and are almost ready to go. Others will work on the u3a self-help principle where members take it in turns to learn a little bit and share it with the other members. You don't have to be an expert, just willing to learn and share your learning.

Our existing groups are listed on the next attachment. To join any of the existing groups email the group facilitator whose email address will be in the list.

Suggestions for new interest groups are always welcome.