

## **U3A SUMMER PROGRAMME DELIGHTS AND ENTERTAINS**

Ilkley & District u3a has launched its 2022 Summer Programme, full of interesting and exciting events for members to try during July and August - months when many of the Interest Groups are taking a well earned rest. There's a wide variety of sessions on offer - both in the wide range of subjects and different formats - from walks and talks, to taster sessions of u3a activities. Many of the events are free but all need to be booked in advance.

New to this year's events is Padel Tennis which is offered alongside more usual sports such as Tai Chi in the park, Table Tennis and Circle Dancing. There is an opportunity to find out more about aspects of our local area with guided walks in nearby towns and villages such as Ilkley, Guiseley, Addingham, and Otley, as well as in cities York and Bradford. Some of the walks have a theme - looking at local trees, sketching scenes, or discovering archaeology on the Moor. If more leisurely pursuits are preferred, members are encouraged to come and learn something new. They can try a craft workshop or join a group singing for pleasure. There are talks too on subjects ranging from 'The Discovery of Australia' and 'The Climate Crisis' to 'Textile Adventures' as well as musical entertainment at a Summer Cracker event.

Angie Grain, u3a Chair, said, "I enjoy trying out something new as it must be good for our 'little grey cells' to step out of any comfort zone and try a subject area or activity with no, or little prior knowledge or expertise. It certainly helps confidence knowing that we can experiment with an activity without anyone being judgmental when our skill or expertise doesn't match our novice's enthusiasm. It's a safe place to experiment. Our thanks go to Sue Butler and the Summer Programme team who do a tremendous job planning such a range of activities."

Booking is essential, and information about the Summer Programme and how to book is found on the website. The u3a welcomes all those in the area who are retired or semi-retired, and puts an emphasis on having fun, learning and making friends. New members joining now pay only £15 for 15 months until renewal in August 2023. Find out more by coming along to one of the Drop-in sessions on the first and third Friday mornings of the month in the Clarke Foley Centre, Ilkley, or look us up online at [ilkleyu3a.org](http://ilkleyu3a.org), on Twitter and FaceBook.

Ends

For further information contact Alison McCloy on 07887742525