

Learn, Laugh, Live



FERNDOWN

Fu3a

ferndownu3a.co.uk

Registered Charity Number 1073206

**Programme
2023 - 2024**

17 new groups!

AUTUMN TERM 2023

**18th September -
15th December**

**Half term
23rd - 27th October**

SPRING TERM 2024

**8th January -
22nd March**

**Half term
12th - 16th February**

SUMMER TERM 2024

15th April - 24th May

Ferndown U3A (Fu3a) is part of the International Third Age Trust which offers social activities and learning opportunities for people who no longer work full-time.

We're one of the 1000-plus U3A charities across the UK with more than 430,000 members nationally. We think we're one of the best, providing opportunities to *learn, laugh and live!* - all for about a £1 a week.

Perhaps you have just moved to the area or are recently retired and wish to meet like-minded people, make new friends, explore new activities, acquire new knowledge, develop (or re-awaken) skills?

Fu3a is the place to start.

Our u3a is run *by the members, for the members*. We are all volunteers and everyone's contribution is valued. With nearly 600 friendly members and nearly 90 groups, we are sure you will find something to suit your interests (in the fullness of time you may decide to offer to run a Group yourself!).

We offer entertainmentfun eventsand coach trips to interesting places. Each year we arrange an International Study Visit – in April 2024 we'll be visiting Verona and Venice.

TO JOIN US PLEASE COMPLETE THE ENROLMENT FORM
IN THE CENTRE PAGES OF THIS BROCHURE.
THE FORM IS ALSO AVAILABLE ON-LINE AT OUR WEBSITE

www.ferndownu3a.co.uk

The annual fee for 2023-2024 is £53 for renewing members and £58 for new members. This is amazing value for what we provide - where else can you choose from nearly 90 groups at these prices?

This single payment covers membership of all the Groups you're enrolled in - plus all our Open Invitation Meetings, First Friday coffee mornings and affiliation fees to the Third Age Trust.

We look forward to welcoming you to Fu3a!

You can also contact Fu3a via email - ferndownu3a@gmail.com

Or you can / email or write to the Membership Secretary fu3amemsec@gmail.com

c/o 13, Hurn Court, Hurn Court Lane, Hurn, Dorset, BH23 6BH

Ferndown u3a

Honorary President - Gerry Lewis

COMMITTEE

Chair	Bob Reeve
Vice-Chairs	Clare Clayton & Richard Tucker
Chair Designate	Anne Hutton
Vice-Chairs Designate	Jo Brearley & Glyn Bosanko
Members	Jane Cresswell
	Vivian Dedman
	Debbie Gill
	Malcolm Gill
	Angela Larcombe
	Anu Patel
	Thelma Poole
	Chris Preece

NOTE for existing members:

If any of your personal details change please remember to notify the Membership Secretary, Debbie Gill giving your new address, telephone number, email address or your emergency contact details as appropriate via

fu3amemsec@gmail.com

ANNUAL ENROLMENT

- May** Brochures distributed.
- June 1st - onwards** Enrolment forms may be submitted along with payments. PLEASE NO BANK TRANSFERS BEFORE JUNE 1ST. Cheques will be banked on receipt. To be fair to other members, please do not apply to join more groups than you can reasonably attend.
- July 7th** Final date for receipt of enrolment forms for inclusion in the first allocation to Groups.
- Mid/Late July** Initial allocation to Groups. All members whose forms were received by **July 7th** will have an equal chance of allocation to their chosen groups.
- Where groups are oversubscribed, places will be allocated by a random draw. Those not successful will be placed on a waiting list.
- July 29th** Members will be contacted by email in order to let them know that they will be able to access their results on the **BEACON DATABASE** together with all meeting dates and leaders' contact details.
- Early Aug** Members without access to the internet, and who have provided an SAE, will receive their results by post. *NB Nobody else will receive individual notification either by post or email.*

NOTE:

**If you are joining as a new member
the Membership Secretary will confirm your acceptance
and will issue you with a membership number**

ACCESSING THE Fu3a WEBSITE & THE BEACON DATABASE

1. Fu3a website: www.ferndownu3a.co.uk

The website will take you to the Members Portal.

Follow the instructions to gain access to the home page.

Once you have gained access you will be able to:

- check the calendar of events and read the Fu3a news
- find out how to contact Fu3a
- see how to carry out a personal risk assessment
- read a copy of the brochure and check for any amendments
- read about the Governance and Policies of Fu3a
- look up who is on the Committee
- read about past years' visits and events

Finally, from the home page you can access the **BEACON DATABASE**

2. The BEACON DATABASE

The Beacon Database is where members can access up-to-date information as to which Groups they are enrolled in and whether they are on a waiting list for one or more of their chosen Groups.

- on the home page click on the 'DATABASE' button then on the 'MEMBERS CLICK HERE' button
- this will take you to the MEMBERS PORTAL
- you will be able to log in by providing the personal details requested along with your membership number

Once logged in you will be presented with two options:

- **Groups**, where you can select the Groups you requested and check if you are enrolled, or whether you are on the waiting list
- **Calendar**, which lists all your Group meetings in date order

NOTE:

We are asking all members to include a contact email address on their application form. If you do not have access to the internet at home please give the email address of a friend or family member.

Fu3a 2023-2024
Visits, Events & Presentations
 (On Fridays unless otherwise shown)

Free tea, coffee and biscuits will be served at meetings in the Barrington Theatre

Sept 22	BarrTh	OPENING FRIDAY - Come and catch up with friends, and hear about our Charity of the Year `SERV Wessex`	Robert Smith
Sept 29	BarrTh	<i>What's on this Autumn?</i> Details of all our visits, events and presentations this term	
Sept 30	(Sat)	VISIT: Royal Albert Hall concert	
Oct 6	BarrTh	FIRST FRIDAY: <i>The story of the real Home Guard</i>	Dale Johnson
Oct 13	KGV	<i>Travellers' Tales* 1</i>	
Oct 14	FVH	BARN DANCE - Saturday	
Oct 21	(Sat)	CASTLEMAN TRAIL SPONSORED WALK (in aid of SERV Wessex)	
Nov 3	BarrTh	FIRST FRIDAY: <i>Frauds, Scams & Cyber Protection</i>	Roger Wearn
Nov 10	BarrTh	CRAFT FAIR (in aid of SERV Wessex)	
Nov 17	KGV	<i>Travellers' Tales* 2</i>	
Nov 24		VISIT: Stockbridge and the River Test	
Dec 1	BarrTh	FIRST FRIDAY: <i>Muppets' Magical Music Moments</i>	Chris Walker
Dec 8	KGV	<i>Travellers' Tales* 3</i>	
Dec 12	(Tue)	CHRISTMAS LUNCH (at Remedy Oak Golf Club)	
Dec 15	St. Mary's	Fu3a AGM	
Dec 15	FVH	Fu3a Christmas Panto	

<p>NOTE THE 2023 AGM DATE: Friday December 15th at 1000 Doors open at 0930 Tea, coffee and pastries will be served afterwards</p>
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The Travellers' Tales presentations give individual Fu3a members a chance to tell us about a memorable `journey` they have made. This might include real travel to somewhere special - but might just as easily be about a `journey of achievement` with all its ups and downs

Coming up in 2024

Jan 5	BarrTh	FIRST FRIDAY: <i>Local history - roads to the west</i>	John Hawkins
Jan 12	KVH	<i>What's on this Spring?</i> Details of all our visits, events and presentations this term	
Date tbc		Theatre visit by coach	
Feb 2	BarrTh	FIRST FRIDAY: <i>The ancient Maya civilisation</i>	Neil Meldrum
Date tbc		Wine-tasting evening	
Mar 1	BarrTh	FIRST FRIDAY: <i>My father was a spy</i>	Mike Randall
Date tbc		Coach visit to Highclere	
Apr dates tbc		5-day study visit to Venice & Verona	
Apr 19th	KGV	<i>What's on this Summer?</i> Details of all our visits, events and presentations this term	
May 3	BarrTh	FIRST FRIDAY: <i>30 years at the Bar</i>	Nick Tucker
Date tbc		Coach visit to Mottisfont House (NT)	
June 3-5		3-day coach visit to Exeter & Bristol	
Date tbc		Evening cruise from Tuckton to Christchurch harbour - with BBQ!	

.....and more Travellers' Tales!

***The accommodation venues allocated to Groups in this brochure will remain the same until further notice.
For full details of all venues please turn to page 28.***

ART

A1 ART

KGV, George Room
Paint and share ideas.

(Eleanor Green)
Mondays 9.30 - 12.30

A5 WATERCOLOURS AND MIXED MEDIA

KGV, Regency Room

Bring your own materials and do your own thing. Drawing, Watercolour, Acrylic, Pastels, whatever you fancy. In a friendly and sociable atmosphere. No tuition is given but lots of moral support.

(Rita Gibson)
Tuesdays 9.30 - 12.30

BRIDGE

Bridge Co-ordinator: Jenny Bass (jmbass17@gmail.com, 01202 873228)

All members are expected to use Basic Acol / Standard English, Foundation Version. (Weak N.T., Weak take-outs, Stayman & Blackwood. Modern practice encourages Duplicate players to use Transfers & Weak twos bidding).

Some Bridge groups have a requirement that you attend with a partner. For these groups it is essential that both members submit their Enrolment Forms and cheques together in the SAME envelope. If you do not do this no guarantee can be given that both members will be included in the same group if it is oversubscribed.

BA2 IMPROVERS BRIDGE

KGV, George Room

We play friendly Chicago Bridge with the emphasis on enjoyment, and the more you master the basics the more you'll enjoy it. So we expect members joining this group to know (or be ready to learn) how to open, respond and re-bid correctly on most of the hands they are dealt. Minimal tuition is given but advice is offered when requested.

A little rusty perhaps? Perfect! Come and join us. You do not need to bring a partner.
Note: This group does not attract the £50 supplement

(David Plaistow)
Wednesdays 1.30- 4.30

**The following Bridge groups will run for 50 weeks per year.
An accommodation supplement of £50.00 per member,
per group, will apply to all members
and should be added to the enrolment fee.**

B2 DUPLICATE BRIDGE

(Jenny Bass)

KGV, Regency Room

Mondays 1.30 - 4.30

Start date: 2023 Sept. 4th

We will play Duplicate Bridge all year. You will need a partner and it is preferable to arrange this in advance, but if you are unable to do so there is often a spare player available. To join this group you should be able to open, respond and re-bid correctly in most circumstances. Forty-six sessions.

B3 DUPLICATE BRIDGE

(Jenny Bass)

KGV, Regency Room

Wednesdays 1.30 - 4.30

Start date: 2023 Sept. 6th

We will play Duplicate Bridge all year for fifty sessions. To join this group you need:

- 1) A regular partner, but there are often temporary partners available when yours is away.
- 2) To be able to open, respond and re-bid correctly in the majority of circumstances.
- 3) One member of the partnership who is able and willing to score.

B4 CHICAGO BRIDGE

(Yvonne Warner & Kevin Steele)

KGV, Regency Room

Thursdays 1.30 - 4.30

Start date: 2023 Sept. 7th

Chicago Bridge in a friendly, relaxed and somewhat noisy group. No need for you to bring a partner. You should be able to open, respond and re-bid correctly in the majority of circumstances. There is no instruction to be expected, unless requested.

CRAFTS

C3 BEADWORK

(Barbara Wescott)

St Martin's Church, Hall

Wednesdays 1.30 - 3.30

Join us for a self-help workshop using all types and sizes of beads. We are a friendly group where new members are always welcome.

C7 GENERAL CRAFTS

(Jan Gransden)

KGV, George Room

Tuesdays 9.30 - 12.30

This is a general craft group which can include card making, sewing, knitting, crochet and embroidery. A project is set for each term, but members are free to bring along their own craft project and join in this friendly group. New members welcome.

C9 KNIT & NATTER

(Val Tucker)

At home in West Moors

Mondays 2.30 - 4.00

Dates 2023: Sept 18th, Oct 2nd, 16th & 30th, Nov 13th & 27th, Dec 11th

*2024: Jan 8th & 22nd, Feb 5th & 19th, Mar 4th & 18th, Apr 15th & 29th,
May 13th*

An opportunity for an informal get-together. Bring your wool and knitting needles to chat and exchange ideas.

C11 NEW COMMUNITY CRAFT FAIR

(Anne Hutton)

Ferndown Village Hall, Studio

Tuesdays 1.30 - 4.30

Dates 2023: Sept 26th, Oct 10th & 31st

In support of our Charity of the Year - SERV Wessex Blood Runners - we would like to hold a Craft Fair, bringing together the talents of U3A members. The Craft Fair will be held on Friday 10th November. To support the Craft Fair we will be hosting a number of crafting afternoons where people can come together to share ideas and make items for sale.

C12 NEW MAKES - BAGS & MORE

(Anne Hutton)

The Centre Heatherlands, 1

Tuesdays 1.30 - 4.00

Dates 2024: Jan 9th & 23rd, Feb 6th & 20th, Mar 5th & 19th

During the sessions we will aim to create some fun bags. Group members will be able to work at their own pace selecting from a range of bag types - beach bag, make-up bag etc. Group members will be required to bring their own sewing machine.

DISCUSSION GROUPS

D3 GREEN FINGERS

(Kevin Steele)

At home in various gardens

Wednesdays 2.00 - 4.00

Dates 2023: Sept 20th, Oct 18th, Nov 15th, Dec 20th

2024: Jan 17th, Feb 21st, Mar 20th, Apr 17th, May 15th, June 19th, July 17th, Aug 21st

Gardening for beginners and experienced alike. Tips on seed planting, propagation, composting, cuttings, feeding etc. Bring along any plants/seeds/cuttings you might want help with, or to share knowledge. We will be outside where possible, so please dress appropriately, although tea and cake will be available to warm you up!

D5 CURRENT AFFAIRS 1

(Clare Clayton)

The Centre Heatherlands, 3

Thursdays 9.30 - 10.45

Members enjoy a full and free discussion of current topics.

D5A CURRENT AFFAIRS, 2

(Jane White)

St Martin's Church, Hall

Wednesdays 11.00 - 12.15

Relaxed group, not stuffy.

D11 WORLD RELIGIONS: CULTURE, TRADITION AND BELIEFS

Ferndown Village Hall, Meeting Room

(Sue Gomm)

Autumn and Spring

Mondays 2.00 - 4.00

We will look at some of the culture: art, music, architecture, fashion, and traditions inspired by faith and beliefs across the world.

D24 NEW JUST WHAT IS GOING ON WITH THE ECONOMY?

KGV, Kings Room

Autumn and Spring

(Douglas Lock)

Start date 2023: Sept. 26th

Tuesdays 9.30 - 10.45

A critical look at the global and UK economies with an emphasis on detailed examination of the facts and the media coverage.

D25 NEW HOW DID LIFE CHANGE IN `THE SWINGING SIXTIES`?

The Centre Heatherlands, 3 (Bob Reeve & Clare Clayton)

Start date: Sept 28th for 10 sessions Autumn Thursdays 11.15 – 12.30

How can we forget the 1960s changes in fashion and popular culture!. What was the impact of the Cuban missile crisis, *Lady Chatterley's Lover*, landings on the moon, *That Was The Week That Was*, the Pill, and the Civil Rights Movement? Come and join our informal discussions and cast your mind back.

GAMES

G1 GAMES, SCRABBLE, RUMMIKUB etc. (Tricia Brown)

The Centre Heatherlands, 2 Wednesdays 1.30 - 3.30

We play Scrabble, Canasta or Rummikub, but have other games in our box that you are welcome to use. Otherwise bring along something else you enjoy playing. It's not competitive, just a fun afternoon.

G3 MAHJONG (Anne Hutton)

The Centre Heatherlands, 3 Tuesdays 10.00 - 12.00

Mahjong is a tile-based game that was developed in China during the Qing dynasty and is similar to the card game Rummy. The name Mahjong can be translated as "sparrow" and sets comprising 144 tiles, are thought, when shuffled, to resemble numerous sparrows squabbling over food. We welcome players of all standards, but are keen to introduce those who have never played before to this fun game.

G10 500 - AUSTRALIA'S FAVOURITE CARD GAME (Maria Butler)

At various Homes Autumn and Spring Thursdays 2.00 - 4.30

Australia's favourite card game. Similarities to Bridge but a more direct approach to bidding, and similar to Euchre. Involves bidding, trumps, bowers. Initially at leader's home, but as group becomes established can be at other members' homes.

HISTORY

H2 THE MAKING OF THE ENGLISH PEOPLE (Jim Barber)

Ferndown Village Hall, Meeting Room Spring Tuesdays 11.15 -12.45

From their beginning to the present day, a visual, uncomplicated, and thought-provoking look at the events that have shaped the English people. You will be helped on a journey through some of the major events and people that still affect the English values and views of today.

H3 THE BLUE LAMP SPECIAL (Rodger Pettengell)

The Centre Heatherlands, 3 Summer Thursdays 11.15 - 12.30

Dates 2024: Apr 18th & 25th, May 2nd, 9th, 16th & 23rd

This series of talks features one or two favourites from the past plus some Newcomers. The cases have been chosen to illustrate how different motives have resulted in people committing some quite heinous murders.

H4 ROME - ORIGINS OF EMPIRE (Thelma Poole)

St Mary's Church, Lounge Spring Thursdays 11.15 - 12.30

Ten sessions. From prehistoric origins to Romulus and Remus, the creation of Rome, and the eventual founding of the Republic.

H16 ROMAN HISTORY - IMPERIAL ROME (Thelma Poole)
St Mary's Church, Lounge Spring *Thursdays 1.30 - 2.45*
Suetonius' *Twelve Caesars* from Julius Caesar (100BC) to Domitian (96AD).
Ten sessions. The good, the bad and the downright insane!

H21 FAMILY HISTORY 1 (Valerie Lyall)
St Mary's Church, Lounge Spring *Wednesdays 11.15 - 12.30*
This is a friendly and supportive group which explores the wide variety of records available to assist us in tracing our family history. The group is open to beginners and those with previous experience.

H22 YOUR HISTORY (John Muggleton)
St Mary's Church, Lounge *Wednesdays 2.00 - 3.30*
Dates 2023: Sept 20th, Oct 4th & 18th, Nov 1st, 15th & 29th
2024: Jan 10th & 24th, Feb 7th & 21st, Mar 6th & 20th, Apr 24th, May 8th & 22nd
Growing-up years. You are invited to share your experience of time and place.

H23 FAMILY HISTORY 2 - FLESH ON THE BONES (Valerie Lyall)
St Mary's Church, Venue 1 Autumn *Tuesdays 11.15 - 12.30*
This will be another friendly and supportive group which will use our knowledge of the records to put 'flesh on the bones' and find the stories about the lives of our ancestors. We can tell their stories so they are not just names on our family tree. It is not necessary to have taken Group H21 before joining Group H23. Members are welcome in either or both.

H26 NEW STORIES FROM MY FAMILY TREE (Valerie Lyall, Debbie Gill & Thelma Poole)
KGV, Regency Room *Mondays 11.15 - 12.30*
Dates 2023: Sept 18th, Oct 9th, Nov 13th, Dec 11th
2024: Jan 15th, Feb 19th, Mar 11th, Apr 15th, May 13th
Relax with friends to chat and share your family history stories, photographs, letters etc. with fellow enthusiasts. Beginners or experienced, all are welcome. At our first meeting we can plan for future meetings by listening to your ideas and suggestions.

JOURNEYS OF DISCOVERY

J6 TEA AT THE MUSEUM (Kay Weeks & Pam Small)
The Centre Heatherlands, 2 *1.30 - 4.30*
Thursday 21st September for the initial planning meeting. Other meetings at different venues, to be arranged after the planning meeting.
Visit Dates: 2023: Sept 21st, Oct 12th, Nov 17th,
2024: Jan 18th, Feb 8th, Mar 14th, Apr 25th, May 23rd

Do you enjoy visiting museums, drinking tea/coffee and eating cake as much as we do? If so, we invite you to join us for a monthly exploration of a museum within approximately a one-hour drive of Ferndown, followed by refreshments. Destinations for the Group's visits will be chosen by group members at the initial planning meeting in September. All further information is communicated by email - or by phone for those who have no computer access.

J9 NEW INSIDE BRITISH INDIA

(Debbie Gill)

The Centre Heatherlands, 1

Wednesdays 2.30 - 3.45

Dates 2024: Jan 10th & 31st, Feb 21st, Mar 13th

The lives of the Maharajahs and Princes; what was it like for women; a look at the lives of the earliest British in India; also a glimpse of religion and the caste system.

J10 NEW CIAO ITALIA!

(Richard Tucker & Bob Reeve)

The Centre Heatherlands, 3

Thursdays 11.15 - 12.30

Dates 2024: Feb 29th, Mar 7th & 14th

The group will meet in advance of a Study Visit to the Veneto region of Italy in April 2024. We will look at history and cultural topics including Venice and Verona, pasta and prosecco!

KEEPING FIT AND HEALTHY — BADMINTON SECTION

K1 BADMINTON 1

(Paul Ellis)

Ferndown Village Hall

Tuesdays 1.30 - 3.15

A friendly, enthusiastic & mixed ability group. We welcome players of all standards but some experience is necessary. If you played in the past, you probably still can! Numbers are strictly limited to ensure that participants have plenty of exercise. No need to bring a partner.

K2 KEEP FIT & HEALTHY BADMINTON

(Patricia Meldrum)

Ferndown Village Hall

Tuesdays 3.15 - 5.00

A very friendly group, we welcome members who have some experience. Numbers are limited, so that members can have a reasonable number of games.

K14 BADMINTON FOR FUN

(Pam Dickinson)

Ferndown Village Hall

Mondays 1.30 - 5.00

Come along if you enjoy playing Badminton in an informal and friendly atmosphere. All abilities are welcome.

KEEPING FIT AND HEALTHY - TABLE TENNIS SECTION

K4 TABLE TENNIS - IMPROVERS

(Olga Davies & David Leicester)

Ferndown Youth Centre, Hall

Wednesdays 9.30 - 11.00

The group has a great time with much laughter and fun.

K5 TABLE TENNIS - EXPERIENCED 1

(Peter Gibson)

Ferndown Youth Centre, Hall

Wednesdays 11.00 - 12.30

This group is for experienced players only.

K9 TABLE TENNIS - EXPERIENCED 2

St Anthony's Church, Hall

This group is for experienced players only.
During Lent meetings will be held on Tuesdays.

(Peter Gibson)
Fridays 9.30 - 11.00

K10 TABLE TENNIS - EXPERIENCED 3

St Anthony's Church, Hall

This group is for experienced players only.
During Lent meetings will be held on Tuesdays.

(Peter Gibson)
Fridays 11.00 - 12.30

K17 TABLE TENNIS - PROGRESS 1

Ferndown Youth Centre, Hall

Start the week with some healthy and enjoyable exercise! This is one of three groups that are suited mainly to people with some experience, even in the distant past, and who might like to take up the sport again. Beginners are also very welcome. We play to the modern rules and scoring system. Tips and hints to aid progress are available, but enjoyment and friendship are our main objectives.

(Ralph Weeks)
Mondays 11.45 - 1.00

K18 TABLE TENNIS - PROGRESS 2

Ferndown Youth Centre, Hall

Start the week with some healthy and enjoyable exercise! This is one of three groups that are suited mainly to people with some experience, even in the distant past, and who might like to take up the sport again. Beginners are also very welcome. We play to the modern rules and scoring system. Tips and hints to aid progress are available, but enjoyment and friendship are our main objectives.

(Ralph Weeks)
Mondays 9.15 - 10.30

K21 TABLE TENNIS - PROGRESS 3

Ferndown Youth Centre, Hall

Start the week with some healthy and enjoyable exercise! This is one of three groups that are suited mainly to people with some experience, even in the distant past, and who might like to take up the sport again. Beginners are also very welcome. We play to the modern rules and scoring system. Tips and hints to aid progress are available, but enjoyment and friendship are our main objectives.

(Ralph Weeks)
Mondays 10.30 - 11.45

KEEPING FIT AND HEALTHY— DANCING SECTION**K8 ENGLISH COUNTRY DANCING**

KGV, Regency Room

We have in this country, an amazing and unique tradition of country dances spanning centuries. Dances that are still as engaging as they were when they were first written. In our group we enjoy dances of the 17th and 18th centuries and this coming year we shall be including a selection of modern dances that follow the same style. Come and help us keep our heritage up and running.

(Barbara Wescott)
Thursdays 11.00 - 12.30

K13 BALLROOM / LATIN DANCING

KGV, Regency Room

We will continue to cover the basic steps in all the main dances, whilst adding some style! Partners not absolutely necessary but men especially welcome! No longer suitable for beginners.

(Jean and Brian Morgan)
Wednesdays 10.30 - 12.30

K15 SUPER MOVERS

(Jo Brearley)

KGV, Regency Room

Mondays 9.45 - 10.30

Do you love moving to music without being told what to do? Then this is the group for you! Loosen up and jig about. Exercise your body and think 'happy' thoughts. A great way to start the week. Choose one or two sessions a week; it's up to you!

K15A SUPER MOVERS

(Jo Brearley)

KGV, Regency Room

Wednesdays 9.30 - 10.15

Do you love moving to music without being told what to do? Then this is the group for you! Loosen up and jig about. Exercise your body and think 'happy' thoughts. Choose to come to one or two sessions a week; it's up to you!

KEEPING FIT AND HEALTHY— SPORTS SECTION

K19 GOLF

(Glyn Bosanko)

Meeting twice each term

This group is not for beginners and some previous experience is necessary. You will need your own clubs. We will meet at a 'local' golf course, and each member will be expected to pay his or her green fees etc. Date and time will be advised by email and venue suggestions from members would be welcomed.

LANGUAGES

L5 SPANISH

(Tim Lines)

Classes on Zoom

Wednesdays 10.30 - 12.00

This is not for the absolute beginner, nor for the really proficient, but if you have a little knowledge of the language and would like to extend or just reinforce it, come and join us. We don't have a qualified tutor, we just try to help each other, using a fairly structured approach.

L12 FRENCH CONVERSATION

(Richard Tucker)

St Martin's Church, Hall

Tuesdays 1.30 - 2.30

Dates 2023: Sept 19th, Oct 3rd, 17th & 31st, Nov 14th, & 28th, Dec 12th

2024: Jan 9th & 23rd, Feb 6th & 20th, Mar 5th & 19th,

Apr 16th & 30th, May 14th

This group is not for beginners but rather those who have a working knowledge of French and wish to 'use it, not lose it'. Emphasis on conversation rather than grammar.

L13 SPANISH CONVERSATION INTERMEDIATE

(Jenny Daniel)

At home in Ferndown

Mondays 3.00 - 4.00

This will be a simple self-help group at intermediate level for conversation with topics suggested by members of the group for a short talk by each member the following week. Possibly a short translation at appropriate level or suggestions by members. No homework.

L14 STRICTLY BEGINNERS SPANISH

(Ann-Marie Clement)

At home in West Moors

Fridays 1.00 - 2.20

Start date: Fri 3rd November

This course is for people who have never studied Spanish. We will begin with the basics. I will be using 'Hugo Spanish in Three Months' and a multi-media approach.

L15 CONTINUING SPANISH

(Anne-Marie Clement)

At home in West Moors

Fridays 2.30 - 3.50

Start date: Fri 3rd November

This course is for students who took Groups L14 or L14a last year. We will be progressing through 'Hugo Spanish in Three Months' Chapters 7-13, studying verb tenses and improving fluency.

MUSIC

M1 ENJOYING MUSIC

(Rachel Lewington)

Classes on Zoom

Mondays 2.15 - 3.45

We will study a wide variety of classical music using the very best recordings and scores where appropriate. We shall also place the musician in context linking it to the life and times of the composer and to the history and art of the period.

M3 ENJOY SINGING

(David Oddy)

St Martin's Church, Hall

Thursdays 2.45 - 4.15

This group is for all who would like to 'enjoy singing' and feel the many benefits this brings to us. We will tackle a variety of popular and light classical songs, including songs from well-known musicals. Although some experience could be useful, it is not essential, and ALL who want to just enjoy singing as part of a group are welcome.

M4 MUSIC APPRECIATION

(Jo Brearley)

St Mary's Church, Beacon Room

Thursdays 2.00 - 4.00

Dates 2023: Sept 21st, Oct 5th & 19th, Nov 2nd, 16th & 30th, Dec 14th

2024: Jan 11th & 25th, Feb 8th & 22nd, Mar 7th & 21st, April 18th,

May 2nd & 16th

Come and enjoy listening to and learning about different composers set in the context of their times. This is a relaxing group. No prior knowledge is required. Just a smile!

M7 COME AND SEE A MUSICAL

(John Muggleton)

The Centre Heatherlands, 1

Fridays 1.30 - 4.30

Dates 2023: Sept 29th, Oct 13th, Nov 10th & 24th, Dec 8th

2024: Jan 19th, Feb 2nd, Mar 1st & 15th, Apr 19th, May 3rd & 17th

This will feature the Musical Theatre from its earliest days in the Music Halls of the last century until the big, bold, brassy presentations on stage and film that followed until the year 2000 or thereabouts.

M9 THE REALLY AWFUL SINGING GROUP (Eleanor Green)
Ferndown Village Hall, Studio Tuesdays 1.30 - 2.45

Dates 2023: Sept 19th, Oct 17th, Nov 21st

2024: Jan 16th, Feb 20th, Mar 19th, Apr 16th, May 21st

Do your family cringe when you sing? Can you only let rip when alone in the car or the bath? Come and join other unappreciated folk and sing along to popular songs from the last 80 years. These include songs from Musicals, Country music, Rock anthems and anything else we fancy! The only qualification is a terrible singing voice! Singing is good for your lungs and very therapeutic - a real 'feel good' group!

M10 UKULELE BAND (Robert Gomm)
Ferndown Village Hall, Studio Wednesdays 1.15 - 2.45

This friendly group of ukulele players includes members who started with no experience at all. Our repertoire is steadily growing. New members are very welcome.

M14 RECORDER PLAYING (Elizabeth Bosanko)
At home in Ferndown Fridays 2.30 - 4.00

Dates 2024: Jan 12th & 26th, Feb 9th & 23rd, Mar 8th & 22nd

Not a beginners' group, but for those who can already play the recorder. We will play a variety of music, including folk tunes, classical, popular etc. in a friendly atmosphere. You will need your own instrument/s and be able to read music, and it would be helpful to bring a music stand.

M15 BAND (Jo Brearley)
St Martin's Church, Hall Thursdays 1.15 - 2.30

Dates 2023: Sept 28th, Oct 12th, Nov 9th & 23rd, Dec 7th

2024: Jan 18th, Feb 1st & 29th, Mar 14th, Apr 25th, May 9th

Come and join our 'Band' and have some fun.

M16 NEW SOLO SINGING GROUP (Alison Page)
Ferndown Village Hall, Studio Wednesday 3.00 - 5.00

If you like singing solo but don't get the opportunity, this is the group for you. Come along and perform your favourite songs to your own backing tracks or use karaoke tracks from the internet. Get tips on breathing techniques, warm up exercises and performance. Let yourself go in a safe environment and improve your performance week on week.

M17 NEW HUMOUR IN MUSIC (Richard Tucker)
St Martin's Church, Hall Mondays 1.30 - 2.30

Dates 2024: Feb 5th & 19th, Mar 4th & 18th

A review of humour in music over the years - comic songs, satire and extracts from shows and T.V.

M19 OPERA ITALIA (John Gooch)
At home in Colehill Fridays 1.30 - 4.30

Dates 2023: Sept 22nd, Oct 27th, Dec 1st

2024: Jan 26th, Feb 23rd, Apr 26th

Love, sex and death in the afternoon. Hear wonderful music by Rossini, Verdi, Puccini.

TECHNICAL AND SCIENTIFIC TOPICS

T1 ASTRONOMY

(Graeme Nash)

Ferndown Village Hall, Studio

Mondays 2.00 - 4.00

This one-year group deals with all aspects of astronomy. Topics considered include some basics of the Earth's place in the universe, the history of astronomy to 1900, instruments and observing techniques, the solar system, the Sun, the stars, galaxies and cosmology including the origin of the universe. Weather permitting, observations of the Sun (using safe filters) and Venus are made. The presentation is informal with use made of view graphs, slides, models and astronomical equipment. No previous knowledge of astronomy is assumed. Active participation by group members is encouraged and extra topics suggested by them are warmly welcomed.

T19 NEW BRITAIN'S FLORA AND FAUNA

(John Mullett)

St Mary's Church, Lounge

Autumn

Tuesdays 11.15 -12.30

A look at Britain's much and varied wild life. Covering Animals, Birds, Butterflies and Moths, Trees and Shrubs, Fish, Water Life and Wild Flowers. Spread over 12 weekly classes with many slides and descriptions of the most common varieties.

T20 NEW AN OVERVIEW OF CIVIL AVIATION

(Chris Preece)

FVH, Meeting Room

Tuesdays 2.00 - 3.00

Dates 2023: Sept 19th & 26th, Oct 3rd, 10th, 17th & 31st,

Nov 7th, 14th, 21st & 28th

An overview of the Civil Aviation Industry. 10 weeks

T21 NEW AMATEUR BIRDWATCHING

(Anu Patel)

Ferndown Village Hall, Studio

First planning meeting Tuesday 19th September at 3.15 - 4.30. After that by email.

Initial sessions to include birdwatching locally in Ferndown Common, Holt Heath, Longham Lakes and Blashford Lakes. Further outings to Poole Harbour, Studland and Arne Nature Reserve are a possibility.

WORDS - WRITTEN, SPOKEN AND VISUAL

W1 SHAKESPEARE

(Ian Burr)

KGV, George Room

Autumn & Spring Thursdays 9.30 - 10.45

Part reading, part discussion. No knowledge? You don't have to be a Shakespeare buff to enjoy this group.

W2 DRAMA WORKSHOP

(Rita Burke)

Ferndown British Legion, Hall

Tuesdays 2.00 - 4.00

I am a retired drama teacher who has produced and directed shows ranging from Shakespeare to pantomime. We produce a Christmas performance at the end of the autumn term. During the spring and summer terms we explore different writers, methods and improvisation. All abilities are welcome, especially those with practical and or technical skills. Come along and forget yourself. Find out what it is like to become a different character.

W4 CREATIVE WRITING

(Sue Row)

KGV, Regency Room

Thursdays 9.30 - 10.30

Dates 2023: Sept 21st, Oct 5th & 19th, Nov 2nd, 16th & 30th, Dec 14th

2024: Jan 11th & 25th, Feb 8th & 22nd, Mar 7th & 21st, Apr 18th, May 2nd & 16th

This group works as a self-directed workshop with members taking turns to lead the group. It is for people who like to express their feelings through prose or poetry or who wish to try their hand at creating characters, situations or stories. Members give each other lots of encouragement and help. Writing is for our own pleasure and beginners are most welcome.

W5 PLAY READING

(Ann Williams)

At home in Ferndown

Thursdays 2.00 - 4.00

We read a range of plays, old and new and meet a range of playwrights. The group is not involved in performance so you can relax. Where else could you be a stropky teenager, a clever detective, a young lover or a wicked villain for the afternoon? Just bring your voice!

W6 FILM STUDIES

(Tom Alexander)

The Centre Heatherlands, 1

Fridays 2.00 - 4.30

Dates 2023: Sept 22nd, Oct 6th & 20th, Nov 3rd & 17th, Dec 1st

2024: Jan 12th & 26th, Feb 9th & 23rd, Mar 8th & 22nd

If you are a film enthusiast then please come along and join our group. We meet fortnightly and our aim is to watch, enjoy and then discuss the merits of the film. We aim to show a wide variety of films from our sizeable library and new releases as they become available. We encourage group participation and ask members to recommend films they would like us to show. We are a friendly group and welcome new members.

W16 READERS CIRCLE

(Sandy Keen)

St Mary's Church, Venue 1

Wednesdays 11.30 - 12.45

Dates 2023: Sept 20th, Oct 18th, Nov 15th, Dec 13th

2024: Jan 17th, Feb 21st, Mar 20th, Apr 17th, May 15th

This group is an amalgamation of the two previous reading groups. There will be a choice of two books suggested for discussion each month, one general literature and one from the Crime & Thriller genre. One of the September books will be 'A Gentleman in Moscow' by Amor Towles.

LIFESTYLE

Y9 BON VIVEURS

(Richard Tucker)

Details for each meeting to be advised by email

1.00 - 2.30

This Group involves practical food-related topics which will include restaurant visits, wine tasting and outdoor visits. Venue suggestions from group members will be welcomed. Additional costs will be involved and members may be asked to make a financial commitment where visits are numbers-dependent. There will be three visits in Autumn and Spring, plus one in the Summer term. Dates and days will vary depending on the venue.

Y17 U3A SOLO LUNCH

(Bev Boon)

Second Saturday of each month

12.00 onwards

The lunches offer a chance for members who live alone to meet socially on one Saturday of each month, usually the second Saturday, for a pub lunch and a chat. Does not run in December or August. An email is sent out by the leader of the group before each meal giving details of venue. Places are allocated on a first-to-reply basis.

Y21 NEW LUNCH AND SKITTLES

(Maria & Terry Butler)

Dates 2023: Sept 30th

Saturdays

2024: Feb 3rd, May 25th

Enjoy a pub lunch and company at various pubs in Dorset, and a game of social skittles. No partners or teams required as it will be individuals and non-competitive, just there for an enjoyable afternoon. You will be required to `stick up` for each other. The cost is the pub lunch which will be pre-ordered a week ahead. This is a great chance to explore areas of Dorset you may not have seen before, meet new people and have a bit of a laugh.

Y22 NEW PERFORMING ARTS VISITS

(Anu Patel)

The Centre Heatherlands, 3 Autumn & Spring

First planning meeting Thursday 21st September 11.15 - 12.30 - after that by email.

Over the year we will visit theatre, cinema, concerts and art galleries or exhibitions as decided by members. Dates to be decided.

Y23 NEW CELEBRATING CHINESE NEW YEAR

(Moo Leng Loakes)

St Martin's Church, Hall

Friday 9.30 - 11.30

Date 2024: Feb 9th

The year of the Dragon begins on the 10th February 2024. During the session Moo Leng will discuss the History and Customs of this celebration.

Y24 NEW ONE PAN COOKING

(Anne Hutton)

At home in Ferndown

Tuesdays 2.00 - 4.00

Dates 2023: Oct 17th, Nov 21st

We will cook a range of different meals focusing on interchangeable ingredients vegetables, herbs, meat, fish etc. All meals will take less than 30 minutes and can be made using only one pan.

Y25 NEW SUGAR PASTE MODELLING

(Moo Leng Loakes)

KGV, George Room

Tuesdays 1.30 - 3.30

Date 2023: Nov 14th

During the session we aim to create a cake topper on an animal theme. A small charge will be made to cover the cost of materials.

WALKS

Z1 3 MILE WALKS

(Richard Buxton)

Second Friday of each month (not July or August)

10.00 start

A walk of around 3 miles with no stiles and a point of interest.

Z2 5 MILE WALKS

(Vivian Dedman)

Dates: 2023: Sept 22nd, Oct 20th, Nov 17th, Dec 8th

10.00 start

2024: Jan 19th, Mar 15th, Apr 19th, May 17th

Circular walks within 25 miles of Ferndown, of 5-6 miles in length, mostly with few stiles or steep gradients, though you should be confident of walking for 2.5 hours on sometimes rough or inclined tracks. Points of interest will be noted by email prior to the walk, and post-walk refreshment is sometimes taken by members of the group at a nearby location (self-arranged).

Z5 SATURDAY WALKS

(Clare Clayton)

Dates 2023: Oct 7th, Nov 4th, Dec 2nd

10.00 start

2024: Feb 3rd, Mar 2nd, May 4th

These are short, easy walks that take place on the first Saturday of the month. They are typically no more than 3 miles with no steep hills or stiles. We aim to stay fairly local and try very hard to find places with a nearby café.

HEALTH AND SAFETY

Your health and safety are very important and we make every effort to ensure that the premises we use for our groups are fit for purpose.

Not only do we conduct our own Health and Safety risk assessments but we also require those whose venues we use to send us their own risk assessments.

However, we must stress that everyone attending Fu3a Groups has a personal responsibility for their own safety.

This means:

- looking where you are going
- being aware of cables and leads
- not lifting anything that is too heavy
- being aware of slippery surfaces
- being aware of others around you

Should an accident occur your Group Leader will follow the reporting procedure, including the completion of the necessary forms.

ACCESSIBILITY

We endeavour to make all Groups accessible to those with mobility problems, but unfortunately this is not always possible.

On page 28 are the details for each venue, including accessibility (whether there is a lift or stair-lift) and whether there is disabled parking.

Please check the venue details for each Group you are applying for and, to avoid disappointment, only apply for those Groups you can access.

PHOTOGRAPHS

We sometimes take photos to use in displays or on the Fu3a Website.

It is your responsibility to exclude yourself from any photographs when they are taken if you do not wish to be included in this way.

DATA PROTECTION REGULATIONS

We are required by legislation to obtain your authority to use any of your information as follows:

- to store it securely for membership purposes
- to communicate with you as a Fu3a member
- to share with the leaders of those Groups where you are a member
- to send you general information about the Third Age Trust (the national organisation to which U3As are affiliated)

You will find a statement on the Enrolment Form which you should ONLY sign if you agree to your information being used in this way.

Please be advised that you can request for your data not to be used for any of these purposes at any time by contacting us:

Email: ferndownu3a@gmail.com

DETAILS FOR EACH VENUE

Barrington Centre
Penny's Walk, Ferndown BH22 9TH

Ferndown Village Hall (FVH), Meeting Room and Studio
Church Road, Ferndown BH22 9ET

Ferndown Youth Centre
Mountbatten Drive, Ferndown BH22 9FB

Ferndown British Legion (FBL), Hall and Upstairs Area
Church Road, Ferndown BH22 9ET

King George V Pavilion (KGV)
Peter Grant Way, Ferndown BH22 9EN

St Anthony's Church Hall, West Moors
8 Pinehurst Road, West Moors BH22 0AP

St Mary's Church
Church Road, Ferndown BH22 9EU

St Martin's Church Hall,
2 Moorlands Road, West Moors, BH22 0JN
park on-site or in Moorlands Road

The Centre (formerly Heatherlands)
Barns Road, Ferndown BH22 8XH

West Moors Memorial Hall,
231 Station Road, West Moors, BH22 0HZ

NOTE:

1. Whilst all these venues are accessible, two are not on the ground floor, but do have a stair lift:
 - Ferndown Village Hall, Studio
 - Ferndown British Legion, upstairs area
2. Disabled parking is available at: St Mary's Church, The Centre, St Martin's, St Anthony's and KGV.

MORNINGS 2023 - 2024

MONDAY			
A1	Art Group	9.30 - 12.30	KGV, George Room
H26	Stories From My Family Tree	11.15 - 12.30	KGV, Regency Room
K15	Super Movers	9.45 - 10.30	KGV, Regency Room
K17	Table Tennis - Progress 1	11.45 - 1.00	Ferndown Youth Centre, Hall
K18	Table Tennis - Progress 2	9.15 - 10.30	Ferndown Youth Centre, Hall
K21	Table Tennis - Progress 3	10.30 - 11.45	Ferndown Youth Centre, Hall
TUESDAY			
A5	Watercolours and Mixed Media	9.30 - 12.30	KGV, Regency Room.
C7	General Crafts	9.30 - 12.30	KGV, George Room
D24	Just What is Going on with the Economy?	9.30 - 10.45	KGV, Kings Room
G3	Mahjong	10.00 - 12.00	The Centre Heatherlands, 3
H2	The Making of the English People	11.15 - 12.45	FVH, Meeting Room
H23	Family History 2 - Flesh on the Bones	11.15 - 12.30	St Mary's Church, Venue 1
T19	Britain's Flora and Fauna	11.15 - 12.30	St Mary's Church, Lounge
T21	Amateur Birdwatching	11.15 - 12.30	FHV Studio
WEDNESDAY			
K13	Ballroom / Latin Dancing	10.30 - 12.30	KGV, Regency Room
K4	Table Tennis Improvers	9.30 - 11.00	Ferndown Youth Centre, Hall
K15A	Super Movers	9.30 - 10.15	KGV, Regency Room
L5	Spanish	10.30 - 12.00	Zoom
H21	Family History 1	11.15 - 12.30	St Mary's Church, Lounge
D5A	Current Affairs 2	11.00 - 12.15	St Martin's Church, Hall
K5	Table Tennis - Experienced 1	11.00 - 12.30	Ferndown Youth Centre, Hall
W16	Reading Circle	11.30 - 12.45	St Mary's Church, Venue 1

MORNINGS 2023 - 2024 (Continued)

	THURSDAY		
D5	Current Affairs 1	9.30 - 10.45	The Centre Heatherlands, 3
D25	Life in the Swinging 60s	11.15 - 12.30	The Centre Heatherlands, 3
H3	The Blue Lamp Special	11.15 - 12.30	The Centre Heatherlands, 3
H4	Rome Origins of Empire	11.15 - 12.30	St Mary's Church, Lounge
J10	Ciao Italia!	11.15 - 12.30	The Centre Heatherlands, 3
W1	Shakespeare	9.30 - 10.45	KGV, George Room
K8	English Country Dancing	11.00 - 12.30	KGV, Regency Room
W4	Creative Writing	9.30 - 10.30	KGV, Regency Room
Y22	Performing Arts	11.15 - 12.30	The Centre Heatherlands,3
	FRIDAY		
K9	Table Tennis - Experienced 2	9.30 - 11.00	St Anthony's Church Hall
K10	Table Tennis - Experienced 3	11.00 - 12.30	St Anthony's Church Hall
Y23	Celebrating Chinese New Year	9.30 - 11.30	St Martin's Church, Hall
Z1	3 Mile Walks	10.00 onwards	Various routes
Z2	5 Mile Walks	10.00 onwards	Various routes
	SATURDAY		
Y17	U3A Solo Lunch	12.00 onwards	Various venues
Z5	Saturday Walks	10.00 onwards	Various routes

AFTERNOONS 2023 - 2024

	MONDAY		
B2	Duplicate Bridge	1.30 - 4.30	KGV, Regency Room
C9	Knit & Natter	2.30 - 4.00	At home in West Moors
D11	World Religions	2.00 - 4.00	FVH, Meeting Room
K14	Badminton for Fun	1.30 - 5.00	FVH
L13	Spanish Conversation Intermed.	3.00 - 4.00	At home in Ferndown
M1	Enjoying Music	2.15 - 3.45	Zoom
M17	Humour in Music	1.30 - 2.30	St Martin's Church Hall
T1	Astronomy	2.00 - 4.00	FVH, Studio
	TUESDAY		
C11	Community Craft Fair	1.30 - 4.30	FVH, Studio
C12	Makes - Bags & More	1.30 - 4.00	The Centre Heatherlands, 1
K1	Badminton 1	1.30 - 3.15	FVH
K2	Keep Fit and Healthy Badminton	3.15 - 5.00	FVH
M9	The Really Awful Singing Group	1.30 - 2.45	FVH, Studio
W2	Drama Workshop	2.00 - 4.00	Ferndown British Legion, Hall

AFTERNOONS 2023 - 2024 (Continued)

TUESDAY Continued			
L12	French Conversation	1.30 - 2.30	St Martin's Church, Hall
T20	An Overview of Civil Aviation	1.30 - 2.30	FVH, Meeting Room
Y24	One Pan Cooking	2.00 - 4.00	At home in Ferndown
Y25	Sugar Paste Modelling	1.30 - 3.30	KGV, George Room
WEDNESDAY			
G1	Games, Scrabble, Rummikub	1.30 - 3.30	The Centre Heatherlands, 2
J9	Inside British India	2.30 - 3.45	The Centre Heatherlands, 1
M10	Ukulele Band	1.15 - 2.45	FVH, Studio
BA2	Improvers Bridge	1.30 - 4.30	KGV, George Room
B3	Duplicate Bridge	1.30 - 4.30	KGV, Regency Room
M16	Solo Singing Group	3.00 - 5.00	FVH, Studio
C3	Beadwork	1.30 - 3.30	St Martin's Church, Hall
D3	Green fingers	2.00 - 4.00	At home in various gardens
H22	Your History	2.00 - 3.30	St Mary's Church, Lounge
THURSDAY			
B4	Chicago Bridge	1.30 - 4.30	KGV, Regency Room
J6	Tea at the Museum	1.30 - 4.30	The Centre Heatherlands, 2
M3	Enjoy Singing	2.45 - 4.15	St Martin's Church, Hall
M4	Music Appreciation	2.00 - 4.00	St Mary's Church, Beacon Room
W5	Play Reading	2.00 - 4.00	At Home in Ferndown
M15	Band	1.15 - 2.30	St Martin's Church, Hall
H16	Roman History - Imperial Rome	1.30 - 2.45	St Mary's Church, Lounge
G10	500 Australia's Favourite Card Game	2.00 - 4.30	At various homes
FRIDAY			
M7	Come and see a Musical	1.30 - 4.30	The Centre Heatherlands, 1
W6	Film Studies	2.00 - 4.30	The Centre Heatherlands, 1
L15	Continuing Spanish	2.30 - 3.50	At home in West Moors
L14	Strictly Beginners Spanish	1.00 - 2.20	At home in West Moors
M14	Recorder Playing	2.30 - 4.00	At home in Ferndown
M19	Opera Italia	1.30 - 4.00	At home in Colehill
SATURDAY			
Y21	Lunch and Skittles	PM	Various Venues

**STUDY VISIT 2024
HIGHLIGHTS OF VENICE AND VERONA**



Venice - Courtesy of Wikipedia



Verona - Courtesy of Wikipedia

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