

Lanark and District u3a Newsletter

October 2025

Scottish u3a Jamboree 29th August, Napier University, Edinburgh

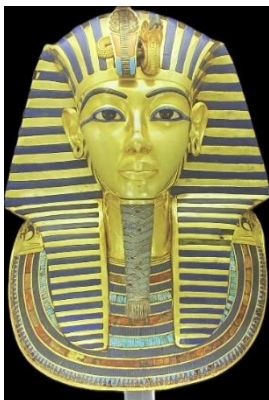


The L&D u3a Pop and Folk Group, led by Michelle Rudd, performed at a concert entitled 'A Scottish Celebration of Learning and Fun' in the Craiglockart Chapel. The group consists of singers and musicians, featuring two guitars, an accordion, an autoharp and percussion. The band played four songs from the swinging sixties welcoming audience participation during the choruses.

Following the concert, the L&D group participated in a workshop with enthusiastic volunteers, some of whom tried playing some instruments, while everyone sang popular songs. Three group members gave demonstrations: Christina her fascinating autoharp, Gavin his high-tech accordion and Michelle her fabulous 12-string guitar. Three members of the audience led singing accompanied by a guitar and ukulele. Dianne added 'We all thoroughly enjoyed the experience!'.

Tutankhamun: The Immersive Experience, 12th September, SEC, Glasgow

An outing group of 24 members of L&D u3a experienced cutting edge technology on a journey back in time to Ancient Egypt and the boy king, Tutankhamun. The interactive exhibition combined original artefacts with realistic replicas, holograms and an unforgettable 360-degree virtual reality experience. Thanks to Lesley Gair for organising the event.



Group Leaders Wanted!

Members are needed to lead the Scottish Country Dancing, Conversational French and Photography Groups. Contact Group Coordinators Loraine or Liz by email: lanimers.ls@gmail.com liz@weston10.com

New Groups

- There is a 2nd Chair Yoga Group on Thursdays at 09.30 in Greyfriars starting 23rd October.
- A 3rd Line Dancing Group has begun on Wednesdays at 11.00 in the Memorial Hall.
- The new Art Appreciation Group meets on 13th November at 14.15 in the Clydesdale.

More information and contact details are on L&D u3a website: lanarkanddistrictu3a.com

Open meeting 15th October: Corra Linn Handcrafted Scottish Gin



Gin has come a long way from when it was labelled 'Mother's Ruin'! Doris and Ulrich Ixkes of the Corra Linn Distillery produce specialist handcrafted small batches using the finest botanicals from a still in their garden shed. Their gins have received gold and silver in the Scottish Gin Award 2024.

Doris and Ulrich demonstrated their techniques and provided samples for us to try. More information is available online where you can order gin delivered straight to your door if you live in postcode areas ML8, ML9 and ML11.

Film Group 7pm Friday 24th October

Mr Burton (2025) stars Toby Jones, Lesley Manville and Harry Lawley as the late acting legend Richard Burton. Non-members welcome. Bring your own beverages and nibbles.



Love2Sew



L&Du3a invites you to join Love2Sew, a small and friendly group, who share a passion for sewing. The group meets at a new venue in St Nicholas Church Hall on Thursday from 13.30 to 15.30. The next meeting will be 23rd October and then 13th and 27th November.

Cost £4 per session.

To book a place, please message Janice on mobile 07929 049270

Christmas Lunches

🚦 Book Buffs	Hideaway, Carmichael	13.00	30 th November
🚦 PLAD	The Crown, Lanark	12.30	5 th December
🚦 Yoga	Lanark Golf Club	15.30	8 th December
🚦 All members	Lanark Golf Club	12.30	18 th December

Committee member

There is a space for a non-office bearing committee member, who would like to be more involved in the u3a. Meetings are on 2nd Wednesday of the month and generally last less than 2 hours. If you are interested in being co-opted, contact u3a secretary jannettemarg@aol.com.

Please send news, views and features for inclusion in the newsletter to:
Jill Murie at jillmurie@aol.com