



Cupar u3a was launched in 2009 as part of a worldwide movement which was founded over 35 years ago and which has more than 400,000 members. It provides an infrastructure for retired and semi-retired people to continue life-time learning and interests in an enjoyable, friendly environment.

With around 300 members from across Cupar and North East Fife, Cupar u3a is managed by an independent committee which provides advice and guidance to members on running a wide variety of interest groups.

Each of our 40-plus interest groups enable those with common interests to learn new subjects, participate in activities and share experiences with like-minded people.

How you can learn, laugh and live with Cupar u3a

Cupar u3a has a wide and growing range of activity groups. Arranged by category, they include...

Arts and crafts: Art appreciation, art history, art (practical), calligraphy, craft

Games & puzzles: Board games, cryptic crosswords, bridge

Humanities: Economics, philosophy, local history

Languages: French (4 levels), Italian (3 levels), Spanish

Literature: Books, creative writing, poetry appreciation

Music: Classical appreciation, jazz appreciation, ukelele

Performing arts: Dance, film/theatre outings, play reading, singing for fun

Sport: Badminton, short tennis, cycling

Use your senses: Gardening, garden appreciation, lunch/social, wine tasting

Walking: 4 groups for mixed abilities



**Are you retired or
semi-retired? Then join
Cupar u3a and make
the most of your life
by developing your
interests, making
new friends and
enjoying yourself.**



Ukulele



Italian



Cycling



Cryptic crosswords

Would you like to take part in these or any other Cupar u3a activities? To join, download an application form from our website. You can also find out more at our monthly open meetings, details of which are on our website.



Wine tasting



Badminton



Walking



Garden appreciation



Dance

Website: <https://cupar.u3asite.uk/welcome/>

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