



CARDIFF

September - December

2019

Group Activities

Cardiff U3A Monthly Meeting:

Cardiff Masonic Hall – 2nd Tuesday of the month at 2:00 – 3:30.

10th September	‘Meet The Groups’	
8th October	‘The Psychology of Sleep’	Cliff Arnall
12th November	Cardiff U3A AGM	
	Entertainment by the Singing for Pleasure Group	
10th December	‘Early Aviation’	Mark Davies

All Things Welsh

Contact – Myfanwy – atw@cardiffu3a.org.uk

City URC, Windsor Place. 2nd Friday of the month at 10:00 – 11:00.

Sept 13, Oct 11, Nov 8, Dec 13*.

(* Meeting Room 2).

Art Group

Contact – Julie – art.group@cardiffu3a.org.uk

Ivor Novello Room, St. David`s Hall.

1st and 4th Tuesdays of month at 10:30 –12:30.

Sept 24, Oct 1+22, Nov 5+26, Dec 3+17.

Art Appreciation

Contact – Hilary – art.apprec@cardiffu3a.org.uk

Central Library Hub.

Fortnightly on Thursdays at: 12:45 - 1:45 (1st Session) 2:00 - 3:00 (2nd Session)

Sept 12+26, Oct 10+24, Nov None, Dec 12.

Book Group

Contact – Carole – 2061 0015 - book.group@cardiffu3a.org.uk

St David`s Hall, 2nd Tuesday of the month at 10:30 – 11:30.

Sept 10, Oct 8, Nov 12, Dec 10.

Bridge Group

Contact – Marjolein - 07940 843898 - bridge@cardiffu3a.org.uk

City URC, Windsor Place.

Weekly on Mondays at 10:00 – 12:00 (except Bank Holidays).

Not at City URC on Dec 2+9

Bus Pass Thursday

Contact – Mario – 2075 0910 - bpt@cardiffu3a.org.uk

Visits monthly on a Thursday. Reservations by current group members only.

Sept 5, Oct 10, Nov 14, Dec 12.

Canasta

Contact – Val - canasta@cardiffu3a.org.uk

City URC, Windsor Place. 1st, 3rd and 4th Wednesdays of month at 10:00-12:00.

Sept 4+18+25, Oct 2+16+23, Nov 6+20+27, Dec 4*+ 18. (* SDH Level 1)

Circle Dance

Contact – Pat – 2055 3611 - circle.dance@cardiffu3a.org.uk

Tabernacl Vestry, The Hayes. Usually 2nd and 4th Tuesdays of the month at 11:00 – 12:30 with occasional additional meetings.

Sept 10+24, Oct 8+22, Nov 12+19. (* Check with convenor)

Coffee Morning

Contact – Marion – 07769 851008 - coffee@cardiffu3a.org.uk

The Pantry by Spiros in the Cornerstone Cardiff, Charles Street.

Weekly on Fridays at 11:00.

Computer Group

Contact – David – 07785 524683 - computer@cardiffu3a.org.uk

City URC, Windsor Place. Fortnightly on Thursdays at 2:00 – 3:30.

Sept 12+26, Oct 10+24, Nov 14+28, Dec 12* (* Check with convenor)

Craft

Contact – Shelagh – 2049 4664 - craft@cardiffu3a.org.uk

The Pantry by Spiros in the Cornerstone Cardiff, Charles Street. 2nd and 4th Wednesdays of the month at 10:30 – 12:00.

Sept 11+25, Oct 9+23, Nov 13+27 Dec 11

Current Affairs Discussion Group

Contact – Nonn - discussion@cardiffu3a.org.uk

Friends Meeting House, 43, Charles Street. Normally fortnightly on Mondays at 10:00 - 12:00.

Sept 2+16+30, Oct 14+28, Nov 11+25, Dec 9.

Folk Singing

Contact – Wendy - 2115 3864 or Mike - 2022 0286 - folk.singing@cardiffu3a.org.uk

Home hosted - to check venues contact the group.

2nd and 4th Tuesdays of the month 10:00 – 12:00.

Sept 10+24, Oct 8+22, Nov 12+26 Dec 10+17.

French Conversation

Contact – Jackie - french@cardiffu3a.org.uk

Café W, 1st Floor, Waterstones, The Hayes.

2nd and 4th Thursdays of the month at 11:00.

Sept 12+26, Oct 10+24, Nov 14+28, Dec 12.

Games Galore

Contact – Michael – games@cardiffu3a.org.uk

Ivor Novello Room, St David' Hall. Fortnightly on Tuesdays at 2:00.

Sept 3*+17, Oct 1+15+29, Nov 12+26, Dec 10. (* St. Asaph Room - SDH)

Gardening

Contact – Alison – gardening@cardiffu3a.org.uk

City URC, Windsor Place, on 1st Thursdays of month, 2.00 - 3.30.

Sept 5, Oct 3, Nov 7.

Great Lives

Contact – Jill – 07538 142138 - great.lives@cardiffu3a.org.uk

City URC, Windsor Place. 2nd Monday of the month at 2:00 – 3:00.

Sept 9, Oct 14, Nov 11, Dec 9.

History Group

Contact – Philip – 07525 429152 -- history@cardiffu3a.org.uk

City URC, Windsor Place. 2nd and 4th Wednesdays of month at 2:00 – 3:30.

Sept 11+25, Oct 9+23, Nov 13+27, Dec 11* (*Check Venue)

Italian Conversation

Contact – Pauline – italian@cardiffu3a.org.uk

City URC, Windsor Place. 1st and 3rd Wednesdays of month at 10:30 - 12:00.

Sept 4+18, Oct 2+16, Nov 6+20, Dec 4*+18 (*Check Venue)

Literature Through the Ages

Contact – Hilary - literature@cardiffu3a.org.uk

City URC, Windsor Place. 1st Thursday of the month at 10:30 – 11:30.

Sept 5, Oct 3, Nov 7, Dec 5* (* Meeting Room 2)

Local History

Contact – localhistory@cardiffu3a.org.uk

Citizens Hall, Heath or Visit.

Usually 4th Tuesday of the month at 10:15 - 12:00.

Sept 24, Oct 22, Nov 26.

Music Appreciation

Contact – Lynne - 2048 9332 -- music.apprec@cardiffu3a.org.uk

City URC, Windsor Place. 1st Wednesday of the month at 1:30 - 3:00.

Sept 4, Oct 2, Nov 6, Dec. 4*+ 18 † (* St David' Hall, Level 1)
(† Special event. Check with Convenor)

Outings and Theatre Visits

Contact – Frank –2089 9467 – outings@cardiffu3a.org.uk

Check the on-line calendar and newsletter for upcoming events.

Philosophy and Spirituality

Contact – Jo -- philosophy@cardiffu3a.org.uk

City URC, Windsor Place. 4th Friday of the month at 10:30 - 12:00.

Sept 27, Oct 25, Nov 22

Photography

Contact – Jonathan 2140 6958 – photography@cardiffu3a.org.uk

Field Trips - 2nd Wednesdays of the month at 10:00 –12:00.

Sept 11, Oct 9, Nov 13, Dec 11* (* afternoon meeting)

Cornerstone Meeting Room, Charles St. – 4th Wed. of the month at 10:00 -- 12:00

Sept 25, Oct 23, Nov 27.

Photography Group Afternoon

Contact – Michael – photography2@cardiffu3a.org.uk

Cornerstone Meeting Room, Charles St.

Field trips and meetings – 1st and 3rd Wed of the month 2:00 – 4:00

Sept 18, Oct 2+16, Nov 6+20, Dec 4+18.

Prose and Poetry

Contact – Llyn - prose.and.poetry@cardiffu3a.org.uk

City URC, Windsor Place. 3rd Thursday of the month at 10:30 –12:00.

Sept 19, Oct 17, Nov 21, Dec 19.

Recorder Group (NOTE: Change of Venue)

Contact – Marion 2091 4602 - recorders@cardiffu3a.org.uk

From Sept at St. Edward's Church, Westville Rd.(at Blenheim Rd), Penylan

Weekly on Wednesdays 2:00 - 4:00.

Science (Run in Partnership with Cardiff University Biosciences)

Contact – Ted - 07825 798997 - science@cardiffu3a.org.uk

Anatomy Lecture Theatre, Sir Martin Evans Building, Cardiff University.

3rd Wednesday of the month 2:00 - 4:00.

Sept 18, Oct 16, Nov 20, Dec 18.

Singing for Pleasure

Contact – Lynne –07901 968907 - singing@cardiffu3a.org.uk

City URC, Windsor Place.

Usually 2nd and 4th Mondays of the month 1:00 - 3:00.

Sept 16+23, Oct 14+28, Nov 11+25, Dec 2*+16*. (* at Eglwys Dewi Sant)

Spanish Conversation

Contact – Kerry - spanish@cardiffu3a.org.uk

Weekly on Tuesdays 11:00 – 12:00 at the Community Room, Virgin Money Lounge, Trinity Street (adjacent to the Old Library) .

Weekly on Wednesdays 11:00 – 12:00 at The Pantry by Spiros in the Cornerstone Cardiff, Charles Street.

Sunday Lunch

Contact –Shelagh –2049 4664 - sunday.lunch@cardiffu3a.org.uk

Various City Centre Restaurants. Normally the 1st Sunday of the month at 1:00.

Sept 8, Oct 13, Nov 3, Dec 1.

Swimming

Contact – Jeff – swimming@cardiffu3a.org.uk

Llanishen Leisure Centre, Ty Glas Ave.

Weekly on Tuesdays during school term time only 2.45, 3.45

Tai Chi

Contact – tai.chi@cardiffu3a.org.uk

Citizens Hall, Heath

Weekly on Wednesday afternoons from 12:15 to 1:15

Thursday Discussion Group

Contact - Michael -- 2037 1337 - tdg@cardiffu3a.org.uk

City URC, Windsor Place. 2nd and 4th Thursdays of the month 10:30 - 12:00.

Sept 12+26, Oct 10+24, Nov14+28, Dec 12*.

(* tbc)

Walking Group

Contact – Mary –2075 7311 - walks@cardiffu3a.org.uk

Locations in and around Cardiff and The Vale.

1st and 3rd Tuesdays of the month.

Sept 3+17, Oct 1+15, Nov 5+19, Dec 3+17.

Weekenders

Contact - Nonn – weekenders@cardiffu3a.org.uk

Please refer to the on-line calendar for upcoming events.

Welsh Improvers

Contact – Marilyn - welsh2@cardiffu3a.org.uk

Ivor Novello Room, St David's Hall.

1st and 3rd Friday of the month at 11:15 -- 12:30.

Sept 6+20, Oct 4+18, Nov 1+15, Dec 6+20.

Welsh One-to-One Conversation

Contact – Jean – 07929 324720

Time and venue by arrangement.

Writers Enjoying Words

Contact – Richard – 2061 9965 - writers@cardiffu3a.org.uk

Ivor Novello Room, St David' Hall,

Fortnightly on Mondays 10:15 - 12:15.

Sept. 2+16+30, Oct 14+28, Nov 11+25, Dec 9.

Writers 2

Contact– Owen – writers2@cardiffu3a.org.uk

Ivor Novello Room, St. David`s Hall,

Fortnightly on Mondays 10.15 - 12.15

Sept 23, Oct 7+21, Nov 4+18, Dec 2+16.

Information correct at 08.09.2019

Please refer to the Calendar on the Cardiff U3A Website for any changes to the above, or check with the contact for specific group information

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