

Third Age Trust Free Online Learning Events & Courses -Mar 1st – Mar 20th

All these are provided by our governing organization, not Cardiff u3a. You will need to register, top right hand side of page. These online talks etc are mostly via EventBrite; you are not required to download anything.

Course	Demonstration	Discussion	Participation	Talk	Workshop
C	D	Dis	P	T	W

Tuesday 3rd March					
Flight Inspirations Aviation Group: the new space race			10.00-12.00	T	
Wednesday 4th March					
Me and my carbon footprint			13.00-14.30	T	
Thursday 5th March					
Beyond the beam: what we do with lasers			10.00-11.30	T	
Friday 6th March					
Novel writing with Jenny Newman			14.00-15.00	W	
Monday 9th March					
Exploring World Faiths: March			10.00-11.30	T	
Tuesday 10th March					
Spring-clean your vitality with qigong			10.00-11.30	P	
Note: Easier than Tai Chi. This class is suitable for those with experience, complete beginners and those with health conditions. Whilst usually performed standing there is the option to use a chair.					
Wednesday 11th March					
Laughter Yoga with Judith: March			10.00-10.45	P	
Note: Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama).					
The evolution of AI and our changing world			14.00-15.00	T	
Thursday 12th March					
The Match Girls' Strike and how it changed British labour history			10.00-11.00	T	
The Lancashire Witches			11.30-12.30	T	
Katherine Swynford: myth and reality			14.00-15.00	T	
Empress Matilda: the first queen England never had			15.30-16.30	T	
Monday 16th March					
u3a Yoga Network: subject surgery			10.00-12.00	W/P	
Note: Find out more in our discussion session, followed by a relaxing yoga practice. Suitable for all as seated options are available in the yoga practice. There will be the opportunity to hear from experienced u3a yoga Group Leaders and lots of time for questions and answers.					
Tuesday 17th March					
London Thames Bridges			14.00-16.00	T	
Note: Brian Cookson will take us round the bridges in London from Tower bridge to Westminster Bridge and learn about their history and design.					
Thursday 19th March					
Mindfulness and meditation continuation session: March			10.00-11.30	P	
Note: Members of u3a who haven't participated in the series are also welcome, but we recommend that you first take a look at the materials on the series website, https://www.mindfulaging.org/					
Friday 20th March					
AI news: March: AI and education			10.00-11.30	Dis	
The Truth in Ten			14.00-15.00	T	
Note: About the science of climate change					

Puzzles & Games
Logic Puzzles For Fun
Maths Challenge
Have a go at Aileen's game!
Interest Groups run by u3a Online
Note: This is subscription only (£12 pa currently)
Interest Groups Online
Note: Everything from Agatha Christie appreciation to Prog Rock toLinux Discussion Group to Latin to Virtual Walks. There are either spaces available or a waiting list.
Courses
Cryptic Crosswords for Beginners: six-week course starts 22 April
Beginner's Bridge Course
Note: This gets full quickly – they are accepting students for Summer 2026. It is free but is online.
Canva Course
Note: DIY Course via presentation Canva is a powerful online graphic design program, able to create posters, presentations, videos, websites, indeed any kind of media involving pictures and other graphics (as well as editing our photos and creating photobooks and collages).
Mindfulness and Meditation Series – a 6 week course starting Wednesday 25 th Feb
Projects & Competitions
The still got it photography project
We're inviting you to take part in a celebration of positive ageing through photography.
Paint or Draw March Theme "The Old Town" ends 18 th March
We are running a monthly challenge to encourage people to paint or draw a piece of artwork, then take a photo of their work and submit their pictures via our online form. We are going to be posting a different theme each month and inviting u3a members to submit photos of their creations on that topic.
u3a Eye – Photography March Theme "Layers" ends 19 th March
We are running a rolling photography project to encourage members to take and submit pictures of their surroundings. We post a different theme every two months and invite you to submit your photo on that topic. This is not a competition and it is not only about your photographic skill – we are looking for any interesting photos and interpretations of the theme. Anything which has captured your imagination or caught your eye.
u3a Eye – Photography Theme for April/May is "Fancy"