

Third Age Trust Free Online Learning Events & Courses – Mar 23 – April 10

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 24th March					
The cancer research revolution and reasons for optimism			11.00-12.30	T	
Thursday 26th March					
Deafness and beyond: the tribulation and triumph of Ludwig van Beethoven.			14.00-15.30	T	
Tuesday 31st March					
Laughter Yoga with Merrie Maggie: March Note: Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Please read page about medical conditions which may make this exercise unsuitable.			15.30-16.30	P	
Wednesday 1st April					
Can virtual reality really enhance our lives?			13.00-14.30	T	
Tuesday 7th April					
Flight Inspirations Aviation: The British Airman of the First World War			10.00-12.00	T	
Wednesday 8th April					
Laughter Yoga with Judith: April Note: Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Please read page about medical conditions which may make this exercise unsuitable.			10.00-10.45	P	
Friday 10th April					
Staying Safe Online - A u3a Presentation with Q&A			10.00-11.30	P	
Friday 10th April					
Adventures in science with u3a			14.00-15.00	T	
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 to Linux Discussion Group to Latin to Virtual Walks. There are either spaces available or a waiting list.					
New groups include Russian reading and conversation 2 and opera appreciation Spaces are available for both.					
Recently formed and Potential Interest Groups					
Worth a look as you could help set up a new Interest Group – i.e. About Whisky or American Politics or Great Albums of the 80's and 90's					
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).

Workshops

The Third Age Trust has developed workshops in partnership with u3a members to provide support, information and advice for all u3a members. The workshops are delivered online using Zoom by Trust volunteers who bring their experience as Trustees, u3a Chairs and Committee members.

All u3a members are welcome to attend these workshops which are informal and informative and provide a great opportunity to meet and exchange ideas and share best practice with u3a members across the UK. If you are curious to learn and would like to join us at an upcoming workshop, please book your place using the links below.

Monday 11th May

[Equality, Diversity and Inclusion Coffee Morning](#)

10.00-11.30

W

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 18th 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 19th 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"