

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.

Monday 13th July		
Exploring World Faiths: Faith and humanitarianism	10.00-11.30	T
Thursday 16th July		
A few small nips: Frida Kahlo and the art of pain	14.00-15.30	T
Monday 20th July		
A virtual tour of the Watts Gallery and Artists' Village	14.00-15.30	VT
Tuesday 21st July		
Laughter Yoga with Merrie Maggie: July Note: Pranayama Yoga (deep yogic breathing) is combined between the Laughter exercises. The aim is to bring more joy and laughter into your life through Laughter Yoga - an aerobic exercise with playful exercises and hand claps combined with deep yogic breathing.	15.30-16.30	P
Thursday 23rd July		
Everything you need to know to get published	14.00-15.00	T
Friday 24th July		
AI News July: AI futures	10.00-11.30	T
Friday 24th July		
The History Man virtual walk, Scoundrel (Dick Turpin)	14.00-15.00	T
Monday 27th July		
Secrets of the human brain: vision	14.00-16.00	T
Thursday 30th July		
The climate crisis and the National Emergency Briefing	10.00-11.30	T
Friday 31st July		
Staying Safe Online - A u3a Presentation with Q&A	10.00-11.30	P
Tuesday 4th August		
Flight Inspirations Aviation Group: August	10.00-12.00	T
Wednesday 5th August		
Building the world's most advanced airliners	13.00-14.30	T
Tuesday 11th August		
Digital hobbies for the third age	14.00-15.30	P
Wednesday 12th August		
Laughter Yoga with Judith: August 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 14th August		
Deepfakes demystified: understanding the risks and staying safe	14.00-15.00	T/P
Tuesday 18th August		
Cryptic Crosswords in Context Note: This is a repeat talk	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)

[News Extra Online June 2026](#). Includes info on new Groups.

Interest Groups Online

Note: Everything from [Coffee and Conversation](#) to [Exploring Classical Music](#) to [Fish School \(Tropical\)](#) to [Family History for Beginners](#). There are either spaces available or a waiting list.

Courses

Beginner's Bridge Course

Note: This gets full quickly – they are accepting students for end of 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).

u3a Podcast

Available on u3a YouTube, Spotify, Apple Podcasts, Podtail.

Not listened to it but if you do drop me an email to tell me about it.

Cryptic Crosswords Course:

Introduction to Cryptic Crosswords: 2-hour taster session - Tuesday 15 September, 2-4pm

Cryptic Crosswords for Beginners: six-week course starts 3 November

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 July/August Theme "Comedy" ends 26th August

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 June/July Theme "Nostalgia" ends 23rd July.

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.

The u3a Essay Competition 2026 – details now available. The theme is now available. The theme is "For this year's essay competition, we invite you to explore an incredible journey that really happened." Deadline: Submit by 12 noon, Friday 31 July 2025