

Third Age Trust Free Online Learning Events & Courses – April 1st – May 1st

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

Wednesday 1st April		
<u>Can virtual reality really enhance our lives?</u>	13.00-14.30	T
Tuesday 7th April		
<u>Flight Inspirations Aviation: The British Airman of the First World War</u>	10.00-12.00	T
Wednesday 8th April		
<u>Laughter Yoga with Judith: April</u> 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		
<u>Staying Safe Online - A u3a Presentation with Q&A</u>	10.00-11.30	P
Friday 10th April		
<u>Adventures in science with u3a</u>	14.00-15.00	T
Thursday 16th April		
<u>Mindfulness and meditation continuation session: April</u> 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/	10.00-11.30	P
Thursday 16th April		
<u>Richard Nixon- a truly complex man</u>	14.00-15.00	T
Friday 17th April		
<u>The Magic of Magic Squares</u>	14.00-15.00	T
Tuesday 21st April		
<u>Anglo-Saxon England - from the dark ages to the viking age</u>	14.00-15.30	T
Wednesday 22nd April		
<u>Cryptic crosswords for beginners: six-session course (April/May 2026)</u> Note: Registration closes on 6 th April for this 6 week course.	10.00-11.30	C
Thursday 23rd April		
<u>The Missing Pieces project: connecting people and place</u> Note: The talk will introduce the <i>Missing Pieces</i> project, which invites the public to share photographs, memories and insights about the unique places recorded on the National Heritage List for England. With more than 400,000 protected historic sites across the country, everyone lives close to places with stories still waiting to be told. By contributing your own perspectives, you can help reveal overlooked histories and build a richer picture of England's heritage for future generations.	14.00-15.30	T
Friday 24th April		
<u>AI News April: AI and geopolitics</u>	10.00-11.30	T
Tuesday 28th April		
<u>Laughter Yoga with Merrie Maggie: April</u> 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 30th April		
<u>Oi! Mind yer language!</u>	14.00-15.30	T/P
Friday 1st May		

<u>Kingsmeadow House: the inside story of a modest country house</u>	14.00-15.30	T
Puzzles & Games		
<u>Logic Puzzles For Fun</u>		
<u>Maths Challenge</u>		
<u>Have a go at Aileen's game!</u>		
Interest Groups run by u3a Online		
Note: This is subscription only (£12 pa currently)		
<u>Interest Groups Online</u>		
Note: Everything from <u>Chess</u> to <u>Early Women Doctors' Research</u> to <u>Let's write a play</u> to <u>Recorders Intermediate</u> to <u>3D Printing at Home</u> . There are either spaces available or a waiting list.		
New groups include <u>Russian reading and conversation 2</u> and <u>opera appreciation</u> Spaces are available for both.		
<u>Recently formed and Potential Interest Groups</u>		
Worth a look as you could help set up a new Interest Group – i.e. <i>About Whisky</i> or <i>American Politics</i> or <i>Great Albums of the 80's and 90's</i>		
Courses		
<u>Cryptic Crosswords for Beginners: six-week course starts 22 April</u>		
Must register by 6th April		
<u>Beginner's Bridge Course</u>		
Note: This gets full quickly – they are accepting students for Summer 2026. It is free but is online.		
<u>Canva Course</u>		
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		
<u>Equality, Diversity and Inclusion Coffee Morning</u>	10.00-11.30	W
Projects & Competitions		
<u>The still got it photography project</u>		
We're inviting you to take part in a celebration of positive ageing through photography.		
<u>Paint or Draw</u> April Theme "Into the Blue" ends 29th April		
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.		
<u>u3a Eye – Photography</u> April Theme "Fancy" ends 22nd May		
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”