

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.

Tuesday 11th August		
<u>Digital hobbies for the third age</u>	14.00-15.30	P
Wednesday 12th August		
<u>Laughter Yoga with Judith: August</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 14th August		
<u>Deepfakes demystified: understanding the risks and staying safe</u>	14.00-15.00	T/P
Tuesday 18th August		
<u>Cryptic Crosswords in Context</u> Note: This is a repeat talk	14.00-15.00	T
Thursday 20th August		
<u>The Scottish colourists on Iona</u>	14.00-15.00	T
Tuesday 25th August		
<u>Laughter Yoga with Merrie Maggie: August</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	W/P
Tuesday 1st September		
<u>Flight Inspirations Aviation Group: September</u>	10.00-12.00	T
Friday 4th September		
<u>Wild, edible autumn seeds</u>	10.00-11.30	T
Monday 7th September		
<u>Triumph to Trauma (940 to 1042): the conquest before The Conquest!</u>	14.00-15.30	T
Wednesday 9th September		
<u>Laughter Yoga with Judith: September</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	W/P
Friday 11th September		
<u>Drones, huh? What are they good for? - follow-up discussion</u> There were many great questions that we didn't get to, both during the (previous) session and in feedback after the event, so by popular demand Steve wings his way back! He will briefly recap what was covered in his previous session, then open the floor for some interesting discussion and opinions.	14.00-15.00	Dis
Monday 14th September		
<u>Exploring World Faiths: faith and gratitude</u>	10.00-11.30	T
Tuesday 15th September		
<u>Introduction to Cryptic Crosswords (Repeat)</u> This is a taster for the Cryptic Crossword Course.	14.00-16.00	W
Wednesday 16th September		

Life in your smallest rooms: the history of personal hygiene	10.00-11.00	T
Wednesday 16th September		
Mindfulness and meditation series Note: The course will run on Wednesday mornings at 10am-11.15pm, beginning on 16 September for 6 weeks. You only need to sign up via Eventbrite once.	10.00-11.15	C/P
Thursday 17th September		
“The Titanic Sails At Dawn” - punk in the 1970s	10.00-11.00	T
Thursday 17th September		
Mindfulness and meditation continuation session: September 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/	10.00-11.00	P/W
Monday 21st September		
Secrets of the human brain: sleep and dreams	14.00-16.00	T
Thursday 24th September		
Promoting brain health: From evidence to action	14.00-15.30	Dis?
Friday 25th September		
AI news September: four years of AI chatbots	10.00-11.30	P
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) IGO July 26 News Extra - Includes info on new Groups.		
Interest Groups Online Note: Everything from Dutch/Flemish Conversation to Fashion and Beauty to Find Joy and Fun in Poetry 1 (and yes there is a '2') to Jazz - Big Band and Swing . 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 August/September Theme “Disruption” ends 24th September.

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.