

Third Age Trust Free Online Learning Events & Courses – April 21st – May 29th

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 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>				10.00-11.30	C
Note: Registration closes on 6th April for this 6 week course.					
Thursday 23rd April					
<u>The Missing Pieces project: connecting people and place</u>				14.00-15.30	T
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.					
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>				15.30-16.30	P
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.					
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
Thursday 7th May					
<u>SAVE buildings at risk: empowering communities</u>				14.00-16.00	T
Friday 8th May					
<u>Enormous numbers and where to find them</u>				14.00	T
Note: No end time given but most talks last 60-90 minutes					
Monday 11th May					
<u>Exploring World Faiths: May</u>				10.00-11.30	T
Tuesday 12th May					
<u>The Call of the Wild: Stories from the Frontiers of Exploration Artic & Antartica</u>				14.00	T
Note: No end time given but most talks last 60-90 minutes					
Wednesday 13th May					
<u>Laughter Yoga with Judith: May</u>				10.00-10.45	P
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.					
Thursday 14th May					

Suffering and hope in Tolstoy's Anna Karenina	14.00-15.30	T
Friday 15th May		
The legacy of Edinburgh's Victorian swimming baths	14.00-15.30	T
Thursday 21st May		
Mindfulness and meditation continuation session: May 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
Friday 22nd May		
AI News May: How can AI help us to maintain our independence?	14.00-15.30	T/P
Tuesday May 26th		
Laughter Yoga with Merrie Maggie: May 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 28th May		
People's Collection Wales: exploring the public archive of Welsh history	14.00-15.30	T
Friday 29th May		
Drones, huh? What are they good for?	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 Exploring Classical Music to Family History to Mwynhau Cymraeg (Enjoying Welsh) to Virtual Visits to What to Watch . There are either spaces available or a waiting list. New Groups include Shared Reading Group and Improv - Long Form Scene Work . Spaces are available for both. Worth a look!		
Recently formed and Potential Interest Groups Worth a look as you could help set up a new Interest Group – i.e. Food & Drink or Learn GeoGuesser or Sign Language .		
Courses		
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

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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](#) 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.

[u3a Eye – Photography](#) 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"