

**Narberth U3A
Newsletter January 2019**

A very happy New Year to all our members

January monthly meeting

This meeting on 12 January was attended by 54 members and also one returning member and four potential members, two of whom have now joined. Our membership is now almost up to 200!

Following Kay Howells' welcome, Lorraine gave a short explanation of the recent changes to our website, and asked if groups had photos she could put on it - not necessarily of specific people, but perhaps of places or activities associated with the groups. She is putting up a regular 'photo of the month' on the home page. If you haven't looked at the website recently (or at all), do have a look and if you have any suggestions contact Lorraine. (<https://u3asites.org.uk/narberth>).

Mary Houseman then gave a fascinating and amusing talk on 'Local Legendary Ladies' - Rhiannon, Nest and Lucy Walter, all of whom lived in or came from Pembrokeshire and had an impact on the world as young women. Thank you, Mary.

Narberth Museum 01834 860500

Two events are coming up at the museum:

Thursday 24 January: 7.30 pm: Talk by Terry John on 'Female Artists of the 16th and 17th Centuries'
Saturday 9 February, 7.00: 'Carry on at Carew': A WW2 murder mystery evening.

£15 to include a buffet. Pre-booking is essential for this.

Yoga for the Over-50s

This is not a U3A class, but our members might be interested.

A 10-week class at the Bloomfield Centre, beginning on Wednesday 23 January, 2.00-3.30.

It will include relaxation techniques, safe stretching and gentle yoga movements, and the art of breathing properly. This has been running at Tenby for a few years and among others attracts people with specific challenges such as Parkinson's and MS - all are welcome.

If you are interested in this class, you must call the Bloomfield Centre (01834 860293) to put your name down as soon as possible. This is because if too few names have been registered, the class will not run.

A Chair Yoga class might also begin later in the spring, for people who would like the benefits of yoga but who feel they would not be able to get down and up from the floor.

Architecture and Design

Joe Rielly would like to start up an Architecture and Design group. Before confirming this, we need to know how many members are interested. The day and time would depend on the numbers and venue. If you are interested (even if you're not sure that you could definitely go) please let Kay Howells know as soon as possible (karoho18@gmail.com or 01834 861550).

We have a choice about whether we visit the countryside, parks or driving on roads. We have no choice about visiting buildings as they are an essential element of our civilization. The more we understand about our built environment, the better we are able to appreciate what it contributes to our daily lives. This group explores all aspects of this wide-ranging subject and helps us pose questions about our responses to buildings and their interiors. Why do we like some buildings, dislike others and are completely indifferent to most? What have architects and designers done to elevate our satisfaction with a building by correctly understanding its function and its users' needs and designing a building we enjoy using? We will look at the work of individual architects and designers as well as

the various historical 'movements' that have occurred in these disciplines, using illustrated talks and DVDs.

Talks and events this month:

History on 16 January: The 1980s

Art Appreciation on 22 January: The Bohemians

Jazz Study on 24 January: Jazz in West Coast America

Gardening on 5 February: Gardens of East Sussex

Lunch Group on 8 February: Boar's Head, Templeton

Music on 12 February: New Songs from Old Music

Film on 13 February: 'The Children Act'

Science on 14 February: Origins of Life - the Present Day Dinosaurs

Members are reminded that they take part in U3A activities at their own risk