



Chairs Ramble

Gosh, the 5th month of the year already and we have enjoyed some slightly better weather in April and also the lighter evenings. The most momentous things for us was the birth of our second grandson on the 10th April!

May seems to be a month full of bank holidays and I hope that lots of you will be able to join us for Music and a Picnic in the Park on Monday 8th May. Music in the Park is a **FREE EVENT** being organised by the park committee and members of the town community groups to celebrate the coronation of Charles III. It will be a celebration for all the family to enjoy, with music and activities. Local band Backtrax, sponsored by Newcastle Emlyn Town Council, will be headlining the music, but there is also an OPEN MIC session so for all those budding musicians, poets and performers, book your slot by email to juliemnells@outlook.com before 1st May.

The whole event runs from 1pm -6pm and we are asking some of our members to help at the start of the event as stewards, welcoming guests and telling them what is available. If you would be able to help please contact Tracy on tracymaczka30@gmail.com. We are also providing support to play Petanque. Then at about 4pm it would be great if as many of you as possible could gather by the Petanque terrain with your picnics to enjoy some time together. If you can decorate your tables and yourselves as a bit of fun even better! I do hope as many as possible support this event.

Our speaker in April was Colin Lewis. He gave us an interesting insight into how and why the 50p coin got its shape 54 years ago and how it has developed since.

Our speaker for Wednesday 3rd May is Flis Randall, who we have had before, but this time she will be giving us her next instalment of the Haggar family who were important in the Cinema world of South West Wales. Flis is an enthusiastic and interesting speaker and will be well worth listening to.

I hope you have all received your Third Age Matters magazine as there are a couple of interesting headlines I rather liked. The first is on page 41 'Every member should be doing something'. Even if you don't feel you are committee material there are lots of other roles/jobs that you can do in our u3a. The group only works if everyone supports it and does their bit to help. The second headline is on page 73, 'Age is not a barrier to learning and trying new things'. If there is something you fancy having a go at then maybe start a group or suggest it to the Bucket List group as a possible event.

Hazel

MAE CYDWEITHFA GYMUNEDOL CASTELL NEWYDD EMLYN A'R CYFFINIAU YN CYFLWYNO
NEWCASTLE EMLYN AND DISTRICT COMMUNITY COLLECTIVE PROUDLY PRESENT

MIWSIG YN Y PARC MUSIC IN THE PARK 8/5/23 1 - 6PM

**Cae Chwarae Brenin Siôr V
King George V Playing Fields**

**Dydd Llun Gŵyl y Banc
8fed Mai 2023**

1-4pm Meic Agored. I gymryd rhan
ebostiach: juliemnells@outlook.com
cyn 1af Mai i archebu eich lle.
4-6pm Cerddoriaeth fyw o'r
band enwog Backtrax

**Dewch â Phicnic ac
ymunwch yn Hwyl y Teulu**

**Lluniaeth ar gael a
gweithgareddau i'r teulu oll**

**Joio gered a
mynd amdani!**

**Bank Holiday Monday
8th May 2023**

1-4pm Open Mic. To take part
email: juliemnells@outlook.com
before 1st May to book your slot.
4-6pm Live Music from the
renowned band Backtrax

**Bring a Picnic and Join
the Family Fun**

**Refreshments available plus
activities for the whole family**

**So rock up and
get in the groove!**

**MYNEDIAD AM DDIM, BYDD RHODDION A DERBYNIADAU YN MYND
TUAG AT GEFNOGI'R CAE CHWARAE A MAN CHWARAE'R PLANT
ENTRY IS FREE, DONATIONS AND PROCEEDS WILL GO TOWARDS
SUPPORTING YOUR PLAYING FIELDS AND CHILDREN'S PLAY AREA**

Every Thursday from 10.00am at Penboyr Village Hall

3rd Wednesday from 2.00pm at Coracle Hall, Llechryd - Joint with Cardigan u3a.

2nd and 4th Wednesday from 12 - 2 at Llandysul Leisure Centre

4th Tuesday from 10.30am at venue to be advised (currently Zoom meetings).

1st Tuesday 3rd Monday 2.00pm at NCE Bowling Club

Date, Activity and Location will vary - see 'What's On In Newcastle Emlyn u3a'

2nd Wednesday from 10.30am at Penboyr Village Hall.

2nd Thursday from 11.00am at Ali's - venue varies.

Suspended for the winter

2nd Tuesday from 10.30am at Coracle Hall, Llechryd - Joint with Cardigan U3A.

2nd Monday from 2.00pm at Susan's in Pontgarreg

4th Tuesday from 2.30pm at The Church of Latter Day Saints, Newcastle Emlyn.

4th Monday - at 11.00am at various private locations.

3rd Tuesday from 10.30am at Penboyr Village Hall.

1st Thursday at 2pm venue varies.

3rd Tuesday from 2.00pm at Hazel's in Waungilwen.

Suspended for the winter

Last Wednesday - venue varies.

2nd Friday from 11.00am at Penboy Village Hall.

**1st Monday and 3rd Tuesday from 2.00pm
George VI playing fields Newcastle Emlyn**

3rd Thursday from 11.00am at Penrhiwllan Village Hall.

**4th Monday from 2-00pm at Coracle Hall
Llechryd**

**1st Tuesday from 10-30am venue to be
confirmed**

2nd Wednesday from 10.30am to 12.00noon.

Last Friday of the month from 10.30am, venues vary - to be decided monthly.

2nd Tuesday from 2.00pm and 4th Thursday from 10.30am at Rhydlewis Village Hall.

1st Monday from 2pm at Ffostrasol Village Hall

2nd Monday from 10.30am venues varies.

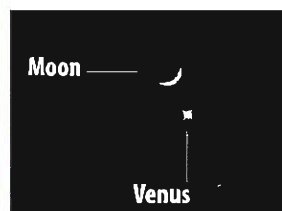
1st Tuesday from 10.30am at Vicky's in Capel Iwan or Liz's in Cenarth.

3rd Thursday from 7.00pm - venue varies, amongst the group.

ASTRONOMY

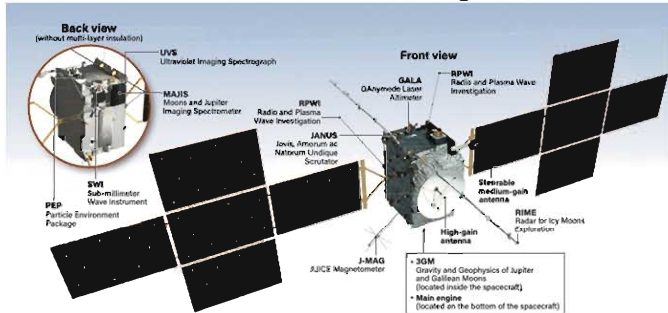
The Cardigan and Newcastle Emlyn joint u3a Astronomy group met again on April 19th. We had our usual chat about what is easy to see in the forthcoming week or so – and, as has been the case for some weeks, it is Venus which is the unmissable bright object in the western sky in the hour or two after sunset. This will continue for at least a couple of months as Venus is still moving out to its maximum distance from the Sun when viewed from Earth, and won't be there until June 4th.

We were alerted to the situation at the following weekend when Venus would be in close conjunction with a thin waxing Moon. It was New Moon time on Thurs, 20 April so looking west at about 9pm from Eglwysrwrw, gave these two views on Fri, 21 Apr and Sun, 23 April, respectively. In case the scale is too small to see, the crescent Moon was like the 3rd pic.



Like the Moon, Venus is often visible well before the sky is dark, and in the two days which separated this images, the Moon moved upwards from the horizon and passed Venus. On the intervening day, when the Moon was much closer to Venus but still below it, they were both visible but it was much more cloudy.

Adrian had prepared some slides about Jupiter's icy moons, the European Space Agency's JUICE probe having been launched successfully a few days earlier – so, of course, we looked at the make-up of the space-craft and what it was designed to achieve when it finally reaches Jupiter's planets in 2031. JUICE's main body is about the size of a Ford Transit and weighs about 6 tonnes (on Earth!).



There are 11 main measuring instruments and the more sensitive parts are surrounded by lead to protect them from Jupiter's fiendish radiation - but about 3 tonnes of the weight is the methyl hydrazine and nitrogen dioxide propellants which will be required to react together to fuel the main engine and side thrusters whenever the probe has to change direction or speed. The electrical supply comes entirely from solar cells which, because Jupiter only receives 4% of the sunlight that Earth does, are enormous – 27 metres across.

JUICE will take 8 years to reach Jupiter because its route is designed to minimise the fuel required for the journey, and to leave as much as possible for manoeuvres within the Jupiter system. To achieve this, it is using fly-bys of the Earth (twice), Moon and Venus to gravity-assist (or sling-shot) it on its way past Mars and through the Asteroid Belt to the Jovian destination.

When it gets there, it will do around 35 different orbits of Jupiter over 3 years, observing the moon Europa, and Jupiter's magnetic fields, etc, etc, and then go into orbit around Ganymede, the Solar System's largest moon. It will also observe the 3rd icy moon, Callisto, before being directed to crash-land on Ganymede (to prevent it accidentally finishing up on Europa and contaminating it). These 3 moons were all found by previous space-probes to have very thick ice-surfaces and under-ice oceans, facts confirmed in part for Europa by the Hubble space telescope. This water/mineral rock situation gives the prospect of simple life-forms existing in those oceans – particularly Europa's – like we have in the darkest, volcanic trenches here on Earth. So in the early 2030s we should get (if we are still around!) much more information in this area, as this is the primary aim of the mission.

Previous space fly-bys have captured images of the ice-surfaces of Europa, Ganymede and Callisto – left to right, in the order of their distance from Jupiter.



Our next meeting will be on Wed, 17 May at 2pm in Lechryd's Coracle Hall. Please come and join us if you are interested, or ring 01239-891549 if you want more information.

BADMINTON

Galleo

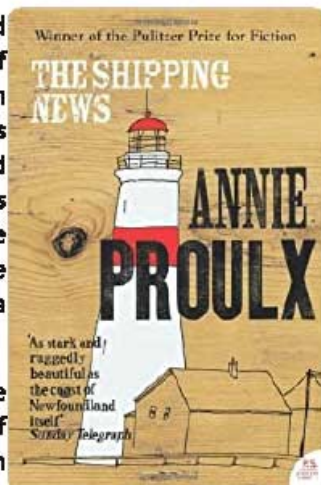
With the arrival of spring the sports hall has finally warmed up enabling those that struggled somewhat to warm up to play without frozen fingers. The numbers are fairly constant but if there are members out there who would like to give it a go please turn up, we would love to see you.

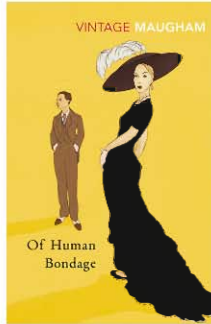
Nigel

BOOK CLUB

The Shipping News was published in 1993 and won the Pulitzer Prize for Fiction. It follows the life of Quoye, an unsuccessful reporter in a small town in New York State, whose flagrantly unfaithful wife is killed in a car crash. Quoye moves to Newfoundland with his two, unsettled, young daughters and his aunt, to her childhood home. He gets a job with the local paper and slowly becomes part of the community. He gradually ceases to be a downtrodden failure and finds contentment.

There were mixed feelings about this book in the group. Some loved it and thought the description of the life of fishing, the sea and the weather in Newfoundland very evocative. Others were unable to finish the book, finding the writing style and subject matter unappealing.





Our next meeting will be on Tuesday 25th April, on zoom, and we will be discussing *Of Human Bondage*, by W Somerset Maughan.

Vicky

BOWLS GROUP

The u3a bowling group will recommence for the summer on Tuesday 2nd May at the NCE Bowling Club starting at 2pm. The cost remains at £3 for the session. We meet twice a month on the first Tuesday and third Monday. The dates are as follows:-

May - Tuesday 2nd & Monday 15th

June - Tuesday 6th & Monday 19th

July - Tuesday 4th & Monday 17th

August - Tuesday 1st & Monday 21st

September - Tuesday 5th & Monday 18th

Do come along and have a go.

Julia

BUCKET LIST GROUP

The next event for the group is as follows :-

24th MAY

SOUTH WEST POLICE, MOUNTED and DOG DIVISION, BRIDGEND.

This is an amazing chance to see and learn what goes into training Police dogs and horses with a 2 hour guided tour of this Division of the Dog and Mounted Police.

The only cost of this trip is for the coach, as we can take up to 30 people we will be opening this event up to the rest of the U3A after the Bucket list members have had a chance to book their place.

The plan is to leave NCE car park at aprox 8.30am. We will be making a lunch stop at somewhere like a Harvester after our visit and plan to be home around 4pm.

We are unable to give a price for the coach at the moment as it depends on how many want to go but as a guide if 25 people go it will be about £16.00 each.

To check if there any places still available for this event please email Helen Nolan at :-

helencoedmor@gmail.com

Helen

CRAFTY CRAFTERS

Seven members met in April. Because we'd had to cancel the meeting in March due to the weather, some members continued with their Kantha embroidery. Those members who had already completed their Kantha embroidery worked on an embroidery sampler learning new stitches.



Our next meeting will be Wednesday, 10th May.

Ruth

CREATIVE WRITING

This month we welcomed a new member, Cas, who brings with her a love and knowledge of poetry, and fitted well into our happy little group. We brought our homework in to read and discuss, a poem or short story with the title, "I really shouldn't be telling you this, but....." and everyone had very different pieces which was perfect.

If anyone else wants to join our merry band please let me know, we meet 2nd Thursday of the month at 11am in Rhydlewis Hall.

Ali

DIGITAL PHOTOGRAPHY

April's homework was 'attention to detail' with any choice of subject. The group were asked to consider the following regarding their homework:

- Think about the positioning of your primary subject.
- Make sure that your camera is straight, both side-to-side and front-to-back.
- Move that trailing cable or clutter that is in your shot out of the way.
- If staging your photo, you might have to put some items in an odd spot to make it look natural in the image.
- Fill the frame with colour.
- Just 2 colours.
- Things in threes.
- Plain background.
- Patterns, circles, stripes or diagonals.
- Texture.
- Etc.



Colin Luker



Teresa O'Ryan



Michele Courtney



Dave Thomas



Alan Cooper



Margaret Taylor

The homework for May is 'glass' with subjects such as a drinking glass, a bowl, a vase, a shop window, or anything else that is glass. The group were asked to consider; did they want a reflection from the glass or not!

The photography tutorial videos, tip and books that I am collating are growing and I now have, 31 tutorial videos, 45 tip sheets and 356 e-books for members to choose from.

New and existing members are welcome to bring their camera equipment to group for discussion/tips, etc.

Beginners, intermediates and advanced digital photographers are welcome to join us. There is a £3.00 per person fee to cover the cost of the hall, tea/coffee and a biscuit or two, but please email me (Dave) at digitalphotography@cardiganu3a.org.uk or davejthomas66@gmail.com with your name and contact numbers prior to the next meeting. I will then send you a welcome email and links to the tutorial videos to aid you with the months homework.

Our next meeting is 10.30am to 12.30pm on Tuesday 9th May 2023 in Coracle Hall, Llechryd. (Please arrive around 10.15am ready for a 10.30 start.)

Dave

FAMILY HISTORY

Thanks to all who came to this week's meeting and for the interesting stories and items you brought and passed round. There were nine of us this time and we heard some sad tales of our direct ancestors' experiences in the First World War.

As some regular group members were not able to come this time, we shall continue with this topic next month. Our next meeting will be on 23rd May.

New members are welcome as always – please contact me if you would like to join the group.

Margaret

FRENCH

Ce mois-ci, nous avons regarde in film francais intitule "Intouchables". C'etait en partie drole et en partie emouvant.....un bon film. Nous avons de nouveau eye gentiment accueillis par Sue, avec ses delicieus gateaux! Le mois prochain, nous profiterons d'un "French Day" a Gwynneths. Salut!

This month we watched a French film called "Intouchables". It was in parts funny and in parts moving....a good film. We were kindly hosted by Sue, with her delicious cakes! Next month we will be enjoying a "French Day" at Gwynneths. Salut!

Ali

GAMES GROUP

Another good session in April with fourteen of us playing board and card games for a morning. It is a great way to unwind and also keep your mind active. All welcome.

The next session will be on Tuesday 16th May at 10.30 in Penboyr village hall. We are now getting quite a range of games which belong to the group but are always open to new ideas!

Hazel

GARDENING GROUP

To celebrate the arrival of Spring this month the group visited the Norwood Gardens and Tea Room located at Llanllwni in the Teifi Valley.

The visit was mainly about the appreciation of the Daffodil the national flower of Wales, as Norwood has over 90 different types on display



Our congenial host Tanya made us all feel welcome and with her normal enthusiasm launched into a presentation about the ubiquitous daffodil, explaining the 13 divisions of the plant and even treating us to a rendition of William Wordsworth's (what a great name for a poet) famous poem "I wandered lonely as a cloud". This poem concerns the finding of pleasure and comfort in nature which is i think what the Garden Group is all about

The weather was slightly unkind, although it stopped raining about the time we got there the sun did not make an appearance, rather teasingly, until we were leaving. This meant that almost as much time was spent in the comfort of the Tea Room as was spent touring the 3 acre Gardens. I think everybody enjoyed the tea and cake

Tanya was again a very good guide with an extensive knowledge of garden plants. She pointed out some of the work that had been carried out since our last visit, including the start of a lavender bank and a border of various grasses but we were struck by the amount of work that is still needed

Our next visit will be on Thursday the 4th of May to the Pen Y Cwm garden at Blaenfoss near Boncarth. This is a 2 acre garden with many interesting features and is new to the NGS catalogue

The Plant of the Month is this brilliant Drumstick Primrose, *Primula Denticulata*.



Mike

ICT SUPPORT

If you have a problem that we may be able to help with please give us a ring and book in as we understandably limit the numbers.



We cater for Apple, Android and Windows machines. We don't profess to be experts but will have a good go!

Hazel

PATCHWORK GROUP

We had good number of members in April with everyone working on their own projects. Amongst those projects, Julia was hand quilting a baby quilt, Denise was preparing and stitching the binding for a table runner as well as working on a pattern for a pair of dungarees for her grandson, Jessica finished the last log cabin block ready to stitch them together next time and Charlotte spent the time laying flowers out on a background ready for stitching.



Our next meeting will be Friday, 12th May.

Ruth

PETANQUE GROUP

Petanque is French boules played with metal balls on a hard gravel surface. If you are interested in finding out more and having a bit of fresh air and company please join us in the King George V playing fields in Newcastle Emlyn. (By the main car park)



All welcome, if you would like any further details please contact Trevor .

Trevor

PHILOSOPHY

Gwyn gave us a very interesting Philosophical view of "How important is kindness?" He gave us the thoughts of many Philosophers over the ages, and we had a good discussion with varying views..... very interesting. If you'd like to join us we meet the 3rd Thursday at 11am in Penrhiwllan Hall.

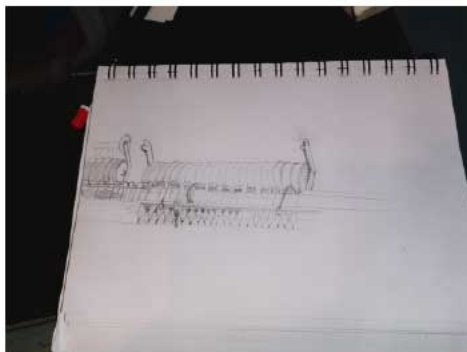
Ali

SKETCH GROUP

The Sketch Group met on the 4th April at the National Woollen Museum. This time the weather was dry and sunny and several of us managed to sketch outside.

Different subjects were chosen; trees were a popular study as the Spring brings them into bud and leaf, although the winter branches and twigs are still apparent.

Aspects of the machinery held interest for one sketcher , as seen in the image whilst another sought and found inspiration in the village playground.



The next meeting will be held on the 2nd May 10.30-12.30 at the Quay in Cardigan.

Everyone is welcome to join us.

Contact milliethomas946@gmail.com for more information.

Millie

STROLLERS

This months walk was a figure of eight walk around Henllan. Starting from Celtic Wine 10 members enjoyed the walk up through the village and down the Teifi river to the bridge. Then over the road past the redundant church, back to the river, on through woodland and under the old railway before a long climb up to the Cwm and back to the village. By this time we had split into two groups, the bolters at the front and the strollers well behind enjoying the views and abundance of wild flowers. The leader of the walk was puffing , well to the rear!



A drink and snack at Celtic Wine was the welcome reward for an enjoyable walk.

Future schedule as follows :-

26 May Hafod estate

30 June Ffynnonne Waterfalls

Tony

TABLE TENNIS

An enthusiastic crowd of table tennis players, we keep fit and mobile and improve our hand to eye co-ordination while having a good laugh.

Ali

THEOLOGY

TO BE A PILGRIM

Walking to a place of significance, usually in company, for the sake of deepening your faith is – remarkably – part and parcel of every religion in the world. Within Christianity, visits to important sites associated with the life of Jesus were taking place from the faith's very earliest years, prompting St Helena – mother of the Roman Emperor Constantine – to invent the discipline of archeology, after determinedly setting out to identify the correct locations of Jesus' crucifixion, birth, and ministry, in and around Jerusalem. Constantine followed up by building magnificent churches over what had previously been simple but interesting local curiosities, and the worldwide phenomenon of Christian pilgrimage – complete with miracles, souvenirs, and enough international trade to generate significant economic development – was off to a flying start. When those embarrassing Crusades severely hampered tourism to Israel/Palestine, a brisk business emerged at sites in Europe associated with saints and miracles: think Santiago de Compostela, Canterbury, Rome, and our very own St Davids. (2 x St Davids = 1 Rome; 3 x St Davids = 1 Jerusalem.)

The Golden Age of Pilgrimage may have stretched from the 12th to 14th centuries, but a glance at the TV schedules or web-search bears witness to a 21st century explosion of interest. Not so much hitch-hiking as 'walking with a purpose', experienced pilgrim (and Humanist) Colin demonstrated, with a thoughtful contribution, that you don't need a religious motive to benefit from the mindfulness, community, focus and quiet space that pilgrimage brings, whether it's the 'Iron Man of Pilgrimages' – Croagh Patrick at dawn on Easter Day, complete with punishing hill-climb, optionally on the knees – or a walk along the course of the River Teifi.

Pilgrimage, the Hitchhikers decided, appears throughout history to have been an activity for ordinary people. Posh folks sent others to pray for them, or travelled in luxury as part of their aristocratic progresses. Women as well as men (though probably fewer) have always been able to take part, thanks to the safety and economy of travelling in a group. We can certainly detect here the roots of the package holiday, especially when 4th century St Jerome voiced the familiar complaint that it was all becoming far too commercialised; many travellers were treating it as a riotously jolly holiday rather than a spiritual discipline; and there was no need to travel anyway, since God is everywhere.



Labyrinths and retreats have something in common with pilgrimage, as has time to focus on developing a new skill – especially as part of a group. There's something about stepping outside of our normal routines, slowing down and appreciating our surroundings, and joining with like-minded people that is good for us and our mental health. Columbus was motivated in part by religion when he set off to explore the New World; so does space exploration count as pilgrimage?

As ever, much to reflect upon, during and after the Hitchhikers' Guide to Theology. Next time: what on earth happened, round about the first full moon after the spring equinox, c2000 years ago? Easter – The Locked Room Mystery. Join us at 2pm on Monday May 1 (no slacking for us over the Bank Holiday!) in Ffostrasol Village Hall to puzzle over the REALLY big mystery.

Carol

WALKING GROUP

This month's walk of around 9 Km took us into Pembrokeshire starting at Pentre Ifan burial chamber one of only three given legal protection as a scheduled monument. The monument dates from around 3500 BC and currently consists of 6 upright stones with a capstone supported by three stones and is estimated to weigh 16 tons. The site is thought to be a communal burial chamber with the stones used being the same Blue stones as those used in Stonehenge.



From there we walked up to Carnedd Meibion Owen fabled to be three piles of stones/rocks used by three brothers to settle their fathers estate by throwing stones at each other. All I would say is that in those days they must have been very strong both in terms of



lifting the cap stone at the burial chamber and throwing the massive rocks at each other to settle the family estate. The hill afforded great views both of the surrounding hills but also the sea in the distance.



We then entered Ty Canol an ancient Oak and Ash woodland; the wood of over 170 acres is the largest block of ancient woodland in West Wales and is prized as one of the most important sites in the UK for lichens with over 400 species identified many



of which are very rare. The woodlands are also home to a variety of birds many of which we heard though rarely saw. We

then, after a few false starts, we made our way to Pentre Evan, via the Pentre Evan woodland, a small hamlet on the edge of the woods and came across an old farm in the process of being converted into what looked like a possible conference centre with some very impressive building conversions in the throes of being completed. Our walk then skirted the edge of Pentre Evan woods before finally returning to our cars parked up at Pentre Ifan burial chamber. Having had what was a very pleasant walk in ideal walking conditions ie no wind or rain and not too warm we adjourned to the Salutation Inn in Felindre Farchog where we were well looked after and yours truly on the recommendation of a fellow walker enjoyed some delicious home made cheesy chips.

Our next walk will be on Monday 15 May due to the 8th being a bank holiday and will be based around Felin Geri not far from Newcastle Emlyn.

Nigel

WELSH GROUP

We are continuing with learning how to pronounce Welsh words and place names, concentrating on some basic rules. Further progress is being made and the group felt that we should continue on this path getting more practice and becoming more familiar with words that are commonly seen in the community: house names, place names, road signs and so on.



Our next meeting will be on Tuesday 2nd May at Vicky's in Capel Iwan.

Vicky

WINE APPRECIATION GROUP

The wine appreciation group continued their journey around the French wine regions with a visit to Alsace, a small area in the north east of the country bordering Germany and very influenced by German wines.

John and Janet had kindly sourced 6 wines from the region because they are not so readily available in the local supermarkets. They managed to find wines from Majestic wines, Laithwaites and Morrisons. We sampled 3 Pinot Gris which were quite different from what we all thought of as Pinot Gris! They tended to be sweeter but all had amazing bouquets and on the whole were well liked. We also tasted a Riesling which reminded us of our younger days. The last 2 wines were a Gewürztraminer and, the only red, a Pinot Noir, both of which were only really liked by a couple of people!

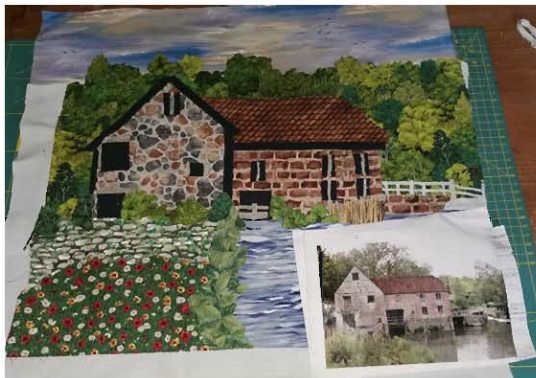
All in all an interesting area with wines totally different from the rest of France.

Our next meeting will be on Thursday 18th May when we will be tasting wines from Burgundy at Vicky and Brian's in Capel Iwan.

Hazel

CRAFTY CRAFTER ADDITIONAL ITEM

You may remember that one of the projects for the Crafty Crafters group early last year was to choose a picture – Christmas card, birthday card or any picture they chose – and to recreate it using any medium they wanted to. One of our members sent me a photograph recently saying she had finally finished hers. Julia chose a picture of Sturminster Newton in Dorset, a place close to her heart and I think you will agree that she has created something special. The photograph includes the picture she copied in the bottom right corner.



Ruth

Monday	1	Petanque - George V playing fields NCE	2-00pm
Monday	1	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	2	Sketchers - Quay Cardigan	10-30am
Tuesday	2	Welsh - Vicky's Capel Iwan	10-30am
Tuesday	2	Bowls - NCE Bowls Club	2-00pm
Wednesday	3	May main meeting talk from Flis Randall - NCE Rugby Club	10-30am
Thursday	4	Art - Penboyr Village Hall	10-00am
Thursday	4	Gardening - Pen y Cwm Garden Blaenfoss	2-00pm
Monday	8	Don't get me started - Sue's in Pontgarreg	2-00pm
Monday	8	Music and Picnic in the Park George V playing fields NCE	1pm - 6pm
Tuesday	9	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	9	Table Tennis - Rhydlewys Village Hall	2-00pm
Wednesday	10	Badminton - Llandysul Leisure Centre	12-15am
Wednesday	10	Crafty Crafters - Penboyr Village Hall	10-30am
Wednesday	10	Strictly Basic Ballroom - NCE Holy Trinity Church Hall	10-30am
Thursday	11	Art - Penboyr Village Hall	10-00am
Thursday	11	Creative Writing - at Rhydlewys Village Hall	11-00am
Friday	12	Patchwork and Quilting - Penboyr Village Hall	11-00am
Monday	15	Walkers - Felin Geri Cwm-cou	10-30am
Monday	15	Bowls - NCE Bowls Club	2-00pm
Tuesday	16	Games - Penboyr Village Hall	10-30am
Tuesday	16	ICT Support Session - as required contact Hazel	2-00pm
Tuesday	16	Petanque - George V playing fields NCE	2-00pm
Wednesday	17	Astronomy - Coracle Hall Llechryd	2-00pm
Thursday	18	Art- Penboyr Village Hall	10-00am
Thursday	18	Philosophy am - Penrhiwllan Village Hall	11-00am
Thursday	18	Wine Appreciation - Vicky + Brian's Capel Iwan	7-00pm
Monday	22	French - at various private locations	11-00am
Monday	22	Science and Technology - Coracle Hall Llechryd	2-00pm
Tuesday	23	Book Club - Zoom meeting	10-30am
Tuesday	23	Family History - Church of Latter Day Saints NCE	2-30pm
Wednesday	24	Badminton - Llandysul Leisure Centre	12-15am
Thursday	25	Art - Penboyr Village Hall	10-00am
Thursday	25	Table Tennis - Rhydlewys Village Hall	10-30am
Friday	26	Lunch Club - Various venues	12-00am
Friday	26	Strollers - Hafod Estate	10-30am

To add events to this monthly calendar please contact Nigel neu3anewsletter@hotmail.com giving date, venue and time, plus any further information to assist those wishing to attend. Closing date for newsletter contributions will be on the 24th of the month, at the latest.