



# Newcastle Emlyn u3a Newsletter July 2023

<http://u3asites.org.uk/newcastle-emlyn>



Chairs Ramble

Jayne Holland and her husband Rob kept us all interested at our June meeting and we learned a little about how Veganishmum's came about and why the Veganishack was built and is now under threat from the planners! They also shared some of their adventures from their humanitarian aid trips out to Ukraine over the past year or so. An amazing couple!

Wednesday 5th July is our AGM. There will be small displays from some of our groups and maybe a few words as well. Julia has a quiz ready for you and as usual we will start with coffee and chat and then get the business part of the meeting over as soon as we can. Please try and attend if you can as this is a very important part of our u3a year.

July is also the start of our membership year and your fees are due again. These remain at £16 a head or £8 if you already belong to another u3a. Thank you to everyone that has already rejoined.

There will be no main meeting at the Rugby Club in August but instead we give you the opportunity to join us on a coach trip to Tredegar House near Newport on 2 August . The cost of this trip will be £10 per person for the coach and £11 entrance fee to the house unless you are a National Trust member. More details and a chance to sign up and pay for this trip can be done at the July meeting. These trips have become a great feature of our u3a calendar and are great fun. Thanks to Julia for organising this.

Over the past year we have gained many new members and myself and the committee would like to invite any new members since April 2022 to an informal gathering after the main meeting on Wednesday 6th September. There will be coffee and cake and a chance to find out a bit more about the u3a movement, our u3a and meet the committee members. I will be sending out personal email invitations to all of these people after the AGM but please put the date in your diary.

*Hazel*

**ART**

Every Thursday from 10.00am at Penboyr Village Hall

**ASTRONOMY**

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

**BADMINTON**

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

**BOOK CLUB**

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

**BOWLS**

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

**BUCKET LIST**

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

**CRAFTY CRAFTERS**

2nd Wednesday from 10.30am at Penboyr Village Hall.

**CREATIVE WRITING**

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

**CROQUET**

Every Friday from 2-30pm at Sue's garden in Penrhiwllan

**DIGITAL PHOTOGRAPHY**

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

**DON'T GET ME STARTED**

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

**FAMILY HISTORY**

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

**FRENCH**

4th Monday - at 11.00am at Sue's in Penrhiwllan

**GAMES**

3rd Tuesday from 10.30am at Penboyr Village Hall.

**GARDEN**

1st Thursday at 2pm venue varies.

**ICT SUPPORT SESSIONS**

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

**KAYAK PADDLERS**

**LUNCH**

Last Wednesday - venue varies.

**PATCHWORK AND QUILTING**

2nd Friday from 11.00am at Penboyr Village Hall.

**PETANQUE**

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

**PHILOSOPHY**

3rd Thursday from 11.00am at Penrhiwllan Village Hall.

**SCIENCE AND TECHNOLOGY**

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

**SKETCHERS**

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

**STRICTLY BASIC BALLROOM GROUP**

2nd Wednesday from 10.30am to 12.00noon.

**STROLLERS**

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

**TABLE TENNIS**

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

**THEOLOGY**

1st Monday from 2pm at Ffostrasol Village Hall

**WALKERS**

2nd Monday from 10.30am venues varies.

**WELSH**

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

**WINE APPRECIATION**

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

## ARCHERY

Is anyone interested in forming a U3A Archery Group? We would have to do this in conjunction with Castle Archers (due to safety /insurance requirements) who are based in Newcastle Emlyn.

A 'have a go' session can be arranged for £5 or a course of 6 lessons is £25. The meetings are currently on Friday evening / Sunday afternoon during the summer and are at the Rugby Club. All equipment is provided.

This activity is suitable for anyone irrespective of age, disability, etc.

For more details contact [colinluker@yahoo.co.uk](mailto:colinluker@yahoo.co.uk) or 07866502400

*Colin*

## ASTRONOMY

The Cardigan and Newcastle Emlyn joint u3a Astronomy group June meeting was cancelled as on the following day a presentation was made at the Cardigan u3a open day of the groups activities.



The next astronomy monthly meeting is on 19 July at the Coracles Centre in Llechryd starting at 2pm

*Malcolm*

## BADMINTON

The group keeps working on improving its play and increasingly tactics especially with serving or in my case see if its possible to get the shuttle up to the ceiling.

If you would like to come along to give it a go we would love to see you, please get in touch.

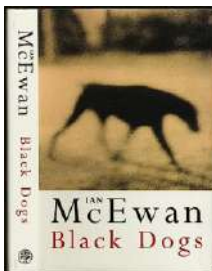
*Nigel*

## BOOK CLUB



In June we read *How To Kill Your Family* by Bella Mackie, her first fiction book, following several books about running and mental health. The anti-heroine, Grace, sets out to murder all of her family, ending with her millionaire, playboy father, who abandoned her mother and herself to a life of hard work and poverty. Grace plans her murders meticulously and is calm and ruthless in their execution. But the book is full of amusing observations of life in general, which make it possible to overlook her psychopathic nature and her lack of remorse.

As so often, there were mixed feelings about the book with some of us not finishing it. The plot line is reminiscent of the 1949 Ealing comedy film *Kind Hearts and Coronets*, starring Alec Guinness. Most of us found it entertaining in a twisted way, but some felt that the ending was a bit weak, possibly leaving the way open for a sequel.



Our next meeting will be on Tuesday 25th July, on zoom, and we will be discussing *Black Dogs*, by Ian McEwan.

*Vicky*

## BOWLS

Weather has been so good so far this season.

The sessions are on the first Tuesday and third Monday of the month as follows:

July - Tuesday 4th & Monday 17th

August - Tuesday 1st & Monday 21st

September - Tuesday 5th & Monday 18th

Do come along and have a go.

## CRAFTY CRAFTERS

*Julia*



June's Crafty Crafters was a session on pyrography. Eric was an excellent tutor, first explaining about health and safety and the different tools which are available to buy and then going on to demonstrate some of the techniques. We had a few tools available and everyone was able to have a go at producing their own works of art.



July's meeting is a change of date to the usual and will take place on Wednesday, 19th July. We will be making woven baskets from fabric strips.

*Ruth*

## CREATIVE WRITING

This month our homework was to write a chapter of our "autobiography" of our most scariest situation and how we over came it..... Airplanes came into a number of scary situations. Another situation with a bolt of lightning was definitely life threatening!

Homework for the next session, which has a change of date to Monday 17th July, is a competition to see who can use the most words in a sentence only using words beginning with the letter T. The sentence has to make sense. It will be an interesting sentence!

*Ali*

## CROQUET

The Croquet group play every Friday at 14:30. Subject only to weather conditions. We've managed to play through the extreme heat and are now looking forward to playing in slightly more "Welsh" weather conditions.

This is a fun game and much more than merely hitting a ball through a hoop. There are tactics that can be employed, so we are using our minds as well as our mallet! Anyone can learn to play Croquet. It isn't difficult but is great fun!

Come and give it a try. For further details please contact me on 07989434281

*Sue*

## DIGITAL PHOTOGRAPHY

Four new people showed an interest in joining us after speaking with us at the Cardigan open day, so if you aren't sure about our group, come and chat to us at the Newcastle Emlyn event on Wednesday 5th July in the rugby club. It doesn't matter if you are a beginner, an intermediate or an advanced digital photographer, everyone is very welcome to join us!

June's homework was 'Low Light Photography', with photos taken inside or outside with low light, at sunset, at night, etc. To aid with the homework we watched video tutorials called "Sunset through to night photography" and "Long Exposure Photography for Beginners". Members were encouraged to take photos inside or outside with low light, at sunset, at night, etc., while thinking about putting their cameras in 'manual' or 'bulb' mode, using a Neutral Density (ND) filter, using a tripod and getting to the right spot in plenty of time. They were also asked to consider if they wanted light trails. (Further information to aid with homework is emailed to everyone following the meeting, such as tip sheets and books).



**Howard Jenkins**



**Margaret Taylor**

**Howard Jenkins****Dave Thomas**

The photography tutorial videos, tip and books that I am collating are still growing, with 364 e-books for members to choose from.

To join, please email Dave at [digitalphotography@cardiganu3a.org.uk](mailto:digitalphotography@cardiganu3a.org.uk) or [davejthomas66@gmail.com](mailto: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 11th July 2023 in Coracle Hall, Llechryd, but please arrive around 10.15am ready for a 10.30 start.

We love to hear the thoughts of u3a members about a calendar, or if is there something else they would consider buying, such as notelets?

*Dave*

## **FAMILY HISTORY**

This month we were continuing our military theme and discussing World War Two. We heard many stories and reminiscences passed down from our parents. Between us, we have several documents, certificates, medals etc that have survived, but we are all aware of a greater number that have not – a gentle reminder, if one was needed, to urge family members to preserve anything that may be of interest to future generations, even if not to them. Another reminder is to label as many photos as possible with the names of the people in them. We all have boxes of photos showing ‘mystery’ people and wish we had asked more questions while the previous generations were still alive.

Next month will be a more general and practical session with a chance for anyone to ask for help with a particular problem. We shall also be talking about how and why we embarked on our family history research in the first place.

New members are always welcome to come along to our meetings – please contact me first to make sure the meeting has not been cancelled for any reason.

*Margaret*



## FRENCH

This month Ali hosted our session and we welcomed a new member. We had a game of "I spy", which was fun, and read and translated a chapter in our short stories book. We managed a little conversation too



Next gathering will be at 11am on July 17 at Sue's in Penrhiwllan.

*Ali*

## GAMES



Fourteen of us enjoyed games in Penboyr village hall in June with the added attraction of some freshly picked garden strawberries to nibble on! These were kindly brought to the meeting by Pauline and Malcolm and were very gratefully received.



A few more members tried the game of Quirkle and Skip Bo. These are two recent games that have been introduced but favourites such as dominoes and backgammon were also played.

Join us on Tuesday 18th July in Penboyr if you are interested in finding out more.

*Hazel*

## GARDENING

On the first day of flaming (literally) June the group visited the impressive Old Cilgwyn Estate in Adpar. We found a picturesque woodland garden set in 20 acres of land and we were surrounded by all sorts of magnificent trees and colourful bushes. My plant of the month has to be the rhododendron because there were



so many of them in different colours that I had to take loads of photos.

The estate has been in the hands of the Fitzwilliams family for generations and is steeped in local history. The ornamental water features and bridges were worth the visit alone. Added to this the weather was very good to us so I think everybody enjoyed the visit.



Our next trip will be on the 6th July to a garden called Dyffryn Fernant. Many group members have requested a return here which tells you how good it is. It is situated in Llancychaer 3 miles before Fishguard, postcode SA65 9SP. The garden is an RHS partner, which means RHS members are admitted free, and consists of 6 acres of features.

There are unusual and exotic plants for sale and the planting is very mixed in various mini gardens.

We will be meeting in Cenarth at 2pm to arrange car sharing. All are welcome, please contact me for further details.

*Mike*

## ICT SUPPORT

Ruth and I were able to help one member in June to scan documents and file important emails so they could be easily found.

If you have something you would like to be able to do on your laptop, phone or tablet please ask and we will try and help. Please phone or email Hazel to book in.

The next meeting will be on Tuesday 18th July at 2pm in Waungilwen.

*Hazel*

## KAYAK

All this lovely weather has prompted me to try and get this group off the ground well onto the water I guess would be a better description. With this in mind I suggest the following opening programme over the next few months :-

- 1) Try Kayaking at Llys y Fran Reservoir
- 2) Kayak up the Teify from Patch
- 3) Kayak down the Teify towards the sea at Patch

If you would like to give this a go please get in touch and we can sort out dates and time etc, my contact details being 07447440841 or [camb5@sky.com](mailto:camb5@sky.com)

*Nigel*

## PATCHWORK

The Patchwork group in June was another well attended session with members working on their own projects. We had an owl created using foundation piecing, a table runner about to be finished, one bag progressing well and another started. Work continues on quilts for charity.

Our next meeting will be Friday, 14th July.

*Ruth*

## PETANQUE

The Pétanque group had a very successful June. The weather was excellent for our first Monday meet, we had 11 members turn up. The second Tuesday meet was also well attended and the weather again was good to play, we had 6 members, 3 guests and 2 prospective new members to the group and our U3a. We play for fun and there are plans afoot for another friendly match against Llanelli U3a later this year, new members are always welcome.



*Trevor*

## PHILOSOPHY

We were given homework this month, "What is a hole?" Lively discussion was enjoyed! Then we had a discussion on "Why do we read?" and Gwyn gave us a philosophical insight.

Next time we will be discussing the philosophical issues brought up by the television programme "Best Interests".

*Ali*

## SCIENCE AND TECHNOLOGY

Unfortunately our planned visit to a local secondary school to find out how science is currently taught did not take place. However, an interesting meeting took place where we viewed a video entitled " Top 10 Biggest Scientific Discoveries of 2022 " followed by a lively discussion on various science matters of interest to the members.

The programme for the rest of the year is as follows:-

24 July - Computer changes in the next 10 Years

21 August - Climate Change - another record year

25 September - Renewable Energy & battery storage balancing the grid

23 October - Predictions for medical technology - impact on our lives

27 November - Group Christmas Lunch

Please contact Colin at [colinlucker@yahoo.co.uk](mailto:colinlucker@yahoo.co.uk) for further information

*Colin*

## SKETCHERS

The group met at Bedwen garden centre in Henllan to sketch aspects of the railway. An initial survey offered many interesting subjects.

But when we had gathered and set off, the gates had been firmly closed and padlocked.

The bridge and river was the next idea, but parking was problematic so we drove to the very top of the POW camp and started work on a derelict building.

However it wasn't long before someone turned up and told us to leave.

Back to Bedwen for more coffee and drawing of pots. All in all a difficult meeting. We meet in Cenarth on the 4th July and hope we have a more welcoming time.

*Millie*

## STRICTLY BASIC BALLROOM

Phew. A bit of a warm one this month so kept the rhythm at a slower tempo. Added steps to the Rhumba and Waltz and had a go at the social Foxtrot. Well done everyone.

Our next session is on Wednesday 12th July 2023 starting at 10.30. Come and have a go.

*Julia.*

## TABLE TENNIS

Many thanks to Paul Hoad for mending our broken net, despite having problems getting into the hall!



This month's sessions have been the usual mix of fun and healthy exercise.

*Ali*

## THEOLOGY

If actors Paul Eddington and Judi Dench, inventor Michael Faraday, American pioneer William Penn, Hollywood bad boy James Dean, philanthropist Joseph Rowntree, 'Tricky Dickie' Richard Nixon, and social reformer Elizabeth Fry, have anything at all in common, it is that this surprisingly diverse group of people all are – or were – members of the Religious Society of Friends, commonly known as Quakers. (Nixon, we were relieved to learn, regarded himself as a rather bad one.) Starting from its inception by George Fox and Margaret Fell in the middle of the 17th Century, guest speaker Gwyn Wardman (better known to the Philosophy Group) took the theological hitch-hikers through the history, traditions and beliefs of the Friends.



Deridingly nicknamed 'Quakers' when they attested to the sensation of being moved to speak in their meetings – and also because of George Fox's exhortation to "Tremble at the name of the Lord!" – Friends quickly spread throughout the world, finding a particular home in the North American colonies, where such free-thinking, non-conformist dissenters were welcomed. Whilst having decidedly Christian foundations, Quakers rejected church and state hierarchies, creeds, sacraments, liturgical worship and (officially) even Christian festivals, and now embrace adherents of all faiths. Perhaps best known for their witness to peace, Quakers served with immense bravery during both World Wars as ambulance-drivers and even on mine-sweepers, as well as suffering persecution and imprisonment as conscientious objectors; and historically, Quakers haven't always been pacifist: General John Sullivan fought in the American War of Independence. Nor have Quaker Meetings always taken place in meditative silence: some early gatherings were so rowdy (in the style of revivalists) they gave rise to complaint – as did the shocking contention, upheld from Quakerism's earliest days, that women were not only the equal of men, but had the right to preach, teach and lead with passion and conviction.

The layout of a Meeting for Worship exemplifies equality: worshippers sit 'in the round' – in traditional simple Meeting Houses, facing one another on benches; in less formalised settings – community centres, school halls – simply seated on chairs arranged in a circle. Anyone may speak; the only rule is: allow a reflective silence after each 'ministry', and don't contradict or argue. At the end of our session (once hitch-hikers had been recalled from chatting over tea – always a challenging moment!!) we experienced a taste of Quaker worship, with a full 15 minutes of peaceful silence, ending with the traditional handshake. It would, reflected our Humanist, be a good thing for everyone to experience such meditative silence on a regular basis, with no strings attached, but greatly to the benefit of body, mind, and – dare I say? – spirit!

Inspired by the dip into a little-known Christian denomination, a guide to the perplexing variety of Christian flavours on offer was requested for the July meeting. If you've ever wondered why, how and what's the difference between the various churches, Is the Pope a Catholic? will explore the history and range of denominations in Britain (especially Wales) today, on July 3rd at 2pm in Ffostrasol Village Hall.

## WALKING - TEIFY POOLS



Following a somewhat disjointed reccie walk on Thursday, prior to the walk on Monday, where one of our dogs decided that sheep were more interesting than looking at lakes your intrepid reporter arrived at the starting point of the walk on



Monday no fully up to speed with the trail. With no clear notifications of who would be coming my fellow walker and I hung around for a bit but with no further arrivals we set off on our 10.5 k walk . Its an area that I have been wanting to visit for some time and despite the weather forecasts promising rain we managed the

walk in nigh on perfect conditions ie dry with enough wind to keep the beasties that taunted us the previous Thursday away. The walk in part utilises what is called the Cambrian way which is a trail that runs from Conway in North Wales to Cardiff a distance of some 479



Km or 298 miles in total. The route was first recognised in 2019 and takes in some of the most scenically beautiful areas of Wales including Snowdonia. Our walk after some fairly stiff clambering up the hill reached the lakes of which there are 6 ranging in size from a small pond to a reservoir supplying water and the source of the River Teify. The lakes are somewhat unusual in that they lie 1500ft above sea level which I can attest to having clambered up to see them. Having reached the pools we then walked on the track come

road for a little while which can be used as means of driving to the pools from the village of Pontrhyddendigiad which for those who like to know these things translates as



the bridge of the blessed ford the village being near to the 12C

Cistercian Abbey of Strata Florida which has a fascinating history linking it to welsh culture. At one time the Abbey was second only to St Davids Cathedral in its importance to Wales. We sadly didn't visit the Abbey on this occasion but I will

next time I'm in the area. The route then took us off the beaten track somewhat and we were reliant on the GPS on my phone to find our way back to the car park.

Luckily the route was somewhat drier than normal due to the recent tropical weather but I would suspect that during periods of normal welsh weather the second part of the walk going back down from the lakes to the car would be a very marshy boggie experience. Having spoken with another walker she confirmed that the second half of the walk can be very difficult if wet.

The walk was a very enjoyable experience albeit for the remoteness and harsh environment as in no trees or bushes with some wonderful views.

On reaching the car we adjourned to the Riverbank café on the outskirts of Tregaron which was somewhat of a hidden gem and well worth a visit if your in the area with its range of foods and drink.

*Nigel*

## WELSH

In June we all practised saying sentences relating to hellos, goodbyes, talk about our previous and next meetings and so on. All sorts of general chit chat. We welcomed a new member to our group.

This was quite a challenging session and we are going to carry on with the same topics in July. Our next meeting will be at Vicky's in Capel Iwan on Tuesday 4th July.

*Vicky*

## WINE APPRECIATION

We had a fantastic evening in June at Capel Iwan for our annual BBQ. Twelve of us enjoyed amazing weather with the swallows dipping around us. Thanks to Angela and Trevor for all of their hard work and organisation. It was a lovely evening and the weather could not have been better.



The July meeting will be on Thursday 20th in Adpar when we will be tasting the wines from the final region in our tour of France. This will be Champagne! We will be having a blind tasting of a range of Champagnes. I hope the weather will be as kind to us as June.

*Hazel*



**NEWCASTLE EMLYN U3A  
AUGUST OUTING TO  
TREDEGAR HOUSE & GARDENS  
WEDNESDAY 2ND AUGUST 2023**



**MEET IN NEWCASTLE EMLYN MARKET CAR PARK AT 9.45 AM  
COACH TO LEAVE AT 10.00AM. RETURNING FOR 6.00 PM  
FOR THE COACH - £10.00 PER PERSON**

**TREDEGAR HOUSE AND GARDENS IS A NATIONAL TRUST PROPERTY. IF YOU ARE A  
MEMBER THERE IS NO ENTRY FEE TO THE CASTLE.  
NON NT MEMBERS ENTRY FEE - £11.00 PER PERSON.**

Situated within 90 acres of beautiful gardens and parkland, Tredegar House is one of the architectural wonders of Wales and one of the most significant late 17th-century houses in the whole of the British Isles.

There are three formal gardens. The orchard garden is the largest of three. This wild and colourful space offers plenty to explore. The cedar garden is located at the foot of the house with formal lawns framed by herbaceous borders and aptly named after its historic cedar tree. The orangery garden - intricate, reflecting how this garden would have looked over 200 years ago.

Refreshments - The Brewhouse café. Serving a selection of seasonal and locally sourced food and drink.

For more information, contact Julia Pearson on 07478 606055 or Lesley Groves on 07939 123603

Monday	3	Petanque - George VI playing fields NCE	2-00pm
Monday	3	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	4	Sketchers - Cenarth	10-30am
Tuesday	4	Welsh - Vicky's Capel Iwan	10-30am
Tuesday	4	Bowls - NCE Bowls Club	2-00pm
Wednesday	5	AGM - Newcastle Emlyn Rugby Club	11-00am
Thursday	6	Art - Penboyr Village Hall	10-00am
Thursday	6	Gardening - Dyffryn Fernant meet at Cenarth	2-00pm
Friday	7	Croquet in Sue's garden in Penrhiwllan	2-30pm
Monday	10	Don't get me started - Sue's in Pontgarreg	2-00pm
Monday	10	Walkers	10-30am
Tuesday	11	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	11	Table Tennis - Rhydlewys Village Hall	2-00pm
Wednesday	12	Badminton - Llandysul Leisure Centre	12-15am
Wednesday	12	Strictly Basic Ballroom - NCE Holy Trinity Church Hall	10-30am
Thursday	13	Art - Penboyr Village Hall	10-00am
Thursday	13	Creative Writing - at Rhydlewys Village Hall	11-00am
Friday	14	Patchwork and Quilting - Penboyr Village Hall	11-00am
Friday	14	Croquet in Sue's garden in Penrhiwllan	2-30pm
Monday	17	French - Sue's in Penrhiwllan	11-00am
Monday	17	Bowls - NCE Bowls Club	2-00pm
Tuesday	18	Games - Penboyr Village Hall	10-30am
Tuesday	18	ICT Support Session - as required contact Hazel	2-00pm
Tuesday	18	Petanque - George VI playing fields NCE	2-00pm
Wednesday	19	Crafty Crafters - Penboyr Village Hall	10-30am
Wednesday	19	Astronomy - Coracle Hall Llechryd	2-00pm
Thursday	20	Art- Penboyr Village Hall	10-00am
Thursday	20	Wine Appreciation - Adpar	5-00pm
Thursday	20	Philosophy am - Penrhiwllan Village Hall	11-00am
Friday	21	Croquet in Sue's garden in Penrhiwllan	2-30pm
Monday	24	Science and Technology - Coracle Hall Llechryd	02-00pm
Tuesday	25	Book Club - Zoom meeting	10-30am
Tuesday	25	Family History - Church of Latter Day Saints NCE	2-30pm
Wednesday	26	Badminton - Llandysul Leisure Centre	12-15am
Wednesday	26	Lunch Club - Various venues	12-00am
Thursday	27	Art- Penboyr Village Hall	10-00am
Thursday	27	Table Tennis - Rhydlewys Village Hall	10-30am
Friday	28	Strollers	10-30am
Friday	28	Croquet in Sue's garden in Penrhiwllan	2-30pm