

GROUP ACTIVITY TIMETABLE APRIL 2024

Groups Co-ordinator *Marilyn Hendleman*
E-mail: groups@u3aredbridge.org.uk – phone 07754 872928

Grey and italic text = Group has no vacancies but please add yourself to the waiting list or consider starting a new group.

ACTIVITY	GROUP LEADER	FREQUENCY	TIME	VENUE
ACADEMIC				
CREATIVE WRITING A	Rose Sharpstone	Monday alternate weeks	11.00-12.30	Clayhall
CREATIVE WRITING B	Heather Lieberman	Wednesday alternate weeks	2.00-4.00	Woodford Green
FAMOUS PEOPLE	Sue Taylor	3 rd Friday in month	2.00-4.00	Zoom
HISTORY A (Face to face full - spaces on Zoom)	Maurice Nieberg	Last Thursday in month	10.00-Noon	Barkingside & Zoom
<i>HISTORY B</i>	<i>Denise Kaye</i>	<i>Last Thursday in month</i>	<i>10.30-12.30</i>	<i>Wanstead</i>
ETHICAL ISSUES (Face to face full - spaces on Zoom)	Stuart Wallman	1 st Monday in month	2.00-4.00	Chigwell & Zoom
<i>PSYCHOLOGY</i>	<i>Carol Miles</i>	<i>1st Tuesday in month</i>	<i>2.00-4.00</i>	<i>*OLRS</i>
ART				
ART-PRACTICAL	Maire Jeffries	Every Thursday except the first each month	2.00-4.00	St Teresa's Church, Newbury Park
ART-PRACTICAL	Sue Taylor Peter Hodges	2 nd & 4 th Mondays every month	9.30-12.30	Fullwell X Library
LOOKING AT ART	Ivor Lethbridge Kathy Shaw	2 nd Tuesday in month	11.30-1.00	Various
BOARD AND CARD GAMES				
BACKGAMMON	Linda Mishkin	1 st Tuesday in month	2.00-4.00	Gants Hill
BRIDGE	Bernard Kaye	2 nd & 4 th Wed in month	10.00-12.00	*OLRS
CANASTA	Pam Gilbert	Thursday – weekly	1.00-4.00	*OLRS
CHESS	Paul Adams	Last Wednesday in month	10.00-12.00	South Woodford
<i>RUMMIKUB A</i>	<i>Maureen Nieberg Linda Segal</i>	<i>1st Thursday in month</i>	<i>10.00-12.00</i>	<i>Barkingside</i>
<i>RUMMIKUB B</i>	<i>Angela Manning</i>	<i>2nd Wednesday in month</i>	<i>2.00-4.00</i>	<i>Clayhall</i>
<i>BOARD GAMES</i>	<i>Gillian Levin</i>	<i>Wednesday - Monthly</i>	<i>1.30-4.00</i>	<i>Snaresbrook</i>
SCRABBLE	Peter Hinder	Monday – weekly	10.00-12.00	*OLRS
CREATIVE CRAFTS				
MARQUETRY	Ron Brown	Tuesday – weekly	10.00-Noon	*OLRS
<i>PAPERCRAFT & CARDBAKING</i>	<i>Lynn M</i>	<i>2nd Thursday in month</i>	<i>1.30-3.00</i>	<i>Hainault</i>
PATCHWORK & EMBROIDERY	Susan Whiterow	1 st Wednesday in month	10.30-12.30	Clayhall
KNIT & NATTER	Andrea Yeshin	1 st Monday in month	10.00-12.00	Barkingside
DINING OUT				
<i>BRING YOUR OWN LUNCH</i>	<i>Liz Kite</i>	<i>2nd Wednesday in month</i>	<i>12.00-2.00</i>	<i>Barkingside</i>
COFFEE MORNINGS/Barkingside	Barbara Lewis	3 rd Tuesday in month	11.00-12.30	Barkingside
COFFEE MORNINGS/Wanstead	Sandra Baird	2 nd Wednesday in month	11.00-	Wanstead
EVENING ORIENTAL BUFFET GROUP	Roy Emmett	As arranged	Evenings	As arranged
<i>SUPPER CLUB</i>	<i>Maureen Nieberg Rikki Wallman</i>	<i>Contact group leaders</i>	<i>Evenings</i>	<i>As arranged</i>
COUNTRY PUB LUNCHESES	<i>aitchU3A@groupmail.com</i>	<i>Twice monthly as arranged</i>	<i>Afternoons</i>	<i>Various</i>
SUNDAY PUB LUNCHESES	Liz Kite	Last Sunday in month	1.00-3.00	Various
DISCUSSIONS				
A-GENERAL	Michael Jones	Alternate Thursdays	10.00-12.00	Redbridge
B-GENERAL	Martin Gee	4 th Tuesday in month	2.00-4.00	*OLRS
C-GENERAL	Linda Segal	2 nd Thursday in month	1.45-3.45	*OLRS
POLITICS A	Barry Shamplin	1 st Thursday in month	2.00-4.00	Zoom
POLITICS B	Barry Shamplin	3 rd Thursday in month	2.00-4.00	*OLRS
JUSTICE THE LAW & SOCIETY	Hazel Earwaker	1 st Wednesday in month	5:00-6:30	Zoom
ARMCHAIR TRAVEL	Dave Playford	Last Thursday in Month	2.30-4.30	Chigwell
SCIENCE	Stuart Wallman	4 th Wednesday of month	2.00-4.00	Chigwell
SPORTS	Stuart Wallman	4 th Wednesday of month	10.00-12.00	Chigwell

EXERCISE

CHAIR EXERCISES	Cliff Russell	Friday – weekly	10.30-11.30	*OLRS
KEEP FIT	Elaine Mitchell	Wednesday - weekly	10.00-11.00	*OLRS

FILMS AND THEATRE

ARTHOUSE CINEMA	Liz Kite/Lennart Christensen	Last Tuesday in month	2.00-4.00	Barkingside
CINEMA GROUP	Marilyn Hendleman	4 th Tuesday in month	As arranged	Vue Stratford
MAINSTREAM FILMS	Liz Kite/Lennart Christensen	2 nd Thursday in month	2.00-4.00	Barkingside
THEATRE (London)	Lennart Christensen	As arranged	Matinee	West End
WESTEND THEATRE	Marilyn Hendleman	As arranged	Matinee	West End

LANGUAGES

GETTING AROUND IN FRANCE	Nick Levin	Contact group leader		
GETTING AROUND IN ITALY	Nick Levin	2 nd & 4 th Wednesday in month	10.00-12.00	Zoom
TALKING ITALIAN	Tina Fabiani	Tuesday alternate weeks	2.00-4.00	Zoom

LITERATURE

BOOK GROUP	Hazel Earwaker	2 nd Thursday in month	5.00 – 6.00	Zoom
BOOK CIRCLE A	Carol Campbell	2 nd Monday in month	2.00-4.00	Gants Hill
PLAY READING A	Evelyn Russell	2 nd Wednesday in month	2.00-4.00	Various
PLAY READING B	Morris Davis	3 rd Thursday in month	10.30--12.30	Sth Woodford
POETRY PLUS	Joan Wheeler	Alternate Mondays	10.30-Noon	Ilford

MUSIC

60'S POP MUSIC	Stanley Meinchick	3 rd Wednesday in month	2.00-4.00	Barkingside
JAZZ SONGBOOK ON DISC	Louis Cohen	4 th Thursday in month	10.00-Noon	*OLRS
MUSIC – Classical varied	Alan Graham	2 nd Thursday in month	1.45-4.00	Clayhall
MUSIC APPRECIATION ON VIDEO & QUIZ	Tony Mitchell	3 rd Monday in month	2.00-4.00	Zoom
TASTE OF THE MUSICALS AM (A)	Linda Mishkin	2 nd Tuesday in Month	11.00-12.00	Zoom
TASTE OF THE MUSICALS PM (B)	Linda Mishkin	2 nd Tuesday in Month	2.00-4.00	Gants Hill

OTHERS

INDIAN COOKERY	Guddi Panesar	1 st Monday in month	2.00-4.00	Gants Hill
GARDENING. History and visits	Chris Langdown	2 nd Thursday in month	10.00-12.00	Various
IT HELP – WINDOWS/ANDROID	Judy Berkowicz	Individually arranged		Fullwell Cross Library
QUIZ AFTERNOONS	Guy Sasson Stan Meinchick	1 st Wednesday in Month	2.00-4.00	*OLRS
QUIRKY QUIZ	Linda Mishkin	4 th Tuesday in month	10.30-12.30	Zoom
GOLF FORE FUN	Howard Mather	Starts in March	As agreed	Various
WALKING CRICKET	Howard Mather	3 rd Thursday in month Restarts in April	2:00 – 4:00	Ridgeway Park
TENPIN BOWLING	Howard Mather	Last Friday in month	11.00-1.00	Romford

WALKING GROUPS

GREEN LONDON WALKS	Janice Jackson	1 st Sunday in month	10.30-	Various
LONDON WALKS	Lindsay Wilner	3 rd Monday in month	11.00-1.00	Various

WHEN ARRANGED

COACH OUTINGS	Denise Kaye	As arranged	As arranged	Various
FREEDOM PASS WANDERERS	Howard Mather	Monthly as arranged	As arranged	Various

Getting to *OLRS – Oaks Lane Reform Synagogue, Oaks Lane, Newbury Park IG2 7PL

Good on street parking and 6 minutes walk from Newbury Park station. Buses 66, 396, 296 stop near Oaks Lane.

Getting to Wanstead Library Spratt Hall Road E11 2RQ

Various Wanstead Buses. Wanstead Station 6 mins walk. Library Car Park pay card only, Grove Park Car Park 6 mins walk.

All members of Redbridge & District u3a and friends are welcome to attend our Open Afternoons

2.00 – 4.00 pm on the last Monday of every month AT WANSTEAD LIBRARY. Cost £2.00 only.

May and August when there is a bank holiday the meeting will be held on the previous Monday.

We offer a wide variety of speakers/ entertainment and there is the opportunity to socialise over refreshments afterwards. New/prospective members also welcome.