



THE UNIVERSITY OF THE THIRD AGE

Redbridge & District

Registered Charity No 1061549

GROUP ACTIVITY INFORMATION AUGUST/SEPTEMBER 2019

Meaning of colours-*red-has spaces green-as arranged black-full*

ACTIVITY	FREQUENCY	TIME	VENUE
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ACADEMIC

CREATIVE WRITING A	Monday – weekly	10.00-Noon	Gants Hill
CREATIVE WRITING	Wednesday alternate weeks	2.00-4.00	Barkingside
CREATIVE WRITING C	Friday alternate weeks	10.30-noon	Goodmayes
HISTORY – Social History A	Tuesday alternate weeks	10.45-12.45	Wanstead
HISTORY – Social History B	Tuesday alternate weeks	2.00-4.00	Wanstead
HISTORY C	Thursday last in month	10.00-Noon	Barkingside
HISTORY D	Wednesday last in month	10.30-12.30	Snaresbrook
KEEN WRITERS	Starts 12th September	2.00-4.00	S Woodford
MEDICAL ETHICS AND THE LAW	1 st Monday in month	2.00 – 4.00	Chigwell
POLITICS	1 st Thursday in month	2.00-4.00	Barkingside
PSYCHOLOGY A	1 st Tuesday in month	1.30-3.30	*SWESRS
PSYCHOLOGY B	1 st Wednesday in month	10.00-Noon	S Woodford
PSYCHOLOGY C	1st Tuesday in month	1.30-3.30	*SWESRS

ART

ART-PRACTICAL	Thursdays Weeks 2,3,4,5	2.00-4.00	St Theresa's Church
ART –PRACTICAL	Monday – weekly	9.30-Noon	Fullwell Cross
LOOKING AT ART A	4th Tuesday in month	11.00-Noon	Various
LOOKING AT ART B	4th Tuesday in month	12.30-1.30	Various

BOARD AND CARD GAMES

BACKGAMMON	1st Tuesday in month	2.00-4.00	Gants Hill
BOARD GAMES	Wednesday alternate weeks	1.30-3.30	Snaresbrook
BRIDGE-MONDAY GROUP	Monday – weekly	2.00-4.00	*SWESRS
BRIDGE –WEDNESDAY GROUP	Wednesday -weekly	9.45-11.45	*SWESRS
BRIDGE-FRIDAY GROUP	Friday -weekly	10.00-Noon	*SWESRS
CANASTA (Beginners)	Wednesday alternate weeks	10.00-Noon	Clayhall
CANASTA	Thursday-weekly	1.30-3.30	*SWESRS
CLUBYASH	Wednesdays – weekly	2.00-4.00	Buckhurst Hill
CHESS	Friday 28th June	10.30-12.30	South Woodford
KALOOKI	Monday weekly	10.00-1.00	*SWESRS
RUMMIKUB	1st Thursday each month from 5th Sept	10.00-12.00	*SWESRS
SCRABBLE	Monday – weekly	10.00-Noon	*SWESRS
SCRABBLE (Advanced)	Alternate Mondays	10.00-Noon	Clayhall

CREATIVE CRAFTS

MARQUETRY	Tuesday – weekly	10.00-Noon	*SWESRS
PAPERCRAFT & CARDMAKING	2 nd Thursday in month	1.30-3.30	Hainault
PATCHWORK & EMBROIDERY	1st and 3rd Wednesday	2.00-4.00	*SWESRS

DINING OUT

COFFEE MORNINGS/Barkingside	3rd Tuesday in month	11.00-	Various
COFFEE MORNINGS/Wanstead	2nd Wednesday in month	11.00-	various
MID WEEK DINNER GROUP	3rd Thursday each month	7.00-?	various
MID WEEK LUNCH GROUP	Every other month	1.00-?	various
SUNDAY PUB LUNCHES A	Last Sunday in month	Various	Various
SUNDAY PUB LUNCHES B	2nd Sunday in Month	Various	Various

DISCUSSIONS

A-GENERAL	Thursday alternate weeks	10.00-Noon	Redbridge
B-DISCUSSION WITH A DIFFERENCE	2nd Wednesday in Month	2.00-4.00	Gants Hill
C -TRAVEL	3rd Thursday monthly	2.00-4.00	Chigwell
E-GENERAL	2 nd Tuesday of month	2.00-4.00	Gants Hill

ACTIVITY	FREQUENCY	TIME	VENUE
F-GENERAL	Thursday alternate weeks	1.45-3.45	*SWESRS
G-GENERAL	Thursday Alternate weeks	2.00-4.00	*SWESRS
H-THE JOYS OF AGEING	2nd Tuesday of month	2.00-4.00	*SWESRS
I-SCIENCE	4 th Wednesday of month	2.00-4.00	Ilford
J –SPORTS	4 th Wednesday of month	10.00-12.00	Chigwell

EXERCISE

CHAIR EXERCISES	Fridays weekly	10.00-11.00	Gants Hill
ISRAELI DANCING	4th Wednesday of month	2.00-3.00	*SWESRS
RACQUETBALL	Monday Weekly	11.30-12.30	Woodford Wells
TABLE TENNIS	Wednesday – weekly	10.00-Noon	Redbridge
YOGA	Tuesday – weekly	2.00-3.00	*SWESRS

FILMS AND THEATRE

FILM GROUP	2 nd Thursday in month	1.30-4.30	Barkingside
POT LUCK THEATRE GROUP	1st Wednesday in month	matinee	West end
THEATRE LONDON	As arranged	matinee	West End

LANGUAGES

FRENCH (Conversation)	Thursdays alternate weeks	10.30-11.30	Goodmayes
GERMAN	Wednesday alternate weeks	1.00-2.30	*SWESRS
GETTING AROUND IN FRANCE	Thursday alternate weeks	2.00-4.00	Snaresbrook
GETTING AROUND IN ITALY	Tuesday alternate weeks	2.00-4.00	Snaresbrook
ITALIAN (Intermediate /advanced level)	Wednesday alternate weeks	2.00-4.00	Barkingside

LITERATURE

BOOK CIRCLE A	Monday Monthly	2.00-4.00	Gants Hill
BOOK CIRCLE B	1 st Wednesday in month	2.00-4.00	Barkingside
CLASSIC ENGLISH NOVELS	3 rd Tuesday in month	10.30-12.30	Goodmayes
LITERATURE MAINLY POETRY	Monday alternate weeks	10.30-noon	Clayhall
PLAY READING	Alternate Wednesdays	10.00-Noon	Ilford
POETRY PLUS	Alternate Mondays	10.30-Noon	Ilford

MUSIC

60'S POP MUSIC	3 rd Wednesday in month	2.00-4.00	Barkingside
JAZZ SONGBOOK ON DISC	4th Thursday in month	10.00-Noon	*SWESRS
JAZZ A-Z ON FILM	2nd Thursday in month	10.00-Noon	*SWESRS
MUSIC – Classical	2 nd Wednesday in month	2.00-4.00	Barkingside
MUSIC – Classical varied	2 nd Thursday in month	1.45-4.00	Clayhall
MUSIC AND DANCE Late 50's 60's 70's and early 80's	4th Wednesday each month from 25th September	2.00-4.00	*SWESRS
SINGING FOR PLEASURE	3rd Wednesday in month	2.00-3.00	Redbridge
TASTE OF THE MUSICALS	3 rd Tuesday in Month	2.00.4.00	Gants Hill

OTHERS

ANTIQUES & COLLECTABLES	1st Thursday in month	2.00-4.00	Barkingside
GARDENING. History and visits	2 nd Thursday in month	10.00-Noon	Various
INDIAN COOKERY	1st Monday in month	2.00-4.00	Gants Hill
QUIZ AFTERNOONS	Friday last in month	2.00-4.00	Gants Hill
TRAINS	2nd Tuesday in month	2.00-4.30	Redbridge

WALKING GROUPS

GREEN LONDON WALKS	1st Sunday each month	10.30-?	various
LONDON WALKS	3 rd Monday in month	10.30-12.30	Various
WALKING FOR PLEASURE	2nd Monday in month	10.30-Noon	Various

WHEN ARRANGED

COACH OUTINGS/LONDON VISITS	As arranged	As arranged	Various
Computers,laptops,tablets and phones Help for individuals.	As arranged	As arranged	Redbridge

*SWESRS – South West Essex and Settlement Reform Synagogue, Oaks Lane, Newbury Park

Please note that even though a group shows up here as full/spaces always check with the group leader, as situations within the groups do change frequently

Join us for a Social Afternoon

All members of Redbridge U3A and friends are welcome to attend our social afternoons in The Churchill Room Wanstead Library 2.00 – 4.00 on the last Monday of every month excluding December.

In May and August when there is a bank holiday the meeting will be held on the previous Monday We have a wide variety of speakers/entertainment arranged and there is the opportunity to socialise over a cup of tea/coffee and biscuit afterwards.

New members are always welcome, please introduce yourself to a member of the committee on arrival