



THE UNIVERSITY OF THE THIRD AGE

Ruthin and
District
U3A



PRIFYSGOL Y TRYDYDD OED

Group Activities and Details



Away Days Group

We are a small group of individuals who meet once per month - usually on the 3rd Thursday of the month - and go out together for the day, usually including lunch! To keep costs down we car share that's more difficult at present! Some trips are quite local and others further afield, usually a maximum of 1.5 to 2h. We are a diverse group and welcome anyone to join us and bring some new ideas. See below the list for some of the places we have visited:

Gladstone Library and Hawarden airport, Ironbridge. Secret Bunker in Nantwich, Ness gardens, Trefriw Woollen Mill and Ffin y Parc gallery, Gwydir castle, Styal Mill, Bird of Prey centre, Guide dog training centre, Chester including trip on the river, Emma Bridgewater pottery, Penrhyn castle, Plas Newydd on Anglesey etc

A National Trust membership card can be useful but not essential. As you can see a very varied list offering something for everyone.

Since lockdown was eased we have ventured out just once to 'test the waters' and visited Errdig House. We mostly travelled in our own cars but there were a couple of people who each travelled as a passenger and observing all the guidance available.

If you are interested in joining this friendly and welcoming group then do contact me (see below) and try it out.

Dorothea Harber email: dvharber@yahoo.co.uk mob: 0781 3722 654



Ruthin and District U3A Group Activities and Details



Page 2

The Backyard Chicken Group

This group welcomes any member who has chickens, would like to have chickens or would like to know what having a few feathered friends entails. As the group is rather small I am able to hold the monthly meetings at my home in Derwen. Everyone just bringing ideas, stories about what has been happening to their flock and of course cake.

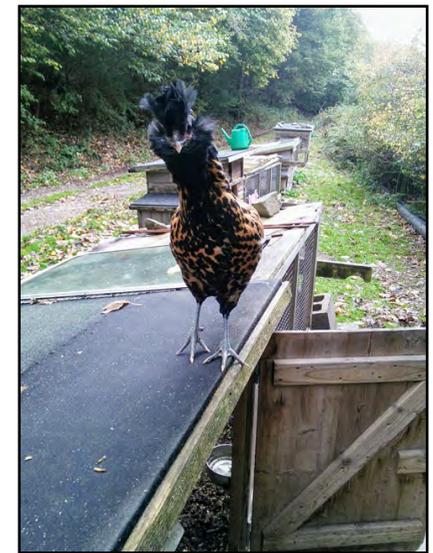
We can cover everything from helping the first time chicken owners, feed, ailments, general daily care, the highs & lows, different breeds, incubating eggs, infact anything you need to know. We have even had few 'chicken outings'. I have now added guinea fowl to our programme and owners of a few ducks, turkeys, quail etc would be most welcome. It's just a shame that Coronavirus has caused us all into lockdown and I don't expect that we will meet up again this year. Thank goodness we can keep in touch by email.

During one meeting my eggs were due to hatch, we watched as a small crack grew bigger and an enormous foot began to appear, by the time we had finished our tea and cake the chick was out and about supporting the largest feet I've ever seen on a chick.

I have missed these happy, chatty meetings and look forward to safer times.

Isabel Stewart isyhstewart@gmail.com

The hatching of Bigfoot!



Ruthin and District U3A Group Activities and Details

Page 3

Badminton, Table Tennis and Snooker group

The above group will be restarting on Thursday 17th September, 2pm until 4 pm, in Neuadd Eleanor village hall, Llanfair D C.

Neuadd Eleanor has done a very comprehensive risk assessment, as has the group. Instead of playing doubles we will be playing singles and any waiting participants will score.

In the snooker room, with two tables, social distancing is very easy.

Participants are encouraged to bring their own equipment if they have it. Alternatively, equipment is available to use. The hall is providing all sanitiser, disinfectant and paper towels to clean any equipment or surfaces touched. Bring your own refreshments should you require it.

We look forward to meeting up again after such a different 6 months.

If you would like further information please contact Phil Webb 01824 704163 or philandmarionwebb@gmail.com



Bird Watching.

This group started out by accident. I went on a U3a Hill Walk (nearly killed me) in Snowdonia, during which I kept stopping to look at and listen to birds, which slowed the others considerably, they very politely asked me to try bird watching instead.

We usually meet the first Wednesday of each month. We have access to some of the finest sites in the country, the Dee Estuary, the North Wales Coast, Anglesey but we have also been up to West Lancashire, down to Shropshire and over to Cardiganshire.

The group members are all really nice people, their bird watching skills have developed immeasurably, a coffee stop on the way out and afternoon tea on the way back, makes for a very enjoyable trip. The day out doesn't involve too much walking, the company is superb.

Contact. Lyn Evans. Mobile. 07523 341985



Canasta

CANASTA is a card game played by 2, 3, or 4 people with two packs including the jokers with wild cards. Making it an interesting skilled game. At present we have 7 members and meet in Wetherspoons every other Wednesday at 10.00am. If you would like to join phone 01824705580 or email Bob Blackburn bob121623@gmail.com.

Musical Appreciation Group

The group is for classical musical enthusiasts wanting to explore music of all kinds ranging from early medieval to contemporary. We meet in each other's homes on a Tuesday afternoon once a month for two hours. Usually one or two people lead the session having chosen the music to listen to and giving some background information on each piece. This is followed by what is a lively discussion and exchange of views. Contact either David Canter on 07968 032336 or Sandra Canter –s.canter@btinternet.com if you are interested in joining.

Creative Writing For Pleasure

The aim of our group is to share our pleasure in writing in a friendly and supportive atmosphere. Members explore all kinds of writing, ranging from fiction, poetry, autobiographical writing and drama. Each member's contribution is appreciated and given positive feedback. The usual format is that at the end of the meeting a writing prompt is given for members to use to write a piece for next time. There is no compulsion, however! If time allows we will do a writing exercise, or discuss other aspects of writing.

In 2018, in conjunction with Flintshire U3A writing Group we produced an anthology, 'Reflections from a Third Age' which was very well received.

Meetings are held on the third Friday of the month in Llys Goodman meeting room, Church Walks, Ruthin between 2,00pm – 4,00pm. The cost of hire of the room is divided among the members present, usually no more than £3.00 per person.

Creative Writing During Co.vid19 Crisis

The format and aims of the group remain the same although we are unable to meet as before. Quite a number of our group suffer from deafness, so holding a meeting with social distancing is not an option. It is clear that members miss the enjoyment of sharing their writing pieces with each other although some have been able to contribute pieces for the 'Covid Collection' during this time.

The feeling among the group seems to be a cautious wish to return to some kind of meeting, even if not face to face and that it would be an idea to give Zoom a try.

Further details from:

Gill Jones 01824 703379 gillian712jones@btinternet.com.

Members of group reading Christmas poems at U3A party, December 2019



Cribbage

The cribbage group of U3a met on a Monday afternoon. The day, time and location may well be re-arranged by members shortly.

For up to date information please contact Rosanne Jarvis on 01824 704500.

All levels of play knowledge or indeed no knowledge at all are welcome to join the group. It is a fun game which can become quite exciting as people in small groups interact over the aim to win!



Bowling

The bowling group from U3a meets by agreement when 2 or more participants wish to enjoy a game. The green is situated at the Llanfwrog centre opposite Ruthin Rugby Club and members of the group can attend and bowl for a small fee any day of the week in season.

For detail please contact Rosanne Jarvis on 01824 704500. She can advise on the availability of equipment and times when other bowlers may be available to play or advise on technique! The game is a lovely way to enjoy gentle exercise in beautiful surroundings.



Cycling

We cycle on road or designated routes (not off-road). Distances covered will probably be 10 - 15 miles - but avoiding serious climbs. Mostly local but further afield if the group wishes

We meet on second Wednesday in the month with possibility of extra rides over summer months.

For more details please contact Geraint Jones on geraint.lewisjones@gmail.com or 01824 707168

Disco dancing

I've been in touch with my dance group and they would like to continue with the disco classes. I've also contacted Sarah at the Rugby club. She says the committee hasn't decided when to open up the room for hire so at the moment can't give a start date for our group. When it does restart the classes will be every other Tuesday from the first Tuesday in each month from 10.30 to 11.45.

Contact Beverley Williams Email bevwilliams999@icloud.com



Drama

The group meet fortnightly to share interests in Drama in all of its forms through devising scripts which could then be performed for a wider U3A audience. Presentations would involve staging, set and prop creation, lighting and sound effects and of course acting. Once a script was devised it would then be rehearsed fortnightly increasing to weekly in the weeks before performance. Unlike many other groups where it is much easier to 'dip in,' once a production is planned a degree of commitment is necessary which may frequently not fit with other demands on group members time. At the present time with social distancing guidelines, acting and performing are not currently possible.

Contact Mike Vandereijk on mikevandereijk1112@btinternet.com



Flower Arranging Group.

Meet 3rd Friday Morning of each month. Venue may be changed after lockdown.

At the start of September, January, and April the group decides on a theme for the following weeks. This may be seasonal, colour, containers etc. Each member brings along flowers and containers and constructs an arrangement.

Members are encouraged to participate in the Ruthin show each August and several members have won prizes.

No previous experience is necessary we all learn from each other. Basic supplies are available.

Facilitator Dian Mouldale. nanadi47@gmail.com



French Life and Language

This is a group for people who love France and the french way of life. Within the Group there are sub groups to cater for the different levels of language skills, ranging from the beginner to the improver to the fluent. In each group we adopt the approach which the members favour. This may be more formal language learning or a group conversation. But in all cases the objective is to use and improve our language and to share our interest in aspects of french life. Generally each sub group meets monthly and shares a piece of text, perhaps from a newspaper, magazine or on line resource. This will be translated, discussed and lead on to sharing our experiences, using whatever language skills we have (usually lapsing into English when necessary).

Each year we celebrate July 14th with a garden party where all the subgroups meet together. We enjoy lots of lovely french food provided by members, french wine (of course) and some sort of entertainment provided by ourselves. This year we were, unfortunately, in lockdown. The photograph shows bastille Day 2019.

No meetings are taking place at present although some of us are keeping in contact on WhatsApp and sharing our interest and experiences. Lets hope that we will soon be able to resume some activities, observing Corvid protocols. I think we may have to adapt to the current circumstances and find innovative ways to meet our objectives. Even so we would be delighted to welcome new members. Anyone interested in joining us please contact Patricia Lyne, 01824 704269



Fun with Canines

Fun with Canines is a self help dog club, with walks, chat at a cafe or such, operates once a month often joining up with strolers, not necessary to have a dog to join. We pop to gardens and the seaside the idea is to enjoy the outing, it is possible for members to look after other members dogs, if some problem arrives I can be contacted by phone 01824 710677 or mob 0786565840 or email hacked1off@hotmail.com Bernard



Garden Interest Group

Meet 2nd Monday afternoon each month.

Venue various.

This group encompasses a wide range of garden interest activities. When possible we visit gardens, small and large. The year usually begins with a visit to a garden specialising in snowdrops. Members contribute ideas for places to visit often gardens featured in the Yellow Book. Members often open up their own gardens where we can pick up tips, ideas and plant swaps. Activities in the winter months include garden centre visits or talks by local garden enthusiasts. All of our meetings include coffee or tea and very often cake!

Visits are usually within a 10 mile radius of Ruthin and we operate a car share scheme.

Facilitators, Morfudd contact morfuddmenna@boyns.cymru and Dian nanadi47@gmail.com



Geology Group.

If you ever see some odd looking rocks, a quarry or wonder why some areas are flat but others nearby are hilly you should join our extremely interesting group. We meet monthly with field trips or visits from March to October and presentations or hands on sessions in Ruthin library during the winter. We are a very friendly, welcoming group.

At the moment due to the Covid-19 outbreak and the expected winter flu epidemic I have closed the meetings for the rest of this year. All our past visits & talks can be found on the geology group website, including our wonderful visit to Iceland.

So we have visited many geological sites in Snowdonia, Anglesey, Ruthin, Bala, Mold, Wrexham, Llangollen, GreatOrme and more, usually with a geologist guiding us. We have been in quarries, up mountains, in mines, Liverpool Museum and many more delightful places. Not forgetting Iceland, well who could forget that!

As soon as it's safe to venture out and about I will have a full programme for us all. There is plenty of geological information on Google which is great for those of us who can't do without it.

Stay safe,

Isabel Stewart isyhstewart@gmail.com



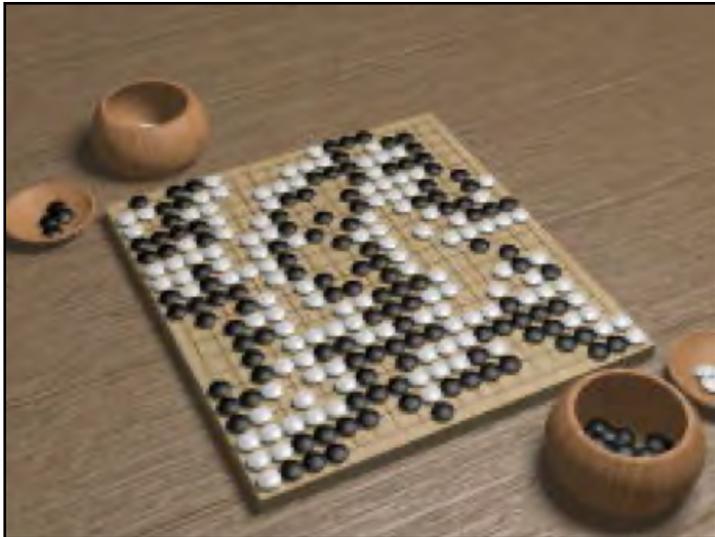
The Go Group

Go is a 2-player strategy board game, in which the aim is to capture pieces and surround territory. It was invented in China over 2,500 years ago and said to be the oldest continuously played board game in the world. It is played with black and white stones on a board marked in a grid pattern board

Prior to Covid, the Go group met every 2 weeks to play. You can google “Go (game)” on Wikipedia for an overview of the game. To study in detail, try Sensei’s Library at <https://senseis.xmp.net/?Go>

New and old members can try playing on line against a computer (“bot”) or live player via “GoQuest”, which is free from the App Store or Google Play. Choose the 9x9 board to begin, and you get a 3 minute game. Pick up the rules as you go along. You can play against strangers or friends. Then, when groups start meeting again, you’ll be ready to join us face to face!

For more information on how to play, email Peter.lund@btopenworld.com or message 07812 439479



Hillwalking

The Hillwalking Group meets on the first Friday of the month. Winter walks may be in the local hills, in summer we hope to walk in Snowdonia. Walks are led by volunteers from the group, but there is no pressure. Please contact Jill Marson if you have any questions. Once you are on the contacts list you will be emailed a description of the next Hillwalk.

Jill Marson jillandraymond@tiscali.co.uk



History

We meet monthly (the last Thursday) in the Library from 9am till noon. On average (over the last year) 13 members have been present. Over a few years we have been looking at English political history from the 16th century onwards. At our last meeting before lockdown we considered events in the 1930s leading up to WW2. Usually the facilitator gives a paper but others have also given papers on subjects relevant to the period that interest them. We are at a point where we need to decide in which direction to go next. Some wish to look at some Welsh history, others the history of USA or some medieval history, (we deliberately don't do local history as there is a society in Rhuthun that does this). A decision will be made about the way forward at our next meeting. With best wishes,
Eric. (01824 702757)

iPads for Beginners

This group is for people who have either just bought their iPad or perhaps have had one for a while and are struggling with it. We will look at common tasks that can be carried out with your iPad such as Email, taking photographs, browsing the Internet and perhaps delve into internet shopping - it depends on what the group wants to do.

For further details contact David Hislop 01824 705331 or dave@hislop.co.uk



Latin and Greek

Our small, but beautifully formed, group continues to meet via Zoom at 2.30pm every Wednesday, one week Latin, one week Greek.

However we have plans to meet in our gardens whenever the weather is kind. In Latin, we have finished our course up to GCSE, and are confident we could pass it quite well. We are now considering pushing on to A level standard.

We find Greek pretty difficult, and what with the funny letters and the weird grammar, we are progressing more slowly.

But we have a laugh, enjoy each others' company, and get pleasure from knowing that we may not be fluent in these old languages, but we know more of them than most people do!

Mike Skuse michaelskuse854@gmail.com



Low Level Walking Group

We walk on the second Friday of each month. Wherever possible starting at a pub or cafe at 10.00. Our walks are between 2.5 and 3 hours depending on the terrain and length of walk, usually 4.5/5 miles. Walkers should wear appropriate clothing including footwear. There is a first aid kit which is passed to the walk leader of the day. Dogs are not allowed on our walks. We usually have lunch (sandwiches or more) at the conclusion of the walk.

Since lockdown in March we have exchanged emails with photographs of the beautiful scenery around Ruthin/our gardens etc. and describing how we are filling our time. We are putting our walking boots on for the first Covid 19 restricted walk in October. We are meeting the Welsh Government Covid 19 Regulations, National U3A and The Ramblers' protocols. This walk and the next in November (depending on walkers' views) will again be limited to 10 (including walk leader and back marker). There will be no "turn up and walk" gatherings until next year. Walkers' safety and well being during the Covid 19 period is of the utmost importance to everyone.

To participate in our walks please ensure you are a fully paid up member of U3A, otherwise your insurance cover will be invalid.

For further information please contact the current walk co-ordinator: Mary Johnson at mary194johnson@btinternet.com



Mens Lunch Group

We meet on the last Wednesday of the month in Wetherspoons at 12.30 after whist.

Please contact David Humphreys for further details or to join this group jilldavidsyn1@btinternet.com

Petanque

Our u3a group meet on a Monday afternoon at 2.30 all welcome.

However the court is available any time to members and any potential members who might wish to use it.

The court will have to be taken up when the rugby season starts.

Efforts are continuing to find a permanent base.

Contact Jack Shakespeare for more details on jackshakespeare35@gmail.com

Poetry Reading for Pleasure Group

The Poetry Group have usually met monthly in person but currently meet 'over the ether', sending in poems by email to the member who is collating contributions that month. Those without email are included by post or delivery, usually via myself. Contributors are welcome to give very brief details about the poet and perhaps why the poem/s have been chosen, if wished.

The collator role circulates between those who are willing to undertake it, in alphabetical order of first name, or by arranging an alternate if unavailable.

The next Collator usually suggests a theme at the previous session for 'their' month's session; happily, a wide range of poems seems to emerge each time, including members' own creations in some cases.'

For more details please contact Jean Leith on jeanleith@hotmail.co.uk

Philosophy

We are a group interested in asking questions and thinking about themes such as knowledge, reason, truth, freedom, God, science, ethics, justice. These are things that most of us wonder about naturally from time to time because they structure the ways we think about the world and our place in it.

We've looked at (and continue to do so) the development of philosophy from Plato and Aristotle through to philosophers of the present day.

No previous knowledge is required and all opinions and views are welcomed. In normal times we meet on the 2nd Wednesday of each month at the Naylor Leyland Centre, Ruthin but over the last few months we have been communicating through e mail.

For our next project we plan to read and discuss a short book (essay?) by the philosopher Bernard Williams on Morality.

IMG_3063.jpeg

For more details contact Buddug Pritchard through buddpritchard@gmail.com



Reading / Book Club

The U3A Reading Group has now been running for just over 12 months. There are currently 18 members with a normal attendance of 8 - 12 people each month.

The group now meets first Wednesday of each month from 10 - 12 in the meeting room at Ruthin Library. Room hire is £15 per session with the cost being shared between attendees.

Coffee making facilities are available to the group and each session starts with coffee and a chat before we start to discuss the book we have been reading.

Discussion tends to be wide ranging and everybody is able to participate. Every few months the group spends some time agreeing book choices for the coming months. Not everyone likes every book but most members have said that part of the fun has been the opportunity to read books by writers that they have not considered before and hear what others think about them.

For further details please contact Helena Thomas helena.thomas@talktalk.net



The Recorder Group

The group is for people wanting to enjoy and improve their recorder playing as an ensemble. We are able to play a whole range of music as we have people who can play descant, treble, tenor, bass and great bass recorders. Players practice pieces at home and come together as an ensemble usually conducted by the leader of the group. We welcome all that want to try, regardless of level of experience or how rusty you may be. We meet in the Ruthin area but location can vary.

Contact Sandra Canter at s.canter@btinternet.com or 07787 563198



Rubber Bridge

A game for 4 people to play in pairs, an expanded form of Whist where a contract is made to win a declared number of tricks.

Wednesday 2 to 4pm At Weatherspoons Ruthin

We will be starting from the basics. I suggest that people buy the essential guide for those new to the game “Bridge for Complete Beginners” by Paul Mendelson. £6.99 or cheaper by Amazon.

For more details please contact Ann Daniels (01824 705640)

Singing Group

We are a small group of about 12 members, all female at the moment. We are lucky to have a piano accompanist, and we sing a variety of mostly light hearted songs ranging from old folk to old pop songs. We have a break half way through for tea and biscuits, chat and laughter!

We meet on the first Tuesday of the month from 2:00 until 3:30 pm. The venue is the Presbyterian church hall next door to the Co-op. The cost of the hall hire is shared between members present at the session.

If you are interested in joining please contact:-
Buddug Pritchard at buddpritchard@gmail.com



Spanish Beginners Group

The U3A Spanish Beginners group meets 10.30am, 1st and 3rd Tuesday of month, at Ruthin Wetherspoons. If you would like to find out more, please message your name and mobile number to: Peter.lund@btopenworld.com (07812 439479)

Strollers

We've been blighted by the weather and haven't really met since lockdown eased. In truth, though: 'We are mostly now part of the Fun with Canines Group, giving and receiving more scenic suggestions, usually with a refreshment stop at the end. We rarely walk for over 1 hour 15 minutes over easy terrain, but with footwear suitable for wet or muddy conditions. Lifts, of usually less than 45 minutes, can be available if compliant with current Covid regulations.

For more details please contact Jean Leith on jeanleith@hotmail.co.uk



Sunday Lunch Group

Meet last Sunday in each month.

Variety of venues attended.

Good food and conversation.

Contact Sylvia McCabe for more details:

sylvia.mccabe60@outlook.com



U3A 'Sustainable Living' group - outline

Would you like to reduce your environmental impact but don't know how best to go about it? Are you unsure where to concentrate your efforts? Do you want to do something about climate change, but wonder what an individual can actually achieve? Are you boggled by all the information and advice that's available?

Well this might be the group for you! The intention is to inspire members (and maybe through them, their friends and families) and explore the information and tools needed to make a difference.

The plan is for the group to meet monthly, with a mixture of speakers, films, discussions, sharing of members' knowledge and site visits. Members could also research a particular topic and then report back to the group.

Topics to be covered could include the following. These are shown in the order of priority indicated by a show of hands at the preliminary meeting held on 3rd October – the intention being simply to give us guidance on which topics to address first. It is clear however that many of the topics are complex & inter-related.

- Waste – reduce / reuse / recycle including which materials really are recycled.
- Plastics, especially single use plastics and how to avoid them.
- Food – growing / buying local, reducing food miles, impact of different ingredients (e.g. Palm Oil).
- Climate change – what can the individual do?
- Shopping, fashion, ethical products.
- What can the individual do, at home?
- Travel – including carbon off-setting for air travel, diesel vs petrol, electric vehicles, etc.
- Renewable energy and energy efficiency, switching suppliers etc.
- Biodiversity, nature conservation and soils.
- Air quality and pollution.
- Carbon footprinting – what is it and what tools are available?
- Local authority activities, policies and projects
- Water and water quality.
- Noise and light pollution
- Ethical investment – what is it and what are the options?

To register your interest in the group or for more information, contact Carol or Nick Ward on welshwardies@btinternet.com or 01824 703796.

Ukulele Group

In normal times the Ukulele group meet weekly on a Monday morning in Keith's house. In total there are about 11 of us although about 8 meet very regularly.

You would really need a little basic knowledge of at least 3 chords to join this group as we have been meeting for a couple of years.

We call ourselves The Pleasant Pluckers. Over the couple of years we have been meeting we have played at many Charity and Community events for which we make no charge.

For more details please contact Keith Mouldsdales on 01824 707506 or keefiedi@gmail.com



Whist

The group meets on alternate Wednesdays at 10:00 in Weatherspoons. Please contact Jack Shakespeare for further details jackshakespeare35@gmail.com



