

TORFAEN u3a - NEWSLETTER - JULY 2026

Hi everyone,

Hope you are finding ways of staying cool. Many of the groups are not meeting in August so please check the schedule and contact your convenor if in doubt. There will be no Craft Group, Lunch Club, Poetry Group, Whist, Theatre & Events Group, Gardening Meeting or Monthly Meeting in August

There will be no History meeting on the first Thursday of August but an outing is planned on the 14th of August to visit Dyffryn Gardens

N.B. The next meeting of FOCUS will be at 11.00am on Monday 3rd August at Llanfrechfa Grange Walled Garden.

COACH TOURS/ HOLIDAY GROUP



There's nothing to report for the group as it's School Holidays but were meeting again on Monday 10th August at 10:30 in The Crow's Nest.

Regards Alex

FOCUS GROUP

Our July meeting was held at Glaslyn Court. However only two members were present. The usual format of our meetings was dispensed with and replaced with a social, "coffee morning" chat. Our next meeting will be at 11.00am on Monday 3rd August at Llanfrechfa Grange Walled Garden.

Lyn

LUNCH CLUB

Another lovely meal at The Unicorn in Pontypool, service very good, staff friendly and helpful. Unfortunately there will not be a lunch in August as I will be away, so look forward to seeing you all in September.

Best wishes, **Ann** email: anngill18@gmail.com mobile: 07454010078

CRAFT NEWS

We have had an enjoyable month during July learning a new craft. Many thanks to Anne, a member of our group. She led a workshop for us on needle weaving, providing the items we needed and taught us how to do it. We used a variety of yarns of different textures and colours. When completed the finished weaving could be framed or made into a small wall hanging as can be seen in the attached photos. We have been working on these for several weeks, producing work of varying colours and textures. It was a project we all enjoyed working on and using our imagination to mingle colours and textures to produce our final piece of weaving. Thanks again Anne.

There will be no craft meetings during August. We will meet again on Tuesday 1st September in St Mary's Church Hall from 12.30-2.00. See you all then. Happy Crafting.

Rose



GARDENING GROUP



Our latest group expedition was to Long Owl Barn at Coed y Paen. Eleven of us found our way there. The property is tucked away down a small lane on a hillside. The owners Mike and Tina welcomed us warmly and Mike came round the garden with us giving us lots of information on the history of the house and the many different plants in the garden. They have laid out the one and a half acres in an interesting way, having narrow paths which wind through the property. This means that there is

always a surprise round the corner!

The sloping hillside part of the garden was renovated two years ago and two small ponds added which contain lots of newts and some beautiful dragonflies. The same area was planted with many fruit trees which, we could see, will produce tons of fruit in the autumn.

The afternoon was topped off with the usual excellent cakes and tea.



There will be no meeting in August but we look forward to meeting again in September.

Marion Williams

HISTORY

In our July meeting we had another interesting talk from one of our regular speakers Chris Johns about the Welsh born comedian Tommy Cooper. Thomas Frederick Cooper was born on the 19th of March 1921 in 19, Llwyn On Street in Caerphilly Glamorgan in South Wales. His parents were Thomas H. Cooper a Welsh recruiting sergeant in the British Army and later a coal miner, and Catherine Gertrude (nee Wright) from Crediton in Devon. Due to worrying implications of working in the mines his father moved the family to Exeter when Tommy was three. Tommy always considered himself a Welshman.

When Tommy was eight his aunt bought him a magic set and he spent hours perfecting the tricks. In the sixties his brother David opened a shop; D and Z Coopers magic shop in Slough. The shop later moved to Eastbourne and was run by David's daughter Sabrina.

In 1940 Tommy was called up to serve in the Royal Horse Guards where he served for seven years. He joined the NAAFI entertainment party and developed an act around his magic tricks interspersed with comedy. After forgetting to bring a helmet he required for a trick he was performing he borrowed a fez from a passing waiter and this was always incorporated in future acts and became his trade mark. He later became a member of the Magic Circle. Cooper rapidly became a headliner act in variety shows portraying a magician whose tricks never worked.

In March 1948 he began starring in his own shows and remained popular with audiences for nearly forty years, notably through his work with London Weekend television from 1968 to 1972 and Thames TV from 1973 to 1980.

Cooper was a heavy drinker and smoker. The alcohol began to affect his professionalism and there were complaints of his turning up late for his shows and sometimes missing it altogether. He also suffered from several health issues with his chest and heart. He cut down on his drinking as he was aware that was the problem but never gave up completely. Once, while on the Michael Parkinson show, he performed a guillotine act where he forgot to set the safety catch and, but for the intervention of a floor manager, could have resulted in a nasty accident or worse.

On the 15th of April 1984 Cooper collapsed from a heart attack in front of 12 million viewers. Although efforts were made to revive him he was taken by ambulance to Westminster hospital where he was pronounced dead at the age of 63.



A statue of Cooper was unveiled in his birthplace of Caerphilly by Sir Antony Hopkins who is the patron of the Tommy Cooper Society. The statue, which cost £45,000, was sculpted by James Done in 2008. In 2009, for Red Nose Day, a red nose was put on the statue but was later stolen.

There will be NO meeting on the first Thursday of August but an outing is planned on the 14th of August to visit Dyffryn Gardens. The bus will be picking up the members that have

signed up for it at 10.45 to set off at 11AM return journey at 3pm. Meeting at the Oasis Club in Croesyceiliog.

I have been told that the cafes on site only provide light refreshments and drinks so it may be advisable to take a packed lunch if required. I will put another reminder a few days before on Kath's u3a page on Facebook. I hope you all have an enjoyable day.

The September meeting will be on the 3rd of September at Llanyravon Methodist Church at 2pm. The topic is The Newport Ship and the speaker is Dr. Toby Jones.

Regards Merle

SCRABBLE



There will be Scrabble the second Wednesday in August'



Unfortunately I was not able to attend the quiz in July, so thank you to John Ferran for acting as quizmaster and taking the lead. Feedback was that, although the numbers were smaller than usual, due to it being the holiday season, it was a very successful and enjoyable afternoon.

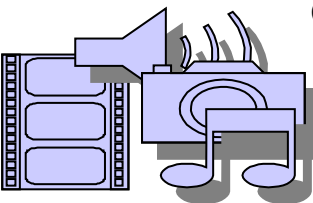
August's quiz will be the last one at The Ashbridge, due to its impending closure, and will take place on 7th August @ 2:00pm as

usual.

Please note there will be no quiz in September and hopefully by October I will have secured a new venue. I will keep members updated as and when I have something to share.

Thanks, Helen

LISTENING TO MUSIC



Castanets were introduced to our programme this month, the soloist was Lucero Tena **performing** the Intermedio from the zarzuela La boda de Luis Alonso (The Wedding of Luis Alonso), composed by Gerónimo Giménez. It was new to all of us I think but enjoyed by everyone. Of course we had to remember Bonnie Tyler (Lost in France) and Bill Oddy (who could forget Funky Gibbon) and there

were many tracks to remind us of the 60's and 70's. Mozart, Beethoven, were amongst the favourite classical pieces and with the intention of uplifting our Spirits we listened to Asatoma by Kevin James Music (a piece both universal and devotional, combining Chanting, mantra, Kirtan and Heartsongs).

Pieces of music old and new are interspersed with interesting facts and every Tuesday in one hour from 11 am to 12 noon on Zoom we try to find something for everyone. Do feel free to just drop in and listen. Join Zoom Meeting
<https://us02web.zoom.us/j/83882138264?pwd=VsBxP1HYxZCHZvL3jaX3bfbvsW8yoV.1>

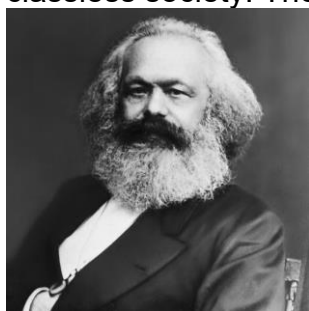
WHIST



The Whist Group will not meet in August. We will look forward to resuming in September.

PHILOSOPHY

At our meeting on Tuesday 7th July, we discussed the political philosophy of Karl Marx which centres on class struggle, the critique of capitalism and the pursuit of a communist, classless society. The meeting was well attended and the discussion was lively.



Our discussions included consideration of the following questions-

- Is class still the primary source of social conflict?
- Is capitalism inherently exploitative or can exploitation be reduced through regulation?
- Why did 20th Century Marxist states divert from Marx's vision?

Our next meeting will be at 2pm on August 4th at Cwmbran Library. We will be discussing Feminist philosophy which examines how gender shapes knowledge, power and social structures. We will be looking at the lives and philosophies of three women from 1759 to the present day.



Mary Wollstonecraft 1759-1797
"Women are rational equals; give them education"



Simone de Beauvoir 1908-1986
"Gender is constructed; change social structures"



Judith Butler b.1956 " Gender is performed; norms can be disrupted"

All are welcome to join us for a lively, informative discussion, ***Dori***

POETRY GROUP

POETRY

At our recent session, we discussed the work of two poets – DH Lawrence and Idris Davies.

David Herbert Lawrence (1885-1930) was an English novelist, short story writer, poet, playwright, literary critic, travel writer, essayist, and painter. His works reflect on modernity, social alienation and industrialisation, while championing sexuality, vitality and instinct. Throughout his life, his opinions and artistic preferences earned him a controversial reputation. Four of his most well-known novels, including *Lady Chatterley's Lover*, were the subject of censorship trials for their radical portrayals of romance, sexuality, and use of explicit language. Lawrence wrote almost 800 poems. His work dramatically changed during his years in Cornwall when, influenced by Walt Whitman, he began writing free verse. The poems we discussed were 'Afternoon in School the Last Lesson' in which he paints a picture of an uninspiring, bored teacher of equally uninspired and bored pupils; and 'A Snake Came to my Water-Trough', a free verse poem exploring the conflict between human instinct and societal conditioning.



Idris Davies (1905–1953) was a Welsh poet whose work vividly captured the struggles, politics, and life of South Wales mining communities. Born in Rhymney, Monmouthshire, to Welsh-speaking parents, Davies left school at the age of fourteen and worked as a coal miner for seven years. During this time, he suffered a mining accident that cost him part of a finger and experienced the 1926 General Strike, which left him unemployed for four years. These early experiences profoundly influenced his poetry, giving him firsthand insight into the hardships of working-class life. In 1925, he began attending evening classes, developing an interest in English literature. He later trained as a teacher at

Loughborough College and taught in London from 1932 to 1947, when he returned to the Rhymney Valley to teach at a junior school in New Tredegar, continuing to write and broadcast until his death from abdominal cancer in 1953. His poetry continues to resonate for its historical insight, social consciousness, and lyrical power. We looked at four poems – 'Let's go to Barry Island', 'Dowlais Top', 'What Will You Do With Your Shovel Dai' and 'Listening to Beethoven', which demonstrated a broad range of subjects and styles.

We meet on the fourth Thursday of each month at 2 pm at Llanyravon Methodist Church. If you have an interest in poetry, why not come along and join us. You would be most welcome. We will NOT be meeting in August. Our next meeting will be held on Thursday 24 September. Chris Andrews

WHAT THE PAPERS SAY.

What the Papers Say

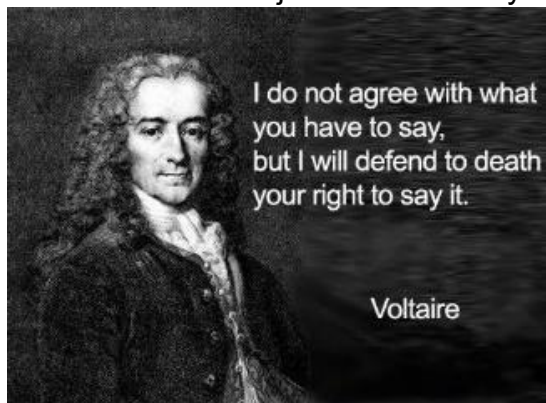
At our meeting in Cwmbran Library on July 21st the topics discussed included

- Censorship in literature “Are even Janet and John now under suspicion”
- The appropriateness of TV soap operas covering current social issues
- The casual use of psychological terms in everyday conversation “have you just noticed that your mother is a “narcissist” or your ex-partner was “gaslighting” you?”
- The paucity of language being used to describe current events “please expand thy adjectives”
- The so-called coronation of Andy Burnham as Prime Minister
- The policies of Count Binface.

The meeting was well attended with 11 members present and the discussions were lively portraying a wide range of views.

Our next meeting will be at 10,30 am on Tuesday 18th August.

All are welcome to join us for a lively discussion where all views will be respected.



Dori

READING STORIES

Thanks to Pam we learnt about Roger W. Smith OBE (born 1970) who is a British independent watchmaker making watches by hand. Smith was a Bronze Medallist of the British Horological Institute (awarded to the most outstanding graduating student of any given year) and his story was fascinating... The Durrell family and their time in Corfu made an appearance alongside our regular protagonists.

Our readings are many and varied so please feel free to join us on any Monday; it doesn't have to be a regular commitment and we are happy to welcome members who prefer just to listen.

<https://us02web.zoom.us/j/89712354545?pwd=5ZDHBawwYu95crjKZn5XryoeKINLcJ.1>

THEATRE & EVENTS GROUP

On Wednesday, 15th July, 14 of us met and the following was discussed.

Feedback from The Last Laugh at the New Theatre, Cardiff was given by Liz Fry, who had attended with myself. We had both enjoyed it. The actors playing the parts of Bob Monkhouse, Eric Morcombe and Tommy Cooper were excellent in both speech and mannerisms. Unusually for a West End production, the second act took the form of a Q&A where we learned more about the real life of the person they had portrayed and the actors connection to them.

We then discussed matinee theatre visits going forward and the following at the Millennium Centre in 2027, were given an expression of interest:

- Blood Brothers - Wed 17th, Thur 18th & Sat 20th February
- The Full Monty - Thur 4th & Sat 6th February
- Jesus Christ Superstar - Wed 3rd, Thurs 4th & 11th, Sat 13th March
- Pride & Prejudice (a comedy musical) - Thur 15th & Sat 17th April
- The Curious Incident of the Dog in the Night - Thur 29th April & 1st May
- Pretty Woman - Wed 9th, Thursday 10th & Sat 12th June
- Back to the Future - Thurs 21st & 28, Sat 30th & Sun 24th & 31st

The Congress Theatre has tribute shows for David Bowie, Dr Hook, ABBA, Clapton, Carpenters & The Eagles. The following productions were of interest,

- The Full Monty - 29-31 October 2026. Matinee on Saturday.
- Peter Pan (pantomime) 11-30 December 2026

The play Amadeus is at the New Theatre, Cardiff, on Thurs 18th & 25th, Fri 27th & Sats 13th & 20th March 2027

Please let Christine know at casillman@gmail.com if you are interested in any of these productions.

We also discussed a trip to Insole Court & Llandaff Cathedral by mini bus. This will be followed up at our next meeting but it would be good to know who is interested.

Arrangements for our trip to Dyffryn Gardens, on Friday, 14th of August:

Meet in the Oasis Car park, Edlogan Way at 10.45am for departure at 11.00.

We will leave Dyffryn Gardens at 3.00pm. Although the NT have two cafes on site it is suggested that you take a packed lunch as they only provide snacks and cakes.

Our next meeting at 11am in the Conservatory of the Crows Nest, will be on Wednesday, 16th September. There will be no meeting in August.

Christine

WALKING GROUP

Thursday 2nd July 2026 – Newport Wetlands



Nine of us set off on a bright hot day starting from the Newport Wetlands main entrance. We followed 'The Wetlands Experience Trail' which is a circular walk of almost 3 miles, and combines the orchid trail, the woodlands and estuary trails, and part of the Wales Coast Path. We had wonderful views across to the Somerset coast, but given the hot weather most of the wildlife was carefully keeping in the shade !

Our walk also took in the East Usk Lighthouse, where we are in the photograph above, which was constructed in 1893 by Trinity House and is one of two lighthouses that mark the entrance to the

River Usk. The lighthouse is still in operation, and is a vital navigational aid for ships approaching Newport. We finished up with light refreshments in the shade of the visitor centre café, before returning home.

Thursday 26 July 2026 Goytre Canal Walk



Due to the exceptionally long spell of hot weather, we changed our walk and decided our group walk would be from Goytre Village to include a stretch along the Mon Brecon Canal (thanks to Sue for suggesting this walk). Seven of us left from the village, crossing the main Cwmbran to Abergavenny A4042 road on the newly installed village pedestrian crossing, before walking up a lane mostly in shade before following the trail through the Goytre

House Wood owned by the Gwent Ornithological Society, and then joining the Canal north.

We continued along the Canal before leaving it near Goytre Wharf down Saron Road passing Saron Chapel, built originally in 1826 and rebuilt in 1865, and still open for worship. We continued along the road passing Goytre Hall Wood before recrossing the main A4042 road to follow a footpath across a recently harvested field to join another trail through more woodland heavily overgrown with high ferns (huge thanks to Sue for checking and clearing much of this route the day before!), across another field footpath, and woodland to re-join Goytre Village. We then had refreshments in the Goytre Arms before returning home.

Next Walks

Our next walks are on

- 6 August 2026
- 20 August 2026
- Details to follow on the Torfaen U3A Website soon, **please note these walks may change due to the current hot weather, so please check the website for any updates:** we look forward to you joining us on one of these walks!

Jeff and Jane Phillips

FOR YOUR INFORMATION

Minutes of Committee Meeting held Thursday 09 July, 2026, at the Ashbridge

Present Kim Collins (Chair), Dori Thomas, Sandra Long, Anthea Wellington, Ann Gill, Alex Sorby, Jeff Spittal, Christine Sillman, Barbara Crisp, Christine Andrews (Minutes)

1. Chair's Welcome

Kim welcomed those present to the meeting.

2. Apologies Marion Williams

3. Minutes of Previous Meeting

These were accepted as a true record. Proposed by Anthea, seconded by Dori.

4. Matters Arising

Item 3:

Charity Commission – Anthea reported that, contrary to what Nicky Lee advised, completion of trustee forms is required.

Promotion of u3a – Anthea confirmed that Committee members can now communicate with each other via Beacon.

5. Chair's Report

Kim reported that she had placed u3a posters in various venues in her local community, and had encouraged a friend to become involved in Torfaen u3a.

6. Business Secretary's Report Anthea had nothing to report.

7. Network Contact's Report

Anthea reported that a Network meeting is due to take place next Monday.

8. Treasurer's Report

Dori had circulated her report and a copy of our current accounts via email prior to the meeting. She confirmed the following:

Bank	£2132.26
Cash	£ 17.16
Total	£2149.42

This balance is £558 higher than the same date last year. Barclays Bank has confirmed that our change of Mandate has been completed with the addition of Barbara Crisp and the removal of Dave Davies.

Current Membership: 122 (of which one member has yet to renew. Lyn Oelmann is following this up).

Magazine Costs – various examples were offered by Nicky Lee at our last meeting and were discussed. Our current membership fee of £20 includes the TAT magazine. If a member opts out of receiving the magazine, a deduction of £4 is applied. Any changes would require amendments to our membership application form. An online version of the magazine is available at no cost. Dori confirmed that the membership fee includes sums paid to TAT, the cost of the magazine, a contribution to Beacon.

It was agreed that a proposal to keep the membership fee at £20 with no reduction if a member opted not to receive the magazine would be put to members for their comments at the next Monthly meeting and further discussed at the Committee meeting in October. Any change would be implemented from 1 April 2027.

ACTION

Dori to prepare a breakdown of costs covered by the membership fee for the Monthly meeting

Anthea to agenda this item for September's Monthly meeting

Monies Held by Groups/Use of Beacon/Self-financing Groups – information provided by Nicky Lee on the above was further discussed. The limit of £25 on the amount that can be held by groups has been increased to £50. **The Committee agreed that we should continue with our current system.**

9. Charity Status Application

Anthea reported that the sub-group had met as planned. There had been some concerns about the wording of the application recommended by TAT, but there was little scope for amendment as the TAT format is required to comply with the Charity Commission. Signatures on trustee forms and the Constitution have almost been completed. Anthea will continue with the application.

Future Events/Publicity

Dori reported that Cwmbran Library has been booked for Open Day on Tuesday 20 October from 9.30am to 12noon. We will need Convenors to attend and volunteers to welcome people and distribute leaflets. An application to TAT for a grant was discussed. Christine suggested that, as we have sufficient tabards, lanyards, leaflets, etc., we could leave it for this year and consider an application next year. Advertising the Open Day on Facebook was effective last year.

Kim raised the possibility of a stand at Party in the Park in Pontypool. Previous involvement in this event, however, was not productive.

Jeff reported that an article advertising Torfaen u3a will be included in the August edition of the Caerleon magazine which has a circulation of 4,000. Information on our Open Day will be submitted for the October edition. Dori passed around the article for the August edition for members to read, and suggested this could be added to Facebook to link with community groups, as could the poster recently produced by Jeff.

Jeff reported that the company used for printing by Marion had closed its business, but one of the former employees has gone freelance and he has her details.

ACTION

Sandra to inform Convenors of the details of Open Day

Jeff to obtain a quote for posters

Kim to take on the lead role for Open Day

Sandra & Kim to explore customising the blue tablecloths with Craft Group

10. National Meeting Representation

The meeting will be held in mid-Wales on 2 November. Issues with transport to the location were discussed.

ACTION **Anthea** to feed back the issues raised to Nicky Lee

11. Convenors' Meeting

Sandra fed back on the recent meeting which had been lively and well attended. Kim and Barbara had introduced themselves. Feedback to convenors on risk assessment, following our discussion with Nicky Lee at the last Committee meeting, was provided. Sandra will be working on updating the Convenors' Handbook in due course. Dementia Awareness training was mentioned. Each convenor gave an outline of the groups they are responsible for, which Kim suggested would be beneficial at our Monthly meetings. Notes of the Convenors' meeting have been circulated.

ACTION

Christine S and Christine A to provide information about their respective groups at the July Monthly meeting

Sandra to explore Dementia Awareness training

12. **Groups Update** Nothing specific to report.

Any Other Business

u3a Festival in York – Dori gave feedback on behalf of the members who had attended.

13. **Next Meeting**

The next Committee meeting will be held at 10.30am on Thursday 10 September, at the Ashbridge. **There is no meeting in August.**

ACTION Ann to book with the Ashbridge

Minutes taken by: Christine Andrews

**MONTHLY MEETING 31 JULY 2026 HELD AT LLANYRAFON METHODIST CHURCH
MINUTES**

1. **Chair's Welcome**

Chair Kim Collins, welcomed members to the meeting and outlined safety procedures.

2. **Minutes of Last Meeting**

The minutes were accepted as a true record, proposed by A Gill, seconded by L Oelmann.

3. **Matters Arising** None.

Chair's Report

Kim Collins reported that a number of prospective new members are in attendance today, and there is a possibility that a Bridge Group will be set up.

4. **Treasurer's Report**

Dori Thomas gave the following report:

Bank £2102.26

Cash £ 17.16

TOTAL £2119.42

Current Membership: 122. There has been a number of new enquiries over recent weeks.

5. **Business Secretary's Report** Anthea Wellington reported that:

An all-Wales u3a meeting will take place in November. These meetings can be productive in generating new ideas on, for example, recruitment of new members and increasing the involvement of members in local u3as. They also provide good opportunities for information exchange. The meeting will be held in mid-Wales which would involve a three-hour drive to get there, and another three-hour drive to return at the end of a full day's meeting. Anthea will be discussing the difficulties associated with this with Nicky Lee.

Application to become a charity – Anthea gave an update on progress. All necessary signatures have been obtained. She reminded members that the application is necessary because our annual turnover has exceeded £5,000.

6. **Network Secretary's Report** Covered above.

7. **Groups – Update**

History Group: Merle Evans reported that the group will not be meeting at Llanyrafon Methodist Church in August because a trip to Dyffryn Gardens is planned for Friday 14 August. The meeting point for the trip is 10.45am at the Oasis Club. Merle advised members to take a packed lunch.

Theatre & Events Group: Christine Sillman reported that the group meets at 11am on the third Wednesday of each month in the conservatory at the Crows Nest. She

outlined some of the group's activities. The coffee and chat after meetings often lasts longer than the meeting.

Poetry Group: Christine Andrews reported that the group meets from 2pm to 3.30pm on the fourth Thursday of the month in the smaller room at Llanyrafon Methodist Church. This month the poets discussed were DH Lawrence, and the Welsh poet Idris Davies.

Quiz Group: Helen Williams confirmed the content of an email she recently sent to Quiz Group members updating them on the position with the Ashbridge where the quiz is held. The Ashbridge will close in early September. The last quiz will be held there next Friday 7 August. There will not be a quiz in September because Helen is away. She is looking for alternative premises, including Cwmbran Library. Other options might be the Upper Cock, Crows Nest. She hopes to continue the quiz on the first Friday of each month but may have to change this. She will keep members updated.

8. Rota – Clearing Away

Several members volunteered to assist.

9. Any Other Business None.

10. Date of Next Meeting

10.30 am on Friday 28 September, at Llanyrafon Methodist Church. THERE IS NO MEETING IN AUGUST.

Minutes taken by Christine Andrews

PROVISIONAL SCHEDULE FOR AUGUST 2026

Any errors or omissions please let me know.

If in doubt please check with your convenor.

There will be no Craft Group, Lunch Club, Poetry Group, Whist, Theatre & events Group , Gardening Meeting or Monthly Meeting in August

There will be no History meeting on the first Thursday of August but an outing is planned on the 14th of August to visit Dyffryn Gardens

N.B. The next meeting of FOCUS will be at 11.00am on Monday 3rd August at Llanfrechfa Grange Walled Garden.

DAY	DATE	TIME	ACTIVITY	LOCATION
Monday	3 rd	11.00	Focus	Llanfrechfa Grange Walled Garden
Monday	3 rd	2.00	Reading Stories	Zoom
Tuesday	4 th	11.00	Listening to Music	Zoom
Tuesday	4 th	2.00	Philosophy	Cwmbran Library
	6 th	2.00	Walking Group	TBA
Friday	7 th	2.00	Quiz	Ashbridge
Monday	10 th	10.30	Coach/Holiday Group	Crows Nest
Monday	10 th	2.00	Short Stories	Zoom
Tuesday	11 th	11.00	Listening to Music	Zoom
Wednesday	12 th		Scrabble	Ruth's home
Friday	14 th	10.45	History	Dyffryn Gardens
Monday	17 th	2.00	Short Stories	Zoom
Tuesday	18 th	10.30	What the Papers Say	Cwmbran Library
Tuesday	18 th	11.00	Listening to Music	Zoom
Thursday	20 th		Walking Group	TBA
Monday	24 th	2.00	Short Stories	Zoom
Tuesday	25 th	11.00	Listening to Music	Zoom