



Garth Olwg U3A

Founded : March 2008

Web - <https://gartholwg.u3asite.uk>

Registered Charity No. 1206759

JANUARY, 2026 NEWSLETTER

Happy New Year at all our Members.

Dear Member,

1. WELCOME

Please remember to SIGN IN AT THE DOOR for our General Meetings.

This bulletin contains some information about our future events and Interest Groups.

2. FORTHCOMING EVENTS

- a) **Annual Quiz Night** : This year, this prestigious event will be held on Wednesday, 25th March at the Rugby Club. Cost is £5 per person which includes a buffet supper. Get your teams together folks and put your names down at the General Meeting on 21st January or 18th February.
- b) **A visit to the Old Railway Garden Centre** : This is in Three Cocks outside Brecon and we are thinking of this for April. Again a “Show of hands” will be required.
- c) **The Hay Book Festival** : Arrangements are underway to visit on Wednesday, 27th May when the main attraction that day will be Pru Leith. Bookings for this will be taken in March and April and the cost will be that of only the coach transport. The events on that day will be posted on the Festival web site where bookings for individual events on that day can be made.
- d) **Our Annual Tea Party** : This will be held on 24th June and a speaker is being finalised.
- e) **Cegin Gareth Kitchen** : We are thinking of this for late July \ early August. A maximum of 38 people can be accommodated. A “show of hands” to gauge interest will be taken at our next General Meeting on 21st January. The cost (excluding coach transport) is £40pp and includes coffee & biscuits on arrival, a cookery demonstration and a 3-course lunch.

3. SUGGESTIONS

We have discussed all the suggestions recently received and are acting on several of them.

Those currently under consideration are indicated above.

4. GENERAL NOTICES CONCERNING OUR MEETINGS

- a) **Our Monthly Raffle** : Each strip of tickets is only £1 so please pay up !!
- b) It's become very late in the year but, if you have not already done so, **PLEASE COLLECT YOUR MEMBERSHIP CARDS WHEN YOU SIGN IN.**

c) Non-Renewed past members and visitors must sign the “VISTORS” form as per usual.

5. INTEREST GROUPS

Should you have an interest in forming a new Interest Group then please contact our new **Interest Groups Co-ordinator – Barbara Brown on 07734 384234 or barbarabrown0550@gmail.com**

Cinema Group : As and when a suitable show is available
Contact : Barbara Brown on 01443 201535

Theatre Group – As and when a suitable show is available
Contact : Jacqui on 01443 205004 or 07399719235 or eMail to j.bunnage@talktalk.net

Wednesday, 14th January - Lunch Club:

Elaine has booked lunch at “Alfred’s” in Pontypridd. Announcements and payments for this were taken last November \ December

At our General Meeting on 17th May 2023, an announcement was made whereby the last opportunity for booking a lunch club lunch will be the Sunday evening following the relevant General Meeting.

Contact : Elaine Williams on williams.me.49@gmail.com

Thursday, 15th January – Poetry Appreciation Group – If you enjoy poetry, come along to the next meeting at Garth Olwg. We are a small, friendly group who enjoys sharing poems on an agreed theme. This month’s theme is “Winter”.
Contact : Barbara Brown on 01443 201535

Tuesday 20th January – Games Group

Calling all you board games enthusiasts – Why not join our Games Group and enjoy a couple of hours playing Rummicub and other games. which combine strategy and luck. The Group will meet in Room 19 in Garth Olwg LLC from 13.30 to 15H30.

Contact : Elaine Williams on williams.me.49@gmail.com

Wednesday 21st January – General Meeting – The venue is now permanently in the Theatre at Garth Olwg at 2pm.

The speaker this month is James Stewart who will be talking about the 1962 Smallpox outbreak which affected all us locals as the (then) east Glam Hospital was centrally involved.

Thursday, 22nd January – The Art & Architecture Group – meeting at 2 pm in Tabernacle Chapel in Efail Isaf.

The subject will be the Sky Arts series “Stories From Tate Britain”, which looks at how the original Tate Gallery in London was founded and the stories behind some of the most famous paintings there. we will watch the first part of this at this meeting.

Contact : Beryl Keating on 01443 222637 or 07804834344

Monday 2nd February – Trustees Meeting at the Old Parish Hall at 11am.

Tuesday 3rd February – Enjoying Science Group -- We will finish Chris Packham's DVD on the development of planet Earth. This final episode covers the period from the evolution of the apes through to the modern day.

THERE IS NOW ONE VACANCY IN THIS GROUP

Contact John at : John Sayle on 07766 714669

Wednesday 4th February - Book Club – This month’s book is “Silas Marner – The Weaver of Raveloe”.

Silas Marner is a weaver in the English countryside village of Raveloe in the early nineteenth century. Like many weavers of his time, he is an outsider—the object of suspicion because of his special skills and the fact that he has come to Raveloe from elsewhere. The villagers see Silas as especially odd because of the curious cataleptic fits he occasionally suffers.

THIS GROUP IS NOW FULL

Contact : Clare Thomas on 07833 647383 or thomasnj53@aol.com

Friday– Gardening Club – The next gardening group will be held in the Spring if there is an increase in numbers.

Contact : Jacqui on 01443 205004 or 07399719235 or eMail to j.bunnage@talktalk.net

Wednesday, 11th February - Lunch Club:

Elaine has booked lunch at the “Dynevor Arms” in Groesfaen. Announcements and payments for this will be taken at the General Meeting on 21st January

At our General Meeting on 17th May 2023, an announcement was made whereby the last opportunity for booking a lunch club lunch will be the Sunday evening following the relevant General Meeting.

Contact : Elaine Williams on williams.me.49@gmail.com

6. And, FINALLY

Please look at our **NEW** branch website - very ably run by our own Jayne Harte. You can find this at <https://gartholwg.u3asite.uk>. This site is updated and contains information on our local history, our various Interest Groups, the various trips that we've been on as well as your photographs and links to other u3a information – well worth a look.

Bob Davies

(Business & Communications Secretary and Membership Secretary)

e-mail robertd Davies11@gmail.com ; 01443 551434 or 07767 832199

A little old man shuffled slowly into an ice cream parlour and pulled himself slowly, painfully, up onto a stool.. After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'

Two elderly gentlemen from a retirement centre were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?' Slim says, 'I feel just like a newborn baby.' 'Really!? Like a newborn baby ?' 'Yep. No hair, no teeth, and I think I just wet my pants.'

GREAT TRUTHS ABOUT GROWING OLD

- Growing old is Mandatory – growing up is optional
- Forget the health food – I need all the preservatives I can get
- When you fall down, you wonder what else you can do whilst you are down there
- You are getting old when you get the same sensation from a rocking chair that you used to get from a roller coaster
- It's frustrating when you know all the answers but nobody bothers to ask you the questions
- Time may be a great healer but it's a terrible beautician
- Wisdom comes with age but sometimes, Age just comes alone

Happy New Year and keep smiling.....it keeps them guessing what you are up to !!