Carmarthen u3a Caerfyrddin

News Sheet – January 2025

- Good to see members coming forward to lead new and existing groups in the New Year.

- Also good to hear of members putting their names forward to go on the committee. More information to follow in February's News Sheet. I know we are all very grateful to everyone who has volunteered to help.

- The January Monthly Meeting will be on 30th January at 2:00 when Cath Cork will talk about the Xcel Project and Food Bank.

- The New Film Club will now be led by Carole Sapsford. The film will be The Godfather starring Marlon Brando on Monday 13th January in the library at 2:00.

- The Music Group is restarting under the guidance of Malcolm Berry at the CAVS Centre at 2:30 Wednesday 29th January.

- Malcolm has also volunteered to run the World Food Group. Please contact Malcolm for details.

- The Park Walkers will not be meeting in January but will restart on February 4th.

- The Sunday Lunch will meet at The Prince of Wales, Porthyrhyd at 12:15 p.m. Please check with Fred for the date and to book a place.

- The History Group will be Wednesday 15th January at 2:00 p.m. The speaker will be Conway Davies.

- Coffi a Chlonc will meet at The Ivy Bush on Thursday 16th at 3:00 p.m.

- World Faiths at the CAVS Centre on the 6th January at 2:00 p.m.

- Coffee morning at 6th January at The Ivy Bush

- The Art Group will meet on January 15th and January 29th at Cartref Cynnes.

- Knitting and Nattering will be 13th January at the Ivy Bush.

- 10 Pin Bowling Monday 20th January at 10:00.
- Book Club will resume on 20th January where the book 'Circle of Friends' by Maeve Binchy as chosen by Lyn. The February book is 'Mrs Palfrey at the Claremont' as chosen by Elizabeth.
- Short Mat Bowls will be 9th January at Bancyfelin.
- The Walking Group will now be coordinated by Eric Kitchen.
- Tea will be served in January by the Charabanc group.
- New Leaders are required for Spice up your Life and The Charabanc group.
- A change in format for the Discussion Group this year. One of the members will now choose a topic to discuss each month. On January 8th Frances will lead the discussion based on 'Words'. Throughout history, our words have been subject to change in usage, meaning and pronunciation, it can be hard to keep up. Do we always mean what we say and say what we mean? Do others always understand us?

What does 'woke' mean?	**What do these words mean?**
• Is it a good or bad word? • Where does it come from?	Gaslight, Bussin, Slay, Ghosting, Rizz, Boop Goldilocks, the ick, Chef's kiss, Face journey.

Regional words

Sometimes people use different words according to the region they live in.

- Between us, how many different words can we think of that mean a narrow way or passage between buildings?
- What words in Welsh or other languages could be usefully added to the English Dictionary?
- What words or phrases should we consider deleting from our language?

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Can I take this opportunity to wish all members a Happy, Peaceful and Healthy New Year. Blwyddyn Newydd Dda i bawb.

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Who's who on the committee.

Peter Loughran	Chair	chair@carmarthenu3a.org.uk
Vacant	Vice-chair	
Phillippa Verity Davies	Secretary	secretary@carmarthenu3a.org.uk
Eric Kitchen	Treasurer	treasurer@carmarthenu3a.org.uk
Eric Kitchen	Membership	membership@carmarthenu3a.org.uk
Peter Loughran & Phillippa Verity Davies	Web Editors	webmaster@carmarthenu3a.org.uk
Vacant	Network Rep	
Ann Kitchen	Newsletter Editor	editor@carmarthenu3a.org.uk
Ann Kitchen	Group Coordinator	ann@carmarthenu3a.org.uk
Ann Kitchen	Event Coordinator	ann@carmarthenu3a.org.uk
Ann Tyson	Committee Member	
Anne Priest	Minute Secretary	
Kate Waldron	Speaker Secretary	speaker@carmarthenu3a.org.uk

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January 2025 Group Activities

2nd	14:00	Thursday	Literature	Ivy Bush	pthacker@carmarthenu3a.org.uk
3rd	14:00	Friday	Scrabble	Library	angela@carmarthenu3a.org.uk
6th	10:30	Monday	Coffee Morning	Ivy Bush	chris@carmarthenu3a.org.uk
6th	14:00	Monday	World Faiths	The Mount (CAVS)	andrew@carmarthenu3a.org.uk
8th	10:30	Wednesday	Backgammon	Library	kate@carmarthenu3a.org.uk
8th	14:30	Wednesday	Discussion	The Mount (CAVS)	robin@carmarthenu3a.org.uk
9th	13:45	Thursday	Short Mat Bowls	Bancyfelin Hall	eric@carmarthenu3a.org.uk
12th	12:15	Sunday	Sunday Lunch	Prince of Wales	fred@carmarthenu3a.org.uk
13th	14:00	Monday	Knitting & Nattering	Ivy Bush	ann@carmarthenu3a.org.uk
13th	14:00	Monday	Film	Library	carole@carmarthenu3a.org.uk
14th	14:00	Tuesday	Poetry	Yr Atom	pat@carmarthenu3a.org.uk
15th	09:30	Wednesday	Art	Cartref Cynnes	chris@carmarthenu3a.org.uk
15th	14:00	Wednesday	History	Bowling Club	peter@carmarthenu3a.org.uk
16th	15:00	Thursday	Coffi a Chlonc	Ivy Bush	peter@carmarthenu3a.org.uk
20th	10:00	Monday	10 Pin Bowling	Xcel Bowling	ann@carmarthenu3a.org.uk
20th	14:00	Monday	Book Club	Ivy Bush	ann@carmarthenu3a.org.uk
21st	13:30	Tuesday	Digital	Learning Centre	ruth@carmarthenu3a.org.uk
27th	10:00	Monday	Committee	Ivy Bush	secretary@carmarthenu3a.org.uk
29th	09:30	Wednesday	Art	Cartref Cynnes	chris@carmarthenu3a.org.uk
29th	14:30	Wednesday	Music	The Mount (CAVS)	malcolm@carmarthenu3a.org.uk
30th	14:00	Thursday	Monthly Meeting	Bowling Club	peter@carmarthenu3a.org.uk

Times and venues as provided by Group Leaders, please check with them.