CARMARTHEN u3a CAERFYRDDIN

JULY 2025 GROUP ACTIVITIES

1st	10.00	Tuesday	Park Walkers	Velodrome	pat@carmarthenu3a.org.uk
3rd	14.00	Thursday	Literature	Ivy Bush	pthacker@carmarthenu3a.org.uk
4th	14.00	Friday	Scrabble	Library	angela@carmarthenu3a.org.uk
4th	14.30	Friday	Start Speaking Welsh	Wesleyan Chapel	frances@carmarthenu3a.org.uk
7th	10.30	Monday	Coffee Morning	Ivy Bush	chris@carmarthenu3a.org.uk
7th	14.00	Monday	World Faiths	The Mount (CAVS)	andrew@carmarthenu3a.org.uk
8th	10.00	Tuesday	Park Walkers	Velodrome	pat@carmarthenu3a.org.uk
8th	14.00	Tuesday	Poetry	The Mount (CAVS)	pat@carmarthenu3a.org.uk
9th	9.30	Wednesday	Art	Cartref Cynnes	chris@carmarthenu3a.org.uk
9th	10.30	Wednesday	Backgammon	Library	kate@carmarthenu3a.org.uk
9th	14.30	Wednesday	Discussion	The Mount (CAVS)	robin@carmarthenu3a.org.uk
10th	13.45	Thursday	Short Mat Bowls	Bancyfelin Hall	eric@carmarthenu3a.org.uk
11th	14.00	Friday	Singing Together	Wesleyan Chapel	sandra@carmarthenu3a.org.uk
11th	14.30	Friday	Music Appreciation	The Mount (CAVS)	richard@carmarthenu3a.org.uk
13th	12.15	Sunday	Sunday Lunch	The Cottage	fred@carmarthenu3a.org.uk
14th	10.00	Monday	10 Pin Bowling	Xcel Bowling	ann@carmarthenu3a.org.uk
14th	14.00	Monday	Knitting & Nattering	Ivy Bush	ann@carmarthenu3a.org.uk
14th	14.00	Monday	Book Club	Ivy Bush	ann@carmarthenu3a.org.uk
15th	10.00	Tuesday	Park Walkers	Velodrome	pat@carmarthenu3a.org.uk
15th	13.30	Tuesday	Digital	Learning Centre	ruth@carmarthenu3a.org.uk
16th	14.00	Wednesday	History	Bowling Club	peter@carmarthenu3a.org.uk
17th	15.00	Thursday	Coffi a Chlonc	Ivy Bush	peter@carmarthenu3a.org.uk
18th	10.30	Friday	Walking	Laugharne	andrew@carmarthenu3a.org.uk
18th	14.30	Friday	Start Speaking Welsh	Wesleyan Chapel	frances@carmarthenu3a.org.uk
21st	10.00	Monday	Committee	Ivy Bush	secretary@carmarthenu3a.org.uk
22nd	10.00	Tuesday	Park Walkers	Velodrome	pat@carmarthenu3a.org.uk
22nd	14.00	Tuesday	Philosophy	Goldstones Shop	chas@carmarthenu3a.org.uk
23rd	9.30	Wednesday	Art	Cartref Cynnes	chris@carmarthenu3a.org.uk
24th	14.00	Thursday	Monthly Meeting	Bowling Club	chair@carmarthenu3a.org.uk
25th	14.00	Friday	Gardening	Norwood Gardens	angela@carmarthenu3a.org.uk
29th	10.00	Tuesday	Park Walkers	Velodrome	pat@carmarthenu3a.org.uk