# Carmarthen u3a Caerfyrddin

## News Sheet May 2026

- **Monthly Meeting** – speaker@carmarthenu3a.org.uk. April – Ron Cant, journalist, on Cefn Sidan, Carmarthenshire's largest beach, its mysteries, myths & magic.

  May**, t**his will be the AGM in place of the normal monthly meeting with papers forwarded to members earlier in May.

- **Treasurer/Membership** – For those who have not yet paid this year's £18 fees, cash or cheque (Carmarthenu3a), there's opportunity at the next Monthly Meeting or online to Carmarthen u3a's account 00526149, sort code 30-91-68. Otherwise advise if you will not be rejoining.

- **Dawn Chorus** – There are a couple of spaces remaining for the guided walk through the grounds of the former Bishop's Palace (museum). It's £10 per member meeting in the car park in the morning of Thursday 30th April at 07:00 (note the change from 06:00!). A full breakfast will be available at Stacey's café from 08:30 for participants. Email Eric if you want to join the group eric@carmarthenu3a.org.uk.

- **Spice up your Life** – There is no meeting in April. May – 27th 6:00 pm at Ginger.

- **Book Club** – 'A God in Ruins' by Kate Atkinson.

- **History** - The Speaker for April 15th will be Harold Liberty on Bletchley Park. May 20th we will do a guided tour of the site of Whitland Abbey, but only if there is enough interest. Judith@carmarthenu3a.org.uk. There isn't much to see on site, so if most people would prefer a talk instead we can have an update on Whitland Abbey in the Bowls Club as usual.
  I will take a show of hands at the next meeting. Please don't forget your pencils for the April meeting!

- **Sunday Lunch** - The date for the May Sunday Lunch Club will be Sunday 10th May at The Quins Club House, Morfa Lane,Carmarthen, SA31 3AX, and meeting at 12:00 for lunch at 12:15.

  If you would like to attend please email Chris at chrisw@carmarthenu3a.org.uk by Monday 04th May.

- **Film Group** – April it's Mr Burton. May it's The Salt Path.

- **Charabanc** – National Museum for the Gwen John exhibition and Skanda Vale for an educational visit. Both these are now full but there is a waiting list if you are interested.

- **Garden Group** - The new Coordinator for this group is Kathie. Please contact her with any queries. kathie@carmarthenu3a.org.uk.

  The April garden group will be led by Heather heatherg@carmarthenu3a.org.uk
  The Garden Group is visiting Bryn Teg Garden, Capel Iwan, Newcastle Emlyn on Friday 24th April 2:00 pm. Under 30 minutes from Carmarthen.

  This is a stunning 5 acre garden with wonderful and unusual plants, shrubs and trees. There are plenty of seats, delicious tea and cakes and lots of parking.

  Contact Heather if you're interested to join us for this glorious, garden visit. Car sharing is available meeting at Morrisons car park.

  Maud will be leading the May Garden Group. Further details to follow.

- **Walking Group** – In April Mike and Chris will be leading the walk, mikew@carmarthenu3a.org.uk. The walk starts at 10:30, we meet at Pen-y-bedd Wood car park, Pembrey. (SA16 0DZ) (What 3 Words, hats.rested.handsets).
  From the car park we walk down to the Wales Coastal Path and head towards Burry Port, then turn off, crossing the golf course and joining the old canal/railway path and back to the start.
  The route is approximately 4 miles, is mostly flat but there are two inclines and there are 46 steps down to the old canal/railway path.

  Please can you let Mike know, by the 15th, if you would like lunch at Daisy's Little Coffee Shop so he can book our tables. There are toilets here as well.

  On 15th May Peter will be leading the walk (peter@carmarthenu3a.org.uk) meeting at the museum at 10:30 in the car park. The walk will be through Abergwili past the flood gates, Chris Thomas, up to the hospital and back round over the rail track to Abergwili finishing once again at the museum and Stacey's Kitchen for those who wish to enjoy a beverage and perhaps a light lunch.

  **Digital** – The May meeting is 18th May 2:00 – 4:00 pm.

- **Coffi a Chlonc** – Please contact peter@carmarthenu3a.org.uk Wetherspoons on the 3rd Tuesday at 2:30 pm. Please note the different location, date and time.

- **World Faiths** – Cancelled in May.
- **Tea rota** – we need a Coordinator to organise the tea rota. April – Scrabble, May – Short Mat Bowls.

## May 2026 Group Activities

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|---|---|---|---|---|---|
| 1st | 14:00 | Friday | Scrabble | Library | angela@carmarthenu3a.org.uk |
| 1st | 14:30 | Friday | Start Speaking Welsh | Wesleyan Church | frances@carmarthenu3a.org.uk |
| 4th | 10:30 | Monday | Coffee Morning | Ivy Bush | chris@carmarthenu3a.org.uk |
| 5th | 10:00 | Tuesday | The Park Walkers | Velodrome | pat@carmarthenu3a.org.uk |
| 7th | 14:00 | Thursday | Literature | Ivy Bush | pthacker@carmarthenu3a.org.uk |
| 8th | | Friday | Charabanc | National Museum | ann@carmarthenu3a.org.uk |
| 10th | 12:00 | Sunday | Sunday Lunch | Quins | chrisw@carmarthenu3a.org.uk |
| 11th | 14:00 | Monday | Knitting & Nattering | Ivy Bush | ann@carmarthenu3a.org.uk |
| 11th | 14:00 | Monday | Film | Library | carole@carmarthenu3a.org.uk |
| 12th | 10:00 | Tuesday | The Park Walkers | Velodrome | pat@carmarthenu3a.org.uk |
| 12th | 14:00 | Tuesday | Poetry | The Mount (CAVS) | pat@carmarthenu3a.org.uk |
| 12th | 14:00 | Tuesday | Philosophy | The Mount (CAVS) | chas@carmarthenu3a.org.uk |
| 13th | 09:30 | Wednesday | Art | Cartref Cynnes | chris@carmarthenu3a.org.uk |
| 13th | 10:30 | Wednesday | Backgammon | Library | kate@carmarthenu3a.org.uk |
| 13th | 14:00 | Wednesday | Discussion | The Mount (CAVS) | peter@carmarthenu3a.org.uk |
| 14th | 13:45 | Thursday | Short Mat Bowls | Bancyfelin Hall | eric@carmarthenu3a.org.uk |
| 15th | 10:30 | Friday | Walking | Museum | peter@carmarthenu3a.org.uk |
| 15th | 14:30 | Friday | Start Speaking Welsh | Wesleyan Church | frances@carmarthenu3a.org.uk |
| 18th | 11:00 | Monday | 10 pin bowling | Excel Bowling Club | ann@carmarthenu3a.org.uk |
| 18th | 14:00 | Monday | Digital | Learning Centre | margaret@carmarthenu3a.org.uk |
| 18th | 14:00 | Monday | Book Club | Ivy Bush | ann@carmarthenu3a.org.uk |
| 19th | 10:00 | Tuesday | The Park Walkers | Velodrome | pat@carmarthenu3a.org.uk |
| 19th | 14:30 | Tuesday | Coffi a Chlonc | Wetherspoons | peter@carmarthenu3a.org.uk |
| 20th | 14:00 | Wednesday | History | Bowling Club | judith@carmarthenu3a.org.uk |
| 26th | 10:00 | Tuesday | The Park Walkers | Velodrome | pat@carmarthenu3a.org.uk |
| 26th | | Tuesday | Charabanc | Skanda Vale | ann@carmarthenu3a.org.uk |
| 26th | 14:00 | Tuesday | Philosophy | The Mount (CAVS) | chas@carmarthenu3a.org.uk |
| 27th | 09:30 | Wednesday | Art | Cartref Cynnes | chris@carmarthenu3a.org.uk |
| 27th | 14:30 | Wednesday | Listening to Music | The Mount (CAVS) | richard@carmarthenu3a.org.uk |
| 27th | 18:00 | Wednesday | Spice up your Life | Ginger | kam@carmarthenu3a.org.uk |
| 28th | 14:00 | Thursday | AGM | Bowling Club | richard@carmarthenu3a.org.uk |

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