

## GROUP ACTIVITY TIMETABLE JUNE 2026

Groups Co-ordinator *Marilyn Hendleman*. E-mail: [groups@u3aredbridge.org.uk](mailto:groups@u3aredbridge.org.uk) – phone 07754 872928

*Lighter and italic text = Group has no vacancies but please add yourself to the waiting list or consider starting a new group.*

ACTIVITY	FREQUENCY	TIME	VENUE
<b>ACADEMIC</b>			
CREATIVE WRITING A	Monday alternate weeks	11.30-1.00	Clayhall
ETHICAL ISSUES	1 <sup>st</sup> Monday in month	2.00–4.00	Chigwell & Zoom
<i>HISTORY A</i>	<i>Last Thursday in month</i>	<i>10.00-Noon</i>	<i>Barkingside</i>
<i>HISTORY B</i>	<i>Last Thursday in month</i>	<i>10.30-12.30</i>	<i>Wanstead</i>
LANGUAGE AND MEMORY	2 <sup>nd</sup> Thursday in month	2.00-4.00	Oaks Lane
PSYCHOLOGY	1 <sup>st</sup> Tuesday in month	2.00-4.00	Oaks Lane
<b>ART</b>			
ART PRACTICAL	3 <sup>rd</sup> Monday in month	10.00-12.30	Various
BACKGAMMON	3 <sup>rd</sup> Tuesday in month	2.00-4.00	Oaks Lane
CANASTA	Thursday – weekly	1.00-4.00	Oaks Lane
CANASTA	1 <sup>st</sup> Tuesday of month	1.30-4.30	The Bowls Chigwell
CHESS	Last Friday in month	10.00-12.00	South Woodford
GAMES (VARIOUS)	3 <sup>rd</sup> Wednesday of month	1.00-4.00	Ilford
KALOOKI	2 <sup>nd</sup> Wednesday in month	2.00-4.00	Oaks Lane
<i>RUMMIKUB A</i>	<i>1<sup>st</sup> Thursday in month</i>	<i>10.00-12.00</i>	<i>Barkingside</i>
<i>RUMMIKUB B</i>	<i>2<sup>nd</sup> Thursday in month</i>	<i>10.00-12.00</i>	<i>Barkingside</i>
RUMMIKUB D	3 <sup>rd</sup> Tuesday in month	10.30-12.30	The Bowls Chigwell
SCRABBLE	Monday – weekly	10.00-12.00	Oaks Lane
<b>CREATIVE CRAFTS</b>			
MARQUETRY	Tuesday – weekly	10.00-Noon	Oaks Lane
CARDMAKING and more...	2 <sup>nd</sup> Thursday in month	2.00-4.00	Chigwell
PATCHWORK & EMBROIDERY	1 <sup>st</sup> Wednesday in month	10.30-12.30	Clayhall
<b>DINING OUT</b>			
BRING YOUR OWN LUNCH SUSPENDED	2 <sup>nd</sup> Wednesday in month	12.00-2.00	Barkingside
COFFEE MORNINGS/ Barkingside	3 <sup>rd</sup> Tuesday in month	11.00-12.30	Barkingside
COFFEE MORNINGS/Wanstead	2 <sup>nd</sup> Wednesday in month	11.00-12.30	Wanstead
MOTO (members on their own)	4 <sup>th</sup> Tuesday in the month	11.00-1.00	Barkingside
<i>SUPPER CLUB</i>	<i>Contact group leaders</i>	<i>Evenings</i>	<i>As arranged</i>
SUNDAY PUB LUNCHESES	Last Sunday in month	1.00-3.00	Various
<b>DISCUSSIONS</b>			
ARMCHAIR TRAVEL	Last Thursday in Month	2.30-4.30	Chigwell
B-GENERAL	4 <sup>th</sup> Tuesday in month	2.00-4.00	Oaks Lane
C-GENERAL	2 <sup>nd</sup> Thursday in month	1.45-3.45	Barkingside
POLITICS and Current Affairs	3 <sup>rd</sup> Thursday in month	2.00-4.00	Oaks Lane
SPORTS DISCUSSION	4 <sup>th</sup> Wednesday of month	10.00-12.00	Chigwell
<b>EXERCISE</b>			
CHAIR EXERCISES	Friday – weekly	10.30-11.30	Oaks Lane
FITNESS TO MUSIC	Wednesday – weekly	10.00-11.00	Oaks Lane
<b>FILMS AND THEATRE</b>			
ARTHOUSE CINEMA SUSPENDED	Last Tuesday in month	2.00-4.00	Barkingside
MAINSTREAM FILMS SUSPENDED	2 <sup>nd</sup> Thursday in month	2.00-4.00	Barkingside
THEATRE (London)	As arranged	Matinee	West End
<b>LANGUAGES</b>			
<b>LITERATURE</b>			
BOOKS & BANTER	2 <sup>nd</sup> Thursday in month	5.00 – 6.00	Zoom
BOOK CIRCLE	2 <sup>nd</sup> Monday in month	2.00-4.00	Gants Hill
PLAY READING A	2 <sup>nd</sup> Wednesday in month	2.00-4.00	Various Homes
PLAY READING B	3 <sup>rd</sup> Thursday in month	10.30--12.30	Snaresbrook

### MUSIC

60'S POP MUSIC	3 <sup>rd</sup> Wednesday in month	2.00-4.00	Barkingside
SINGING FOR PLEASURE	3 <sup>rd</sup> Thursday in month	2.00-4.00	Oaks Lane
JAZZ SONGBOOK ON DISC	4 <sup>th</sup> Thursday in month	10.00-Noon	Oaks Lane
MUSIC APPRECIATION ON VIDEO & QUIZ	3 <sup>rd</sup> Tuesday in month	2.00-4.00	Zoom
TASTE OF THE MUSICALS	2 <sup>nd</sup> Tuesday in Month	2.00-4.00	Gants Hill

### OTHERS

INDIAN COOKERY	1 <sup>st</sup> Monday in month	2.00-4.00	Gants Hill
GARDENING/FLOWER ARRANGING	2 <sup>nd</sup> Thursday in month	10.00-12.00	Various
IT HELP – WINDOWS/ANDROID	Individually arranged		Fullwell Cross Library
TEN PIN BOWLING	LAST Friday of the month. £9.95 which includes a cup of tea or coffee.	11.00-1.00	Namco Funscape, The Brewery, Romford
QUIZ AFTERNOONS	1 <sup>st</sup> Wednesday in Month	2.00-4.00	Oaks Lane
LINDA'S QUIRKY FUN QUIZ	4 <sup>th</sup> Tuesday in month	11.00-12.00	Zoom

### WALKING GROUPS

GREEN LONDON WALKS	1 <sup>st</sup> Sunday in month	10.30-	Various
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### WHEN ARRANGED

COACH OUTINGS	As arranged	As arranged	Various
DISCOVER TOGETHER Outings WhatsApp Group	As arranged	As arranged	Various

**Redbridge u3a is a secular charity that is welcoming to everybody.**

**Getting to OLRS, Oaks Lane, Newbury Park IG2 7PL (next to church, there is no signage)**

Good on street parking and 6 minutes walk from Newbury Park station. Buses 66, 396, 296 stop near Oaks Lane.

**Getting to Wanstead Library Spratt Hall Road E11 2RQ**

Various Wanstead Buses. Wanstead Station 6 mins walk. Library Car Park pay card only, Grove Park Car Park 6 mins walk.

*All members of Redbridge & District u3a and friends are welcome to attend our Open Afternoons 2.00 – 4.00 pm on the last Monday of every month AT WANSTEAD LIBRARY. Cost £2.00. Guests £3. May and August when there is a bank holiday the meeting will be held on the previous Monday.*

*We offer a wide variety of speakers/ entertainment and there is the opportunity to socialise over refreshments afterwards. New/prospective members also welcome.*