

GROUP ACTIVITY TIMETABLE JULY 2026

Groups Co-ordinator *Marilyn Hendleman*. E-mail: 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
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ACADEMIC

CREATIVE WRITING A	Monday alternate weeks	11.30-1.00	Clayhall
ETHICAL ISSUES	1st 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	2nd Thursday in month	2.00-4.00	Oaks Lane
<i>PSYCHOLOGY</i>	<i>1st Tuesday in month</i>	<i>2.00-4.00</i>	<i>Oaks Lane</i>

ART

ART PRACTICAL	3rd Monday in month	10.00-12.30	Various
BACKGAMMON	3rd Tuesday in month	2.00-4.00	Oaks Lane
CANASTA	Thursday – weekly	1.00-4.00	Oaks Lane
CANASTA	1st Tuesday of month	1.30-4.30	The Bowls Chigwell
CHESS	Last Friday in month	10.00-12.00	South Woodford
GAMES (VARIOUS)	3rd Wednesday of month	1.00-4.00	Ilford
KALOOKI	2nd Wednesday in month	2.00-4.00	Oaks Lane
<i>RUMMIKUB A</i>	<i>1st Monday in month</i>	<i>10.00-12.00</i>	<i>Barkingside</i>
<i>RUMMIKUB B</i>	<i>1st Thursday in month</i>	<i>10.00-12.00</i>	<i>Barkingside</i>
<i>RUMMIKUB C</i>	<i>2nd Thursday in month</i>	<i>10.00-12.00</i>	<i>Barkingside</i>
RUMMIKUB D	3rd Tuesday in month	10.30-12.30	The Bowls Chigwell
SCRABBLE	Monday – weekly	10.00-12.00	Oaks Lane

CREATIVE CRAFTS

MARQUETRY	Tuesday – weekly	10.00-Noon	Oaks Lane
CARDMAKING and more...	2nd Thursday in month	2.00-4.00	Chigwell
PATCHWORK & EMBROIDERY	1st Wednesday in month	10.30-12.30	Clayhall

DINING OUT

BRING YOUR OWN LUNCH SUSPENDED	2nd Wednesday in month	12.00-2.00	Barkingside
COFFEE MORNINGS/ Barkingside	3rd Tuesday in month	11.00-12.30	Barkingside
COFFEE MORNINGS/Wanstead	2nd Wednesday in month	11.00-12.30	Wanstead
<i>SUPPER CLUB</i>	<i>Contact group leaders</i>	<i>Evenings</i>	<i>As arranged</i>
SUNDAY PUB LUNCHES	Last Sunday in month	1.00-3.00	Various

DISCUSSIONS

ARMCHAIR TRAVEL	Last Thursday in Month	2.30-4.30	Chigwell
B-GENERAL	4th Tuesday in month	2.00-4.00	Oaks Lane
C-GENERAL	2nd Thursday in month	1.45-3.45	Barkingside
POLITICS and Current Affairs	3rd Thursday in month	2.00-4.00	Oaks Lane
SPORTS DISCUSSION	4th Wednesday of month	10.00-12.00	Chigwell

EXERCISE

CHAIR EXERCISES	Friday – weekly	10.30-11.30	Oaks Lane
FITNESS TO MUSIC	Wednesday – weekly	10.00-11.00	Oaks Lane

FILMS AND THEATRE

ARTHOUSE CINEMA SUSPENDED	Last Tuesday in month	2.00-4.00	Barkingside
MAINSTREAM FILMS SUSPENDED	2nd Thursday in month	2.00-4.00	Barkingside
THEATRE (London)	As arranged	Matinee	West End

LANGUAGES

LITERATURE

BOOKS & BANTER	2nd Thursday in month	5.00 – 6.00	Zoom
BOOK CIRCLE	2nd Monday in month	2.00-4.00	Gants Hill
<i>PLAY READING A</i>	<i>2nd Wednesday in month</i>	<i>2.00-4.00</i>	<i>Various Homes</i>
<i>PLAY READING B</i>	<i>3rd Thursday in month</i>	<i>10.30--12.30</i>	<i>Snaresbrook</i>

MUSIC

60'S POP MUSIC	3rd Wednesday in month	2.00-4.00	Barkingside
JAZZ SONGBOOK ON DISC	4th Thursday in month	10.00-Noon	Oaks Lane
<i>TASTE OF THE MUSICALS</i>	<i>2nd Tuesday in Month</i>	<i>2.00-4.00</i>	<i>Gants Hill</i>

OTHERS

INDIAN COOKERY	1st Monday in month	2.00-4.00	Gants Hill
GARDENING/FLOWER ARRANGING	2nd 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	1st Wednesday in Month	2.00-4.00	Oaks Lane
LINDA'S QUIRKY FUN QUIZ	4th Tuesday in month	11.00-12.00	Zoom

WALKING GROUPS

GREEN LONDON WALKS	1st 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.