GROUP ACTIVITY TIMETABLE DECEMBER 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***
ACADEMIC			
CREATIVE WRITING A	*Monday alternate weeks*	*11.30-1.00*	*Clayhall*
ETHICAL ISSUES	**1st Monday in month**	**2.00–4.00**	**Chigwell & Zoom**
HISTORY A	*Last Thursday in month*	*10.00-Noon*	*Barkingside*
HISTORY B	*Last Thursday in month*	*10.30-12.30*	*Wanstead*
PSYCHOLOGY	*1st Tuesday in month*	*2.00-4.00*	*Oaks Lane*
BACKGAMMON	**3rd Tuesday in month**	**2.00-4.00**	**Oaks Lane**
CANASTA	**Thursday – weekly**	**1.00-4.00**	**Oaks Lane**
CHESS	**Last Friday in month**	**10.00-12.00**	**South Woodford**
KALOOKI	**2nd Wednesday in month**	**2.00-4.00**	**Oaks Lane**
RUMMIKUB A	*1st Monday in month*	*10.00-12.00*	*Barkingside*
RUMMIKUB B	*1st Thursday in month*	*10.00-12.00*	*Barkingside*
RUMMIKUB C	*2nd Thursday in month*	*10.00-12.00*	*Barkingside*
SCRABBLE	**Monday – weekly**	**10.00-12.00**	**Oaks Lane**
CREATIVE CRAFTS			
ART PRACTICAL	**3RD Monday**	**10.30-1.30**	**Woodford Green**
CARDMAKING and more…	**2nd Thursday in month**	**2.00-4.00**	**Chigwell**
MARQUETRY	**Tuesday – weekly**	**10.00-Noon**	**Oaks Lane**
PATCHWORK & EMBROIDERY	**1st Wednesday in month**	**10.30-12.30**	**Clayhall**
DINING OUT			
BRING YOUR OWN LUNCH	**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**
SUPPER CLUB	*Contact group leaders*	*Evenings*	*As arranged*
SUNDAY PUB LUNCHES	**LAST Sunday in month**	**1.00-3.00**	**Various**
DISCUSSIONS			
ARMCHAIR TRAVEL Temporarily suspended	**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**
LAW, CRIME AND JUSTICE	**2nd Tuesday in month 12 Jan, 9 Feb, 9 March**	**5.00-6.00**	**ON ZOOM**
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*
GENERAL FITNESS	**Wednesday/weekly**	**11.00-12.00**	**Oaks Lane**
FILMS AND THEATRE			
ARTHOUSE CINEMA	**Last Tuesday in month**	**2.00-4.00**	**Barkingside**
MAINSTREAM FILMS	**2nd Thursday in month**	**2.00-4.00**	**Barkingside**
THEATRE (London)	**As arranged**	**Matinee**	**West End**

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LITERATURE

BOOKS & BANTER	**2nd Thursday in month**	**5.00 – 6.00**	**ON ZOOM**
BOOK CIRCLE	**2nd Monday in month**	**2.00-4.00**	**Gants Hill**
BOOK GROUP	**3rd Tuesday in month**	**1.45-3.45**	**Barkingside**
PLAY READING A	*2nd Wednesday in month*	*2.00-4.00*	*Various Homes*
PLAY READING B	*3rd Thursday in month*	*10.30--12.30*	*Snaresbrook*

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**
TASTE OF THE MUSICALS	*2nd Tuesday in Month*	*2.00-4.00*	*Gants Hill*

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**

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 Monthly 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.