



From The Chair, Averil MacDonald

Dear All,

Members seem very keen on all the ideas and opportunities that are on offer from Monmouth u3a – from the more organised ‘groups’ to the ad hoc social activities and I’m delighted to see just how many people are coming along, and bringing a friend!

As the weather improves it would be great to offer more opportunities to get together, either around Monmouth or further afield. I’m looking for ideas for places to visit locally and across Wales – or even into England.

Get your thinking caps on. Where have you been that you would recommend?

Come and talk to me at the Monthly Members Event on the third Tuesday of each month. Or pop into the Thirsty Thursday Pub Club – I’m usually there. I sometime make it to the Coffee and Chat too.

"Friends of Monmouth Cemetery are offering an opportunity to join their valuable work maintaining the Visitor Centre and the Cemetery itself. The Monmouth u3a Local History Group enjoyed a fascinating visit last year and its well worth going if you haven't been before (or recently). If you'd like to know more, there's a meetng on 9th Feb in the Visitor Centre (Chapel). Contact Anthea Dewhurst on dewhurst612@btinternet.com

Looking forward to hearing your ideas.

Averil

Chair of Monmouth u3a.

Wellbeing

Monmouthshire County Council is seeking feedback from people aged 50 + about their experiences of living in Monmouthshire. They have sent us this link to their Survey which provides more information.

[Age-Friendly Monmouthshire Survey – Monmouthshire](#)

Paper copies can be provided by telephoning 01633 644644. The Council is also running an information session at Monmouth Community Hub and Library on 20th February."

Members Meeting

Monthly Members Event Tuesday 20th Feb at 2.30 at Bridges Centre

Free to all members, come alone or bring a friend. No need to book. Stay for tea/coffee and chat.

Plas Gunter Mansion by Dr Gill Wakley

Plas Gunter Mansion was built in Abergavenny in the early 17th century by Thomas Gunter on land previously belonging to St Mary Priory. This talk explores the features of the house and looks at some of the people who were involved with the house over the years. The house is in a very poor state of repair and the upper floors are dangerous to access currently. The Trust is applying for a Heritage Lottery Grant to restore the building and give it a future.

Dr Gill Wakley is lead Trustee on the history of the house and the past chair of the Abergavenny Local History Society. See Plas Gunter Mansion – Dr. Gill Wakley – Monmouth u3a

Social Opportunities

Weekly Members Get-Togethers – dip in and out when it suits you

Coffee and Chat every Monday morning

Come along to the weekly Coffee and Chat at Estero Lounge every Monday at 10.30 for interesting conversations and good company. No need to book.

Thirsty Thursday Pub Club

Every Thursday from 7-ish to 9-ish come along to the Punch House – we have the rear room reserved. Join us for a relaxed evening out – and they serve coffee too! No need to book. Social Opportunities in February: open to all – details at What's On – Monmouth u3a

Social Opportunities in February

1. Monday 5th Feb: Film matinee 'One Life', Savoy Theatre @ 2.00pm

· Meet in Malthouse for tea from 1.15 or in the foyer from 1.45pm

2. Friday 9th Feb: Monmouth Big Band Blows the Blues, Savoy Theatre @ 8.00pm

· Pre-theatre dinner available in Creates from 6.00pm – booking required

3. Sunday 11th Feb: National Orchestra of Wales, Millennium Centre Cardiff @ 3pm

· Sold out, waiting list in operation.

4. Sunday 18th Feb: Wye Valley Chamber Orchestre, Bridges Centre @ 4.00pm.

· Buy tickets direct from Winter Festival 2024 #6 – Bridges Centre, Monmouth – Wye Valley Chamber Music (wyevalleyfestival.com) and meet outside the room

5. Tuesday 27th Feb: Special Showing 'Hamlet' with Sir Ian McKellan, Savoy Theatre @ 7.30pm

· Buy tickets direct from Savoy and meet in the foyer

Future Social Opportunities

Saturday 2nd March: Welsh National Opera, Cosi Fan Tutte, Saturday 2nd March @ 3.00pm

7. Friday 8th March: 'Importance of Being Earnest', Savoy Theatre @ 7.30

Pre-theatre dinner available from Creates from 6.00pm. Book direct. Details at What's On – Monmouth u3a

Groups

Critical Thinking

The next meeting will be on 27 February at 3.00 in Ty Price. We will be considering the importance of the arts in the UK. Further material will be available in due course.

Anyone not on the group list who might be interested in coming along could email Simon Durrant at sncd@outlook.com or simply turn up on the day.

Science and Technology

Dr Katharina Watson: *Livestock health: technology, microbes and uncooperative animals*

13 February@14:45 – 16:00

Livestock endemic disease poses a significant challenge for animal welfare, productivity and sustainable farming practices, and is a current UK government research priority. Over the past 10 years Dr Kat Watson has been involved in a range of research projects with a primary focus on livestock endemic disease and how to use emerging technologies to aid disease detection and prevention, as well as investigating antimicrobial resistance in cattle. This talk will showcase some of this research in the context of current issues being faced in UK livestock farming.

Dr Watson is a Senior Lecturer in Animal Science at the Royal Agricultural University.

Please note this talk will start slightly later than normal, at 2.45.

Film Club

February's film is *Official Secrets*, showing at Bridges Centre at 2pm, Friday 23 February.



This political thriller tells the true story of Katharine Gun, a linguist at GCHQ, Cheltenham, who 'blows the whistle' on government plans to manipulate the UN ahead of the Iraq war. Starring Keira Knightley and Matt Smith; full details here; [Official Secrets \(2019\) - IMDb](#)

Yoga

Chair based Fridays 1.30 – 2.30 Wye room at Bridges.

After 2 taster sessions, I am pleased to report that the Chair based yoga is now going ahead as a new group.

14 people have signed up for the first 4 weeks and we have a waiting list. If you want to be added to the waiting list – please contact me on Sue@cobourne.com I am also looking for a volunteer from the group to take over as the convenor.

Yoga for beginners – Thursdays 0930 -1030

Yoga for beginners is now running successfully.

There is currently one space available.

If anyone else would like to join us – please contact me on Sue@cobourne.com

I am also looking for a volunteer from the group to take over as the convenor.

Theatre group

Matthew Bourne's Edward Scissorhands. The show has had excellent reviews.

Thursday the 21st of March 2024 at the Cardiff Millennium Stadium.

Cost £60.00 tickets and coach.

If anyone else would like to join us – please contact me on Sue@cobourne.com

National

Follow this link to give your opinion on opportunities for older people in

Monmouthshire: [\(20+\) u3a: Keeping In Touch | Facebook](#)