







Welcome to the Newsletter of the **Tower Hamlets' University of the Third Age**. Facilitated by St. Margaret's House, this is an organisation for you to get together, share your experience and take advantage of special offers. **If you have a talent, knowledge or experience you would like to share, we would love to hear from you.**

<p>1 – 31 May The Gallery Cafe</p>	<p>Les Dawes – Normandy Fields and other things Landscapes, seascapes and abstracts – an eclectic mix of new work from the Camden artist.</p>	
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This Week's Events (w/b 11 May) Free to members at St Margaret's House

<p>Mondays</p>	<p>Tai Chi Dawn Bigsby 12-1pm</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><i>Featuring mainly chi kung. Gentle but surprisingly powerful exercise suitable for all ages and levels of fitness..</i></p> </div> <p>Art in London Marf Richler 4-5pm</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><i>A new group looking at art history. This week's session focuses on Picasso. Please join them.</i></p> </div>	
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<p>Tuesdays</p>	<p>Knitting Eastbourne House 10.30 – 12pm</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><i>A new Group based just along from St Margarets.</i></p> </div> <p>Somali Arts & Crafts Rakhia Ismail 10-11:30am</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><i>Working with textiles and design. All welcome. No experience necessary</i></p> </div> <p>Gardeners World Tony Hardie 11-12pm</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><i>The garden at St Margarets is being renovated and this group is helping...</i></p> </div> <p>Art Group Bob Dawson 2.30-4.30pm</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><i>Meeting weekly but currently full. Please contact Bob on 07951 760 246 if you wish to be put on the waiting list.</i></p> </div> <p>Yoga Rita Chohan 6.30 – 8pm</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><i>Finally we add yoga to our list of activities. All levels welcome.</i></p> </div>	
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<p>Tuesdays (contd)</p>	<p>Psychic Night Eastbourne House 7-9pm</p> <p><i>Another addition to the U3A family. An established group opening its doors to U3A members. Give it a try!</i></p>	
<p>Wednesdays</p>	<p>Local History Patty Singleton 11-12pm</p> <p><i>Meeting on 20th May. Details to be advised.</i></p> <p>Bingo! Gladys Cooper 2-4pm</p> <p><i>A longstanding group meeting in the cabin for fun and prizes.</i></p> <p>Book Club Sue Ibrahim 2-3.30pm</p> <p><i>Next meeting has been put back a week to 27th May. The Book? Kate Atkinson's When Will There Be Good News? New members welcome.</i></p>	
<p>Thursdays</p>	<p>Jazz Appreciation Peter Sellars 10:30-12pm</p> <p><i>On the 14th the theme is Gypsy Jazz. You don't need any jazz 'experience'! All welcome.</i></p> <p>Art Group Bob Dawson 2.30-4.30pm</p> <p><i>A new group formed due to popular demand for Bob's Tuesday classes. Spaces available. Please contact Bob on 07951 760 246 if you wish to join.</i></p>	
<p>Fridays</p>	<p>Acoustic Guitar Ross Wilson 11-12pm</p> <p><i>Class for beginners meeting every week. Bring your own guitar.</i></p>	
<p>Please call 020 8980 2092 to book your place or email info@smhe2.co.uk</p>		
<p>More information: St Margaret's House, 21 Old Ford Road, London, E2 9PL Tel: 0208 980 2092 Website: www.u3atowerhamlets.wordpress.com</p>		

Learning for Fun