

What's on u3a York July 2026

Dear u3a York member,



Welcome to the July “What’s on” email. We do hope you are enjoying the good weather and opportunities to get out and about.

The email this month is full of things for you to do or book up for – do look at opportunities for new Groups, travel to be booked up for, a choir concert on the second Saturday of July, and an interesting talk by one of our u3a York members as part of the Saturday Social series. Also, one for your diaries for September – North Yorkshire Police will be coming to talk to us about cybercrime and how to avoid being scammed online. In addition, please note the important message from our Chair regarding seeking interest for volunteers.

The “What’s on” team will be taking a well-earned break during August so keep an eye out for the next email coming on 1 September.

Please do read the email all the way through and respond where relevant as noted in the email, or if you do not have access to email, please contact the Office on 01904289293. Please DO NOT respond to this email as responses will not be monitored.

If you need to alert the membership to a relevant opportunity or event please contact eventsleadYorku3a@gmail.com, or if it relates to a new or changing Group get in touch via yorku3agroups@gmail.com. Any communication for the next month’s email must be received at least seven days before the end of the month. The “What’s on” team will contact you to let you know whether we are able to include your piece or to suggest a different method of communication.

Groups news

Art Appreciation Group 12062

Do you have a love of art, but always wanted to learn more about both artistic styles and individual artists? Do you like the idea of discussing art in a Group of like-minded individuals, led by an extremely knowledgeable leader? If so, the new u3a York Art Appreciation Group may be just what you have been looking for.

Group leader: Ian Browne, one of our newer u3a York members, is a semi-retired heritage professional with two decades experience working with museums and galleries, including The National Gallery and National Portrait Gallery.

Suggested Group format: Informal, friendly with a big emphasis on fun. Workshop based, allowing members to contribute to discussions around activities at a level that suits them. There are no right or wrong answers, just different interpretations and preferences. Each session will explore a specific theme, from the use of a particular colour, an artist, genre or period.

Where: u3a centre Woolman Room

When: Monthly on the second Wednesday of the month, 2-4pm, starting in September

Numbers: Group numbers will be limited to a maximum of 20, using a first come first served approach. If requests are greater than 20 a wait list will be held in case of cancellations.

For further information and to express interest in joining, please email Ian at ibrowneyork@gmail.com

MEDITATION – An invitation from Martin Nathanael, Group Leader (12027)

Dear u3a Friends

This meditation course attracted a lot of interest last year, so I am happy to offer it again, beginning in September. Here are the details:

MEDITATION – PRINCIPLES & PRACTICE ref 12027

Welcoming the self-awareness, inner freedom and sense of purpose that naturally emerge through the regular practice of meditation.

1st & 3rd Thursdays, September – November 2026
10.30 am – 12.30 pm, u3a Centre, Woolman Room
DATES: Sept 3, 17, Oct 1, 15 , Nov 5, 19

If you would like to enrol for this course, contact Group Leader, Martin Nathanael:
07483 836891 martinnathanael43@gmail.com

New Group: Let's Talk about Death

Hello,

I am looking for expressions of interest in starting a new Group to talk about death.

It's a big topic and could cover areas relating to the physical, practical, psychological, spiritual or anything else that's relevant. At the first meeting Group members could share their topics of interest and, collectively, we'd agree on which ones we'd schedule for discussion in future sessions. Although grief could be one of the topics, it's important to note that this is not intended as a space for grieving.

As Group Leader I would take responsibility for facilitating the discussions. I envisage an upper limit of around eight members and with it being a closed group; meaning it would have a set number of sessions and no new members would be admitted after the start.

Where: The group would meet in an available room in central York

How long: Two-hour sessions for up to 8 consecutive weeks

When: Meetings on a weekday, during the day

Cost: Room cost to be split between members and paid in advance

Please email me peggy.sellers@outlook.com to confirm your interest or arrange for a chat about what to expect.

Best wishes,

Peggy

Italian Easy Steps 1 12017 & 2 12061

A reminder that Italian Easy Steps 1 and 2 will be recommencing again in October and the dates for the courses are now on the u3a York website.

Both Groups are active and welcoming new members.

For Italian Easy Steps into Stage 1 the link for more information is https://york.u3asite.uk/u3a_groups/beginners-italian/, and for Italian Easy Steps 2 the link is https://york.u3asite.uk/u3a_groups/italian-easy-steps-2/

New Beginners' Piano Group 12060

Hi All,

Just an update on progress of this Group.

We have had lots of interest in the Group but so far have not found anyone to act as Leader/Tutor. If you are interested in running the classes, please email me Andypilot1@yahoo.co.uk for an informal chat.

Andy Pilot

Travel monthly news

The next trip now open for applications is to Belvoir Castle and Newark on Thursday 17th September.

This will include a guided tour of the Castle and two hours in Newark, which hosts a collectors' market on Thursdays.

Looking ahead to 2027, you may wish to keep the dates 5th-9th May 2027 for a visit to Scotland - full details on the Travel UK website.

As always, keep an eye on the Travel webpage linked [here](#).

Message from the u3a York Chair

We still have opportunities to join the teams that keep the wheels turning. We have vacancies that need to be filled urgently. Without someone in these roles we will not be able to produce the monthly Whatson or keep a close watch on our finances:

- Whatson producer and publisher - Beryl Oppenheim has worked tirelessly in setting up the new Whatson and now needs to pass this on. The role involves generating the Whatson email and publishing it every month to a set timetable. We need someone to start before the end of July.
- Treasurer and Groups Finance Officer - we are implementing a finance software package that will make these roles easier to manage. Can you help?

Other roles that need to be filled:

- Communications Lead - can you lead our Communications Team? In the past, the role has involved being a trustee but that is not essential so if you like talking to people and are good with words this may be for you.
- Groups Coordinators - we're making changes to make this role less onerous. We are looking for several members to come forward so that we can manage the groups by their category, for instance, we could have a Groups Coordinators for Art, Music, Languages etc. We'd love to hear from you if you think you could help.

If you would like to talk about any of these vacancies, or indeed any on the website, please email me at chairyorku3a@gmail.com.

Saturday Talk 11th July 2026 Central Methodist Hall 10.30am -12pm (Tea/coffee available from 9.45am) – Summer Concert

This month we will have a concert from the u3a Choir, which should be a fun and enjoyable way to spend a summer's morning.

The concert will start at 10.30am after refreshments, but may continue a little beyond our usual end time so do be prepared to stay until 12pm at the latest.

The concert will not be available via zoom so please do try to attend in person as we would love to see you there.

There is no admission charge for members, but we ask for a voluntary donation from guests.

NO need to reserve spaces to attend in person

Saturday Social Talk 25th July 2026 10am – 12pm Penn Room, Friends Meeting House

Talk: A life behind the scenes - of life

Speaker: Julia Williams

Julia Williams has spent over 50 years exploring her passions in classical music, the arts, languages and the business of communication. She has managed an orchestra, sold her paintings and taught French and English.

In this talk she will share how her career developed and some of her insights into the vast number of individuals she met or worked with. She says, "I've always been curious about why people choose their jobs and what shapes their opinions and decisions."

This talk promises to be most interesting and engaging and we do hope as many of you as possible will attend. As spaces for the Socials are always limited, please watch out for the email and send in your booking.

There is no cost to attend.

Talk from North Yorkshire Police How to stay secure online

2nd September 2pm Penn Room, Friends Meeting House

For this special, one-off talk, Courtney Irons (PC805, North Yorkshire Police) will be coming to talk to u3a York members about cybercrime and how best to protect

ourselves against online scams of all sorts. This will be an important and fascinating talk and we do hope as many of you as possible will be able to attend.

Spaces in the Penn Room will be strictly limited so please look out for the email asking you to reserve a space. The email will be coming out during mid-August. We will not be able to reserve spaces until then.

u3a Nationally

For a wide range of free online talks and events nationally, just sign up and book at <https://www.u3a.org.uk/events/educational-events#Events>. For this month do take a look at the u3a Festival Fringe which includes a series of online events in the run up to and after the Festival itself. The programme includes a mixture of talks and interactive activities. More information to be found on the Festival page at <https://www.u3a.org.uk/what-we-do/events/festival-2026>

Best wishes

Beryl

Beryl Oppenheim

Events Lead

u3a York