

## Llandaff 50+

Wednesdays at 10.00am – talks begin at 10.30am – prompt!

At Llandaff Institute, High Street, Llandaff

Sept-Dec 2018 Programme - Admission £2.00 & £1 coffee








12 <sup>th</sup> Sept	<p><b>Open Doors at the Bishop's Castle - 10am</b> Come and see The Pound and enjoy a tour of the Medieval Bishop's Castle</p>	
19 <sup>th</sup> Sept	<p><b>Llandaff 50+ - What's it all about?</b> <b>Your 50+ committee</b> tells the story of Llandaff 50+ and looks to the future, and the growing importance of CLANGERS</p>	
26 <sup>th</sup> Sept	<p><b>Being a Councillor - Cllr Philippa Hill-John</b> recounts her journey to becoming a councillor and <b>Victoria Llewellyn</b> tells us about Smart House for independent living in Llanishen</p>	
3 <sup>rd</sup> Oct	<p><b>Secrets and Symbols in Art - Stella Grace Lyons</b> explains how paintings are often designed to be 'read'. They contain hidden messages. In this talk, you will find out how to approach a painting</p>	
10 <sup>th</sup> Oct	<p><b>AGM and 10<sup>th</sup> Anniversary Celebration</b> – Looking back over the past year and planning the year ahead over coffee and lots of cake. Members only</p>	
17 <sup>th</sup> Oct	<p><b>Save Energy in Your Home - Rob from Power Up!</b> will give impartial energy efficiency advice for warmer, healthier homes and affordable energy bills</p>	
24 <sup>th</sup> Oct	<p><b>Barging Down the Grand Canal - Tim Egan</b> tells us about taking a Lucian Freud Exhibition from Cardiff to Venice</p>	

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31 <sup>st</sup> Oct	<b>Building a Green Dream Home – Carolyn Merrifield</b> , tells of the impact when she, and husband Nic, quickly bought a building plot and then designed and built their dream home	
7 <sup>th</sup> Nov	<b>Think you know Cardiff? – Peter Finch</b> talks about the hidden, lost, rediscovered and brand new parts of the capital city	
14 <sup>th</sup> Nov	<b>Two Shropshire Roses in No-Man's Land – John Kenyon</b> reads from the diaries of his great-aunt Kitty, a VAD nurse in France in WWI	
21 <sup>st</sup> Nov	<b>Loneliness and the Work of the Red Cross – Robert Purnell</b> talks of their partnership with RVS working to maintain independence and confidence for the over 50s	
28 <sup>th</sup> Nov	<b>Old Folk Traditions of Wales – Huw Williams</b> brings a hilarious talk on Welsh customs, particularly from Christmas and New Year – and marriage arrangements!	
5 <sup>th</sup> Dec	<b>Wellbeing – Willa King</b> , an Integrated Energy Facilitator, gives a taster talk on an emerging field called Energy Medicine	
12 <sup>th</sup> Dec	<b>Christmas Lunch at Llandaff Rowing Club –</b> details to follow	

Due to factors beyond our control, the programme is liable to change at short notice. Information about 50+ can be found on [www.llandaff50plus.com](http://www.llandaff50plus.com)

To receive a regular programme by email, please contact:

[info@llandaff50plus.com](mailto:info@llandaff50plus.com)

Your 50+ committee are Diana Langmaid, Jan Joynson, Jill Matthews, Katharine Harry, Lillias French, Roger Martin and Yvonne Apsitis