

Things to watch and things to do during lockdown.

As a result of lockdown, U3A East London has established contacts with other U3A chapters, in particular Cape Town and the Overberg. They have very kindly allowed us to share in their Zoom courses.

Cape Town has drawn up a long list of On-line activities and events and they have very kindly allowed us to reproduce this in our website and it is included here.

East London is in the course of drawing up its own list which will be included in this section of our site. If you have any suggestions for local items, events or podcasts that you have enjoyed, please let us know by e mail to u3ael2020@gmail.com

By kind permission of NVest Securities: What is the surf like on Nahoon beach right now?

https://www.youtube.com/channel/UCznYV93b1V_PGy4yOPnR0mw/live

As noted by CT U3A, members may be interested in visiting the South African Associations of Retired Persons

web site <https://www.saarp.net>. The Newsletter contains some gems.

[Download List of Events](#)