

Timetable: U3A in London 25 - 29 May 2026

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MONDAY 25 MAY: BANK HOLIDAY

TUESDAY 26 MAY

Time	SUBJECT	COORDINATOR	Room	LINK
09.00	Hebrew: Intermediate	Jeff Freeman	ZOOM ONLY	Please email host for link drjeffreymfreeman@aol.com
9.30–11.30	GREEK: Intermediate Ancient Greek	Peter Hayden	ZOOM ONLY	Please email host for link peter.ancientgreek.u3a@gmail.com
10.00-11.30	Music: Recorder Group CLASS FULL	Pauline Malpas	1.29	Please contact Pauline malpfam@btinternet.com
10.00-12.00	Life Writing for Transformation CLASS FULL	Farrukh Aktar	ZOOM	Farrukh.replenishzone@gmail.com
10.15	Country dancing: Intermediate	Brenda Greenberg Gail Fitzgerald	2.21	b.greenberg@btinternet.com
10.30	Shakespeare Study Group. CLASS FULL	Jane Green	2.26	jane.green794@gmail.com
10.30-12.30	Bridge for Beginners A CLASS FULL	Norman Warren	1.24	norman1939@hotmail.com
10.30-12.30	Getting the Most from your ipad/iphone. Drop in Q&A NO CLASS TODAY. Next class 2 June	Rob Heaton	1.26	heatonrb@hotmail.com
10.30-12.40	Mathematics: A-level Maths	Eugene Moshan	1.30	
10.30	What makes a great photograph. CLASS FULL Fortnightly: NO CLASS TODAY. Next class 2 June	Richard Lansdown	1.33	rglansdown@yahoo.co.uk
10.30	Hebrew: Near beginners	Debbie Freeman_	ZOOM ONLY	Please email host for link deborahfreeman1@aol.com
11.00–12.30	Mindful Meditation	Neorca Liu	ZOOM ONLY	Please email Neorca to join meditationnw3@gmail.com
11.40	History of Europe: A History of the German Lands 14	Christopher Dean	ZOOM and on zoom in 2.21	Click here Meeting ID: 854 3580 9333 Passcode: 261315 c.dean789@gmail.com
11.40	Photography in Practice Fortnightly: CLASS FULL. NO CLASS TODAY. Next class 2 June	Jane Simpson	2.26	janesimpson50@hotmail.com
11.40	Italian: Intermediate conversation	Clementina Upton	1.22	clemupton@gmail.com

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	26 MAY continued			
11.40	Cercle Français	Michael Goodman	1.29	dr.m.goodman@btinternet.com
11.40-13.40	Design: Critical Theory Class CLASS FULL. NO CLASS today – for Group visit	Valerie Wilson Trower	Group visit	bel.mount@me.com
12.50	Beautiful belly dancing CLASS FULL.	Amara Procter	2.21	amaraprocter@gmail.com
12.50-15.00	Classical Guitar CLASS FULL	Rose Andresier	2.26	roseandresier1@protonmail.com
12.50	Science: 20th century geniuses in science	David Wolfe	1.22	dwolfe@unm.edu
12.50	French: Beginners Plus	Ghislaine Freedman	1.24	ghislainefreedman@gmail.com
12.50	German: Intermediate	James Gilmour	1.29	gilli.uk.43@gmail.com
12.50	Improve and Polish your Writing	Nicola Manasseh	1.30	nicolamanasseh@gmail.com
13.30-15.00	Writers' Workshop CLASS FULL for this term	Naomi Propper	ZOOM ONLY	Please email host for link naomipropper@hotmail.com
14.00	Yoga	Darshna Parma	2.21	
14.00	Politics and Current Affairs: Peace and Conflict: CLASS FULL. NO CLASS TODAY. Next class 9 June	Mike Newman	1.22	mikedavenewman@gmail.com
14.00-16.00	Bridge for Improvers.	Suri Rodericks	1.24	surirodericks@gmail.com
14.00-16.10	Reading Books from around the World. Fortnightly: CLASS TODAY.	Ann Sharifi	1.26	annsharifi203@yahoo.co.uk
14.00-16.10	Art: Practical B Classical Drawing	David McGowan	1.29	
14.00	Spanish Beginners Plus	Agustina Toscano	1.30	agustinatoscano@gmail.com
15.10	Chair Pilates and Balance CLASS FULL	Gilli Vafidis	2.21 and ZOOM	Click here Meeting ID: 831 5643 4442 Passcode: 028040 gillivafidis@gmail.com
15.10	Ukulele for you CLASS FULL	John Satchwell	2.26	jaysat@btinternet.com
15.10	Arabic Conversation: Absolute Beginners	Mona Messiha	1.30	
15.10	Italian from Scratch	Celestine Keise	1.33	cekeise@hotmail.com
15.10	Philosophy: Spinoza's Ethics study group. NO CLASS TODAY. Next class 16 June	Sam Rodin	ZOOM ONLY	Please email host for link rodin_s@yahoo.com

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WEDNESDAY 27 MAY

TIME	SUBJECT	COORDINATOR	Room	Link
10.00-11.00	Bridge: Advanced	Tony Mavropoulos	ZOOM ONLY	Please email host for link anlm1942@gmail.com
10.30	Behind the Headlines	John Philo	2.21	philojl45@yahoo.com
10.30	Italian: Reading and conversation	Ada Sofaer	Room 2.26	adasofaer@gmail.com
10.30	What's Poetic about Poetry NO CLASS TODAY. Next class 3 June	Constantine Baxter	1.22	c.baxter97@ntlworld.com
10.30-13.00	Mah Jong CLASS FULL	Patricia Laing and Bonnie Gold	1.24	bonniegold52@gmail.com patsyandted@hotmail.com
10.30-12.40	Art Practical E	Jelena Jovanovic Steve Stephens	1.29	j.malesevic@yahoo.co.uk steve@stevathalton.plus.com
10.30	Spanish Absolute Beginners	Agustina Toscano	1.30	agustinatoscانو@gmail.com
10.30-12.40	Chess Club fortnightly: NO CLASS TODAY. Next class 3 June	David Castle and Robert Kruszynski	1.33	Please email host to join Dmc19282@outlook.com
10.30	Japanese 2	Kaoru Godoy	ZOOM ONLY	Please email host for link kaoru@godoy.plus.com
11.00-12.15	French Literature: Advanced	Judith Steinberg	ZOOM ONLY	Please email host for link 247judith@gmail.com
11.00	French Conversation CLASS FULL	Elana Gal Edd	ZOOM ONLY	Please email host for link egaledd@hotmail.com
11.30	Water Stress	Simon Moscisker	ZOOM ONLY	Click here Meeting ID 920 623 7962 Password ujX5Q2 simonmo475@gmail.com
11.40	European History: The Balkans, France and Art.	Ken Baldry	2.21	ken@art-science.com
11.40	Italian: Intermediate	Marcella Rao	2.26	rao_marcella@hotmail.com
11.40	Poetry Writing Group NO CLASS TODAY. Next class 3 June	Constantine Baxter	1.22	c.baxter97@ntlworld.com
11.40	Greek: Modern conversation advanced	Rita Wolfisz	1.26	wolfiszr@gmail.com
11.40	Chinese: Mandarin Level 1 NO CLASS TODAY. Next class 3 June	Linda Trew	1.30	lindatrew@gmail.com
11.40	Japanese 3	Kaoru Godoy	ZOOM ONLY	Please email host for link Kaoru@godoy.plus.com

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WEDNESDAY 27 continued				
12.50	Dutch Conversation CLASS FULL. Fortnightly NO CLASS TODAY. Next class 3 June	Elisabeth Fantino	1.26	ejfantino@aol.com
12.50	Italian: Post Beginners	James Gilmour	1.29	gilli.uk.43@gmail.com
12.50	Chinese: Mandarin Level 2 NO CLASS TODAY. Next class 3 June	Linda Trew	1.30	lindatrew@gmail.com
13.05-15.05	Bridge: Lower Intermediate CLASS FULL. NO CLASS TODAY	Naomi Stuart	1.24	naomi_stuart@yahoo.com
14.00-16.00	Opera Appreciation monthly: Next class June 17	Josi Steinfeld	2.21	operajosi@hotmail.com
14.00	Film Class 2:	Wally Howard	1.22	Film: FRIDA KAHLO: Her life and work. Running time: 90 minutes.
14.00	London Miscellany fortnightly: NO CLASS TODAY. Next class 3 June	Stephen Barry	1.29	stephenbarry@clara.co.uk
14.00	Transporting Londoners: The Dreaming Suburb - A history of Metroland Fortnightly CLASS TODAY.	Andrew Moss	1.29	mossagm2@gmail.com
14.00-16.00	Write your life story	Sue Kwok	1.30	skwokmorris@gmail.com
14.00	Der Deutsche Kreis CLASS SUSPENDED till further notice	Charles Fraser	1.33	Charles.fraser@btinternet.com
14.00-15.30	Literature: Modern & Contemporary. NO CLASS TODAY. Next class 3 June	Ines Newman	ZOOM ONLY	Please email host for link ines.newman@gmail.com
14.00-16.10	Literature: ULYSSES Fortnightly: CLASS TODAY	Maggie Fletcher	ZOOM ONLY	Please email host for link maggie.fletcher55@yahoo.co.uk
14.30-16.10	Exploring Experiences of the Third Age	Ruth Brook	2.26	brooklauber@gmail.com
15.00	Italian Improvers	Franca Cerudi	ZOOM ONLY	Click here Meeting ID: 848 4360 5769 Passcode: 817621 clducrey@yahoo.com
15.10	Cryptic Crosswords Club	Martin Andresier	1.33	

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THURSDAY 28 MAY

TIME	SUBJECT	COORDINATOR	Room	
10.00-12.30	Art Practical C	Maureen Betts	1.29	
10.30-12.40	DRAMA Group	Sylvi Edwards	2.21	sylviedwards2@gmail.com
10.30	Sharing Some Stories: fortnightly: CLASS TODAY	Moragh Gee	2.26	
10.30	Medicine Today	Mary Rossiter Maureen Tilford	1.22 and ZOOM	Click here Meeting ID: 935 419 7229 Password: 784081 maryrossiter37@gmail.com
10.30	Latin: Post Beginners	James Gilmour	1.33	gilli.uk.43@gmail.com
10.30	Mathematics: A-Level Maths	Eugene Moshan	1.30	
10.30	Chinese for beginners	Xiaoyan Huang	ZOOM ONLY	Please email host for link hxyhome@126.com
10.40	Poetry Please	Susan Van Noorden	ZOOM ONLY	Please email host for link susan.vannoorden@ntlworld.com
10.45-12.40	Bridge: Supervised Free Play	Vincent Hamilton Shireen Gunasekera	1.24	
11.40	Politics & Current Affairs A	Maureen Tilford	1.22	tilford.maureen@gmail.com
11.40	Using Excel CLASS FULL	Eugene Moshan	1.26	
11.40-13.10	Writing creatively	Susan Woodford	1.30	drsusanwoodford@outlook.com
11.40	Art Appreciation C: Secular and Mythological Art. Artists in History Fortnightly: NO CLASS TODAY. Next class 18 June	Yvonne Dove	1.33	Yddove@aol.com
12.50	Tai Chi	Ian Orkin	2.21	
12.50	Chair Pilates and Balance CLASS FULL.	Gilli Vafidis	1.29 and ZOOM	Click here Meeting ID: 831 5643 4442 Passcode: 028040 gillivafidis@gmail.com
12.50	Spanish Lower Intermediate	Peggy Wylie	1.33	spanishpeggy22@gmail.com
13.20-14.30	French: Conversation and contemporary literature CLASS FULL	Annie Danaee	1.30	anniedanaee@hotmail.com

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THURSDAY 28 continued				
14.00	Thelma's Exercise class		2.21	
14.00	Finding Myself: Beyond the false boundaries of personal identity.	Arnold Zuboff	2.26	a.zuboff@ucl.ac.uk
14.00	MONEY, banks, pensions, investments NO CLASS TODAY. Next class 4 June	Anthony Sober	1.22	
14.00-16.10	Bridge: Improve your game	Irene Fine	1.24	irenefine100@hotmail.com
14.00	The Canterbury Tales	Shirley Levy	1.29	shirleyglevy@gmail.com
14.00	Theatre: A History	Irene Kyffin	1.33 and ZOOM	Click here Meeting ID: 852 1463 4233 Passcode: 335859 irene_kyffin@hotmail.com
14.00	Italian Conversation	Franca Cerudi	ZOOM ONLY	Click here Meeting ID: 845 8132 8622 Passcode: 030579 clducrey@yahoo.com
15.10	Exercise: Basic Mat Pilates	Gilli Vafidis	2.21	gillivafidis@gmail.com
15.10	Second Year Spanish	Steve Ferns	1.33	steve.ferns@ymail.com
15.15	French: Improvers. French translation, not conversation	Rosalind Penny Les Bernhardt	ZOOM ONLY	Please contact for link ms.linda.penny@gmail.com
16.30	Psychoanalysis: Only Connect - Myself and the Other	Mickey Yudkin, Les Bernhardt	ZOOM ONLY	Click here Meeting ID: 826 9358 7255 Passcode: 448628 mickeyyudkin@yahoo.co.uk
17.00-17.40	Voice Matters:	Barbara Alden	ZOOM ONLY	Click here Meeting ID: 843 4085 7319 Passcode: 3NHkBG aldenb@freeuk.com
18.30-21.00	Music: String chamber music workshop	Peter Hayden	Rooms in the Town Hall	peter.u3a.chamber.music@gmail.com

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FRIDAY 29 MAY

TIME	SUBJECT	COORDINATOR		
9.30 – 10.00	Wake-up Chair Pilates (1/2 hour)	Gilli Vafidis	ZOOM ONLY	Click here Meeting ID: 831 5643 4442 Passcode: 028040 gillivafidis@gmail.com
9.30 - 12.30	Intermediate/Advanced Ancient Greek	Peter Hayden	ZOOM only	Please email host for link peter.ancientgreek.u3a@gmail.com
10.00-11.00	Spanish Conversation CLASS FULL	Elisabeth Fantino	1.22	eifantino@aol.com
10.00-12.00	Art: Practical D	Brenda Greenberg	1.29	b.greenberg@btinternet.com
10.30-12.00	Alexander Technique	David Glassman	2.21	
10.30-12.30	Bridge for Improvers	Tony Mavropoulos	1.24	anlm1942@gmail.com
10.30-12.30	Write Your Memoirs A CLASS FULL	Maggie Wain	1.30 and ZOOM	Please email host to join zoom maggiewain@hotmail.co.uk
10.30	Informal chat group	Jim Taylor	ZOOM ONLY	Click here Meeting ID: 457 853 0712 Passcode: 2GEmR4 jesfam@btinternet.com
11.00	Cook INDIAHH! NO CLASS TODAY. Next class 5 June	Amrita Narain	ZOOM ONLY	Click here Meeting ID: 843 7121 4862 Passcode: 186973 amrita_narain@hotmail.co.uk
11.45-12.45	Literature: Greek literature in English	Lesley Atkinson	1.26	lesley.atkinson716@gmail.com
12.15-13.15	Sociology II	Chiara Benfante	1.22	chiara.benfante@live.com
12.30-16.00	Social Bridge for all players	Eric Mentzer	1.29 and 1.30	e_mentzer@hotmail.com
13.15-14.30	Literature: Ancient History readings	Lesley Atkinson	1.26	lesley.atkinson716@gmail.com
13.30-15.30	Cinema: A journey into the World of Film Noir: Crossfire (1947)	Woody Haut	1.22	woodyhaut@aol.com
13.45-16.00	Real Bridge Duplicate online	Gill Jarvis, Julian Meteyard	online	Please email hosts to join iandgjarvis@btinternet.com julian.meteyard@gmail.com
16.30	Chat Group	Pauline Malpas	ZOOM ONLY	Click here Meeting ID: 878 4228 6480 Passcode: 425916 malpfam@btinternet.com

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OTHER

SUBJECT	COORDINATOR	
Wednesday walks: 'Beyond the end of the line' CLASS FULL	Rachel Tyndall	tyndalltwin2@gmail.com
Thursday walks. Fortnightly, 5-10 miles in or around London	Elana Gal-Edd	egaledd@hotmail.com
Shafeeq Siddiqui – Previous talks	Shafeeq Siddiqui	Archive shasidx@yahoo.com
Film recommendations	Wally Howard	http://vimeo.com/user/112061987/folder/5551893_filmclassesu3alondon@gmail.com
Miscarriages of Justice	Wally Howard	http://vimeo.com/user/112061987/folder/5551759_filmclassesu3alondon@gmail.com
Opera's Wonderland - Exploring the World of Opera	Howard Shelter	https://vimeopro.com/user134043118/operas-wonderland-exploring-the-world-of-opera
History of European Opera (NB there are no parts 14-15)	Howard Shelter	Headings of 34 parts: https://www.youtube.com/watch?v=NsPxqH2AwRw 1-7 https://www.youtube.com/watch?v=iT8UDjzRr5g&list=PLnDU3Wyn0h0eSdh5yHRZv29wK_oX7MFkt&index=13&t=79s 8-13 https://www.youtube.com/watch?v=-qtJUCJrsD0&list=PLnDU3Wyn0h0eOdmq1fXQjQ4xIP6ydNddI&index=12 16-19 https://www.youtube.com/watch?v=smErs_MeJ4U&list=PLnDU3Wyn0h0e5TwBlqqmftEQ9r35e13JO&index=11 20-25 https://www.youtube.com/watch?v=YGCUqvs5kU&list=PLnDU3Wyn0h0ehnBvLuxuBOiQJU06JTQ6i&index=12 26-30 https://www.youtube.com/watch?v=5QMzdc2CHts&list=PLnDU3Wyn0h0fD1ynPaw56bQXAl4gh-rjw&index=10 31-34 https://www.youtube.com/watch?v=iD0-6PKv6OQ&list=PLnDU3Wyn0h0df0WFuzjG-ysJvycFKgoUw&index=8