

Programme for 2020 -21

ART PRACTICAL C Wednesday 10.30

Steve Stephens

Have you always wanted to be an artist? I did too, until I discovered that the primary qualification was to have been dead for over 100 years. Now I am happy just to produce pictures. I have been asked to point out that we are not an unruly rabble, just relaxed. To everyone's surprise, their pictures usually improve.

Co-ordinators of the Practical Art classes below are in touch with their members at home. They are sharing their results with each other and we publish samples on our weekly Updates.

ART PRACTICAL A

Maxine Jason

Collage and Mixed Media. If you have always wanted to try your hand at art but think you haven't the talent, this course is for you. Collage is a different medium and you can create wonderful images using a few basic materials e.g. from magazines and other sources. Anyone can do it! All are welcome.

ART: PRACTICAL E

Maureen Betts

Water colouring, drawing, pastel and acrylic at your leisure. No tuition.

ART/ HISTORY Monday 14.00

Shirley Levy

The Other Renaissance: our Friends in the North. N.B This class begins on 5th October.

ARTISAN BAKING Friday 10.30

Cindy Zurias

Originally from Venezuela, Cindy trained in gastronomy before coming to London to work in the city's Michelin starred restaurants. She switched to baking a few years ago and hasn't looked back, quickly working her way up to become head baker in one of London's biggest artisan bakeries, making breads like sourdoughs, baguettes and her specialities: pandoro and panettone. She is now developing a short online masterclass in baking especially for U3A in London. Log in and enjoy the aromas! **Class starts 16 October**

BAHA'I FAITH Wednesday 11.00

Rosette Heidarieh

An introduction to the Bahá'í Faith: *"Service to humanity is service to God"* and *"So powerful is the light of unity that it may illuminate the whole earth"*

BRIDGE: Absolute Beginners

Thursday 14.00

Ghislaine

Freedman

A course for those who have never played bridge before.

BRIDGE: Improvers Tuesday 13.30

Judy Dodds

For those already playing bridge at a basic level who want to increase their knowledge and enjoyment of the game. Topics covered will include Stayman, transfers, doubles, Michaels, Blackwood, Gerber and unusual 2NT. Lessons include some theory followed by prepared and random hands to reinforce the topics taught.

BRIDGE: Lower Intermediate Wednesday 14.00

Naomi Stuart

The class is aimed at those with about two or three years' experience of bridge and a basic understanding of Acol. Notes and prepared hands are emailed in advance. We spend time at the beginning of each lesson on a principle of bidding or play using a PowerPoint

presentation. Then we discuss the hands practising these principles.

BRIDGE: Supervised Bridge for Intermediate Players Tuesday 10.30 Robert Clifton

Supervised Bridge play and discussion for duplicate Bridge players to encompass both Acol and Standard American systems (separately) for those who are Intermediate players and also for those who would like to improve upon this. Each week, I will distribute hands for everyone to play (with my help if necessary), and then we will go through the hands to see if the bidding and the play achieved the best outcome. Each person will get the same hand to bid and play as everyone else for each deal so that we can evaluate the hand with every participant at the same time.

BRIDGE: Supervised Bridge Wednesday 10.30 Tony Mavropoulos

This class will help in learning and understanding the main aspects of bidding, declarer play and defence. It will include some advanced topics and a variety of resources.

BRIDGE: Intermediate Thursday 11.30 David Powell

Generally, we progress from basic to more advanced concepts in two-week 'units'. A topic is introduced and discussed one week, then in the following week we look at the bidding and play of some interesting hands, sometimes, but not always, illustrating what has been discussed in the previous week. At the beginning of the year important aspects, notably opening leads, are revised. Subsequently, topics focus on aspects of the game not always covered in beginners' classes, such as transfers, losing trick count, weak two bids, re-opening doubles, Jacoby 2NT, Michaels cue bids, unusual NT, Roman key-card Blackwood, and others.

Bridge: Intermediate Tuesday 14.00 Peter Nash

This class is aimed at those with a good understanding of Acol. It will cover systematically the key aspects of bidding, declarer play and defence including more advanced topics useful for duplicate bridge. Notes will be emailed out in advance and there will be quizzes to reinforce what has been learned. The classes may evolve depending on class feedback, and there will be some opportunity to discuss hands or issues raised by class members.

BRIDGE: Supervised Practice and Play Friday 10.30 Shireen Gunasekera

For those who have some knowledge of Acol - come and enjoy playing with me on "Bridge Base on Line".

BRIDGE: Intermediate Supervised Play Tony Mavropoulos

A session of friendly, supervised play which requires you to play at reasonable speed. It consists of prepared hands which will be discussed in detail at the end of the session. The group is limited to twelve playing tables.

BRIDGE: Tips on Duplicate Bridge Monday 16.00 Alan Unerman

Discussion on some advanced concepts

CHAT GROUP 1 Friday 10.30 Kate Bailey - and

CHAT GROUP 2 Friday 14.00 Pauline Malpas

Enjoy a friendly chat over a virtual cup of coffee from the comfort of your own home.

CINEMA Wally Howard

Wally continues his recordings on Miscarriages of Justice and film recommendations. Watch the

weekly Updates on Vimeo together with his "Reflections at 95". He hopes to still be around to show all the wonderful movies he has accumulated when we resume

COMPUTING

Getting The Most From Your iPad (or iPhone) Thursday 14.00 John O'Sullivan & Ruth Freeman

iPhones & iPads can enhance your life, are not difficult to master and offer big rewards. But you need to be selective as to how you use them - whether to manage your life more effectively, or to expand your interests and passions. This class is designed to help YOU make technology work for you: 1) By taking you through the basic skills, so you are at ease with these - and 2) Exploring the most useful 'Apps.' you can use, as well as other helpful features. Hand-outs will be available to aid learning & retention. Answers will be given to questions raised. Hopefully, we'll have a lot of fun achieving all this. **N.B. the class is limited to SIX participants and will operate on a first-come basis.**

COMPUTER DROP-IN Drop in for Computer Tips Thursday 10.30 Elana Gal-Edd

For Laptops, Desktops and iPads. This class is a drop-in session for anyone who is having problems in getting started or would like to improve their skill level. It will help you to use the various features that are available on computers to enable you to explore the world at your fingertips.

DESIGN HISTORY Thursday 15.30 New Valerie Wilson Trower

A key element in all contemporary academic design courses are the artefacts produced by a society in its own context. These artefacts from a given period are related to the social, political, economic, technical, and aesthetic conceptions of that time and place and enables us to get a better understanding of those societies. They are manifest in architecture, 3D design, 2D design including photography, textiles and fashion. Although this is possible for any period throughout history and across any culture, these talks will start in 1851 and continue towards our present time. **Starts on 5 November**

DUTCH CONVERSATION Wednesday 14.00 Elisabeth Fantino

Do you have some basic knowledge of Dutch? Would you like to improve it? I am Dutch and will encourage you to talk. We will read or listen to texts and songs, talk about current events and anything Dutch (or indeed Double Dutch) that you may wish. This is a fortnightly class.

DRAMA Ralph Bermudez & Terry Sopol

If you are interested in acting, directing and improvisation and would enjoy working towards productions, possibly three per year, please contact us with a view to joining. We have just recorded a performance which will soon be available for you to watch.

ENGLISH: WRITTEN ENGLISH Tuesday 11.30 fortnightly Ivan Rappaport

This course will help you write English that avoids problems for the reader, mostly with punctuation; grammar is not included. Can you make sense of "King Charles laughed and joked half an hour after his head was cut off"? The Penguin *Guide to Punctuation* has lots of helpful examples, and we will be using it throughout the course. **Class starts 13 October**

EXERCISE CLASS: WAKE - UP CHAIR PILATES Gilli Vafidis

Monday, Wednesday, Friday at 10.30 A quick stretch to wake up breathing and

circulation, to align and lengthen your spine, to stretch the limbs and get ready for the day ahead. Please wear loose, comfortable clothing, socks or bare feet, and sit in an upright chair. Additional props: 1) a hand towel or inelastic scarf, 2) a 2-inch block (hardcover boxfile?) to rest your feet on, 3) 2 light weights (small water bottles, jam jars), 4) a tennis ball.

EXERCISE CLASS: BASIC MAT PILATES Thursday 15.30 Gilli Vafidis

This is a follow-on class from the one above and is mat-based. It is important to have some experience of Pilates. Please come to the class above and talk to Gilli to discuss whether the level is suitable for you.

EXERCISE: MOVE WELL, FEEL GREAT! Tuesday 11.30 Pieta Ruck Keene

This is a chair-based exercise class suitable for anyone, but particularly those who are less mobile or recovering from injury or illness. Numbers limited to 10 members.

EXERCISE: "SALSALATES" Wednesday 16.45 New Judith Michaels

Salsalates - a fusion of Pilates exercises, Salsa dancing and fun! Work your body, mind and soul. Experience gentle aerobic dance exercise with standing Pilates that concentrates on slow and measured movements. A highly effective session for improving posture, flexibility and to prevent injury. You will need a cleared space in front of your camera device and a dining chair or similar for support.

EXPLORING EXPERIENCES OF THE THIRD AGE Wednesday 14.30 Ruth Brook

The Third Age has its pleasures and problems. We aim to create an environment where members listen to each other in a non-judgmental way, possibly using their own experience to enable others to think about new situations in our fast-changing world. Members will decide each week what we will discuss. Retirement, loss, loneliness, and changing family relationships figure prominently. The maximum number of people in the group is 10, including the co-ordinator. Don't think it's all gloom and doom. We laugh a lot!

EXPLORING IDEAS Wednesday 11.40 Jim Eardley

Here is a list of the topics we are discussing on Zoom

Date	Topic
23 Sep	More About Rewilding - Part 1
30 Sep	The Salty, Salty Sea
7 Oct	How the Earth Shaped Us
14 Oct	The Heavy Industry Conundrum
21 Oct	Tomorrow's Food - 3 Synthetic
28 Oct	Our Voice
4 Nov	The Arctic
11 Nov	The First Americans
18 Nov	Little Green Invaders

25 Nov	Untangling the Inca Language
2 Dec	More About Rewilding - Part 2
9 Dec	Roy Hacket

FRENCH: ABSOLUTE BEGINNERS Tuesday 15.30

Gilli Vafidis

A class for those who have never spoken or been taught French before and want to give this beautiful language a try. Using French magazines, videos and websites to explore and learn how to communicate in French.

FRENCH: ALMOST BEGINNERS Thursday 11.00

Gilli Vafidis

For those who have done a little French a long time ago and wish to improve their conversational skills, refresh their vocabulary and improve their understanding of French Grammar.

FRENCH: POST BEGINNERS Thursday 15.00

Evanna Morris

For those who have done several years of French and would like to continue learning. We read *Les Rois Maudits* by Maurice Druon.

FRENCH: INTERMEDIATE Tuesday 10.00

Joan Schlackman and Gilli Vafidis

FRENCH: INTERMEDIATE Tuesday 11.30 (repeat)

Gilli Vafidis

A chance to speak, translate and listen to French using news stories, websites and radio. We aim to improve comprehension, widen vocabulary and make you more comfortable with speaking French.

FRENCH CONVERSATION Wednesday 11.00

Michael Ellman

Conversation simple et décontractée de tous les adhérents - avec correction des fautes plus graves - mais de façon amicale! (The class will be conducted in French. Reasonable conversational ability needed!)

FRENCH CONVERSATION: UPPER INTERMEDIATE LEVEL Friday 14.30

Muriel Hirsch

Vous souhaitez pratiquer votre français hebdomadairement sur des thèmes qui vous tiennent à coeur, alors rejoignez-nous le vendredi de 2.30 à 3.15. Si vous prenez plaisir à regarder des films en français avec éventuellement des sous-titres dans la langue de Molière, lire des journaux ou écouter des podcasts, ce groupe est pour vous. Je vous attends. (Maximum 8 personnes).

FRENCH: LE CERCLE FRANÇAIS Tuesday 14.00

Michael Goodman

Destiné à des francophones, Le Cercle Français réunit ceux qui souhaitent lire ensemble des œuvres littéraires, et participer à des débats sur l'actualité. Il faut savoir parler et lire le français couramment, et être prêts à contribuer.

FRENCH: LITERATURE AND CONVERSATION Wednesday 11.00

Judith Steinberg

This class is for those who are interested in furthering their French knowledge with conversation, reading French works, and acquiring or revising their grammar and working on their accent. Enthusiasm is welcomed.

GNOSTICISM Tuesday 14.00

George Wood

Gnostic interpretation of Parzival Opera and Quest for the Holy Grail

GREEK: MODERN CONVERSATION ADVANCED **Wednesday 12.00** Rita Wolfisz
This class is led by a friendly fluent Greek-speaker for those with some knowledge of Greek.
All subjects welcome.

HEBREW CONVERSATION **Wednesday 10.00** Gila Wacholder
This course is for people with some knowledge of Ivrit who want to improve their
conversational skills in a friendly environment. Chosen topics are discussed each time. This
is a really fun experience where people forget that they are speaking a foreign language.

HEBREW: INTERMEDIATE **Tuesday 10.30** Margaret
Myers
This class is for participants who have attended the beginners' class for one year. Members
are encouraged to speak from the very first session. Material will be provided.

HEBREW: IMPROVERS **Wednesday 10.30** Margaret
Myers
Attendees at this class can read, write script and (hopefully) have a vocabulary of 200 – 500
words. If you think you will fit in, you will be very welcome. Material for the sessions is
provided weekly..

HISTORY OF THE JEWS IN SPAIN AND PORTUGAL **Wednesday 15.00** Tiki Martel
According to tradition, Jews migrated to the Iberian peninsula in the time of the 2nd
Temple. The crucially important period from the 10th to the 12th century paved the road to
'The Golden Age' of Judaism, Islam and later ironically, to Anti-Semitism. It also contributed
to 18th and 19th century art, philosophy and the history that made UNESO declare
Flamenco a 'World Heritage Treasure' in 2016.

HYPNOTHERAPY: RELAXATION WITH SELF HYPNOSIS **Tuesday 14.00** Adeline Kam
Hypnosis for relaxation and well-being. Learn how to relax, how hypnosis began, the
power of your mind and how you can use it to your advantage. The class usually starts with
relaxation and may end with relaxation too. It's a fun, interactive class. See you there!

ITALIAN ABSOLUTE BEGINNERS (Possibly on Thursdays at 15.30 – contact Franca Cerudi)
We start from the alphabet - an adventure to discover the structure of Italian, acquiring step
by step the means to write and speak in a language unknown until now . The book used is:
Living Italian by Maria Valgimigli.

ITALIAN BEGINNERS STEP TWO **Monday 15.00** Franca Cerudi
The class is responding to the needs of those who have already laid foundations for the
knowledge of Italian and now want to study the grammar in depth with reading and
conversation. The book used is: *Living Italian* by Maria Valgimigli.

ITALIAN: IMPROVERS **Wednesday 15.00** Franca Cerudi
To improve your knowledge of the Italian language. The lessons are divided into two parts:
the first is dedicated to the refreshment and learning of grammar rules and the second to
the application of those rules by speaking, reading and playing games. This is an amusing
way to remember and use new words.

ITALIAN: 3RD YEAR **Wednesday 12.00** Graziella Freedman
This class is a continuation class for those who started Italian two years ago. The book we

will be using is *Living Italian* by Maria Valgimigli.

ITALIAN: ADVANCED Wednesday 10.00

Graziella Freedman

The course is for those who can already speak Italian and hold a conversation. We will be reading Italian literature and using the book *Upgrade your Italian* by Clelia Boscolo.

ITALIAN: CONVERSATION

Thursday 14.00

Franca Cerudi

To stimulate your curiosity about Italian language and traditions, and encourage a greater knowledge and understanding. The class is intended as a meeting place where everyone is involved in a friendly conversation and exchange of ideas, on a wide range of subjects, from personal impressions and opinions, to art, music, literature and other matters proposed by the participants based on their experiences and preferences.

ITALIAN: READING AND CONVERSATION Tuesday 11.30

Ada Sofaer

Conversation and discussion in Italian are the main objects of this lesson. Subjects are taken from Italian newspapers and books. Grammar will still be part of the lesson.

ITALIAN READING GROUP Monday 14.00

David Powell

Leggiamo esempi della letteratura italiana moderna. Durante gli ultimi 12-18 mesi abbiamo letto Calvino, *Se una notte d' inverno un viaggiatore* (1979), Pazzi, *Conclave* (2001), e Levi (Primo), *Se questo è un uomo* (1947). A settembre, cominceremo Maraini, *Donna in guerra* (1975). Di solito si preparano in anticipo fra dieci e venti pagine che discutiamo nella classe. Poi, se rimane un po' di tempo, leggiamo qualche pagina ad alta voce. Come sfondo, si spiegano inoltre aspetti della grammatica, storia, cultura, e società italiane. La scelta dei libri viene fatta dalla classe. Altri libri che abbiamo letto sono opere di Bassani, Deledda, Grossi, Levi (Carlo), Pavese, Sciascia, e Tabucchi.

JAPAN: HISTORY WITH SLIDES Wednesday 15.30

Richard Arthur

The Rise and Fall of International Power 1868-1945. The British overseas empire rose and fell over several hundred years; Japan's overseas empire came and went in three quarters of a century. The story of Japan's emergence from isolated feudalism to a world power is a fascinating one in itself and also with lessons for today.

JAPANESE: FIRST YEAR Wednesday 13.00

Nobuko Leslie with Kaoru

Godoy

In this friendly class you will learn Japanese basic language skills, including reading and writing in Hiragana and Katakana. These characters will be practised until you can use them easily. The class book is *Japanese for Busy People I, Revised 3rd Edition, Kana version*, by AJALT. Homework will be given regularly.

JAPANESE: SECOND YEAR Wednesday 10.30

Kaoru Godoy with Nobuko

Leslie

This friendly class will be an opportunity to consolidate what you have learned and further develop practical Japanese language skills. The class book is *Japanese for Busy People I, Revised 3rd Edition Kana version*, by starting from Lesson 12. Other books you already have will also be useful. Homework will be given regularly.

JAPANESE: READING IN JAPANESE Wednesday 11.40

Kaoru Godoy with Nobuko

Leslie

Easy text in basic Kanji will be read in addition to improving other language skills in this friendly class. The class book is *Japanese for Busy People II, Revised 3rd Edition* by AJALT. The lessons covered will be confirmed in the class. Other reading materials may be given to increase your confidence in reading Japanese.

LAUGH, BREATHE AND RELAX Thursday 10.30

Muriel Hirsch

Give your body and your mind one hour of laughter (without any reason), deep breathing and relaxation. They will thank you for longer than you can imagine, IMPORTANT: contact me before registering to be sure it is suitable for you. If you want more information, there are many videos about Laughter yoga on YouTube

LITERATURE: CHAUCER Thursday 14.00

Shirley Levy

We will continue our rudely interrupted reading of Chaucer's stories of marriage, lechery and religion in THE CANTERBURY TALES. However, the point at which we shall begin this term will be decided in the first session. Hopefully, the text of the poem will appear your screen. To anyone who is apprehensive about our use of the original language, it is VERY EASY to master.

LITERATURE: MODERN & CONTEMPORARY Wednesday 14.00

Jim Edgar

The programme of prose, poetry and drama will be organised by three co-ordinators in full consultation with members. A detailed list of texts will be available and will appear on the Notice Board.

LITERATURE: SHAKESPEARE STUDY GROUP Wednesday 11.30

Linda Shannon

We read aloud the group's choice of play and, as we go along, discuss themes, language, staging, historical context, characterisation and whatever else crops up. Once finished, we watch a recording of the play where available. We will be reading A Comedy of Errors so please find a copy or fish out a Complete Works if you have one.

MEDICINE AND THE ARTS -TWIN PILLARS? Tuesday 12.00

Michael Baum

The limits of science in the practice of medicine. Science and the Arts are the twin pillars on which our Western culture is based, yet they are polarised by our educational system. I believe that the Arts-Science dichotomy is fallacious as both are integral to the practice of modern medicine. Amongst the German doctors indicted at Nuremberg for crimes against humanity, many were men of refined culture, but making a humane physician means more than enjoying a night at the opera! I discuss the practical applications of scientific philosophy, theology, literature/theatre and fine art for the enhancement of medical education.

MEDICINE TODAY Thursday 10.30

Leo Bernstein & Mary Rossiter

Do you wish to be intrigued, confused, enlightened, entertained - or perhaps even amused? We discuss articles in medical journals: controversies, disease problems, new treatments etc. Previous medical knowledge not needed.

MINDFUL MEDITATION Tuesday 11.30

Neorca Liu

Meditation is at the heart of Buddhism - but you do not have to be a Buddhist to meditate. Discover mindfulness within yourself. You may attend for the first hour, the second hour or both.

MUSIC: CLASSICAL MUSIC APPRECIATION **Wednesday 12.30** Herbie Goldberg
(Fortnightly, alternating with class below).

If you enjoy classical music, then this is for you. Join Herbie on a voyage of discovery beyond the well-known favourites that we often hear on the radio. No technical musical knowledge is needed - it doesn't matter whether you are a seasoned listener or not; each work will be introduced and you will certainly hear many that are new to you and which deserve much more attention in the concert hall than they are given these days.

MUSIC: THESE YOU HAVE LOVED **Wednesday 12.30** Stephen McGhee
(Fortnightly, alternating with class above).

I shall explore those composers and their works that, at some stage in my life, have made an impression on me - and others who have been constant companions. This includes all musical genres; from vocal, instrumental, chamber, orchestral, choral and opera. No technical knowledge is necessary. Also, opportunities will be given for course attendees to present their own favourite classical music works.

MUSIC: HISTORIC OPERA SINGERS ON SHELLAC (1900 – 1960) Wednesday 14.45 Paul Lewis
This series of illustrated talks celebrates the 78 rpm shellac record, the major medium worldwide for the enjoyment of opera and concert song from 1900 to 1950 (and to 1960 in the USSR). Come and listen to some of the great singers of the past. Class is fortnightly, starting on 30 September. **N.B. This Class is postponed until further notice.**

MUSIC: OPERA Howard Shelter
Visual opera experiences by film attachments and e-mails with text of talks and comments. I continue e-mailing my existing two U3A groups.

PHILOSOPHY: THE LIFE, THOUGHT AND LEGACY OF SPINOZA Thursday 15.00 Sam Rodin
Baruch Spinoza, the 17th century Dutch Jewish philosopher, remains surprisingly relevant to our 21st century problems. A central Enlightenment figure, his heretical ideas laid the foundation for modern, liberal, secular and democratic thinking. He was a forerunner of biblical criticism (exposing the dangers of superstition and religious dogma), depth psychology and the scientific understanding of the unity of body and mind. We'll study this difficult but fascinating philosopher and sage by discussing his background and influence and some of his key ideas on living how to live wisely and happily as a free human being.

PHILOSOPHY: SPINOZA'S ETHICS - STUDY GROUP Tuesday 15.00 Sam Rodin
For those who have attended my class, 'The Life, Thought and Legacy of Spinoza', we will read the *Ethics* together, attempting to make sense of this difficult but rewarding masterpiece as a practical philosophical inquiry on how to live wisely and happily as a free human being. In addition to the translation of the *Ethics* by Samuel Shirley, I recommend that you purchase Beth Lord, *Spinoza's Ethics: An Edinburgh Philosophical Guide*.

PHOTOGRAPHY **Tuesday 10.00** Geoffrey Stuart
The class will start on 6 October with an outside visit. Those who are interested in joining the group must contact Geoffrey about a week before that date to be informed of the subject matter and be given the location of where they are to meet and the time of meeting. If you do not travel, you still need to be given the theme of the week. The first Zoom meeting will be on 13 October at 10.00 - 11.00 (note the different time), with all photographs having been emailed to Geoffrey no later than the day before. The class size is

limited and at present there is a waiting list. If you wish to be added to the list, please contact Geoffrey.

PLAY-READING: Monday 14.30 Malcolm Stern
World Play reading, fortnightly. Be a Russian landowner for a couple of hours. Or a Parisian shop-girl. Or a Brooklyn cop. We enjoy bringing to life the best of international drama. Classic, modern, British, American, European, tragedy and farce, murder and metaphysics, romance and revolution - they're all grist to our Monday afternoon mill. Come and join us.

PLAY READING AND ZOOM THEATRE Wednesday 14.00 Stanley Volk
New members are most welcome to join our Wednesday Zoom. 2.00 pm. Contact Stanley.

POETRY: PRESENTING POETRY Tuesday 14.00 Morris Peckman
This fortnightly group presents classical and modern poetry on varied themes. For example, themes could be love, the seasons, music, travel etc. Each poem can be discussed if people wish to do so. Bring along your favourite poems. Contact Morris for further details. . The first class of the term is on Tuesday 29th September.

POLITICS AND CURRENT AFFAIRS A Thursday 12.50 Susan Cohen & David Iwi
This is a discussion group with members giving their views on subjects that are introduced by the co-ordinators, and with plenty of opportunity given for a variety of perspectives leading to (sometimes) healthy but polite disagreements. So that everyone can participate, numbers are limited to 25, and everyone who is signed up is sent an invitation the Tuesday before the meeting on Thursday. Places are then allocated on a first come, first served basis.

POLITICS AND CURRENT AFFAIRS B Wednesday 10.30 Jim Eardley
Members of the class decide what is to be discussed each week from various newspapers.

POLITICS, CURRENT AFFAIRS & THE ECONOMY Monday 12.00 Paul Plant
Paul would like to discuss your views on today's current affairs and politics. David Ellis may also attend this class occasionally to discuss your views on Brexit.

POLITICS: SUMMITS: DIPLOMACY AT THE HIGHEST LEVELS Tuesday 10.30 Thomas Harris
Over the last five hundred years, national leaders have found it increasingly necessary, and possible, to meet their counterparts overseas to discuss major foreign policy issues. This series of talks will consider how such negotiations at the highest level have evolved over the years by examining historical examples of summit meetings and the way in which they have changed the world we live in.

PSYCHOANALYSIS Wednesday 15.00 Mickey Yudkin
Story Telling and Feelings. We explore a poem, a fairy tale, a short story or a short novel using Psychoanalytic insight to achieve a fuller understanding of the narrative, plot, characters and intention. This will lead to our creation of our own oral stories based on theory, but the course is interactive. It is tailored for those who have attended the course on Psychoanalysis and also newcomers. We will read *Little Snow White*, Franz Kafka's *The Hunger Artist* and the novel by I.B. Singer, *Enemies, a Love Story* **Class starts on 11th November**

RUSSIAN: MORE ADVANCED Monday 11.00 Silva Rubashova
We are a friendly group, enjoying lively Russian conversation, reading and translation at a fairly ambitious advanced level.

SCIENCE: ENERGY AND CLIMATE CHANGE Tuesday 12.00 fortnightly Alan Morton
Climate Change: What is it and what can we do about it? Energy: How do we use it? How to make a better world for our grandchildren - and save money at the same time.

SCIENCE: HISTORY OF ELECTRICITY Monday 12.00 Amalia Michaels
Have you suffered a power cut recently? Hardly anything works! No computers, no heat, not anything we deem to be essential to our modern lives. Industry relies upon electricity too. Yet over 2,000 years ago, when Thales of Miletus (or was it Mrs Thales?) discovered the properties of amber (electron, or *ελεκτρον* in Greek), how could he know how our lives would be revolutionised by it! Amazingly, no further useful work would be done in that area until the year 1800 when Volta and Galvani and but that would spoil the story! Learn how it all happened and about the people who made it happen.

SOCIAL ANTHROPOLOGY Friday 11.45 Caroline White
Our topic for 2019 – 20 was the History and Social Anthropology of South Africa. I plan to continue this series of classes from where we left off. It would be good to have this background so we can move on to the South African War, General Smuts, the imposition of *apartheid* and the long struggle against it, Nelson Mandela, the creation of the Constitution, the first elections, the growth of state corruption and the current fight against it. I will also introduce you to some great South African music! **NOTE: Class begins on 23 October.**

STORIES BEHIND THE HEADLINES Monday 15.00 Shafeeq Siddiqui
The subjects to be covered include those that are hugely important to our lives in view of the vast changes affecting society, Even more significant are the changes that we as a society will be facing, such as the impact of technology, the rise of China and more. The topics will be covered with an opportunity for questions. Don't miss out!

THEATRE: AN ARCHITECTURAL HISTORY Thursday 14.00 Irene Kyffin
We will explore the very beginnings of theatre in worship and ritual from pre-Egyptian times and look at developments in Ancient Greek and Roman theatre. We travel on through the following centuries, covering the architecture of Medieval, Renaissance and the Baroque and Restoration theatre. We cover the changing character of theatre, look at artists, writing and performance and will travel through the 19th and 20th centuries and hope to bring ourselves to the present time.

VOICE MATTERS Tuesday 16.30 Barbara Alden
This class aims to revive well-worn voices and restore and maintain healthy vocal function for speaking and singing. It will focus on exercises to improve posture, breathing, articulation, resonance and projection, then apply these techniques to speech, poetry and songs. *It Feels Good to Sound Good!*

WALKING ON TUESDAYS Tuesday 14.00 Richard Cohen & Charlie Forman
London History Walks The virtual walks will be published in the current Update. **Next walk on 13 October**

WRITERS' WORKSHOP Tuesday 14.00 Roger Parrott

This is a space for anyone who wants to write and share their writing with others. All types of writing are welcome: fiction and non-fiction prose and poems, memoirs, articles, anything else you want to try your hand at. We aim to offer constructive help and feedback. To find out more, come along and try it out.

WRITING CREATIVELY

Susan Woodford

Members are sharing their work with each other and we publish samples on our weekly Updates.

WRITE YOUR LIFE STORY Thursday 12.00

Hazellanne Lewis

Whether you want to write your memoirs for your children, your friends, the wider world or just yourself, this class will help you achieve your ambition. You will be able to read to the group what you have written during the week and there will be time for constructive and friendly discussion after the reading. We keep membership of the group to about 12 people so that proper attention can be given to each member's contribution.

WRITE YOUR MEMOIRS A Friday 10.30

Maggie Wain

Every life is unique, fascinating and intriguing, so join this friendly group and start writing your account. You'll get help and learn writing techniques and tips as well as hearing fascinating tales from your fellow authors of their own life-stories. The class is structured so that you share with the group what you have written in the preceding 7 days as well as getting advice and encouragement. It consists of a maximum of 12 people, making it friendly, personal and supportive. Make a start today!