

Timetable: U3A in London online – January 25 2021

MONDAY 25 JANUARY

	SUBJECT	COORDINATOR
9.30	Wake-up chair Pilates (1/2 hour)	Gilli Vafidis
10.30	MONDAY MORNING TALK: 'It's a crime! Probation in Walthamstow. It's crazy! 10000 miles of walking.'	Jeremy Cameron
10.30	Russian: More Advanced	Sylva Rubashova
11.40	Politics, current affairs and the economy	Paul Plant
12.00	Science: History of Astronomy	Amalia Michaels
14.00	Italian Reading Group	David Powell
14.00	Art/History: The Other Renaissance. Our friends in the North	Shirley Levy
14.30	Play Reading:	Malcolm Stern
15.00	Stories Behind the Headlines	Shafeeq Siddiqui
15.00	Italian: Beginners Step Two	Franca Cerudi
1600	Tips on Duplicate Bridge	Alan Unerman

TUESDAY 26 JANUARY

TIME	SUBJECT	COORDINATOR
10.00	French Intermediate	Gilli Vafidis
10.00	Photography	Geoffrey Stuart
10.30	Hebrew: Intermediate *CLASS POSTPONED*	Margaret Myers
10.30	Supervised Bridge	Robert Clifton
10.30	History of Europe	Christopher Dean
11.00	The Neurophysiology of Pain	Pieta Ruck Keene
11.30	Meditation	Neorca Liu
11.30	Written English	Ivan Rappaport
11.30	French Intermediate (repeat of 10am class)	Gilli Vafidis

11.30	Italian Reading and Conversation	Ada Sofaer
12.00	Energy & Climate Change	Alan Morton
12.00	Medicine/Arts: Art as Therapy Fortnightly *CLASS TODAY*	Michael Baum
13.30	Bridge: Improvers	Judy Dodds
13.30	London Miscellany	Stephen Barry
14.00	Presenting Poetry Fortnightly, next class 2 February	Morris Peckman
14.00	Writers' Workshop	Roger Parrot
14.00	Intermediate Bridge	Peter Nash
14.00	Gnosticism	George Wood
14.00	Cercle français	Michael Goodman
14.00	Relaxation with Self Hypnosis *CLASS BEGINS 2 FEBRUARY*	Adeline Kam
14.00	Tuesday History Walks: Next walk 23 February	Richard Cohen & friends
15.00	Philosophy: Spinoza's Ethics	Sam Rodin
15.30	French: Absolute Beginners	Gilli Vafidis
16.30	Barbara's Voice Class	Barbara Alden

WEDNESDAY 27 JANUARY

TIME	SUBJECT	COORDINATOR
9.30	Wake-up Chair Pilates (1/2 hour)	Gilli Vafidis
9.30	Bridge: Intermediate Supervised Play	Tony Mavropoulos
10.00	Hebrew Conversation	Gila Wacholder
10.30	Hebrew Improvers *CLASS POSTPONED*	Margaret Myers
10.30	Advanced Italian	Graziella Freedman
10.30	Traveller's Tales	Maureen Guirdham
10.30	Art Practical C	Steve Stephens
10.30	Politics & Current Affairs	Jim Eardley
10.30	Japanese: 2nd year	Kaoru Godoy

11.00	French Conversation	Michael Ellman
11.00	Advanced Spanish FORTNIGHTLY January 27 * TODAY* Next class 10 February	Lucia Bird
11.30	Literature: Shakespeare Study Group	Linda Shannon
11.40	Japanese: Reading Group	Kaoru Godoy
11.40	Exploring Ideas: Tomorrow's Food-Kelp	Jim Eardley
12.00	Greek: Advanced Conversation	Rita Wolfitz
12.00	Italian Year 3	Graziella Freedman
12.30	Classical Music Appreciation. Weekly alternating Stephen McGhee with Herbie Goldberg	Stephen McGhee (27 Jan) mcg Herbie Goldberg (3 Feb)
13.00	Japanese: First Year	Kaoru Godoy
13.30	Literature: Modern & Contemporary Fortnightly Jan 27, Feb 10 TODAY	Jim Edgar
13.30	Literature: - Proust Fortnightly Feb 3, Feb 17	Maggie Fletcher
14.00	Bridge: Lower Intermediate	Naomi Stuart
14.00	Art Appreciation	Jennifer Mills
14.00	Dutch Conversation Fortnightly Jan 27, Feb 10	Elisabeth Fantino
14.30	Exploring Experiences of the third Age	Ruth Brook
15.00	Italian Improvers	Franca Cerudi
15.00	The History of the Jews in Spain and Portugal	Tiki Martel
15.30	Aspects of Japan: **GUEST SPEAKER** 'Why I love Sumo Wrestling' William Lawrence	Richard Arthur
16.45	Exercise: 'SALSALATES'	Judith Michaels
18.00	Wine tasting *NEXT WINE TASTING on 3 FEBRUARY*	Martin Rayboulds

THURSDAY 28 JANUARY

TIME	SUBJECT	COORDINATOR
10.30	Computer Drop-in	Elana Gal Edd

10.30	Medicine Today	Mary Rossiter & Leo Bernstein
10.30	Laugh, Breathe and Relax	Muriel Hirsch
11.00	Support	Barbara Stevens
11.00	French: Almost Beginners	Gilli Vafidis
11.00	Write Your Life Story	Roger Parrott
11.00	Bridge: Intermediate	David Powell
11.30	Politics & Current Affairs	David Iwi & Susan Cohen
11.50		
12.00	Contemporary play reading: Arthur Miller's "Incident at Vichy"	Stanley Volk
14.00	Italian Conversation	Franca Cerudi
14.00	Theatre: An Architectural History	Irene Kyffin
14.00	Literature: Chaucer	Shirley Levy
14.00	Beginners' Bridge	Ghislaine Freeman
14.00	Get the most from your iPad and iPhone **CLASS FULL** Waiting list operational	John O'Sullivan Ruth Freeman
14.00	Italian Conversation	Franca Cerudi
15.00	Philosophy: The Life, Thought and Legacy of Spinoza	Sam Rodin
15.15	Post-beginners French	Evanna Morris
15.30	Absolute Beginners Italian (Zoom)	Franca Cerudi
15.30	Basic Mat Pilates	Gilli Vafidis
15.30	Design History	Valerie Wilson Trower
16.30	Psychoanalysis - Story Telling and Feelings	Mickey Yudkin

FRIDAY 29 JANUARY

TIME	SUBJECT	COORDINATOR
9.30	Wake-up Chair Pilates (1/2 hour)	Gilli Vafidis
10.30	Write Your Memoirs A	Maggie Wain

10.30	Bridge (on Bridge Base on line)	Shireen Gunasekera
10.30	Learn Chess	David Castle
10.30	Chat Group	Kate Bailey
11.45	Social Anthropology	Caroline White
14.00	Chat Group	Pauline Malpas
14.30	French Conversation – Upper Intermediate level	Muriel Hirsch

OTHER

SUBJECT	MEDIUM	COORDINATOR
Visual Opera Experiences with Weekly Recorded Talk	Email (with recorded opera talk, film excerpts and commentary text attached)	Howard Shelter
Greek Literature in English	Phone, email (in person when allowed)	Lesley Atkinson
The Martinsville 7 part 3&4: Miscarriages of Justice Series	Vimeo	Wally Howard
Reflections at 95 - Part 24	Vimeo	Wally Howard