

Timetable: U3A in London online – March 1st 2021

MONDAY 1 MARCH

	SUBJECT	COORDINATOR
9.30	Wake-up chair Pilates (1/2 hour)	Gilli Vafidis
10.30	MONDAY MORNING TALK: 15 years as a Metropolitan Police Volunteer	Ruth Sober
10.30	Russian: More Advanced	Sylva Rubashova
12.00	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: China in Africa To view previous talks, click Archive	Shafeeq Siddiqui
15.00	Italian: Beginners Step Two	Franca Cerudi
1600	Tips on Duplicate Bridge	Alan Unerman

TUESDAY 2 MARCH

TIME	SUBJECT	COORDINATOR
10.00	French Intermediate	Pauline Malpas & Liz Goodfellow (A) Gilli Vafidis (B)
10.00	Photography	Geoffrey Stuart
10.30	Hebrew	Jeff Freeman
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
12.30	Intermediate Bridge A	Peter Nash
13.30	Bridge: Improvers	Judy Dodds
13.30	London Miscellany	Stephen Barry
14.00	Presenting Poetry Fortnightly **Class today**	Morris Peckman
14.00	Writers' Workshop	Roger Parrot
14.00	Intermediate Bridge B (repeat of 12.30 class)	Peter Nash
14.00	Gnosticism	George Wood
14.00	Cercle français	Michael Goodman
14.00	Relaxation with Self Hypnosis	Adeline Kam
14.00	Tuesday History Walks: Next walk 30 March	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 3 MARCH

TIME	SUBJECT	COORDINATOR
9.30	Wake-up Chair Pilates (1/2 hour)	Gilli Vafidis
10.00	Bridge: Intermediate Supervised Play	Tony Mavropoulos
10.00	Hebrew Conversation	Gila Wacholder
10.30	Hebrew	Debbie Freeman
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 Next class 10 March	Lucia Bird
11.30	Literature: Shakespeare Study Group	Linda Shannon
11.40	Japanese: Reading Group	Kaoru Godoy
11.40	Exploring Ideas: Tree Planting in the UK	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	Herbie Goldberg (3 March) Stephen McGhee (10 March)
13.00	Japanese: First Year	Kaoru Godoy
13.30	Literature: Modern & Contemporary Fortnightly next class 10 March	Jim Edgar
13.30	Literature: - Proust Fortnightly **CLASS TODAY**	Maggie Fletcher
14.00	Bridge: Lower Intermediate	Naomi Stuart
14.00	Art Appreciation	Jennifer Mills
14.00	Dutch Conversation Fortnightly Next class 10 March	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 with Guest Speaker: Directing a Movie in Japan: Bernard Rose	Richard Arthur
16.45	Exercise: 'SALSALATES'	Judith Michaels
6pm	Wine tasting **NEXT DATE 17 March**	Martin Rayboulds

THURSDAY 4 MARCH

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
11.50	Politics & Current Affairs	David Iwi & Susan Cohen
12.00	Singing Workshop for all levels. Fun warm-up, Sing-Along this week Music from the Musicals Come along to sing or just listen.	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 in operation	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 5 MARCH

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
11.00	Cook INDIAHH	Amrita Narain
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 Recorded Talks	Opera film excerpts uploaded to Vimeo. Private URL link provided weekly. Recorded Talks plus text of talks by emails.	Howard Shelter
My composition of an orchestral suite of music in three movements, fully orchestrated by me	Youtube	Howard Shelter
My composition of a "novelty music medley" fully orchestrated by me	Vimeo	Howard Shelter
Greek Literature in English	Phone, email (in person when allowed)	Lesley Atkinson
Collage: a medium to create striking images using basic materials	email	Maxine Jason
Parts 2 and 3 (The Conclusion) The Execution of Private Slovik. The Miscarriages of Justice series	Vimeo	Wally Howard
Memories at 95 - Part 30	Vimeo	Wally Howard
Memories at 95 - Part 31	Vimeo	Wally Howard