

## Timetable: U3A in London Week 31 January 2022

### MONDAY 31 JANUARY

Time	SUBJECT	COORDINATOR	Room
<b>10.30</b>	<b>MONDAY MORNING TALK: Narcissism and Self Love</b>	<b>Speaker: Mickey Yudkin</b>	ZOOM ONLY
10.30-12.40	Advanced Bridge for Intermediate Players	Robert Clifton	ZOOM ONLY
10.30 - 12.40	Russian: More Advanced	Sylva Rubashova	ZOOM ONLY
10.30-12.40	Art Practical A	Maxine Jason	1.22
11.40	Drama Group	Anthony Guter, Terry Sopel	2.21
12.00	Politics, current affairs and the economy	Paul Plant	ZOOM ONLY
12.50	French Intermediate	Pauline Malpas, Liz Goodfellow	ZOOM ONLY
13.30 – 16.10	World play reading	Malcolm Stern	2.26
13.45-16.00	Bridge Advanced and Duplicate	David Powell	2.21
14.00	Art Appreciation <b>NO CLASS THIS WEEK</b>	Shirley Levy	1.33
14.00	Spanish: Post beginners	Colette Lévy	1.26
14.00	Cinema 1	Wally Howard	1.22
14.00	Latin: Beginners	Peter Hayden	ZOOM ONLY
14.00 - 16.10	Scrabble	Jenny Bartlett	1.24
14.00 - 16.00	Yarn-based Craft Workshop	Carole Nolan	1.30
15.10	Latin: Intermediate	Carol Bateman	1.26
15.10	Greek: Classical post beginners	Felicity Taylor	1.33
15.10	Italian: Beginners step 2	Franca Cerudi	ZOOM ONLY

### TUESDAY 1 FEBRUARY 2022

10.00-11.30	Music: Recorder group	Ken Pullen	2.26
10.30	Beautiful belly dancing	Amara Procter	1.22
10.30	History: Jews of Europe	Tiki Martel	ZOOM ONLY
10.30	Hebrew: Intermediate	Jeff Freeman	ZOOM ONLY
10.30	Country dancing: Intermediate	Rita Burr	2.21
10.50	Write your life story	Roger Parrott & Hazelanne Lewis	ZOOM ONLY
11.00	Mindful Meditation	Neorca Liu	ZOOM ONLY

11.30	Italian: Reading and conversation	Ada Sofaer	ZOOM ONLY
11.40	Photography <b>Fortnightly</b>	Geoffrey Stuart	2.26
11.40	Italian: Advanced conversation	Marvin Tompkinson	1.22
11.40	Cercle Français <b>NO CLASS THIS WEEK</b>	Michael Goodman	1.30 and ZOOM
11.40	Arabic Post beginners	Sharon Theodore	1.26
11.40	Art Appreciation: Portraiture in Italy and the North	Jennifer Mills	ZOOM only
11.40	History of Europe	Christopher Dean	2.21
11.40	Your ipad and iphone	Elana Gal-Edd	ZOOM only
11.40	Science: Energy & Climate Change <b>Fortnightly</b>	Alan Morton	ZOOM ONLY
12.50	Medical Humanities <b>Fortnightly: Class 8 February</b>	Michael Baum	1.33
12.50	Arabic beginners	Sharon Theodore	1.26
12.50	Chair pilates	Gilli Vafidis	ZOOM ONLY
12.50	Exercise Embodied Anatomy	Pieta Ruck Keene	ZOOM ONLY
12.50	French: Advanced Conversation	Rita Wolff	1.24
12.50	German: Intermediate	James Gilmour	1.22
13.45	French: Advanced Conversation	Muriel Hirsch	ZOOM ONLY
14.00-16.10	Bridge: Improvers	Judy Dodds	1.24
14.00	Science: From Alchemy to Chemistry <b>Fortnightly: Class 8 Feb</b>	Amalia Michaels	1.33
14.00	Theatre: An architectural history B	Irene Kyffin	ZOOM ONLY
14.00	Spanish: Absolute beginners	Colette Lévy	1.26
14.00	Taiji	Lorna Kerr	2.21
14.00	Writers' Workshop	Roger Parrot	ZOOM ONLY
14.00-16.10	Design History	Valerie Wilson Trower	1.22
15.00	Presenting Poetry <b>Fortnightly: Class 8 February</b>	Morris Peckman	ZOOM ONLY
15.10	Philosophy: Spinoza's Ethics study group	Sam Rodin	ZOOM ONLY
15.10	Art: Practical B	David McGowan	1.30
15.10	Social Anthropology	Caroline White	ZOOM ONLY
15.10	Music: Ukulele for you	Jon Satchwell	2.26
15.10	History: Making America <b>Fortnightly: Class 1<sup>st</sup> February</b>	Deidre Krymer	2.21

16.30	Barbara's Voice Class	Barbara Alden	ZOOM ONLY
17.20	Qi Gong	Barbara Alden	ZOOM ONLY

### WEDNESDAY 2 FEBRUARY 2022

TIME	SUBJECT	COORDINATOR	Room
10.00	Bridge: Advanced	Tony Mavropoulos	ZOOM ONLY
10.00-11.30	Italian: Advanced	Graziella Freedman	2.26
10.30	Hebrew Conversation Fortnightly?	Gila Wacholder	ZOOM ONLY
10.30	Hebrew: Near beginners	Debbie Freeman	ZOOM ONLY
10.30	Politics and Current Affairs B	Jim Eardley	2.21
10.30-12.40	Art Practical C	Steve Stephens	1.22
10.30	Japanese: Third year	Kaoru Godoy	ZOOM ONLY
11.00	Italian: Reading group <b>NO CLASS THIS WEEK</b>	David Powell	ZOOM ONLY
11.00	French Post beginner	Judith Steinberg	ZOOM ONLY
11.00	French Conversation	Michael Ellman	ZOOM ONLY
11.40	Literature: Shakespeare Study Group	Linda Shannon	ZOOM ONLY
11.40	Japanese: First year	Kaoru Godoy	ZOOM ONLY
11.40	History: European History	Ken Baldry	2.21
11.40	Italian: Post beginners	Graziella Freedman	2.26
11.40	Mah Jong	Annette Hammond	1.24
12.50	Classical Music Appreciation. <b>Fortnightly alternates with</b>	Herbie Goldberg	1.33
12.50	Music: Das land ohne music <b>Fortnightly; Class 2 Feb</b>	Stephen McGhee	1.33
12.50	French Conversation : Upper-intermediate/advanced	Muriel Hirsch	ZOOM ONLY
12.50	Bridge: Intermediate Supervised Play	Tony Mavropoulos	2.21
12.50	Italian Beginners	Graziella Freedman	2.26
12.50	Greek: Modern conversation advanced	Rita Wolfisz	1.26

14.00-15.30	Literature: Modern & contemporary. <b>Class 2<sup>nd</sup> Feb</b> <b>Fortnightly: alternates with</b>	Jim Edgar	ZOOM ONLY
14.00-16.10	Literature: - Proust <b>Fortnightly: Class 9 February</b>	Maggie Fletcher	ZOOM ONLY
14.00-16.00	Bridge: Lower Intermediate	Naomi Stuart	1.24
14.00	Art: Practical D <b>Fortnightly</b>	David McGowan	1.30
14.00	Dutch Conversation <b>Fortnightly: CLASS 9 February</b>	Elisabeth Fantino	ZOOM ONLY
14.00	Japanese: Fourth year and above	Kaoru Godoy	ZOOM ONLY
14.00	Music: Historic opera singers on Shellac <b>Fortnightly: CLASS 9 February</b>	Paul Lewis	1.33
14.00	Spanish and Romance Philology <b>Fortnightly: CLASS 9 February</b>	Anthony Gooch	1.26
14.00-16.00	Cinema 3:	Wally Howard	1.22
14.30	Exploring Experiences of the Third Age	Ruth Brook	2.26
14.30	Spanish: Advanced <b>Fortnightly CLASS TODAY</b>	Lucia Bird	ZOOM ONLY
15.10	Italian Improvers	Franca Cerudi	ZOOM ONLY
15.10	History: Jews of Spain and Portugal (Sephardim)	Tiki Martell	1.26
15.10	Music: Singing for pleasure	Stanley Volk	2.21
15.10	Cryptic Crosswords Club	Martin Andresier	1.33
17.00	Exercise: 'SALSALATES'	Judith Michaels	ZOOM ONLY

#### THURSDAY 3 FEBRUARY 2022

TIME	SUBJECT	COORDINATOR	Room
10.00-12,50	Art: Practical E	Maureen Betts	1.22
10.15	Poetry Please: <b>CLASS FULL: please join waiting list</b>	Janet Baker	ZOOM ONLY
10.30	Computer Drop-in:	Elana Gal Edd	ZOOM ONLY
10.30	Medicine Today	Mary Rossiter & Maureen Tilford	1.33 and on Zoom
10.30	Laugh, Breathe and Relax	Muriel Hirsch	ZOOM ONLY
10.30	Sharing some of our stories <b>Fortnightly: Class 11 February</b>	Moragh Gee	2.26
10.30-12.40	Bridge Intermediate	Peter Nash	2.21

11.40	London Miscellany	Stephen Barry	1.33
11.40	Tai Chi	Ian Orkin	2.21
11.40-13.10	Writing creatively	Susan Woodford	2.26
11.40	Bridge: Beginners	Ghislaine Freedman	1.24
11.50	Politics & Current Affairs A	David Iwi, Susan Cohen & John Dodds	ZOOM ONLY
12.50	Eurythmy	Dawn Delbos	1.22
12.50	Latin: Improvers	James Gilmour	1.26
13.00	Hypnotherapy: Self-Hypnosis	Adeline Kam	1.33
13.20-14.30	French: Conversation and contemporary literature	Colette Lévy	2.26
14.00	Exercise class	Thelma Tennant	2.21
14.00	Theatre: An Architectural history A	Irene Kyffin	ZOOM ONLY
14.00	French: Almost beginners	Gilli Vafidis	ZOOM ONLY
14.00	Literature: Chaucer	Shirley Levy	1.33
14.00	Bridge: Improve your game	Irene Fine	1.24
14.00	Get the most from your iPad and iPhone	John O'Sullivan Ruth Freeman	1.26
14.00	Italian Conversation	Franca Cerudi	ZOOM ONLY
14.00	Cinema 5	Wally Howard	1.22
15.10	French: Improvers	Evanna Morris	ZOOM ONLY
15.10	French: Advanced	Thelma Tennant	1.33
15.10	Italian: Absolute beginners	Franca Cerudi	ZOOM ONLY
15.10	Exercise: Basic Mat Pilates	Gilli Vafidis	ZOOM ONLY
16.30	Psychoanalysis	Mickey Yudkin, John Dodds	ZOOM ONLY
18.30-21.00	Music: String chamber music workshop	Peter Hayden	Various
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**FRIDAY 4 FEBRUARY 2022**

TIME	SUBJECT	COORDINATOR	
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9.30	Wake-up Chair Pilates (1/2 hour)	Gilli Vafidis	ZOOM ONLY
10.00	Art: Practical F	Brenda Greenberg	1.22
10.30	Alexander Technique	David Glassman	2.21
10.15- 12.00	Write Your Memoirs A	Maggie Wain	ZOOM ONLY
10.30	Bridge: Supervised practice and play	Shireen Gunasekera	1.24
10.30	Chess club	David Castle	1.33
10.30- 12.00	Literature: Greek literature in English	Lesley Atkinson	1.26
11.00	Cook INDIAHH	Amrita Narain	ZOOM ONLY
13.15- 14.30	Literature: Ancient History readings	Lesley Atkinson	1.26
14.00	Real Bridge online	Alan Unerman	ZOOM

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**OTHER**

SUBJECT	COORDINATOR
Wednesday Discovery Walks. Fortnightly	Margaret Mitchell
Shafeeq Siddiqui – Previous talks	Shafeeq Siddiqui
Film recommendations	Wally Howard
Miscarriages of Justice	Wally Howard
History of European Opera	Howard Shelter
Opera films 1.Excerpts with talks 2.Only excerpts	Howard Shelter
Unsung Classical Orchestral Composers	Howard Shelter
Opera: Rare Surprises 1.Excerpts with talks 2.Only excerpts	Howard Shelter
Opera's Wonderland - Exploring the World of Opera	Howard Shelter
Biography – The Personal Life and Times of Verdi (Talk and film – not music)	Howard Shelter