

U3A IN 2021- 22

Details of current classes

NOTE: The word (Zoom) means that the class is conducted from the home of the coordinator. Some of these classes (where indicated) may also be available from a room in the Town Hall.

ALEXANDER TECHNIQUE See Exercise Classes

ARABIC: BEGINNERS Sharon Theodore Tues 12.50 – 13.50 (Room 1.26)
For absolute beginners who would like to learn the Arabic language. Are you curious about the language spoken by one-sixth of the world? Are you intrigued by its unfamiliar script? Are you up for a challenge? Arabic is a beautiful, but rather idiosyncratic language which is not impossible to learn. Come to a friendly course.

ARABIC POST BEGINNERS Sharon Theodore Tues 11.40 – 12.40 (Room 1.26)
For those who have some knowledge of the Arabic alphabet.

ART APPRECIATION A Shirley Levy Mon 14.00 – 15.00 (Room 1.29) Note change of Room

Looking at Art. How do we 'read' paintings? Subject, theme, symbols - to which of them should we pay the most attention? How many different ways is it possible to depict the same subject? Some conclusions may be reached during the year!

ART PRACTICAL A Maxine Jason Mon 10.30 - 12.40 (Room 1.22)

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 B David McGowan Tues 15.10 – 16.10 (Room 1.30)

Classical Drawing. Learn classical techniques to enable you to draw competently. We will use plaster casts of heads and hands for you to become experts. Please bring a drawing pad and an HB pencil.

ART PRACTICAL C Steve Stephens Wed 10.30 – 12.40 (Room 1.22) This class is now back in the Town Hall

It was believed by medieval alchemists that the inability to draw was linked to a lack of toad's tongues in the diet. This assertion has never been disproved! As modern science suggests that art may be possible without this dietary supplement, why not give it a go?

ART: PRACTICAL E Maureen Betts Thur 10.00 - 12.30 (Room 1.22)
Water colouring, drawing, pastel and acrylic at your leisure. No tuition.

ART: PRACTICAL F Brenda Greenberg Fri 10.00 – 12.00 (Room 1.22)
Creative art studio. Create your own masterpiece in any medium you like. Come along and join a friendly group bringing your enthusiasm, imagination and your own materials.

BEAUTIFUL BELLY DANCING Amara Procter Tue 10.30 – 11.40 (Room 1.22)
Come and enjoy the rhythms and dances of the Middle East. Gets you moving while having fun. Everyone welcome.

BRIDGE CLASSES To make sure that you choose the right level for your standard of play, please speak to the co-ordinator first.

Bridge: Beginners Ghislaine Freedman Thur 11.40 – 13.50 (Room 1.24)
A course for those who have never played bridge before or those who would like to improve their play.

Bridge: Improve your Game Irene Fine Thur 14.00 – 16.10 (Room 1.24)
Members will play the same prepared hands. Any issues arising will be explained by Irene, a very experienced player. Less competent players will also be assisted.

Bridge: Improvers Judy Dodds Tues 14.00 – 16.10 (Temporarily on Zoom or in Room 1.24).

For those already playing bridge at a basic level and 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 Naomi Stuart Wed 14.00 – 16.00 (Room 1.24)
This class is aimed at those with about two or three years' experience of bridge and a basic understanding of Acol. We spend time at the beginning of each

lesson on a principle of bidding or play which is then followed by supervised play, practising these principles.

Bridge: Intermediate Peter Nash Thur 10.30 – 12.40 (Room 2.21)

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. Practise hands will also be played.

Bridge: Intermediate Supervised Play Tony Mavropoulos Wed 12.50 – 15.00 (Room 2.21)

This will be a supervised session, with no lesson except for the occasional short 5-10 minutes talk at the beginning of the session with some playing tips. All players are welcome to attend and there will be up to 12 tables. There is also a relatively advanced morning Zoom session (see entry below) but there is no need to attend this (or vice versa).

Bridge Players Eric Mentzer Fri 13.00 start (Room 1.24)

A social group of members who meet to play an unsupervised game, suitable for those with at least two or more years' experience. They are not teaching sessions. Numbers are limited, so please speak to Eric or leave a message in the Office.

Bridge: Supervised Practice and Play Shireen Gunasekera Fri 10.30 – 12.30 (Room 1.24)

For those who have some knowledge of Acol - come and enjoy a friendly group. If you need any advice, Shireen will be happy to discuss your hand with you.

Bridge: Advanced Bridge for Intermediate Players Robert Clifton Mon 10.30 – 12.40 (Room 1.24)_ N.B. This class is now in the Town Hall.

Supervised play and discussion for advanced players and for those who wish to play in either Acol or Standard American system.

Bridge: Advanced and Duplicate David Powell Mon 13.45 (for 14.00) – 16.10 (Room 2.21)

The duplicate session begins at 14.00 and help in setting up tables and making boards beforehand will be appreciated so that we can get off to a prompt start. The aim is to simulate normal bridge club conditions, so that members can feel confident if/when they visit more formal clubs, such as the Acol Club in West

Hampstead. Members will be expected to be familiar with the basic etiquette and rules of club play, including announcing, alerting, and use of the stop card (help available, if needed, in the first week or two). At the beginning of some sessions, we may review and analyse hands from the previous week which illustrate interesting aspects of play and/or the use of some of the more common bidding conventions.

Bridge: Advanced Tony Mavropoulos (Zoom) Wed 10.00 – 11.00

This is a relatively advanced course, but it may suit keen learner players. Old household conventions will be revised and reviewed with emphasis when and how to apply them correctly. The same applies with playing and defensive techniques. New conventions like Jacoby 2NT, Astro, Helvic, Lebensohl and probably the Multi 2D and others may be introduced after consultation with the participants. The course is fluid and what conventions will be covered is to be negotiated between the participants and the co-ordinator. Emphasis in all aspects is how to enhance judgement and facilitate vision and technique.

Bridge: Real Bridge On-Line Alan Unerman (Zoom) Friday 14.00

Duplicate Bridge: take the opportunity of playing 21 sessions of Real Bridge on Friday afternoons. Alan Unerman will continue the U3A in London series and will always attempt to find you a partner if you do not have a regular one. There is a registration fee of £6 which covers all the wMareekly games from August to the end of the year. The Office has Alan's contact details.

CHAT GROUP Pauline Malpas (Zoom) Tues 16:30 fortnightly on Feb 15; March 1, 15, 29; *May 10, 24; June 7, 21; July 5.*

CHAT GROUP Jim Taylor (Zoom) Fri 10.30

CHAT GROUP Pauline Malpas (Zoom) Fri 15.30 fortnightly on Feb 25; Mar 11, 25; April 8; May 6, 20; June 17; July 1, 15.

CHESS CLUB David Castle & Rob Kruszynski Fri 10.30 – 12.30 (Room 1.33) now fortnightly on Mar 25: April 8: May 6, 20; June 17; July 1, 15.

If you are a learner, have previously played the game, or if you are a skilled chess player and wish to improve your game, then this Chess Club is for you. You will enjoy the friendly co-operative quality of the weekly meetings. Each session starts with a short discussion about aspects of theory, how to start, to defend and to attack, etc. followed by one or two games against another member of the club.

Friendly advice for improving play is thereafter happily provided. We have learners, improvers and skilled players as club members and the intentions are to enjoy the meeting and also play chess well.

CINEMA Wally Howard (Room 1.22)

N.B. If the films are long, members are reminded that leaving early disturbs others. The times below are approximate and depend the length of the films

Cinema 1: Miscarriages of Justice and Causes Célèbres Mon 14.00 - 16.10 This class will show films to illustrate cases both historical and recent.

Cinema 3 Wed 14.00 - 16.10 This class will provide the opportunity for viewing the best of international cinema

Cinema 5 Thur 14.00 - 16.10 Films of different genres from around the world - old and recent.

COMPUTING CLASSES Courses marked with a star (*) are limited to a maximum of 6, so that each person has the attention of the co-ordinator. To enrol, please ask for a form in the Office and you will be informed when a place is available on the course.

***Get The Most From Your iPad (or iPhone)** John O'Sullivan & Ruth Freeman
Thur 14.00 -16.10 (Room 1.26) Autumn and Spring terms. CLASS FULL.
(Waiting list in operation).

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.

Your iPad and iPhone Elana Gal-Edd (Zoom) Tues 11.40 - 12.40

The basic techniques for using an iPad, iPad mini and iPhone are covered. Students will gain enough confidence to explore the many features of these devices for themselves. The course will be repeated.

Drop in for Computer Tips Elana Gal-Edd (Zoom) Thur 10.30 – 11.30.

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. I'm also happy to answer computer questions online by pre-arrangement.

COUNTRY DANCING: INTERMEDIATE Rita Burr Tues 10.30 – 11.30 (Room 2.21)

This class is for dancers/improvers who have already completed at least a year and have some knowledge of country dancing.

CRYPTIC CROSSWORDS CLUB Martin Andresier Wed 15.10 – 16.10 (Room 1.33)

Cryptic crosswords appear daily in the press. Solving them needs a good vocabulary and lateral thinking, but there are some conventions to learn before you can tackle them with confidence. We will try to solve a few puzzles together, and participants will then be able to explore the fascinating world of the crossword on their own.

DESIGN HISTORY Valerie Wilson Trower Tues 14.00 – 16.10 (Room 1.22)

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.

DRAMA GROUP Anthony Guter & Terry Sopel Mon 11.40 – 13.40 (Room 2.21)

If you are interested in acting, directing, singing and improvisation and would enjoy working towards productions, maybe three per year, please come along and join us.

DUTCH CONVERSATION Elisabeth Fantino Wed 14.00 – 16.10 (Room 1.30)

Fortnightly on *Sept 22; Oct 6, 20; Nov 3, 17, Dec 1. Jan 12, 26; Feb 9, 23; Mar 9, 23; April 6; May 4, 18; June 1, 15, 29; July 13*. N.B, This class is back in the Town Hall

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.

EURYTHMY Dawn Delbos Thur 12.50 – 13.50 (Room 1.22)

For those who have been doing Eurythmy for at least a year. Please wear soft-soled, non-slip shoes and loose, comfortable clothing

EXERCISE CLASS Thelma Tennant Thur 14.00 – 15.00 (Room 2.21)

Gentle exercise based on Yoga and Pilates to improve flexibility and general fitness. Suitable for all levels. Please bring a mat and wear light, loose clothing.

EXERCISE CLASS: ALEXANDER TECHNIQUE. David Glassman Fri 10.30 – 12.00 (Room 2.21)

The Alexander Technique is a gentle, progressive way of linking the mind and body to improve co-ordination and ease of movement in everyday activities. For over 100 years, musicians, actors, sportsmen and others have benefitted from the technique – including George Bernard Shaw, Aldous Huxley, John Cleese and many others. We will cover the history, theory and practice of the technique; this course will explain and demonstrate how it can improve physical and mental health

EXERCISE CLASS: CHAIR PILATES Gilli Vafidis (Zoom) Tue 12.50 – 13.50

Chair Pilates is based on Romana classical Pilates with exercises adapted for chair and standing. Chair Pilates improves posture by aligning and lengthening the body. It strengthens muscles that support the back and pelvis, improving flexibility and control of all muscle groups. No previous experience is required, but please wear non-restrictive clothing.

EXERCISE CLASS CHAIR YOGA NEW Geraldine Ross Thurs 15.10 – 16.10 (Room 2.21) Summer Term. Class deayed.

I was trained as an Iyengar yoga instructor and have been teaching for 30 years. These days I particularly like to work with seniors as being one myself I can appreciate their needs and the importance of combining the yoga postures with breathing exercises. I would very much like to share my love of yoga and the benefits with U3A

EXERCISE CLASS: BASIC MAT PILATES Gilli Vafidis (Zoom) Thur 15.10 – 16.10

This is a mat-based class that strengthens abdominal muscles, improves spine and shoulder flexibility and works the limbs. Some experience of Pilates is preferable - ideally you need to have mastered chair pilates before moving on to the mat. You can always discuss with Gilli to see whether the level is suitable for you.

EXERCISE CLASS: EMBODIED ANATOMY Pieta Ruck Keene (Zoom) Tues 12.50 – 13.50

Move better and feel better through understanding how your mind and body work. This class starts with an introduction to a part of our body and how it works, we then experience that body part with gentle movements. This is followed with a short chair based exercise circuit practicing our experiential anatomy. The class ends with self-massage and meditation. At the end of each class, you should feel empowered, more grounded and happier in your skin.

EXERCISE CLASS: FRANKLIN METHOD NEW Caroline Chan Tues 12.50 – 13.50 (Room 2.21) Summer Term

The method uses different modalities to help you improve and maintain your basic everyday functions. This is done by using dynamic neurocognitive imagery as well as anatomical embodiment through movement practices. All this leads to more awareness to help activate change in your body and mind.

What can you expect? The more open minded you are during class the more improvements you will quickly gain. During this 1-hour session you will be asked to move in standing position and/or lie down on a yoga mat. For your own comfort please bring a yoga mat and water. My credentials: I am a certified Level 2 Franklin Method trainer and practise under the Franklin Method license. Let me know if you have any questions.

EXERCISE CLASS: “SALSALATES” Judith Michaels (Zoom) Wed 17.00 – 17.30)

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.

EXERCISE CLASS: TAI Chi Ian Orkin Thurs 12.50 – 13,50 (Room 2.21)

The sessions will start with Chi Gong exercises, not strenuous! Then Cheng Man Ching style Tai Chi, with the many health benefits it can bring. Ian is a member of the British Council for Chinese Martial Arts and has been a Tai chi instructor for many years.

EXERCISE CLASS: TAIJI Lorna Kerr Tues 14.00 – 15.00 (Room 2.21)

Lorna continues to study Taiji with a professional Taiji instructor. The U3A classes will focus on warm-ups, stretches and the official Chinese Chen style, the purpose of which is to promote health, peace of mind and longevity. All are welcome,

from beginners to more experienced.

EXERCISE CLASS: WAKE-UP CHAIR PILATES Gilli Vafidis (Zoom) Friday 9.30 - 10.00

EXPLORING EXPERIENCES OF THE THIRD AGE Ruth Brook Wed 14.30 – 16.10 (Room 2.26)

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. In every session we will focus on what members of the group bring. Retirement, loss, loneliness, and changing family relationships figure prominently. The group is limited to 10. Don't think it's all gloom and doom. We laugh a lot!

FRANKLIN METHOD - see EXERCISE

FRENCH: ALMOST BEGINNERS Gilli Vafidis Thurs 14.00 – 15.00 (Room 2.26)

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: IMPROVERS Rosalind Penny (Zoom) Thurs 15.10 – 16.10

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 FRENCH Pauline Malpas & Liz Goodfellow (Zoom) Mon 12.50 – 13.50.

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 Michael Ellman (Zoom) Wed 11.00

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 & CONTEMPORARY LITERATURE Colette Lévy Thur 13.20 – 14.30 (Room 12.26).

Conversation each week, with grammatical explanation if needed. Often half an hour is spent learning about grammatical definitions for English speakers. We spend about an hour reading a novel by a contemporary author, chosen with the agreement of the class.

FRENCH: ADVANCED Thelma Tennant Thur 15.10 – 16.10 (Room 1.33)

For fluent French speakers. Vocabulary building, reading and discussion of newspaper articles, novels and other books in French. Occasional grammar.

FRENCH LITERATURE: ADVANCED Judith Steinberg (Zoom) Wed 11.00

After starting with a brief conversation in French each lesson, we read and translate a French novel and grammar is explained. Each member of the group prepares the next few pages of the book each week. The level is advanced. Texts chosen are the equivalent of 'A' level

FRENCH ADVANCED CONVERSATION Muriel Hirsch (Zoom) Tues 13.45 – 14.45

Vous souhaitez pratiquer votre français hebdomadairement sur des thèmes qui vous tiennent à coeur, alors rejoignez-nous le mardi 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 Michael Goodman Tues 11.40 – 12.50 (Room 1.24 and on Zoom)

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 CONVERSATION UPPER INTERMEDIATE/ADVANCED Muriel Hirsch (Zoom) Wed 12.50

Parce qu'on est plus intelligent, plus riche et plus efficace à plusieurs que seul; vous voulez partager vos plaisirs, découvertes, podcasts, films, chansons, livres.... avec des personnes qui apprennent le français, joignez-vous à notre groupe pour rédiger ensemble le petit point culture et donner des idées, des conseils et de petits moments de bonheur à d'autres. Niveaux élémentaire, intermédiaire et avancé.

GERMAN: INTERMEDIATE James Gilmour Tues 12.50 – 13.50 (Room 1.33)

For those wishing to build on their previous knowledge. We will concentrate on spoken German plus some grammar.

GNOSTICISM George Wood Mon 12.50 – 13.50 (Room 1.26) N.B. This class is now in the Town Hall

The Inward Journey from Insight to Gnosis. The world we live in is constantly changing - subject to growth, decay and death. Nothing is certain or lasting; possessions, health and happiness – everything passes away. Life is characterized in our world by birth and death, day and night, war and peace. It is called the dialectical world, containing the seeds of its own destruction. Nothing has eternal life, not even the most sublime thing imaginable. Many people merely chase shadows; such is the tragedy of it all. So, if one accepts that this world of visible matter is a world of delusion, can one still look for the fulfilment of one's primordial yearning? Through discussion and dialogue, this course will address these issues.

GREEK: MODERN CONVERSATION Rita Wolfisz Wed 11.40 – 12.40 (Room 1.26)
This class is led by a friendly fluent Greek-speaker for those with some knowledge of Greek. All subjects welcome.

GREEK LITERATURE (see LITERATURE)

HEBREW CONVERSATION Gila Wacholder (Zoom) Wed 10.30 – 11.30
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: NEAR BEGINNERS Debbie Freeman (Zoom) Wed 10.15 – 11.15
This class is for participants who can read Hebrew but are still beginners. Members are encouraged to speak from the very first session.

HEBREW: INTERMEDIATE Jeff Freeman (Zoom) Tues 10.30 – 11.30
This class consists of members who have been coming regularly for some time - and some who have lived in Israel many years ago. Speaking is still an effort but is encouraged by all present. We practise speaking and reading, and exercises in grammar.

HISTORY: EUROPEAN HISTORY Ken Baldry Wed 11.40 – 12.40 (Room 2.21)

This year, we will cover European history from the middle of the 12th Century, with a 'catch-up' talk to remind you where we had got to when we last met. Then on to the fascinating 15th Century. As this goes into the Renaissance, thereZoom)
Spring and part of Summer Term

Eastern Europe c.1453 to c.1923: Eastern Europe saw ever-moving frontiers mainly between the Ottoman Empire, Poland and Russia. We shall look at them and at the peoples they encompassed from the fall of Byzantium to the Treaty of Lausanne in 1923, by which time Balkan and Baltic independent states had emerged and modern Turkey had come into being. Britain's interests in the region will also be examined.

HISTORY: JEWS OF EUROPE (Ashkenazim) Tiki Martell (Zoom) Tue 10.30 – 11.30
We will look at the expulsion of Jews in 1492 from Spain and Portugal and the arrival at destinations such as Amsterdam, Constantinople and Thessalonika/Salonica. During the following terms we will look at the history of Jews in Northern Europe and Eastern European Jewry in the 15th -18th centuries.

HISTORY: JEWS OF SPAIN AND PORTUGAL (Sephardim) Tiki Martell Wed 15.10 – 16.10 (Room 1.26)

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 UNESCO declare Flamenco a 'World Heritage Treasure' in 2016.

HISTORY: LONDON MISCELLANY Stephen Barry Thur 11.40 – 12.40 (Room 1.33)
Spring Term only.

A series of illustrated talks covering various aspects of London's social history. Find out about the Victorian cabbie shelters; London's first international airport; Barking's famous fishing industry, the Great London Beer Flood and much more.

HISTORY: MAKING AMERICA Deirdre Krymer Tues 15.10 – 16.10 (Room 1.26)
Spring and Summer terms, fortnightly on *Jan 18; Feb 1, 15; Mar 1, 15, 29. May 10, 24; June 7, 21; July 5.*

Two visions of American politics: Biden stressing American values democracy and multilateralism or Trump's America First? The twenty first century has seen challenges ranging from Trump's populist 'America First', 'Black Lives Matter' and

the rise of China as a world power. We will look at the roots of American policy and politics: how The USA emerged from modest beginnings to become the dominant world power of the twentieth century. The stress on 'exceptionalism': a new model of politics distinguished from the 'old world of Europe', its relentless expansionism, the response of to the issue of slavery and civil rights and the Cold War and how these issues shaped the challenges of today.

HYPNOTHERAPY: SELF HYPNOSIS Adeline Kam Thur 13.00 – 14.00 (Room 1.33)
Autumn and Spring Terms

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!

INDIAN COOKERY: COOK INDIAHH! Amrita Narain (Zoom) Fri 11.00 – 12.30

A contemporary approach to preparing nutritious, tasty dishes to suit beginners as well as experienced cooks. You will lose your fear of 'foreign' food and have the confidence to create delicious and authentic Indian dishes in your own home. Indian food is easy to cook; is good for you and easy on the pocket. Suitable for vegans, vegetarians and meat eaters. Please email Amrita if you wish to join the class. It helps to know the numbers and to email recipes etc.

ITALIAN ABSOLUTE BEGINNERS Franca Cerudi (Zoom) Thur 15.10 – 16.10

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 (New) Graziella Freedman Wed 12.50 – 13.50 (Room 2.26)

For those who would like to learn this beautiful language.

ITALIAN BEGINNERS STEP TWO Franca Cerudi (Zoom) Mon 15.10 – 16.10

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 Franca Cerudi (Zoom) Wed 15.10 – 16.10

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: POST BEGINNERS Graziella Freedman Wed 11.40 – 12.40 (Room 2.26)
For those who have basic Italian but would like to improve their grammar and conversation. The books we use are *Living Italian* by Maria Valgimigli and *Easy Italian Reader* by Riccarda Saggese.

ITALIAN: ADVANCED Graziella Freedman Wed 10.00 – 11.30 (Room 2.26)
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 Franca Cerudi (Zoom) Thur 14.00 – 15.00
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: ADVANCED CONVERSATION Marvin Tomkinson Tue 11.40 – 12.40 (Room 1.22)
Friendly Italian conversation class for those of us who speak Italian - but are feeling a little 'rusty'.

ITALIAN: READING AND CONVERSATION Ada Sofaer (Zoom) Tue 11.30
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 David Powell (Zoom) Wed 12.50 – 13.50
Leggiamo esempi della letteratura italiana moderna. Durante gli ultimi due anni abbiamo letto Calvino, *Se una notte d' inverno un viaggiatore* (1979), Pazzi, *Conclave* (2001), Levi (Primo), *Se questo è un uomo* (1947), e Maraini, *Donna in guerra* (1975). A settembre, cominceremo Tommasi di Lampedusa, *Il gattopardo* (1958). Di solito si preparano in anticipo fra quindici e venti pagine che discutiamo nella classe. 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.

JAPANESE: FIRST YEAR Kaoru Godoy (Zoom) Wed 11 .40 – 12.40

Let's learn Japanese basic language skills, including reading a Japanese phonogram, Hiragana. Some cultural aspects will be introduced. The class book is *Japanese for Busy People I, Revised 3rd Edition, Romaji version*, by AJALT. *Hiragana* version of the same book would be useful. Homework will be given regularly.

JAPANESE: SECOND YEAR (This class is postponed) Nobuko Leslie with Kaoru Godoy (Zoom) Wed 12 .50 – 13.50

Continuing with basic language skills, including reading Japanese phonograms, Hiragana and Katakana. Some cultural aspects will be introduced. The class book is *Japanese for Busy People I, Revised 3rd Edition Kana version*, starting from Lesson 10 (MASU-form of verbs). Homework will be given regularly.

JAPANESE: THIRD YEAR Kaoru Godoy (Zoom) Wed 10 .30 – 11.30

Let's continue learning Japanese to increase vocabulary and familiarize ourselves with reading in Hiragana, Katakana and practical Kanji words. The class book is *Japanese for Busy People I, Revised 3rd Edition Kana version*, starting from Lesson 17 (TE-form of verbs). .

JAPANESE: FOURTH YEAR & ABOVE Kaoru Godoy (Zoom) Wed 14.00–15. 00

This class will be an opportunity to consolidate what you have learned and further develop practical Japanese language skills. The book is *Japanese for Busy People II, Revised 3rd Edition* by AJALT. The lessons covered will be confirmed in the class.

LATIN: BEGINNERS Peter Hayden (Zoom) Mon 14.00 – 16.10

Total beginners are welcome to this class as well as those who may have tried Latin before. I suggest we use “Familia Romana” the first part of Hans Ørberg's *Lingua Latina per se illustrata* series. The idea is to learn Latin without translating by simply reading Latin as Latin. The textbook follows the life of a Roman family and not only will you learn Latin but you will discover something of the Roman world in the early imperial period. At first I can provide course materials while you decide whether this is the right approach for you, before you get the textbook. Please contact Peter if you are interested in joining this class and he can provide further details.

LATIN: IMPROVERS James Gilmour Thur 12.50 - 13.50 (Room 1.26)

A course for those who would like to resuscitate their Latin - forgotten since their schooldays. We use the book *Get started in Latin* by George Sharpley in the *Teach Yourself* Series. Do not buy the book until you have enrolled.

LAUGH, BREATHE AND RELAX Muriel Hirsch (Zoom) Thur 10.30 .

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.

LAW: THE ELDERLY AND THE LAW Gillian Korgaonkar c

The legal test of capacity and its implications: the rules on when it is in their best interests to deprive someone of their liberty. The advantages of making a Lasting Power of Attorney for finances and health and welfare and/or advance decisions ("living wills"). The role of the Office of the Public Guardian and The Court of Protection. The Care Act 2014: Local Authority's duties to assess and provide care: how eligibility for social care is determined: what constitutes social care. The Rights of

Carers: safeguarding vulnerable adults. Funding Residential, Community and Health Care and how to challenge the decisions of Local Authorities and the NHS.

LITERATURE: ANCIENT HISTORY READINGS Lesley Atkinson Fri 13.15 - 14.30 (Room 1.26)

Readings of the Near East, Greece and Rome. A group reading and discussion of selected writings from these civilisations, dipping into chronological anthologies and primary sources such as *Readings in Ancient History; Thought and Experience from Gilgamesh and St Augustine* by Nels M Bailkey.

LITERATURE: CHAUCER Shirley Levy Thur 14.00 – 15.00 (Room 1.33)

We will finish *The Canterbury Tales* by reading the last four/five narratives. This can be followed by looking at some of Chaucer's shorter poems and/or *Troilus and Criseyde*, the *House of Fame* etc.: that is to be the decision of the group.

LITERATURE: GREEK LITERATURE IN ENGLISH Lesley Atkinson Fri 10.30- 12.00 (Room 1.26)

A group reading aloud and discussing ancient Greek epic verse, plays and other Greek poetry. Sometimes Latin literature is included.

LITERATURE: MODERN & CONTEMPORARY Jim Edgar (Zoom) Wed 14.00 – 15.30 (Fortnightly, alternating with LITERATURE: PROUST (below) on *Sept 29; Oct 13, 27; Nov 10, 24; Dec 8. Jan 19; Feb 2, 16; Mar 2, 16, 30. May 11, 25; June 8, 22; July 6.*

The programme of prose, poetry and drama will be organised by three co-ordinators in full consultation with members. We will be studying *Middlemarch* by George Eliot and *The Only Story* by Julian Barnes during the Autumn term.

LITERATURE: PROUST Maggie Fletcher (Zoom) Wed 14.00 **Note:** This class alternates with LITERATURE: MODERN & CONTEMPORARY above on *Sept 22; Oct 6, 20; Nov 3, 17, Dec 1. Jan 12, 26; Feb 9, 23; Mar 9, 23; April 6; May 4, 18; June 1, 15, 29; July 13.*

We meet fortnightly on Zoom to continue our slow and measured reading of *In Search of Lost Time* (Penguin Modern Classics translations). Members prepare and present for discussion/analysis extracts from the short section nominated. We are currently halfway through Book 2. (*In the Shadow of Young Girls in Flower*).

LITERATURE: SHAKESPEARE STUDY GROUP Linda Shannon (Zoom) Wed 11.40
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. We are starting the term with *Antony and Cleopatra*. **N.B. Members must provide their own copy.**

LONDON VISITS Nigel Hathway

When buildings are fully open again, once a month on a Friday morning, we will visit a famous London building. Numbers are limited. There will soon be an application form available from the Office – acceptance will be on a ‘first come, first served’ basis. A payment may be involved. Details of visits will be publicised on the website and on notice-boards. Details of forthcoming visits are also available from Nigel.

MAH JONG Annette Hammond Wed 11.40 – 13.50 (Room 1.24)

Mah Jong’s ancient roots are found in the Far East. With a similarity to rummy and played with beautifully decorated tiles, it is a game that needs skill, guile and a little luck to master. Join our friendly group to test your skills in the ensuing light-hearted matches. .

MATHEMATICS IN CIVILISATION Thurs 11.40 – 12.40 (Room 1.26) Philip Maher

Mathematics dates back to the dawn of history. We study its growth, focusing on some key problems and triumphs. We shall see how mathematics interpenetrates virtually all other areas of culture (both scientific and artistic). We look at the (many extraordinary) lives of the great mathematicians. No prior knowledge required. Questions are encouraged.

MEDICINE TODAY Mary Rossiter & Maureen Tilford Thur 10.30 – 11.30 (Room 1.33 and on Zoom)

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 Neorca Liu Tue 12.50 – 15.00 (Room 2.26) also on Zoom at 11.00

Meditation is at the heart of Buddhism - but you do not have to be a Buddhist to meditate. Discover mindfulness within yourself.

MUSIC: CLASSICAL MUSIC APPRECIATION Herbie Goldberg Wed 12.50 – 13.50 (Room 1.33 and on Zoom)

Fortnightly on *Sept 22; Oct 6, 20; Nov 3, 17, Dec 1. Jan 12, 26; Feb 9, 23; Mar 9, 23; April 6; May 4, 18; June 1, 15, 29; July 13.*

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: "DAS LAND OHNE MUSIK" Stephen McGhee Wed 12.50 – 13.50 (Room 1.33) and on Zoom. Fortnightly on *Sept 29; Oct 13, 27; Nov 10, 24; Dec 8. Jan 19; Feb 2, 16; Mar 2, 16, 30. May 11, 25; June 8, 22; July 6.*

In 1904, the German music critic Oscar Schmitz claimed that Great Britain was "Das Land ohne Musik" (the land without music). So, I thought that this would be a good opportunity to look at classical music in this land from an historic perspective. In this course I shall concentrate on England and then broaden out to include other parts of the UK. All musical genres shall be included; from vocal, instrumental, chamber, orchestral, choral and opera. No technical knowledge is necessary.

MUSIC: HISTORIC OPERA SINGERS ON SHELLAC (1900 – 1960) Paul Lewis Wed 14.00 – 15.00 (Room 1.33) Fortnightly on *Sept 22; Oct 6, 20; Nov 3, 17, Dec 1. Jan 12, 26; Feb 9, 23; Mar 9, 23; April 6; May 4, 18; June 1, 15, 29; July 13.*

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.

MUSIC: ON VIMEO Howard Shelter. Talks and music excerpts on Vimeo, focused on opera and orchestral music, by popular and also under appreciated composers and their history. These can be accessed by clicking on the link or by pasting the link into your browser.

1) OPERA FILMS & TALKS (digital - weekly). Recorded talks and opera film excerpts with commentary. <https://vimeo.com/channels/1713549/videos> **2)**

HISTORY OF EUROPEAN OPERA (digital - fortnightly). Recorded talks and opera excerpts with commentary and translations, examining many features of the History of European Opera, featuring 177 operas and 116 composers over 4 centuries (17th – 20th) and from 12 Countries. These can be directly accessed by clicking on: <https://vimeo.com/channels/1713505/videos> **3) OPERA - RARE**

SURPRISES (digital). Unfairly neglected operas that have not been filmed. Recorded talks and opera excerpts with commentary and translations. These can be accessed by clicking on: <https://vimeo.com/channels/1718303/videos> **4)**

UNSUNG CLASSICAL ORCHESTRAL COMPOSERS (digital - fortnightly). Only a small number of Western classical composers have made it to the musical “mainstream”. Hundreds of “unsung composers” whose works rival those of Bach, Chopin, Ravel or Dvorak have fallen through the cracks of time. By recorded talks and orchestral music excerpts, these sessions explore their remarkable orchestral music, directly accessed by clicking on the link:

<https://vimeo.com/channels/1713915/videos>

MUSIC: RECORDER GROUP Ken Pullen Tues 10.00 - 11.30 (Room 2.26)

We are now running as two consecutive groups, one starting at 10.00 and the other at 11.30. Ken, the coordinator, is arranging this, so please contact him for details. We are people with a variety of skills and levels of experience. We enjoy playing together and value each player and whatever they contribute. We welcome new players.

MUSIC: SINGING FOR PLEASURE Stanley Volk Wed 15.10 – 16.10 (Room 2.21 and on Zoom)

Fancy being in a choir? We are planning to have one post Covid. Music will include songs from the Shows, the American song book, and Gospel. No previous experience required, music reading also not a requirement. We plan two performances a year. Contact Stanley for more details.

MUSIC: STRING CHAMBER MUSIC WORKSHOP Peter Hayden Thur 18.30 - 21.00 (Various Rooms) **Note the time!**

We are a group of amateur string players who joined forces with U3A in London some years ago. The group has its origins in a group that first met half a century ago. We meet to play mainly quartets but also trios and quintets and sometimes other combinations by Haydn, Mozart, Beethoven and occasionally Dvořák, Brahms or even Shostakovich. We are an inclusive group and try to accommodate as many people as we can. A lot of sight reading is necessary and so you should be comfortable with that. If you wish to join in, please email Peter.

MUSIC: UKULELE FOR YOU John Satchwell Tues 15.10 – 16.10 (Room 2.26)

The ukulele is a small guitar with four strings. It is easy to hold and fairly easy to play. It was very popular in the 1920s and is very popular now. We use the internet to supplement learning and use a wide range of popular songs for performance. Reading music is not a requirement, but if you can sing a little, it will help. Ukulele prices start at about £30. We have a few instruments available for you to try.

PHILOSOPHY: SPINOZA'S ETHICS - STUDY GROUP Sam Rodin (Zoom, only by invitation). Tues 15.10 – 16.10

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 well. 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 Geoffrey Stuart Tues 11.40 – 12.40 (Room 2.26 alternating with meetings out of doors) on *Sept 21; Oct 5, 19; Nov 2, 16, 30. Jan 11, 25; Feb 8, 22; Mar 8, 22; April 5. May 3, 17, 31; June 14, 28; July 12.*

Our first in-person meeting in Room 2.26 in the Spring term will be on 22 February. Geoffrey will be informing you of the subject matter and you will be

given the location of where to meet and the time of meeting on the alternate weeks. For further information contact Geoffrey.

PILATES See Exercise classes

PLAY-READING: WORLD PLAY READING Malcolm Stern Mon 13.30 – 16.10
(Room 1.26)

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.

POETRY PLEASE Janet Baker & Susan van Norden (Zoom) Thur 10.15 - 12.15
We are a well-established, friendly and self-run class. Varied weekly subjects, or individual poets, are chosen by the class and we read and discuss them in the following weeks.

POETRY: PRESENTING POETRY Maurice Peckman (Zoom) Tues 15.00 Fortnightly
on *Sept 21; Oct 5, 19; Nov 2, 16, 30. Jan 11, 25; Feb 8, 22; Mar 8, 22; April 5. May 3, 17, 31; June 14, 28; July 12.*

A fortnightly meeting to present poems "on a theme" e.g. the seasons, love, dawn, sunsets followed by brief discussion. Class limited to about 10 participants.

POLITICS AND CURRENT AFFAIRS A David Iwi & Susan Cohen Thur 11.40 – 12.40
(Room 1.33) N.B. This class is now in the Town hall.

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.

POLITICS AND CURRENT AFFAIRS B Jim Eardley Wed 10.30 – 11.30 (Room 2.21)
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Various members of the group take turns to introduce recent news topics which are then discussed by the group. There are no firm conclusions but it is always interesting to hear what other members think.

POLITICS, CURRENT AFFAIRS & THE ECONOMY Paul Plant (Zoom) Mon 12.00 -
13.00

Paul would like to discuss your views on today's current affairs and politics.

PSYCHOANALYSIS Mickey Yudkin & John Dodds (Zoom) Thur 16.30
Exploring life issues through the lens of psychoanalytic theory. We'll explore loneliness, anxiety, forgiveness, connectedness, creativity and love as some of life's issues. Psychoanalytic understanding, life experience and the arts will cast light on them. The course employs theory but is largely interactive. All members are most welcome, both those who are new to the theory and those who have attended previous courses.

QI GONG Barbara Alden (Zoom) Thur 13.10 - 13.50
Qi Gong (pronounced Chee Goong) is an ancient Chinese system of healing, or 'energy medicine', using flowing meditative movement sequences and focused breathing to cleanse, strengthen and circulate 'life energy' (QI). Regular practice (Gong) leads to improved mobility, vitality and harmony of body, mind and spirit. Please wear loose clothing and ideally, Tai Chi style slippers.

RUSSIAN: MORE ADVANCED Silva Rubashova (Zoom) Mon 10.30 – 12.30
We are a friendly group, enjoying lively Russian conversation, reading and translation at a fairly ambitious advanced level.

SALSALATES See Exercise classes

SCIENCE: ENERGY AND CLIMATE CHANGE Alan Morton Tues 11.40 – 12.40 (Room 1.33) and on Zoom. Fortnightly on *Sept 21; Oct 5, 19; Nov 2, 16, 30. Jan 11, 25; Feb 8, 22; Mar 8, 22; April 5. May 3, 17, 31; June 14, 28; July 12.*
Confused by Carbon? Energy and climate change – what's happening? And what should Governments – and we – do to make a better world for our grandchildren? Come to discuss these issues before and after the COP26 climate meeting in November. No simple solutions offered!

SCIENCE: History of Astronomy Amalia Michaels Tues 14.00 – 15.00 (in Room 1.33 on dates below and on alternate weeks on Zoom).
Summer term fortnightly on *May 3, 17, 31; June 14, 28; July 12.*
People have, from earliest times, gazed at the night sky in awe. They learned how to navigate by the stars and to use the sun and the moon to create calendars and to tell them the time of day. The invention of the telescope was a tremendous breakthrough and changed our perception of the Universe. Other inventions followed. Astronomers from Aristotle to Hawking; from Copernicus to Einstein have given us models of the Universe to try to understand it.

SCRABBLE Jenny Bartlett Mon 14.00 – 16.10 (Room 1.24)

Come along and play a friendly game. Knowledge of the rules and experience of Scrabble are needed.

SHARING SOME OF OUR STORIES Moragh Ghee Thur 10.30 – 11.30 (Room 2.26), fortnightly on *Sept 30, Oct 14, 28; Nov 11, 25; Dec 9. Jan 20; Feb 3, 17; Mar 3, 17, 31. May 12, 26; June 9, 23; July 7*

A social, stimulating and comfortable group which may also be useful if you are writing, whether memoirs or fiction. In this group we use different triggers to re-awaken memories which we share, and when we listen to others' stories, we often find another memory of our own surfacing. We all have a store of memories and stories but in the daily round these can get lost or forgotten.

SOCIAL ANTHROPOLOGY Caroline White (Zoom) Tues 15.10 – 16.10.

In this course we will look at the impact of increasing involvement with the West on small scale societies due to colonialism and globalisation. We will discuss the impact of the introduction of alcohol, metal implements, guns, Christianity and cash crops. To provide 'fieldwork experience' we will be viewing a series of films.

SPANISH: ABSOLUTE BEGINNERS Colette000 Levy Tues 14.00 - 15.00 (Room 1.26)

A useful level when going on holiday in everyday situations. The book we use is *Pasos I*, a first course in Spanish published by Hodder Arnold. An activity book and cassettes accompany the textbook and a small book of Spanish verbs is useful. For those who visit Spain, a BBC Active Spanish pocket phrase book and dictionary by Philippa Goodrich would also be useful.

SPANISH: POST BEGINNERS Colette Lévy Mon 14.00 - 15.00 (Room 2.26)

The book we use is *Pasos II* (published by Hodder Arnold). The course is a continuation of first year studies. A small book of Spanish verbs, a BBC Active Spanish pocket phrase book and dictionary by Philippa Goodrich are useful for those who visit Spain.

SPANISH: ADVANCED Lucia Bird (Zoom) Wed 10.00 – 11.00 Fortnightly on *Sept 22; Oct 6, 20; Nov 3, 17, Dec 1. Jan 12, 26; Feb 9, 23; Mar 9, 23; April 6; May 4, 18; June 1, 15, 29; July 13.*

This class is about reading, debate and discussion of modern literature in the Spanish language from Latin America and Spain. We discover other meanings of expression and wider vocabulary that give more enjoyment to your meeting with

novels, tales, stories and articles of Spanish-American literature. This experience will enlarge and enrich your understanding of the Spanish language.

SPANISH AND ROMANCE PHILOLOGY Anthony Gooch Wed 11.40 -12.40 (Room 1.30) Fortnightly on *Sept 22; Oct 6, 20; Nov 3, 17, Dec 1. Jan 12, 26; Feb 9, 23; Mar 9, 23; April 6; May 4, 18; June 1, 15, 29; July 13.*

Language class. Nos centraremos esencialmente en el español, pero de vez en cuando surgirá la comparación con palabras italianas y francesas. El latín estará, por supuesto, siempre presente, y con frecuencia el griego. Y, por doquier, el árabe.

STORIES BEHIND THE HEADLINES Shafeeq Siddiqui Mon 15.10 – 16.10 (Room 1.33) **THIS CLASS IS NOW CANCELLED**

The subjects covered include those that are 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 much more.* The topics will be covered with an opportunity for questions. Don't miss out!

TAIJI (Tuesday) and **TAI CHI** (Thursday). See under exercise classes

THEATRE: AN ARCHITECTURAL HISTORY A Irene Kyffin (Zoom) Tue 14.00 – 15.00

We 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 pick up the backstories. We will travel through the 19th and 20th centuries and bring ourselves to the present time. Each era is given its historical, social, economic and political context as they affect theatrical activities and, occasionally, are affected by the theatre.

THEATRE: AN ARCHITECTURAL HISTORY B Irene Kyffin (Zoom) Thur 14.00 – 15.00

We are now going on to the third year of this course. We have reached the end of the eighteenth century, having spent some considerable time on the changing character of theatre and looked at the fast developing influence of print. We will

soon be moving into the 19th and 20th Centuries, when big changes were taking place, affected by advances made in film and television.

VOICE MATTERS Barbara Alden (Zoom) Tuesday 16.30 - 17.10

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!

WEDNESDAY DISCOVERY WALKS (*Autumn and Summer terms*) Margaret Mitchell

Short walks on alternate Wednesdays, mostly in the Greater London (and Freedom Pass) area, but occasionally outside in the summer months. Usually the walks begin at 10.30, with a coffee stop soon after the start. Those who are not in a hurry also usually have lunch together, mostly at a pub. The walks are all different, and aim to investigate places of interest we may pass. Details are sent out by email a few days beforehand, when the weather prospects become clear. Poor weather is the reason why there will be no walks in the spring term in future. To be put on the list of walkers, please email Margaret via the Office.

WINE APPRECIATION **Note the time!** Martin Raybould Thurs 18.30 – 20.30 (Room 2.21)

Monthly by arrangement.

If you enjoy drinking wine and would like to try different wines and grapes from different regions and countries in a fun and relaxed atmosphere, this is for you! We meet once a month 6.30 - 8.30 pm and try about 10 wines per session - all for £10 which includes cheese and biscuits. The surplus goes to tasting better wines and towards our own Christmas party. To find out more and dates get in touch with Martin.

WRITING CREATIVELY Susan Woodford Thur 11.40 – 13.10 (Room 2.26)

Members of this friendly group share the short pieces they have written on a title chosen by the whole group the week before. No previous experience is required. If you can talk, you can write.

WRITERS' WORKSHOP Roger Parrott (Zoom) Tues 14.00 – 16.00 (Room 1.26)

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.

WRITE YOUR LIFE STORY Roger Parrott & Hazelanne Lewis (Zoom) Tues 10.50 – 12.50

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 Maggie Wain (Zoom) Friday 10.30 - 12.15

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!

YARN-BASED WORKSHOP Carole Nolan Mon 14.00 – 16.00 (Room 1.30)

Please note: the room is available from 12.50 for prearranged private advice. After that, there is a 'workshop' class where experiences and skills are shared, problems and difficulties worked on, and old skills renewed. We are open to any yarn-based skill (knitting, embroidery, tapestry, sewing, crochet etc).

YOGA see EXERCISE CLASSES