

HI ALL

The U3A website (www.u3a.org.uk) is an accessible website for all U3A members only.

There is a wide range of free online talks, workshops and courses through membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organizations.

They are all free to join and you can join through the link [u3a - Online Learning Events](https://www.u3a.org.uk/events/educational-events)
<https://www.u3a.org.uk/events/educational-events>

The list below is copied from the U3A website and copywrite of all the talks remains with the U3A and hosts of the Zoom presenters.

There is also a u3a podcast which can be found, again, on the learning page of the website, but will take you to YouTube. Under learning event are competitions (writing and poetry), monthly quizzes and many activities for you to join and engage with other u3a groups.

Thank you again for supporting Filey & District u3a.

Please do not circulate this list outside of the group.

Date & Time	Subject	Comment
Monday 2 June at 10am	Bollywood Laughter Yoga Dance	Judith and Merrie Maggie offer a session of gentle aerobic exercise combining the four elements of joy – laughing, singing, dancing and playing
Tuesday 3 June at 10am	Flight Inspirations Aviation Meeting: June	USAAF and RAF aircrew suffered unimaginable losses during WWII. This is the story of how those airmen dealt with the psychological stress of knowing that each mission they flew could be their last.
Wednesday 4 June at 10 am	Mindfulness and Meditation Series, starting Wednesday 4 June at 10am for 6 weeks	We welcome back the 6 week course of Mindfulness and Meditation led by members of Sheffield u3a Mindful Ageing Group John, Mike and Ruth
Wednesday, 4 June at 1pm	An Introduction to Canva, a powerful online Graphic Design Program	Learn how to use Canva to create all kinds of media like newsletters and posters, with u3a Lets Talk Tech and guest presenter Roger Carter
Wednesday, 11 June at 10am	Laughter Yoga with Judith: June	Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama) Hosted by Judith Anne Walker of Edinburgh u3a
Thursday, 12 June at 2pm	Roads were not made for cars	From Babylon to Birmingham, and bones to bitumen. Clifton Hughes reviews the development of roads, on which cars were late intruders and bicycles the modern inspiration.
Friday, 13 June at 2pm	Glasgow Society of Lady Artists	This talk by Hildegard Berwick follows a group of young women who had connections to Glasgow School of Art.
Tuesday, 17 June at 2pm	Use of Artificial Intelligence in Healthcare	In the next 10 years, AI will play a key role in numerous aspects of healthcare.

		Join Ian Hawker as he explores the implications of this change.
Tuesday, 17 June at 3.30pm	Laughter Yoga with Merrie Maggie: June	Bring more joy and laughter to your life with Laughter Yoga – an aerobic exercise with playful exercises combines with deep yogic breathing.
Wednesday, 18 June at 1pm	The ICONIC Project: Exploring how Co-Design can support Digital Inclusion	Explore the role of technology co-design in alleviating digital exclusion, with Research Fellow Dr Rory Baxter and u3a Let's Talk Tech.
Thursday, 19 June at 10.30am	Live Cookery Demonstration – Seasonal eating	Chef Alex from “Vegetarian for Life” demos his delicious spring recipes live no Zoom, especially for u3a members
Thursday, 19 June at 10am	Mindfulness and Meditation Continuation Session: June	Join us each month as we continue the practices introduced in the Mindfulness and Mediation Series, and introduce new ones.
Friday, 20 June at 9am	Artificial Intelligence News : June AI in Education: Using your superpowers	Speakers explore teaching approaches tailored to older learners that include the use of AI and technologies being employed at the University of Surrey to help people access information and services
Friday, 20 June at 10am	Bridge: What's it all About?	Discover the joy of playing bridge in this introduction to the game, and find out how to play online, with u3a Bridge Adviser, Steve Carter
Friday, 20 June at 2pm	Places and People along the Silk Roads	Join silk roads traveller Alan Freeland as he takes us from Xian, the ancient capital of China through Central Asia to Venice along one of the many silk roads.
Tuesday, 24 June at 10am	Cryptic Crosswords for Beginners – six session course	Join Henry Howarth, u3a Subject Adviser for Cryptic Crosswords for a six session course on how to solve cryptic crosswords
Friday 27 June at 2pm	Puzzle solving with Pascals Triangle	Join Dr Ron Knott for a talk about Puzzle Solving with Pascal's Triangle
Friday 27 June at 2pm	Unseen Universe : a safari through the invisible world of microbes	Discover the surprising ways in which microbes shape our lives and how they may help tackle many of humanity's most pressing problems
Monday, 30 June at 10am	The Oceans and Climate Change	Ian Hawker examines the crucial importance of oceans in the Earth's climate systems and how they are affected by climate change
Tuesday, 1 July at 10am	Flight Inspirations Aviation Meeting: July	Charles Agate, a quiet yet inspiring head teacher in the 1960s, secretly held a WWII parachuting record. Scarred by war, yet resilient he transformed trauma into compassionate leadership, shaping

		young lies through empathy and strength rather than authority.
Thursday, 3 July at 10am	Ice to Athelstand – The Emergence of England – “A 10,000 year journey from the Last Ice Age to England’s first crowned king.”	An illustrated guide as to how an uninhabited frozen landscape came through traumas and triumphs to become a recognisable England.
Friday, 4 July at 10am	Artificial Intelligence News: July While America Celebrates, the World Innovates with AI	America is leading the way with Generative AI – the technology that powers AI chatbots. But that doesn’t mean the rest of the world isn’t also doing remarkable things with AI
Monday, 7 July at 2pm	An Introduction to the Arts and Crafts Movement	An examination of some of the key figures of the Arts and Crafts movement and the legacy of the movement in today’s world.
Wednesday, 9 July at 10am	Laughter Yoga with Judith: July	Laughter Yoga combines hearty laughter exercises with deep yoga style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a
Thursday 10 July at 10.30am	Time to get out the barbeque	Chef Alex from Vegetarian for Life demos his delicious barbeque recipes live on zoom, especially for u3a members
Monday 14 July at 10am	Exploring World Faiths: Friendship	The International Day of Friendship takes place on Wednesday 30 th July, Friendship can take many forms between individuals, in neighbourhoods, places of worship, between faiths and between nations. In this webinar, we will explore approaches to friendship from different faith perspective.
Thursday, 17 July at 10am	Mindfulness and Meditation Continuation Session: July	Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series and introduce new ones.
Thursday 31 July at 2pm	Secrets of the Human Brain: Talk Six	This talk describes the Taste and Smell pathways from the point when food enters our mouth or an odour enters our nose, to the point when we actually “taste” and “smell” something. It also compares these senses to those of other animals. By Dr. Bob Pullen.