

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.

We also remind you of these talks plus some other points of interest from your Committee, Groups and u3a facebook users – join us at:
<https://www.facebook.com/groups/fileyanddistrictu3a>

Thank you again for supporting Filey & District u3a.

Please do not circulate this list outside of the group.

Date & Time	Subject	Comment
Wednesday, 2 July at 1pm	Upgrading your old PCs, Laptops and Macs to ChromeOS Flex	David Martin from U3a Lets Talk Tech demonstrates Google's ChromeOS Flex – a FREE operating system for refreshing your outdated devises.
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 Edinburth u3a
Thursday 10 July at 10.30am	Time to get out the barbeque	Chef Alex from Vegetarian for Life demos his delicious barbeque receipes 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.
Tuesday 15 July at 11am	Plants, Medicine and Magic	Explore how plants have contributed to the making of modern medicines in this Science Network talk with Dr Susan Burge
Wednesday, 16 July at 1pm	Technology in Sport	John Butler from u3a Lets Talk Tech looks at how technology is transforming athlete performance, officiating, and the fan experience
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, 17 July at 10am	Turner's Timeless Treasures	Join Catherine Stevenson of Newcastle u3a for an exploration of one of the National Gallery's treasures
Thursday, 17 July at 3pm	Planning Ahead: Age proofing Your Home	Margaret Edwards will offer practical advice on things that you can do to make your home easier to live in now and in the future.
Tuesday, 22 July at 3.30pm	Laughter Yoga with Merrie Maggie: July	Bring more joy and laughter to your life with Laughter Yoga – an aerobic exercise with playful exercises combines with deep yogic breathing.
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.
Friday 1 August at 10am	Staying Safe Online – A u3a presentation with Q&A	Keeping you safe in an electronic age: A repeat talk by Barry Linton, Police Volunteer attached to Cybercrime Protect and Prevent Team.
Tuesday, 5 August at 10am	Flight Inspiration Aviation Meeting: August	The Future and History of Drones: Drones have evolved from simple military tools to advanced autonomous systems reshaping warfare, commerce, and disaster response. As autonomy grows drones promise major benefits but raise regulatory and ethical challenges for future integration.
Monday, 11 August at 2pm	Exploring Alternatives to Mainstream Social Media	Peter Lord discusses the history of social media and concerns raised. It then examines some alternatives and how these might be different!

--	--	--