

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.

The u3a podcast which can be found, again, on the learning page of the website, is update on the 3rd Thursday of the month, this will connect you to YouTube.

August podcast (no 53) covered: US road trip; Buckingham Palace made and Quantum Physics

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
Thursday, 25 September at 2pm	Secrets of the Human Brain: Talk Eight	Dr Bob Pullen describes how the ‘old’ parts of our brain drive our basic behaviour and emotions like hunger, thirst, happiness, sadness and sex. It also explains how the ‘new’ parts of our brain can modify these basic drives and produce our most sophisticated skills and thinking.
Thursday, 25 September at 3pm	My gardening life: decades on the plot, page, screen and airwaves	Join Barbara Segall, garden writer, broadcaster and the voice behind The Garden Post as she reflects on her life spent among plants, growers and gardeners.
Friday, 26 September at 10am	AI News September: Driving the Future – AI in Transportation	Join us to find out more about significant changes in transportation and ponder how your family will use transport in future.
Friday, 26 September at 2pm	Introduction to Cryptic Crosswords	Try your hand at solving cryptic clues on this 2 hour taster session with Henry Howarth, u3a Subject Adviser for Cryptic Crosswords
Friday, 26 September at 2pm	Still got it! Positive Ageing Photography	Join Mike Longhurst for some tips on photographing people and find out how to be part of the Still Got It project.
Monday, 29 September 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
Wednesday, 1 October at 1pm	Get the Latest Update on Accessing Support for Windows 10 Devices	Following Microsoft withdrawing Windows 10 updates/support from 14 October, Mike Field from u3a Let's talk Tech will discuss what we can do. Free online via zoom
Wednesday, 1 October at 2pm	Sex, DNA and chemistry in microscopic animals: the strange tale of rotifers	Discover the bizarre biology of bdelloid rotifers: insights on sex, disease, DNA and antibiotics from microscopic animals.
Thursday, 2 October at 10am	Ice Age to Iron Age – Britain in Prehistory	Following his much-praised overview of 10,000 years of the Emergence of England after the last Ice Age, author Charles Boundy returns by popular demand with 'Ice Age to Iron Age'
Friday, 3 October at 2pm	The Ultimate Guide to Editing Your Creative Writing	Sara Grant discusses her systemic approach to editing and shares practical tips and simple exercises to help you improve your short story. A u3a Short Story Competition event.
Tuesday, 7 October at 10am	Flight Inspiration Aviation Meeting: October Early Aviation in the Channel Islands	Following the Wright brothers' 1903 flight, aviation reached the Channel Islands, evolving from wartime patrols to civil air services. Challenges included weather, accidents, and financial struggles. Early flying boats gave way to land planes and airports by 1935. WWII halted services, resuming after liberation with a royal visit.
Wednesday, 8 October at 10am	Laughter Yoga with Judith: October	Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judeith Anne Walker of Edinburgh u3a.
Friday, 10 October at 10am	The Climate Crisis and Some Solutions: Truth in Ten	With recent updates, Brenda Ainsley will take you through the science behind the climate crisis – and some solutions.
Friday, 10 October at 2pm	Preparing for an AI World – A FOUR WEEK COURSE FREE online	Do you wish your u3a colleagues and your friends and family were better informed on the current wave of Generative AI – what it can and can't do, and how and why it is transforming society?
Monday, 13 October at 10am	U3a Yoga Network: Talk and Q&A with the Alzheimer's Society FOR GROUP LEADERS	Do you run a wellbeing or 'active' u3a group such as yoga, tai chi or walking? Jo Brown from Dementia Friends (Alzheimer's Society) presents an interactive session on identifying and managing situations in which one or more members may have dementia issues.

Tuesday, 14 October at 10am	Blacklisted! Corporate Crime and State Conspiracies	Jack Fawbert examines shortcomings in criminological theory by looking at the long history of the invisible crime of corporate blacklisting and the accompanying long-running public enquiry
Tuesday, 14 October at 2pm	Wearable Technology and Healthy Ageing	Explore how wearable technologies such as smartwatches, fitness trackers, and fall detectors can support you in living healthier, more independent lives. We will also discuss what the future may look like as these technologies become more common in smart hospitals, remove monitoring and assisted living environments.
Wednesday, 15 October at 1pm	AI Data Centres – Their Complexity and Environmental Impact	John Butlet from u3a Lets Talk Tech will look at the resources these mega data centres consume in order to facilitate the growth of AI.
Wednesday, 15 October at 2pm	Modern chemists' toolkit to Investigate and Elucidate Molecular Structure	Dr Barbara Odell spotlights three principal analytical tools used to determine molecular structure efficiently and safely, which lie at the heart of most of the chemical analysis performed in today's modern chemical laboratories.
Thursday, 16 October at 10am	Mindfulness and Meditation Continuation Session: October	Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.
Wednesday 22 October	Cryptic Crosswords for Beginners – Registration closes 22 October	Free online on zoom – course starts on 7 November
Thursday, 23 October at 2pm	The UK and the US constitutions – part 1	The UK and the US constitutions are quite different and generate the nature of the politics we see every day. Join Paul Carter, subject adviser on UK and US politics to discuss
Tuesday, 28 October at 3.30pm	Laughter Yoga with Merrie Maggie: October	Bring more joy and laughter to your life with Laughter Yoga – an aerobic exercise with playful exercises combined with deep yogic breathing.
Thursday, 30 October at 2pm	Secrets of the Human Brain: Talk Nine	Dr Bob Pullen examines the intricate structure and function of the human spinal cord
Friday, 24 October at 10am	Artificial Intelligence News: October	What does popular fiction tell us about the hopes and fears for Artificial Intelligence? Through examples from books, movies, and TV, we'll uncover what our stories reveal about humanity's dreams and anxieties around AI.

Friday, 31 October at 2pm	The Historic Towns Trust – London on the Eve of the Great Fire Preview	Join us for an outlines of the Trust's history and current and future projects including an atlas of London on the eve of the Great Fire.
Tuesday, 4 November at 10am	Flight Inspirations Aviation Meeting: November	The briefing charts aviation's evolution from fantasy to reality, highlighting the Wright brothers' breakthrough, Bleriot's Channel crossing and Alcock and Brown's transatlantic flight.
Wednesday, 5 November at 9.30am	U3a Yoga Network: Subject Surgery FOR GROUP ORGANISERS	Are you involved in leading or helping out with Your u3a Yoga Group? Our Subject Surgery is for newer and experienced members alike. Our Q&A session is an opportunity to meet others, find out more about Yoga in the u3a and share common issues in a friendly environment .
Friday, 7 November at 2pm	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 – Registration closed on 22 October