

HI ALL

The U3A website ([www.u3a.org.uk](http://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 3<sup>rd</sup> Thursday of the month, this will connect you to YouTube.

September podcast (no 54): Introducing Alistair, recorders, Cryptic Crosswords

October podcast (no 55) covers: A career in journalism, Medicinal plants, u3a member song.

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                                                                                                                                                                                                                                                                        |
|---------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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<br>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 . |
| Wednesday, 5 November at 1pm    | Is Hydrogen the Fuel of the Future, or should we focus on alternatives? | John Butler from u3a Lets Talk Tech will look at the Green Hydrogen Clean Revolution, discussing its progress and the hype around it.                                                                                                                                          |
| Thursday, 6 November at 2pm     | The Talking Drums of Africa                                             | Join John Baxter, u3a Subject Adviser for Climate Change and Environment, to explore the talking drums of the Congo basin.                                                                                                                                                     |
| Friday, 7 November at 2pm       | The UK and the US constitutions part 2                                  | Join Paul Carter, our u3a national Subject Adviser on UK and US politics, for the second in the series on these different constitutions.                                                                                                                                       |

|                                |                                                                            |                                                                                                                                                                                                            |
|--------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday, 10 November at 10am    | Exploring World Faiths: Interfaith Week – More in Common                   | The late Jo Cox MP said that we have more in common than that which divides us. We will explore with members of different faiths, the extent to which that is true.                                        |
| Monday, 10 November at 2pm     | Catherine the Great                                                        | Join Alan Freeland as he uncovers how Catherine the Great's vision and ambition transformed Russia from a medieval to a renaissance state and reshaped Russia into a European political power.             |
| Tuesday, 11 November at 2pm    | Making your smartphone easier to use – Android                             | AbilityNet Digital Skills Trainer, Steve Mersereau, presents an online workshop to help you get the most out of your Android phone or tablet.                                                              |
| Wednesday, 12 November at 10am | Laughter Yoga with Judith: November                                        | Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a                                                                 |
| Thursday, 13 November at 2pm   | What Next? From Retired to Redefined                                       | From her research, Jane Moffett highlights six potential challenges that people might face when retired. She shows how people can design their own unique map for what's next and embrace this life stage. |
| Friday, 14 November at 10am    | Adapting to Climate Change                                                 | Ian Hawker examines attempts to minimise the negative impacts of climate change.                                                                                                                           |
| Monday 17 November at 10am     | Tiny Algae with Big Impact: The response of micro-algae to river pollution | Isabelle Fournier of the British Phycological Society discusses the importance of micro-algae and how it can be impacted by pollution                                                                      |
| Wednesday, 19 November at 1pm  | The Mind of Your Microwave, with u3a Lets Talk Tech                        | John Davies of Bearsden and Milngavie u3a reveals the hidden computers that control almost every electrical appliance in your home.                                                                        |
| Thursday, 20 November at 10am  | Take Ten Songs 1: How Pop Songs Work                                       | Join Lee Wellbrook, Ilkley & District u3a, to listen to and dissect ten songs to see what makes them work.                                                                                                 |
| Thursday, 20 November at 10am  | Mindfulness and Meditation Continuation Session: November                  | Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.                                                                               |
| Friday 21 November at 10am     | AI News November                                                           | Your Personal AI Assistant has Arrived. Exploring innovative and interesting uses of AI chatbots                                                                                                           |
| Monday 24 November 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 the Cybercrime Protect and Prevent team.                                                                |
| Tuesday, 25 November at 2pm    | Are you Influential? Get your voice heard in the UK Parliament             | Join Damien, UK Parliament's Outreach Officer, to discover how you can get your voice heard in Parliament                                                                                                  |

|                                       |                                                                                |                                                                                                                                                                                                                                                   |
|---------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tuesday 25<br>November at<br>3.30pm   | Laughter Yoga with Merrie<br>Maggie: November                                  | Bring more joy and laughter to your life with Laughter Yoga – an aerobic exercise with playful exercises combined with deep yogic breathing.                                                                                                      |
| Thursday, 27<br>November at 2pm       | Secrets of the Human Brain:<br>Talk Ten                                        | Dr Bob Pullen examines the unique barrier between the contents of the blood and the brain nerve cells and explains how this system has advantages and disadvantages.                                                                              |
| Thursday, 27<br>November at<br>2.30pm | The Geology of Britain in the<br>Mesozoic, the Era of Middle Life              | A regional look at the history of Britain 250-65 million years ago, how the rocks formed and the evolution of middle life                                                                                                                         |
| Friday 28<br>November at<br>10am      | Take Ten Songs 2: How Pop<br>Songs work                                        | Join Lee Wellbrook, Ilkley & District u3a for the second in the series – listen to and dissect ten popular songs to see what makes them work.                                                                                                     |
| Monday, 1<br>December at<br>10am      | Safes and Safebreaking                                                         | Richard Phillips investigates the struggle between safe makers and criminal safebreakers                                                                                                                                                          |
| Tuesday, 2<br>December at<br>10am     | Flight Inspiration Aviation<br>Meeting: December                               | The “Battle of the Beams” pitted German radio – guided bombing against British Countermeasures. German beams enabled devastatingly accurate raids, but British scientists learned to disrupt them by adapting the same technology for RAF bombers |
| Wednesday, 3<br>December at<br>10am   | Inflammation and cancer:<br>removing dying cells to control<br>immune response | Dr Ioannis Kourtzelis explores efferocytosis and the pathophysiology of inflammatory diseases and cancer in this Science network Events.                                                                                                          |
| Thursday, 4<br>December at<br>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.                                                                                                      |
| Monday, 8<br>December at 2pm          | Secrets of the Human Brain:<br>Talk Eleven                                     | Brain Research and Scanning. Bob Pullen discusses how research is performed to understand how the brain works.                                                                                                                                    |
| Tuesday, 9<br>December at 2pm         | The Importance of Fungi for the<br>Environment and Humans                      | Explore fungi, including their evolution, symbiotic relationship with plants, and value as a food and their medicinal uses with Dr Alan Heyes and the u3a Science Network                                                                         |
| Tuesday 9<br>December at 2pm          | Making your smartphone easier<br>to use – Apple                                | AbilityNet Digital Skills Trainer, Mohammed Itaf, presents an online workshop to help you get the most out of your Apple phone or tablet.                                                                                                         |
| Wednesday, 10<br>December at 2pm      | Ways we can be happier                                                         | Join Jean Jackson for a whistle stop review of some of the best science backed tips out there on being happy. Come curious, leave happier!                                                                                                        |