

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.

December podcast (no 57) covers: Dick Whittington Comes North.

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
Friday, 9 January at 2pm	Mindfulness and Compassion meets Poetry	Helen Potts will introduce mindfulness and compassion practices alongside poetry and expressive prose in a creative, engaging and friendly space.
Monday, 12 January at 10am	Exploring Worlds Faiths: January	To celebrate World Languages day in February we will explore the mother language in shaping and understanding faith.
Tuesday, 13 January at 2pm	Understanding Online Content and Misinformation	Helen McGuigan from AbilityNet offers practical guidance to help people recognise, understand, and confidently navigate online misinformation.
Wednesday, 14 January at 10am	Laughter Yoga with Judith: January	Laughter Yoga combines hearty laughter exercises with deep yoga style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a.
Wednesday, 14 January at 2pm	How to build Confidence in Later Life	Join Rebecca Ronane and discover practical, doable strategies to strengthen your self-belief, resilience and boost your confidence after fifty.
Thursday, 15 January at 10am	Mindfulness and Meditation Continuation Session: January	Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.
Thursday, 15 January at 10am	When numbers turn nasty	In this talk Dr Octavio Dominguez will reveal the story of a mysterious number that has occasionally proved troublesome in the real world.

Thursday, 15 January at 2pm	From Roman Britain to the Dark Ages	After captivating audiences with his survey of England's 10,000 year journey since the last Ice Age, author Charles Boundy is back by popular demand with his next talk from Roman Britain to the Dark Ages.
Monday, 19 January at 10am	Brew Monday – 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, 21 January at 10am	How do your medicines work? Asthma	Mike Trevethick explains the science behind how drugs to treat asthma work and how they were discovered.
Wednesday, 21 January at 1pm	Smart Cities with u3a: Let's talk Tech	David Martin of u3a Let's Talk Tech discusses urban areas using digital technologies to collect and analyse data to improve quality of life.
Wednesday, 21 January at 3pm	The World's Most Enchanted Archipelagos – a Voyage through the Scottish Hebrides	Join Monty Halls who will guide us on an inspiring voyage of discovery through the Scottish Hebrides.
Friday, 23 January at 10am	Artificial Intelligence News: January	From Diagnosis to Prediction: How AI is Changing Primary Health Care. Dr Simon Rudland discusses the evaluation of a test utilising AI to predict heart disease
Friday, 23 January at 2pm	The Calendar, Time and the Cosmos – Part 1	Accounting for time has numerous purposes. Irene Kyffin traces the progress of this accounting from pre- and early history up to the present.
Monday, 26 January at 10am	Wellbeing Taster Morning with u3a subject advisers	This session offers an opportunity to sample the variety of restorative wellbeing activities. Throughout the session, you will be able to try tai chi and qigong, seated yoga, mindfulness, meditation and reflective wellbeing practices – you could attend the whole session or just the parts which interest you.
Tuesday, 27 January at 11am	Why snails might hold some answers to age related memory loss	Explore how molluscs can help us to understand how we learn and remember, and how they can be used for studying age-related memory loss, in this Science Network Event with speaker Professor Mark Yeoman.
Tuesday, 27 January at 3.30pm	Laughter Yoga with Merrie Maggie: January	Bring more joy and laughter to your life with Laughter Yoga – an aerobic exercise with playful exercises combined with deep yogic breathing
Wednesday, 28 January at 10am	Cryptic Crosswords in Context	Their history, how they work, who does them and why – a talk by u3a Cryptic Crosswords Subject Adviser Henry Howarth.

Thursday, 29 January at 2pm	The Story of Tootje (Cato) Granaat 1926-2020	Her daughter, Melanie, explains what happened when the Granaat family tried to flee to England and their experiences during the war.
Friday, 30 January at 2pm	The Calendar, Time and the Cosmos part 2	Accounting for time has numerous purposes. Irene Kyffin traces the progress of this accounting from pre- and early history up to the present.
Monday, 2 February at 2pm	Preparing for an AI World	Do you wish your u3a colleagues and your friend 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? This FOUR week course is for you. A 4 week course starts 2 Feb at 2pm
Tuesday, 3 February at 10am	Flight Inspiration Aviation Meeting: February	Space and Aviation: The New High Ground The line between air and space is fading fast. This talk reveals how space systems now underpin aviation
Tuesday, 3 February at 2pm	After Alzheimer: Memory, Ageing and What Comes Next	In this illustrated talk, Dr Mike Bender explores the history of Alzheimer's disease and how it came to shape our understanding of dementia. Drawing on current research, he highlights practical ways to support and slow memory decline, and considers how communities, including u3a groups, can develop effective self-help approaches
Wednesday, 4 February at 10am	How do your medicines work? Hypertension	Mike Trevethick discusses hypertension, the drugs used to treat this condition, and the science of how they work in the body.
Thursday, 5 February at 2pm	Smashing particles – behind the scenes at CERN	In this talk, Dr Octavio Dominguez CERN explores the European Laboratory for Particle Physics in Geneva
Friday, 6 February at 10am	The Mathematicians Library	Thomas K Briggs explores some of the publications that have been instrumental in the development of mathematics throughout human history.
Tuesday, 10 February at 2pm	Tech for All: Innovations supporting disability and ageing	Matthew from AbilityNet explores how emerging technologies can empower disabled and older people.
Wednesday, 11 February at 10am	Creative Writing: Interest Groups Online Fair	Join Carol for a taste of two IGO groups: Let's Write a Play and Read, Write, Discuss
Wednesday, 11 February at 11.30am	Exploring Progressive Rock: Interest Groups Online Fair	Join Paul for a glimpse into the world of progressive rock and learn about Rush, Roger Dean and Led Zeppelin

Wednesday, 11 February at 1.30pm	Sign Language: Interest Groups Online Fair	Is learning British Sign Language interesting? Is it easy? Is it for me? Would an online group suit me? What about an online group for another language? Join Stephen at this participatory session to learn and try a few signs.
Wednesday, 11 February at 3pm	Fusion Tai Qi Gong : Interest Groups Online Fair	Join Gordon for an opportunity to experience the benefits of a gentle yet powerful form of exercise, offered by u3a Interest Groups Online weekly over Zoom.
Thursday, 12 February at 10am	Local History: Interest Groups Online Fair	Join Sandra and other group members to find out about the IGO Local History group and enjoy a short talk based on their research.
Thursday, 12 February at 11.30am	Intermediate Recorders: Interest Groups Online Fair	A chance to join the IGO online intermediate recorder group and to find out more about being an IGO member. Please bring your recorder – music will be provided
Thursday, 12 February at 1.30pm	Dance Exercise: Interest Groups Online Fair	Join Maggie to try out the IGO Dance Exercise group to improve your posture, strength, balance, flexibility, coordination and movement memory.
Thursday, 12 February at 3pm	Setting up a new Group: Interest Groups Online Fair	Discover how to create and run a successful online group on IGO – covering setup, technology, support and the social side of bringing people together around shared interests.
Friday, 13 February at 10am	IGO Canva Course Group: Interest Groups Online Fair	Join Roger for a taste of the IGO Canva course group focusing on graphic design and learn more about how to join the next course starting in April.
Friday, 13 February at 11.30am	Early Women Doctors: Interest Groups Online Fair	Find out about the research of the IGO Early Women Doctors group and discover fascinating stories of resilience and perseverance.
Friday, 13 February at 2pm	The Calendar, Time and the Cosmos Part 3	Part 3 of this series looks at the Aboriginal concept of time as expressed in the Cosmos.
Wednesday, 18 February at 10am	How do your medicines work? Pain Relief	Mike Trevethick explains how common medicines for pain relief were discovered and the science of how they work in the body.
Wednesday, 18 February at 10am	Laughter Yoga with Judith: February	Laughter Yoga combines hearty laughter exercises with deep yoga style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a
Friday, 20 February at 10.30am	Live Cookery Demonstration – Winter Warmers	Chef Alex from “Vegetarian for Life” demos his delicious winter recipes live on zoom, especially for u3a members

Friday, 20 February at 2pm	Memoir writing with Jenny Newman	Everyone has a story to tell. Writing a memoir can be a precious act of self discovery, and a way of finding meaning in your life.
Friday, 6 March at 2pm	Novel writing with Jenny Newman	This workshop is about becoming a novelist: your sources of inspiration, what skills and techniques to develop and how to sustain your writing practice.