

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.

June Podcast covers: Beyond Beliefs; Vatican Radio; Supporting Romain Orphanages.

Thank you again for supporting Filey & District u3a.

Please do not circulate this list outside of the u3a as only u3a members can access the website.

Date & Time	Subject	Comment
Wednesday 8 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.
Wednesday 8 July at 2pm	The History of Shoes	Robin Taylor takes us on a journey of shoes, from historical styles to modern trends, sharing insights from his career as a shoe designer
Thursday 9 July at 10am	Fusion tai qi gong	Discover calm, balance and wellbeing with Gordon's gentle fusion tai chi and qi gong taster session on Zoom
Thursday 9 July at 2pm	Artemisia – vision or vengeance	Join us for a presentation where we delve into the groundbreaking artistry of one of history's most amazing female painters.
Friday 10 July at 9.30am	AI News: Generative AI in academia and at home – practical lessons from inside the research community	Profession Rose Luckin shares with us what is really happening with AI in Education and shares some tips for using AI at home.
Friday 10 July at 2pm	The role of women in ancient Egypt	Join Neil Stevenson, Subject Adviser for Egyptology to explore the status of women in ancient Egypt
Monday 13 July at 10am	Exploring World Faiths: July	Faith and Humanitarianism. World Humanitarian Day occurs in August. We will explore how 3 different faiths manifest humanitarianism in their beliefs and practice
Thursday 16 July at 2pm	A few small nips: Frida Kahlo and the art of pain	Frida Kahlo is one of the most celebrated artists of the 20 th century, famous for her colourful self-portraits. She endured severe physical,

		emotional, and psychological traumas during her lifetime, yet her art transcends a life of pain and disability.
Monday 20 July at 2pm	A virtual tour of the Watts Gallery and Artists Village	Join u3a Farnham member and Watts Gallery guide, Alan Freeland as he takes us on a one hour virtual tour of the Watts Gallery Artist Village in Compton Surrey,
Tuesday 21 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 combined with deep yogic breathing
Thursday 23 July at 2pm	Everything you need to know to get published	Join Alysoun Owen, the Writers & Artists Yearbook editor to celebrate the 120 th anniversary of the Yearbook
Friday 24 July at 2pm	The History Man virtual walk, Scoundrel (Dick Turpin)	Join u3a York member, Richard Taylor on one of his virtual walks based on historical times or events in the life of York
Thursday 30 July at 10am	The Climate Crisis and the National Emergency Briefing	Learn about the National Emergency Briefing on the climate crisis held in 2025, and how you can help make a change with u3a Climate Matters.
Friday 24 July at 10am	AI news : July	AI Futures: AI is transforming our world – discover how AGI and future superintelligence could change society over the next 20 years.
Monday 27 July at 2pm	Secrets of the human brain: Vision	Bob Pullen explores the visual pathway from the point when an image enters the eyes to the point when we actually “see” something.
Friday 31 July 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 4 August at 10am	Flight Inspirations Aviation meeting: August	Flt Lt Colin Bell, WWII Mosquito Pilot. We are honoured to host Flt Lt Colin Bell, former RAF Pathfinder Mosquito for the August meeting. Having flown 50 missions over Germany during WWII, Colin will share remarkable first hand experiences of courage, precision and service with one of the RAF's elite wartime units.
Wednesday 5 August at 1pm	Building the world's most advanced airliners	John Butler from the u3a Lets Talk Tech team explores the complex and surprising technical aspects of modern airliner construction.
Tuesday 11 August at 2pm	Digital hobbies for the third age	Join AbilityNet, in partnership with BT Group, for a friendly session designed for older people to help you to use technology to explore your interests and hobbies as well as learn new things

Wednesday 12 August at 10am	Laughter yoga with Judith: August	Laughter yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a
Friday 14 August at 2pm	Deepfakes demystified: understanding the risks and staying safe	We will cover what deepfakes are, how they are made and the growing threat as the tools have grown cheap and widely available.
Tuesday 18 August at 2pm	Cryptic Crosswords in Context	Their history, how they work, who does them and why – a talk by u3a Cryptic Crosswords Subject Adviser Henry Howarth