

Autumn 2024

Day	Course	Tutor	Where	Time	Dates	ALF Code(s)	Sessions	Cost	Places	
						(per code)				
MONDAY	Zumba	(1, 2) Coral Stebbings	Church Hall	9.30 - 10.30am	Each exercise class has 2 groups of classes: 1,2 1. Sept 9 - Oct 14 2. Nov 4 - Dec 9	ALF 602, 603	6/6	£60/£60	15	
	Stretch & Glow	(1, 2) Coral Stebbings	Church Hall	10.45 - 11.15am		ALF 604, 605	6/6	£36/£36	25	
	Tai Chi (Pt 1 Beginners)	(1, 2) Tim Haxell	Church Hall	11.30 - 12.25pm		ALF 606, 607	6/6	£30/£30	22	
	Tai Chi (Pt 2 Progressors)	(1, 2) Tim Haxell	Church Hall	12.35 - 1.25pm		ALF 608, 609	6/6	£30/£30	22	
	Introduction to Stand Up Comedy	Louie Green	Library (last session Jubilee Hall)	7.30 - 9.00pm		Oct 7 - Oct 28	ALF 610	4	£40	10
	Spanish Beginners	Adrian Nicholson	Library	tbc		Sep - Dec	Contact Adrian, adrianich@yahoo.com, to book			
TUESDAY	Fabulous Flowers and Irresistible Insects	Steve Massey	Library & Out	10.30 - 12.30pm	Sep 10 - Oct 1	ALF 611	4	£40	12	
	Spanish Conversation	Adrian Nicholson	Library	tbc	Sep - Dec	Contact Adrian, adrianich@yahoo.com, to book				
	Some More Explorations in Jazz	Graham Platts	Library	3.15 - 5.00pm	Sep 24 - Oct 8	ALF 612	3	£30	20	
	The Beginnings of the Open University	David Grugeon	Library	3.15 - 5.00pm	Oct 22	ALF 613	1	£10	20	
	Doctoring the Plot - Regency Women Writers and the History of Medicine	Kate Drayton	Library	3.15 - 5.00pm	Nov 5 - Dec 10	ALF 614	6	£60	20	
	How could cognitive neuroscience help those with mental health issues?	Rachael Martin	Library	6.30 - 8.00pm	Sep 10 - Sep 24	ALF 615	3	£30	20	
	Discover/Rediscover Astronomy	David Gwynn	Library	6.30 - 8.00pm	Oct 8 - Oct 22	ALF 616	3	£30	20	
	Postcard from DC - (part of Engaging with Issues)	Derek Wyatt	Library	6.30 - 8.00pm	Nov 5	ALF 627	1	£10	35	
Why Read Poems?	Ian Patterson	Library	6.30 - 8.00pm	Nov 12 - Dec 3	ALF 617	4	£40	20		
WEDNESDAY	Yoga	Louise Mangeot	Fairfield Centre	9.30 - 11.00am	Sep 11 - 25, Oct 9 - 23 Nov 13 - 27, Dec 11 - 18	ALF 618	11	£110	15	
	Nordic Walking	Sarah-Jane Gravener	Library and Out	2.00 - 3.30pm	Sep 18 - Oct 23	ALF 619	6	£60	10	
	Aldeburgh Conversations	Aldeburgh Library Foundation	Library	6.30 - 8.00pm	Sep 25, Oct 23, Nov 13	ALF 620	3	£15	15	
	The History of the Atlantic slave trade and its abolition in Britain	Prof. Lawrence Goldman	Aldeburgh Jubilee Hall	6.00 - 7.30pm	Nov 20	Please book through ADLHS website				
THURSDAY	Beginners Watercolour	Mel Keable	Fairfield Centre	9.30 - 11.30am	Sep 19 - Oct 24	ALF 621	6	£60	12	
	The "Anders Zorn Palette"	David Gillingwater	Library	2.30 - 4.15pm	Sep 19	ALF 624	1	£10	20	
	Keeping it in Perspective	David Gillingwater	Library	2.30 - 4.15pm	Oct 3	ALF 625	1	£10	20	
	Philosophy of love, hate and Extreme Passions	Sue Pine	Library	2.30 - 4.15pm	Nov 7 - Dec 12	ALF 626	6	£60	15	
	Engaging With Issues Facing Britain and Beyond	Alison Downes, Lynne Walker, Derek Wyatt, (Tues Nov 5th) Clr T-J Howarth-Culf, Colin Chamberlain	Library	6.30 - 8.00pm	Sep 26 (AD), Oct 17 (LW), Nov 5 (DW), Nov 28 (TJ), Dec 12 (CC)	ALF 627	5	£10 each	35	
FRIDAY	An in-depth refresher of iPad Skills - Improvers	Wendy Gilbert	Library	1.00 - 2.45pm	Sep 20 - Oct 4	ALF 628	3	£30	12	
	Digital Drawing with iPad or Android	Wendy Gilbert	Library	1.00 - 2.45pm	Oct 11 - Oct 25	ALF 629	3	£30	12	
	An Historical Tour of Suffolk - 17th to 20th Centuries	Stephen Poulter	Library	2.00 - 3.45pm	Nov 8 - Dec 13	ALF 630	6	£60	15	
	JUST WRITE! Poetry – More adventures in creativity	Vanessa Raison	Library	3.15 - 5.00pm	Sep 20 - Oct 25	ALF 631	6	£60	20	
SATURDAY	Wire Sculpture	Caro Burberry	Fairfield Centre	10.00 - 4.00pm	Sep 28	ALF 632	1	£45	15	
	Lino Printing - Christmas Cards	Helen Maxfield	Fairfield Centre	10.00 - 4.00pm	Oct 19	ALF 633	1	£45	15	
	Painting Landscapes (using different media)	Ben Wardle	Fairfield Centre	10.00 - 4.00pm	Nov 9	ALF 634	1	£45	15	
	Wire Sculpture - Christmas Decorations	Caro Burberry	Fairfield Centre	10.00 - 4.00pm	Dec 7	ALF 635	1	£45	15	
	British Post War Design	Andrew Casey	Library	3.00 - 4.45pm	Oct 5	ALF 636	1	£10	20	

