

**MONDAY**


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<b>Zumba</b>				9.30 - 10.30am
<b>Coral Stebbings</b>			15 max	Church Hall
ALF 602	6 Sessions	Sept 9 - Oct 14	£	60.00
ALF 603	6 Sessions	Nov 4 - Dec 9	£	60.00

*A Dance Fitness class mixed with a hypnotic fusion of Latin style music and moves. It's Easy, it's Fun, and it's Exercise in Disguise.*

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<b>Stretch &amp; Glow</b>				10.45 - 11.15am
<b>Coral Stebbings</b>			25 max	Church Hall
ALF 604	6 Sessions	Sept 9 - Oct 14	£	36.00
ALF 605	6 Sessions	Nov 4 - Dec 9	£	36.00

*A chair based exercise class for those who thought that exercise had passed them by. It's exercise to help you stretch and glow!*

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<b>Tai Chi (Pt 1 Beginners)</b>				11.30 - 12.25pm
<b>Tim Haxell</b>			25 max	Church Hall
ALF 606	6 Sessions	Sept 9 - Oct 14	£30	
ALF 607	6 Sessions	Nov 4 - Dec 9	£30	

*Tai Chi is a gentle exercise that allows you to stretch your muscles, tendons, and ligaments in a natural way, creating a feeling of relaxation and providing real health benefits. Part 1 'Beginners' welcomes newcomers and will concentrate on the first moves of the Moy technique. This class will also be suitable for those who only wish to concentrate on the first moves of the set or who may wish to take pu Tai Chi again after a break. Please note: Once the class is underway no new beginners will be able to join before Autumn 2024.*

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<b>Tai Chi (Pt 2 Progressors)</b>				12.35 - 1.25pm
<b>Tim Haxell</b>			22 max	Church Hall
ALF 608	6 Sessions	Sept 9 - Oct 14	£	30.00
ALF 609	6 Sessions	Nov 4 - Dec 9	£	30.00

*Part 2 'Progressors' is for those who have previously attended a beginners class or have experience of the Moy technique. The class will move at a steady pace to teach moves 33 onwards.*

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**MONDAY Evenings**


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<b>Introduction to Stand Up Comedy</b>				7.30 - 9.00pm
<b>Louie Green</b>			10 max	ry (last session Jubilee
ALF	4 Sessions	Oct 7 - Oct 28		£40

*Following our successful course last autumn, Louie Green, professional comedian and compere of Aldeburgh Jubilee Hall comedy nights, teaches the tricks of the trade. From generating and refining your material to microphone techniques and the all important matter timing, you will build a five minute set from scratch. The course culminates in an optional mini-set at an Aldeburgh Comedy Club Night on Saturday 2nd November.*

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**TUESDAY**


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<b>Fabulous Flowers and Irresistible Insects</b>				10.30 - 12.30pm
<b>Steve Massey</b>			12 max	Library & Out
ALF 611	4 Sessions	Sep 10 - Oct 1	£	40.00

*This will be Steve's eleventh year leading sessions at Aldeburgh Library, with outside visits to different habitats for wildflowers, berries, seeds and insects. Participants will visit various local habitats such as woods, coasts, heaths, marsh and churchyards. We will meet at the Library and as most of the time will be spent outside, appropriate footwear and clothing is advised, together with water and a hat if it's hot.*

<b>Some More Explorations in Jazz</b>				3.15 - 5.00pm
<b>Graham Platts</b>			20 max	Library
ALF 612	3 Sessions	Sep 24 - Oct 8	£	30.00

*Back by popular demand, Graham will focus on 1. Jazz singers, the 1920s to the 1950s. 2. Jazz singers, the 1950s to the 1990s. 3. Vocalese. As usual, the focus is almost entirely on artists from the USA.*

<b>The Beginnings of the Open University</b>				3.15 - 5.00pm
<b>David Grugeon</b>			20 max	Library
ALF 613	1 Session	Oct 22	£	10.00

*David was involved right from the beginning of the forming of the OU. As they say, he was 'in the room'. This talk will take us back to the beginning to remind us how it all started and what it has become.*

<b>Doctoring the Plot - Regency Women Writers and the History of Medicine</b>				3.15 - 5.00pm
<b>Kate Drayton</b>			20 max	Library
ALF 614	6 Sessions	Nov 5 - Dec 10	£	60.00

*Regency women could not take on any professional medical roles (except in relation to childbirth). They could, however, become professional writers and it is surprising how often they used their fiction as a place to consider advances and controversies around medical authority over the body and the mind. All kinds of doctors and doctoring inhabit the novels of female authors like Jane Austen, Mary Shelley, Mary*

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**TUESDAY Evenings**


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<b>How could cognitive neuroscience help those with mental health issues?</b>				6.30 - 8.00pm
<b>Rachael Martin</b>			20 max	Library
ALF 615	3 Sessions	Sep 10 - Sep 24	£	30.00

*Rachael will be discussing how biofeedback, neurofeedback and eye tracking can be used as a diagnostic tool and treatment for anxiety, depression and other mental health issues. She will be demonstrating equipment used in the study of the human condition.*

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<b>Discover/Rediscover Astronomy</b>				6.30 - 8.00pm
<b>David Gwynn</b>			20 max	Library
ALF 616	3 Sessions	Oct 8 - Oct 22	£	30.00

*1. The Sun - birth, present day, death. 2. The big bang to tiny particles to giant galaxies. Giving us the incredible cosmic web. 3. Seeing the invisible with James Webb Space Telescope. The very latest from ESA and NASA. These will be suitable for beginners and those returning from previous sessions, ensuring we are all up to date as possible.*

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<b>Why Read Poems?</b>				6.30 - 8.00pm
<b>Ian Patterson</b>			20 max	Library
ALF 617	4 Sessions	Nov 12 - Dec 3	£40	

*In each session we will take two or three poems, linked by subject matter, from different periods, and look at them in detail to see how they work and what they can offer us .*

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**WEDNESDAY**


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<b>Yoga</b>				9.30 - 11.00am
<b>Louise Mangeot</b>			15 max	Fairfield Centre
ALF 618	11 Sessions	Sep 11 - 25, Oct 9 - 23 Nov 13 - 27, Dec 11 - 18	£110	

*Whatever your age or ability, yoga exercises can enhance your physical and mental wellbeing. The course will aim to help you improve your posture, strength, suppleness and balance. This and the focus and quiet concentration are an excellent way to start your day. Using Asana (postures); Pranayama (Breath/Lifeforce and Sensory Awareness); Mindfulness; Nidra (Guided Relaxation/Rejuvenation). Please wear layers of loose clothing.*

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**WEDNESDAY Continued**

<b>Nordic Walking</b>				2.00 - 3.30pm
<b>Sarah-Jane Gravener</b>			10 max	Library and Out
ALF 619	6 Sessions	Sep 18 - Oct 23		£60

*Nordic walking (suitable for all ages and fitness levels) is a full body workout, incorporating poles with a walking technique, that is also weight bearing. A Nordic Walking session starts with a relatively gentle warm up, to get us all ready to exercise, we then move onto learning and perfecting our technique, followed by a nordic walk for approx 40 minutes. We finish with a cool down to stretch out our muscles, all of which will leave us with a marvellous sense of physical and mental wellbeing! All of our sessions take place outside in the open air, no special clothing or kit is necessary, apart from a pair of trainers or walking shoes. These are group sessions, so make new friends as you learn a new exercise regime.*

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**WEDNESDAY Evenings**

<b>Aldeburgh Conversations</b>				6.30 - 8.00pm
<b>Aldeburgh Library Foundation</b>			15 max	Library
ALF 620	3 Sessions	Sep 25, Oct 23, Nov 13		£ 15.00

*Based on the idea of disagreeing agreeably, these sessions will be roundtable discussions on current topics and political issues. Topics will be announced ahead of time. Come prepared to participate.*

<b>The History of the Atlantic slave trade and its abolition in Britain</b>				6.00 - 7.30pm
<b>Prof. Lawrence Goldman</b>			200 max	Aldeburgh Jubilee Hall
	1 Session	Nov 20		

*Please book through ADLHS website*

*This lecture will examine the history of the Atlantic slave trade and its abolition in Britain. It will explain the origins and causes of anti-slavery at the end of the eighteenth century and consider the individuals and groups who led it in Britain. We shall examine both the abolition of the slave trade in 1807 and the emancipation of slaves in the British empire in 1833. Why did Britain come first in the history of anti-slavery? Why was the movement ultimately successful? But why did it take so long?*

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## THURSDAY

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<b>Beginners Watercolour</b>				9.30 - 11.30am
<b>Mel Keable</b>			12 max	Fairfield Centre
ALF 621	6 Sessions	Sep 19 - Oct 24	£	60.00

*Each week will explore techniques for painting subjects such as skies, water and tree. Allowing participants to build on the foundation needed to paint landscapes, still life and more.*

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<b>The "Anders Zorn Palette"</b>				2.30 - 4.15pm
<b>David Gillingwater</b>			20 max	Library
ALF 624	1 Session	Sep 19	£10	

*David will give a demonstration of how Anders Zorn worked while giving a potted history of his style and approach to painting, including explaining his famous limited colour palette.*

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<b>Keeping it in Perspective</b>				2.30 - 4.15pm
<b>David Gillingwater</b>			20 max	Library
ALF 625	1 Session	Oct 3	£10	

*Introduction to drawing in perspective and how to use colour to accentuate it - a demonstration.*

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<b>Philosophy of love, hate and Extreme Passions</b>				2.30 - 4.15pm
<b>Sue Pine</b>			15 max	Library
ALF 626	6 Sessions	Nov 7 - Dec 12	£	60.00

*In this course, we will explore the insights of great philosophers into those powerful passions which can define a person's character and sometimes drive forward great social change. We will unpack hate and look at its offshoots; jealousy, revenge and violence. To prevent us being glamourized by the Dark Side, we will be looking at love, altruism, charitable giving and friendship. There will be fascinating examples and, of course, lots of discussion!*

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## THURSDAY Evenings

**Engaging With Issues Facing Britain and Beyond** 6.30 - 8.00pm

**Alison Downes,**

**Lynne Walker,**

**Derek Wyatt (Tues Nov 5th),**

**Cllr T-J Howarth-Culf,**

**Colin Chamberlain**

35 max

Library

ALF 627

5 Sessions

Sep 26 (AD), Oct 17 (LW), Nov 5 (DW),  
Nov 28 (TJ), Dec 12 (CC)

£10 each

*Alison Downes: Why Stop Sizewell C? Lessons from Hinkley Point C*

*Alison will talk about how the campaign to stop Sizewell C grew from a consideration of local impacts to the much wider picture examining the cost, timescales and technical difficulties of EDF's "EPR" nuclear reactor, as evidenced by Hinkley Point C and other projects around the world. She will also explain how households across the UK will be forced to carry the risks associated with Sizewell C's construction - unlike at Hinkley where EDF carries all the risk*

*Lynne Walker: US Elections – The final countdown.*

*Lynne will bring her knowledge of the US system along with her analysis of the current state of play as we reach the final leg of the campaign.*

*Derek Wyatt: Postcard from DC*

*Talking directly on Zoom during his visit to Washington DC for the US election, Derek will give first hand reactions and analysis. NOTE: This talk will be on Nov 5th - Tuesday in the library*

*TJ Howarth: What Has Local Government Ever Done for Us?*

*A look at the layers of local government from the point of someone who represents Aldeburgh.*

*Colin Chamberlain: Britain's Response to Germany's Post War Miracle*

*Britain ended the war in 1945 a victor but much poorer. Germany made a remarkable economic recovery while Britain's economy faltered. How did Britain respond then and what impact has it had?*

## FRIDAY

**An in-depth refresher of iPad Skills - Improvers** 1.00 - 2.45pm

**Wendy Gilbert**

12 max

Library

ALF 628

3 Sessions

Sep 20 - Oct 4

£30

*Wendy is going into more depth with improvers taking topics such as organising emails, the cloud, photography and editing pictures. She looks at security and the pitfalls to avoid with shopping and banking.*

**Digital Drawing with iPad or Android** 1.00 - 2.45pm

**Wendy Gilbert**

12 max

Library

ALF 629

3 Sessions

Oct 11 - Oct 25

£

30.00

*This course will guide you through the basics of using the 'Sketchbook' App on either an iPad or Android tablet to create and/or enhance your art. Whether you're a traditional artist looking to transition to digital media, would like to create a digital sketchbook or you would just like to learn new digital skills, this course provides the foundational skills you need. Wendy is a very patient and enabling tutor.*

*To make the most of this workshop please bring your iPad with Sketchbook already installed (the free version will be fine). Participants would just need to bring their own iPad or Android tablets.*

**An Historical Tour of Suffolk - 17th to 20th Centuries**

2.00 - 3.45pm

<b>Stephen Poulter</b>			15 max		Library
ALF 630	6 Sessions		Nov 8 - Dec 13	£	60.00

*From gentlewoman Celia Fiennes travel diary in the late 17th century, via Daniel Defoe's best-selling book *Tours Through the Whole Island of Great Britain* (1720s), to the popular 1930s *King's England Guides* of Arthur Mee these two complementary courses chart nearly 400 years of change in the landscape and settlements of these counties. Using the original observations and recommendations of travellers to East Anglia in the past combined with a wealth of period paintings, antiquarian engravings, vintage postcards and modern photographs this will be a fascinating and unusual perspective on the history of these historic shires. Guided by 17th C Celia Fiennes, 18th C Daniel Defoe, 20th C Arthur Mee, and others.  
4 themes: Lost Properties, Hidden Gems, Famous People, Travellers' Tales*

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**JUST WRITE! Poetry – More adventures in creativity**

<b>Vanessa Raison</b>			20		3.15 - 5.00pm Library
ALF 631	6 Sessions		Sep 20 - Oct 25	£	60.00

*We continue with our third set of six playful, gently challenging workshops using stimulus materials from existing poetry, media, culture, places and life experience. We shall be writing poetry to themes of your choice as well as "Friendship" for Poetry Together and "Counting" for National Poetry Day on Thursday October 3rd. No-one ever has to read their work but everyone has an opportunity to bounce ideas. All abilities welcome, from newcomer to published poet.*

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## SATURDAY

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<b>Wire Sculpture</b>				10.00 - 4.00pm
<b>Caro Burberry</b>			15 max	Fairfield Centre
	ALF 632	1 Session	Sep 28	£ 45.00

*Awaiting Blurb from Marianne*

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<b>Lino Printing - Christmas Cards</b>				10.00 - 4.00pm
<b>Helen Maxfield</b>			15 max	Fairfield Centre
	ALF 633	1 Session	Nov 9	£45

*Awaiting Blurb from Marianne*

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<b>Painting Landscapes (using different media)</b>				10.00 - 4.00pm
<b>Ben Wardle</b>			15 max	Fairfield Centre
	ALF 634	1 Session	Nov 9	£45

*You will be shown and guided through various styles to produce a traditional or stylised landscape. Bring a picture of a landscape to copy or as inspiration to get you started. Materials will be provided. Please bring a packed lunch.*

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<b>Wire Sculpture - Christmas Decorations</b>				10.00 - 4.00pm
<b>Caro Burberry</b>			15 max	Fairfield Centre
	ALF 635	1 Session	Dec 7	£45

*Awaiting Blurb from Marianne*

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<b>British Post War Design</b>				3.00 - 4.45pm
<b>Andrew Casey</b>			20 max	Library
	ALF 636	1 Session	Oct 5	£10

*A talk exploring design and designers in the post war period from the Festival of Britain to the likes of Terrance Conran. There will be examples available to look at and discuss.*

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