

MONDAY Exercises

Zumba			9.30 - 10.30am
Coral Stebbings		15 max	Church Hall
ALF 567	6 Sessions	Jan 8 - Feb 12	£60
ALF 568	4 Sessions	Feb 26 - Mar 18	£40
ALF 569	4 Sessions	Apr 8 - Apr 29	£40

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.

Stretch & Glow			10.45 - 11.15am
Coral Stebbings		15 max	Church Hall
ALF 570	6 Sessions	Jan 8 - Feb 12	£36
ALF 571	4 Sessions	Feb 26 - Mar 18	£24
ALF 572	4 Sessions	Apr 8 - Apr 29	£24

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

Tai Chi (Pt 1 Beginners)			11.30 - 12.25pm
Tim Haxell		15 max	Church Hall
ALF 573	6 Sessions	Jan 8 - Feb 12	£30
ALF 574	4 Sessions	Feb 26 - Mar 18	£20
ALF 575	4 Sessions	Apr 8 - Apr 29	£20

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 up Tai Chi again after a break. Please note: Once the class is underway no new beginners will be able to join before Autumn 2024.

MONDAY Contd.

Tai Chi (Pt 2 Progressors)			12.35 - 1.25pm
Tim Haxell		22 max	Church Hall
ALF 576	6 Sessions	Jan 8 - Feb 12	£30
ALF 577	4 Sessions	Feb 26 - Mar 18	£20
ALF 578	4 Sessions	Apr 8 - Apr 29	£20

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.

MONDAY Evenings

Textiles and Travellers Along the Silk Road			6.30 - 8.00pm
Stephanie Bunn		20 max	Library
ALF 579	2 Sessions	Apr 15 - Apr 22	£20

2 sessions from an anthropological perspective. Exploring textiles, travellers and journeys at specific stages of the Silk Road. To include, Central Asia, Iran, Afghanistan and Kurdistan. Also highlights from Albania, Xinjiang and Mongolia.

TUESDAY

Fabulous Flowers and Irresistible Insects			10.30 - 12.30pm
Steve Massey		12 max	Library & Out
ALF 580	5 Sessions	April 16 – May 14	£50

This will be Steve's tenth year leading courses at Aldeburgh Library, with outside visits to different habitats for wildflowers, berries, seeds and insects. During the course we 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.

Women Behaving Well?			3.15 - 5.00pm
Female identities in Women's writing			
Kate Drayton		20 max	Library
ALF 581	5 Sessions	Jan 16 - Feb 13	£50

This course follows on from the autumn's Men Behaving Badly, but you do not need to have attended that course, or to have read the books, to enjoy it. We will look at various novels by Jane Austen and the Brontë sisters and discuss governesses, wives, sisters, mothers, widows, spinsters, jilted lovers, etc., paying particular attention to those who either resist their prescribed role, or do not perform well in it!

TUESDAY Contd.

Your Garden in the Spring			3.15 - 5.00pm
Susannah Sharman		12 max	Library
ALF 582	3 Sessions	Feb 27 - Mar 12	£30

As your garden starts waking up we will prepare for the abundance of summer by looking at: 1. plants for challenging weather; 2. container growing; and, 3. wildlife gardening.

Meet the Men who helped build the Orwell Bridge			3.15 - 5.00pm
Howard Morris & Charlie Sharp		20 max	Library
ALF 583	1 Sessions	Apr 9	£10

A presentation from two people who worked on the construction of the Orwell Bridge between 1979 - 1982. The challenges and successes.

TUESDAY Evenings

Why do some people behave the way they do? 6.30 - 8.00pm

Rachael Martin 20 max Library

ALF 584 3 Sessions Jan 23 - Feb 6 £30

Atypical Psychology. Rachael will talk us through the explanations for a number of different psychological disorders e.g. schizophrenia, depression and psychopathy.

Discover/Rediscover Astronomy 6.30 - 8.00pm

David Gwynn 20 max Library

ALF 585 3 Sessions Mar 5 - Mar 19 £30

1. Seeing the invisible Universe. 2. The Death of Stars gives us life. 3. Monsters in the universe- Black Holes. These sessions are suitable for beginners and those wishing to rediscover what is overhead. Note: as these sessions are in the evenings, should the skies be clear there may be the opportunity to move outdoors. Please come prepared.

Why Read Poems? 6.30 - 8.00pm

Ian Patterson 20 max Library

ALF 586 3 Sessions Apr 9 - Apr 23 £30

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 .

WEDNESDAY

Yoga				9.30 - 11.00am
Louise Mangeot			15 max	Old Generator Station
ALF 587	7 Session	Jan 17 - Feb 14, Feb 28 - Mar 6		£70

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.

Stained Glass and Traditional Leaded Glass				11.30 - 1.00pm
Mary Lamb			10 max	Old Generator Station
ALF 588	6 Session	Jan 17 - Jan 31, Feb 14, Feb 28 - Mar 6		£60

Week 1 cutting glass , cut to a simple design, mainly practical Week 2 revisit cutting, grinding/copper foiling, mainly practical Week 3 copper foiling/soldering practical Week 4 working on individual design , design samples can be used or create own/practical Week 5 and 6 working on another design /project Demo of traditional lead work ready for another set of 6 towards the end of week 6. Note: Some tools will be available to share but you may want to bring your own if you have them.

WEDNESDAY Contd.

Nordic Walking 2.00 - 3.30pm

Sarah-Jane Gravener 10 max Library and Out

ALF 589 5 Session Feb 7 - Mar 6 £50

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.

WEDNESDAY Evenings

Aldeburgh Conversations 6.30 - 8.00pm

Lynne Walker, Derek Wyatt 15 max Library

ALF 590 3 Session Jan 31, Mar 6, Apr 24 £30

Using the principle of 'disagreeing agreeably' people will be welcome with all points of view. These will be roundtable discussions about current topics and political issues. Come prepared to participate. Topics will be decided at the beginning of each session by vote.

WEDNESDAY Evenings Contd.

The discovery of the wreck of HMS Gloucester			6.00 - 7.00pm
Claire Jowitt & Dr Ben Redding		20 max	Old Generator Station
ALF	1 Session	Feb 21	£4

The announcement of the discovery of the wreck of HMS Gloucester made national – and international – headlines. This was a shipwreck that changed the course of history. On May 6th 1682 the future James II of England narrowly survived this disaster that claimed the lives of an estimated 130 to 250 people. The discovery of the HMS Gloucester wreckage has fundamentally changed our understanding of 17th-century social, maritime and political history. Claire Jowitt FEA FRHistS FHEA, Associate Dean for Research, Arts and Humanities, UEA. and Dr Ben Redding Senior Research Associate in Maritime History UEA have agreed to give a joint talk on the discovery. This event will be held jointly with Aldeburgh & District Local History Society in the Old Generator Station. Tickets will be available at price £4 available from the ADLHS website – www.adlhs.org.uk

THURSDAY

Fabulous Flowers and Irresistible Insects			10.30 - 12.30pm
Steve Massey		12 max	Library & Out
ALF 591	5 Sessions	Apr 18 - May 16	£50

This will be Steve's tenth year leading courses at Aldeburgh Library, with outside visits to different habitats for wildflowers, berries, seeds and insects. During the course we 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.

THURSDAY Contd.

Introducing the Oil Colour Palette 2.30 - 4.15pm

David Gillingwater 15 max Library
 ALF 592 2 Sessions Jan 25 - Feb 1 £20

'A bit of art history and a bit of practical'. A light and friendly approach to looking at loading an artist's palette, showing layout and mixing. For example, the differences between whites, the myth of black and their usage.

Philosophy of Identity Politics 2.30 - 4.15pm

Sue Pine 15 max Library
 ALF 560 4 Sessions Feb 8 - 15, Feb 29 - Mar 7 £40

Held over from last term, we pick our way through the minefield of political correctness, to look at the ethics and philosophy of today's thorniest issues of personal identity - race, the legacy of the slave trade; gender identity and transgender people.

Philosophy Through Art 2.30 - 4.15pm

Sue Pine 15 max Library
 ALF 593 4 Sessions Apr 11 - May 2 £40

Since the Renaissance, artists have added power and meaning to their work by including philosophical symbols. This course gives us insight those deeper meanings. We will encounter as many as we can. Raphael, Giorgione, Gustave Moreau, Poussin, Picasso, Magritte and Dali.

THURSDAY Evenings

Engaging With Issues Facing Britain and Beyond		6.30 - 8.00pm
Michael Rowan Robinson, Celia A	30 max	Library
ALF 594	6 Sessions	Feb 15 (MRR), Feb 29 (CA), Mar 14 (LW), Apr 11 (IMc), Apr 25 (DW), May 9 (MM)
		£60

Michael Rowan Robinson - Net Zero: getting ever more urgent. Celia Allaby - Are Human Rights safe in our Government's hands? Lynne Walker - Looking ahead to the Race for the White House. Lord Iain McNicol - The Future of the House of Lords. Derek Wyatt - Russia, China, India Saudi Arabia. Could this be the next United Nations Security Council? Miles MacAllister - Insights from history in relation to the current US election campaign.

FRIDAY

Botanical Illustration - Early Blooms		10.00 - 3.00pm
Ruth Wharrier	12 max	TBC
ALF 595	1 Session.	Feb 23
		£20

A 5 hour practical session drawing and painting spring blooms. Bring a packed lunch.

FRIDAY Contd.

British Post War Design			2.00 - 3.30pm
Andrew Casey		15 max	Zoom
ALF 596	5 Sessions.	May 3 - May 31	£50

We start with the Festival of Britain and explore how this mid-century landmark event launched a new response to design as well as creating new opportunities for young designers to create what was called "contemporary design." We will look at the textiles of Lucienne Day, ceramics by Jessie Tait alongside the influence of designers from the sixties such as fashion designer Mary Quant. This course will cover architecture, textiles, ceramics and the modern domestic interior

An in-depth refresher of iPad Skills - Improvers			3.15 - 5.00pm
Wendy Gilbert		10 max	Library
ALF 597	4 Sessions.	Jan 26 - Feb 16	£40

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.

JUST WRITE! Poetry - Are You a Secret Poet?			3.15 - 5.00pm
Vanessa Raison		20 max	Library
ALF 598	6 Sessions.	1 - Mar 22, Apr 12 - Ap	£60

Six themed workshops in which we explore ways of writing using poetry, life experiences, newspapers, objects, sound, visual art and our shared literary background. We can experiment with form and try out different styles. All abilities welcome, from newcomer to published poet.

SATURDAY

A Carousel of Crafting 10.00 - 4.00pm

Various 30 max Jubilee Hall

ALF 599 1 Sessions Apr 6 £30

A day long workshop at the Jubilee Hall. Pick two of the many crafting activities to try and take a peek at others. Options likely to include: Wire Sculpture, Stained Glass, Calligraphy, Print Making, Jewellery. There will be additional choices from topics such as: Lino Cut Prints, Bookbinding, Willow Weaving, Porcelain, Pottery, Mosaic. Go to [website](#) for further details.

SUNDAY

Stand and Deliver: Highwaymen Vs the Georgian Judicial Sy 2.00 - 5.00pm

Stephen Poulter 20 max Library

ALF 600 2 Sessions Mar 17 - Mar 24 £40

By 1727 Dick Turpin was England's Public Enemy No.1 with a string of highway robberies to his name. The forces of law and order seemed completely ineffectual in bringing him and others to justice. This course is two sessions of 3 hours. Exploring key notorious highway robbers and the cat and mouse games played with the authorities. We will use contemporary newspapers to piece the stories together.
