

# Spring & Summer 2022 Timetable

Spring & Summer 2022 Timetable							ALF Code(s)	Sessions	Cost	Places
Day	Course	Tutor	Where	Time	Dates		(per code)			
MONDAY	Zumba	(1, 2) Coral Stebbings	Church Hall	9.30 - 10.30am	Jan 10 - Feb 14, Feb 28 - Apr 4	ALF 422, 423	6	£54	15	
	Herbal Medicine	Dave Bescoby	Red House	10.30 - 12.30pm	May 9 - 23	ALF 424	3	£27	15	
	Stretch & Glow	(1, 2) Coral Stebbings	Church Hall	11.00 - 11.30am	Jan 10 - Feb 14, Feb 28 - Apr 4	ALF 425, 426	6	£33	15	
	Tai Chi	Tim Haxell	Church Hall	12 - 12.45pm	Feb 28 - Apr 4	ALF 427a	6	£33	20	
	Beginners Spanish	(1, 2) Adrian Nicholson	Library	1.05 - 2.35pm	Jan 10 - Feb 14, Feb 28 - Apr 4	ALF 428, 429	6	£54	12	
	Mindfulness	Seija Tattersall	Library	6.00 - 8.00pm	Feb 21 - Apr 11	ALF 430	8	£72	15	
TUESDAY	Conversational Spanish	(1, 2) Adrian Nicholson	Library	1.05 - 2:35pm	Jan 11 - Feb 15, Mar 1 - Apr 5	ALF 431, 432	6	£54	12	
	Creative Writing	Annie Edge	Library	2:45 - 4:15pm	Feb 1 - Mar 8	ALF 433	6	£54	15	
	The Medici	Shirley Smith	Zoom	3:00 - 4:30pm	Mar 15 - 29	ALF 434	3	£40	20	
	Reading the Past	Nick Clark	Library	6.30 - 8.00pm	Feb 1 - 22	ALF 435	4	£36	15	
	Human Rights in Today's World - Freedom of the Press	Celia Allaby	Library & Zoom	6.30 - 8.00pm	Mar 1 - 15	ALF 436	3	£27	15	
	Post 1945 Opera in the UK	Chris Milton	Library	6.30 - 8.00pm	Mar 22 - Apr 26	ALF 437	6	£54	20	
WEDNESDAY	Wildflowers & Insects	Steve Massey	Library & Out	10.30 - 12.30pm	Apr 27 - May 25	ALF 438	5	£45	10	
	Art in Vienna 1890 to 1920	Andrew Casey	Zoom	3.00 - 4.30pm	Jan 12 - Feb 9	ALF 439	5	£45	20	
	20th Century Sculpture	Andrew Casey	Zoom	3.00 - 4.30pm	Mar 16 - Apr 13	ALF 440	5	£45	20	
	Film Forum	Lucy Walker	Zoom	6.30 - 8.00pm	Jan 12 - Mar 23 Fntly	ALF 441	6	£54	30	
	Talks about Film: Treatment of Nuns & Fatherhood	(1, 2) Lucy Walker	Library	6.30 - 8.00pm	Apr 6, Apr 13	ALF 442, 443	1	£15	20	
	Political Talks	(1, 2) Derek Wyatt	Library & Zoom	6.30 - 8.00pm	Apr 27, May 11	ALF 444, 445	1	£15	30	
THURSDAY	Wildflowers & Insects	Steve Massey	Library & Out	10.30 - 12.30pm	Apr 28 - May 26	ALF 446	5	£45	10	
	Extreme Ideas in Philosophy	Sue Pine	Zoom	2.30 - 4.00pm	Feb 17 - Mar 17	ALF 447	5	£45	15	
	Feisty Women of the Renaissance	Sue Pine	Library	2.30 - 4.00pm	Apr 7 - 21	ALF 448	3	£27	15	
	Philosophy as Mirror of National Character	Sue Pine	Library	2.30 - 4.00pm	May 12 - 26	ALF 449	3	£27	15	
	Music Colloquia	(1, 2) Chris Milton	Zoom	6.30 - 8.00pm	Jan 13 - Feb 17, Mar 3 - Apr 7	ALF 450, 451	6	£54	30	
FRIDAY	Further Italian	(1, 2) Louise Quirke	Zoom	9.00 - 10.30am	Jan 14 - Feb 18, Mar 4 - Apr 8	ALF 452, 453	6	£54	12	
	Photography	Craig Girling	Library	1.05 - 2:35pm	Apr 29 - May 27	ALF 454	5	£65	8	
	Anglo Saxon Life & Culture In Suffolk	Julie Kilbey	Library	2.30 - 4.00pm	Mar 4 - 18	ALF 455	3	£27	15	
	iPad skills	Wendy Gilbert	Library	3.00 - 4:30pm	Feb 4 - 18	ALF 456	3	£27	8	
	Demystifying the Cloud for PC & Tablet users	(1,2,3) Wendy Gilbert	Library	3.00 - 4:30pm	Apr 29, May 6, May 13	ALF 457, 458, 459	1	£15	8	
SATURDAY	Geopolitical Topics	(1,2,3) Miles Macallister	Library	3:15 - 4:45pm	Jan 22, Feb 26, Mar 26	ALF 460, 461, 462	1	£15	30	
SUNDAY	Wildflowers & Insects	Steve Massey	Library & Out	10.30 - 12.30pm	Apr 24 - May 22	ALF 463	5	£45	10	