

MONDAY
Zumba

9.30 - 10.30am

Coral Stebbings

15 max

Church Hall

ALF 422

6 Sessions

Jan 10 - Feb 14

£54

ALF 423

6 Sessions

Feb 28 - Apr 4

£54

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.

Herbal Medicine

10.30 - 12.30pm

Dave Bescoby

15 max

Red House

ALF 424

3 Sessions

May 9 - 23

£27

During this 3 week workshop, participants will work together to develop a deeper understanding and relationship with commonly used medicinal plants.

Stretch & Glow

11.00 - 11.30am

Coral Stebbings

15 max

Church Hall

ALF 425

6 Sessions

Jan 10 - Feb 14

£33

ALF 426

6 Sessions

Feb 28 - Apr 4

£33

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

12 - 12.45pm

Tim Haxell

20 max

Church Hall

ALF 427a

6 Sessions

Feb 28 - Apr 4

£33

Tai Chi is 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. Why not give it a go? Wear something loose fitting.

Beginners Spanish

1.05 - 2.35pm

Adrian Nicholson

12 max

Library

ALF 428

6 Sessions

Jan 10 - Feb 14

£54

ALF 429

6 Sessions

Feb 28 - Apr 4

£54

A course that will enable anyone with little or no previous knowledge to acquire enough Spanish for basic communication.

Mindfulness

6.00 - 8.00pm

Seija Tattersall

15 max

Library

ALF 430

8 Sessions

Feb 21 - Apr 11

£72

Mindfulness can help people be in the present moment. Bringing complete attention to present moment can be liberating from regrets and worries.

TUESDAY
Conversational Spanish

1.05 - 2:35pm

Adrian Nicholson

12 max

Library

ALF 431

6 Sessions

Jan 11 - Feb 15

£54

ALF 432

6 Sessions

Mar 1 - Apr 5

£54

Continue or resume learning Spanish in an interactive way which will enable you to converse with growing confidence and fluency.

Creative Writing

2:45 - 4:15pm

Annie Edge

15 max

Library

ALF 433

6 Sessions

Feb 1 - Mar 8

£54

Join experienced tutor Annie Edge in a non-pressured and friendly environment, where you can explore creative writing and convey a story.

The Medici

3:00 - 4:30pm

Shirley Smith

20 max

Zoom

ALF 434

3 Sessions

Mar 15 - 29

£40

Florence Under The Medici: From Republicans To Royalty

Reading the Past

6.30 - 8.00pm

Nick Clark

15 max

Library

ALF 435

4 Sessions

Feb 1 - 22

£36

Reading the past in Thackeray's 'Vanity Fair' and Dickens's 'A Tale of Two Cities'. This course will focus on two Victorian story-tellers who set their stories a generation or two before the time of writing.

Human Rights in Today's World - Freedom of the Press

6.30 - 8.00pm

Celia Allaby

15 max

Library & Zoom

ALF 436

3 Sessions

Mar 1 - 15

£27

We are living in an age of social media which values the freedom to say just about anything. This issue gets to the heart of our democracy and stress tests trust and resistance to manipulation.

Post 1945 Opera in the UK

6.30 - 8.00pm

Chris Milton

20 max

Library

ALF 437

6 Sessions

Mar 22 - Apr 26

£54

We investigate some well known and not so well known work of Opera composers in the UK post 1945 in the shadow of Britten.

WEDNESDAY

Wildflowers & Insects			10.30 - 12.30pm
Steve Massey		10 max	Library & Out
ALF 438	5 Sessions	Apr 27 - May 25	£45

This will be Steve's seventh year leading courses at Aldeburgh Library and outside visits on wildflowers, seeds and berries as well as insects.

Reflections on Art			3.00 - 4.30pm
Andrew Casey	5 Sessions	20 max	Zoom
Art in Vienna 1890 to 1920	ALF 439	Jan 12 - Feb 9	£45
20th Century Sculpture	ALF 440	Mar 16 - Apr 13	£45

Discussion of 'Art in fin de siècle Vienna' and '20th Century Sculpture'.

Film Forum			6.30 - 8.00pm
Lucy Walker	6 Sessions	30 max	Zoom
ALF 441	Jan 12 - Mar 23	Fortnightly	£54

Following a successful pilot, Film Forum will meet by Zoom fortnightly, giving participants the opportunity to study and discuss films – themes, stars, genres, or whatever comes up.

Film Talks			6.30 - 8.00pm
Lucy Walker		20 max	Library
Nuns on Screen	ALF 442	Apr 6	£15
Films on Fatherhood	ALF 443	Apr 13	£15

We will explore how 'Nuns, Convent life and Religion' and then 'Fatherhood' are depicted in a wide ranging list of films.

Political Talks			6.30 - 8.00pm
Derek Wyatt		30 max	Library & Zoom
Palestine and the Middle East	ALF 444	Apr 27	£15
East Anglian Political Structure	ALF 445	May 11	£15

An analysis of the how and why Palestine and can there ever be peace followed by the structure of politics in East Anglia. Ready for Mayors?

THURSDAY

Wildflowers & Insects				10.30 - 12.30pm
Steve Massey			10 max	Library & Out
ALF 446	5 Sessions	Apr 28 - May 26		£45

An extra Course from Wednesday. This will be Steve's seventh year leading courses at Aldeburgh Library and outside visits on wildflowers, seeds and berries as well as insects.

Philosophy Discussions				2.30 - 4.00pm
Sue Pine	5/3 Sessions	15 max		Zoom/Library
Extreme Ideas (Z)	ALF 447	Feb 17 - Mar 17		£45
Mirror of National Character (L)	ALF 449	May 12 - 26		£27

Sue Pine will lead us through two courses; about Extreme Ideas in Philosophy and then how Philosophy is a 'Mirror of National Character'

Feisty Women of the Renaissance				2.30 - 4.00pm
Sue Pine		15 max		Library
ALF 448	3 Sessions	Apr 7 - 21		£27

Clever, beautiful or deadly dangerous? A Renaissance woman could be all three! Here, we will encounter great queens, remarkable beauties, villainesses and some who just defy description!

Music Colloquia				6.30 - 8.00pm
Chris Milton		30 max		Zoom
ALF 450	6 Sessions	Jan 13 - Feb 17		£54
ALF 451	6 Sessions	Mar 3 - Apr 7		£54

Each week we focus on a particular musical 'work' and examine its composer, reception history and wider context - as well as 'lifting the bonnet' on how the music works in the manner of a musical 'book group'.

FRIDAY

Further Italian				9.00 - 10.30am
Louise Quirke			12 max	Zoom
ALF 452	6 Sessions	Jan 14 - Feb 18		£54
ALF 453	6 Sessions	Mar 4 - Apr 8		£54

For students who have reached lower intermediate level, having a sound grasp of the present and of the 'passato prossimo' and some awareness of the imperfect.

Photography				1.05 - 2:35pm
Craig Girling			8 max	Library
ALF 454	5 Sessions.	Apr 29 - May 27		£65

This course will cover the fundamentals of all photography practice with theory as well as out and about. Suitable for absolute beginners, as well as more experienced photographers.

Anglo Saxon Life & Culture In Suffolk				2.30 - 4.00pm
Julie Kilbey			30 max	Library
ALF 455	3 Sessions	Mar 4 - 18		£27

Discover the Anglo-Saxons of Suffolk and place them in their broader context of the kingdom of East Anglia and the formation of England.

iPad skills				3.00 - 4:30pm
Wendy Gilbert			8 max	Library
ALF 456	3 Sessions	Feb 4 - 18		£27

These sessions will cover how to use Pages (the Apple equivalent of Word), how to stream TV, radio and music and a few other things along the way.

FRIDAY Contd.

Demystifying the Cloud			3.00 - 4:30pm
Wendy Gilbert		8 max	Library
For Apple users	ALF 457	Apr 29	£15
For Android/Google Cloud	ALF 458	May 6	£15
For BT internet	ALF 459	May 13	£15

Storing and accessing data and programs over the internet 'Cloud' instead of your computer's hard drive is becoming increasingly important to our lifestyles for back-up and sharing. 3 separate sessions on popular versions.

SATURDAY

Geopolitical Topics			3:15 - 4:45pm
Miles Macallister		30 max	Library
Geopolitics of Climate Change	ALF 460	Jan 22	£15
Electoral Politics & the Internet	ALF 461	Feb 26	£15
The Rise of China	ALF 462	Mar 26	£15

Are democracies equipped to deal with the climate crisis, social media and the internet, the rise of China? What will our domestic politics look like in a time of existential change?

SUNDAY

Wildflowers & Insects			10.30 - 12.30pm
Steve Massey		10 max	Library & Out
ALF 463	5 Sessions	Apr 24 - May 22	£45

An extra Course from Wednesday. This will be Steve's seventh year leading courses at Aldeburgh Library and outside visits on wildflowers, seeds and berries as well as insects.

COURSE APPLICATION FORM

(website)

*If you wish, there is an online Booking Form on the Website at aldeburghlibraryfoundation.org.uk. You receive confirmation and it saves posting this application if you are paying electronically.

SURNAME

FORENAME

ADDRESS

POSTCODE

EMAIL

TEL

DATE

ALF CODE	COURSE TITLE	PLACES	FEE (£)
		Total	

We have set some standard terms of booking for all participants to ensure that courses remain viable and we are able to fulfil our contractual commitments to our Tutors. Please note that in booking a place on these courses, you will be committing yourself to the conditions and data policies as shown on our website.

Please pay 'The Aldeburgh Library Foundation' by one of the following:

- > BACS: Sort Code 20-98-07 A/C 43995291 ref ALF Code
- > Cheque
- > Contactless Card at the Library counter

Use online booking form or send this page to:

Aldeburgh Library

(If posting, mark envelope 'ALF Course')

Victoria Road

IP15 5EG