

# Spring 2024

Day	Course	Tutor	Where	Time	Dates	ALF Code(s)	Sessions	Cost	Places
						(per code)			
MONDAY	Zumba	(1, 2, 3) Coral Stebbings	Church Hall	9.30 - 10.30am	<div style="border: 1px solid black; padding: 2px;">                     Each exercise class has 3 groups of classes: 1,2,3                      1. Jan 8 - Feb 12                      2. Feb 26 - Mar 18                      3. Apr 8 - Apr 29                 </div>	ALF 567, 568, 569	6/4/4	£60/£40/£40	15
	Stretch & Glow	(1, 2, 3) Coral Stebbings	Church Hall	10.45 - 11.15am		ALF 570, 571, 572	6/4/4	£36/£24/£24	15
	Tai Chi (Pt 1 Beginners)	(1, 2, 3) Tim Haxell	Church Hall	11.30 - 12.25pm		ALF 573, 574, 575	6/4/4	£30/£20/£20	22
	Tai Chi (Pt 2 Progressors)	(1, 2, 3) Tim Haxell	Church Hall	12.35 - 1.25pm		ALF 576, 577, 578	6/4/4	£30/£20/£20	22
	<i>Spanish</i>	(1, 2, 3) Adrian Nicholson	Library	1.00 - 2.45pm		Jan 8 - Apr 29	Contact Adrian, <a href="mailto:adrianich@yahoo.com">adrianich@yahoo.com</a> , to book		
	Textiles and Travellers Along the Silk Road	Stephanie Bunn	Library	6.30 - 8.00pm	Apr 15 - Apr 22	ALF 579	2	£20	20
TUESDAY	Fabulous Flowers and Irresistible Insects	Steve Massey	Library & Out	10.30 - 12.30pm	April 16 – May 14	ALF 580	5	£50	12
	Women Behaving Well? Female identities in Women's writing	Kate Drayton	Library	3.15 - 5.00pm	Jan 16 - Feb 13	ALF 581	5	£50	20
	Your Garden in the Spring	Susannah Sharman	Library	3.15 - 5.00pm	Feb 27 - Mar 12	ALF 582	3	£30	12
	Meet the Men who helped build the Orwell Bridge	Howard Morris & Charlie Sharp	Library	3.15 - 5.00pm	Apr 9	ALF 583	1	£10	20
	Why do some people behave the way they do?	Rachael Martin	Library	6.30 - 8.00pm	Jan 23 - Feb 6	ALF 584	3	£30	20
	Discover/Rediscover Astronomy	David Gwynn	Library	6.30 - 8.00pm	Mar 5 - Mar 19	ALF 585	3	£30	20
	Why Read Poems?	Ian Patterson	Library	6.30 - 8.00pm	Apr 9 - Apr 23	ALF 586	3	£30	20
WEDNESDAY	Yoga	Louise Mangeot	Old Generator Station	9.30 - 11.00am	Jan 17 - Feb 14, Feb 28 - Mar 6	ALF 587	7	£70	15
	Stained Glass and Traditional Leaded Glass	Mary Lamb	Old Generator Station	11.30 - 1.00pm	Jan 17 - Jan 31, Feb 14, Feb 28 - Mar 6	ALF 588	6	£60	10
	Nordic Walking	Sarah-Jane Gravener	Library and Out	2.00 - 3.30pm	Feb 7 - Mar 6	ALF 589	5	£50	10
	Aldeburgh Conversations	Lynne Walker, Derek Wyatt	Library	6.30 - 8.00pm	Jan 31, Mar 6, Apr 24	ALF 590	3	£30	15
	<i>The discovery of the wreck of HMS Gloucester</i>	Claire Jowitt & Dr Ben Redding	Old Generator Station	6.00 - 7.00pm	Feb 21	Please book through ADLHS website			
THURSDAY	Fabulous Flowers and Irresistible Insects	Steve Massey	Library & Out	10.30 - 12.30pm	Apr 18 - May 16	ALF 591	5	£50	12
	Introducing the Oil Colour Palette	David Gillingwater	Library	2.30 - 4.15pm	Jan 25 - Feb 1	ALF 592	2	£20	15
	Philosophy of Identity Politics	Sue Pine	Library	2.30 - 4.15pm	Feb 8 - 15, Feb 29 - Mar 7	ALF 560	4	£40	15
	Philosophy Through Art	Sue Pine	Library	2.30 - 4.15pm	Apr 11 - May 2	ALF 593	4	£40	15
	Engaging With Issues Facing Britain and Beyond	Michael Rowan Robinson, Celia Allaby, Lynne Walker, Lord Iain McNicol, Derek Wyatt, Miles Macallister	Library	6.30 - 8.00pm	Feb 15 (MRR), Feb 29 (CA), Mar 14 (LW), Apr 11 (IMc), Apr 25 (DW), May 9 (MM)	ALF 594	6	£60 or £11 each	30
FRIDAY	Botanical Illustration - Early Blooms	Ruth Wharrier	TBC	10.00 - 3.00pm	Feb 23	ALF 595	1	£40	12
	British Post War Design	Andrew Casey	Zoom	2.00 - 3.30pm	May 3 - May 31	ALF 596	5	£50	15
	An in-depth refresher of iPad Skills - Improvers	Wendy Gilbert	Library	3.15 - 5.00pm	Jan 26 - Feb 16	ALF 597	4	£40	10
	JUST WRITE! Poetry - Are You a Secret Poet?	Vanessa Raison	Library	3.15 - 5.00pm	Mar 1 - Mar 22, Apr 12 - Apr 19	ALF 598	6	£60	20
SATURDAY	A Carousel of Crafting	Various	Jubilee Hall	10.00 - 4.00pm	Apr 6	ALF 599	1	£30	30
SUNDAY	Stand and Deliver: Highwaymen Vs the Georgian Judicial System	Stephen Poulter	Library	2.00 - 5.00pm	Mar 17 - Mar 24	ALF 600	2	£40	20