

MONDAY

Zumba		Coral Stebbings	9.30 - 10.30am	Church Hall
	ALF 388	4 Sessions	Sep 6 - 27	£36
	ALF 389	3 Sessions	Oct 4 - 18	£27
	ALF 390	5 Sessions	Nov 1 - 29	£45
	<i>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.</i>			15 max
Herbal Medicine		Dave Bescoby	10.30 - 12.30pm	Red House
	ALF 391	4 Sessions	Sep 20 - Oct 11	£36
	<i>During this four-week workshop, participants will work together to develop a deeper understanding and relationship with commonly used medicinal plants.</i>			15 max
Stretch & Glow		Coral Stebbings	11.00 - 11.30am	Church Hall
	ALF 392	4 Sessions	Sep 6 - 27	£22
	ALF 393	3 Sessions	Oct 4 - 18	£17
	ALF 394	5 Sessions	Nov 1 - 29	£28
	<i>A chair based exercise class for those who thought that exercise had passed them by. It's exercise to help you stretch and glow!</i>			15 max
Beginners Spanish		Adrian Nicholson	2.00 - 3.30pm	Library
(1, 2)	ALF 395, 396	6 Sessions each	Sep 13 - Oct 18, Nov 1 - Dec 6	£54
	<i>A course that will enable anyone with little or no previous knowledge to acquire enough Spanish for basic communication.</i>			12 max
Political Workshops with Lynne		Lynne Walker	6.30 - 8.00pm	Library & Zoom
(1, 2, 3)	ALF 397, 398, 399	1 Session each	Sep 27, Oct 11, Nov 15	£15
	<i>Lynne may need no introduction but over 3 sessions she will cover Cartoons, Biden 1 year on and Monarchy.</i>			30 max

TUESDAY

Conversational Spanish		Adrian Nicholson	1.05 - 2:35pm	Library
(1, 2)	ALF 400, 401	6 Sessions each	Sep 14 - Oct 19, Nov 2 - Dec 7	£54
	<i>Continue or resume learning Spanish in an interactive way which will enable you to converse with growing confidence and fluency.</i>			12 max

TUESDAY Contd.

Prices per ALF Code

Geoffrey Chaucer - Civil Servant & Poet	Dr Graham Platts	3.00 - 4:30pm	Library
ALF 402	8 Sessions	Sep 28 - Oct 19 & Nov 2 - 23	£72
<i>Geoffrey Chaucer has had an immense influence on British culture during the last six hundred years. We will look at the main events in his lifetime (c.1343-1400) and his family background, examine the society of the period and traditions within which he worked as a 'courtly writer'.</i>			15 max
Reawaken Your French	Catherine Godet	6.00 - 7:30pm	Zoom
(1, 2) ALF 403, 404	6 Sessions each	Sep 14 - Oct 19, Nov 2 - Dec 7	£54
<i>This French course, delivered by a native speaker, is aimed at previous learners of French who are looking for opportunities to progress further. The sessions are tailor-made, interactive and fun.</i>			12 max
Who are you looking up to? - The fuss about statues	Celia Allaby	6.30 - 8.00pm	Library & Zoom
ALF 405	1 Session	Sep 14	£15
<i>This one-off session will unpack the variety of issues connected to statues.</i>			20 max
East Anglian Artists	Andrew Casey	6.30 - 8.00pm	Zoom
ALF 406	6 Sessions	Sep 14 - Oct 19	£54
<i>This course will explore the many artists (painters, printmakers and sculptors), including those less well known, both men and women, who have contributed to the arts in Suffolk over the last hundred years.</i>			15 max
Art and Design - Practical classes	Andrew Casey	6.30 - 8.00pm	Zoom
ALF 407	6 Sessions	Nov 2 - Dec 7	£54
<i>This course is ideal for beginners as well as those more experienced. We will cover all the important aspects of drawing and painting, using different media in a step by step way to encourage and help you to develop your artistic skills. Andrew will employ 2 cameras to enhance detail.</i>			10 max
Guilty pleasures: the operas of Puccini	Chris Milton	6.30 - 8.00pm	Zoom
ALF 408	6 Sessions	Nov 2 - Dec 7	£54
<i>Puccini composed some of the most famous and most beloved music in the operatic repertoire; his melodies find homes far outside of their original contexts and genre, and his plots stand as archetypes.</i>			30 max

WEDNESDAY

Prices per ALF Code

Wildflowers & Insects FULL	Steve Massey	1.30 - 3.30pm	Library & Out
ALF 409	4 Sessions	Sep 15 - Oct 6	£36
<i>This will be Steve's sixth year leading courses at Aldeburgh Library and outside visits on wildflowers, seeds and berries as well as insects.</i>			12 max
'Warnings to the Curious': the 2 Jameses	Dr Nick Clark	6.30 - 8.00pm	Library
ALF 410	4 Sessions	Sep 15 - Oct 6	£36
<i>In 1898 Henry James published 'The Turn of the Screw', a ghostly tale for Christmas. Cambridge don M.R. James also established his own 'strange tales at Christmas' tradition, stories to appear in anthology in 1904.</i>			15 max
Footprints on the Moon	Dr Lucy Walker	6.30 - 8.00pm	Library
ALF 348	3 Sessions	Nov 10 - 24	£27
<i>For centuries, lunar voyages have been the subject of immense fascination to novelists, artists, and from the birth of cinema to film-makers.</i>			15 max
Britain's role in the world post Brexit?	Derek Wyatt	6.30 - 8.00pm	Library & Zoom
ALF 411	1 Session	Oct 20	£15
<i>Whatever the promises made by politicians it remains unclear what our role is in the world now we no longer belong to the European Union. Does it matter? Covid has compounded the issue.</i>			30 max

THURSDAY

Prices per ALF Code

The Philosophy of the Comfort Zone	Sue Pine	2.30 - 4.00pm	Library & Zoom
ALF 412	6 Sessions	Sep 16 - Oct 21	£54
<i>We explore philosophical reasons for idleness and leisure; exercise (or avoiding it); clothes; our 'image' and our reality; thinking about personal beauty; and the philosophy of comfort itself.</i>			15 max
Human Rights in Today's World - Freedom of the Press	Celia Allaby	2.30 - 4.00pm	Library & Zoom
ALF 413	3 Sessions	Nov 4 - 18	£27
<i>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.</i>			15 max
Feisty Women of the Middle Ages	Sue Pine	2.30 - 4.00pm	Library & Zoom
ALF 414	3 Sessions	Nov 25 - Dec 9	£27
<i>For some women, there was more to it than sewing and wearing a pointy hat. Get to know Nicola de la Haye; Princess Gwellian; Black Agnes Randolph; Grace O'Malley and others.</i>			15 max

THURSDAY Contd.

Prices per ALF Code

From Blackface to Cross-dressing: An introduction to 18th Century Theatre	Prof David Worrall & Dr Georgina Lock	6.30 - 8.00pm	Library
ALF 370	3 Sessions	Nov 4 - 18	£27
<i>18th century Britain, and London in particular, saw a huge expansion in theatre going and celebrity. This course looks at songs, techniques, plays, playbills and how theatre reflected race, empire and gender.</i>			15 max
Music Colloquia	Chris Milton	6.30 - 8.00pm	Zoom
(1, 2) ALF 415, 416	5 Sessions each	Sep 23 - Oct 21, Nov 11 - Dec 9	£45
<i>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'.</i>			25 max

FRIDAY

Prices per ALF Code

Further Italian	Louise Quirke	9.30 - 11.00am	Zoom
(1, 2) ALF 417, 418	6 Sessions each	Sep 17 - Oct 22, Nov 5 - Dec 10	£54
<i>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. Students attend two sessions per week.</i>			12 max
Photography	Craig Girling	1.05 - 2:35pm	Library
ALF 419	6 Sessions each	Sep 17 - Oct 22	£54
<i>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.</i>			12 max
Refresh your iPad skills for Zoom calls	Wendy Gilbert	3.00 - 4:30pm	Library & Zoom
ALF 420a	1 Session	Sep 17	Free
<i>Refresh your iPad skills including how to get the best from Zoom</i>			20 max
An in-depth course to refresh iPad skills	Wendy Gilbert	3.00 - 4:30pm	Library & Zoom
ALF 420b	3 Sessions	Oct 8 - 22	£27
<i>Wendy Gilbert will refresh iPad users on basic skills</i>			20 max

SATURDAY

Traditional French Cooking at home	Catherine Godet	2.30 - 4.30pm	Zoom
ALF 421	6 Sessions	Sep 18, Oct 2, 16, Nov 6, 20, Dec 11	£75
<i>Expect to be transported into the Vendée countryside as you learn to cook traditional meals from Catherine's grandmother's recipe book 'Les Recettes De Ma Grand-Mere'</i>			8 max