

FOR DISTRIBUTION TO ALL YOUR u3a MEMBERS

East of England Region u3a

February 2024

Monthly Bulletin

Issue 2 Page 1

This short monthly bulletin arrives on the first week of the month. Deadline for the next bulletin is the **25th February 2024** to laurenehenderson1.east.u3a@outlook.com

u3a Network News

U3A NETWORK LINK SPRING MEETING

held via Zoom, on **Monday, February 12**, 1000 to 1230.

Speakers: Susie Berry, Update on the Pilot Council; Alison May, joined by Ian Webb, Chair of Harborough Welland u3a and one other speaker (to be confirmed): Pre-retirement Planning, and u3a Models.

Registration is via TicketSource - please click on this link <https://www.ticketsource.co.uk/u3a-thames-valley-network/t-krlpmxn>

If you wish to contribute to the Air and Share session, email Sue.Russell@u3a.org.uk

Unique and Unusual u3a Groups - you have not been forgotten!

Group Co-ordinators, please keep submitting your wonderful group ideas, with a photograph. More information will be on the East of England Newsletter, available shortly.

Contact laurenehenderson1.east.u3a@outlook.com

NATIONAL LEARNING EVENTS

Date	Event <small>If blue links do not work, paste URL into your browser</small>	Link(Control&click) and URL(copy&paste)
Thursday, February 1st 10 - 11am	Mosaic Art A brief history of mosaic making and the real experience of a modern day mosaicist. Joanna Dewfall has been making mosaics for over 30 years. Joanna's commissions vary from private gardens and houses to parks and railway stations. www.dewfallmosaic.co.uk Instagram: dewfallmosaic	Mosaic Art Tickets, Thu, Feb 1, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mosaic-art-tickets-781358102117?aff=oddttdtcreator
Monday February 5 10-12am	Yoga Co-ordinators Group: Flowing Sequences Yoga group leaders can join this practical and interactive session, facilitated by Patricia Hamilton, u3a Yoga Subject Adviser. Places are limited to 12 participants. More information: Yoga Subject Adviser Webpage .	YOGA GROUP CO-ORDINATORS' WORKSHOP: 'Flowing Sequences' Tickets, Mon, Feb 5, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/yoga-group-co-ordinators-workshop-flowing-sequences-tickets-793055619707?aff=oddttdtcreator
Tuesday, February 6 · 10 - 11:30am	'Flight Inspirations' Aviation Network Meeting: Apollo Missions 11 and 13 The u3a Aviation Network is organised by Barbara Cordina of Lea Valley u3a, and Don Mobley of Stowmarket u3a. Meetings are held on the first Tuesday of every month at 10am. Andy Strange will present the significance of the first manned mission to the moon.	'Flight Inspirations' Aviation Network Meeting: Apollo Missions 11 and 13 Tickets, Tue, Feb 6, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/flight-inspirations-aviation-network-meeting-apollo-missions-11-and-13-tickets-799632541457?aff=oddttdtcreator

Date	Event <small>If blue links do not work, paste URL into your browser</small>	Link(Control&click) and URL(copy&paste)
Tuesday Feb 6 14:00 - 15:00	Housing options in later life: The role of retirement housing What factors should you take into account when considering a move into retirement housing? Kathleen Dunmore is an economist with over 40 years experience in housing and construction. This is part of the Future Lives group series of talks, which explores how we can have a better later life, aiming to challenge attitudes and break down physical barriers that restrict people as they get older.	Housing options in later life: The role of retirement housing Tickets, Tue 6 Feb 2024 at 14:00 Eventbrite https://www.eventbrite.co.uk/e/housing-options-in-later-life-the-role-of-retirement-housing-tickets-799466003337#search
Wednesday 10:00-11:15am February 7 February 14 February 21 February 28 March 6 March 13	Mindfulness and Meditation Six Week Course In this series, Dr John Darwin, Mike Pupius, Ruth Lees and members of the Sheffield u3a Mindful Ageing Group will introduce mindfulness and meditation, using 'Five Ways to Wellbeing' as a basis. Every session will be practical!	Mindfulness and Meditation Series Tickets, Wed, Feb 7, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-series-tickets-789259124287?aff=oddtcreator
Thursday, February 8 11:30 -12:30pm	Introduction to the Air Fryer, with simple recipes Join Beverley Jarvis, Ashford Wye and district u3a and Third Age Matters columnist, for this live demo. Beverley has worked as a home economist and cookery writer for more than 50 years. Thinking of buying an Air Fryer? Get the link!	Introduction to the Air Fryer, with simple recipes Tickets, Thu, Feb 8, 2024 at 11:30 AM Eventbrite https://www.eventbrite.co.uk/e/introduction-to-the-air-fryer-with-simple-recipes-tickets-760573544947?aff=oddtcreator
Wednesday February 14 March 13 April 10 May 8 June 12 10am -11am	Laughter Yoga! Monthly Laughter Yoga (January to June on Wednesday) Judith of Edinburgh U	Laughter Yoga with Judith (January-June) Tickets, Wed, Jan 10, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-january-june-tickets-769715629167?aff=oddtcreator
Wednesday February 14 2 - 3pm	'Safe bind, safe find' : locks and keys An account of locks and keys from Sumer to Silicon Valley, by Richard of Penicuik u3a Lockpicking challenges, crime, personalities, and some stories about locks! It concentrates on 19-20C key locks, but opens to questions afterwards.	'Safe bind, safe find' : locks and keys Tickets, Wed, Feb 14, 2024 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/safe-bind-safe-find-locks-and-keys-tickets-763490479577?aff=oddtcreator

Fancy Joining our Regional Team?

If you enjoy the bulletin, newsletter and advice, why

not join us and be part of our team? Interested? Contact rayhardisty.east.u3a@gmail.com

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Thursday February 15 10 - 11am	Cryptic Crosswords in Context Their history, how they work, who does them and why - a talk by u3a Cryptic Crosswords subject adviser Henry Howarth This talk tells the story of the cryptic crossword - a quintessentially British form of the written word that beguiles and delights puzzle fans every day.	Cryptic Crosswords in Context Tickets, Thu, Feb 15, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/cryptic-crosswords-in-context-tickets-790205163917?aff=oddtcreator
Thursday 10am-11am February 15 March 21 April 18 May 16	Mindfulness and Meditation Continuation Sessions: Jan-May 2024 Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series and introduce new ones.	Mindfulness and Meditation Continuation Sessions: Dec-May Tickets, Thu, Dec 21, 2023 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-sessions-dec-may-tickets-732689553177?aff=oddtcreator
Friday, February 23 2 - 3pm	David Hockney and the Theatre Through sound and video, art historian Peter Webb brings Hockney's theatre to life. Peter Webb has degrees from Cambridge and London Universities and a Doctorate from the University of East Anglia.	David Hockney and the Theatre Tickets, Fri, Feb 23, 2024 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/david-hockney-and-the-theatre-tickets-769642129327?aff=oddtcreator
Tuesday February 27 9:30 - 12:15pm	Join our Science Network Meeting to hear talks on Pathogenics and Botany A science-based learning event with 2 presentations followed by questions after each. Zoom doors will open at 9.15am on the day. Dr Jonathan Kennedy , Reader in Politics and Global Health in the Centre for Public Health and Policy at Queen Mary, University of London, will discuss his book, Pathogenesis: How Germs Made History Dr Alan Hayes , chair of Knode u3a's Science for All group, will talk on The Importance of Botany (and of course the plants) and the Role of the Citizen Scientist.	Science Network Event Tickets, Tue, Feb 27, 2024 at 9:30 AM Eventbrite https://www.eventbrite.co.uk/e/science-network-event-tickets-798410165297?aff=oddtcreator
Tuesday February 27 March 26 April 30 3:30-4:30pm	Laughter Yoga with Merrie Maggie (Jan - April) Bring more joy and laughter into your life through Laughter Yoga - an aerobic exercise with playful exercises and hand claps combined with deep yogic breathing	Laughter Yoga with Merrie Maggie (Jan - April) Tickets, Tue, Jan 30, 2024 at 3:30 PM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-jan-april-tickets-769755478357?aff=oddtcreator

Date	Event <small>If blue links do not work, paste URL into your browser</small>	Link(Control&click) and URL(copy&paste)
Wednesday February 28 10 - 11:30am	Talk 1 The Role and Tragedy of Semmelweis: Please wash your hands it can save lives! During Covid we were all encouraged to wash our hands to help stop the spread of the virus. Dr Ignaz Semmelweis worked in a maternity unit in Vienna around 1847 and his evidence clearly showed that bacterial infection following birth was less if doctors washed their hands. He was ignored and died without any recognition. Not today.	Advances in Public Health Talk 1 of 5: The Role and Tragedy of Semmelweis Tickets, Wed, Feb 28, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/advances-in-public-health-talk-1-of-5-the-role-and-tragedy-of-semmelweis-tickets-776227827327?aff=oddtcreator
Thursday, February 29 2 - 3:30pm	Secrets of the Human Brain: Talk Two Dr. Bob Pullen of Prudhoe u3a explains how our brains make us awake or asleep and can make us dream. This is a series of seven interactive talks which cover many aspects of our amazing brains.	Secrets of the Human Brain: Talk One Tickets, Wed, Jan 24, 2024 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-one-tickets-743654950977?aff=oddtcreator
Thursday February 29 10:00 - 11:00	More Number Fun with Dr Knott Join Dr Ron Knott for a talk on what the ancient Egyptians can teach us about maths. How to split pizzas the easy way, or how Fatima shared two loaves among five people. The second part will look at how they did multiplication by hand without needing any tables or extra equipment.	More Number Fun with Dr Knott Tickets, Thu 29 Feb 2024 at 10:00 Eventbrite https://www.eventbrite.co.uk/e/more-number-fun-with-dr-knott-tickets-760319926367?aff=oddtcreator

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