

FOR DISTRIBUTION TO ALL YOUR MEMBERS

East of England Region u3a

January 2024

Monthly Bulletin

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

u3a Network News



The East of England Team wish you all a very
Happy New Year for 2024

Welcome to our new Regional Trustee Maurice Austin

NATIONAL LEARNING EVENTS

Date	Event	Link and URL
Thursday January 4 2 - 2:50pm	How to better insulate your home Retrofitting older houses for better insulation by Martyn of Southampton u3a	How to better insulate your home Tickets, Thu, Jan 4, 2024 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/how-to-better-insulate-your-home-tickets-758759007617?aff=oddtcreator
Monday January 8 10am	Themes in Faith World Religion Day is on Jan 15th, and we will hear from a member of the Baha'i faith. Hosted by Dr Peter Rookes.	Exploring World Faiths: Common Themes in Faith Tickets, Mon, Jan 8, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/exploring-world-faiths-common-themes-in-faith-tickets-776222461277?aff=oddtcreator
Wednesday January 10 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
Friday January 12 January 19 10am - 11am	Chinese Wand Exercises for Mobility, Fitness and Fun Join two sessions of Chinese Wand Exercises, with Liz and Nancy. Chinese Wand Exercises - a system of 17 simple movements with graduated stages which are suitable and effective for everyone.	Chinese Wand Exercises for Mobility, Fitness and Fun Tickets, Fri, Jan 12, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/chinese-wand-exercises-for-mobility-fitness-and-fun-tickets-764611141507?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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Date	Event	Link and URL
Monday January 15 10 - 11am	Blue Monday Bollywood Laughter Yoga Dance Judith Walker and Merrie Maggie offer a session of Bollywood Laughter Yoga Dance to banish Blue Monday blues.	Blue Monday Bollywood Laughter Yoga Dance Tickets, Mon, Jan 15, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/blue-monday-bollywood-laughter-yoga-dance-tickets-779991655037?aff=oddtcreator
Wednesday January 17 10am - 12:30	Fun mathematics with Platonic solids A morning of mathematical puzzling for all abilities with David Martin, u3a Maths and Statistics Subject Adviser	Fun mathematics with Platonic solids Tickets, Wed, Jan 17, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/fun-mathematics-with-platonic-solids-tickets-776198359187?aff=oddtcreator
Thursday January 18 2pm	Toulouse-Lautrec and the Music Halls of Paris The world of Toulouse-Lautrec and eighteen-nineties Montmartre in Paris - a talk by Peter Webb.	Toulouse-Lautrec and the Music Halls of Paris Tickets, Thu, Jan 18, 2024 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/toulouse-lautrec-and-the-music-halls-of-paris-tickets-765171186617?aff=oddtcreator
Thursday January 18 February 15 March 21 April 18 May 16 10 - 11am	These sessions are led by John, Mike and Ruth for everyone who has taken our series on Mindfulness and Meditation to continue practicing together. We will also be introducing new practices. Members of u3a who haven't participated in the series are also welcome, but we recommend that you first take a look at the materials on the series website, https://www.mindfulaging.org/	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
Wednesday January 24 2 - 3:30pm	Secrets of the Human Brain: Talk One This is a series of seven interactive talks which cover many aspects of our amazing brains. The series starts with the structure of the brain and subsequent talks include sleep, dreams, behaviour, pain, the spinal cord, brain scanning and more. Dr. Bob Pullen	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
Friday January 26 2-3:30pm	Holocaust Memorial Day - The story of Major Leonard Berney (1920 - 2016) John Wood, a speaker from Generation2Generation, will present his father's remarkable story of survival	Holocaust Memorial Day - The story of Major Leonard Berney (1920 - 2016) Tickets, Fri 26 Jan 2024 at 14:00 Eventbrite https://www.eventbrite.co.uk/e/holocaust-memorial-day-the-story-of-major-leonard-berney-1920-2016-tickets-742164503007?aff=oddtcreator

Tuesday January 30 February 27 March 26 April 30, 3:30-	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
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