

## Online Events Schedule - July



### **Meditation and Mindfulness 6 Week Series**

Every Monday at 11am from 3rd June to 8 July

We welcome back the six week course of Mindfulness and Meditation led by members of Sheffield u3a Mindful Ageing Group John, Mike and Ruth.

### **Flight Inspirations: The History of Royal Flying**

Tuesday 2 July at 10am  
Graham Laurie will deliver a compelling presentation on his remarkable career as the pilot for the Royal Family, sharing firsthand accounts from his extensive service with The Queen's Flight.



### **Demystifying retirement housing: options and costs**

Tuesday 2 July at 2pm  
Back by popular demand, Kathleen Dunmore gives us the next instalment of all things retirement housing - including hidden costs and are they worth it.

### **Rembrandt at 34: A Mirror to the Soul**

Friday 5 July at 11am  
Catherine Stevenson of Newcastle u3a presents the third in the series National Gallery Treasures to Celebrate its 200th Anniversary



### **Live Cookery Demonstration - Summer Recipes**

Thursday 11 July at 10.30am  
Chef Alex from 'Vegetarian for Life' demos his delicious summer recipes live on Zoom, especially for u3a members.

### **The Harlem Renaissance 2**

Friday 12 July at 2pm  
Join Irene Kyffin, London u3a, for the second in the series of talks on the Harlem Renaissance movement.



### **Exploring World Faiths: Forgiveness**

Monday 15 July at 10am  
Global Forgiveness Day occurs on 7th July - we plan to explore the topic from a Baha'i, Jewish and Sikh perspective.

**Boost your digital confidence:  
how to overcome your mobile or  
tablet issues**

Tuesday 16 July at 2pm

Learn more from AbilityNet's expert trainer about some simple tips and tricks to use when things go wrong with your device.



**Laughter Yoga with Judith (Jan-Jun)**

Next Session: Wednesday 12 June at 10am

Join Judith of Edinburgh u3a for monthly Laughter Yoga sessions.

**Mindfulness and Meditation  
Continuation Sessions**

Next session: Thursday 18 July at 10am

Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.



**Numbers with Shapes with Dr Knott**

Thurs 25 July at 2pm

Join Dr Ron Knott for a talk about square, triangular and oblong shapes of numbers and how geometry provides proofs.

**Modern Britain: A Story Told  
Through Stamps with Diana Laffin**

Friday 26 July at 2pm

This talk will explore what stamps reveal about the modern history of Britain.



**Bollywood Laughter Yoga Dance**

Monday 29 July at 10am

Judith Walker and Merrie Maggie offer a session of Bollywood Laughter Yoga Dance. Come and have a try!

**Laughter Yoga with Merrie Maggie - June**

Tuesday 30 July at 3.30pm

Bring more joy and laughter to your life with Laughter Yoga - an aerobic exercise with playful exercises combined with deep yogic breathing



**Secrets of the Human Brain: Talk 7: Brain Research, Imaging and Scanning**

Wednesday 31 July at 2pm

This talk explains how brain research is undertaken. It also explains how the living brain can be imaged, by Dr Bob Pullen of Prudhoe u3a