

Spring / Summer 2025							ALF Code(s)	Sessions	Cost	Places
Day	Course	Tutor	Where	Time	Dates		(per code)			
MONDAY	Zumba	(1, 2) Coral Stebbings	Church Hall	9.30 - 10.30am	<b>Sessions run:</b> <b>1. Jan 6 - Feb 10</b> <b>2. Feb 24 - Mar 31</b>	ALF 637, 638	6/6	£60/£60	15	
	Stretch & Glow	(1, 2) Coral Stebbings	Church Hall	10.45 - 11.15am		ALF 639, 640	6/6	£36/£36	25	
	Tai Chi (Pt 1 Beginners)	(1, 2) Tim Haxell	Church Hall	11.30 - 12.25pm		ALF 641, 642	6/6	£30/£30	22	
	Tai Chi (Pt 2 Progressors)	(1, 2) Tim Haxell	Church Hall	12.35 - 1.25pm		ALF 643, 644	6/6	£30/£30	22	
	The Garden Sketchbook - Botanical Illustration	2 Ruth Wharrier	Red House	10.00 - 3.00pm		Jul 14	ALF 645	1	£45	12
	Practical Herbal Medicine - A Toolkit for Health and Wellbeing	Dave Bescoby	Red House	2.30 - 4.15pm		May 12 - May 19, Jun 2 - Jun 9	ALF 646	4	£40	15
	Textiles and Travellers along the Eastern Silk Road	Stephanie Bunn	Library	6.30 - 8.00pm		Jan 13 - 27	ALF 647	3	£30	15
	Spanish for Continuing Beginners	Adrian Nicholson	Library	11.30 - 1.00pm			Contact Adrian, <a href="mailto:adrianich@yahoo.com">adrianich@yahoo.com</a>			
TUESDAY	Spring into Fabulous Flowers and Irresistible Insects	Steve Massey	Library & Out	10.00 - 12.00pm	Apr 1 - 15, May 6 - 13	ALF 648	5	£50	12	
	Spanish Conversation	Adrian Nicholson	Library	1.00 - 2.45pm		Contact Adrian, <a href="mailto:adrianich@yahoo.com">adrianich@yahoo.com</a>				
	The Extraordinary Marys and their Extraordinary Novels	Kate Drayton	Library	3.15 - 5.00pm	Jan 28 - Feb 11, Feb 25 - Mar 11	ALF 649	6	£60	20	
	The Villager's Tale - An Exploration of Rural Life in 14th Century England	(1, 2) Graham Platts	Library	3.15 - 5.00pm	Mar 18 - Apr 8/Apr 29 - May 20	ALF 650, 651	4/4	£40/£40	20	
	Why Read Poems?	Ian Patterson	Library	6.30 - 8.00pm	Feb 11 - Feb 18, Mar 4	ALF 652	3	£30	20	
WEDNESDAY	Yoga	(1, 2, 3) Louise Mangeot	Fairfield Centre	9.30 - 11.00am	1. Jan 15 - Jan 29, Feb 12 2. Feb 26, Mar 12 - Mar 26, Apr 9 3. Apr 30, May 14 - May 21	ALF 653, 654, 655	4/5/3	£40/£50/£30	15	
	<i>Come &amp; Grow - community garden project</i>		Library & Out	10.00 - 12.00pm	Feb 26 onwards	Contact <a href="mailto:caroline.boyd@outlook.com">caroline.boyd@outlook.com</a>				
	Aldeburgh Conversations	Aldeburgh Library Foundation	Library	6.30 - 8.00pm	Feb 12, Apr 2, May 7	ALF 656	3	£15	15	
	Reach for the Stars and Discover/rediscover Astronomy	David Gwynn	Library	6.30 - 8.00pm	Feb 26 - Mar 5, Mar 26	ALF 657	3	£30	20	
THURSDAY	Continuing Watercolour	Mel & Brenda Keable	Fairfield Centre	9.30 - 11.30am	Jan 9 - Feb 13	ALF 658	6	£60	16	
	Beginners Watercolour	Mel & Brenda Keable	Fairfield Centre	9.30 - 11.30am	Feb 27 - Apr 3	ALF 659	6	£60	16	
	Continuing Watercolour	Mel & Brenda Keable	Fairfield Centre	9.30 - 11.30am	May 1 - Jun 5	ALF 660	6	£60	16	
	Spanish Beginners	Adrian Nicholson	Library	11.30 - 1.00pm		Contact Adrian, <a href="mailto:adrianich@yahoo.com">adrianich@yahoo.com</a>				
	How to Paint a Still Life - an Illustrated Talk	David Gillingwater	Library	2.30 - 4.15pm	Jan 23	ALF 661	1	£10	20	
	Sorolla vs Sargent - an Illustrated Talk	David Gillingwater	Library	2.30 - 4.15pm	Feb 13	ALF 662	1	£10	20	
	Philosophy Through Art: Perspectives on Reality	Sue Pine	Library	2.30 - 4.15pm	Feb 27 - Apr 3	ALF 663	6	£60	20	
	How can I maintain good health and well-being?	Rachael Martin	Library	2.30 - 4.15pm	May 1 - May 15	ALF 664	3	£30	15	
Engaging With Issues Facing Britain and Beyond	Denis Kennedy Derek Wyatt Hilary McCallion CBE Celia Allaby	Library	6.30 - 8.00pm	Feb 6 (DK) Mar 13 (DW) Apr 10 (HM) May 22 (CA)	ALF 665	4	£10 each	35		
FRIDAY	Pilates for Men	Sophie Martin	Fairfield Centre	10.00 - 11.00am	Jan 17 - Feb 14	ALF 666	5	£50	12	
	Maidens, Good Wives, Spinsters & Widows - the History Sessions	Stephen Poulter	Library	1.00 - 2.45pm	Jan 24 - Feb 14	ALF 667	4	£40	15	
	JUST WRITE! - A Short Film Script	Vanessa Raison	Library	3.15 - 5.00pm	Jan 17 - Feb 14	ALF 668	5	£50	12	
	iPad Improvers	Wendy Gilbert	Library	3.15 - 5.00pm	Feb 28 - Mar 21	ALF 669	4	£40	12	
SATURDAY	Rag Rugs and More - Using Recycled Materials Creatively	Liz Shackleton	Fairfield Centre	10.00 - 4.00pm	Feb 1	ALF 670	1	£49	15	
	Stained Glass	Mary Lamb	Fairfield Centre	10.00 - 4.00pm	Mar 1, Mar 22	ALF 671	2	£90	12	
	Introduction to Patchwork	Kate Lemon	Fairfield Centre	10.00 - 4.00pm	May 10	ALF 672	1	£45	10	
	The Garden Sketchbook - Botanical Illustration	1 Ruth Wharrier	Red House	10.00 - 3.00pm	May 31	ALF 673	1	£45	12	
	Twentieth Century Women War Artists - an Illustrated Talk	Andrew Casey	Library	3.00 - 4.45pm	Mar 29	ALF 674	1	£10	15	