

REC GIFT VOUCHERS

We now have gift vouchers available to buy.

These can be for Membership, a full course or to a value of your choosing in £5 increments. Call in to the office for more details

Weekday daytime Courses

All weekday classes are open to members only. Annual membership is £39.

Most courses last 2 hours with a tea or coffee break. Lunches are available every day.

Unless otherwise stated morning classes start at 10am and afternoon classes at 2pm.

Courses starting Autumn Term 2018



Monday Mornings

Rothsay Ramblers

The Ramblers offer a programme of walks on Monday mornings all year around, including during the REC holiday periods. Every Monday there are two 5-mile walks, and alternately a 3 or 4 mile walk, with occasional longer walks. Walks usually start and end at a pub within a 20-mile radius of Bedford, and we encourage members to stay for lunch, or at least a drink. The walks are very sociable and are an excellent way to make new friends. Occasionally there are walks in London and other special interest walks such as birdwatching and geology. There is an annual day trip further afield with a variety of walks and a yearly walking holiday. All this is organised by members and we appreciate any input or new ideas. If you are **renewing** your Ramblers' membership, please do so at the same time as renewing your subscription to the REC and simply add the Ramblers. If you wish to join the Ramblers as a **new member**, please enrol through the REC as for any other course. You will then need to contact the Membership Secretary, Nicola Howard, at Nicola.howard123@yahoo.com, or by phone on 01234 312066 for details of forthcoming walks. Alternatively, please contact the Secretary, Carolyn McFarland at caro_mcf@hotmail.co.uk, or by phone on 07796 811185. Please note that if you are joining the REC for the first time, your REC membership will start on 1st September. **Annual subscription £3 (plus REC membership) RE00018**

Astro Physics

The course starts with the basic tools of the trade: measurement of distance, brightness and magnitudes of objects. We then look at the Solar System and the history of astronomy from the Ancient Greeks to modern day techniques. Spectroscopy, red and blue shift and the Hertzsprung Russell Diagram then take us beyond the Solar System.

The study of stars occupies three sessions: protostars and star birth, main sequence stars including the Sun and then star death with white dwarfs, supernovae and black holes. The search for exoplanets has recently acquired greater emphasis and we will spend one session examining the techniques used to detect and locate these fascinating objects. Galaxies: types, structure and stellar population, including the Milky Way will occupy one session. The final two sessions will study cosmology: Hubble, the Big Bang, and finally some of the unsolved mysteries such as dark matter, dark energy and the future of the Universe. The sessions will be fully illustrated with slides and video and all course materials will be available online. I am in discussion with Bedford School and hope to include some time at the observatory.

10 weeks from 10 Sep £64

Dennis Waugh

1XAP10A18

Creative Writing

After another year of exploring the classic short story we will continue to read and discuss a short story each week and then look in depth at the writing techniques used and the author's writing style. This method of improving one's writing works very well. The class members take it in turn to choose these stories, sometimes stories by current authors, sometimes the tried and tested like Hemingway and Katherine Mansfield. This gives us a chance to analyse both new and old. For those new to creative writing there will be an introduction to the tools needed to enhance their writing skills. There will also be an opportunity for the experienced writers to focus on their own writing projects. Sharing and critiquing of your work, be it short stories or a novel, takes place every week in a positive way. It's a friendly, lively and interactive class suitable for both beginners and experienced writers. Several of the class members have now been published and won prizes which is a great achievement.

30 weeks from 10 Sept £148

Bente de Grey

RE11118

French Upper Intermediate

Students in this class would have learnt some French before; they will for example have done 4 years or so of part-time study or will have done their O Level (or A Level) some time ago. This course aims to consolidate their knowledge of the French language, as well as different skills (speaking, reading, listening) through a variety of activities and resources (articles, short stories, internet).

30 weeks from 10 Sept £148

Marion Moutel-Davesne

RE10618

Economics in the News

Angela Pollard

The course will be a blend of economic theory and its application to current affairs/economic news.

Each session will be divided into two sections. In the first part we will look at a piece of economic theory such as supply and demand, or the causes and consequences of inflation. In the second part we will look at news stories which illustrate the theory covered in the first part. For example, the supply and demand session might be followed by a discussion of a news story about the shortage of avocados in the supermarket or a recent coffee shortage or sugar beet glut!

Each term we will cover different economic theories so that a student can either progress through two or three terms and accumulate theoretical knowledge or opt for just one term. No previous study of Economics necessary and don't worry, there is no Maths involved!

5 weeks from 29 Oct £32

1XEC05A18

Bridge - Intermediate (10.30-12.30)

Sian Harrison

This is the middle level course at the REC which runs bridge at the Novice, Intermediate and Advanced levels.

It is designed for students who have completed the REC Novices course and are happy in your knowledge and play. There may be some of you who attended this Intermediate course last year and who feel you like would like some repetition. Also welcome are newcomers to bridge at the REC – you may have been playing at home or on cruises for some years and are confident with basic Acol.

We shall be a small relaxed group who'll have fun playing and practising techniques and bidding. There will be much discussion and guidance. The course topics will be taken from the requests and needs of you, the players, in order to build on your skills. Examples of topics might be opening leads and bidding weak twos or transfers (but probably not splinter bids or squeezes and such topics as are covered in the advanced course).

We'll usually play in duplicate pairs in order to compare hands – bridge is a competitive game – but there will be supervision and advice whenever you wish for it and hopefully it will all be relaxed and enjoyable.

At the end of the year you should be confident enough to play in a club or move on to the Advanced course here at the REC.

30 weeks from 10 Sep £148

RE10318

Classical Guitar (Starts at 10.15)

Boe Pyne

Ensemble playing forms a large part of what we do; the combination of several relatively simple parts provides a fun way to learn, and enjoy, the classical guitar. Prospective new members should have a very rudimentary acquaintance with classical guitar technique together with some music reading ability (approaching grade one). If you are a complete beginner you can still be accommodated in a 45-minute class starting at 9.20am. Please contact the Centre for more details.

33 weeks from 10 Sept £160

RE10518



Monday Lunchtimes

Bridge for Novices (12.45-2.15)

Sian Harrison

This Novices course would suit those of you who completed the introductory course in the summer or those who attended Novices last year but, after the summer break, feel the need to revise bidding and playing (many people play at the novice level for some years and we all need revision). Also welcome are newcomers to bridge at the REC - you may have been playing at home but don't feel quite ready for the formality of a club. Here you don't need to have a partner, just a very basic idea of bidding and playing. We will build on what you know, playing in a relaxed manner in a small group where you can get individual attention if you would care for it. The emphasis is on fun and informal learning.

We shall cover counting points, basic bidding using the Acol system with one or two conventions (Stayman, Blackwood) and using bidding boxes, and the technique of playing the hands. We shall play in duplicate pairs and occasionally in teams. Brief notes will be emailed to you along with links to books and online bridge sites.

At the end of the year you will hopefully be playing bridge with enthusiasm, aware of why it is such a popular game.

30 weeks from 10 Sep £148

RE11018

Monday Afternoons

French Advanced (1.30-3.30)

Marion Moutel-Davesne

This course is aimed at those who have studied French previously and are able to cope fairly fluently in a variety of situations. The aim is to build your confidence and skills as well as extend your knowledge of the French language and culture. There will also be a regular revision of French grammar within the context of the books and documents we work on. One or two French paperbacks will be read during the year.

30 weeks from 10 Sept £148

RE10718



Mixed Media Watercolours

Jackie Gooding

Widen your means of self-expression by using watercolours with a range of other materials. Examples, demonstrations and exercises will introduce the different projects and help to develop your painting and drawing skills. This course is aimed at those who have some experience of watercolour and drawing and want to extend their skills. Please provide own materials.

30 weeks from 10 Sept £148

RE10818

Advanced Bridge (2.30-4.15)

Colin Porch

I intend to carry on from last year, introducing more efficient ways of describing their hands to those who already know how to play; how to plan their declarer play to best advantage and how to co-operate with a partner in finding the best defences. But most of all... we want you all to enjoy yourselves! And, the better you play the more you will enjoy it!

25 wks from 10 Sep

£125

RE10918

A Blot of Blood & Grease – The Reign of Henry VIII

Dr Philip Brindle

The above is how Charles Dickens described Henry VIII's place in the page books of English history. Yet, during the successive reigns of his children, in popular memory he was held up as "Good King Hal". Ever since he has mostly been remembered as a lusty if murderously capricious monarch who married six wives and beheaded two of them. This course will untangle the knot of contradictions that was Henry VIII, both as a man and as a king, and trace his legacy in subsequent English history

10 weeks from 10 Sept £64

1XBB10A18

Introduction to Beckett

Dr Gary Day

This five-week course will focus on *Waiting for Godot*, one of the most influential plays of the twentieth century and one which still speaks powerfully to us today. We will relate the peculiar character of the play to the Theatre of the Absurd; we will read extracts from it; we will discuss its origins (one of them is a painting by Casper David Friedrich), its tropes (the bowler hats for example come from Laurel and Hardy), and its many meanings - does it really say, for example, that life is pointless? We will also show how Beckett developed by comparing it to the later play *Happy Days*. Yes you read that right - *Happy Days*. But, of course, Beckett was being ironic.

5 weeks from 10 Sept £32

1XIB05A18

Gnosticism

Dr Gary Day

The discovery of the Nag Hammadi Scriptures in 1945 has revolutionised our understanding of early Christianity. This collection of Gnostic, or secret writings, is both thrilling and deeply disturbing because it challenges everything we thought we knew, not just about early Christianity but also about ancient Judaism and Greco-Roman religions. Obviously we can't cover all of those faiths so our focus will be on how Gnostic writings affect our understanding of Christianity. We will examine the outlines of Gnostic philosophy and consider some of the astonishing claims found in writings such as *The Gospel of Truth*, *The Interpretation of Knowledge* and *The Wisdom of Jesus Christ*

5 weeks from 29 Oct £32

1XGN05A18

18th Century Masterpieces

Caroline Bacon

We will look at some of the most famous works of the 18th century from Watteau to West. We shall discover and discuss 10 key pieces, their controversies, importance and influences. Discussion and debate is actively encouraged!

10 weeks from 10 Sept £64

1XCM10A18

Tuesday Mornings

Spanish Higher Intermediate

Elena Ramos

This course is for students who have learnt Spanish for a few years and have obtained at least AS level. We will revise grammar while reading about Spanish and American topics. Speaking Spanish is a must!

30 weeks from 11 Sept £148

RE20318

Making Music with the Recorder

Jane Edis

The Recorder Ensemble is a friendly group of players who enjoy exploring works of composers from the 15th century to the present day. The Consort plays in parts Descant, Treble, Tenor and Bass, and individuals are encouraged to develop their skills to allow playing independently one-to-a-part at times. New members are very welcome but need to have a good standard of reading and playing on at least a Treble or Tenor recorder. Technique is studied and a home practice routine is encouraged. Music is provided.

30 weeks from 11 Sept £148

RE20118

Memoir Writing

Bente de Grey

This is a well established course on how to write your memoir or a biography: how to get started, the planning stage and the structure of your memoir. During the course you will be introduced to the writing tools you need to create your life story. To ensure those new to the class get up to speed quickly, individual help is available. Each week the class shares their writing and receive positive feedback. It is a friendly atmosphere with lots of interaction and encouragement from the tutor as well as the class members.

Suitable for both beginners and those with previous experience.

30 weeks from 11 Sept £148

RE20618

Watercolour Painting

Carol McDermott

This course is suitable for those who have some experience. We will explore all aspects of watercolour painting with the opportunity to learn a range of techniques and encourage students to develop their own style of painting.

33 weeks from 11 Sept £160

RE20018

German Upper Intermediate

Rosemary Adams

This class is for students who have a good knowledge of the language and are reasonably confident in all skills. The first part of the lesson is devoted to conversation with each student invited to contribute; we then read articles or do grammatical exercises. The main emphasis is on learning through enjoyment.

30 weeks from 18 Sept £148

RE20218

Anglo Saxon Landscape

Deidre Higgins

The evidence of pre-Norman settlement in the local area is everywhere – from Devil's Dyke in Cambridgeshire to King Alfred's ditch in Bedford; from the Danish Camp to the settlements of Biddenham, Pavenham and Felmersham. In this course we will examine how this area was populated before 1066 in the period between the fall of the Roman Empire and the Norman Conquest. We will look at place names, village and town plans, archaeological finds and bumps and humps in the landscape. Using maps we will examine early parish and estate boundaries and ancient roads and tracks.

6 weeks from 11 Sep £39

2XAS06A18



Tuesday Lunchtimes

Spanish Improvers (12.30-1.30)

Elena Ramos

This course is for students who have learnt Spanish for 2-3 years (GCSE level) We will revise grammar structures and tenses and we may look into subjunctive.

30 weeks from 11 Sep £74

RE22318

Italian Absolute Beginners (12.30-1.30)

Maria Taverna

This course stresses the fundamentals of pronunciation, grammar, practical vocabulary, useful phrases and the ability to understand, speak, read and write simple Italian for when going abroad on holidays. Aimed for absolute beginners. As well as the language, you will learn about the culture, customs and traditions.

33 weeks from 11 Sept £80

RE22418

French Absolute Beginners (12.30-1.30)

Marion Moutel-Davesne

This course is an opportunity to learn French from scratch. The emphasis will be on simple conversation and learning the basics to get by. Being able to order in French in a café should make your next trip to France even more enjoyable!

30 weeks from 11 Sep £74

RE22518

Yoga (12.30-1.30)

Jaswinder Challi

Yoga Practice Asanas: We will work with gentle postures and breathing techniques. The postures, will blend into one another in varying ways and hopefully give your body and mind a feeling of loosening and unlocking tightness and rigidity.

Yoga Nidra Meditations: this is where you come and lie down on the floor and just completely let go and let me guide you. This is a progressive muscle relaxation technique that will vary slightly from week to week. It is highly relaxing and a brilliant de-stress technique. Sometimes the incorporation of the sound of music or drum will enhance the relaxation.

For Yoga, please wear loose comfortable clothing, bring with you a yoga mat, small cushion and water to drink.

Disclaimer: You are fully responsible for your practice and REC and their tutor cannot be liable for any injuries. As much as we support and guide you in our class, the ultimate responsibility lies with you, so please go at your own pace and be guided by your own intuition. It is recommended that you also speak to your GP and get confirmation that this is suitable if you have any medical conditions.

30 weeks from 11 Sep £100

RE22618

Tuesday Afternoons

Colour and Art

David Lewry

A fascinating insight into the way that artists have used colour through the ages. Each week we will look at a different colour and explore the history of how it was originally produced and how artists have used it in a wide variety of paintings. We will also consider the way that society perceives different colours from emotional and even political viewpoints. In addition to holding a degree in art history, David is a working artist and experienced practical art tutor at the Centre, so he is able to bring a dual insight to his lectures.

10 weeks from 11 Sep £64

2XCA10A18

Italian Improvers

Maria Taverna

This course helps you build on skills already learnt, introducing new language and grammar structures in a lively way. The emphasis is on communication; to understand, speak and read most of the Italian you are likely to need, whether you are travelling to Italy on holiday, welcoming Italian people to your home or simply studying for general interest.

33 weeks from 11 Sept £160

RE20418

German Improvers (1pm-3pm)

Rosemary Adams

Have you already some knowledge of German, perhaps from school or an evening class? Come along and refresh your language in a relaxed environment! Many of the students have completed the Beginners Plus lunchtime courses for just one hour previously so this is an opportunity for increased practice and revision. Students are only familiar with the present tense at this stage; we work with a course book with CDs for listening at home and extra materials are also provided.

30 weeks from 18 Sept £148

RE22218

A History of Western Philosophy I

Dr Karim Esmail

Western philosophy begins with the ancient Greeks in the 6th century BC. This course is an introduction to some of the key elements in the thought of some of the great philosophers of the ancient Greek period and the medieval period. They include Socrates, Plato, Aristotle, Anselm, and Aquinas.

10 weeks from 11 Sept £74

2XHW10A18

Multicoloured Printmaking

Anne Thompson

Experiment with pattern and texture using block-printing techniques and try your hand at lino cutting and printing using the reduction method to create colourful prints. Ideal for beginners or anyone keen to extend their printmaking skills. A small charge will be made for materials.

10 weeks from 11 Sept £54

2MP10A18

Looking Behind the View - A Landscape History of Bedfordshire

Brian Kerr

This course will follow on from previous courses in both 2016 and 2017, entitled, *Bedfordshire Geology and Scenery*. These courses looked at how the modern landscape was influenced by physical elements such as geology and soils, and how the countryside still reflects these fundamentals. During 2018 and early 2019 the proposal is to look in some detail at how people have changed the land, beginning with the early Paleolithic arrivals into this area as the glacial ice retreated and climate warmed. This course will be general, informal, and non-technical and should interest anyone who is interested in the present day countryside of Bedfordshire. All examples will be local with hopefully one or more sessions outside the classroom

It is proposed that this course of ten weeks is split with these 5 sessions being followed by 5 weeks in the spring of 2019 beginning on 19th February. Previous attendance unnecessary.

5 weeks from 11 Sep £32

2XLH05A18

The Life of Plants

Tim Parrott

Plants may seem dull in comparison with the charismatic mammals which race across our TV screens, but they have been evolving for just the same amount of time and have played a far more dramatic role in shaping our world than you might imagine. Unlike any animal that has ever lived, plants have the power to manufacture their own food. In addition, they show how intelligence is not required to get the better of their animal neighbours.

5 weeks from 30 Oct £32

2XLP05A18



Wednesday Mornings

Italian Advanced

Maria Taverna

This course is aimed at learners who want to extend their competence and study Italian in greater depth. The course also gives an insight into Italian life and culture.

33 weeks from 12 Sept £160

RE30018

Drawing for Complete Beginners

David Lewry

A complete basic drawing course for total beginners or those who really do believe they cannot draw. Through a series of simple and structured exercises the tutor will help you to overcome the fear of drawing and help you understand linear drawing, tonal drawing and the mysteries of perspective. From the very first lesson you will be producing accomplished and recognisable drawings covering a wide variety of subjects. No previous experience is necessary and a list of basic, inexpensive materials will be provided before the start of the course. This course is an extended version of David's highly successful and popular day workshops which have helped to launch many people on a new artistic hobby.

10 weeks from 12 Sept £54

RE31218

Evelyn Waugh's *Brideshead Revisited* (1945) and Olivia Manning's *Fortunes of War: The Balkan Trilogy* (1960-65).

Dr Stephen Rogers

How do writers contribute to our sense of the past and our nation's history? In this course we look at two different approaches to the art of storytelling that encompass crucial moments from the history of the twentieth century. By engaging with the sweep of history and demonstrating an ability to draw interesting characters at moments of great change these authors were myth-makers, whose work has shaped our sense of the recent past.

10 weeks from 12 Sept £64

3XBF10A18

French Conversation - Intermediate

Christine Bailey

The level required for this conversation class is **intermediate**; the aim is to become able to understand and take part in everyday conversation. Grammar tuition is occasionally present though not on a regular basis and is not a main feature of the course. You will be required to use the correct basic tenses (present, past and future). The sessions consist of 45 to 60 minutes of conversation followed by activities like translations, crosswords etc... We also study a book. Our group is very friendly and keen to welcome new members. Nous vous attendons! **Not suitable for beginners.**

33 weeks from 12 Sept £160

RE30218

French Lower Intermediate

Marion Moutel-Davesne

This course is aimed at those who have completed 2-3 years part-time study, and wish to extend and strengthen their knowledge of the language. The emphasis is on communication, understanding, speaking and reading French in a variety of situations.

30 weeks from 12 Sept £148

RE30718

Spotlight on Bedford

Margaret Badley

This illustrated course attempts to shed light on the main buildings of the centre of Bedford and some of the people and ideas associated with them. Focusing largely on developments in the Nineteenth and Twentieth Centuries as attempts were made to improve the quality of life for Bedfordians, these will include the jewel in Bedford's crown, the River Great Ouse, the Embankment, its bridges and monuments. We will also consider religious buildings and ideas (Moravians, Tin Tabernacles, the

Parish Church of St Paul); and crucial services in the developing town such as hospitals (The Infirmary, Workhouse and Asylum); Foster Hill Cemetery and educational facilities. We will also look at amenities and entertainments such as museums, the art gallery, cinemas, swimming baths, boating and maybe even Morris men. Alongside these facilities we will examine Bedford High Street and the shops which helped to give Bedford its life and vitality as a small market Town.

There may also be a short optional local walk.

10 weeks from 12 Sept £64

3XSB10A18

Wednesday Lunchtimes

French Improvers (12.15-1.15)

Marion Moutel-Davesne

This course is ideal for people who have completed a Beginners course or would like to brush up on those half-forgotten phrases learnt at school. In a relaxed atmosphere, we will reinforce and expand that knowledge and practise how to speak, read and understand French in a variety of situations.

30 weeks from 12 Sept £74

RE30918

Italian Beginners + (12.30-1.30)

Maria Taverna

This course stresses the fundamentals of pronunciation, grammar, practical vocabulary, useful phrases and the ability to understand, speak, read and write simple Italian for when going abroad on holidays. Aimed at beginners as well as reinforcing language for students of Beginners +. As well as the language you will learn about the culture, customs and traditions.

33 weeks from 13 Sept £80

RE31018

Spanish Total Beginners (12.15-1.15)

Elena Ramos

This course is for students who have never learnt Spanish. We will cover greetings, family, going shopping, routine and restaurants. We will look at basic grammar while focusing on communication!!

30 weeks from 12 Sept £74

RE32318

Wednesday Afternoons

Developing Imagination

Jackie Gooding

Examples and demonstrations of watercolour and some mixed media techniques will be used to introduce broad themes which students will be encouraged to interpret in their own way. It will be helpful for students to bring along their own source material such as sketches, photos and objects so that the subject of their paintings is truly personal. This course is best suited to those with previous drawing and painting experience.

30 weeks from 12 Sept £148

RE30618

Italian Intermediate

Maria Taverna

This course is designed for anyone who would like to brush up or extend their basic knowledge of the language. The aim of the course is to get you to understand colloquial Italian in a number of varied situations.

33 weeks from 12 Sept £160

RE30518

British Geology & How to Read the Rocks Beneath Our Feet

Bev Fowlston

This course would give people an insight into how geologists read rocks and infer environmental change. This will be achieved through interactive sessions looking at different rocks, maps and data. We will also look at how Britain was built from the earliest rocks to the present day. The course will include 2 field trips to local sites in Bedfordshire to explore the rocks around us.

10 weeks from 12 Sept £54

3BG10A18



Memory Like Scent: A Closer Look at *Rebecca* by Daphne Du Maurier **Margaret Norwich**

Once more we too may dream of returning to Manderley! The macabre and timeless atmosphere of this thriller, (or is it a romance?) seen through the eyes of a nameless heroine very much in the shadows of a brooding husband and his charismatic first wife, has captured the imagination of readers since it was published in 1938. The author has suggested it is a study in jealousy; it's certainly a great read and there's much to discuss!

5 weeks from 12 Sept £32 3XMS05A18

The Art of Glass **Caroline Bacon**

The production of glass is akin to alchemy. For centuries it was a luxury item, and its production methods a mystery culminating in the Venetian glass trade. This course will chart the developments and extraordinary tales of glass and glassmaking from 3500BC to the present day.

10 weeks from 12 Sep £64 3XAG10A18

American Political History from the Founding Fathers to Donald Trump **Steve Lowe**

The question we ask is how did Americans get to be the way they are? So, we look at the events of the past both through the lens of the present and to see how they explain why the USA is the way it is today. This will help explain whether Trump is the logical outcome of that history or an exception that proves the rule.

10 weeks from 12 Sep £64 3XPH10A18

A Goddess in an Epic: *The Portrait of a Lady* by Henry James **Margaret Norwich**

An opportunity to consider closely Henry James's masterpiece and his heroine Isabel Archer, a young, spirited American woman who hopes to "affront her destiny" and pursue her individuality in Europe, but whose story is one of love and betrayal poignantly told by the master, with attention to consciousness, cultural perceptions, subtlety and depth. Henry James is credited with writing some of the best women in literature, let's see what we think!

5 weeks from 31 Oct £32 3XPL05A18

Thursday Mornings

French Conversation Intermediate +/-Advanced **Christine Bailey**

This class requires a very good to advanced level of French. Vous devez parler couramment ou presque! **Grammar tuition is not included** – enfin, presque jamais!

The session starts with general conversation; the topics are of your choice and very varied: vos voyages, concerts, expos, l'actualité ... in fact anything of interest to you! The second half is filled with various activities such as the study of a book, vocabulary exercises, a French film ... or even a special presentation by one of the students. The members of this group are very friendly and have 'un sens de l'humour très développé'. We are very much looking forward to welcoming new members. A bientôt.

33 weeks from 13 Sept £160 RE40118

How to Stencil Like a Street Artist **Paul Nicholson**

In this 10-week course, students will learn about the development of stencils in street art, starting with Blek le Rat and Jef Aerosol to modern day masters of the artform such as Banksy and C215. Participants will also learn how to cut and spray stencils onto paper or canvas and create Banksy-style images from their own photographs or other designs.

10 weeks from 13 Sept £54 4SA10A18

Book on-line at www.recbedford.co.uk

Spanish Advanced Conversation 10.30-12.30

Carmen Hardisty

Is your Spanish a bit rusty? Ven a nuestra clase a practicarlo. No importa que lo hallas olvidado un poco, pronto lo recordaras. Conversaremos sobre temas de actualidad. Leeremos libros de autores contemporáneos. Todos los alumnos participaran activamente en presentaciones a su elección. Los puntos gramaticales y vocabulario son abordados a lo largo de toda la clase. Un ambiente informal, es como estar con un grupo de amigos charlando "un poco de aquí, de allá y de mi abuela también". Te esperamos.

33 weeks from 13 Sept £160 RE40318

Hamlet **Dr Gary Day**

This five-week course will look at *Hamlet* from different angles. We will look at the sources of the play, its relation to its context, how it developed the conventions of the revenge tragedy, some of its themes, why it continues to fascinate and how different actors have approached the part. All you have to consider is whether to sign up or not to sign up.

5 weeks from 13 Sept £32 4XHA05A18

Macbeth **Dr Gary Day**

Regarded as the most dark and dangerous of Shakespeare's tragedies, *Macbeth* certainly comes closer than any of them to conjuring up a sense of palpable evil. It has an atmosphere all of its own. We will examine the special character of the play but we will also look at it in its historical context, in particular the growth of Absolutism. One of the sources of the play, George Buchanan's *History of Scotland*, put forward a very different version of kingship from that found in James' *Basillikon Doron* and the contrast between them is one of the animating forces of the play. We will also consider the relevance of the play today and why it is still approached with trepidation. Feel free to bring a lucky charm... just in case.

5 weeks from 1 Nov £32 4XMC05A18

Origins **Paul Palmer**

Modern technology is shining new light on archaeological discoveries, helping us to better understand and interpret the excavated sites, artefacts, and the human stories behind them. Our course will investigate many of these stories, based on the new information available, providing interesting and thought – provoking updates on previously held views about the human past through all relevant periods.

10 weeks from 13 Sept £74 4XOR10A18

Roman and Medieval Gardens **Dr Twigs Way**

An opportunity to delve into the more ancient history of the garden. Commencing with the classical gardens of Italy we will explore the duality behind the Roman garden, with formal courtyards, statues, and still pools, contrasted with wild vines, trailing jasmines and bird song in the celebrated '*Re Rustica*' or Roman Good Life. Philosophy and religion help us understand the Roman's attitudes towards the garden as we explore examples from Pompeii, Oplontis and even Britain! Plants take us on a journey through Europe as the army marched complete with herbal medicines introducing grapes and ground elder as they conquer. Medieval Europe (and England) takes us into monastery and nunnery gardens replete with orchards and sweet scents, for pleasure and physic: and onto the astounding park of Hesdin, culminating in the Primavera of Botticelli. Art, archaeology, religion and gardens!

10 weeks from 13 Sept £84 4XRG10A18



Thursday Lunchtimes

Chair Yoga and Meditation 12.30-1.30 Jaswinder Challi

Give your mind and body a relaxing and rejuvenating experience in these sessions. First, we will spend 20 mins doing exercises sitting in the chair (and sometimes on the floor), followed by lying down with blankets for a comfy inner experience of meditation. For yoga, please wear loose comfortable clothing, bring with you a yoga mat, small cushion AND water to drink.

Disclaimer: You are fully responsible for your practice and REC and their tutor cannot be liable for any injury. As much as we support and guide you in our class, the ultimate responsibility lies with you, so please go at your own pace and be guided by your own intuition. It is recommended that you also speak to your GP and get confirmation that this is suitable if you have any medical conditions.

10 weeks from 13 Sep £35 4XCY10A18

Thursday Afternoons

In the News (1.30-3.30) Michael Airs

Interested in current news? Enjoy lively debate? Then this is the class for you. Current news forms the basis of spirited discussion with participants encouraged to contribute to the topics covered. There is no fixed syllabus; whatever is current in the news each week dictates the discussions of the day and we cover a wide spectrum of topics. To enable full participation we **limit the class to 16**. This is a very popular class and you are advised to **enrol early**.

33 weeks from 13 Sept £160 RE40718

Watercolour and Drawing Challenge David Lewry

Based on a similar format to the TV series *Watercolour Challenge*, students will be given a series of different topics throughout the year, which they are free to interpret in their own way using watercolour or drawing media. Topics will be varied and stimulating and students will be encouraged to approach them as creatively as possible. The Tutor will be available to offer practical advice on how to develop individual ideas and techniques.

30 weeks from 13 Sept £148 RE40518

General Studies Various Speakers

An assortment of subjects – each week a different speaker and topic covering everything from Popular Culture to Quantum Mechanics. The ideal course for those new to the REC and anyone likely to be absent for a few sessions

30 weeks from 13 Sept £168 RE44418

Pioneering Women Settlers Liz Carter

Using contemporary journals and letters we will investigate the life of the pioneering woman – those hardy settlers who followed their men across oceans and continents to set up home, raise children and keep the family together on the very edge of civilisation. Share the trials and tribulations, the joys and sorrows of their everyday life and discover how they managed not only to keep house but, in many instances, help run businesses, schools and churches. We will look at America, Australia, Canada, New Zealand and other British-speaking colonies across the world. A real taste of frontier living, bring your own bedroll and skillet!

10 weeks from 20 Sept £74 4XPW10A18

Five Great British Novels Adrian Page

Selecting five great reads from recent British Literature is a difficult choice, so these novels dwell on various kinds of reflections. These are opportunities for writers to look back at major personal episodes and consider their impact. In a wider sense, the choices also reflect personal development in historical periods and fundamental aspects of human nature. Themes range from guilt and redemption, unrequited love and the sixties to our present-day concerns with gender. *Remains of the Day*, *Babel Tower*, *Atonement*, *Mantrapped* and *Sense of an Ending*.

10 weeks from 13 Sept £64 4XFG10A18

Train Thrillers in Novels Dr Sharon Priestley

On this discussion-based course, we come aboard the literary express to read three fascinating treatments of crime on trains. In our analyses, we will consider plot, setting, characterisation and message of each work. Patricia Highsmith's *Strangers on a Train* (1950) demonstrates the author's ability to grip the reader in a taut psychological drama. *Murder on the Orient Express* (1933) is one of Agatha Christie's most famous crime novels and features her equally famous detective, Hercule Poirot. A less well-known but extremely fast-paced and exciting novel involving a New York City subway hijacking is *The Taking of Pelham 123* (1982) by John Godey. Readers on this course may never travel by rail again!

10 weeks from 13 Sept £64 4XTT10A18

Friday Mornings

Batik Workshop Self-Help – No Tutor

This is a self-help group most of whom are experienced and skilled, but very much welcome new members and offer help and encouragement.

33 weeks from 14 Sept £40 RE55518

Pilates Stephanie Smith

Pilates is a body conditioning method that works by targeting the deep postural muscles, rebalancing the body and toning and stretching the muscles. **The two morning classes are not suitable for beginners.**

Intermediate 9.30-11am: This is a more challenging class for those who have done Pilates for at least 2 years.

Please bring a mat.
30 weeks from 14 Sept £132 RE50618

Improver 11.15-12.45 am: This class is suitable for those with a basic knowledge of Pilates.

Please bring a mat.
30 weeks from 14 Sept £132 RE50718

Poetry Mark Steinhardt

Using poets, themes and combinations that will start interesting discussions so everyone can contribute, we try to find a middle way between the impenetrable and the superficial, reading poets we can enjoy but also examine.

10 weeks from 14 Sept £54 5PO10A18

Five Philosophical Novels Part 1 Jenny Morris

Many novels give rise to reflection and discussion of a philosophical kind, although philosophy and philosophers are not the dominant themes. Many of the ideas and arguments in fiction relate to questions of ethics, but this is not the only aspect

of Philosophy at issue. Several of the novels in this course are long, sustained and demanding, and will be considered over a period of weeks or even months; others may be shorter and/or - provoke less discussion. The five novels to be covered are diverse in original language and date: *Middlemarch* (George Eliot), *Crime and Punishment* (Dostoyevsky), *The Plague* (Camus), *The Reader* (Schlink) and *The Remains of the Day* (Ishiguro) (in this order). Participants will have opportunities to bring other fiction (or film) into our discussions, and (time permitting) to suggest further novels for the group to explore. Whilst planned as a two term course, participants may prefer to join for a single term only. It is recommended (but not essential) to have read each novel before our discussion of each begins. Any edition can be used, though recommendations can be requested also.

10 weeks from 14 Sept £64 5XFN10A18

German Conversation Rosemary Adams

This is the highest level of German class where a good level of fluency is ideal. The emphasis is on conversation and all students are invited to participate. If time permits we read articles or revise points of grammar. The class is relaxed and friendly, so please come along or contact Rosemary for more information.

30 weeks from 21 Sept £148 RE50218

Music Appreciation: The Beat Goes On..... John Dawson

Music is nothing without rhythm. From the simplest folk song to the most intricate computer-generated score, all music has one thing in common: it moulds time and affects how we experience its passage. Yet how many of us have stopped to think how it works? How do composers as different as Mozart, Tchaikovsky and Gershwin achieve the amazing rhythmic effects they do? We will explore many aspects of rhythm, looking at the basic rules that have grown up over the last few hundred years, and the way individual composers have developed their own habits, which become essential to the character of their music.

10 weeks from 14 Sept £64 5XMA10A18

Friday Lunchtimes

Botanical Illustration (12.15-1.45) David Lewry

Tutored by an award-winning Botanical Artist, this course will provide a complete introduction to illustrating flowers and plants according to the disciplines required for Botanical Illustrations. The course will cover: drawing skills, basic botany, note taking, layout and composition, mixing and applying colour and presentation of finished pieces. There will also be practical demonstrations and exercises to help develop all the necessary skills. Subjects will be taken from living specimens whenever possible according to availability and season. Although some previous experience is preferable the structure of the course will make it possible for complete beginners to participate. Materials can be purchased as required throughout the course. Please also be aware that to get the most out of the course students should be prepared to carry out some work in their own time.

30 weeks from 14 Sept £148 RE50018

Latin I (12.30-1.30) Jenny Morris

This course is for intermediate to advanced students of Latin. We follow the Cambridge Latin Course, supplemented by additional resources, and shall begin in the Autumn term with Book V. By this stage we shall be able to read a range of unadapted original Latin texts, so that in addition to learning new grammatical structures and enlarging their vocabulary, participants will be able to experience the delights of Latin

Book on-line at www.recbedford.co.uk

literature. Some of the participants will have worked through the first three books in the Cambridge Latin Course in previous REC sessions, but newcomers will be made very welcome, and are urged to contact Jenny to discuss their level of knowledge. Opportunities for formal assessment and qualifications are made available, but are certainly not compulsory, as this is intended to be Latin for pleasure!

10 weeks from 14 Sept £32 5XLA10A18

Body Aware (1-2pm at Russell Court, Bushmead Avenue)

Chris Butcher

Body Aware is a great way to start exercise or to improve any level of fitness. After just 3 or 4 sessions it's possible to feel the benefit of more natural movement, which, by improving posture, balance and strength, reduces tension, headaches, pain and stiffness and increases flexibility and fitness.

Please bring a mat.

30 weeks from 14 Sept £85 RE51118

German Absolute Beginners (12.30 – 1.30)

Rosemary Adams

Designed for students with no previous knowledge of German, this course will use the BBC book Talk German 1 as a basis, with additional material provided in class. The CDs with the book provide listening opportunities and practice at home. Learning a new language in a relaxed and supportive environment encourages progress. We will also learn about aspects of culture and daily life in Germany.

10 weeks from 21 Sep £27 5GB10A18

Friday Afternoons

Choir

Caroline Muzolf

Join us for an afternoon of Singing for Pleasure in a relaxed and friendly environment where no audition is required! During the Autumn term we will be singing 'Music through Time' and Christmas carols and songs. The Spring term will be 'Songs from the shows and popular classics' and the Summer term will feature 'Songs from around the world'.

33 weeks from 14 Sept £160 RE50418

Pilates – Beginners 2-3pm

Stephanie Smith

Come and learn the basics of Pilates in a mat-based class designed to improve posture and tone muscles with controlled, slow movements. **Please bring a mat.**

30 weeks from 14 Sept £82 RE51018

Drawing Challenge

David Lewry

This course will offer a number of different challenges involving drawing media. Students will work in graphite, coloured pencil, charcoal, pen and ink and pastels to interpret a series of different subjects set by the tutor. There will be plenty of step by step demonstrations and full instruction for anybody new to a particular medium so it would be suited to beginners as well as more experienced artists. Students will be encouraged to try different media and subjects so as to develop their own style and interpretation.

30 weeks from 14 Sept £148 RE50918

Rise & Fall of Local Newspapers

Steve Lowe

We will look at the rise and fall of local newspapers, mainly but not entirely, through the rise and fall of Bedfordshire on Sunday. We will study the rise of local newspapers from the 19th century and how they evolved before seeing how a non-community,

