

## Weekend Courses

These courses are open to everyone over 18 and must be booked in advance.

Non-members must pay day membership of £5.  
Courses run from 10am to 3.30pm, unless otherwise stated.

Hot and cold lunches are available at an extra cost.  
Tea, coffee and snacks are available to purchase at morning and afternoon breaks.

### Saturday 13 October 2018

#### **Cavafy: Life & Work**

**Jenny Morris**

Constantine P. Cavafy, the Greek poet, was born in Alexandria in Egypt when Egypt was still part of the Ottoman Empire. He died there in 1933, when Egypt was a Kingdom. During his youth, Cavafy lived in many different places, including Liverpool and Constantinople, but his poetry was written when he returned to Alexandria in 1885 where he became a journalist and civil servant throughout the period when Egypt was a British protectorate and beyond. His themes were philosophical, sensual and historical. His poems have been widely translated and disseminated, though mainly only informally during Cavafy's lifetime. They have also inspired many other writers and some artists, notably David Hockney. Participants are welcome to bring a copy of a translation of Cavafy's poems, but this is by no means necessary.

£30 members (+ £5 non)

WCL13A18

#### **Remarkable Women - in Men's Jobs**

**Liz Carter**

A study of a group of remarkable women who made their mark in roles normally the preserve of men. These are remarkable women not featured in the 2017 course at the Centre; and will include a scientist, an astronomer, a journalist, a soldier and a politician – all working with men as equals.

£30 members (+ £5 non)

WRW13A18

#### **Healthy Ageing**

**Lauren Thompson**

The day consists of practical and theory workshops. Topics discussed are the function of the skeletal system and complications that may arise as a result of ageing; the importance of cardiorespiratory fitness and exercises to increase cardiovascular fitness; a broad overview about healthy nutrition and how this can benefit our bodies and a discussion around the importance of mental wellbeing as we age. Practical sessions will include low impact strengthening exercises as well as a focus on core stability and flexibility. Several of the exercises will require participants to stand, as well as core stability exercises, which will require participants to have the ability to get to and from the floor. Max 10 people

£30 members (+ £5 non)

WHL13A18

#### **Symmetry Brilliance and Grace: Jane Austen's Lady Susan Margaret Norwich**

An opportunity to enjoy the sparkling company and often outrageous adventures of Jane Austen's most worldly heroine, the beautiful but ruthless young widow Lady Susan Vernon, whose character emerges in the letter form of this short novella, believed to have been written when Austen was only just twenty, but already writing with grace, style and wit: please join us!

£30 members (+ £5 non)

WSB13A18

Book on-line at [www.recbedford.co.uk](http://www.recbedford.co.uk)

### Saturday 13 October 2018 cont.

#### **Beatles & British Culture in the 60s**

**Dr Gary Day**

The Beatles were arguably, no, on second thoughts they were the best British, and possibly the best world, pop group to date. Despite their genius, they were also lucky. The 'Angry Young Men' of the late 1950s had paved the way for a new, more open culture which helped to create the conditions which gave rise to the group. But the Beatles didn't just reflect this exciting new world of working class affluence, mass consumption, increased social mobility and an expanding youth culture, they also helped to define it. Their musical journey charts the history of the 1960s and this course will look at how their songs touched on wider social issues.

£30 members (+ £5 non)

WBC13A18

#### **Scandinavian Twined Knitting Pt 1**

**Sophie Atkins**

This taster will give you an introduction to Scandinavian 'Tvåändsstickning' or twined knitting. After an introduction into the heritage of the technique, you will learn fundamental techniques and stitches which we will use to make wrist warmers and which you will be able to use on future projects. You should be confident knitting in the round using a method of your choice (sock needles/magic loop/two circular needles). Please bring your own needles between 3-6mm (sock needles, or 1 very long circular needle, or two circular needles of the same thickness) and two balls of not too precious yarn in contrasting colours.

£30 members (+ £5 non)

WSK13A18

### Saturday 3 November 2018

#### **The Nordic Noir Genre**

**Bente de Grey**

Why are the Scandinavian thriller writers so popular that the term Nordic Noir has become a genre? What makes this genre different from other crime fiction? This is a continuation of the course held in March 2018 where we discussed Henning Mankell, Jo Nesbo and Jussi Adler-Olsen. This time we will concentrate on three female crime writers, Camilla Läckberg, Sara Blaedel and Karin Fossum. We will again discuss why these writers write such thrilling and explicitly violent novels. Is it the Scandinavian psyche, our dark and dingy winter months or the legacy of playwright Strindberg and the painter Edward Munch? Do the female writers concentrate more on psychological terror than the sheer violence? What drives these writers to create such dastardly deeds in fiction? After all, the crime rate, particularly violent crimes, are rare in Norway, Sweden and Denmark. Join us and find out!

£30 members (+ £5 non)

WNN03A18

#### **Caspar David Friedrich**

**Dr Gary Day**

Arresting. There is really no other word to describe this artist. His work has an intensity and luminous clarity that it is almost hypnotic. Friedrich's interest was in our emotional response to the sight of savage skies, dizzying mountains and forbidding forests. His *Wanderer Above the Sea of Fog* (1818), is an icon of Romanticism. There is a pronounced Gothic element in Friedrich's work, and it is hard not to look at painting like *Monastery Graveyard in the Snow* (1819) and not feel a shudder. His *Two Men Contemplating the Moon* (1819) inspired Beckett to write *Waiting for Godot*. This course will put Friedrich into context of German Romanticism, but it will mostly be a celebration of his stunning art.

£30 members (+ £5 non)

WCD03A18



## Saturday 3 November 2018 cont.

### Scandinavian Knitting Pt 2

**Sophie Atkins**

This workshop will build on what you learnt in part 1. We will do a recap of the skills covered in workshop 1, we will explore decorative stitches, look at more complex projects, and progress according to the wishes of the students. You should preferably have attended workshop 1, or have some experience of twined knitting. Please bring your own needles between 3-6mm (sock needles, or 1 very long circular needle, or two circular needles of the same thickness) and two balls of not too precious yarn in contrasting colours.

**£30 members (+ £5 non)**

**WSK03A18**

### Bedford – a community of communities

**Dr Graham McFarlane**

Bedford is the most cosmopolitan town in the UK - find out why and what that diversity now looks like - the nationalities; the languages spoken and the religions and belief systems practised in the town.

**£30 members (+ £5 non)**

**WBC03A18**

### The Moon Landing

**Tim Parrott**

When you see footage of a rocket lifting off, does your head fill with questions? Why is it so enormous, so powerful, and so dangerous? Is rocket science as impenetrable as people say? Thankfully, the answer to this last question is no. We might wish we'd understood more at the time, but the principles haven't changed and the satisfaction of understanding these things is well within your grasp. Wanting to know is all it takes.

**£30 members (+ £5 non)**

**WML03A18**

### The Brontë Portraits

**Emily Ross**

Can we know what the Brontë sisters looked like? During this Saturday course we will examine the provenance and history of the mysterious Brontë portraits and see if there are any other sources that might conclude what we think we know...

**£30 members (+ £5 non)**

**WBP03A18**

## Saturday 26 January 2019

### With a Brush in Their Hand: Women Impressionists

**Caroline Bacon**

Step aside Monet, Degas, Renoir, and Pissarro; this day will focus on the women Berthe Morisot, Mary Cassatt, Eva Gonzalès, and Marie Bracquemond who exhibited during the 1870s in Paris and yet were overlooked in the succeeding decades. Each faced challenges and prejudice but all made significant contributions to the Impressionist movement.

**£30 members (+ £5 non)**

**WWP26B18**

### Love, Sex, Death and God Condensed

**Emily Ross**

What can we know about the nature of our capacity to love? During this Saturday course we will examine the philosophical components of love including sexual desire and selfless agape, what it means to be in love and how illusion can play a part.

**£30 members (+ £5 non)**

**WSD26B18**

### Short Story to Film

**Dr Sharon Priestly**

On this discussion-based course, we will analyse a complete short story [having distributed copies of each story in advance] and then during class time, view a film based on it, dealing with a total of three stories and three films. We will first discuss A

## Saturday 26 January 2019 cont.

*Jury of Her Peers* a thought-provoking story which considers what is 'the right thing to do'. Next, *The Lottery* provides a powerful statement about conformity. Finally, we focus on *The Tin Star*, upon which the classic film *High Noon* is based and which features a reluctant hero. Film lengths are 30 minutes, 18 minutes and 90 minutes, respectively. Here, we have rewarding material for some stimulating discussions.

**£30 members (+ £5 non)**

**WSS26B18**

### Body Balance

**Lauren Thompson**

This is a combination of Tai Chi and Yoga choreographed to music. It is a low impact class, which focuses on strength, core stability, balance and flexibility. Participants should have the ability to get to and from the floor with ease, as many exercises will include rolling through the spine to the floor and downward dogs. The class will focus on the use of breath to develop a broader range of motion. Please bring a yoga mat or towel.

**There will be 3 separate 1 hour sessions for max 6 persons each session**

**£10 (+£5 non)**

**10.00-11.00**

**WBB26BA18**

**£10 (+£5 non)**

**11.30-12.30**

**WBB26BB18**

**£10 (+£5 non)**

**1.30-2.30**

**WBB26BC18**

### Vita Sackville-West: Poet & Gardener

**Dr Twigs Way**

Famous now for her gardens at Sissinghurst, and imposed exile from Knole, in her lifetime Vita Sackville-West was a celebrated poet and writer. Novels, biographies and prose poetry reflect her own passions whether for people, plants or places. Idolising pastoral poets, she wrote of travels in the east and society in the west, whilst Virginia Woolf pictured Vita as the timeless Orlando. Using images of gardens, excerpts from books, letters between herself and Harold Nicolson, and even audio of Vita herself reading aloud: we will explore the extraordinary life and loves or our most famous gardener.

**£30 members (+ £5 non)**

**WSW26B18**

### Drawing Snowdrops in Coloured Pencil

**David Lewry**

A full step-by-step demonstration will be provided by the tutor to enable students to draw a stunning picture of snowdrops in the snow using coloured pencils. No previous experience is necessary although students will be expected to have a reasonable set of coloured pencils of their own to work with. All relevant information regarding materials, step-by-step instructions and photographic references will be sent by email to be printed off by the students prior to the course.

**£30 members (+£5 non)**

**WDS26B18**

## Saturday 23 February 2019

### Food & Fruit in Art of N Europe 1500-1800

**Dr Twigs Way**

Ever looked at a canvas piled high with fruits and cheese, glasses filled with amber liquids and plates of pewter spilling their wares, and wondered what it was all about? Do these document the realities of dining or celebrate the bounty of a wealthy patron? Which foods can we recognise and do they still exist? How did the painter keep the fish fresh over the weeks of painting and is there a symbolism behind the melons and the cucumbers? We shall explore images of food and feasts through three centuries.

**£30 members (+ £5 non)**

**WFF23B18**

## Saturday 23 February 2019 cont.

### Angela Burdett-Coutts

We will look at the life and philanthropic work of the amazing 19<sup>th</sup> century millionairess, friend of Dickens and the Duke of Wellington, supporter of a multitude of causes and the first woman to be made Baroness in her own right. Discover how she coped with unexpected wealth, stalkers and found happiness in unexpected places.

£30 members (+ £5 non)

### Liz Carter

WBC23B18

### Drawing Glass Bottles in Coloured Pencil

### David Lewry

A full step-by-step demonstration will be provided by the tutor to enable students to draw a stunning picture of brightly coloured glass bottles using coloured pencils. No previous experience is necessary although students will be expected to have a reasonable set of coloured pencils of their own to work with. All relevant information regarding materials, step-by-step instructions and photographic references will be sent by email to be printed off by the students prior to the course.

£30 members (+£5 non)

WGB23B18

### Freedom: A Philosophical Approach

### Jenny Morris

In this course we take a philosophical approach to freedom in various contexts in society. We shall read and discuss John Stuart Mill's classic essay *On Liberty*, and consider issues arising from it, including its ongoing relevance to many of the debates of the present. Other philosophers' ideas and arguments on liberty and restrictions upon it will also be introduced and debated. It would be helpful to have a copy of Mill's essay to hand: it is widely available both free online and in numerous print editions. No previous experience of academic Philosophy is expected, but participants should expect texts and topics to be challenging (in a good way!)

£30 members (+ £5 non)

WPA23B18

### Paul Cezanne

### Dr Gary Day

Impressionist, Post-Impressionist and proto-Modernist Cezanne was, declared Matisse and Picasso, 'the father of us all'. The Symbolists admired the mysterious aspects of his work, the Cubists admired his sense of 'the relativity of structure' while those who came after saw him as the ancestor of abstract art. Cezanne spent the last 26 years of his life meticulously painting the landscape of his birthplace, Aix-en-Provence. Robert Hughes stated that 'no modern artist except Van Gogh so compels you to recognise their paintings in the landscape.' Sadly we won't be popping over to France to test the truth of this claim, but we will be looking at Cezanne's paintings, how his style develops as he seeks to reconcile the ceaseless play of light with the relative stability of shape. Hopefully we will then understand a little better what he meant by his famous remark, 'With an apple I will astonish Paris.'

£30 members (+ £5 non)

WPZ23B18

### Patterns in Butterflies & Moths

### Tim Parrott

The wings of butterflies and moths present some of the most beautiful geometrical patterns known to human eyes, mingling clear-cut lines and bars with spots of glowing colour. Yet these displays are at the same time powerful weapons in a relentless evolutionary battle fought between butterflies and their predators. Why be satisfied with just half the story?

£30 members (+ £5 non)

WBM23B18

## Saturday 16 March 2019

### History of the Suburban Garden

### Dr Twigs Way

England is a nation of gardeners and most of us garden in suburbia. A private paradise encompassed by privet, the suburban garden contains in its small compass the hopes and dreams of millions of gardeners past and present. But what is its history and what its fashions? With one foot in the country and one in the town suburban garden style waivers from rural retreat to urban chic, decorative to productive, floral to formal but at its heart defined by its location and its size. From Victorian shrubberies to the 1980s 'Good Life' this day school will reveal the ever-changing aspirations and realities as we peer over the privet hedge into the mass of ponds, rockeries, sundials, vegetable and flower beds beyond. Neglected by history, and sometimes in reality, this Saturday School will celebrate the gardens that make up the green patchwork of suburbia.

£30 members (+ £5 non)

WSG16B18

### Chandler's *Farewell My Lovely*

### Dr Gary Day

Along with Dashiell Hammet, Raymond Chandler reworked the detective story, turning it from intellectual puzzle into a gritty evocation of the seediness and corruption of contemporary life. Chandler was more of a romantic writer than Hammet. His private eye, Philip Marlowe, is the descendant of the brooding romantic hero who knows not only that the world will fall short of his ideals, but so too will he. In the 1930s and 40s this attitude underpinned a series of films that went under the generic name of film noir. We will be looking at the novel, *Farewell My Lovely*, to identify those elements which, translated onto screen, became noir. It is necessary to read the novel for this course.

£30 members (+ £5 non)

WFL16B18

### Leonard Cohen: The Song Poet

### Dr Graham McFarlane & Margaret Norwich

From Suzanne [1967] to You Want it Darker [2016], an appreciation of the life & music of SongPoet© Leonard Cohen.

£30 members (+ £5 non)

WLC16B18

### Coastal Archaeology

### Paul Palmer

Much effort is currently concentrated on saving our coastal heritage from the ravages of both time and tide – which we know 'wait for no one!'

This day course will investigate the sometimes frantic activities necessary in obtaining and preserving this information about our past, that arises from this archaeological programme.

£30 members (+ £5 non)

WCA10B18

### Inspired by Birds

### Peter Holden MBE

Throughout history humans have included birds in their art - from Roman mosaics to the music of Sibelius, from medieval manuscripts to art of John James Audubon and Sir Peter Scott. Through their eyes and ears we can get an impression of the environment at the time and how people viewed the natural world in general, birds in particular. We may even find a special place for Ronnie Ronald!

£30 members (+ £5 non)

WIB16B18

### An Introduction to the Arts of the Sub-Continent

### Caroline Bacon

From the Indus Valley Civilization to the global art market today, we will cover 7,000 years of the arts of the Indian Sub-Continent from Afghanistan to Sri Lanka.

£30 members (+£5 non)

WAS16B18

