

## Essex Association of U3As Study Days

### 1. Singing for Pleasure and Mental Wellbeing

**Sunday 24th November 2019** at Broomfield Village Hall, 158 Main Road, Chelmsford CM1 7AH  
**Start Time 9.30 am.**

The cost of the day is £12.00 which includes lunch.

This is a day for everyone – if you can sing or not.

The workshop will include brain-training, work on breathing techniques, co-ordination and communicating with others but most of all singing!

You will leave with a sense of euphoria and achievement and hopefully, a willingness to carry on singing.

### 2. Geology

**Sunday 1<sup>st</sup> March 2020** at Broomfield Village Hall, 158 Main Road, Chelmsford CM1 7AH  
**Start time 10.00 am**

Cost of the day is £15.00 which includes lunch.

Prepare to have your mind stretched by geological time and take a tour of Britain through time-travel spectacles.

We shall look at rocks, fossils and minerals that help us to interpret the scenery and to work out what Britain was like in the past.

There will be illustrated talks and hands on activities.

### 3. Advanced Genealogy

**Thursday 2<sup>nd</sup> April 2020** at St Cedds Hall,  
**Start time 9.30 am**

The cost of the day will be £15.00 which includes lunch.

Toni Nobard is a genealogist with over 40 years experience in the field. She has had two books published on the subject and until recently had a business researching other people's family history.

*Topics for the day:*

Getting the most from the Census

Breaking down 'brick walls'

Dating old family photographs

Introduction to DNA for family history

### 4. The Study of Trees at the Arboretum

**Monday 11th May 2020** at Marks Hall, Coggeshall, Essex, CO6 1TG.

**Start time 10.30 am**

The cost of the day is £10.00. (lunch NOT included - bring your own lunch)

Please note the Marks Hall will be closed to the public on this day.

The Arboretum forms an enviable collection of trees originating from every temperate area of the world and miles of leafy woodland walks to explore and enjoy.

The Senior Arborist will be taking you through the differing areas of the world's trees.

**Please note that this day will be on uneven ground, it will also involve steps and grassed areas which may not be suitable for those with reduced mobility or wheelchair use**

The above Study Days are open to U3A members of Essex Association of U3A's only.

Please apply via the Essex Association Website, contacts page for the above Study Days