

- **Science, Technology And Research Group
(STAR) 2026**

- **Monday 6th April (Easter Monday) 2026**
- **Paul Fileman (Soar Valley u3a) ‘The Cloud ‘**
 - will give a talk about the background to Cloud computing , how it is structured, its security and implications for the future.
 - He will give some thoughts about Crypto currency !
- **Monday 4th May (bank Holiday) 2026**
- **Ian Macdonald West Bridgeford u3a**
- **Physical Activity and Nutrition**
 - Ian (an emeritus professor of Metabolic Physiology from Nottingham University), will aim to explain the nutritional requirements and need for physical activity for older people.
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- *For more information contact : Martin Clarke*
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