

Colchester Archaeology Talks 2020



'ROMAN LIFE'

The '**Roman Life**' series of talks from *Richard Bale* explores different aspects of living in Roman times using archaeological and historical evidence. Each talk seeks to reveal the how's and why's of a topic, so that we can understand both the similarities and differences with our Roman ancestors.

Each talk is presented via Zoom and lasts around 45 minutes, with Richard being available to answer your questions.



Tickets are priced at £4.75 from the website:
www.thecolchesterarchaeologist.co.uk

The series begins on **Thursday 12 November 2020 at 19:30 pm**

'Roman Life - Clothing & Fashion'

For the Romans, the clothes you wore gave an instant indication of your social status. For men, this ranged from the humble tunic for slaves, through to the different coloured togas for Roman citizens. For women, their status determined both the colour, and fabric worn (wool, linen or silk). Fashion was driven by the tastes of the Imperial Court, and copied with enthusiasm across the Roman Empire.

This will be followed on **Thursday 10 December 2020 at 19:30 pm**

'Roman Life - Bathing & Exercising'

Whilst not necessarily a daily occurrence, bathing either at home or at the public baths was an important activity. Many elements of the modern spa can be recognised, from treatment rooms to swimming pools and saunas. The public baths also offered the opportunity to exercise prior to bathing, with ball games, wrestling and even boxing very popular.

The 2021 programme will commence on **Thursday 21 January at 19:30 pm**

'Roman Life - Dining'

The Romans typically ate three meals daily, with dinner considered the most important meal. Remains of ingredients have survived, along with recipes on how to prepare them. It also allowed an important social occasion - the dinner party. This exercised the social institution of patronage; allowed the host to show off the best tableware and mosaics; and to surprise the guests with the selection of food and wine on offer (and possibly yourself!).