



Program Term 1 2017

Feb 6th - April 7th

Please tick on your Enrolment Form if you are able to be a Course Clerk for one of your courses.

Please send your Course Enrolment Form, with any course fees due, in a labelled envelope to Enrolment Officer U3A PO Box 343 Gloucester 2422 OR place it in the shoebox at "Helloworld" located at 60 Church St Gloucester **before Friday 27th January OR Bring it to Enrolment Day on Monday 30th January**

Keep a record of courses you have enrolled in.

If you can't attend a course please let the Course Enrolment Officer know beforehand so someone else may be able to take your place.

SCC Senior Citizens Centre, Hume St
UCH Uniting Church Hall, Cowper St
BH Barrington Hall, Barrington

★ Denotes new and intermittent courses

TERM 1 ENROLMENT DAY

Monday 30th Jan Uniting Church Hall 10am - 12 noon

AGM Friday 24 February 10am - 12 noon

1/117 EASY WALKING GROUP - Mary Hoggett

This is for slow walkers who wish to improve their fitness. We will meet at the grandstand in the park. We will walk around the park, walking as far as individuals wish. Wear comfortable clothes and walking shoes and bring water.

9 Sessions Mon 7.30-8.30 am Feb 6, 13, 20, 27 Mar 6, 13, 20, 27 Apr 3 Grandstand

2/117 BALANCE 'N' BONES - Clare Frew Facilitator

"Balance n Bones" is an exercise program for active and mobile participants at all fitness levels. It is a fun easy workout from a DVD produced by U3A which aims to increase flexibility, balance, co-ordination and bone strength. Wear loose comfortable clothing, flexible shoes & bring water. Please note the **time** change.

9 Sessions Mon 8 - 9 am Feb 6, 13, 20, 27 Mar 6, 13, 20, 27 Apr 3 BH

3/117 MAHJONG MONDAY - Terese Watson

This course is for those who have a grasp of playing mahjong but want to consolidate their learning through playing.....This is not a class for beginners.

9 sessions Mon 10 - 12 noon Feb 6, 13, 20, 27 Mar 6, 13, 20, 27 Apr 3 UCH

4/117 BIRD WATCHING – Joost Werz

Join Joost for a walk through Gloucester Park to talk about and identify the birds you encounter both visually and by their call. Bring along your binoculars and Field Guide to Australian Birds if you have one. Meet at the entrance to Billabong Park in Boundary Street near the stone garden and walkway.

2 sessions Mon 5:30 – 7pm Feb 6, 20

Gloucester Park

5/117 TAI CHI TUESDAY - Linda Benson

This class is for students who have learnt the 18 moves in Tai Chi and are ongoing participants. A short Bowen Therapy will be offered at the end of each session.

9 Sessions Tue 8 - 9 am Feb 7, 14, 21, 28 Mar 7, 14, 21, 28 Apr 4 SCC

6/117 WRITE ON - Marg Collett

This course is full

The U3A writers' group, also known as the River Writers, meets weekly in the homes of members. Our aim is to foster writing skills as well as writing for sheer pleasure. Members are encouraged to write and bring pieces of any genre for positive critiquing. The resulting discussions are always lively and informative. At the moment, this group is not taking any new members.

Continuous 9:30 - 12 noon Every Tue of term

Various homes

7/117 CARD TABLE - Alice & Brian Boyce

If you like to play cards this group is for you. We will be playing 500 as well as a game called Hand and Foot which is a version of Canasta. We have also started a group playing Crib, so come along and join the fun. New players very welcome.

9 Sessions Tue 10 - 12 noon Feb 7, 14, 21, 28 Mar 7, 14, 21, 28 Apr 4 SCC

8/117 MAHJONG TUESDAY - Leonie Carson

This course is for those who have a grasp of playing mahjong but want to consolidate their learning through playingThis is not a class for beginners.

9 Sessions Tue 2- 4 pm Feb 7, 14, 21, 28 Mar 7, 14, 21, 28 Apr 4 SCC

9/117 3RD TUESDAY BOOK CLUB - Margery Phair

If you love books and being part of a discussion group, this book club is for you. We only meet once per month giving plenty of time to read the chosen text.

2 Sessions Tue 10-12 noon Feb 21 Mar 21 SCC

10/117 EXERCISE EQUIPMENT IN THE PARK - Ernie Abeysekera ☆

Join Ernie for an introduction to the three exercise stations installed in Gloucester Park by Rotary. Learn how they operate and what they can do for you but it will be a hands on session so wear comfortable clothing and shoes as you will be walking between the three installations. Meet at the warm up station near Gloucester Croquet Club.

1 session Wed 8 – 9 Feb 8

Gloucester Park

11/117 POWERPOINT MAKING – Lyn Stewart ☆

Learn how to make a Microsoft PowerPoint presentation on your laptop. Preferably bring your own fully charged laptop and run off the battery.

2 sessions Wed 10 – 12 Feb 8, 15 SCC

12/117 INDOOR BOWLS - Pamela Judd

No experience or much physical strength is needed to play this fun social game. Simple instructions and equipment will be provided. Flat comfortable shoes are the only necessity.

9 Sessions Wed 2 - 4 pm Feb 8, 15, 22 Mar 1, 8, 15, 22, 29 Apr 5 SCC

13/117 BEGINNING BRIDGE – Judy Caldwell & Steve Robinson ☆

If you want to learn how to play this fascinating game or refresh your skills, you will be very welcome. Coming along with a partner would be a help so you can work on the bidding process together but it is not essential.

4 Sessions Wed 2 – 4 pm Feb 8, 15, 22 Mar 1 SCC

14/117 BALANCE 'N' BONES - Clare Frew Facilitator

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9 Sessions Thu 8 - 9 am Feb 9, 16, 23 Mar 2, 9, 16, 23, 30 Apr 6 SCC

15/117 SCRABBLE TABLE - Vivien Webeck

Scrabble is an international game so many new words and abbreviations are now used but there is much more involved than just putting down a good word. Learn the finer techniques involved and how to use the board to advantage. Beginners are welcome.

4 Sessions Thu 10 - 12 noon Feb 9, 23 Mar 9, 23 SCC

16/117 DISCUSSION GROUP - Rod Menzel

This is an opportunity to air your views and discuss other points of view on a given topic in a social and entertaining environment.

3 Sessions Thu 2 – 4 pm Feb 9, 23 Mar 9 SCC

17/117 FILM GROUP - Colin Charles

Love watching films in the company of others? Then this group is for you. Colin Charles will be looking after the technical side of showing the DVDs via the new U3A computer but the group will determine the films shown.

3 Sessions Fri 10 – 1 pm Feb 10 Mar 3 Apr 7 BH

18/117 PET DOG TRAINING - Cecily Mahoney ☆

Would you like a dog that sits calmly to greet you and visitors; sits and waits for a meal; walks nicely on a lead and is generally a joy to have? Then you need this class! We will problem solve and discuss feeding, grooming and general health care. All training on lead using only positive techniques.

6 Sessions Wed 8 - 9 Feb 15, 22 Mar 1, 8, 15, 22 Private home

19/117 GAMES TABLE - Cecily Mahoney

Cecily loves playing games and will introduce you to a wide range of games using tiles, dice and cards that you may not have come across before. Rummikub (sometimes known as Rummy-O or Rummy King), a great game using numbered tiles and a game of cards called Skip bo and more. All are great fun and easy to learn.

5 Sessions Thu 10 – 12noon Feb 16 Mar 2, 16, 30 Apr 6 SCC

20/117 KNIT, CROCHET AND CHATTER - Lorraine Forbes and Jess Burley

The Knitting & Crochet Group will continue to meet on alternate Thursdays during the term. New members are always welcome – bring that unfinished project with you or start a new one! It is as much about sharing and learning together

Expert advice is always at hand from Lorraine and Jess should you need it.
4 Sessions Thu 2 - 4 pm Feb 16 Mar 2, 16, 30 SCC

21/117 MEDITATION – Maureen Hjorth ☆

What is meditation all about? Take the mystery out of the art of meditation and learn some valuable tools to help you to keep the practice going daily. Relax and unwind in a safe place, share in some lively discussion and leave the session with a smile. New participants welcome.

6 Sessions **Wed 8.30 – 9.30** **Feb 22,** **Mar 1, 8, 15, 22, 29** **SCC**

22/117 WHAT PRICE DEMOCRACY? – Penny Charles ☆

Democracies around the world are currently facing new difficult challenges. Can Australian democracy survive in this new world? Is democracy still our best option? This course will explore the way our democracy works, its benefits and problems and how our changing world might impact.

2 sessions **Wed 10 – 12** **Feb 22** **Mar 8** **SCC**

23/117 KNOW YOUR MEDICAL CENTRE – Rachel Blanch ☆

Our Medical Centre in Gloucester has expanded its facilities and is able to offer access to more health practitioners. Come along to hear what services are available and how a busy practice operates.

1 session **Wed 10 – 12** **Mar 1** **SCC**

24/117 ON THE BUSES – CALL ME REG - Bernie Tressider ☆

Need a good laugh? Join Bernie as he recounts some of his experiences driving a local school bus.

1 session **Wed 10 – 12** **Mar 15** **SCC**

25/117 A GUIDE FOR INCORPORATED ASSOCIATIONS – Department of Fair Trading ☆

Rules governing incorporated associations have recently changed. Come along to a talk covering these changes by a representative from the Department of Fair Trading to learn how your association is affected.

1 session **Wed 10 - 12** **Mar 22** **SCC**

26/117 ARMCHAIR TRAVEL TO NAMIBIA – Lorna Tomkinson ☆

Lorna will be sharing her experiences and more from a recent safari in Namibia. Come along to hear about this fascinating country: its history and culture; its political system and the wonderful landscape and animals.

1 session **Wed 10 – 12** **Mar 29** **SCC**

27/117 SUDOKU - Susan Dixon ☆

This course is aimed at beginners or those wanting to refresh their skills. Sudoku can be challenging, enjoyable, frustrating, satisfying but above all it helps to tickle the grey matter. It uses numbers but is not about mathematics rather logic.

1 session **Wed 10 – 12** **Apr 5** **SCC**