



Program Term 2 2017

May 1st - June 29th

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 21st April** OR Bring it to Enrolment Day on **Monday 24th April**

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 2 ENROLMENT DAY

Monday 24th April Uniting Church Hall 10am - 12 noon

1/217 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 8.00-9.00 am May 1, 8, 15, 22, 29 June 5, 12, 19, 26 Grandstand

2/217 BALANCE 'N' BONES - Clare Frew Facilitator

(Limit 15)

"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 for this term.

8 Sessions Mon 9 -10 am May 1, 8, 15, 22, 29 June 5, 12, 19, BH

3/217 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 May 1, 8, 15, 22, 29 June 5, 12, 19, 26 UCH

4/217 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 May 2, 9, 16, 23, 30 June 6, 13, 20, 27 SCC

5/217 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 also play Crib, so come along and join the fun. New players very welcome.

9 Sessions Tue 10 - 12 noon May 2, 9, 16, 23, 30 June 6, 13, 20, 27 SCC

6/217 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 May 2, 9, 16, 23, 30 June 6, 13, 20, 27 SCC

7/217 MORNING BIRDWATCHING – 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.

1 session Wed 8 – 10 am May 3 Gloucester Park

8/217 MOVE ALONG – Clare Frew**(Limit 10)**

Move Along is an exercise program which is based on continuous movement to music, working at around 126 BPM for 40-45 mins. It is suitable for participants who have had some experience in attending aerobics classes. Move Along is aimed at increasing heart rate, aerobic fitness, strength and flexibility with a cool down of 10-15 mins at the end. Please wear comfortable clothing, supportive shoes, bring water and light weights if you have them.

8 Sessions Wed 8.30 – 9.30 am May 3, 10, 17, 24, 31 June 7, 14, 21 SCC

9/217 BUCKETTS WAY NEIGHBOURHOOD GROUP – Anna Burley - CEO BWNG

Anna Burley, CEO of Bucketts Way Neighbourhood Group Inc. will outline the services and programs available through the organisation. Even with the range of community services available, they are always keen to hear about programs that could enhance the life and lifestyles of the community as a whole.

1 Session Wed 10 – 12 May 3 SCC

10/217 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 May 3, 10, 17, 24, 31 June 7, 14, 21, 28 SCC

11/217 BALANCE 'N' BONES - Clare Frew Facilitator**(Limit 20)**

"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.

9 Sessions Thu 8 - 9 am May 4, 11, 18, 25 June 1, 8, 15, 22, 29 SCC

12/217 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.

5 Sessions Thu 2 - 4 pm May 4, 18 June 1, 15, 29 SCC

- 13/217 BEGINNERS MAHJONG – Terese Watson and Pam Judd** (Limit 8)
 Terese and Pam are offering to run a Mahjong course for beginners but numbers will be restricted to eight. As this will be a popular course please make every effort to ensure that you can attend all sessions barring unforeseen circumstances.
8 Sessions Thu 2 – 4 pm May 4, 11, 18, 25 June 1, 8, 15, 22 SCC
- 14/217 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 U3A computer but the group will determine the films shown.
2 Sessions Fri 10 – 1 pm May 5 June 2 BH
- 15/217 OLD MAITLAND WALK EXCURSION - Lyn Stewart** ★
 Join us for a guided walk through old Maitland town. ***Car sharing will be the go, to be arranged once we have enrolments.*** We will aim to arrive at Maitland Railway Station car park by 10.30am and then walk down to Pender Place for a quick coffee. We meet our guide at 11am for a two hour walk. Heritage walk + light lunch + look through the museum at the National Trust's Grossmann House \$28 per person.
1 Session Mon May 8
- 16/217 FAVOURITE BOOKS AND AUTHORS - Joyce Buswell**
 The beauty of talking about books is that we learn so much from each other. One of the best things is hearing about books and authors both old and new with whom we are unfamiliar. Although we cannot enjoy every book we read, contrary opinions are of as much interest as our favourites. Lively discussion is what we are here for. **Please note the time change.**
4 Sessions Tue 2 - 4 pm May 9, 23 June 13, 27 SCC
- 17/217 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 May 11, 25 June 8, 22 SCC
- 18/217 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.
4 Sessions Thu 2 – 4 pm May 11, 25 June 8, 22 SCC
- 19/217 AFTERNOON BIRDWATCHING – 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.
1 session Thu 3.30-5.30 pm May 11 Gloucester Park
- 20/217 DINE OUT ON QUICHE - Penny Vavasour** ★ (Limit 10)
 Nearly everyone enjoys a good quiche but not all of us have the skills to make one from scratch using home-made pastry and varied fillings. A good pastry is the key. Join Penny, a Cordon Bleu cook, for a demonstration of making quiches from scratch and stay on to eat the resulting delicious lunch. While the quiches bake, Penny will show how to make a mouth-watering panna-cotta dessert with orange and almond tuiles for dessert.
Cost \$10 includes lunch & coffee
1 session Fri 10 – 1 approx May 12 or June 9 Penny's home: 954 Barrington West Road

21/217 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 May 16 Jun 20 SCC

22/217 THE NORTHERN LIGHTS – Lance May ★

The Aurora Borealis or Northern Lights are nature's real "Vivid" display.

This session explores the nature of the lights, where & when to see them and how best to photograph them. Our hunt for the Northern Lights goes from Svalbard to Tromso via a cruise through the Norwegian fjords.

1 Session Wed 10-12 noon 17 May SCC

23/217 GLOUCESTER DISTRICT U3A CONSTITUTION – Synthia Elks ★

Our constitution is based on the 1999 Rules. This is your opportunity to participate in modernising our constitution and the proposed handbook to serve GDU3A's needs for the next 10 years. The sessions will contain further information, with time for discussion and Q & A arising from the Draft Constitution.

2 Sessions Thu 10 - 12 noon May 18 June 15 SCC

24/217 PRINTMAKING WITHOUT A PRESS – Marion Rounsley ★ **(Limit 20)**

Printmaking is great for making your own cards. Learn a variety of ways to create prints which can then be made at home. Looking at a range of examples we will be experimenting with printing some prepared lino blocks, found objects and learning mono print techniques. We will learn how to -

* transfer an image onto a piece of lino - * cut the lino - * how to print it. **Cost \$20.00**

WHAT TO BRING EACH WEEK:

*Wear an apron or old clothes *A newspaper to cover the table you are working on to protect it from ink *Two OLD tea towels or hand towels *A kitchen sponge and a roll of paper towel

3 Sessions Wed 10-12 May 24, 31 June 7 SCC

25/217 MONEY MATTERS – Department of Fair Trading ★

Ever been taken in by a scam? Learn how they operate and how to avoid them. Know your shopping rights especially when it comes to returning items. Money Matters also covers phone contracts and comparing prices and many more situations you may have encountered when managing your money. There will be plenty of time for questions.

1 session Wed 10 – 12 noon Jun 21 SCC

26/217 U2 UKELELE STRUM - Ged Conder ★ **(Limit 8)**

You too can play the ukulele with Ged's help to get started. With only four strings, how hard can it be and what fun to play along with friends and family singing. Bring along your own instrument if you have one but Ged will have some to share on the day.

1 session Wed 10 - 12 noon Jun 28 SCC

27/217 WHY DOES PENGUIN POO STINK? - David Marston ★

Looking into the climate, geology and biology of the fascinating continent of Antarctica and its associated islands we will get close to answering this intriguing question.

1 session Thu 10 – 12 noon 29 June SCC

28/217 SINGING IN HARMONY - Elizabeth Bartlett ★

We need to gauge the level of interest in a U3A Singing in Harmony Group. If you are keen to join such a choir. Practices would be on Wednesday from 2 - 4 pm at the Seventh Day Adventist Hall.