



Program Term 3 2016

July 18th - Sept 23rd

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 15th July OR Bring it to Enrolment Day on Monday 18th July.

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
BWNG	Buckets Way Neighbourhood Group, King St

★ Denotes new and intermittent courses

TERM 3 ENROLMENT DAY

Monday 18th July Uniting Church Hall 10am - 12 noon

1/316 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 - 9 am July 25 Aug 1, 8, 15, 22, 29 Sept 5, 12, 19 Grandstand

2/316 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 and flexible shoes.

9 Sessions Mon 9 - 10 am July 25 Aug 1, 8, 15, 22, 29 Sept 5, 12, 19 Barrington Hall

3/316 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 July 25 Aug 1, 8, 15, 22, 29 Sept 5, 12, 19 UCH

4/316 TECHNOLOGY (T1) - Jude Hatton ★

Using your iPad or iPhone more efficiently.

Cost \$10

2 Sessions Mon 2 - 4 pm July 25 Aug 1, BWNG

- 5/316 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 July 26 Aug 2, 9, 16, 23, 30 Sept 6, 13, 20 SCC
- 6/316 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
- 7/316 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 July 26 Aug 2, 9, 16, 23, 30 Sept 6, 13, 20 SCC
- 8/316 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. We would love new members.
3 Sessions Tue 10 - 12 noon July 26 Aug 16 Sept 20 SCC
- 9/316 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 July 26 Aug 2, 9, 16, 23, 30 Sept 6, 13, 20 SCC
- 10/316 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. Note the change to 2nd & 4th Wednesdays. Beginners are welcome.
4 Sessions Wed 10 - 12 noon July 27 Aug 10, 24 Sept 14 SCC
- 11/316 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 July 27 Aug 3,10,17,24,31 Sept 7,14, 21 SCC
- 12/316 WRITING GROUP 2 - Paul Gannon & others**
 Using the same successful methods developed by the Write-On group, our aim is to foster writing skills as well as writing for sheer pleasure. Members will be encouraged to write and bring pieces of any genre for positive critiquing.
9 sessions Wed 1 - 3 pm July 27 Aug 3,10,17,24,31 Sept 7,14, 21 SCC
- 13/316 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 and flexible shoes.
9 Sessions Thu 8 - 9 am July 28 Aug 4,11,18,25 Sept 1,8,15, 22 SCC
- 14/316 ARMCHAIR TRAVEL - Penny Charles** ☆
 "*Hardship, Heroism and Monkey Magic*" - an unforgettable trip through Sichuan and Tibet. Sichuan is famous for its food, Tibet for its fascinating culture. They were all we expected and much more! Please join us to share this wonderful experience.
1 Sessions Thu 10 - 12 noon July 28 SCC

15/316 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! Expert advice is always at hand from Lorraine and Jess should you need it.

5 Sessions Thu 2 - 4 pm July 28 Aug 11, 25 Sept 8, 22 SCC

16/316 CONTINUING CHINESE - Pat Burrows

Very simple Mandarin for those continuing this course. Learn a few simple sentences and a bit about the culture. Have a laugh while practising together. No need to learn writing – but you can if you want to. May be helpful if you want to travel to China, or simply say hello to the many Chinese people in Australia.

9 Sessions Thu 2 - 4 pm July 28 Aug 4,11,18,25 Sept 1,8,15, 22 SCC

17/316 ROAD SAFETY FOR OLDER USERS - Presented by NSW Roads and Maritime Services ☆

This free workshop will be offering advice and safety tips to help people **aged 65 or over** make safer choices as pedestrians, drivers, cyclists, or motorised scooter users.

1 Sessions Wed 10 - 12 noon Aug 3 SCC

18/316 GAMES MORNING - 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. The first session will concentrate on Rummikub (sometimes known as Rummy-O or Rummy King), a great game using numbered tiles and if time permits, a game of cards called Skip bo." Both are great fun and easy to learn.

4 Sessions Thu 10 - 12noon Aug 4, 18 Sept 1, 15 SCC

19/316 YESTERDAY, TO-DAY AND TOMORROW – Lyn Stewart, Facilitator

The Australian History group has expanded its scope to encompass general history, current affairs and ideas about the future. This offers you the widest scope to air your knowledge/passion/experience on a subject to share with others..

Session Thu 2 - 4 Aug 4, 18, Sept 1, 15 SCC

20/316 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.

2 Sessions Fri 10 - 1 pm Aug 5 Sept 2 Barrington Hall

21/316 APPRECIATING OPERA – Lyn Stewart ☆

Bizet's dramatic opera of Carmen is full of rousing music with more than a touch of Spanish castanets. Join us for some of the exhilarating highlights of this poplar classic.

1 session Mon 10 - 12:30 Aug 8 Lyn's home, 4 Red Gum Road, Barrington

22/316 TECHNOLOGY (T2) - Jude Hatton ☆

Come along and learn to use your android tablet or android phone more confidently and efficiently.

2 Sessions Mon 2 - 4 pm Aug 8, 15 Cost \$10 BWNG

23/316 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.

3 Sessions Tue 10 - 12 noon Aug 9, 23 Sept 6 SCC

- 24/316 UNDERSTANDING THE MYSTERIES OF HUMAN BEHAVIOUR - Rod Menzel** ☆
Using the latest theories and research from psychology and other behavioural sciences, join us on a fascinating journey into the complex heart of who we are. You'll start looking at your own and other people's behaviour with more insight, curiosity and wonderment as well.
4 Sessions Thu 10 - 12 noon Aug 11, 25 Sept 8, 22 SCC
- 25/316 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 Aug 17, 24, 31 Sept 7, 14, 21 SCC
- 26/316 USE DRAMA TO FIND YOUR VOICE – Maureen Hjorth** ☆
Public speaking can be a daunting prospect for many but drama is an ideal medium to build your confidence and find your voice.
4 Sessions Wed 10 – 12 Aug 17, 31 Sep 7, 21 SCC
- 27/316 DISCUSSION GROUP - Rod Menzel**
The objective for this group is to help participants clarify their thoughts on various topics. Topics will be selected from those suggested by the group.
3 Sessions Wed 10 - 12 noon Aug 17, 31 Sept 14 SCC
- 28/316 TECHNOLOGY (T3) - Jude Hatton** ☆ **Cost \$5**
This session is to explore and learn to use apps such as Pinterest, ebay, paypal and other useful apps on your tablet or phone.
1 Sessions Mon 2 - 4 pm Aug 22 BWNG
- 29/316 GLOUCESTER SINGERS LUNCHTIME CONCERT – Elizabeth Bartlett** ☆
The Gloucester Singers is a community choir. That means no audition is required. Membership is open to anyone who likes to sing. They sing 'a cappella' ie without accompaniment. A wide range of songs from around the world and across the centuries are chosen for the beauty of their harmonies.
1 Session Wed 12.15 – 1.15 Aug 24 UCH
- 30/316 TECHNOLOGY (T4) - Jude Hatton** ☆ **Cost \$10**
Helping you with general computer problems for laptops or phones. No matter how big or small your problem is bring it along and we will help. You can come to either or both sessions.
2 Sessions Mon 2 - 4 pm Sept 5, 12 BWNG
- 31/316 TECHNOLOGY (T5) - Jude Hatton** ☆ **Cost \$5**
Come and explore the variety of mind stimulating games that can be downloaded onto your tablet or phone.
1 Sessions Mon 2 - 4 pm Sept 19 BWNG