



Program Term 4 2017

16 Oct - 15 Dec

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 6 Oct OR Bring it to Enrolment Day on Monday 9 Oct**

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.

TERM 4 ENROLMENT DAY

Monday 9 Oct Uniting Church Hall 10am – 12 noon

Please Note: All courses will be held at the Senior Citizens Centre, Hume Street unless otherwise stated

Session	Course Description ★ Denotes new and intermittent courses
1/417 9 Sessions Grandstand	EASY WALKING GROUP – Mary Hoggett This is for slow walkers who wish to improve their fitness. We meet at the grandstand in the park and will walk around the park, walking as far as individuals wish. Wear comfortable clothes and walking shoes and bring water. Monday: 8.00 am - 9.00 am Oct 16, 23, 30 / Nov 6, 13, 20, 27 / Dec 4, 11
2/417 9 Sessions Barrington Hall, Barrington	BALANCE 'N' BONES – Clare Frew <i>(Limit 15)</i> "Balance n Bones" is an exercise program for active and mobile participants at all fitness levels. It is a fun and easy workout which aims to improve flexibility, balance, co-ordination and bone strength. Wear loose comfortable clothing, flexible shoes & bring water. Please note the time change for this term. Monday: 8.00 am - 9.00 am Oct 16, 23, 30 / Nov 6, 13, 19, 27 / Dec 4, 11
3/417 9 Sessions Uniting Church Hall Cowper Street	MAHJONG MONDAY – Terese Watson This course is for those who have a grasp of playing mahjong but want to consolidate their learning through playing. <i>This is not a class for beginners</i> Monday: 10 am – 12 noon Oct 16, 23, 30 / Nov 6, 13, 20, 27 / Dec 4, 11
4/417 9 Sessions	TAI CHI – 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. Tuesday: 8.00 am – 9.00 am Oct 17, 24, 31 / Nov 7, 14, 21, 28 / Dec 5, 12

5/417 9 Sessions	CARD TABLE – Alice & Brian Boyce If you enjoy a game of cards do join this group. We play 500, Hand and Foot (a version of Canasta) and Crib. Always fun and newcomers are welcome. Tuesday: 10.00 am – 12 noon Oct 17, 24, 31 / Nov 7, 14, 21, 28 / Dec 5, 12
6/417 2 Sessions	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. Tuesday 10.00 am – 12 noon Oct 17 / Nov 21
7/417 9 Sessions	MAHJONG TUESDAY – Leonie Carson This course is for those who have a grasp of playing mahjong but want to consolidate their learning through playing. <i>This is not a class for beginners.</i> Tuesday: 2.00 am – 4.00 pm Oct 17, 24, 31 / Nov 7, 14, 21, 28 / Dec 5, 12
8/417 4 Sessions	FAVOURITE BOOKS and AUTHORS 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. Tuesday: 2.00 pm – 4.00 pm Oct 24 / Nov 7, 21 / Dec 5
9/417 8 Sessions	MOVE ALONG – Clare Frew <i>(Limit 20)</i> Move Along is an exercise program 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. Wednesday: 8.00 am– 9.00 am Oct 18 / Nov 1, 8, 15, 22, 29 / Dec 6 13
10/417 1 Session	UKELELE – Jed Condor ★ A ukulele is a four-stringed instrument which makes it easier to learn than a guitar. They are great to play and sing along to for all the family. Jed can help you on the way and is able to share instruments on the day if you don't have your own. Wednesday: 10 am– 12 noon Oct 18
11/417 8 Sessions	INDOOR BOWLS – Pam Judd <i>Limit 16</i> 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. Wednesday: 2.00 pm – 4.00 pm Oct 18 / Nov 1, 8, 15, 22, 29 / Dec 6, 13
12/417 8 Sessions	BALANCE 'N' BONES – Clare Frew <i>(Limit 20)</i> "Balance n Bones" is an exercise program for active and mobile participants at all fitness levels. It is a fun easy workout which aims to increase flexibility, balance, co-ordination and bone strength. Wear loose comfortable clothing, flexible shoes & bring water. Thursday: 8.00 -9.00 am Oct 19, 26 / Nov 2, 9, 16, 23, 30 / Dec 7

13/417	BE THE NEXT WINNER OF PIX IN THE STYX – Shayne Gardiner ★
1 Session	<p>Learn how to take photos on your phone, iPad or tablet or even your camera! Shayne has won numerous prizes in Pix in the Styx and a first prize this year at the Sydney Royal Easter Show Arts and Crafts photography section and is happy to share a few invaluable tips with you.</p> <p>Thursday: 10am – 12 noon approx. Oct 19</p>
14/417	SCRABBLE TABLE – Vivien Webeck
3 Sessions	<p>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.</p> <p>Thursday: 10.00 am – 12 noon Oct 26 / Nov 9, 23</p>
15/417	KNIT, CROCHET AND CHATTER – Lorraine Forbes and Jess Burley
4 Sessions	<p>The Knitting & Crochet Group meets on alternate Thursdays during the term. New members are always welcome – bring that unfinished project with you or start a new one! It is all about sharing and learning together. Expert advice is always at hand from Lorraine and Jess should you need it.</p> <p>Thursday: 2.00 pm – 4.00 pm Oct 19 / Nov 2, 16, 30</p>
16/417	CREATING TINY GARDENS (KOKEDAMA) – Carol de Boos ★ <i>Limit 8</i>
1 Session	<p>Use your design skills to make Kokedama, small hanging plants wrapped in moss and string. We'll try our hands at making one of these small packages and also look at re-using old teapots and kitchen planters. These make great gifts for Christmas or any time, are fun to make especially with younger members of the family and can be used with a wide variety of plants. Carol will supply everything needed on the day.</p> <p>Thursday: 2.00 pm – 4.00 pm Oct 26</p>
17/417	MEDITATION – Maureen Hjorth ★
5 Sessions	<p>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.</p> <p>Wednesday: 9.30 am – 10.30 am Nov 1, 8, 15, 22, 29</p>
18/417	WHAT PRICE DEMOCRACY – Penelope Charles ★
1 Session	<p>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 explores the way our democracy works, its benefits and problems and how our changing world might impact. We will address this through a focus on democracy in the USA.</p> <p>Wednesday: 10.00 am – 12 Noon Nov 1</p>
19/417	FILM GROUP – Colin Charles
2 Sessions Barrington Hall, Barrington	<p>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.</p> <p>Friday: 10.00 am – 1.00 pm Nov 3 / Dec 1</p>

20/417 2 Sessions	CHRISTMAS FUN – Anne Williamson ★ Time to get creative and make something different for Christmas. In Session 1 you will make a small Christmas tree to light a corner and pretty beaded letters which can be used for place names or to decorate a gift. In Session 2 you will create a Pinata which you can fill with treats at home, ready for family festivities. Bring along 6 wire coat hangers for Session 1 and Anne will supply all other requirements. Thursday: 2.00 pm – 4.00 pm Nov 9, 23
21/418 1 Session	WALKING FORUM ★ Be inspired! Join a number of local walkers who have recently completed some wonderful walks like the Camino de Santiago in France and Spain; the West Highland walk in Scotland; the 7 Bridges walk in Sydney and the list goes on. Learn about their preparation and equipment; their experiences along the way and the people they met. Wednesday: 10 am – 12 noon Nov 8
22/417 1 Session	PLEASE RULE ME – Penelope Charles ★ Government started when a strong man saw the opportunity and took control of a small group. The story of how we went from there to a system where we vote at regular intervals for the governments we think we want, is a fascinating story. Change happened at times in very unexpected ways through some surprising people! We are part of a story that continues to unfold..... Wednesday: 10.00 am – 12 Noon Nov 15
23/417 2 Sessions	BOTANY FOR GARDENERS – Adrian Salter ★ This is an introduction to the study of plants for people who like to grow them. Topics may include: what plants have in common; parts of a plant and how to describe them; grouping similar plants; some of the ways that plants use light, water and minerals. Knowledge of these topics can help a gardener to select, identify, culture and propagate healthy plants. Wednesday: 10.00 am – 12 noon Nov 22, 29
24/417 3 Sessions	DISCUSSIONS REGARDING GOVERNMENT AND THE LAW – James Dupree ★ Session 1: New South Wales and Journey towards a Republic This discussion will centre on the source and history of law in New South Wales and the impact that has in respect to the journey toward a Republic. Session 2: Local Government and the third tier of Government This discussion will centre on the history of Local Government, its relevance to Government in New South Wales and my experience as an alderman. Session 3: Civil Liberty and the place the community has in influencing Government This discussion will draw on my experience as an official in the Council for Civil Liberties and as its President. Thursday: 10.00 am – 12 noon Nov 2, 16, 30
25/417 1 Session	JANE AUSTEN OUT LOUD – Lyn Stewart ★ It's 200 years since Jane Austen died. If you have favourite bits of Jane Austen's novels then bring them along and share them with others. It's a pity Jane can't be with us to hear how we still enjoy her work. Wednesday: 10.00 am - 12 noon Dec 6
26/417	U3A CHRISTMAS PARTY Mark this date in your calendars. It should be a fun lunchtime event with more details revealed during Term 4. Thursday: 12 noon – 2.00 pm approx. Dec 14