



# Program Term 4 2016

Oct 10th - Dec 16th

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 7th Oct OR Bring it to Enrolment Day on Monday 10th 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.

**SCC** ..... Senior Citizens Centre, Hume St  
**UCH** ..... Uniting Church Hall, Cowper St  
**BH** ..... Barrington Hall, Barrington  
**CROQUET COURT** ..... Gloucester Park

★ Denotes new and intermittent courses

## TERM 4 ENROLMENT DAY

**Monday 10<sup>th</sup> Oct      Uniting Church Hall      10am - 12 noon**

**1/416 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                    Oct 17, 24, 31    Nov 7, 14, 21, 28    Dec 5, 12            Grandstand**

**2/416 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                    Oct 17, 24, 31    Nov 7, 14, 21, 28    Dec 5, 12            BH**

**3/416 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    Oct 17, 24, 31    Nov 7, 14, 21, 28    Dec 5, 12            UCH**

**4/416 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.

**7 Sessions Mon 3 - 4 pm Oct 17, 24, 31 Nov 7, 14, 21, 28 Private home**

**5/416 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 Oct 18, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13 SCC**

**6/416 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**

**7/416 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 Oct 18, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13 SCC**

**8/416 MAHJONG TUESDAY - Leonie Carson**

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 Tue 2- 4 pm Oct 18, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13 SCC**

**9/416 3<sup>RD</sup> 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 2- 4 pm Oct 18 Nov 15 Dec 13 SCC**

**10/416 OPTIMIZING BRAIN FITNESS – Rod Menzel**

With its up to 500 trillion synaptic connections, your brain is easily the most powerful machine in the world. These connections are what create your thoughts, what drive your emotions and what control your behaviours. Even more incredible is that this amazing machine is constantly changing through a process known as brain plasticity. You can take advantage of this process to improve and enhance your brain's jaw-dropping powers at any age.

**3 Sessions Wed 10 - 12 noon Oct 19, 26 Nov 2 SCC**

**11/416 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 Oct 19, 26 Nov 2, 9, 16, 23, 30 Dec 7, 14 SCC**

**12/416 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.

**8 Sessions Thu 8 - 9 am Oct 20, 27 Nov 3, 10, 17, 24 Dec 1, 8 SCC**

**13/416 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 10 - 12 noon Oct 20 Nov 3, 17 SCC**

**14/416 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 Oct 20 Nov 3, 17 Dec 1, 15 SCC**

**15/416 BEGINNING CROQUET - Zan Menzel**

Come along and learn how to play Golf Croquet, a little exercise for the body as well as the brain. This course is open to beginners and players wanting to refresh their skills. Please wear comfortable clothing and flat shoes. **A fee of \$6 per person per lesson to be paid directly to the Croquet Club** and morning tea will be provided by the club.

**6 Sessions Fri 3 – 4 pm Oct 21, 28 Nov 4, 11, 18, 25 Croquet Court**

**16/416 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. Note the change to 2<sup>nd</sup> & 4<sup>th</sup> Thursdays

**4 Sessions Thu 10 - 12 noon Oct 27 Nov 10, 24 Dec 8 SCC**

**17/416 AN EVENING WITH 'ILDA & ELSIE – River Writers Showcase** ☆

'Ilda and Elsie are your hosts for an evening of jocularly, beauty and reflection as the U3A River Writers present selected sketches, short stories and poems - followed by light refreshments. You'll laugh, you'll smile, you'll reflect, you'll laugh again... AND get to lick your fingers.

**1 Session Fri 7.30 pm Oct 28<sup>th</sup> SCC**

**18/416 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 Nov 1, 22 Dec 13 SCC**

**19/416 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 Nov 4 Dec 2 BH**

**20/416 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. 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. *Note the change to Wednesday mornings.*

**4 Sessions    Wed 10 – 12noon                      Nov 9, 23                      Dec 7, 14                      SCC**

**21/416 WOMEN'S HEALTH – Anne Vilayrack - NSW Health**

Women's Health Nurse and Educator Anne Vilayrack will be addressing women's health issues especially as we age including healthy eating guidelines, emotional wellbeing, age specific health checks and what the Women's Health Nurse who comes to Gloucester regularly is able to offer. There will be plenty of time for questions.

**1 Session    Wed 10 – 12noon                      Nov 16<sup>th</sup>                      SCC**

**22/416 IRISH ROOTS – Lyn Stewart**

Three years ago all I knew about my great great grandmother was what appeared on her 1884 death certificate. Lyn will share her journey into the very different world of Irish genealogy.

**1 Session    Wed 10 – 12noon                      Nov 30<sup>th</sup>                      SCC**

**23/416 ARMCHAIR TRAVEL – Vicki Coombes**

Explore the Kimberley region with Vicki Coombes as she talks about the geology, the colours, the flora and fauna and the fascination of this iconic area of Western Australia. Some wonderful photos will take you right there.

**1 Session    Thu 10 – 12noon                      Dec 1<sup>st</sup>                      SCC**

**24/416 CHRISTMAS PARTY – Rod Menzel & Committee**

**Cost; Member \$15.00    Guest \$25.00**

Come along for a wonderful night of fellowship and entertainment celebrating another busy year at U3a! This event will include a two course meal catered for by the Rookhurst/Gloucester hospital Auxiliary.

**Wed 6.00 – for 6.30 pm                      Dec 14<sup>th</sup>                      SCC**