



# Program Term 2 2016

May 2<sup>nd</sup> - July 1<sup>st</sup>

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 22<sup>nd</sup> April OR Bring it to Enrolment Day on Tuesday 26<sup>th</sup> 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.

<b>SCC</b>	Senior Citizens Centre, Hume St
<b>UCH</b>	Uniting Church Hall, Cowper St
<b>BH</b>	Barrington Hall, Barrington
<b>BWNG</b>	Buckets Way Neighbourhood Group, King St

★ Denotes new and intermittent courses

## TERM 2 ENROLMENT DAY

**Tuesday 26<sup>th</sup> April    Uniting Church Hall    10am - 12 noon**

**1/216 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 2, 9, 16, 23, 30    June 6, 13, 20, 27                      Grandstand**

**2/216 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 2, 9, 16, 23, 30    June 6, 13, 20, 27                      UCH**

**3/216 VIBER & WHATSAPP - Jude Hatton ★**

**Limit 10**

**Cost \$15.00**

Are you intending to travel overseas in the near future? Do you wonder how you are going to contact people back here in Australia without incurring huge telephone bills for your mobile?

This course will look at the best chatting apps available and how to use them overseas to send messages, photos and even make phone calls without large charges.

You will need a reasonably current Smartphone for this course and some basic usage skills.

**3 Sessions    Mon 2 – 4 pm                      May 2, 9, 16                      BWNG**

- 4/216 TAI CHI TUESDAY - Linda Benson**  
 This class is for students who have learnt the 18 moves in Tai Chi and are ongoing participants, it is the same standard as the session offered on Wednesday.  
 A short Bowen Therapy will be offered at the end of each session.  
**9 Sessions Tue 8 - 9 am May 3, 10, 17, 24, 31 June 7, 14, 21, 28 SCC**
- 5/216 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**
- 6/216 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 May 3, 10, 17, 24, 31 June 7, 14, 21, 28 SCC**
- 7/216 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 May 3, 10, 17, 24, 31 June 7, 14, 21, 28 SCC**
- 8/216 BEGINNERS MAHJONG TUESDAY - Pat Frude** ★ **Limit 4**  
 Pat has kindly offered to run a Mahjong course for beginners but numbers will be restricted to four. As this will be a very popular course please make every effort to ensure that you can attend all sessions barring unforeseen circumstances.  
**9 Sessions Tue 2 – 4 pm May 3, 10, 17, 24, 31 June 7, 14, 21, 28 SCC**
- 9/216 TAI CHI WEDNESDAY - Linda Benson**  
 This class is for students who have learnt the 18 moves in Tai Chi and are ongoing participants, it is the same standard as the session offered on Tuesday.  
 A short Bowen Therapy will be offered at the end of each session.  
**9 Sessions Wed 8.30 – 9.30 am May 4, 11, 18, 25 June 1, 8, 15, 22, 29 SCC**
- 10/216 THE ARTS & CRAFTS MOVEMENT - Mary Hoggett & Penelope Charles** ★  
 We will explore beautiful 19<sup>th</sup> century English homes celebrating joy in fine workmanship and the hope of a new way of living.  
**1 Session Wed 10 – 12 noon May 4 SCC**
- 11/216 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 4, 11, 18, 25 June 1, 8, 15, 22, 29 SCC**
- 12/216 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 May 4, 11, 18, 25 June 1, 8, 15, 22, 29 SCC**

**13/216 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 May 5, 12, 19, 26 June 2, 9, 16, 23, 30 SCC**

**14/216 KEEP THE MARBLES ROLLING - Rod Menzel**

Keeping your brain active is one of the ways by which you can maintain your quality of life. There are many other factors, but a fit mind is an important one. The Keeping The Marbles Rolling (KTMR) program is designed to keep some of the functions of your mind in trim in the same way as you take physical exercise to keep your body in trim. The program is designed to be non-competitive and fun, so if you wish to bring along an accomplice to keep you both on your toes, feel free.

**9 Sessions Thu 10 - 12 noon May 5, 12, 19, 26 June 2, 9, 16, 23, 30 SCC**

**15/216 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 May 5, 19 June 2, 16, 30 SCC**

**16/216 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 May 5, 12, 19, 26 June 2, 9, 16, 23, 30 SCC**

**17/216 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 May 6 June 3 July 1 Barrington Hall**

**18/216 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.

**4 Sessions Tue 10 - 12 noon May 10, 24 June 14, 28 SCC**

**19/216 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 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays. Beginners are welcome.

**4 Sessions Wed 10 - 12 noon May 11, 25 June 8, 22 SCC**

**20/216 DISCUSSION GROUP - Rod Menzel ★**

The objective for this group is to help participants clarify their thoughts on various topics. The first will be "Why is so much always done by so few?" The other two topics will be selected from those suggested by the group.

**3 Sessions Wed 10 - 12 noon May 11, 25 June 8 SCC**

**21/216 A GAMES AFTERNOON - 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 2 – 4 pm May 12, 26 June 9, 23 SCC**

**22/216 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.

**2 Sessions Tue 10 - 12 noon May 17 June 21 SCC**

**23/216 HEALTHY FOODS - Marnie Johnson ☆**

All "healthy" food is not necessarily good for YOU. Learn how to choose the right foods to optimise your health.

**1 Session Wed 10 – 12 May 18 SCC**

**24/216 FILM APPRECIATION - Rod Menzel ☆**

Rod will choose a film, show it, review critical opinions of the film and then open discussion from the floor. The films will be a mixture of old and contemporary with ratings less than MA.

**3 Sessions Wed 4.30 – 6.30 May 18 June 1, 15 SCC**

**25/216 TECH SAVVY - Jude Hatton ☆****Limit 10****Cost \$30.00**

Get the most out of your computer be it an iPad, tablet, or laptop. This course will be structured around the requirements of the members and the equipment that they bring with them.

**6 sessions Mon 2 – 4 May 23, 30 Jun 6, 13, 20, 27 BWNG**

**26/216 THE BAHA'I FAITH - Adrian Salter ☆**

The Baha'i faith is an independent world religion founded in 1844. Its central theme is that humanity is one family and that the time has come for its unification into a peaceful global society. These sessions will introduce its historical foundations, teachings and social principles; look at Baha'i community life and address some frequently asked questions.

**2 Sessions Wed 10 – 12 June 1, 15 SCC**

**27/216 YESTERDAY, TO-DAY AND TOMORROW - Barry Frew, Facilitator**

This term there is only a museum visit planned. We are visiting the Manning Valley Historical Society in Wingham. The cost of entry is \$ 4.00 (four dollars). We are planning to car pool and meet at the museum on Farquhar St at 2.00 pm. Car pooling will be organised when we have the names of participants.

**1 Session Thu 2 pm June 9 Excursion**