

Program Term 1 2016

1 February - 8 April

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 22nd January OR** Bring it to Enrolment Day on **Monday 25th January.**

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 Street

UCH Uniting Church Hall, Cowper Street

GFH Gloucester Food Hub, Cemetery Road

BH Barrington Hall, Barrington

★ Denotes new and intermittent courses

TERM 1 ENROLMENT DAY

Monday 25th January Uniting Church Hall 10am - 12 noon

1/116 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 (not at the Rec Centre). We will walk around the park, walking as far as individuals wish. Wear comfortable clothes and walking shoes and bring water.

9 Sessions Mon 7.30 – 8.30 am Feb 1, 8, 15, 22, 29 Mar 7, 14, 21, Apr 4 Grandstand

2/116 MAHJONG MONDAY - Anne Cullum and 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 Feb 1, 8, 15, 22, 29 Mar 7, 14, 21, Apr 4 UCH

3/116 TAI CHI TUESDAY - Linda Benson

This class is for students who have learnt the 18 moves in Tai Chi and are ongoing participants. A shoulder Bowen Therapy move in standing position will be offered at the end of each session.

10 Sessions Tue 8 - 9 am Feb 2, 9, 16, 23 Mar 1, 8, 15, 22, 29 Apr 5 SCC

4/116 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

5/116 CARD & CRIB TABLE - Alice & Brian Boyce

If you like to play cards or crib, 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.

10 Sessions Tue 10 - 12 noon Feb 2, 9, 16, 23 Mar 1, 8, 15, 22, 29 Apr 5 SCC

6/116 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 Feb 9, 23 Mar 8, 22 SCC

7/116 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 must be paid directly to the Croquet Club.

5 Sessions Tue 9:30 - 11:30 Feb 2, 9, 16, 23 Mar 1 CROQUET COURT

8/116 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.

10 Sessions Tue 2-4 pm Feb 2, 9, 16, 23 Mar 1, 8, 15, 22, 29 Apr 5 SCC

9/116 BEGINNERS MAHJONG TUESDAY – Pat Frude ☆ Limit 4

Pat has kindly offered to run a Mahjong course for beginners running for five sessions in March 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 five sessions barring unforeseen circumstances.

5 Sessions Tue 2 - 4 pm Mar 8, 15, 22, 29 Apr 5 SCC

10/116 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.

2 Sessions Tue 10 - 12 noon Feb 16, Mar 15 SCC

11/116 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 Feb 10, 17, 24 Mar 2, 9, 16 SCC

12/116 BEGINNERS TAI CHI WEDNESDAY - Linda Benson

This is a beginner's course in Tai Chi which is a Chinese system of slow meditative physical exercise designed for relaxation, balance and health. Linda is also happy to offer a few minutes of Bowen Therapy at the end of each Tai Chi session.

9 Sessions Wed 9 - 10 am Feb 3, 10, 17, 24 Mar 2, 9, 16, 23, 30 By Gloucester River near Minimbah Gardens

13/116 DRAMA WORKSHOP – Maureen Hjorth ☆

Each session will start with warm ups on body and voice before investigating stage technique i.e. how to walk on and off a stage and how to project your voice. Then there is character development, improvisation, creativity and how to be convincing without "acting".

5 Sessions Wed 10 - 12 noon Feb 3, 17 Mar 2, 16, 30 SCC

14/116 SCRABBLE TABLE - Susan Dixon & 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 Feb 10, 24 Mar 9, 23 SCC

15/116 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 Feb 3, 10, 17, 24 Mar 2, 9, 16, 23, 30 SCC

16/116 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 Feb 3, 10, 17, 24 Mar 2, 9, 16, 23, 30 SCC

17/116 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.

10 Sessions Thu 8 - 9 am Feb 4, 11, 18, 25 Mar 3, 10, 17, 24, 31 Apr 7 SCC

18/116 HOW WE CAN HELP OURSELVES THROUGH NUTRITION - Marnie Johnson ☆

These sessions will discuss some of the nutritional things we can do to take control and make a difference to age-related diseases. First session, we will be looking at such conditions as prostate related problems, heart, memory, general fitness and health. Cancer will be addressed in the second session.

2 sessions Thu 10 – 12 noon Feb 4, Apr 7 SCC

19/116 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 Feb 4, 18 Mar 3, 17, 31 SCC

20/116 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 over 8 weeks 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.

8 Sessions Thu 10 - 12 noon Feb 11, 18, 25 Mar 3, 10, 17, 24, 31 SCC

21/116 YESTERDAY, TO-DAY AND TOMORROW.- Lyn Stewart

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. Be it Queen Nefertiti or Joh Bjelkey Petersen, the topics are endless. **11th Feb** Leone Hook will present two topics on *Ancient Empires: 1. Travels with Alexander from Macedonia to India & 2 Dinner with Trimalchio during the time of the Roman Empire.*

Visiting Guest Speaker Thursday 24th March 2pm-4pm Historian Tony Dawson will tell us about *Edward Giles Stone, an expert in concrete. During the early 20th century Stone pioneered the use of reinforced concrete in Australia, designing and constructing buildings and vital infrastructure in four States.*

4 Sessions Thu 2 - 4 pm Feb 11, 25 Mar 10, 24 SCC

22/116 BEGINNING CHINESE – Pat Burrows ☆

Very simple Mandarin for absolute beginners. 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.

10 Sessions Thu 2 – 4 pm

Feb 4, 11, 18, 25 Mar 3, 10, 17, 24, 31 Apr 7

SCC

23/116 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

Feb 5, Mar 4

Barrington Hall

24/116 APPRECIATING OPERA – Lyn Stewart ☆

Puccini's masterpiece has "big sweeping tuneful melodies combined with stories about ordinary people," so say the Australian Opera. Join us to see and hear a variety of singers 'doing' *La Boheme*.

1 session Fri 10 - 12:30 pm

Feb 26

Lyn's home, 4 Red Gum Road, Barrington

25/116 ANNUAL GENERAL MEETING – Lyn Stewart

Our guest speaker is Norma Fisher who will give us an update on the up-coming national referendum on changes to the constitution that provide recognition of Aboriginal and Torres Strait Islanders. She will also tell us about her own Aboriginal family history.

AGM

Fri 10 – 12 noon

April 1st

UCH