



Program Term 1 2019

Feb 4th - April 12th

Please tick on your Enrolment Form if you are able to be a Course Clerk for one of your courses.

★ Denotes new or one off 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 25th Jan** OR Bring it to Enrolment Day on **Tuesday 29th Jan**
 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
 SDA Seventh Day Adventist Hall

TERM 1 ENROLMENT DAY

Tuesday 29th Jan Uniting Church Hall 10am - 12 noon

AGM - Fri 22nd March Uniting Church Hall 10am - 12 noon

1/119 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.

10 Sessions Mon 7.30 - 8.30 am Feb 4,11,18,25 Mar 4,11,18,25 Apr 1,8 Grandstand

2/119 BALANCE 'N' BONES, Barrington - Clare Frew

Facilitator (Limit 15)

"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 & light hand weights if you have them.

9 Sessions Mon 8 - 9 am Feb 11,18,25 Mar 4,11,18,25 Apr 1,8 BH

3/119 MAHJONG MONDAY - Bev McDonald & helpers

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.

10 sessions Mon 10 - 12 pm Feb 4,11,18,25 Mar 4,11,18,25 Apr 1,8 UCH

4/119 UKULELE STRUM - Ged Conder

The ukulele is a four stringed instrument which makes it easy to learn. It is great to play and sing along to for all the family. Ged can help you on the way and is able to share his knowledge, enthusiasm and treasure trove of songs!

10 Sessions Mon 10 -12 pm Feb 4,11,18,25 Mar 4,11,18,25 Apr 1,8 SDA

5/119 CIRCLE DANCING - Sandra Bassetti

Folk Dancing is part of many different cultures and is a wonderful way to keep traditions alive in many countries. When combined with traditional songs Circle Dancing offers a wonderful way to exercise both body and mind. Come along and enjoy the fun. The cost is \$5 each session to be paid on the day.

2 Sessions Mon 2- 4pm Feb 4,18 UCH

6/119 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.

10 Sessions Tue 8 - 9 am Feb 5,12,19,26 Mar 5,12,19,26 Apr 2,9 SCC

7/119 CARD TABLE - Helen Fittler

If you enjoy playing cards to keep your brain active, this social and fun loving group is for you. We will be playing 500, the ancient game of 'Cribbage' and a game called Hand and Foot which is a version of Canasta.

10 Sessions Tue 10-12 pm Feb 5,12,19,26 Mar 5,12,19,26 Apr 2,9 SCC

8/119 SING FOR FUN - Elizabeth Bartlett

Singing is one of life's best medicines and it is fun. Come and join this lunchtime group guaranteed to lift your spirits.

10 Sessions Tue 12.30- 1.30pm Feb 5,12,19,26 Mar 5,12,19,26 Apr 2,9 SCC

9/119 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- 4pm Feb 5,12,19,26 Mar 5,12,19,26 Apr 2,9 SCC

10/119 MOVE ALONG - Clare Frew**Facilitator****(Limit 15)**

Move Along is an exercise program which is 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.

10 Sessions Wed 8 - 9am Feb 6,13,20,27 Mar 6,13,20,27 Apr 3,10 SCC

11/119 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.

5 Sessions Wed 9 - 10am Feb 6,13,20,27 Mar 6 SCC

12/119 ADVANCED MINDFULNESS '3' - Gavan Bethke

The course covers the topics of Relationships, Appreciating Nature and Death and the Eternal. As in the previous course participants will be invited to participate in discussion around these topics as well as being encouraged to continue with mindfulness meditation and other self-awareness practices covered in the first and continuing courses. This course is ongoing from Mindfulness Continuing '2' and is available only to those who have completed the Continuing course.

10 Sessions Wed 10 - 12pm Feb 6,13,20,27 Mar 6,13,20,27 Apr 3,10 SCC

- 13/119 DISCUSSION GROUP - Maureen Magee** ☆ (Limit 12)
Love a good discussion and sharing of ideas? This group promises to provide an interesting, fun and enjoyable experience doing just that.
9 Sessions Wed 10 - 12pm Feb 6,20,27 Mar 6,13,20,27 Apr 3,10 SCC
- 14/119 BEGINNER UKULELE - Elizabeth Bartlett** ☆
Making music is fun and brings a lot of enjoyment. Great for the brain too. Join this beginners group and learn some basic skills.
9 Sessions Wed 12.30 – 1.30pm Feb 6,20,27 Mar 6,13,20,27 Apr 3,10 SCC
- 15/119 INDOOR BOWLS - Pamela Judd** (Limit 16)
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 - 4pm Feb 6,20,27 Mar 6,13,20,27 Apr 3,10 SCC
- 16/119 FAMILY HISTORY DISCUSSION GROUP - Lyn Stewart** ☆
Where are you up to in your family history searches? Tell us about the brick walls and pick up hints from the experiences of others.
2 Sessions Wed 2 - 4pm Feb 6,27 SCC
- 17/119 BALANCE 'N' BONES - Clare Frew** Facilitator (Limit 20)
"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. *This term we will be alternating with "walking based" exercise video options!* Wear loose comfortable clothing, flexible shoes & bring water.
10 Sessions Thu 8- 9am Feb 7,14,21,28 Mar 7,14,21,28 Apr 4,11 SCC
- 18/119 MINDFULNESS CONTINUING '2' - Gavan Bethke**
This course covers the topics of stillness and silence, ego and the present moment, acceptance and surrender, appreciating nature and relationships. As in the previous course participants will be invited to participate in thoughtful discussion around these topics as well as being encouraged to continue with meditation and other self-awareness practices covered in the first course. This course is available only to those who have completed Introduction to Mindfulness '1'.
5 Sessions Thu 10 - 12pm Feb 7,21 Mar 7,21 Apr 4 SCC
- 19/119 MINDFULNESS BEGINNER - Maureen Hjorth**
The practice of Mindfulness is one way you could help to make a difference in your life. Meditation is one of the tools used. I invite you to come along, join me and enjoy the experience.
5 Sessions Thu 10 - 12pm Feb 7,14,21,28 Mar 7 SCC
- UKULELE PRACTICE - Ukulele group**
This is a purely voluntary opportunity to come and practise, exchange tips and keep up your skills between the weekly scheduled Ukulele group on Monday. We have to bear in mind we are using the SCC between programmed sessions, so come tuned and ready!
10 Sessions Thu 12.15 - 1.40pm Feb 7,14,21,28 Mar 7,14,21,28 Apr 4,11 SCC
- 20/119 KNIT, CROCHET AND CHATTER - Participants**
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! It is as much about sharing and learning together. Expert advice is always at hand from others in the group should you need it!
5 Sessions Thu 2 - 4pm Feb 7,21 Mar 7,21 Apr 4 SCC
- 21/119 STRETCH, BREATHE & RELAX - Elizabeth Bartlett**
A class of gentle yet challenging stretches, with breathing and relaxation techniques, to help you feel light and lithe.
9 Sessions Fri 8 - 9am Feb 8,15,22 Mar 8,15,22,29 Apr 5,12 SDA

22/119 FILM GROUP - Colin Charles Facilitator

If you love watching films especially in the company of others then this group is for you. The choice of films will be up to the group but if you have a favourite film on DVD that you think the group would enjoy, then bring it along.

3 Sessions Fri 10 - 1pm Feb 8 Mar 8 Apr 5 BH

23/119 FAVOURITE BOOKS AND AUTHORS - Participants

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 2 - 4pm Feb 12,26 Mar 12,26 SCC

24/119 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.

5 Sessions Thu 10 - 12pm Feb 14,28 Mar 14,28 Apr 11 SCC

25/119 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.

2 Sessions Tue 10 - 12pm Feb 19 Mar 19 SCC

26/119 SQUARE DANCING - Warren Hunt

Dancing is one of the best exercises you can do as you are using your brain and body. Come along for a taste of square dancing which is for anyone who can walk and hear. There is no need to learn long sequences of moves as it is all done with a caller but fun for everyone is assured.

2 Sessions Mon 2 - 4pm Mar 11,18 UCH

27/119 ARMCHAIR TRAVEL TO JAPAN - Kaye and Grahame Stelzer

A traveller's impression and observations of two weeks in Japan - cruising around the island of Hokkaido and touring through the main island of Honshu.

1 Session Thu 2- 4pm Mar 14th SCC

28/119 JEWELLERY MAKING - Julie Marchant

Learn to create basic beaded jewellery items, repair jewellery you already have at home or just come along to watch how jewellery pieces can be created. If you have jewellery making tools or your own beads please bring them along. I will bring my supply of beads for people to look at and if wanting to, can purchase some pieces from me.

3 Sessions Mon 2- 4pm Mar 25 April 1,8 SCC