



Program Term 2 2019

April 29th – July 5th

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 26th April OR Bring it to Enrolment Day on **Monday 29th 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.

SCC Senior Citizens Centre, Hume St
 UCH Uniting Church Hall, Cowper St
 BH Barrington Hall, Barrington
 SDA Seventh Day Adventist Hall

TERM 2 ENROLMENT DAY

Monday 29th April Uniting Church Hall 10am - 12 noon

1/219 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. Please note **time change**.

8 Sessions Mon 8 - 9 am May 6, 13, 20, 27 June 3, 17, 24 July 1 Grandstand

2/219 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.

8 Sessions Mon 8 - 9 am May 6, 13, 20, 27 June 3, 17, 24 July 1 BH

3/219 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.

8 sessions Mon 10 - 12 pm May 6, 13, 20, 27 June 3, 17, 24 July 1 UCH

4/219 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!

8 Sessions Mon 10 -12 pm May 6, 13, 20, 27 June 3, 17, 24 July 1 SDA

5/219 MAHJONG BEGINNER – Frances Writer

Would you like to try and learn something new?? Mah-jong is a game of luck, skill and learning to be an “Artful Dodger”. This game is also addictive and great fun.

3 Sessions Mon 2-4 pm May 6, 20, 27 UCH

6/219 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.

9 Sessions Tue 8 - 9 am May 7, 14, 21, 28 June 4, 11, 18, 25 July 2 SCC

7/219 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.

9 Sessions Tue 10-12 pm May 7, 14, 21, 28 June 4, 11, 18, 25 July 2 SCC

8/219 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.

9 Sessions Tue 12.30- 1.30pm May 7, 14, 21, 28 June 4, 11, 18, 25 July 2 SCC

9/219 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.

9 Sessions Tue 2- 4pm May 7, 14, 21, 28 June 4, 11, 18, 25 July 2 SCC

10/219 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.

9 Sessions Wed 8 - 9am May 8, 15, 22, 29 June 5, 12, 19, 26 July 3 SCC

11/219 MINDFULNESS 3 ADVANCED - 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.

9 Sessions Wed 10 - 12pm May 8, 15, 22, 29 June 5, 12, 19, 26 July 3 SCC

12/219 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.

4 Sessions Wed 10 - 12pm May 8, 22 June 12, 26 SCC

13/219 UKULELE BEGINNER - 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 May 8, 15, 22, 29 June 5, 12, 19, 26 July 3 SCC

- 14/219 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** **May 8, 15, 22, 29** **June 5, 12, 19, 26** **July 3** **SCC**
- 15/119 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** **May 8, 29** **SCC**
- 16/219 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.
9 Sessions **Thu 8- 9am** **May 9, 16, 23, 30** **June 6, 13, 20, 27** **July 4** **SCC**
- 17/219 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.
4 Sessions **Thu 10 - 12pm** **May 9, 23,** **June 13, 27** **SCC**
- 18/219 MINDFULNESS 1 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** **May 9, 16, 23, 30** **June 6** **SCC**
- 19/219 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** **May 10** **June 7** **July 5** **BH**
- 20/219 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** **May 10, 17, 24, 31** **June 7, 14, 21, 28** **July 5** **SDA**
- 21/219 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** **May 14, 28** **June 11, 25** **SCC**
- 22/219 MINDFULNESS 2 CONTINUING – 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 *Mindfulness 1 Beginner*.
5 Sessions **Thu 10 – 12pm** **May 16, 30** **June 6, 20** **July 4** **SCC**

23/219 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. Help is always at hand from others in the group should you need it!

4 Sessions Thu 2 - 4pm May 16, 30 June 13, 27 SCC

24/219 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 \$10 per session to be paid at enrolment. A minimum of 15 participants is required for the course to run.

2 Sessions Mon 2- 4pm May 13 June 3 UCH

25/219 3RD TUESDAY BOOK CLUB - Margery Phair**(Limit 10)**

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 May 21 June 18 SCC

26/219 SINGALONG LUNCH – Frances Writer

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During the weekly Ukulele practice session, we invite you to come and "sing- a- long" with the U3A Ukulele Groups. Bring your own Lunch, Drinks and Ukulele if you have one! Everyone welcome.

1 Session Thu 12.30 onwards May 23 SCC

27/219 SQUATTING ON THE LIVERPOOL PLAINS- Lyn Stewart

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Once the Blue Mountains were crossed the great expansion of the Australian pastoral industry began. Lyn will share her interest in the squatting movement from the Hawkesbury to the Hunter and then to the Liverpool Plains.

1 Session Thu 2-4 pm June 6 SCC

28/219 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 June 17, 24 UCH

29/219 GEOLOGY - Plate Tectonics – a Revolution in the Earth Sciences – Morrie Duggan

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Around 50 years ago a major revolution occurred in the earth sciences that totally changed our understanding of how the Earth works and explained many previously controversial and unexplained observations. Plate tectonics provides a unifying framework that explains continental drift, mid-ocean ridges and oceanic trenches, and the distribution of earthquakes and volcanoes.

1 Session Thu 2-4pm June 20 SCC

30/219 GALAPAGOS – Ashley Hickman

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Come and play with Sea Lions, Sharks, Iguana's, Penguins and more in the Galapagos Islands archipelago with Ashleigh Hickman.

1 Session Thu 2-4pm July 4 SCC

31/219 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!

9 Sessions Thu 12.15 - 1.40pm May 9, 16, 23, 30 June 6, 13, 20, 27 July 4 SCC