



Program Term 3 2019

22 July - 27 September

☆ 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 19 July** OR Bring it to Enrolment Day on **Monday 22 July**
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
GrS	Grandstand	CC	Croquet Club

TERM 3 ENROLMENT DAY

Monday 22 July Uniting Church Hall 10am - 12 noon

1/319 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 July 29 August 5,12, 19, 26 September 2, 9, 16, 23 GR

2/319 BALANCE 'N' BONES BARRINGTON – Clare Frew

"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, coordination and bone strength. Wear loose comfortable clothing, flexible shoes. Bring water & light hand weights if you have them. (Limit 15)

9 Sessions Mon 8 - 9 am July 29 August 5,12, 19, 26 September 2, 9, 16, 23 BH

3/319 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.

9 Sessions Mon 10 - 12 pm July 29 August 5,12, 19, 26 September 2, 9, 16, 23 UCH

4/319 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!

9 Sessions Mon 10 -12 pm July 29 August 5,12, 19, 26 September 2, 9, 16, 23 SDA

5/319 MAHJONG BEGINNER – Pam Judd

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

9 Sessions Thurs 2-4 pm August 1, 8, 15, 22, 29 September 5, 12, 19, 26 SCC

6/319 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 a m July 30 August 6, 13, 20, 27 September 3, 10, 17, 24 SCC

7/319 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 July 30 August 6, 13, 20, 27 September 3, 10, 17, 24 SCC

9/319 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 July 30 August 6, 13, 20, 27 September 3, 10, 17, 24 SCC

10/319 MOVE ALONG – Clare Frew - Facilitator

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. (Limit 15)

9 Sessions Wed 8 - 9am July 31 August 7, 14, 21, 28 September 4, 11, 18, 25 SCC

11/319 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 July 31 August 7, 14, 21, 28 September 4, 11, 18, 25 SCC

12/319 DISCUSSION GROUP – Maureen Magee

Love a good discussion and sharing of ideas? This group promises to provide an interesting, fun and enjoyable experience doing just that. (Limit 12)

4 Sessions Wed 10 - 12pm August 14, 28 September 11, 25 SCC

14/319 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. (Limit 16)

9 Sessions Wed 2 - 4pm July 31 August 7, 14, 21, 28 September 4, 11, 18, 25 SCC

16/319 BALANCE 'N' BONES – Clare Frew

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.

(Limit 20)

9 Sessions Thu 8- 9am August 1, 8, 15, 22, 29 September 6, 12, 19, 26 SCC

17/319 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 August 8, 22 September 12, 26 SCC

19/319 FILM GROUP – Gavan Bethke

If you love watching films especially in the company of others then this group is for you. The choice of films is 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 August 2 September 6, 27 BH

20/319 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 August 2, 9, 16, 23, 30 September 7, 13, 20, 27 SDA

21/319 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 August 13, 27 September 10, 24 SCC

23/319 NEEDLE AND YARN – Participants

New members are always welcome – bring that unfinished sewing knitting or crochet project with you or start a new one! It is as much about sharing and learning together. Helpful advice is always at hand from others in the group should you need it! Lace making and other needlecraft will be available with Marie Laurie in August.

4 Sessions Thu 2 - 4pm August 15, 29 September 12, 26 SCC

24/319 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 exerc in Augustise both body and mind. Come along and enjoy the fun.

Minimum of 15 participants required. Cost is \$10 per session to be paid at enrolment.

2 Sessions Mon 2- 4pm September 2, 9 UCH

25/319 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. (Limit 10)
2 Sessions Tue 10 - 12pm August 20 September 17 SCC

27/319 IRISH ANCESTORS - Lyn Stewart ☆

Lyn's Irish great great grandmother emigrated from Tipperary in 1840, with her four sisters. Lyn will explain the story that unfolded about her Murphy ancestors as she searched the records in Ireland and Australia
1 Session Thurs 2-4 pm August 8 SCC

30/319 PAPUA NEW GUINEA – Jeff and Hilary Kite ☆

Water, water, water, everywhere... Living and working in Milne Bay islands Papua New Guinea, Jeff and Hilary Kite share their experiences facilitating water supplies and providing health education in traditional villages.
1 Session Wed 10-12noon September 4 SCC

31/319 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 August 1, 8, 15, 22, 29 September 6, 12, 19, 26 SCC

32/319 BASIC CALLIGRAPHY – Marg Collett ☆

This is a course for beginners only. We will discuss the basics of calligraphy, the most popular styles, layout and equipment. We will practise the alphabet, probably in cursive form. In the second session, we will work to produce a finished piece using this style. (Participants will be notified about the equipment they will need to bring)
2 Sessions Mon 2-4 pm Aug 5, 12 Limit 10 UCH

33/319 COME AND TRY CROQUET – Brenda Pennicuick ☆

Learn New Skills and Strategiesto enjoy the game. Does not require a high level of fitness. Flat soled shoes is all that is needed. Mallets are supplied. Croquet club: 1 Denison st. Cost \$7 per sessionn includes morning tea.
4 Sessions Fri 9–11 am August 2, 9, 16, 23 CC

34/319 PHILOSOPHY IN PRACTICE – Moving Beyond the Thinking Mind – Gavan Bethke ☆

Is it possible to stop thinking? Who is that voice in our head? What is beyond thinking? These are some of the questions that will be discussed in this thought-provoking course in practical philosophy (ie, philosophy that can be practiced). Videos of leading thinkers in this field will be presented. You can join in discussion on questions raised or just listen to the observations put forward and how they might relate to you in everyday life
6 Sessions Thurs 10-12 August 1, 8, 15, 22, 29 September 5 SCC

37/319 RUDIMENTS OF READING MUSIC – Elizabeth Bartlett

Unravel the mystery of the dots –how do they relate to the musical sounds we make.
9 Sessions Wed 12.30 – 1.30pm July 31 August 7, 14, 21, 28 September 4, 11, 18, 25 SCC