



Program Term 1 2020

28 January - 9 April

☆ 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 24 January** OR Bring it to Enrolment Day on **Tuesday 28**
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

TERM 1 ENROLMENT DAY

Tuesday 28 January Uniting Church Hall 10am - 12 noon

1/120 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 February 3,10,17,24 March 2,9,16,23,30 April 6 GrS

2/120 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)

10 Sessions Mon 8-9 am February 3,10,17,24 March 2,9,16,23,30 April 6 BH

3/120 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 10am-12 pm February 3,10,17,24 March 2,9,16,23,30 April 6 UCH

4/120 UKULELE STRUM – Clare Frew

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.

10 Sessions Thu 2-4 pm February 6,13,20 27 March 5,12,19,26 April 2,9 SSC

6/120 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.

10 Sessions Tue 8-9 am February 4,11,18,25 March 3,10,17,24,31 April 7 SCC

7/120 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 10am-12noon February 4,11,18,25 March 3,10,17,24,31 April 7 SCC

9/120 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 February 4,11,18,25 March 3,10,17,24,31 April 7 SCC

10/120 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 February 5,12,26 March 4,11,18,25 April 1,8 SCC

11/120 MINDFULNESS 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 10am-12noon February 5,12,26 March 4,11,18,25 April 1,8 SCCs

12/120 DISCUSSION GROUP – Elizabeth Bartlett

Love a good discussion and sharing of ideas? This group promises to provide an interesting, fun and enjoyable experience doing just that. (Limit 12) 2nd and 4th Wed morning

5 Sessions Wed 10am-12noon February 12,26 March 11,25 April 8 SCC

14/120 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 February 5,12,26 March 4,11,18,25 April 1,8 SCC

15/120 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 March 4, 18 SCCs

16/120 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)

10 Sessions Thu 8-9am February 6,13,20,27 March 5,12,19,26 April 2,9 SCC

17/120 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 10am-12noon February 13,27 March 12,26 April 9 SCC

18/120 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 9-10 am February 5,12,26 March 4,11 SCC

19/120 FILM GROUP – Colin Charles

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 10am-1pm February 7 March 6 April 3 BH

20/120 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 February 7,14,21,28 March 6,13,20,27 April 3 SDA

21/120 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.

5 Sessions Tue 2-4pm February 11,25 March 10,24 April 7 SCCs

23/120 NEEDLE AND YARN – Participants

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. Helpful advice is always at hand from others in the group should you need it!

5 Sessions Thu 2-4pm February 13,27 March 12,26 April 9 SCCs

25/120 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 10-12noon February 18 March 17 SCCs

27/120 THE LAZY PERSON'S GUIDE TO THE GIBB RIVER ROAD–Pat Burrows, Peter Moon ☆

Our travels around Australia with a tent, with a focus on the (in)famous Gibb River Road in the Kimberley.

1 Session Thu 10am-12noon March 5 SCC

28/120 MEAT CUTS AND HOW TO USE THEM – David Fraser ☆

Dave will talk about the different cuts of meat and how they might be used. We will also learn a little about the profession of butchering and Dave's story as a butcher. There will be some samples of cooked meat cuts to enjoy (stay on for light lunch).

1 Session Wed 10am-12noon February 5 SCC

29/120 SECRETS OF THE MOTOR CAR – Allan Cornish

The history of and the use of the motor vehicle. Your rights and that of the repairer.

1 Session Mon 2-4pm

March 9

UCH

30/120 A BRIEF LOOK AT IRELAND – David and Kerry Marston

Kerry has been travelling annually to Ireland since 2001 to spend time with her daughter Susan and her family, so she has had many chances to explore beyond the tourist trail in Ireland and enjoy many gardens, from major tourist attractions to the ordinary suburban backyard. Travel with her, and also briefly explore the Irish story from prehistoric to present day, touching on major moments that makes the very Independent Republic of Ireland what it is today.

1 Session Wed 10am-12noon

March 18

SCC

32/120 PASSIONATE ABOUT PHOTOGRAPHY – Brian Rope

This talk will discuss how to see rather than just look at what is there to be photographed and illustrate the presenter's ongoing passion for photography. It will look at why we should take photographs, what they should be of, how we can make them as interesting and good as possible, and what we should do with them afterwards.

1 Session Wed 10am- 12pm

March 4

SCC

33/120 GARDENS OF THE WORLD – Margie Higgins

A gentle but lovely ramble through a sample variety of overseas gardens. This is a DVD presentation.

1 Session Wed 10am- 12pm

April 1

SCC

34/120 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

10 Sessions Thu 10am-12noon February 6,13,20,27 March 5,12,19,26 April 2,9

SCC

35/120 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 February 5,12,26 March 4,11,18,25 April 1,8

SCCs

36/120 EVER THOUGHT ABOUT WRITING? Give it a Go! – Kaye Stelzer

If you have ever wondered whether you could write - this small course could be for you! Your writing could be imaginative, historical, hysterical, lyrical, personal, fictional, or something you have harboured for some time, or something 'straight off the cuff'. (We can all 'muddle' together - and have fun doing so!) (Limit 6)

2 Sessions Thu 2-4pm

March 19 April 2

SCCs

37/120 AUSTRALIAN HISTORY – Penny Charles

Forgotten most of your school history? Come and learn about our beautiful country and hear stories of how we came to where we are today. We hope these two sessions will be the first part of an ongoing series.

2 Sessions Mon 2-4pm

March 2,23

UCH

38/120 EUGENE ONEGIN – Lyn Stewart

Tchaikovsky's masterpiece opera to Alexander Puskin's story—a journey of what could be to what might have been. If you like Tchaikovsky's music you will love this one.

1 Session Fri 10am-12.30pm February 14 Lyn Stewart's place: 4 Red Gum Rd, Barrington