

NORTHERN BEACHES

Regional Course Coordinator: Runa Schmidt-Muller

runasm@ihug.com.au

Enquiries only

COMBINED SHOWCASE

and

NEW MEMBERS' MORNING TEA

Wednesday 5 July 10:00 - 12:00

Newport Community Centre

11 – 13 The Boulevard Newport

Choose your courses the easy way! Hear about new and other courses direct from our leaders.

Fascinating courses include:

Science, French, Music, History, Literature, Singing, Yoga, Movies and Art

Join us for tea, coffee, orange juice and morning tea. Hear a number of short presentations as leaders showcase their courses.

Take the opportunity to discuss a course with new and continuing leaders.

Read more about courses on display around the room.

Come along and make an informed decision and book your course(s) on the day!

Further details will be provided in our Newsletter and on the website closer to the date.

For catering purposes please RSVP to:

Gaye Pringle

0407 248 331 or 9975 3182

gayepringle@gmail.com

by 27 June for 5 July

BALGOWLAH: CLUB TOTEM

195 Condamine Street, Level 3, Washaway Room. Buses from Peninsula/Wynyard and Manly/Chatswood. Three-hour free parking in Stockland Shopping Centre. Lift from car park. **Wheelchair accessible**

Venue Coordinator: Helen Baseley 9905 3583

baseley@iprimus.com.au

LITERATURE 172BB01

A wide range of authors and their books are discussed.

These include *Hag-seed* by Margaret Atwood, *The Sympathizer* by Viet Thanh Nguyen, and *The German Girl* by Armando Lucas Correa.

Alt Wednesdays from 26 July 11:00 - 1:00

Leader and bookings: Maureen Smith 9982 7985;

maureen.i.smith@bigpond.com

BELROSE: GLENAEON RETIREMENT VILLAGE

207 Forest Way. Village Community Centre. Forest Coach Lines 270 from Warringah Mall/Frenchs Forest. Parking available inside village. **Wheelchair accessible.**

Venue Coordinator: Margaret Robinson 9486 3528

merobinson2@bigpond.com

LEARN TO PLAY MAH JONG 172BT01

Lessons on a one-to-one basis are conducted in a relaxed and easily understood way by an experienced teacher.

Games are played with a reference book which illustrates the 'hands' to play. Beginners welcome.

Each Tuesday from 4 July 9:00 - 12:00

Leader: Penny Bright

Bookings: David Bright 0404 446 326

DOCUMENTARY FILMS 172BT02

A wide selection of films is shown on the large plasma screen in the Village Community Centre, with subsequent discussion.

Alt Mondays from 7 Aug 2:00 - 4:00

Leader: John Sheridan

Bookings: Margaret Robinson 9486 3528

BROOKVALE: WARRINGAH MALL LIBRARY

Pittwater Road. Library on level 2, adjacent to Hoyts theatre entrance. Three-hour free parking. Regular buses from Wynyard/Upper Peninsula and from Manly and Forest regions. **All sessions held in Multifunction Room within the library at the rear. Wheelchair accessible**

Venue Coordinator: Jack Baseley 9905 3583;

baseley@iprimus.com.au

ISSUES FOR DISCUSSION**(20) 172BA01

A participative group where all those present are encouraged to raise issues that may be of interest to them and to others. The topics are debated in a friendly atmosphere for the benefit of all attendees. Please come and enjoy the company of other U3A members.

Alt Thursdays from 20 July 1:30 - 3:30

Leader: Jack Das

Bookings: Mary Comber 9948 4064;

mary.comber@optusnet.com.au

BOOK CLUB(9)**..... 172BA02

A book discussion group which meets monthly to share views on a variety of authors. Books are chosen from a range of genres according to the interests of the group. (5 sessions) **Thursdays 27 July, 24 Aug, 21 Sept, 19 Oct, 16 Nov 1:00 - 3:00**
Leader and bookings: Joan Giumelli 9981 7509
jgiumelli@ozemail.com.au

COLLARROY: WARRINGAH PLACE RETIREMENT VILLAGE

1039 Pittwater Road. Activities Room. Buses 155, 156 from Manly; 188, 190 from Wynyard/Upper Peninsula, L60 from Chatswood/Mona Vale. Limited on-site parking. Street parking. **Wheelchair accessible**

PLAY THE UKULELE(12)**..... 172BP01

Do you need some fun in your life? Do you like to sing? Ukuleles are back in fashion! Come and join us and make new friends. No musical knowledge required. Guitars welcome too. Please ring leader to establish your interest. **Each Monday from 24 July 1:30 - 3:00 (No school and public holidays)**
Leader and bookings: Colleen Russell 9918 3817

PLAY THE RECORDER(12)**..... 172BP02

Come and play the soprano and tenor recorders. Learn to read the music from Renaissance to Bach through to Modern and Jazz. Acquire a new musical skill in the company of friendly people. **Each Monday from 24 July 3:30 - 4:30 (No school and public holidays)**
Leader and bookings: Colleen Russell 9918 3817

COLLARROY PLATEAU: RSL VETERANS' RETIREMENT VILLAGE

Veterans Parade. Northern Amenities Block. Buses 179, 180 from Wynyard. Limited on-site parking. Street parking available. **Wheelchair accessible**

ART: PAINTING AND DRAWING IN ANY MEDIUM(14)**..... 172BV01

If you are an artist, or would-be artist, haven't painted for years, or would just like to paint with a friendly group, maybe we are what you need. This is not a teaching group but assistance and appraisals are given. **Each Monday from 3 July 1:00 - 4:00 (No public holidays)**
Leader: June Rodden 9402 4550
Bookings: Bronwyn Hale 9979 4481

FORESTVILLE: FOREST COMMUNITY ARTS CENTRE

Darley Street. Adjacent to library. Bus 136 from Chatswood/Manly, Forest Coach Lines 270 from City/Terrey Hills, 280 from Chatswood/Warringah Mall. Parking available. **Wheelchair accessible**
Venue Coordinator: Terri Nixon 8964 9574
thenixons23@optusnet.com.au

CREATIVE WRITING(10-12)**..... 172BF01

This small group has met for almost 20 years with a couple of original members, including published authors and poets. We do not teach writing. We critique, proofread and advise,

so you need to have something to present - poetry, short stories, fiction or family history. (13 sessions) Lorikeet Room **Alt Mondays from 3 July 1:00 - 4:00**
Leader and bookings: Jo McGahey 9986 3063
mcgahey@tig.com.au

PAINTING AND DRAWING ART GROUP 172BF02

Our group is a mix of very experienced artists and absolute newbies. Some paint, some sketch, all enjoying the company of other friendly and helpful members. You are very welcome to come and learn a new skill or to sketch or paint in your choice of medium with or without guidance. Call Kathleen for advice on what to bring. (12 sessions) Studio Room. **First and third Tuesdays of each month from 4 July 1:00 - 4:00**
Leader and bookings: Kathleen Wilson 0400 348 818
kathleen6a@gmail.com

ROMAN HISTORY: AUGUSTUS AND THE JULIO-CLAUDIANS..... 172BF03

In January 27 BC, the winner in the last civil war acquired a new name, Augustus, and introduced a modified form of Roman government, ruled by one man. We will discuss the political, social and religious history of the reigns of Augustus and his family successors - Tiberius, Caligula, Claudius and Nero. New members welcome. (9 sessions) Classroom 1 **Alt Thursdays from 13 July 2:00 - 4:00**
Leader and bookings: Leonie Hayne 9417 2894

GLOBALISM OR NATIONALISM: FRIEND OR FOE?..... 172BF04

Many global problems can only be solved at the expense of national sovereignty and local priorities. Think of climate change, the movement of large numbers of refugees from war-torn areas, religious fundamentalism and economic inequality. We trace the history of nationalism and globalism to gain a better understanding of these conflicting phenomena. (5 sessions) Heather Flawith Room **Each Tuesday from 15 Aug 10:00 - 12:00**
Leader: Peter Nixon 8964 9574
petermixon@optusnet.com.au
Bookings: Terri Nixon 8964 9574
thenixons23@optusnet.com.au

UNTOLD STORIES IN HISTORY..... 172BF05

We travel to three countries with fascinating, even shocking, stories. The women and the men of the English Restoration; the sushi, silk and zen of traditional Japan; the indigenous farmers of Australia rescuing colonial explorers. We also examine new scholarship on indigenous farming techniques, and the poet Oodgeroo Noonuccal (Kath Walker). (6 sessions) Heather Flawith Room **Each Friday from 13 Oct 10:00 - 12:00**
Leader and bookings: Heather Bentley 0408 158 858
heatherbentley.joy@gmail.com

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Road (behind Glen Street Theatre). Forest Coach Lines 281 from Chatswood/Davidson. Alight at Glen Street Theatre. Easy parking
Venue Coordinator: Rosemary McCulloch;
ramccull@gmail.com; 0448 095 958

FRIDAYS IN THE FOREST..... 172BU01

A monthly program of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject. Something for everyone. **Last Friday of each month. All sessions 10:00 - 12:00**
Bookings not required

1. Railways – Past, Present and Future

The talk covers the development of railways, current railway operations, the types of trains in service around the world and the prospect of hi-speed rail in Australia.

Friday 28 July

Speaker: John Watsford

2. Listening to Prisoners

As an official visitor, appointed in 2001 by the NSW Minister for Corrections, Fergus has listened to the concerns of thousands of inmates and correctional officers, preparing prisoners for life outside.

Friday 25 Aug

Speaker: Fergus Hynes

3. Innovative Automatic Identification

Our speaker has conducted research on the regulatory environment surrounding the tracking and monitoring of people using commercial global positioning systems (GPS) applications in the area of dementia, mental illness, parolees and minors.

Friday 29 Sept

Speaker: Katina Michael

4. Governor Macquarie

Major General Lachlan Macquarie, a British career military officer, was the fifth Governor of NSW. He served in this role between 1810 and 1821, and was crucial in transforming New South Wales from a penal colony into what would become Australia.

Friday 27 Oct

Speaker: Patrick Dodd

5. Forest Memories

As historian for Northern Beaches Council (old Warringah Council), Michelle was responsible for last year's exhibition in History Week. Her presentation will focus on our beautiful local area and its changes over the years.

Friday 24 Nov

Speaker: Michelle Richmond

MONA VALE MEMORIAL HALL

1606 Pittwater Road. Meeting Room. Buses L85, L88, L90 from Wynyard/Upper Peninsula. Parking available.

FRENCH LEVEL 4..... 172BL01

For those who already have a comprehensive grasp of grammar and conversation. Textbook used: *Collins Advanced French Grammar*, plus a variety of literature.

Alt Wednesdays from 5 July 2:00 - 4:00

Leader and bookings: Sarita Wright 9970 5906 saritawright35@gmail.com

FRENCH INTERMEDIATE..... 172BL02

This course will cover reading, writing and grammar. Not suitable for beginners. Textbook used: *French Made Simple* by Pamela Rose Haze.

Alt Tuesdays from 11 July 10:00 - 12:00

Leader and bookings: Olivia Kesby 9938 3028 olivia.kesby@gmail.com

FRENCH LEVEL 3..... 172BL03

This course covers reading, writing, grammar, and conversation. Must have basic knowledge of the language. Textbook used: *French Made Simple* by Pamela Rose Haze.

Alt Wednesdays from 12 July 2:00 - 4:00

Leader and bookings: Sarita Wright 9970 5906 saritawright35@gmail.com

CONTEMPORARY PHILOSOPHY: HEIDEGGER FOR BEGINNERS..... 172BL04

An introduction to Martin Heidegger's master work, *Being and Time*. Our guiding question is: What is the world? What is it to be in the world as a human? Course textbook

(to be set) required, to be used in conjunction with course instruction.

Alt Tuesdays from 18 July 2:00 - 4:00

Leader: John Lauricella 9918 2142

Bookings: Mike Williams 0413 878 567

mikews@optusnet.com.au

PHILOSOPHICAL THEMES..... 172BL05

The aim of this course is to introduce major Western philosophers as they relate to each other with respect to a specific theme. Participants will gain a sense of philosophy as a coherent discourse and not just a jumble of opinions. DVD and You-Tube introductory lectures combined with group discussions. No prior knowledge of philosophy required.

Alt Tuesdays from 25 July 2:00 - 4:00

Leaders and bookings: Mike Williams 0413 878 8567

mikews@optusnet.com.au; or

John Lauricella jml1010@yahoo.com

NARRABEEN: BAPTIST CHURCH

13 Grenfell Avenue, (cnr Wakehurst Parkway). Regular buses from Wynyard/Upper Peninsula, 156 from Manly/Church Point to either Narrabeen Terminus or Gondola Road. **By car travelling north:** Cross Narrabeen Bridge, left into Rickard Road then left into Bristol Lane. The church is straight ahead. **By car travelling south:** Turn right off Pittwater Road into Wakehurst Parkway, then first right into Grenfell Avenue. **Wheelchair accessible**
Venue Coordinator: Barbara Bohm 9913 3481
jeddassam1@bigpond.com

UKULELE - INTERMEDIATE / ADVANCED..... 172BQ01

If you have learnt six basic chords, now is the time to move to or join this group. Lots of strumming, singing and fun. Education Centre, Ground floor.

Each Tuesday from 4 July 1:30 - 3:30

Leader and bookings: John Peters 0412 161 069 jayefpe@hotmail.com

ACOUSTIC GUITAR GROUP 1 and 2..... 172BQ02

Harvey Broadbent will conduct two post-beginners acoustic guitar groups, each to meet once a week for nine weeks. The group will build a repertoire of classic soft rock/blues acoustic pieces. Basic knowledge of chords and chord chart reading required. Room 2, level 1.

Each Wednesday from 5 July 10:30 - 1:00 and 2:00 - 4:00

Leader and bookings: Harvey Broadbent 0414 486 675 harveybroadbent1915@gmail.com

FRENCH POST-BEGINNERS**(15)..... 172BQ03

For people with an interest in France, the French and their language. Emphasis on correct pronunciation. Book used is *French Made Simple* by Pamela Rose Haze. Education Centre, Ground floor.

Alt Fridays from 7 July 10:00 - 12:00

Leader and bookings: Olivia Kesby 9938 3028 olivia.kesby@gmail.com

TRIVIA FOR SENIORS..... 172BQ04

Interesting and tricky questions and topics well-suited to the U3A age group, make for a lot of fun and laughter. Get up a team or come on your own and give the grey cells a workout! Prizes for the winning team. Education Centre, Ground floor.

Alt Fridays from 7 July 1:00 - 3:00

Leader and bookings: Janet Atkinson 9970 6019 sophie@easy.com.au

ADVANCED FRENCH..... 172BQ05

Focusing on grammar and dictation, reading and conversation. Room 2, level 1.

Alt Mondays from 10 July 10:00 - 12:00

Leader and bookings: Sarita Wright 9970 5906
saritawright35@gmail.com

UKULELE FOR BEGINNERS..... 172BQ06

If you have ever wanted to learn to play the ukulele, this is your chance. We start from scratch. No prior knowledge of music necessary. Come along and have a go, it's fun. Room 2, level 1.

Each Tuesday from 25 July 1:30 - 2:30

Leader and bookings: Felicity Davis 9979 8633
felicity@sciencefilms.com.au

NORTH NARRABEEN: COASTAL ENVIRONMENT CENTRE

Pelican Path, Lake Park Road. Regular buses from Wynyard/Upper Peninsula, 156 from Manly/Church Point. Alight at Narrabeen High School; if travelling from south cross Pittwater Road then 300 metres walk along Lake Park Road. Follow Pelican Path along the lakeshore heading east. CEC is 40 metres inside the grounds of Sydney Lakeside Holiday Park. Car park opposite 34 Lake Park Road, 'Whitewash Café'. **Wheelchair accessible**

Venue Coordinator: Barbara Bohm 9913 3481
jeddasam1@bigpond.com

MONDAY AT THE MOVIES (MAM)..... 172BR01

For those who enjoy current movies, a movie club operating similar to a book club. Each month, view up to three nominated movies in your own time and join us for a stimulating discussion about the plot, actors, producers and cinematography. Decide your own ratings (6 sessions).

Mondays 17 July, 7 Aug, 11 Sept, 9 Oct, 6 Nov, 4 Dec 10:00 - 12:00

Leader: Heather Leggat
Bookings: Alan Leggat 9997 3183
ahleggat@bigpond.com (preferred)

MAGIC OF POETRY..... 172BR02

Enjoy poetry? Then come along and share your favourite poems and hear the magic of others in a fun relaxed atmosphere. (6 sessions)

Wednesdays 19 July, 16 Aug, 13 Sept, 11 Oct, 8 Nov, 6 Dec 10:00 - 12:00

Leaders: Alan Leggat and Kevin Herbert
Bookings: Heather Leggat 9997 3183
ahleggat@bigpond.com (preferred)

NORTH NARRABEEN: NORTHERN BEACHES COMMUNITY COLLEGE

Community College Annex, 1525 Pittwater Road. Training Room 5 (or as stated on College noticeboard). Regular buses from Wynyard/Upper Peninsula, 156 from Manly/Church Point. Limited parking available at College. Car park opposite, across Pittwater Road. **Wheelchair accessible**

Venue Coordinator: Barbara Bohm 9913 3481
jeddasam1@bigpond.com

CREATIVE WRITING..... 172BX01

An opportunity for people interested in writing fiction, poetry, short stories, articles, family histories and more,

to read their work and receive constructive criticism and assistance with a view to improving their writing skills, as well as enjoying others' contributions and friendship.

Alt Mondays from 10 July 1:30 - 3:30 (no public holidays)

Leader and bookings: Diane Harding 9944 0886
dianeharding@optusnet.com.au

NEWPORT COMMUNITY CENTRE

11-13 The Boulevard, off Barrenjoey Road. Buses L88, L90 from Wynyard/Upper Peninsula to Newport Bowling Club. Ample parking available. **Wheelchair accessible. No courses at Newport during school holidays.**

Venue Coordinator: Elizabeth Waring;
elizabethwaring5@gmail.com

INTERMEDIATE FRENCH..... 172BC01

This course is for students who have a good working knowledge of Intermediate French Grammar. The objective is to increase our knowledge of the French language, country and culture through vocabulary development, grammar and writing, speaking, presenting and listening. Textbook and a good dictionary are essential. Check before purchasing any books. Activities Room.

Alt Wednesdays from 19 July 1:45 - 3:45

Leader: Danina Anderson; danina_anderson@hotmail.com
Bookings: Frances Buchan 0412 127 182
francesandtonybuchan@gmail.com

ART CLASS WITH DENISE BARRY..... 172BC02

This course welcomes all. We will be working mainly in acrylic paint. The emphasis will be on fun, relaxation and creativity, encouraging each individual style. The leader comes from a background as a practising artist (painter), art teacher and therapist. Activities Room

Each Thursday from 20 July 1:00 - 4:00

Leader: Denise Barry 9974 5335
powerfulowl2@gmail.com
Bookings: Terry Bickerton 9970 7161
terry.bickerton@bigpond.com

TABLE TENNIS..... 172BC03

This exercise stimulates physical and mental performance. The air-conditioned venue is ideal for year-round play. We offer the opportunity to revive a dormant skill and to socialise with new friends.

Each Thursday from 20 July 1:30 - 4:30

Leader: John Hardiman 9940 0460
hardimanja@gmail.com
Bookings: John and Ann Hardiman;
hardimanja@gmail.com (preferred)

YOGA AND RELAXATION..... 172BC04

There are three yoga classes to choose from. **Booking essential, please book into one class only. Multiple class bookings are not permitted.** Each class consists of basic yoga practice, breathing and deep relaxation, which will help improve joint mobility, increase muscle flexibility and bone density. Yoga balances your nervous system, reduces stress, hypertension and insomnia, and helps to keep you happy and healthy. Connie Robinson is a highly qualified yoga teacher, and Louise Matthews is an International Yoga Teachers Association trained teacher. Main Hall

Each Friday from 21 July 12:30 - 2:00

Each Monday from 24 July 12:30 - 2:00

Leader: Connie Robinson
Bookings: Pamela Frei 9913 7852
ciesta@tpg.com.au (preferred)

Each Wednesday – except first Wednesday of each month – from 9 Aug 12:30 - 2:00

Leader: Louise Matthews 9981 4165
louisemtws@yahoo.com.au
Bookings: Joy Cook 9979 3523
joy.e.cook@gmail.com (preferred)

**FRIDAY ART WITH TEACHER 172BC05
ELIZABETH BOUSTEAD**

This is not a class for experts. It's for those who wonder about art, are willing to have a go and are happy to just see what happens. We will look at how art is made by exploring colour, line, composition, materials and art history. Skills needed – an open mind and patience. Activities Room 1 and 2.

Each Friday from 21 July 1:00 - 4:00

Leader: Elizabeth Boustead elizbou@gmail.com
Bookings: Julie Magill 9997 3221
jmagill2@bigpond.com (preferred)

ART CLASS WITH KAYE DEXTER 172BC06

This course is designed to develop painting skills in beginners and more advanced students. We shall use acrylic paints and explore a variety of techniques. The leader is a retired secondary art teacher and practising artist. Activities Room

Each Monday from 24 July 1:00 - 4:00

Leader: Kaye Dexter
Bookings: Mike Williams 0413 878 567
mikews@optusnet.com.au (preferred)

**DRAMA ACTIVITIES THROUGH 172BC07
MOVEMENT, MIME AND
IMPROVISATION**

Looking for a fun and enjoyable activity that extends you? Join our drama activities at Newport every second Wednesday. Not only will you meet new people and have fun along the way but we'll be doing relaxation and drama exercises to music that will make you feel well and happy!
Activity room

Alt Wednesdays from 26 July 2:00 - 4:00

Leader: Helen Rosenkranz 0405 060 727
helenrosenkranz@gmail.com
Bookings: Ann Hardiman 9940 0460
hardimanja@gmail.com (preferred)

**WEDNESDAY AFTERNOON 172BC08
AT NEWPORT**

Come and join a friendly group on the first Wednesday of each month. Enjoy the one-off lectures on a wide range of subjects. Main Hall (4 sessions) **Bookings not required**

**First Wednesday of each month (except Oct)
from 2 Aug 1:30 - 3:30**

Leader: Mavis Bickerton 9970 7161
mavis.bickerton@bigpond.com

1. Impressions of Mongolia and Alaska

Kevin and Glenys will present their impressions of Mongolia and Alaska, highlighting the fascinating connections between the history, geography, culture, lifestyle and landscape of each country.

Wednesday 2 Aug

Speakers: Kevin and Glenys Murray

**2. Celebrant Ceremonies 'Weddings – Wicked,
Wonderful and Wild'**

Whilst most weddings are enjoyable and wonderful affairs at which Wendy was very honoured to officiate, there are always those hilarious and even disastrous moments when events didn't quite work out! Come and hear more.

Wednesday 6 Sept

Speaker: Wendy Bull

3. Maritime Museum

Peter is the Chairperson, Australian National Maritime Museum. The Museum is Australia's leading resource in the field of maritime heritage and history. Peter will speak about its amazing collection.

Wednesday 1 Nov

Speaker: Peter Dexter

4. National Parks and Wildlife

31 May 1942: Three Japanese midget submarines attacked naval vessels in Sydney Harbour. This event will be discussed in detail, as well as the military and convict history of Fort Denison and Shark, Clark and Goat Islands.

Wednesday 6 Dec

Speaker: David Thompson

**NEWPORT: PITTWATER
PRESBYTERIAN CHURCH**

Corner Robertson Road and Ocean Avenue. Buses L88, L90 from Wynyard/Upper Peninsula.

**Venue Coordinator: Ann Hardiman 9940 0460
hardimanja@gmail.com**

RECORDER PLAYING 172BN01

A small group playing descant, treble, tenor and bass recorders. Playing music from Renaissance to Bach through to Modern and Jazz. We welcome new players at this level. Church Hall.

Each Wednesday from 19 July 10:30 - 12:30

Leader and bookings: Colleen Russell 9918 3817

**NORTH CURL CURL
COMMUNITY CENTRE**

Corner of Griffin and Abbott Roads. Parking available inside the venue grounds. Bus 136 Chatswood/Manly passes through Dee Why and stops on the corner of Griffin and Pitt Roads.

**Venue Coordinator: Ruth Buchanan 0401 203 368
ruth.buchanan@bigpond.com**

UNDERWATER ADVENTURES 172BD01

A series of three talks by David Strike. Main Hall
Bookings: 0414 290 938; sylviastrike@hotmail.com

1. Legends of Diving

Thrilling stories about the men and women whose underwater exploits, adventures and explorations have helped push back the boundaries of scientific knowledge.

Thursday 29 June 10:00 - 12:00

2. Diving for Oil

Tales of underwater mishaps and misadventures: In the early seventies the heavy demand for divers to work on the North Sea gas and oil platforms exceeded supply. Wages were high and so was the diver mortality rate.

Thursday 31 Aug 10:00 - 12:00

3. Shipwrecks and Salvage

Relying more on guts than intellect early salvage diving pioneers risked crippling injuries and death for the sake of reward. Stories of classic salvage diving operations and diving's role in maritime archaeology.

Thursday 30 Nov 10:00 - 12:00

BALANCE 'N' BONES EXERCISE.....172BD02

Conditioning exercises for all major muscle groups, balancing to improve posture, relaxation for mind and body following a low-impact aerobic warm-up. Instruction by the **Beth Denny DVD**. Easy program at 9:40 followed by an Advanced program at 10:35. Come to one or both sessions. Main Hall

Each Monday from 3 July 9:40 - 10:25 and 10:35 - 11:20
Each Friday from 7 July 9:40 - 10:25 and 10:35 - 11:20

Leader and bookings: Ruth Buchanan 0401 203 368
 ruth.buchanan@bigpond.com

MAH JONG.....172BD03

Play Mah Jong – the Western Game in a quiet, friendly atmosphere. Main Hall

Alt Mondays from 3 July 1:00 - 3:45

Leader and bookings: Jacki Bateman 9913 8559
 jacki.bateman@optusnet.com.au

SOCIAL SEQUENCE DANCING.....172BD04

Dancing for fun and to keep your mind and body active. Gracious old favourites. Please bring your own lunch. Main Hall.

Each Tuesday from 4 July 10:15 - 2:00

Leader and bookings: Rosemary MacDonald 9905 3851

CROQUET.....172BD05

Come and enjoy the game of Golf Croquet. No partner required. Teaching available upon request. During the mornings, games organised to accommodate on a first-come basis. Afternoons, specific times may be booked. Croquet lawn

Each Tuesday and Thursday from 4 and 6 July 9:00 - 3:45 pm

Leader and bookings: Ruth Buchanan 0401 203 368
 ruth.buchanan@bigpond.com

MUSIC – THE SOUNDTRACK OF OUR LIVES.....172BD06

Listen, laugh, sing along (or even get up and dance if the music takes you). Together we will share the memories that only a special piece of music can evoke. Whether it is rock 'n roll, big band swing, country, jazz or classical, we will be playing many of those forgotten favourites of yours (5 sessions). Main Hall.

First Thursday of each month from 6 July 10:00 - 12:00

Leader and bookings: Brian Delgaty 0402 312 082
 briandelgaty@gmail.com

CANASTA FOR ALL.....172BD07

Canasta is a great social card game. This is an opportunity to learn the rules of the game, pick it up again if you have played before, or polish up your playing skills in a friendly and supportive environment. Main Hall

Each Thursday from 6 July 1:00 - 4:00

Leader and bookings: Eve Lane evelane222@gmail.com

MAH JONG - THE WESTERN GAME.....172BD08

Learn and play Mah Jong in a friendly atmosphere. Patient teaching is provided. Main Hall

Each Thursday from 6 July 1:15 - 3:45

Leader and bookings: Christine Ferguson 0409 306 768
 chrisfer43@gmail.com

CHESS CLUB.....172BD09

Play chess in a quiet friendly atmosphere. All levels welcome. Meeting Room

Each Friday from 7 July 10:00 - 12:00

Leader and bookings: Maria Jenkins 0448 893 788
 mariarjenkins@gmail.com

MAH JONG WESTERN STYLE.....172BD10

Play Mah Jong in a quiet, friendly atmosphere. No teaching. This course originates from the Dee Why Seniors Group program, but is very welcoming to any new member. Meeting Room

Each Friday from 7 July 10:00 - 1:00

Leader and bookings: Christine Ferguson 0409 306 768
 chrisfer43@gmail.com

ACTIVE SENIORS DANCE CLASSES.....172BD11

Delightful social atmosphere. Popular 'Dance for Life with U3A'. Learn waltz, quickstep, slow foxtrot, Latin (rumba, cha cha and samba), jive and sequence dances. Keep mind and body active. From beginners to improvers and beyond. Have fun, dance, enjoy. Main Hall.

Each Friday from 7 July 1:30 - 3:30

Leader: Barbara Martin 0413 656 387
 danceballroom@optusnet.com.au

Bookings: Susan Ascher 9999 4659; 0439 912 512
 sues2512@tpg.com.au

SECOND THURSDAY OF THE MONTH.....172BD12

A monthly program of separate presentations on a wide variety of topics, given by people with expertise in, and enthusiasm for, their subject. Main Hall.

Bookings not required.

Commencing Thursday 13 July 10:00 - 12:00

Leader: Ruth Buchanan ruth.buchanan@bigpond.com

1. Jim Murray and his Spices

An introduction to herbs and spices. We will discuss their folklore, history and origin. Fresh and dried herbs will be available to smell and taste. Recipes using the herbs and spices will be introduced.

13 July and 10 Aug

2. Ruth Fenton - Update your Interior Decoration for Spring

Interior decoration is easier than you think with a few simple guidelines and ideas. Come along and learn to re-think many of the decorative items you may already have. Décor can enhance any environment and change the way you think about your space.

14 Sept

3. Peter Nixon - The History of Moral Thought

From Homer's Greece to Mao's China, from ancient India to modern America, social needs and political desires have shaped moral thinking and therefore global history. In the three sessions, we will recall the stories of selected philosophers and perhaps challenge some of our cherished moral beliefs.

12 Oct, 9 Nov, 14 Dec

CHRISTMAS IN A BOX.....172BD13

Wondering how to wrap that oddly shaped gift? Add a little extra to your gift wrapping for any celebrations. Construct boxes, add origami and bows for minimum cost. Sessions finishing with a Christmas in July luncheon.

Bookings essential Main Hall

Monday 17 and 24 July 1:30 - 3:45

Leader and bookings: Jacki Bateman 9913 8559

AN ECLECTIC MIX.....172BD14

The presenters met at Eric Hitchen's jazz sessions at Glenaeon a couple of years ago and realised that they shared a love of fine music from a wide range of genres. They will present favourites from their combined collections of thousands of CDs and records of jazz, opera and classical, and music from the shows. Main Hall

Monthly on Thursdays: 20 July, 17 Aug, 21 Sept, 19 Oct, 16 Nov 10:00 - 12:00

Leaders: Martin Thorndycraft and Malcolm Raymond;
mthorndy@bigpond.net.au
Bookings: Ruth Buchanan 0401 203 368
ruth.buchanan@bigpond.com

ANDROID TABLET BASIC COURSE(7)** 172BD15

An introduction to your tablet including getting to know it, using inbuilt apps, setting an alarm, using the calendar and camera, visiting the app store, using the web, enlarging the text. The course will be repeated dependent on demand. (3 sessions) Meeting Room

Each Tuesday from 1 Aug 1:30 - 2:30

Leader and bookings: Alan Bateman 9913 8559
alanbateman@optusnet.com.au

IPAD BASIC COURSE(7)** 172BD16

An introduction to your iPad including getting to know it, using inbuilt apps, setting an alarm, using the calendar and camera, visiting the app store, using the web, enlarging the text. The course will be repeated during the semester dependent on demand. (3 sessions) Meeting Room

Alt Mondays from 31 July 1:30 - 3:30

Leader: Malcolm Raymond malcolm.raymond@gmail.com
Bookings: Patricia Gordon 9948 4382
pjgordon@bigpond.com

ANDROID TABLET ADVANCED COURSE(7)** 172BD17

For those who have mastered the basics and want to learn more. This course deals with photos, e-books, files, email and more. The course will be repeated dependent on demand. (3 sessions) Meeting Room

Each Tuesday from 22 Aug 1:30 - 3:30

Leader and bookings: Alan Bateman 9913 8559
alanbateman@optusnet.com.au

SCIENCE TECHNOLOGY AND THE INTERNET OF THINGS (IoT) 172BD18

Science and technology are progressing at ever-increasing speeds. In particular, the latest hot topic is the Internet of Things. IoT is seeing billions of smart devices all connected to the internet and potentially changing the way we live. Many IoT devices will help us to stay longer in our own homes as we age. (6 sessions) Main Hall

Fourth Thursday of each month from 24 Aug 10:00 - 12:00

Speakers are specialists in their field and participants notified by email each month or an IoT newsletter
Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

IPAD ADVANCED COURSE(7)** 172BD19

For those who have mastered the basics and want to learn more. This course deals with photos, e-books, files, email and more. The course will be repeated during the semester dependent on demand. (3 sessions) Meeting Room

Alt Mondays from 21 Aug 1:30 - 3:30

Leader: Malcolm Raymond malcolm.raymond@gmail.com
Bookings: Patricia Gordon 9948 4382;
pjgordon@bigpond.com

WARRIEWOOD: NELSON HEATHER SENIOR CITIZENS CENTRE

Corner of Jacksons and Boondah Roads. Regular buses from Wynyard/Upper Peninsula. 156 from Manly/Church Point. On-site parking available, or in Boondah Road.

Wheelchair accessible

FRENCH WITHOUT GRAMMAR 172BW01

Weekly workshops for people with an understanding of French, who can conjugate the verbs to be and to have. The workbook is *French made Simple* by Pamela Rose Haze. Not a beginner's class. Angophora Room

Each Tuesday from 4 July 2:00 - 4:00

Leader and bookings: Alan Turner-Morris 9400 9223
alantm@optusnet.com.au

TOPICS OF OUR TIMES(25)** 172BW02

A discussion group which will consider timely issues that affect and interest us all. These may be local, national or international. Whilst all members are encouraged to submit topics and actively participate in the discussions, you are welcome to simply listen. Banksia Room

Alt Tuesdays from 4 July 2:00 - 4:00

Leader: Antoine van de Walle 8090 2884
antoinevdwalle@gmail.com
Bookings: Peggy Crocker 9975 6828
fripeg@optusnet.com.au

SINGING FOR THE JOY OF SINGING 172BW03

We meet fortnightly, no ability required. We sing songs from shows. This activity suits anyone who enjoys singing, irrespective of ability. We are a very social group and make friends easily. Non-singers are welcome to attend and just listen and enjoy or hum along. Angophora Room

Alt Fridays from 7 July 10:00 - 12:00

Leader: Alan Turner-Morris 9400 9223
alantm@optusnet.com.au
Bookings: Gigliana Caris 9905 5789
gidan.triman1@bigpond.com

YOU NEED NOT AGREE(16)** 172BW04

A small group for discussion of topical and general matters where all opinions are welcome. Waratah Room

Alt Mondays from 10 July 10:00 - 12:00

Leader: David Garrett 9971 7574
davidhgarrett@gmail.com
Bookings: Kevin Murray 9997 6078
kevandglenny@gmail.com (preferred)

CONTEMPORARY ISSUES(25)** 172BW05

A friendly forum at which matters of public interest are discussed and debated, all participants being free to express their views openly and nominate items for the agenda. New members welcome. Banksia Room

Alt Thursdays from 13 July 2:00 - 4:00

Leader: Lynn Grierson 9913 3964
lynngrrierson1@gmail.com
Bookings: Marianne van de Voorde;
marmonvan@hotmail.com

FRENCH CONVERSATION(16)** 172BW06

Advanced conversation in French based on a text and tape. Waratah Room

Alt Fridays from 14 July 10:00 - 12:00 (no public holidays)

Leader: Wendy Clark 9913 9807
scorpio39@bigpond.com
Bookings: Maureen Black 9982 7149

AN OVERVIEW OF SCIENCE 172BW07

For members who enjoy science, please join us for a series of talks on a wide range of topics presented by speakers, expert in their field (10 sessions). Banksia Room. **Bookings not required**

Alt Fridays from 21 July 2:00 - 4:00

Leaders: Ian Thompson and John Patterson
Enquiries: Merryn Parnell 9999 3414
merryn21@hotmail.com

BOOK DISCUSSION GROUP 172BW08

Share your interest in books by enjoying lively discussion with other avid readers. All books will be chosen by the group from a wide range of literature including fiction, non-fiction and biography. Banksia Room

Alt Fridays from 28 July 1:30 - 3:30

(no school or public holidays)

Leader: Kevin Herbert 9977 8505

white_boar@pacific.net.au

Bookings: Marcia Andrews 9979 8707

marciaandrews711@hotmail.com

PRIVATE HOMES

Note: Booking essential for all private homes

MAH JONG - THE WESTERN GAME..... 172BH01 **(Belrose)**(10)**

Learn and play Mah Jong in a friendly atmosphere.

Each Wednesday from 5 July 9:30 - 11:30

Leader and bookings: Delvene Lawrence 9975 3788

box142@bigpond.com

iPAD AND ANDROID TABLET 172BH02 **COMPUTER WORKSHOP** **(Belrose)**(10)**

Enjoy learning to use your iPad or Android tablet computer. Have fun and work collaboratively with peers and with the guidance of a tutor to uncover the power of your device.

Each Thursday from 6 July 1:00 - 3:00

Leaders and bookings: Delvene Lawrence 9975 3788

box142@bigpond.com

Antoine van de Walle 8090 2884; antoinevdwalle@gmail.com

ART - OILS, PASTELS, ACRYLICS 172BH03 **(Belrose)**(10)**

Enjoy art with a happy group of people for a friendly exchange of ideas and guidance.

Each Friday from 7 July 9:30 - 11:30

Leader and bookings: Delvene Lawrence 9975 3788

box142@bigpond.com

BACH TO THE FUTURE (Avalon)(20)**..... 172BH04

During each session a topic related to classical music is analysed, discussed and illustrated with relevant recordings by great performers. Subject suggestions from course participants are always welcomed.

Alt Fridays from 14 July 2:00 - 4:00

Leader and bookings: Roger Pratt 9918 9277

a.and.r.pratt2@bigpond.com