

NORTHERN BEACHES

Regional Course Coordinator: Runa Schmidt-Muller
runasm@ihug.com.au **Enquiries only**

**Leader Harvey Broadbent and U3A invite you to come along
and enjoy the songs of your life with our own**

THIRD AGE ROCK ORCHESTRA



Narrabeen Baptist Church
13 Grenfell Avenue North Narrabeen

Wednesday 10 July at 2 pm

An entertaining afternoon to sway along and tap your feet
Entry: Gold Coin Donation

Bookings essential during June
Please quote your name and membership number
Gaye Pringle gayepringle@gmail.com

ANNUAL GOURMET PICNIC

Manly Dam Reserve (Area 3)

Friday 25 October 12 noon to 3 pm

Enjoy the tranquil environment of one of the largest freshwater lakes in the Sydney metropolitan area.
The bushland is rich in plant life and birds.
All food, plates and cutlery will be provided. Bring a chair and something to drink

There will be a surprise speaker to entertain us all

Vehicle access via King Street, off Condamine Street, Manly Vale.
If wet, the event takes place in Manly Vale Community Centre, 2 Innes Road, Manly Vale
(opposite the end of King Street across Condamine Street)

Tickets \$20 from Rosemary McCulloch: ramcull@gmail.com

BALGOWLAH: CLUB TOTEM

195 Condamine St, Level 3 Washaway Room. Parking available. Lift from car park. **Wheelchair access**
Venue Coordinator: Maureen Smith 9982 7985
maureen.i.smith@bigpond.com

LITERATURE

A wide range of authors and their books are discussed. These include *Milkman* by Anna Burns, *Bridge of Clay* by Markus Zusak and *The Shepherd's Hut* by Tim Winton.

Alt Wednesdays from 24 July 11:00 - 1:00

Leader: Maureen Smith 9982 7985
maureen.i.smith@bigpond.com

Bookings: Helen Moore 9975 5203 helen.moore@iinet.net.au

BELROSE: GLENAEON RETIREMENT VILLAGE

207 Forest Way. Village Community Centre. Parking available inside village. **Wheelchair access**

Venue Coordinator: Margaret Robinson 9486 3528
merobinson2@bigpond.com

MAH JONG WESTERN STYLE

Play Mah Jong with a friendly group in very comfortable and scenic surroundings. Assistance given but no lessons. All welcome.

Each Tuesday from 2 July 9:00 - 12:00

Leader: Penny Bright

Bookings: David Bright 0404 446 326 dfbright@bigpond.com

COLLARROY: WARRINGAH PLACE RETIREMENT VILLAGE

1039 Pittwater Rd, Activities Room. Street parking, **Wheelchair access**

Venue Coordinator: Mary Comber 9948 4064
(No school and public holidays)

PLAY THE RECORDER (12)

A recorder group at a medium level playing soprano, alto and tenor recorders from the Renaissance to Bach through to Modern and Jazz, in the company of friendly people.

Each Monday from 22 July 10:30 - 12:00

Leader and bookings: Colleen Russell 9918 3817

ISSUES FOR DISCUSSION (15)

The topics are debated in a friendly inclusive atmosphere, so do come and enjoy the company of other U3A members.

Alt Thursdays from 1 Aug 2:00 - 4:00

Leader: Terry Ryan

Bookings: Mary Comber 9948 4064
marycomber1@iinet.net.au

COLLARROY PLATEAU: RSL VETERANS' RETIREMENT VILLAGE

Veterans Pde, Montgomery Hall. Street parking. **Wheelchair access**

ART: PAINTING AND DRAWING IN ANY MEDIUM (14)

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.

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

(No public holidays)

Leader: June Rodden 9402 4550

Bookings: Bronwyn Hale 9979 4481

FORESTVILLE: FOREST COMMUNITY ARTS CENTRE

Darley St. Parking available. **Wheelchair access**

Venue Coordinator: Terri Nixon 0414 358 318

thenixons23@optusnet.com.au

DRAWING FOR BEGINNERS

This class, for beginners ONLY, will continue practising basic drawing skills and will also look at various artists' techniques to broaden their skills. As drawing skills progress, lessons on colours will be introduced later in the term. Classroom 2.

Second and fourth Tuesday of the month from 11 June 12:30 - 2:30

Leader and bookings: Kathleen Wilson 0400 348 818

CREATIVE WRITING (12)

This course does not teach writing. We edit, advise and discuss each member's current work. We work through the school holidays. Lorikeet Room

Alt Mondays from 1 July 1:00 - 4:00

Leader and bookings: June McKimmie
junemckimmie@gmail.com

ART PAINTING GROUP

Our group is a mix of very experienced artists who paint in acrylic and/or water colour. No tuition will be given but friendly advice is always available. We occasionally have special workshops. Classroom 2

First and third Tuesday of the month from 2 July 1:00 - 4:00

Leader and bookings: Kathleen Wilson 0400 348 818

THESE TRUTHS: A BRIEF HISTORY OF THE USA

Relying on Jill Lepore's research, we explore the origins and rise of a divided nation from the American experiment based on political equality, natural rights and the sovereignty of the people to the mighty state machine of today. Has it delivered on its early promises? (4 sessions) Studio

Each Tuesday from 6 Aug 10:00 - 12:00

Leader: Peter Nixon

Bookings: Terri Nixon thenixons23@optusnet.com.au

ROMAN HISTORY: THE CITY OF ROME

Founded in fratricide, peopled by outlaws and rapists, the small settlement of Rome grew over the centuries to rule the Mediterranean world and most of Western Europe.

What physical changes did the city undergo? How did its inhabitants live? Heather Flawith Room

Alt Thursdays from 8 Aug 2:00 - 4:00

Leader and Bookings: Leonie Hayne 9417 2894

CRAFT IN THE FOREST

If you like to knit, crochet, draw, embroider, paint, do beading or colour with pencils, come along. For venue contact leader.

First and third Friday of the month from 5 July 10:00 - 12:00

Leader and bookings: Beth Robertson 9452 2396 (9:00 - 6:00) robertsonbeth12@yahoo.com.au

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Rd. Parking available

Venue Coordinator: Rosemary McCulloch
ramccull@gmail.com 0448 095 958

FRIDAYS IN THE FOREST

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.

(5 sessions) **Bookings not required**

Last Friday in each month commencing 26 July 10:00 - 12:00

Leader: Rosemary McCulloch 0448 095 958
ramccull@gmail.com

1. Entomology and the study of the cockroach

A close-up look at the biology and habitat of cockroaches, their life-cycle and feeding habits and the diseases they may carry.

Friday 26 July Speaker: Ian Thompson

2. Inside Pine Gap – the true story

Pine Gap has been controversial since it was established by treaty with the US in 1966. Learn its history from an insider who served there for 18 years

Friday 30 Aug Speaker: David Rosenberg

3. Is poverty history yet?

Bridge of Hope Indonesia partners with Australians to help families out of poverty, with micro-loans, training in self-reliance, giving dignity to thousands. Hear some heart-warming stories.

Friday 27 Sept Speaker: Barbara Watt

4. The Australian Light Horse

Using videos and photos, Peter will take you on an amazing journey from the story of the extraordinary 'walers' of the Australian Light Horse to the present day.

Friday 25 Oct Speaker: Peter Allen

5. Danger was my business

Critical incidents attended by Gary include the Christmas Day hotel fire in Kings Cross, Granville Train Disaster and the Christchurch Earthquake in New Zealand

Friday 29 Nov Speaker: Gary Raymond

MONA VALE MEMORIAL HALL

1606 Pittwater Rd. Meeting Room. Parking available

Venue Coordinator Elizabeth Waring
elizabethwaring5@gmail.com

FRENCH LEVEL 3

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 3 July 2:00 - 4:00

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

FRENCH INTERMEDIATE ONGOING

Gentle paced course on all aspects of the French language. Reasonable vocabulary and knowledge of grammar required. Book used is *Easy French Reader Third Edition* by R de Roussy de Sales

Alt Tuesdays from 9 July 10:00 - 12:00

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

FRENCH LEVEL 4

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 10 July 2:00 - 4:00

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

HISTORY OF PHILOSOPHY 4

The philosophies of Hegel and Nietzsche will be explored. This course is designed as a continuation of the course History of Philosophy 3. New students are welcome, but they would be best served by completing History of Philosophy 3 first.

Alt Tuesdays from 16 July 1:00 - 3:00

Leader and bookings: John Lauricella 9918 2142
jml1010@yahoo.com

PHILOSOPHICAL THEMES – DESCARTES TO DERRIDA

This course will continue to explore modern and contemporary Western philosophy of reality (metaphysics) and knowledge (epistemology). Format: DVD and YouTube lectures combined with group discussions. No previous philosophy knowledge required.

Alt Tuesdays from 23 July 2:00 - 4:00

Leader and bookings: Mike Williams 0413 878 567
mikews@optusnet.com.au

NARRABEEN: BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway). Parking available.

Wheelchair access

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

UKULELE FOR BEGINNERS

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. Room 2, Level 1

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

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

UKULELE - INTERMEDIATE / ADVANCED

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 2 July 1:30 - 3:30

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

UNPLUGGED ACOUSTIC GUITAR GROUP 1 and 2

The group will continue building a repertoire of classic soft rock/blues acoustic pieces. Only basic skills with guitar chords and following lyric/chord charts needed. Bring own guitar and music stand. Room 2, Level 1

First three Wednesdays in each month from 3 July 10:30 - 1:00

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

THE 3RD AGE ROCK ORCHESTRA

Playing classic rock and pop is for good singers and post-beginners on all instruments except ukuleles. Basic skills with following lyric/chord charts needed. Ability to read musical notation not required but an advantage. Bring own instrument and music stand. Church

Each Wednesday from 3 July Feb 2:00 - 5:00

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

CREATIVE PAINTING WORKSHOP

A relaxed group with varying levels of skill, we work on our own projects and commonly share techniques, ideas and information, which is welcomed by all. Education Centre, Ground floor

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

Leader: Susan Davies 0414 799 324
Bookings: Suzanne Allan 0458 712 033
zanne07@gmail.com (preferred)

FRENCH POST BEGINNERS (15)

On-going gentle paced course for people interested in furthering their knowledge of French. Basic vocabulary and grammar required. Book used is *French Made Simple* by Pamela Rose Haze. Education Centre, Ground floor

Alt Fridays from 5 July 10:00 - 12:00

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

TRIVIA FOR SENIORS

Interesting and tricky questions and topics well suited to the U3A age group. 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 5 July 1:00 - 3:00

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

ADVANCED FRENCH

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

Alt Mondays from 8 July 10:00 - 12:00

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

PHILOSOPHICAL THEMES - DESCARTES TO DERRIDA

This course will continue to explore modern and contemporary Western philosophy of reality (metaphysics) and knowledge (epistemology). Format: DVD and YouTube lectures combined with group discussions. No prior knowledge of philosophy required. Room 2, Level 1

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

Leaders and bookings: Mike Williams 0413 878 567
mikews@optusnet.com.au

SOLVING CRYPTIC CROSSWORDS : BASIC INTRODUCTION (16)

This course is intended for those with little or no knowledge of solving cryptic clues. (6 sessions) This is followed by working through full crosswords together where you will reinforce and build upon strategies and tactics learned. (4 sessions) Education Centre Ground floor. Bookings essential

Alt Fridays from 12 July 1:30 - 3:30

Leader and bookings: Eve Lane 0455 948 864
evelane222@gmail.com

HISTORY OF PHILOSOPHY 3

An introduction to philosophy via a survey of the philosophers of the 17th and 18th centuries, including Hume, Locke, Spinoza, Leibniz and Kant. These philosophers think within the context of the scientific revolution which undermined 2000 years of tradition. Room 2, Level 1

Alt Fridays from 19 July 10:00 - 12:00

Leader and bookings: John Lauricella 9918 2142
jml1010@yahoo.com

POST-INTRODUCTORY SPANISH B

Continuation of the Post-Introductory Spanish course taught in Semester 1. Aims at further developing spoken and written communication skills. Also covers grammar, pronunciation and an initiation into Spanish-speaking cultures. Previous knowledge equivalent to one Introductory Spanish course is required. Education Centre, Ground floor

Each Monday from 12 Aug 2:00 - 4:00

Leader and bookings: Alexis Tabensky 0424 983 618
a.tabensky@unsw.edu.au

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE

1395A Pittwater Rd. Limited off-street parking.

Wheelchair access

Venue Coordinator: Rosemary McCulloch
ramccull@gmail.com 0448 095 958

OPERA ON SUNDAYS

Continuing our very successful opera series, we shall watch, on DVD, outstanding performances from opera houses around the world. Break between acts for lunch overlooking Narrabeen Lagoon (8 sessions). Lakeview Hall.

Alt Sundays from 4 Aug 11:00 - 3:00
except 10 and 24 Nov No school holidays

Leader and bookings: Rosemary McCulloch 0448 095 958
ramccull@gmail.com

TUESDAYS AT THE TRAMSHED

A series of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject. (5 sessions) Lakeview Hall. **Bookings not required.**

Monthly from Tuesday 6 Aug 11:00 - 1:00

Leader: Rosemary McCulloch 0448 095 958
ramccull@gmail.com

1. Cleopatra VII, last ruler of Ptolemaic Egypt

Femme fatale? Astute Politician? Can we see the real woman behind 2000 years of propaganda?

Tuesday 6 Aug Speaker: Leonie Hayne

2. The criminal process

When a police investigation leads to a person being charged, the matter goes to the Local Court. I will explain what happens in court, who does what and why.

Tuesday 3 Sept Speaker: Val de Rome

3. Iconic Australian inventions and discoveries

A look at the people and science and some classic Australian discoveries and inventions from the 19th century colonial era through to our present time.

Tuesday 1 Oct Speaker: Ian Thompson

4. Horses for the Olympics

Chosen to train and coordinate all the horses in the opening ceremony, he choreographed the tribute to the stock horse in the Sydney Olympic Games.

Tuesday 5 Nov Speaker: Don Eyb

5. The evolution of humans

After presenting a novel way of thinking about our origins, we then detail humanity's more recent evolution as revealed by fossil and DNA evidence.

Tuesday 3 Dec Speaker: Kevin Murray

MUSIC TO REMEMBER

Each session will concentrate on one particular great orchestra with examples of legendary performances from the past as well as recordings by artists of today. Lakeview Hall (9 sessions)

Alt Tuesdays from 13 Aug 11:00 - 1:00

Leader and bookings: Rosemary McCulloch
ramccull@gmail.com 0448 095 958

NARRABEEN NORTH: COASTAL ENVIRONMENT CENTRE

Pelican Path, Lake Park Rd. Parking available.

Wheelchair access

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

CREATIVE PHOTOGRAPHY (20)

By sharing knowledge, we will improve our photographic techniques. Continuing from Semester one, each session will consist of a mixture of tutorials and interactive workshops, with members encouraged to share their knowledge and images.

Alt Thursdays from 4 July 10:30 - 12:30 No public holidays

Leaders: Laurie Wilson and Ian Thompson
Bookings: Laurie Wilson 9938 1454
laurie.wilson@optusnet.com.au (preferred)

MONDAY AT THE MOVIES (MAM)

For those who enjoy current movies, 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.

Mondays 22 July, 12 Aug, 2 Sept, 14 Oct, 4 Nov, 2 Dec 10:00 - 12:00 No school holidays

Leader: Heather Leggat

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

MAGIC OF POETRY

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

Wednesdays 24 July, 14 Aug, 11 Sept, 16 Oct, 13 Nov, 11 Dec 10:45 - 12:45 No school holidays

Leader: Alan Leggat

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

LAUGHTER WELLNESS

A laughter session that typically leaves participants feeling more energised, positive and with a new outlook on life.

Alt Mondays from 5 Aug 9:00 - 10:30

Leader and bookings: Jane Broadbere 0407 667 534
jane.broadbere@gmail.com

NARRABEEN NORTH: NARRABEEN RSL CLUB

116 Nareen Pde. Parking available

CROQUET (20)

Teaching available on request. No partner required. Mallets supplied. Games are organised to accommodate on a first come basis.

Each Tuesday from 2 July 8:30 - 12:00

Leader: Bob Hunter 9970 7352 hunterdeb@bigpond.com
Bookings: Jill Barrett 9982 2387 jillb45@hotmail.com

NEWPORT COMMUNITY CENTRE

11-13 The Boulevard. Parking available.

Wheelchair access

No courses at Newport during school holidays

Venue Coordinator Elizabeth Waring
elizabethwaring5@gmail.com

WEDNESDAY AFTERNOON 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 (5 sessions) **Bookings not required**

1st Wednesday of each month from 3 July 1:30 - 3:30

Leader: Margaret White marg.whiteu3@gmail.com

1. The Garvan Institute

The history of Garvan. The areas of research that we focus on and some background on genomics, which unite all of our research disciplines.

Wednesday 3 July Speaker: Brad Timms

2. Science, myths and misconceptions

Examining a range of commonly held science-based myths by identifying their possible origins and the reasons why they persist despite contrary scientific evidence.

Wednesday 7 Aug Speaker: Kevin Murray

3. Military fortification of West Head

Learn about the WW II design and construction of West Head Battery, the first line defence of Pittwater, Hawkesbury rail bridge and Woy Woy rail tunnel.

Wednesday 4 Sept Speaker: Ross Clements

4. Travelling with the richest man in the world

Graham managed the travel arrangements of the Sultan of Brunei and his family. His story embraces changes that occurred when the current Sultan assumed power.

Wednesday 6 Nov Speaker: Graham Sellick

5. Life in late medieval England

This presentation brings to life Medieval England including dress, habits, diets, buildings, wars, plagues, education, beliefs, the church and what survived to this day.

Wednesday 4 Dec Speaker: Peter Headley

YOGA AND RELAXATION

Each class consists of basic yoga practice, breathing and deep relaxation, which will help improve joint mobility, increase muscle flexibility and bone density. Main Hall.

Bookings essential for one nominated class only.

Each Monday from 22 July 12:30 - 2:00

Each Friday from 26 July 12:30 - 2:00

Bookings: Pamela Frei 0415 603 906
ciesta@tpg.com.au (preferred)

ART CLASS WITH KAYE DEXTER

This acrylics course is for advanced painters, who need to bring own equipment. Activities Room. Bookings essential

Each Monday from 22 July 1:00 - 4:00

Leader: Kaye Dexter

Bookings: Robyn Mayman 9918 2941
peter@maymans.com (preferred)

OUTSTANDING TOPICS AND SPEAKERS

This course features speakers on diverse topics who are experts in their field. Main Hall **Bookings not required**

Fourth Tuesday of each month from 23 July 1:30 - 3:30

Leader: Margaret White marg.whiteu3@gmail.com

1. Diving for oil

Tales of underwater mishaps and misadventures on North Sea gas and oil platforms in the early Seventies, by a former Royal Navy diver.

Tuesday 23 July Speaker: David Strike

2. The use of animals in medical research

How have past experiments on animals contributed to our current medical knowledge? What laws control such experiments today? And what of the future?

Tuesday 27 Aug Speaker: Dr Rosemarie Einstein

3. Time travel

Travelling in time is a favourite theme for speculative fiction, but despite some paradoxes is not entirely ruled out by speculative theories in physics.

Tuesday 24 Sept Speaker: Dr Laurie Wilson

4. Mick's way

When Mick, a sports coach to elite athletes, returned from his usual morning swim, little did he realise his life was to change forever.

Tuesday 22 Oct Speaker: Mick Miller

5. Behind the lyrics

Graham will share the secret history of a few good Twentieth Century songs with stories about their history and unexpected tales behind popular tunes.

Tuesday 26 Nov Speaker: Graham Spindler

DRAMA ACTIVITIES THROUGH MOVEMENT, MIME AND IMPROVISATION (20)

Looking for fun and an enjoyable activity that extends you? Join our drama activities where you will meet new people and have fun along the way. We do drama exercises to music, also mime and improvisation. Activities Room

Bookings essential

Alt Wednesdays from 24 July 1:45 - 3:45

Leader: Helen Rosenkranz 0405 060 727

helenrosenkranz@gmail.com

Bookings: Ann Hardiman 0406 921 476

hardimanja@gmail.com (preferred)

YOGA AND RELAXATION

The class consists of easy yoga postures which include stretching, joint mobility exercises, breathing practices and deep relaxation. The practice of yoga has many benefits including reducing stress by balancing the nervous system and helping to reduce blood pressure. Main Hall.

Bookings essential for one nominated class only.

Each Wednesday, except first Wednesday of each month from 24 July 2:00 - 3:30

Leader: Louise Matthews louisemtws@yahoo.com.au

Bookings: Joy Cook 9979 3523

joy.e.cook@gmail.com (preferred)

ART CLASS WITH DENISE BARRY

This course will be working mostly in acrylic paint. The leader comes from a background as a practising artist (painter), art teacher and therapist. Activities Room

Bookings essential

Each Thursday from 25 July 1:00 - 4:00

Leader: Denise Barry 9974 5335

powerfulowl2@gmail.com

Bookings: Terry Bickerton 9970 7161

terry.bickerton@bigpond.com

TABLE TENNIS

We offer the opportunity to revive a dormant skill and to socialise with new friends. Main Hall. **Bookings essential**

Each Thursday from 25 July 1:15 - 4:30

Leader: Neil Mitchell 0405 123 521 pnmcons@tpg.com.au

Bookings: Carole Young 0421 356 493

caroleyoung@me.com (preferred)

First and third Tuesday from 6 Aug 1:15 - 4:30

Leader: Richard Hughes 69ingleside@gmail.com

Bookings: Barbara Tuna btunaruby@yahoo.com.au (preferred)

INTERMEDIATE FRENCH

A good knowledge of French grammar required. The objective is to increase our working knowledge of the French language, the country and culture through development of vocabulary, grammar, speaking, writing, presentation and listening. Textbook and dictionary essential. Activities Room.

Bookings essential

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

Leader: Danina Anderson

Bookings: Frances Buchan 0412 127 182

francesandtonybuchan@gmail.com

PHOTOGRAPHY

Learn to take stunning photographs on your mobile phone or SLR covering composition and lighting. The course will comprise 3 sessions in either August or November.

Bookings essential

Mondays 5 Aug, 12 Aug, 19 Aug and 4 Nov, 11 Nov, 18 Nov from 9:00 - 12:00

Leader and Bookings: Tony Clark 0416 060 148
tony.clark.48@gmail.com

NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Cnr Robertson Rd and Ocean Ave.

RECORDER CONSORT

A small group playing descant, treble, tenor and bass recorders, playing music from Renaissance to Bach through to Modern and Jazz. New players always welcome. Church Hall.

Each Wednesday from 3 July 10:30 - 12:30

Leader and bookings: Colleen Russell 9918 3817

CREATIVE WRITING

We will look at essays, short stories, poetry and prose, articles and memoirs. Let loose your latent creativity – and fly! Church Hall

Alt Wednesday from 10 July 1:00 - 2:30

Leader and bookings: Colleen Russell 9918 3817

NORTH CURL CURL COMMUNITY CENTRE

Cnr Griffin and Abbott Rds. Parking available inside the venue grounds

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

CHRISTMAS PARTY

End of Year Celebration with a Rock 'n' Roll Dance Party, including sing along to Christmas Carols.

Guests welcome. The kitchen is closed - bring your own food and drink.

Saturday 7 December from 6:00 pm - 9:00 pm

ACTIVE SENIORS DANCE CLASSES

Learn social dances i.e. waltz, tango, rumba, rock, cha cha, sequence. Enjoy afternoon tea and meet new friends.

Each Friday from 28 June 1:30 - 3:30

Leader: Barbara Martin

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

BALANCE 'N' BONES EXERCISE

Conditioning exercises for all major muscle groups and balancing to improve posture. Instruction by the Beth Denny DVD. Easy program at 9:30 followed by a slightly more advanced program at 10:30.

Each Monday from 1 July 9:30 - 10:20 and 10:30 - 11:20

Each Friday from 5 July 9:30 - 10:20 and 10:30 - 11:20

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

DISCUSSION GROUP

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. Small meeting room

Each Monday from 1 July 1:30 – 3:30

Leader and bookings: Duba Skelton 0403 494 667

CANASTA (BOLIVIA VERSION)

If you can play canasta, take the opportunity to expand your skills by learning the rules of this game. Tuition will be provided during the first two playing sessions in July.

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

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

MAH JONG - THE WESTERN GAME

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

Each Thursday from 4 July 12:45 - 3:45

Leader: Judith Bennett email@narrabeenlagoon.org.au
Bookings: Rosalie Howard 9982 8130
rosaliehoward@bigpond.com

CANASTA (BOLIVIA VERSION) (30)

These sessions provide the opportunity for experienced players to play the game in a friendly environment.

Each Thursday from 4 July 12:45 - 3:45

Leader and bookings: Eve Lane 0455 948 864
evelane222@gmail.com

MUSIC – THE SOUNDTRACK OF OUR LIVES

Together we will share the memories that only a special piece of music can evoke. This is the Soundtrack of our Lives.

First Thursday of each month from 4 July 10:00 - 12:00

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

SOCIAL SEQUENCE DANCING

Dancing for fun and to keep your mind and body active.

Gracious old favourites. Come for an hour or more. Please bring your own lunch.

Each Tuesday from 5 July 10:00 - 1:45

Leader and bookings: Rosemary MacDonald 9905 3851

READING AND DISCUSSING SHAKESPEARE

Read aloud Shakespeare's plays beginning with a comedy *Much Ado About Nothing*. Discuss his plots, characters and language. Consider his plays against his life and times. Bring a copy of the play.

Second and fourth Tuesday of each month from 9 July 2:00 - 4:00

Leader and bookings: Robert Englund
r.englund@optusnet.com.au

A TASTE OF FRENCH CUISINE

The presentation will give an introduction to French Cuisine. Recipes for several popular dishes will be introduced, discussed and made available for tasting.

Thursday 11 July 10:00 - 12:00

Leader: Jim Murray

Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

MUSICAL MEMORIES

Join us each month as we play a variety of music tracks that bring back memories of our happy times. A mix of Easy Listening, Rock and Roll, Jazz and Soul Music favourites.

Third Thursday of each month from 18 July 10:00 - 12:00

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

THE BRITISH INDUSTRIAL REVOLUTION

During the Industrial Revolution Britain experienced a consistent growth in population. This three-part series will identify both the nature and origin of the changes as well as the remarkable individuals driving change.

Thursdays 8 Aug, 12 Sept and 31 Oct 10:00 - 12:00

Leader and bookings: Jim Murray
Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

THEATRE TALKS

Fourth Thursday of each month from 22 Aug 10:00 - 12:00

Speaker and bookings: Diana Pheils
diana.pheils@bigpond.com

1. Who wrote the first sitcom?

Are we still laughing at the same jokes as the ancient Greeks and Romans? And where did theatre begin in Britain?

Thursday 22 Aug

2. Shakespeare

His world, his Influence and his genius.

Thursday 26 Sept

3. Society and sexuality

Actresses on stage. The glorious Restoration Theatre.

Thursday 24 Oct

4. Manners to melodrama

The Sheridan phenomenon and the rise of actors and acting.

Thursday 28 Oct

HISTORY OF JOHN MONASH

Brief introduction and his background, concentration on tactics he developed as seen in the Battle of Hamel and how these turned around the war for the Allies.

Thursday 29 Aug 10:00 - 12:00

Speaker: Carolyn Zietsch
Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

BEHIND THE NEWS

Media outlets summarize important issues – political, economic or scientific – in a few catch phrases. These discussions will focus on a few topics that have been in the public eye recently with a view to examining them in greater depth. (3 sessions)

Thursday 10 Oct, 14 Nov, 12 Dec 10:00 - 12:00

Leader: Peter Nixon
Bookings: Virginia Lawrence virginialaw@bigpond.com

WARRIEWOOD: NELSON HEATHER SENIOR CITIZENS CENTRE

Cnr Jacksons and Boondah Rds. Parking available

Wheelchair access

**Venue Coordinator Marcia Andrews 9979 8707
marciaandrews711@hotmail.com**

TOPICS OF OUR TIMES (25)

These issues may be local, national or international. Members are encouraged to submit topics and actively participate; however, you are welcome to simply listen. Banksia Room

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

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

ELEMENTARY RUSSIAN

The course studies grammar and translations to achieve an ability to converse in daily situations and translate texts such as newspaper articles. Basic knowledge required.

Banksia Room

First and third Wednesday of the month from 3 July 2:00 - 4:00

Leader and bookings: Tim Coyle 0449 120 346
m.coyle@inet.net.au (preferred)

SINGING FOR THE JOY OF SINGING

Come along and sing well-known songs from all genres. Anyone who enjoys singing, irrespective of ability, is welcome to join our friendly group to sing, hum along or just sit and listen. Angophora Room

Alt Fridays from 5 July 10:00 - 12:00

Leader: Lynda Cronshaw
Bookings: Elizabeth Rush 0423 104 682
elizabethrush646@gmail.com (preferred)

YOU NEED NOT AGREE (16)

A small group for discussion of topical, local, national, international or general matters where all opinions are welcome. Waratah Room

Alt Mondays from 8 July 10:00 - 12:00

Leader and bookings: Kevin Murray 9997 6078; 0413 306 146 kevandglenny@gmail.com (preferred)

PURE CLASS – A CREATIVE WRITING CLASS

Participants bring copies of work completed in the fortnight and engage in short challenges. You may choose to write poetry, novels, plays, short stories, memoirs or articles. Waratah Room

Alt Mondays from 8 July 1:30 - 3:30 (no public holidays)

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

CONTEMPORARY ISSUES (25)

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. Banksia Room

Alt Thursdays from 11 July 2:00 - 4:00

Leader: Lynn Grierson 9913 3964
Bookings: Marianne van de Voorde 9913 7968
marmonvan@hotmail.com

FRENCH CONVERSATION (16)

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

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

Leader: Wendy Clark
Bookings: Maureen Black 9982 7149
maurengb192@gmail.com

AN OVERVIEW OF SCIENCE

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 19 July 1:30 - 3:30

Leader: Ian Thompson collaroyplateau@hotmail.com

Enquiries: Merryln Parnell 9999 3414 merryln21@hotmail.com

1. Iconic Australian inventions of our time - part 1

A look at the people and science some classic Australian discoveries and inventions from the 19th century colonial era through to our present time.

Friday July 19 Speaker: Ian Thompson

2. Signs and symbols: their history and significance

Symbols are a universal language and their use to portray a message, warning or information is an ancient method of expression, predating alphabets.

Friday Aug 2 Speaker: John Flint

3. Evolution of the universe

We outline our current understanding of the evolution of the universe from the big bang to the present, including the appearance of life on earth.

Friday Aug 16 Speaker: Kevin Murray

4. Impact of climate change on health and disease

Increasing temperatures, rising seas and natural disasters are a feature of climate change. We examine how these impact on the overall health of our community

Friday Aug 30 Speaker: Dr Penny Bishop

5. Iconic Australian inventions of our time - part 2

A further look at the people and science some classic Australian discoveries and inventions, following on from the July 19 presentation.

Friday Sept 13 Speaker: Ian Thompson

6. Blood, blood products, transfusion and equipment

Blood is a complex fluid running inside our arteries and veins, supplying nourishment and oxygen to all the body cells, essentially giving us life.

Friday Sept 27 Speaker: Dr Punci (Das) Dassanayake

7. Building the HMB Endeavour replica

Learn about this Bicentennial project, the genesis, funding difficulties, sourcing materials and see rare photos of building the replica of James Cook's ship at Fremantle.

Friday Oct 11 Speaker: Leigh Haines

8. A study in cryptozoology

Mysterious critters such as the Bunyip, Yeti and Bigfoot that, either temporarily or continually defy logic as to what they are ... whether they are ... why they are.

Friday Oct 25 Speaker: Grahame Sims

9. Science and technology disruption

Our modern world is experiencing massive changes with new technology causing disruptions to our lives. We examine some new initiatives in a number of fields.

Friday Nov 8 Speaker: Malcolm Raymond

10. End of certainty: the decade that re-invented physics

Bookended by the two relativity theories, the decade from 1905 to 1915 revolutionised our thinking about time, space and the fundamental structure of matter.

Friday Nov 22 Speaker: Dr Laurie Wilson

BOOK DISCUSSION GROUP

Share your love and interest in books by enjoying lively discussions 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 26 July 1:30 - 3:30

(no school or public holidays)

Leader and bookings: Marcia Andrews 9979 8707

marciaandrews711@hotmail.com (preferred)

CONVERSATIONAL GERMAN

Do you want to improve your German? Participants should have medium knowledge of German. Emphasis of the classes will be on conversation and grammar. No beginners Waratah Room

Alt Thursday from 8 Aug 9:30 - 11:30

Leader and bookings: Inge Kohl 0450 704 662

ingekhol@gmail.com

PRIVATE HOMES

Note: Bookings essential for all private homes

BACH TO THE FUTURE (Avalon) (20)

During each session we analyse a topic related to classical music, with examples of great recordings of the music being studied. Class members are encouraged to discuss the music and may suggest topics for future study.

Alt Fridays from 28 June 2:00 - 4:00

Leader and bookings: Roger Pratt 9918 9277

a.and.r.pratt2@bigpond.com

MAH JONG - THE WESTERN GAME (Belrose) (8)

Learn and play Mah Jong in a friendly atmosphere.

Each Monday from 1 July 12:30 - 4:30

Each Wednesday from 3 July 9:30 - 11:30

Leader and bookings: Delvene Lawrence 9975 3788

box142@bigpond.com

ART - OILS, PASTELS, ACRYLICS (Belrose) (10)

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

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

Leader and bookings: Delvene Lawrence 9975 3788

box142@bigpond.com

WENDY'S BOOK CLUB (Forestville) (10)

We read and discuss books borrowed as kits from the library. Every second meeting we share reading aloud another book chosen by the group to read on a continuing basis.

Alt Thursdays from 12 July 1:00 - 3:00

Leader: Bernie Gibson 0416 231 513

bernieanddavid@hotmail.com

Bookings: Shirley Carruthers 9486 3657

ANDROID TABLET COMPUTER WORKSHOPS (Frenchs Forest) (6)

Enjoy learning to use your 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 18 July 1:00 - 3:00

Leader and bookings: Antoine van de Walle 8090 2884

antoinevdwalle@gmail.com