

ENDEAVOUR (SOUTHERN)

Regional Course Coordinator: Jim Sloan 0404 060 633
jsloan@sloan.id.au **Enquiries only**

The Annual General Meeting of the Endeavour (Southern) Region of Sydney U3A
has been rescheduled to **2:00 on Wednesday 11 March at the Cronulla School of Arts.**

Details will be published on the U3A website at <https://sydneyu3a.org/sydney-u3a/regions/endeavour-southern>

PLEASE SEE OUR 2 ENTRIES IN 'EVENTS'

CRONULLA SCHOOL OF ARTS

A two-story building with two rooms upstairs in 6 Surf Rd - both rooms are lift accessible.

1. UPSTAIRS ACTIVITY ROOM

BRAIN GAMES (24)

Extensive research provides growing evidence that in addition to maintaining physical fitness and eating sensibly, maintaining brain health in older people may assist in reducing the disease which causes dementia. This course is designed to complement a physical exercise program **Second and fourth Fridays of each month from 14 Feb 10:00 - 12:00**

Bookings are essential. We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to www.sydneyu3a.org or contact Denis Paulin 0438 594 206 d.paulin@bigpond.com

ENDEAVOUR MALE CHOIR: CRONULLA (30)

This is an opportunity for men who enjoy singing to come together and share their talents. We'll sing songs that sound particularly relevant for a male choir

Monday 30 Apr 10:00 - 12:00

Leader and **bookings:** Anita Spinks 0423 532 582
anitaspinks@live.com.au

FILM APPRECIATION AND DISCUSSION

Members of this film group watch contemporary films at the cinema in their own time. We meet for two of the set films once a month. Selection of the films is democratic, but it's expected that films of a high quality are chosen

Third Thursday of each month from 20 Feb 1:00 - 3:00

Leader and **bookings:** Anita Spinks 0423 532 582
anitaspinks@live.com.au
Secretary and **bookings:** Ross Bell 8005 6218 or 0402 285 972
rossbell1952@gmail.com

LOCAL VOCALS: CRONULLA (30)

Do you sing in the shower? Are you a former member of Opera Australia? Either way, you're bound to fit into this mixed singing group and have a lot of fun in the process

Second and fourth Thursdays from 13 Feb 10:00 - 12:00
Leader and **bookings:** Anita Spinks 0423 532 582
anitaspinks@live.com.au

OPEN MINDS DISCUSSION GROUP (20)

A discussion group keen to tackle the harder problems in life. An opportunity to explain your point of view and learn how and why others think differently

Second and fourth Wednesdays from 12 Feb 10:00 - 12:00

Leader and **bookings:** Anita Spinks 0423 532 582
anitaspinks@live.com.au

SINGING FOR FUN: CRONULLA (30)

Do you enjoy singing? Join our social singing group. No need to read music, song sheets supplied. We sing a wide range of popular songs from Medieval to Modern, have fun themed classes and discuss the background of the music

First and third Thursdays from 06 Feb 10:00 - 12:00

Leader and **bookings:** Barbara Adams 0438 299 108
beejava@outlook.com
Co-leader and **bookings:** Janice Day 0437 696 325
sozuga@bigpond.com

SOLVING CRYPTIC CROSSWORDS - INTERMEDIATE (16)

This class is ideal for the less experienced solvers who already have some basic knowledge of cryptic techniques. Sharpen your cryptic crosswords solving skills as we work together to crack compiler's devious yet often delightful clues. Mind stretching enjoyment

First and Third Wednesdays from 05 Feb 2:00 - 4:00

Bookings are essential. We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to www.sydneyu3a.org or contact Rosemary De Gabriele 0404 015 807 r.degabriele@optusnet.com.au

SPEAKING FRENCH - POST BEGINNERS (15)

This course is for those who have done more than one year of French and who want to move on from beginners French

Each Monday from 03 Feb 1:30 - 3:30

Leader and **bookings:** Joan Craven 0408 978 435
marjoan4@hotmail.com

2. UPSTAIRS THEATRETTE

ARMCHAIR TRAVELLERS

Our group meets to share worldwide travel stories and visual presentations. Members connect to the audio-visual equipment in the upstairs theatrette. Some members choose not to present and enjoy being the audience.

Morning tea is provided for a 50c donation

First and third Wednesdays of each month from 05 Feb 10:00 - 12:00 (except school holidays)

Leader: Margaret Durie 9525 9189 or 0403 391 845
marg2229@bigpond.com

Bookings: Kate Churcher 9523 6990 or 0433 140 900
kchurcher2@hotmail.com

ART HISTORY

This course looks at the works of world-famous artists over the centuries. Members of the class present biographies with DVD and computer presentation

Second and fourth Tuesdays of each month from 11 Feb 10:00 - 12:00

Leader: Beverley Theodore 9532 1141 tpl5@bigpond.com

Bookings: Teresa Lamberton 9502 4420
teresalamberton@hotmail.com

ASPECTS OF AUSTRALIAN HISTORY

A potpourri of Australian history presented by some class members and occasional guest speakers

Second and fourth Mondays of each month from 10 Feb 1:00 - 3:00

Leader: Mary Small 9522 9917

Co-leader and **bookings:** Margaret Durie 0403 391 845
marg2229@bigpond.com (preferred)

AT THE CINEMA - DIRK BOGARDE

Explore the life and career of actor/writer Dirk Bogarde through talks, viewing his major movies and discussion. A program will be available at the first session

First and third Thursdays of each month from 06 Feb 1:30 - 4:30 (approx.)

Sessions start at 1:30, finishing times vary based upon movie shown

Leader and **bookings:** Robert Englund 8521 7540
r.englund@optusnet.com.au

BALLET ON SCREEN (40)

The proposed program for this semester is:

1. *Paquita* (Ballet de l'Opera National de Paris)
2. *Anastasia* (Royal Ballet)
3. *Chroma/Infra/Limen* (Royal Ballet)
4. *The Dream/Symphonic Variations/Marguerite and Armand* (Royal Ballet)

Third Monday of each month from 17 Feb 1:30 - 4:00

Leader: Jean Singleton-Turner 9525 6084

jsingleton7@bigpond.com

Secretary and **bookings:** Marina Saunders 9527 4564
marinthers@gmail.com (preferred)

EXPLORATIONS IN MUSIC

A music appreciation course covering various kinds of music from early classical, romantic, orchestral and choral through to jazz and synthesizer. We explore different countries, themes or individual composers from a range of eras. Detailed handouts supplied. Enjoy and be challenged

Second and fourth Wednesdays of each month from 12 Feb 1:00 - 3:00

Leader: Sam Adams 9522 9386

Bookings: Trevor Campbell 9525 6970

OPERA ON SCREEN (40)

Enjoy screened performances of comic/light opera preceded by a short talk. Screenings are sub-titled and abridged to fit the time when necessary. The proposed program is:

1. *Die Fledermaus* (The Bat) (Johann Strauss II)
2. *Don Giovanni* (Mozart)
3. *La Vie Parisienne* (Parisian Life) (Offenbach)

Tuesdays: 3 sessions on 04 Feb, 18 Feb, 03 Mar 1:00 - 4:00

Leader and **bookings:** Jean Singleton-Turner 9525 6084
jsingleton7@bigpond.com

Secretary and **bookings:** Rosemary Backhouse 9546 5373
backhouse.rosemary@gmail.com (preferred)

POETRY IS ALIVE

Join us as we are dipping a toe into Edgar Allan Poe, or drowning in Browning. Let's jump on Mulga Bill's Bicycle and cruise through centuries of poetry. Members are welcome to present their favourite poems, or their own work

Second and fourth Thursdays of each month from 13 Feb 2:00 - 4:00

Leader and **bookings:** Elisabeth Peters 9523 3743 or 0466 893 747
heinzlizz@optusnet.com.au

CRONULLA COMMUNITY HALL

38-60 Croydon St Meeting room 1.

Access via walkway next to shop 15

FRENCH FOR INTERMEDIATE SPEAKERS (16)

Intermediate-level French, basic knowledge required.

Revive your grammar, practise your conversation skills, and enjoy reading French texts. Have fun in a relaxed learning environment

Each Monday from 03 Feb 2:00 - 3:30

Leader and **bookings:** Susan Molloy-Johnson 9546 5170
twotwelves@outlook.com

GYMEA COMMUNITY CENTRE

Venue unavailable - course now run in a Private Home.

AUSTRALIA OUR LAND (15)

Using books and videos from the library we study and discuss the environmental, geographical, historical and cultural aspects of our wonderful country

Each Wednesday from 05 Feb 10:00 - 12:00

Leader: Angela Balding 9524 2018

Bookings: Leona Harris 9522 3225

GYMEA COMMUNITY HALL

31-33 Gynea Bay Rd. Enter from Talara Rd

CREATIVE WRITING

Fun with words. From a selection of topics, express yourself in the format of your choice in either prose, poetry or essay

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

Leader: Ann O'Connor 0424 968 380 annoc@tpg.com.au

Bookings: Sandra Keller 9540 1194 or 0417 134 210
as.keller@bigpond.com

DISCOVERING ART

This class will discuss the different aspects of art from architecture to sculpture with art related topics. We will also look at your favourite artists. Visits to art galleries are a regular highlight

First and third Tuesdays of each month from 04 Feb 10:00 - 12:00

Leader and **bookings:** Margaret Wilkes 9523 1614 margiewilkes@live.com.au

Secretary and **bookings:** Marie Paterson 9524 0279

DRAWING (20)

Member-driven art classes where we employ various styles and mediums. Includes visits to art exhibitions

Each Tuesday from 04 Feb 1:00 - 3:00 (ends 07 April)

Joint leader: Janice Russell 9527 1965 or 0418 422 752

barrie.edgar@bigpond.com

Joint Leader: Stephen Churm 9589 0413 or 0411 500 380

foam33@optusnet.com.au

Bookings: Pam McGrath 9524 4346 mcgrath.ffss@gmail.com

MIDDLE EASTERN DANCING

The oldest dance form for women explored and expressed to traditional music. A great way to keep fit and have fun. If you can walk you can dance

Each Monday from 03 Feb 1:30 - 3:00

Leader: Faye Green 9521 6575 shalinabd@bigpond.com

Bookings and Secretary: Wendy Lobwein 9527 4696

wendy.rae.lob@hotmail.com

PATHWAYS TO THE GODS

We're looking into the beginning of Christianity by reading the New Testament and other ancient documents from surrounding cultures, including their mystery religions, to create a biography of Jesus. How relevant are his sayings and parables today?

Second and fourth Tuesdays from 11 Feb 10:00 - 12:00

Leader and **bookings:** Jacques Goldman 9518 6741

SOLVING CRYPTIC CROSSWORDS - INTERMEDIATE (12)

This class is ideal for the less experienced solvers who already have basic knowledge of cryptic techniques. Sharpen your cryptic solving skills as we work as a group in cracking compilers' devious yet often delightful clues. Some mind stretching enjoyment

Each Thursday from 06 Feb 2:00 - 4:00

Bookings are essential. We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to www.sydneyu3a.org or contact Rosemary De Gabriele 0404 015 807 (preferred) r.degabriele@optusnet.com.au

HURSTVILLE LIBRARY

Dora Rd. Miles Franklin Room

DISCUSSION GROUP (15)

Attendees from all walks of life meet in a friendly and fun manner to exchange ideas on current topics of interest. Excellent forum to expand upon knowledge and meet new friends

Second and fourth Tuesday of each month from 11 Feb 1:00 - 3:00

Leader: Andrew Maclean 9543 2539

aach.maclean@optusnet.com.au

Bookings: Garry Griffiths 0468 809 332

margig@ozemail.com.au

KOGARAH SENIOR CITIZEN HALL

2 Taylor St

GERMAN CONVERSATION

Intermediate to advanced conversational German

Second and fourth Thursdays of each month from 06 Feb 10:00 - 12:00

Leader and **bookings:** Helmi Albrecht 9597 6628 or 0412 635 976 helmi.albrecht@gmx.de

MIRANDA COMMUNITY CENTRE

93 Karimbla Rd

AUSTRALIAN HISTORY DISCUSSION GROUP

Talks on any aspect of Australian history. Topics and talks chosen and given by group members who are prepared to do so

First and third Wednesdays of each month from 05 Feb 1:30 - 3:30

Leader: Janice Stokes 9543 1296 or 0418 415 249

stokesj@optusnet.com.au

Bookings: Elizabeth Donovan 9524 9488

MIRANDA: WESTFIELD

Crossroads Community Centre new rooms. Cnr Kiora Rd and Kiora Lane. Entrance from Kiora Lane. Ring bell to gain entry. Parking available

FRENCH CONVERSATION (18)

A small group participates in French conversation with an emphasis on correct pronunciation and fluency

Each Monday from 03 Feb 12:00 - 1:00

Leader: Bill Leach 9579 1251; 0413 691 373

billnell2@optusnet.com.au

Bookings and Secretary: Howard Nguyen: 9533 2772 or

0415 191 927 hnguyen49@optusnet.com.au

FRENCH INTERMEDIATE (18)

Covers grammar, vocabulary, listening, conversation and dictation. Use will be made of printed and audio material

Each Monday from 03 Feb 10:00 - 12:00

Leader: Bill Leach 9579 1251 or 0413 691 373

billnell2@optusnet.com.au

Bookings and Secretary: Howard Nguyen: 9533 2772 or

0415 191 927 hnguyen49@optusnet.com.au

THE RISE AND FALL OF ANCIENT CIVILISATIONS AND EMPIRES (15)

In-depth study of the rise and fall of civilisations and empires from ancient to modern times by way of reading, discussion and TV documentary (when available). Class members may suggest topics and otherwise contribute to the group, if they wish to do so

Each Tuesday from 04 Feb 10:00 - 12:00

Joint Leaders: Margaret McDonnell 9553 0489 or

0422 619 267 mmcdonnell@tpg.com.au and

Olga Bondarenko 9529 7314 olgab@ozemail.com.au

Bookings: Dorothy Dalyell 9520 5563 ddalyell@bigpond.com

OATLEY LIBRARY

26 Letitia St

ART FOR ENJOYMENT (16)

We meet weekly to enjoy our own art. There are no formal lessons as each of us likes to do our own form of art. We have beginners to serious artists and find that we learn by helping each other

Each Wednesday from 08 Jan 2:00 - 4:00

Leader and **bookings:** Doreen Kellett 9525 0531 or 0407 276 416 doreenkellett@live.com.au

ITALIAN LANGUAGE AND CULTURE

Focuses on speaking, writing, listening and reading Italian at survival level or better. We explore grammar, literature, poetry, history, art, tourism, songs, opera themes, and recipes. Classes are in English and Italian depending on the topic and the class

Each Thursday from 30 Jan 10:00 - 12:00

Leader: John Della Torre 8544 1758

Bookings: Judy Bassford 9527 2931 judybassford7@gmail.com

SANS SOUCI LIBRARY

104 Russell Ave

MINDFULNESS (25)

Presented by Grace Thomas. Mindfulness enhances awareness of self in relation to others, including the environment, which in turn informs and empowers you with knowledge/insight, enabling self-regulation (of your thoughts, emotions and behaviour)

Wednesdays 26 Feb, 25 Mar and 08 Apr 1:00 - 2:30

Leader and **bookings:** Anna Winter 9553 0445 or 0449 673 144 enquiries only. annau3a@gmail.com (preferred)

SOUTH HURSTVILLE LIBRARY

1 Allen St Hurstville

AWARD-WINNING NOVELS (15)

Friendly group meeting, to discuss award-winning novels, or novels any one of the group thinks should have won an award!

First Wednesday of each month from

05 Feb 10:30 - 12:30

Leader: Pat Copping 9529 6791 or 0432 345 501 18gingie@gmail.com

Bookings: Gloria Thompson 0403 899 349 thompson.gloria37@gmail.com

DISCUSSION GROUP (15)

Our friendly group enjoys stimulating and serious discussion on current affairs and a variety of subjects. There is controversy, reminiscing and usually lots of laughter

Each Monday from 03 Feb 10:00 - 12:00

Bookings are essential. We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to www.sydneyu3a.org or contact Denis Paulin 0438 594 206 d.paulin@bigpond.com

WRITING CREATIVELY (12)

A small friendly self-help group where you can develop your writing skills and share your stories and life experiences. Beginners welcome

First and third Tuesdays of each month from 04 Feb 1:30 - 3:30

Leader: Yvonne Tracey 9587 3245 or 0415 327 313 yvonne.calling1@bigpond.com

Bookings: Patricia Skinner 0497 054 981 or 9547 0406 donleyton10@gmail.com

SUTHERLAND CLUB ON EAST

7 East Pde Club Coffee Shop

CRIME READERS GROUP

In depth discussion about listed book and author; all input welcome. The reading list is compiled yearly by the Leader in consultation with members. Authors from all over the world are included. A friendly, social and intelligent group

Second and fourth Tuesdays of each month from 11 Feb 10:15 - 12:00

Leader: Carol Dawson 0405 311 749 carousel43@bigpond.com

Secretary and **bookings:** Carolyn Schinazzi 9525 7617 or 0433 574 990 carolandreno@gmail.com

SUTHERLAND LEISURE CENTRE

1 Rawson Ave Committee Room

ASPECTS OF ARCHAEOLOGY (16)

There is a video each meeting on archaeology followed by reading from articles relating to archaeology, plus afternoon tea

First and third Friday of each month from 07 Feb 2:00 - 4:00

Leader and **bookings:** Mary Armstrong 9567 0995

SUTHERLAND LIBRARY

Belmont St. Committee Room

ART - SKETCHING (20)

Learn quick observational urban sketching. Illustrate your journal of Sutherland Shire sights and occasions. Using only pencil, pen and watercolours, we also venture outdoors on Saturday mornings or join other sketch groups. We are the ShireSketchers, sharing and helping each other

Every Thursday from 06 Feb 10:00 - 12:00

Leader: Peggy Annabel 0402 354 968 or 9528 3391 peggy.annabel@bigpond.com

Co-Leader and **bookings:** Julie Dunno 9526 2640 juliedonno@yahoo.com.au

YOWIE BAY: WATERBROOK LIFESTYLE RESORT

19 Wyralla Rd

MUSIC FOR PLEASURE: THE CLASSICAL ROMANTICS (20)

Music appreciation: classical and romantic periods

First and third Tuesdays of each month from 04 Feb 2:00 - 4:00

Leaders: Joan Bolton 9541 3016 or 0416 143 077

boltonjoan@hotmail.com

and Bob Hallahan 9594 0214 jacobob@optusnet.com.au

Bookings: Chris Jenkins 9529 4444

chrisjenk66@hotmail.com

OUT THERE

LUNCH A LOT WITH STYLE (25)

Enjoy eating out? Share good food and conversation? We visit inexpensive restaurants chosen by group members to experience a variety of cuisines. Venues will be close to public transport. Members pay for own meals and corkage; the laughter is free

First Thursday of each month from 06 Feb 12:30 (various venues)

Leader and **bookings:** Anna Winter 9553 0445 or

0449 673 144 enquiries only annau3a@gmail.com

(preferred)

U3A SYDNEY STRIDERS (35)

A variety of walks of Sydney and surrounds ranging from easy to difficult grade bush, track and street walks, going to beautiful and interesting places, with good company. Various locations and times as per program

Alt Wednesdays from 05 Feb - approx. 9:00 start

Leader: Penny Howarth 0411 180 050

pennyhowarth2@gmail.com

Secretary and **bookings:** Rosanne Burkhart 0413 128 967

U3A ENDEAVOUR CAMPUS WALKERS

Bush Rambles and Sydney by ferry and foot.

Routes previously walked by walk leaders. Walks in our programs indicate degree of difficulty. A 4-5 day social walking holiday held annually. Members encouraged to participate as much as possible. Annual administrative fee of \$10 applicable

Each Thursday from 06 Feb - variable meeting times

Leader: Jean McInerney 0418 453 508

jaymond.mcinerney@bigpond.com

Bookings: June Symes 9524 2817 jsymes6@gmail.com

(preferred)

WALKING AROUND SYDNEY (40)

A variety of walks around all areas of Sydney and surrounds ranging from easy to medium/hard bushwalks, track and street walks. Members from all U3A regions are welcome

Alt Fridays from 14 Feb (variable times)

Leader: Wendy Donelan 0402 495 739;

wdonelan54@gmail.com

Secretary and **bookings:** Jennifer Hawkins 9533 6470

jenniferhawkins798@gmail.com (preferred)

WALKING IN SYDNEY AND SURROUNDS (35)

A variety of walks around greater Sydney and surrounds ranging from medium to easier bushwalks, track and street walks, seeing beautiful and interesting places, whilst enjoying good company. We welcome members from all U3A regions to come and join us

Alt Fridays from 07 Feb 8:30 - 3:00 (variable times)

Leader, coordinator and **bookings:** Sandra Gibson 9543 2377

PRIVATE HOMES

BOOK BANTER (GyMEA) (12)

A wide variety of books are chosen by the members of the group and one book is discussed each month

First Friday of each month from 07 Feb 1:30 - 3:00

Leader and **bookings:** Vicki Hann 0419 482 254

vickihann@hotmail.com

HEALTHY RELAXATION MEDITATION (Kogarah) (12)

Healthy life, relaxation through meditation. Learn to sit in the stillness and find your inner place to unfold your blueprint for life 'know thyself'

First and Third Tuesdays of each month from 04 Feb 1:30 - 3:30

Leader and **bookings:** Anna Winter 9553 0445 or

0449 673 144 annau3a@gmail.com

INTERESTING ISSUES AROUND SCIENCE (GyMEA) (40)

Three Thursdays 10:00 - 12:00

Leader for all sessions: Gordon McLelland

Bookings for all sessions: Jill McLelland 9524 6506

jillU3A@outlook.com

1. The Frogs of Frog Hollow

Rockdale was originally known as Frog Hollow because of the low-lying, swampy ground that contained a multitude of frogs. Hear how the frog habitats changed as Rockdale developed

Thursday 06 Feb Speaker: Arthur White

2. Amazing Tides and Travels

Why do some places like the Bay of Fundy in Canada have extreme tides, and can any use be made of this? Then enjoy a journey from necessary Sea Scout leader training to sailing passion!

Thursday 20 Feb Speakers: Gordon McLelland & Octavia Barrington

3: Iconic Australian Inventions of Our Time

A look at some classic Australian inventions from the colonial era through to our present time, and the people and science behind these discoveries and inventions

Thursday 19 Mar Speaker: Ian Thompson

PHOTOBOOKS FOR ABSOLUTE BEGINNERS (GyMEA) (6)

Have you wanted to make a photobook? Learn to use a freely available computer program. We'll discuss choosing the book type, covers, theme, layouts, text and embellishments. Very basic, so suitable for true 'photobook beginners'! Basic computer skills are assumed

Monday 02 Apr 10:00 - 12:00

The date for an optional follow-up session will be decided with participants on the day

Leader and **Bookings:** Jill McLelland 9524 6506 or

0423 381 665 jillU3a@outlook.com