

ENDEAVOUR (SOUTHERN)

Regional President: TBA

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

IMPORTANT INFORMATION: You must book to attend a course. Refer to "Booking a Course" on page 4.

CRONULLA COMMUNITY HALL

Meeting Room 1. 38-60 Croydon St Cronulla
Wheelchair Access

Languages French

FRENCH FOR INTERMEDIATE SPEAKERS (max 16)

Every Monday from 12 Jul 2:00 to 3:30

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.

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

CRONULLA SCHOOL OF ARTS

6 Surf Road Cronulla
Lift and wheelchair access

Languages Italian

ITALIAN LANGUAGE AND CULTURE (max 15)

Every Thursday from 1 Jul 10:00 to 12:00

Upstairs Lecture Room
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.

Leader: John Della Torre 8544 1758 jrdellatorre@gmail.com

Bookings: Judy Bassford 9527 2931 judybassford7@gmail.com

Cinema

AT THE CINEMA – JAMES STEWART (max 40)

First and third Thursdays of each month from 1 Jul 1:30 to 4:30 (approx.)

Upstairs Lecture Room
Explore the life and career of James Stewart through talks, viewing his major films and discussion. A program will be available at the first session. Sessions start at 1:30, finishing times vary based upon movie shown. Leader and **bookings:** Robert Englund 8521 7540 r.englund@optusnet.com.au

Games

BRAIN GAMES (max 20)

Second and fourth Fridays from 9 Jul 10:00 to 12:00

Upstairs Activity Room
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. Leader and **bookings:** contact Denis Paulin 0438 594 206 d.paulin@bigpond.com

Languages French

SPEAKING FRENCH TO POST BEGINNERS (max 15)

Every Monday from 12 Jul 1:30 to 3:30 (except school holidays)

Upstairs Activity Room
This course is for those who have done more than one year of French and who want to move on from beginners French. Leader and **bookings:** Joan Craven 0408 978 435 marjoan4@hotmail.com

Art Appreciation

ART HISTORY (max 40)

Second and fourth Tuesdays of each month from 13 Jul 10:00 to 12:00 (except school holidays)

Upstairs Lecture Room
This course looks at the works of world-famous artists over the centuries. Members of the class present biographies with DVD and computer presentation. Leader: Margaret Kingston 95229868 m.kingston1@bigpond.com
Bookings: Teresa Lamberton 0414 425 353 teresalamberton@hotmail.com and Carol Cook 0488 286 324 carolcook39@optusnet.com.au

Languages Japanese

JAPANESE LANGUAGE AND CULTURE (max 15)

Each Tuesday from 13 Jul 1:00 to 3:00

Upstairs Activity Room
An introductory course of Japanese language and culture covering a variety of topics. Focusing on listening, speaking and reading, classwork is interactive and collaborative, aiming to promote confidence in all skills areas. Writing is an option available to interested participants. Leader and **bookings:** Jean Swinyard 0401 198 073 (text only) jeanswinyard@gmail.com

Discussion Groups

OPEN MINDS DISCUSSION GROUP (max 20)

**Second and fourth Wednesdays from 14 Jul
10:00 to 12:00 (except school holidays)**

Upstairs Activity Room

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.

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

Music Appreciation

EXPLORATIONS IN MUSIC (max 40)

**Second and fourth Wednesdays of each month from
14 Jul 1:00 to 3:00**

Upstairs Lecture Room

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.

Leader: Sam Adams 9522 9386

Bookings: Trevor Campbell 9525 6970

Music Singing

SINGING FOR FUN (max 20)

**First and third Thursdays from 15 Jul 10:00 to 12:00
(except school holidays)**

Upstairs Activity Room

Do you enjoy singing? Then join our social group for an uplifting sing-along. No need to read music, song sheets are supplied. We sing a wide range of popular songs from Medieval to Modern, have fun themed classes, participant presentations and discuss the background of the music.

Leader: Barbara Adams 0438 299 108

beejaya@outlook.com

Bookings: Janice Day 0437 696 325

sozuga@bigpond.com

Cinema

FILM APPRECIATION AND DISCUSSION (max 20)

Third Thursday of each month from 15 Jul 1:00 to 3:00

Upstairs Activity Room

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.

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

Bookings: Ross Bell 9586 4061 or 0402 285 972
rossbell1952@gmail.com

Creative Writing

CREATIVE WRITING CRONULLA

**First and third Mondays from 19 Jul 10:00 to 12:00
(except school holidays)**

Upstairs Lecture Room

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

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

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

History Ancient

THE RISE AND FALL OF ANCIENT CIVILISATIONS AND EMPIRES (max 40)

First and Third Tuesday from 20 Jul 10:00 to 12:00

Upstairs Lecture Room

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.

Leader: Olga Bondarenko 0432 882 560

olgab@ozemail.com.au

Bookings: Dorothy Dalyell 9520 5563

ddalyell@bigpond.com

Travel

ARMCHAIR TRAVELLERS (max 40)

**First and third Wednesdays of each month from
21 Jul 10:00 to 12:00 (except school holidays)**

Upstairs Lecture Room

We come together with the common interest of sharing our travel experiences and use the audio-visual equipment in the upstairs Lecture Room. Some members choose not to present and enjoy the presentations as the audience. There is a lift available to access upstairs if needed.

Leader: Ketty Crossley 0405 245 315

crossleyks@optusnet.com.au

Bookings: Kate Churcher 9523 6990 or 0433 140 900

kchurcher2@hotmail.com

Poetry

POETRY IS ALIVE (max 40)

**Second and fourth Thursdays of each month from
22 Jul 1:30 to 3:30**

Upstairs Lecture Room

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.

Leader and **bookings**: Elisabeth Peters 9523 3743

or 0466 893 747 heinzlizz@optusnet.com.au

GYMEA BOWLING CLUB

691 Kingsway, Gymea

Games

BACKGAMMON (max 20)

**First and Third Tuesdays of each month from 6 Jul
3:00 to 5:00**

Do you like Backgammon or would you like to learn? We are looking for local players as well as newcomers to the game to come and join us. We will support you in getting your game skills up and running. We also plan to create local tournaments as well as engagement with other Backgammon groups in Sydney.

Leader and **bookings**: Johnny Pace 0414 894 876

johnnypace1@optusnet.com.au

GYMEA COMMUNITY HALL

31-33 Gymea Bay Rd, Gymea

Dance

MIDDLE EASTERN DANCING

Every Monday from 5 Jul 1:30 to 2:30

The oldest dance form for women explored and expressed to traditional and western music. This is a fusion of many dance styles tailored to fit older bodies. A great way to keep fit and have fun. If you can walk you can dance.

Leader: Faye Green 9521 6575
shalinabd@bigpond.com

Bookings: Wendy Lobwein 9527 4696 or 0404 348 974
wendy.rae.lob@hotmail.com

Art Drawing

DRAWING (max 20)

Every Tuesday from 13 Jul 1:00 to 3:00

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

Leaders: Christine Horrocks 0438 614 087
christine.anne7@bigpond.com and
Diana Smith 0439 780 732 dianams44@gmail.com

Bookings: Pam McGrath 0490 046 988
mcgrath.ffss@gmail.com

Art Appreciation

DISCOVERING ART

First and third Tuesdays of each month from 20 Jul 10:00 to 12:00

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.

Leader and **bookings:** Margaret Wilkes 0407 958 924 or 9523 1614 margiewilkes@live.com.au

GYMEA TRADIES

57 Manchester Road, Gymea

Art Drawing

SHIRE SKETCHING (max 40)

Every Thursday from 08 Jul 10:00 to 12:00

Waratah Room

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.

Leaders: Peggy Annabel 0402 354 968 or 9528 3391
peggy.annabel@bigpond.com and
Carol Cook 0488 286 324
carolcook39@optusnet.com.au

Bookings: John Wu 0413 694 883
j54316@hotmail.com

HURSTVILLE UNITING COLIN MCFADYEN, RETIREMENT VILLAGE

47 Woniara Road Hurstville

Creative Writing

CREATIVE WRITING HURSTVILLE (max 12)

Third Tuesdays of every month from 20 Jul 1:30 to 3:30

Come share your stories and life experiences through the written word.

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

Bookings: Patricia Skinner 9547 0406
donleyton10@gmail.com

KOGARAH SENIOR CITIZEN HALL

2 Taylor St, Kogarah

Languages German

GERMAN CONVERSATION

Second and fourth Thursdays of each month from 8 Jul 10:00 to 12:00

Intermediate to advanced conversational German.
Leader and **bookings:** Helmi Albrecht 9597 6628 or 0412 635 976 helmi.albrecht@gmx.de

MIRANDA COMMUNITY CENTRE

93 Karimbla Rd, Miranda

Discussion Groups

AUSTRALIAN HISTORY DISCUSSION GROUP (max 18)

First and third Wednesdays of each month from 21 Jul 1:30 to 3:30

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

Leader: Janice Stokes 9543 1296 or 0418 415 249
stokesj@optusnet.com.au

Bookings: Elizabeth Donovan 9524 9488

OATLEY LIBRARY

26 Letitia St, Oatley

Art

ART FOR ENJOYMENT (max 16)

Every Wednesday from 7 Jul 2:00 to 4:00

The name says it all. Join our group and spend 2 hrs of enjoyment doing any kind of art or craft with a very friendly social group.

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

SOUTH HURSTVILLE RSL (THE PINNACLE)

72 Connells Point RD South Hurstville

Book Groups

AWARD-WINNING NOVELS (max 15)

First Wednesday of each month from 7 Jul 10:30 to 12:30

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

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

Discussion Groups

DISCUSSION GROUP (max 15)

Every Monday from 12 Jul 10:00 to 12:00

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.

Leader and **bookings**: Denis Paulin 0438 594 206 d.paulin@bigpond.com

Discussion Groups

DISCUSSION GROUP (max 15)

Second and fourth Tuesday of every month from 13 Jul 2:00 to 4:00

The Group's purpose is to provide information and insight into matters of current social interest and importance. Each attendee gives a five-minute presentation on a previously agreed topic. Research (homework) is generally necessary.

Leader: Andrew Maclean 9543 2539

aach.maclean@optusnet.com.au

Bookings: Garry Griffiths 0468 809 332

margig@ozemail.com.au

SUTHERLAND CLUB ON EAST

7 East Pde, Sutherland

Book Groups

CRIME READERS GROUP

First and third Tuesdays of each month from 20 Jul 10:15 to 12:00 (except school holidays)

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.

Leader: Carol Dawson 0405 311 749

carousel2079@gmail.com

Bookings: Carolyn Schinazzi 9525 7617 or 0433 574 990

carolandreno@gmail.com

SUTHERLAND LEISURE CENTRE

Rawson Avenue Sutherland

Archaeology

ASPECTS OF ARCHAEOLOGY (max 16)

First and third Fridays of each month from 2 Jul 2:00 to 4:00

There is a video each meeting on archaeology followed by reading from articles relating to archaeology.

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

YOWIE BAY ARDENCY AROONA LIFESTYLE RESORT

19 Wyralla Rd, Yowie Bay

Music Appreciation

MUSIC FOR PLEASURE: THE CLASSICAL ROMANTICS (max 20)

First and third Tuesdays of each month from 6 Jul 2:00 to 4:00

Without being too prescriptive, Music for Pleasure like to include the best of musical styles ranging from Baroque to Classical to Romantic to the Twentieth Century. This may include chamber music, concertos, symphonies and choral works. Members are encouraged to make suggestions regarding choices for future programs.

Leader: Bob Hallahan 9594 0214 jacobob@optusnet.com.au

Bookings: Chris Jenkins 9529 4444 chrisjenk66@hotmail.com

PRIVATE HOMES

Book Groups

BOOK BANTER (GyMEA) (max 20)

First Friday of each month from 2 Jul 1:30 to 3:00

Upstairs Activity Room

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

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

vickihann@hotmail.com

Literature

AUSTRALIA OUR LAND (GyMEA) (max 10)

Every Wednesday from 7 Jul 10:00 to 12:00

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

Leader: Angela Balding 9524 2018

Bookings: Leona Harris 9522 3225

History Architecture

SYDNEY'S 19TH CENTURY CITY BUILDINGS (Kirrawee) (max 12)

Second and fourth Monday each month from 12 Jul 1:30 to 3:30

Become acquainted with Sydney's sandstone government buildings and its many department stores whose journey began as tiny shops or just a basket. Classic architecture and quality good were all important to this developing city.

Leader: Nola Watt 0467 162 749

Bookings: Cherie Clover 0410 404 351

cherie167@hotmail.com

Meditation

HEALTHY RELAXATION MEDITATION (Kogarah) (max 12)

First and Third Tuesdays of each month from 20 Jul 1:30 to 3:30 (except school holidays)

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

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

or 0449 673 144 (enquiries only)

annau3a@gmail.com (preferred)

OUT THERE

Outdoor Outings Eating Out

LUNCH A LOT WITH STYLE (max 25)

First Thursday of each month from 1 Jul 12:30 (various venues)

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.

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

Outdoor Outings Bushwalking

WALKING AROUND SYDNEY (max 40)

Alternate Fridays from 2 Jul (variable times)

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.

Leader: Wendy Donelan 0402 495 739
wdonelan54@gmail.com

Bookings: Jennifer Hawkins 9533 6470
jenniferhawkins798@gmail.com (preferred)

Art Drawing

SHIRE - SKETCHING (max 40)

Every Saturday from 10 Jul (variable times)

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

Leaders: Peggy Annabel 0402 354 968 or 9528 3391
peggy.annabel@bigpond.com and
Carol Cook 0488 286 324 carolcook39@optusnet.com.au
Bookings: John Wu 0413 694 883 j54316@hotmail.com

Outdoor Outings Bushwalking

U3A SYDNEY STRIDERS (max 35)

Alternate Wednesdays from 14 Jul - approx. 9:00 start

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.

Leader: Penny Howarth 0411 180 050
pennyhowarth2@gmail.com

Bookings: Rosanne Burkhart 0413 128 967
rburkhart@bigpond.com

Outdoor Outings Bushwalking

U3A ENDEAVOUR CAMPUS WALKERS (max 35)

Every Thursday from 15 Jul - variable meeting times

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.

Leader: Jean McInerney 0418 453 508 jraymond.mcinerney@bigpond.com

Bookings: June Symes 9524 2817 or 0408 077 900
jsymes6@gmail.com (preferred)

Outdoor Outings Bushwalking

WALKING IN SYDNEY AND SURROUNDS (max 35)

Alternate Fridays from 16 Jul 8:30 to 3:00 (variable times) (except school holidays)

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.

Leader and **bookings**: Teresa and John Lamberton
Teresa 0414 425 353 John 0419 249 711
teresalamberton@hotmail.com

ZOOM

Languages French

FRENCH CONVERSATION (max 10) (zoom)

Every Monday from 12 Jul 12:30 to 1:30 (except school holidays)

Small group participating in French conversation with an emphasis on fluency and correct pronunciation. With a maximum of 10 members.

Leader: Jill Kendrigan 0412 389 601 drigan@idx.com.au
Bookings: Howard Nguyen: 9533 2772 or 0415 191 927
hnguyen49@optusnet.com.au

Languages French

FRENCH INTERMEDIATE (max 10) (zoom)

Every Monday from 12 Jul 10:00 to 12:00 (except school holidays)

Small group refreshing their grammar, vocabulary, listening and pronunciation skills. We will use some downloaded material. The maximum class will be 10 persons.

Leader: Jean Harrow 0400 207 271
jeanharrow1@gmail.com

Bookings: Howard Nguyen: 9533 2772 or 0415 191 927
hnguyen49@optusnet.com.au

Presentations

ENDEAVOUR MONTHLY TUESDAY TALK (zoom)

Last Tuesday each month from 27 Jul 10:30am to 12:30pm (except school holidays)

Once a month we host a talk on general interests. Our speakers will present on a variety of topics ranging from archaeology to zoology. If you have a good topic please contact Cherie Clover 0410 404 351 cherie167@hotmail.com and we will try to arrange it.

Leader: Jim Sloan 0404 060 633 jsloan@sloan.id.au
Bookings: endeavours3atalks@gmail.com

Travel

TRAVELLERS ON ZOOM (max 20) (zoom)

1st Thursday of the month from 05 Aug 2:00 to 4:00 (except school holidays)

The goal is for people with a common interest to share their travel experiences with a PowerPoint or Keynote Presentation of their photographs and use the 'shared screen' with the Leader who hosts and organises the meeting. Some members may choose not to present and enjoy the presentations as the audience.

Leader and **bookings**: Kate Churcher 9523 6990 or 0433 140 900 kchurcher2@hotmail.com