

# GREATER WESTERN

**Regional President:** Robin Amos [jjnanna@internode.on.net](mailto:jjnanna@internode.on.net) (preferred) 0418 447 754  
**Regional Course Coordinator:** Sue Bailey 0416 027 049  
[sueb0356@gmail.com](mailto:sueb0356@gmail.com)(preferred) **Enquiries only**

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

## BLACKTOWN: ALPHA PARK HALL

Alpha St  
Close to station, bus stop nearby

Games  
**FUN AND GAMES (max 20)**

**Every Friday from 1 July 9:30 to 11:30**  
A light-hearted course to stretch your mind by playing scrabble, rummikub, canasta, Mah Jong and other games in a friendly atmosphere.  
Leader and **Bookings:** June Keith  
[junekeith@optusnet.com.au](mailto:junekeith@optusnet.com.au) 9621 1215

Tai Chi  
**TAI CHI/QI GONG**

**Every Thursday from 21 July 9:30 to 10:30**  
not school holidays  
The low impact nature of Tai Chi/Qi Gong is suitable for people of all ages. An oriental exercise that has been shown to improve balance, co-ordination, posture and flexibility. It also helps reduce the risk of falls in older people.  
Leader and **Bookings:** Ellen Pilgrim  
[stanp@optusnet.com.au](mailto:stanp@optusnet.com.au) 0407 450 291

## BLACKTOWN LIBRARY

Community Room  
Cnr Flushcombe Rd and Alpha St  
wheelchair access, bus stop nearby, train station nearby

Genealogy  
**FAMILY TREE MYSTERIES (max 10)**

**Alternate Tuesdays from 12 Jul 10:00 to 12:00**  
This is a support group for those researching their family history. Members range from beginners to those with over thirty years' experience in genealogy. Join our friendly and helpful group whose members assist each other to solve their genealogy problems.  
Leader and **Bookings:** Roslyn McMullen  
[rmrfm12@gmail.com](mailto:rmrfm12@gmail.com) (preferred) 0416 926 032

## GRANVILLE CENTRE

1 Memorial Drive  
wheelchair access, train station nearby, parking onsite

Music Opera  
**MAGIC MOMENTS IN OPERA (max 10)**

**Alternate Wednesdays from 6 July 1:00 to 3:00**  
Share and learn more of the meaning and magic of classical music and particularly opera. Hear the stories of some of the great operas and then listen to some of the music.  
Leader and **Bookings:** Peter Anderson  
[oeuvres@tpg.com.au](mailto:oeuvres@tpg.com.au) (preferred) 0416 019 512

**FRIDAY HISTORY WITH COLIN SMITH**

**Every 2nd Friday from 8 July 10:00 to 12:00**  
**Bookings:** Steve Bensley [steveben@aapt.net.au](mailto:steveben@aapt.net.au) (preferred) 0401 454 364

History  
**1. The East India Company**  
**8 Jul, 22 Jul, 5 Aug, 19 Aug, & 2 Sep**

Tolstoy described the East India Company as "A commercial company that enslaved a nation comprising two hundred million people". We look at the history of the first company.  
Presenter: Colin Smith

History  
**2. The Holodomor**  
**16 Sep**

A man made famine in Ukraine in 1932-3 that killed millions. How and why did Stalin cause this disaster?  
Presenter: Colin Smith

History  
**3. Cuban Missile Crisis**  
**30 Sep & 14 Oct**

The Cuban Missile Crisis was a confrontation in 1962. We look at this crisis when the USSR tried to install nuclear weapons in Cuba.  
Presenter: Colin Smith

Genealogy  
**GROWING YOUR FAMILY TREE (max 15)**

**Alternate Tuesdays from 12 July 12:00 to 2:00**  
Interested in your family history? Join a friendly, helpful group all engaged in digging up their ancestors.  
Leader and **Bookings:** John Venables  
[john\\_venables@yahoo.com](mailto:john_venables@yahoo.com) 8542 6241

Calligraphy  
**CALLIGRAPHY (max 18)**

**Alternate Thursdays from 14 Jul 1:30 to 3:30**  
Learn beautiful writing and discover your artist within. A continuing course. No experience or talent necessary but time and effort essential.  
Leader: Georgie Tuck [georginatuck93@gmail.com](mailto:georginatuck93@gmail.com) 9626 1334  
**Bookings:** Deborah Gracic [deb.gracic@gmail.com](mailto:deb.gracic@gmail.com) (preferred) 9636 6651

Book Group

### BOOK OF THE MONTH (max 20)

**Every 4th Monday from 18 Jul 10:00 to 12:00**

Discussion group. New members most welcome. Share the experience, expand your understanding and enjoy the process.

Leader and **Bookings:** Judy McShane  
judymcs@hotmail.com (preferred) 0419 406 912

Book Group

### THRILLERS AND MYSTERIES (max 10)

**Every 4th Thursday from 28 Jul 12:30 to 2:30**

Join a monthly book-reading group for those who read for entertainment and love 'whodunits'. We each take turns in selecting two authors for the following month.

Leader and **Bookings:** Ann Todd  
0428 857 790

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## NEWINGTON COMMUNITY CENTRE

Cnr Ave of Europe and Ave of Asia  
Bus stop nearby, parking nearby, wheelchair access

Art

### EXPLORE AND DRAW NATURE'S LITTLE THINGS

**Alternate Thursdays from 14 Jul 1:00 to 3:00**

Not school holidays  
Love biology and art? Explore nature's little things: leaves, flowers, fungi, invertebrates, beetles, snails, nudibranchs and phytoplankton. Using provided templates or your own drawings, pens, paint and coloured pencils, make a small artwork/card for each topic.

Leader and **Bookings:** Lerle Craig lerle@hotmail.com (preferred) 0404 066 802

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## NORTHMEAD: NBC SPORTS CLUB

166 Windsor Rd  
wheelchair access, parking onsite, bus stop nearby

Discussion Group

### A LIVELY DISCUSSION GROUP (max 15)

**Alternate Wednesdays from 13 July 1:30 to 3:30**

Have your say. I may not agree with what you say but I will defend your right to say it.

Leader and **Bookings:** Judy McShane  
0419 406 912

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## TOONGABBIE: ST ANTHONY'S CHURCH HALL

Aurelia St  
parking onsite, wheelchair access,  
train station nearby

Games Canasta Mah Jong

### MONDAY CANASTA AND MAH JONG (Western Style) (max 25)

**Every Monday from 4 Jul 1:00 to 3:30**

Learn Canasta and Mah Jong (Western Style). Practise, refresh and polish up your skills for both these social games with a friendly group. Scrabble and Rummikub also offered.  
Leader: Jon Hendrikse aernout.hendrikse80@gmail.com  
0434 160 554

**Bookings:** June Keith junekeith@optusnet.com.au  
0412 040 230

Exercise

### GENTLE EXERCISE AND DEEP RELAXATION (max 20)

**Every Tuesday from 5 Jul 1:00 to 3:00**

This course aims to promote a depth of consciousness below the stressful surface. Discover the joy of deep relaxation and the health benefits of some very easy stretching. Please bring your own exercise mat and pillow.  
Leader and **Bookings:** Warwick Pitt: 9727 8415

Dance

### BALLROOM DANCING (max 30)

**Every Thursday from 7 Jul 1:00 to 3:00**

Have fun! Learn the basic steps of Latin American, Traditional Ballroom and New Vogue dancing. No partners required.  
Leader and **Bookings:** Cecilia Padlan  
cbeauty023@gmail.com 0415 965 325

Dance

### RHYTHM OF THE DANCE, LINE DANCING (max 30)

**Every Wednesday from 20 Jul 1:00 to 3:00**

Not school holidays

Dance away to the music of the Waltz, Cha Cha, Rumba, Tango and more in this relaxed easy to follow class while helping your balance and memory skills. A carefree 2 hours of fun and learning.

Leader: Bobbie Kersten bobbiekersten@gmail.com  
0410 873 605

**Bookings:** Carol Limbo carohlinaalbina@gmail.com (preferred) 0421 618 081

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## EMAIL

Creative Writing

### WRITING CREATIVELY

Learn the skills of transforming experiences into prose and poetry and share the results in a friendly supportive environment.

Leader and **Bookings:** Glennis Henning  
ghenning1940@optusnet.com.au 9872 5042

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## OUT THERE

Outdoors Walking

### U3A WESTERN WALKERS

**Alternate Fridays from 22 Jul**

A variety of walks in Sydney and surrounds ranging from easy to hard grade bush, track and street walks, seeing beautiful and interesting places (some historical). Public transport used on some walks. Walkers encouraged to lead some walks.

Leader and **Bookings:** Keith Austin 0437 537 137 (text only)  
panaust@tpg.com.au

Outdoors

### GW PICNICS

**Mondays 25 Jul, 19 Sep & 28 Nov. From 12:00**

Nurragingy Reserve in the Western Sydney Parklands, Knox Rd, Doonside.

Come along to a picnic in a beautiful outdoor setting surrounded by Nature. Meet and socialise with fellow members in the Rosella picnic area. This is a lovely area with lots of trees and wildlife. Electric barbeques, parking and toilets all close by.

More information Sue Bailey sueb0356@gmail.com (preferred) 0416 027 049

Cinema Movies

### THE MOVIE CLUB

**Every fourth Tuesday from 26 Jul**

Not school holidays

Come and see a new release movie and then have lunch or coffee afterwards to discuss the film at various cinemas. Selected movie and location will be advertised on the GW website.

Leader and **Bookings:** Sue Bailey sueb0356@gmail.com (preferred) 0416 027 049

Outdoors Walking

### WALKING AROUND GREATER SYDNEY (WAGS) (max 25)

**Alternate Fridays from 29 Jul**

A variety of walks around Sydney and surrounds ranging from medium to easier bushwalks, track and street walks. Various locations and times (as per GW website). Booked participants will receive an email the Friday before each planned walk with details.

Leader and **Bookings:** Liz Ryan ryanliz1956@gmail.com 0431 771 884

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## PRIVATE HOMES

Desktop Flying

### DESK-TOP FLYING FOR SENIORS (Carlingford) (max 6)

**Alternate Tuesdays from 5 Jul 1:30 to 3:30**

Frustrated aviators can learn to fly/navigate/enjoy scenery, on a large screen, from some of 22,000 airports around the world using a stable of 180 aircraft (Wright Brothers to an A380). No flying experience necessary.

Leader and **Bookings:** Keith Manwaring 9872 2907 snrpilot18@gmail.com

Cinema Movies

### ANYONE FOR MURDER? (Sth Wentworthville) (max 3)

**Every Wednesday from 6 Jul 10:00 to 12:30.**

**Leader will determine alternate Wednesday session.**

Participants offered a selection of DVDs and videos of murder mysteries featuring well-known fictional sleuths such as Morse, Barnaby, Miss Marple & Hercule Poirot. Episodes of 'Endeavour', 'Lewis' and 'Vera' will be included.

Leader and **Bookings:** Bev Cockburn bevco4@bigpond.com (preferred) 0408 489 804

History

### EXPLORING THE PAST (Sth Wentworthville) (max 3)

**Every Thursday from 7 Jul 10:00 to 12:00.**

Leader will determine alternate Thursday session.

Video clips and discussion about various famous people and events of historic importance from the past.

Leader and **Bookings:** Bev Cockburn bevco4@bigpond.com (preferred) 0408 489 804