



Greater West u3a Semester 2 2022

At Sydney University of the Third Age (Sydney u3a), we aim to:

- * share knowledge and grow minds,
- * foster social contact, and
- * encourage a passion for learning.

Wide-ranging presentations, courses, physical activities and games are held in various venues across Greater Sydney, and also delivered via Zoom by our wonderful members – all volunteers - and for less than \$2 a week.

Not working full-time? Join us. There is **no requirement** for any qualifications.

More information, contact the **GW u3a Course Coordinator** Sue Bailey
GWR1U3A@gmail.com

Within Sydney u3a, **Greater West Region** encompasses Parramatta, Cumberland, Blacktown, Liverpool, Canterbury-Bankstown, Fairfield, Hawkesbury, Camden, Hills Shire, Campbelltown.

BLACKTOWN: WESTPOINT Community Room
Fourth Floor Alpha St Ramp.

TAI CHI/ QI GONG

Every Thursday 9:30-10:30am

Tai Chi/ Qi Gong is suitable for all ages.

Improves balance, posture, coordination, flexibility

Booking: Ellen Pilgrim 0407 450 291
stanp@optusnet.com.au

FUN AND GAMES

Every Friday 10-12:30noon

Games that stretch your mind: includes Scrabble, Rummikub, Canasta, Mah Jong

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

MEMBERS' HOMES

ANYONE FOR MURDER? (Sth Wentworthville)

Every Wednesday 10-12:30pm

Enjoy a selection of murder mystery DVDs with well-known fictional sleuths.

Booking: Bev Cockburn 0408 489 804
bevco4@bigpond.com

DESK-TOP FLYING FOR SENIORS (Carlingford)

Alternate Tuesdays from 5 July 1:30-3:30pm

Frustrated aviator? Learn to fly/navigate/enjoy scenery on a large screen, from some of 22,000 airports using a stable of 180 aircraft.

Booking: Keith Manwaring 9872 2907
snrpilot18@gmail.com

EXPLORING THE PAST (Sth Wentworthville)

Every Thursday from 7 July 10-12noon

Video clips and discussion about famous people and events of historic importance.

Booking: Bev Cockburn 0408 489 804
bevco4@bigpond.com

OUT THERE

WALKING AROUND GREATER SYDNEY

(WAGS) Alternate Fridays from July 29

Medium to easy bush walks, while enjoying nature and great company.

Booking: Liz Ryan 0431 771 884
ryanliz1956@gmail.com

U3A WESTERN WALKERS

Alternate Fridays from 22 July

Medium to easy bush walks, while enjoying nature and great company.

Booking: Keith Austin 0437 537 137 (text only)
panaust@rpg.com.au

MOVIE CLUB

Every 4th Tuesday beginning 26 July

View a new release movie followed by discussion over lunch or coffee.

Booking: Sue Bailey 0416 027 049
GWR1U3A@gmail.com

DOONSIDE: NURRAGINGY RESERVE

GW PICNICS 12NOON

Mondays 19 Sept 28 Nov

Surrounded yourself with Nature – at Rosella Picnic Area (includes toilets and BBQ). We have fun- meeting new members, laughter, and sharing stories.

For more information contact
Sue Bailey 0416 027 049 GWR1U3A@gmail.com

u3a SYDNEY ZOOM COURSES (including 5 GW u3a Courses).

TRAVEL AND HISTORY TOGETHER PEOPLE/EVENTS WHO CHANGED THE WORLD OUR WORDS MANDARIN and MANDARIN PIES

Sydney u3a ZOOM PAGE
https://sydneyu3a.org/online_courses_summary/

GRANVILLE CENTRE

1 Memorial Drive Granville

FRIDAY HISTORY WITH COLIN SMITH

Alternate Fridays from 8 July 10-12noon

Booking: Steve Bensley 0401 454364

East India Company

8 & 22 July; 5 & 19 August; 2 & 16 Sept Tolstoy described East India Company as a "commercial company (that) enslaved a nation..." We look at the history of this first company.

The Holodomor

30 Sept & 14 October Man-made famine in Ukraine 1932-33 killed millions. How and why did Stalin cause this disaster?

CALLIGRAPHY

Alternate Thursdays 14 July 1:30-3:30pm

Learn beautiful writing. No experience necessary but time and effort essential.

Booking: Deborah Gracic 9636 6651

deb.gracic@gmail.com

GROWING YOUR FAMILY TREE

Alternate Tuesdays from 12 July 12noon-2pm

A friendly group engaged in digging up their ancestors.

Booking: John Venables 8542 6241

john_venables@yahoo.com

MAGIC MOMENTS IN OPERA

Alternate Wednesdays from 6 July 1-3pm

Listen to the stories of some of the great operas and enjoy the magic of both classical and operatic music.

Booking: Peter Anderson 0416 019 512

oeuvres@tpg.com.au

BOOK OF THE MONTH

Every 4th Monday from 18 July 10-12noon.

Share your thoughts in a lovely morning conversation about the chosen book.

Booking: Judy McShane 0419 406 912

judymcs@hotmail.com

THRILLERS AND MYSTERIES

Every 4th Thursday from 28 July 12:30-2:30pm

Join our monthly book-reading group for those who read for entertainment and love 'whodunits'.

Booking: Ann Todd 0428 857 790

EMAIL COURSE

WRITING CREATIVELY

Learn the skills of transforming experiences into prose/ poetry in a friendly environment.

Booking: Glennis Henning 9872 5042

ghenning1940@optusnet.com.au

NBC SPORTS CLUB

155 Windsor Road Northmead

A LIVELY DISCUSSION GROUP

Alternate Wednesdays from 6 July 1:30-3:30pm

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

Booking: Judy Mc Shane 0419 406 912

judymcs@hotmail.com

NEWINGTON COMMUNITY CENTRE

Avenue of Europe/ Avenue of Asia Newington

EXPLORE/DRAW NATURE'S LITTLE THINGS

Alternate Tuesdays from 19 July 1-3pm

Love Biology and Art? Using provided templates and art supplies, make a small artwork / card for each topic based on our exploration of nature's 'little things'.

Booking: Lerle Craig 0404 066 802

lerle@hotmail.com

ST ANTHONY'S CHURCH HALL

27-33 Aurelia St. Toongabbie

CANASTA AND MAH JONG

Every Monday 1-3:30pm

Refresh your skills in Canasta, Mah Jong (Western Style), Scrabble, Rummikub.

Booking: Kerrie Booth 0431 195 419

kerrieandnoel@optusnet.com.au

GENTLE EXERCISE/ DEEP RELAXATION

Every Tuesday 1-3pm

Discover the joy of deep relaxation and easy stretching. Bring your mat/pillow.

Booking: Warwick Pitt 9727 8415

RHYTHM of the DANCE/ LINE DANCING

Every Wednesday 1-3pm

Waltz, Cha Cha, Rumba, Tango etc. and improve your balance and memory skills.

Booking: Carol Limbo 0421 618 081

carohlinaalbina@gmail.com

BALLROOM DANCING

Every Thursday 1-3pm

Learn basic steps of Latin American, New Vogue, Traditional Ballroom dancing. No partners required.

Booking: Cecilia Padlan 0415 965 325

cbeauty023@gmail.com

BLACKTOWN LIBRARY Community Room

Flushcombe Road and Alpha Street Blacktown

FAMILY TREE MYSTERIES

Alternate Tuesdays from 12 July 10-12noon

Beginners to experienced genealogists, enjoy researching family history.

Booking: Roslyn McMullen 0416 926 032

rmrfm12@gmail.com