

AVALON RECREATION CENTRE

ART GROUPS Every Mon from 18 Jul
Group 1: 9.30-12.15 / Group 2: 12.15-3.00
Bookings: Eve Lane evelane222@gmail.com

BALGOWLAH CLUB TOTEM

LITERATURE Alt Wed from 27 Jul 11.00-1.00
Bookings: Helen Moore helen.moore@iinet.net.au 9975 5203

BELROSE BOWLING CLUB

ENJOY A GAME OF BOWLS
Every Fri from 2 Sep 10.00-12.00 (3 sessions)
Bookings: Peter Nixon pnixon0443@gmail.com 0402 379 109

FORESTVILLE RSL CLUB

ART AND CRAFT IN THE FOREST Alt Fri from 8 Jul 10.00-12.00
Bookings: Beth Robertson bethrobertson@aapt.net.au

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

FRIDAYS IN THE FOREST
Last Fri every month 10.00-12.00 Bookings not required
Leader: John Watt john@wattever.com 0407 547 583

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| 1. The Battle of Britain - summer of 1940 | 29 Jul |
| 2. The Eora people of Sydney Harbour prior to 1788 | 26 Aug |
| 3. Frank and fearless with Nicholas Cowdery | 30 Sep |
| 4. The Camino de Santiago or The Way of St James | 28 Oct |
| 5. The Waltz King: Johann Strauss II | 25 Nov |

FRENCHS FOREST: THE DUTCH CLUB

UKULELE INTERMEDIATE/ADVANCED
Every Tue from 5 Jul 1.30-3.30
Bookings: John Peters jayfpe@hotmail.com 0412 161 069

MONA VALE: MEMORIAL HALL

FRENCH LEVEL 3 Alt Mon from 4 Jul 2.30-4.30
Bookings: Sarita Wright saritawright35@gmail.com

FRENCH INTERMEDIATE ONGOING
Alt Tue from 5 Jul 10.00-12.00
Bookings: Olivia Kesby olivia.kesby@gmail.com

ELEMENTARY RUSSIAN Alt Wed from 6 Jul 2.00-4.00
Bookings: Mary May maryamay@tpg.com.au 8959 4995

FRENCH LEVEL 4 Alt Mon from 11 Jul 2.30-4.30
Bookings: Sarita Wright saritawright35@gmail.com

NARRABEEN NORTH: BAPTIST CHURCH

SINGING FOR THE JOY OF SINGING
Alt Fri from 1 Jul 10.00-12.00
Bookings: Lynne Wasinski lynne.wasinski@gmail.com 0408 971 060

UKULELE FOR BEGINNERS Every Tue from 5 Jul 12.00-1.15
Bookings: Felicity Davis felicity@sciencefilms.com.au 9979 8633

ACOUSTIC GUITAR GROUP
First three Wed every month from 6 Jul 10.30-12.30
Bookings: Alan Brand ajbrand@optusnet.com.au 0419 427 763

THE 3RD AGE ROCK ORCHESTRA
First three Wed every month from 6 Jul 2.00-5.00
Bookings: Harvey Broadbent 3rdagerockorchestra@gmail.com
0414 486 675

NARRABEEN NORTH: BAPTIST CHURCH /cont'd from page 1

CREATIVE PAINTING WORKSHOP
Every Thu from 7 Jul 1.00-4.00
Bookings: Suzanne Allan zanne07@gmail.com 0458 712 033

FRENCH POST BEGINNERS Alt Fri from 8 Jul 10.00-12.00
Bookings: Olivia Kesby olivia.kesby@gmail.com

LATIN BEGINNERS II (max 10) Alt Fri from 8 Jul 12.30-2.30
Bookings: Gail Sadler gailasadler@gmail.com 0420 989 170

ADVANCED FRENCH Alt Mon from 11 Jul 10.00-12.00
Bookings: Sarita Wright saritawright35@gmail.com

HISTORY OF PHILOSOPHY 6 Alt Tue from 12 Jul 10.00-12.00
Bookings: John Lauricella jml1010@yahoo.com 9918 2142

HISTORY OF PHILOSOPHY 5 Alt Fri from 15 Jul 10.00-12.00
Bookings: John Lauricella jml1010@yahoo.com 9918 2142

NARRABEEN NORTH: NARRABEEN RSL CLUB

CROQUET (max 20) Every Tue from 5 Jul 8.30-12.00
Bookings: Jill Barrett jillb45@hotmail.com 0456 733 336

NARRABEEN: TRAMSHED ARTS & COMMUNITY CENTRE

ADVANCED FRENCH Alt Fri from 1 Jul 10.00-12.00
Bookings: Maureen Black maureengb192@gmail.com 9982 7149

ART: PAINTING AND DRAWING IN ANY MEDIUM
Every Mon from 4 Jul 1.00-4.00
Bookings: Shirley Jensen 9982 4395

MONDAY at the MOVIES - MAM
4 Jul, 8 Aug, 5 Sept, 10 Oct, 7 Nov, 5 Dec 2.00-4.00
Bookings: Liz Boase lizyboasebruce@gmail.com 0413 736 331

TOPICS OF OUR TIMES (max 25) Alt Tue from 12 Jul 2.00-4.00
Bookings: Peggy Crocker fripeg@optusnet.com.au 9975 6828

CONTEMPORARY ISSUES (max 25)
Alt Thu from 14 Jul 2.00-4.00
Bookings: Lynn Grierson lynngrrierson1@gmail.com 9913 3964

TUESDAYS AT THE TRAMSHED
First Tue every month 11.00-1.00 Bookings not required
Leader: Rosemary McCulloch ramccull@gmail.com 0448 095 958

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| 1. May Gibbs, her life and works | 2 Aug and 6 Sep |
| 2. Behind the global change in 2022 | 4 Oct |
| 3. Hailie Selassie of Ethiopia | 1 Nov |
| 4. Times Past on the Northern Beaches | 6 Dec |

COFFEE AND THE CLASSICS Alt Tue from 9 Aug 11.00-1.00
Bookings: Rosemary McCulloch ramccull@gmail.com 0448 095 958

PIES AND PICTURES ON SUNDAYS
Alt Sun from 14 Aug 12.00-3.00
Bookings: Rosemary McCulloch ramccull@gmail.com 0448 095 958

NEWPORT: COMMUNITY CENTRE

YOGA AND RELAXATION
**Please book only one Yoga class per week
Bookings: Pamela Frei pamelannfrei@icloud.com

Every Fri from 15 Jul 12.30-2.00
Every Wed (except first Wed each month) from 20 Jul 2.00-3.30
Every Mon from 25 Jul 12.30-2.00

NEWPORT: COMMUNITY CENTRE /cont'd from page 2

ART CLASS WITH KAYE DEXTER
Every Mon from 18 Jul 1.00-4.00
Bookings: Robyn Mayman peter@maymans.com 9918 2941

INTERMEDIATE FRENCH Alt Wed from 20 Jul 1.30-3.30
Bookings: Frances Buchan francesbuchan@icloud.com

TABLE TENNIS Every Thu from 21 Jul 1.15-4.15
Bookings: Ron Heald and Angela Gollmer ra.u3a.tt@gmail.com

BALANCE 'N' BONES EXERCISE
Every Thu from 21 Jul 1.30-2.30 (Easy); 2.30-3.20 (Advanced)
Bookings: Ann Hardiman hardimanja@gmail.com

TOPICS OF INTEREST AT NEWPORT
First Wed and Fourth Tue each month from 26 Jul 1.30-3.30
Bookings: Tricia Haines haines.avalon@bigpond.com 0417 686 399

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| 1. Urgent issues in the supply of electricity in NSW | 26 Jul |
| 2. Sketches of Fiji - Part 2 - Independence | 3 Aug |
| 3. Ireland - What can we learn from the Irish? | 23 Aug |
| 4. Impressions of Easter Island and Patagonia | 7 Sep |
| 5. Heritage and conservation areas in Willoughby | 25 Oct |
| 6. Bronte sisters in Yorkshire | 2 Nov |
| 7. The history of Avalon Beach | 22 Nov |
| 8. Bringing nature back to urban areas | 7 Dec |

DRAMA ACTIVITIES: MOVEMENT, MIME AND IMPROVISATION
Alt Wed from 27 Jul 1.30-4.00
Bookings: Claire Kennedy eurobin10@hotmail.com

NEWPORT: PITTWATER PRESBYTERIAN CHURCH

RECORDER CONSORT Every Wed from 6 Jul 10:30-12:30
Bookings: Colleen Russell s.louise.r@hotmail.com 9918 3817

NORTH CURL CURL: COMMUNITY CENTRE

BALANCE 'N' BONES EXERCISE
Every Fri from 1 Jul and every Mon from 4 Jul
9.30-10.20 (Easy); 10.30-11.20 (Advanced)
Bookings: Barbara Ellis barbaraellisdeewhy@yahoo.com

THURSDAYS at NORTH CURL CURL
Every Thu from 7 Jul 10.00-12.00
Bookings not required except where noted

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| 1. Soundtrack of our lives | First Thu every month from 7 Jul |
| 2. Historical figures - Abraham Lincoln | 14 Jul |
| 3. Historical figures - Ulysses Grant | 21 Jul |
| 4. Laura Quinkan Indigenous Dance Festival | 28 Jul |
| 5. Australian Wildlife Conservancy | 11 Aug |
| 6. Australian Classic/Quirky Movies | 18 / 25 Aug, 8 and 22 Sep |
| <i>Note timing: 9.30-12.30</i> | |
| 7. Additional Quirky movie - see 6 above | 25 Aug |
| 8. Cinema - The moving image | 15 Sep |
| 9. Music: Primal Group | 29 Sep |
| 10. Behind the news (2 sessions) | 13 and 20 Oct |
| Bookings: Virginia Lawrence virginialaw@bigpond.com | |
| 11. Theatre: The Spanish stage | 27 Oct |
| 12. Theatre: Drama of the individual | 10 Nov |
| 13. Theatre: The Expressionist Movement | 17 Nov |
| 14. Theatre: Comic, spirit and social unrest | 24 Nov |
| 15. Eve's Music and Christmas brunch | 8 Dec |
- Please bring a small plate of something savoury to share*

CANASTA - BOLIVIA VERSION Every Thu from 7 Jul 12.45-3.45
Bookings: Eve Lane evelane222@gmail.com

NORTH CURL CURL: COMMUNITY CENTRE /cont'd from page 3

MAH JONG - THE WESTERN GAME

Every Thu from 7 Jul 12.45-3.45
Bookings: Rosalie Howard rosaliehoward@bigpond.com

TRIVIA FOR FUN Every Fri from 8 Jul 1.15-3.15

Bookings: Eve Lane evelane222@gmail.com

CURLY QUESTIONS IN SCIENCE Alt Tue from 12 Jul 10.00-12.00

Bookings: Pauline Byrne pmbyrne@iprimus.com.au 8416 5058

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| 1. The use of animals in medical research | 12 Jul |
| 2. Powerhouse Museum | 26 Jul |
| 3. Australia wins the cancer stakes | 9 Aug |
| 4. The history of timekeeping devices | 23 Aug |
| 5. Medical entomology - an essay on mosquitoes | 6 Sep |
| 6. Why does carbon dioxide cause global warming? | 20 Sep |
| 7. Living with electric cars | 4 Oct |
| 8. The Nobel Prize: its founder and his legacy | 18 Oct |
| 9. Pharmacology of herbs | 1 Nov |
| 10. The year in science | 15 Nov |

ISSUES FOR DISCUSSION Alt Tue from 12 Jul 2.00-4.00

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

BOOK CLUB

Tue monthly 19 Jul, 16 Aug, 13 Sep, 25 Oct, 22 Nov 10.00-12.00

Bookings: Janine Stubbing janieandwal01@optusnet.com.au or Anne Black anneeblack@yahoo.com.au

WARRIEWOOD: TED BLACKWOOD COMMUNITY CENTRE

ACTIVE SENIORS DANCE CLASSES

Every Fri from 2 Sep 1.00-3.00

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

PRIVATE HOMES Bookings essential

BACH TO THE FUTURE (max 20) (Avalon)

Alt Fri from 1 Jul 2.00-4.00

Bookings: Roger Pratt a.and.r.pratt2@bigpond.com

CONVERSATIONAL GERMAN (max 6) (Mona Vale)

Alt Thu from 7 Jul 10.00-12.00

Bookings: Inge Kohl ingekohl2@bigpond.com 0477 346 575

WENDY'S BOOK CLUB (max 10) (Forestville)

Alt Thu from 7 Jul 1.00-3.00

Bookings: Marianne Short 0403 939 004

ZOOM MEETINGS

CREATIVE PHOTOGRAPHY Every Fri from 1 Jul 10.00-12.00

(times may vary due to photoshoot locations)

Bookings: Laurie Wilson laurie.wilson@optusnet.com.au 0417 045 934

YOU NEED NOT AGREE Current Affairs

Every Mon from 4 Jul 10.00-12.00

Bookings: Kevin Murray kevandglenny@gmail.com 9997 6078

ZOOMING IN ON PHOTOGRAPHY (5 sessions)

Every Mon from 1 Aug 2.00-4.00

Bookings: Laurie Wilson laurie.wilson@optusnet.com.au 0417 045 934

INTERMEDIATE SPANISH Every Mon from 15 Aug 2.00-4.00

Bookings: Alexis Tabensky a.tabensky@nsw.edu.au 0424 983 618

IMPORTANT

You must book to attend courses (except where noted)
When booking, please include your member number,
membership expiry date and contact phone number

What is U3A?

University of the Third Age is an international movement for retired and semi-retired people who want to continue to enjoy learning later in life.

The organisation provides education, stimulation and social interaction

Courses are fun the pace is relaxed there are no exams

Annual Membership is \$75 which entitles you to attend any of the courses in the seven Sydney regions

To join, visit the U3A website

www.sydneyu3a.org

and apply online or send your completed application form to:

Sydney U3A Incorporated

Suite 10.2, 31 Market Street, Sydney, NSW 2000

Office hours: Mon to Fri 10.00-1.00

Phone: 02 9267 9056 Email: mail@sydneyu3a.org

Prospective new members may attend two sessions before being asked to join

A more detailed outline of the July to December 2022 courses which are available across all regions of Sydney can be viewed and downloaded from the U3A website

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Important dates for Semester 2

MT WILSON SPRING TOUR AND PICNIC

Wednesday 5 October

Day trip visiting two gardens: Windyridge and Bebeah

Includes Morning Tea and Lunch

Details/Bookings: Kerrie Sanders kersand@bigpond.com

Final date for bookings 21 September

CELEBRATION PICNIC AT CLONTARF RESERVE - WITH ROYAL CONNECTIONS

Thursday 20 October from 12.00-3.00

Area 1, Clontarf Reserve, Sandy Bay Road, CLONTARF
Bring own chair and glass *Note: This is an alcohol-free zone*

Cost: \$20 per person **Bookings** by 10 October to:

Gaye Pringle gayepringle@gmail.com 0407 248 331

TUNNELS AND GUNNERS TOUR (max 20)

Thursday 3 November 10.30am

(arrive 15 min before tour begins)

Meeting Point: Hospital on the Hill Exhibition,

Building 21, Best Avenue, MOSMAN

Tour through two sets of fortifications dating back to 1870s

Cost \$8 per person

Bookings: Kerrie Sanders kersand@bigpond.com

Provide Membership and telephone numbers when booking



July - December Courses 2022

Come and join us at

U3A NORTHERN BEACHES

Fun! Friendship! Interest! Knowledge!

(and no exams!)



Regional President:

Rosemary McCulloch - ramccull@gmail.com

Regional Course Coordinator:

Runa Schmidt-Muller - runasm@ihug.com.au

Enquiries only