



SYDNEY
U3A

sharing growing socialising

passion

Talks Courses Events

SEMESTER 2

July - December 2022

Sydney U3A Inc.
02 9267 9056
Suite 10.2, St Martin's Tower
31 Market St
Sydney NSW 2000

ABN: 32 251 810 797
mail@sydneyu3a.org
www.sydneyu3a.org



SYDNEY U3A INC.

The colours of the U3A logo reflect our vision of

SHARING - GROWING - SOCIALISING - PASSION

SYDNEY U3A OVERVIEW

A warm welcome is extended to anyone, regardless of age or experience, who would enjoy the friendly and informal environment of following their passion or interest at any of our courses.

U3A is a not-for-profit organisation whose members are no longer in full employment and join to share the fun and friendship of like-minded people who want to continue their interests or explore new creative, educational, and social opportunities at local venues throughout the Sydney region.

There are no course entrance requirements, no exams and no awards given. All course presenters are volunteers who share the gems of their profession and interests. Choose from over 400 face to face courses and events that cover a wide variety of topics.

7 REGIONS

CITY AND INNER WEST	Ashfield, Burwood, City, Glebe, Leichhardt, Revesby, Rozelle, Strathfield
EASTERN	Bondi, Maroubra, Paddington, Randwick, Waverley, Woollahra
ENDEAVOUR	Cronulla, Gymea, Hurstville, Kogarah, Miranda, Oatley, Sans Souci, Sutherland, Yowie Bay
GREATER WESTERN HARBOURSIDE NORTH	Blacktown, Parramatta, Toongabbie Castle Cove, Chatswood, Greenwich, Hunters Hill, Lane Cove, Mosman, McMahons Point, Roseville
NORTHERN BEACHES	Avalon, Balgowlah, Belrose, Collaroy, Forestville, Frenchs Forest, Mona Vale, Narrabeen, Newport, North Curl Curl, Warriewood
UPPER NORTH	Berowra, Castle Hill, Epping, Gordon, Hornsby, Killara, Lindfield, Pennant Hills, Pymble, St Ives, Turramurra, Wahroonga, Waitara.

CONTENTS

Sydney U3A Overview	3
Course Listing Order	4
Course Delivery	4
Booking a Course	4
Insurance	4
Principal Officers	4
Regional Presidents	5
President Message	5
VP Education Message	5
Events	6
City and Inner West	12
Eastern	19
Endeavour (Southern)	21
Greater Western	25
Harbourside North	28
Northern Beaches	38
Upper North	46
Zoom Courses.....	52
Index of Course Topics	57
Index of Course Suburbs	58
Planning Calendar	59

GENERAL ENQUIRIES

Central Office Suite 10.2, 31 Market St, Sydney NSW
Monday to Friday 10:00 - 1:00
Ph: 02 9267 9056 or email: mail@sydneyu3a.org
Web: www.sydneyu3a.org

SPECIFIC ENQUIRIES

Related to regional activities and/or courses can be made to Regional Presidents or Regional Course Coordinators listed in this book.

This Course Book provides details of the wide variety of courses, presentations, events, and other information, that is available to all U3A members. Courses are offered in different ways; some are single presentations, others go for several weeks or through the entire semester.

Thank you to the Regional Coordinators and their teams, for compiling the information for this book; to the editor Keith Crowe, and to Kwik Kopy Circular Quay for the printing.

COURSE LISTING ORDER

Events are listed first, followed by courses provided by each region. Within a region venues are listed in alphabetical order, and courses for each venue are in start date order. Then all Zoom courses are listed in start date order.

COURSE DELIVERY

The COVID -19 pandemic continues to affect our provision of courses. However, in general most courses are now back face-to-face with some restrictions on seating etc. Details may change after this course book is printed. Any amendments or updates are advised on the main web page and in each region's online section.

BOOKING A COURSE

The starting point to book a course is included in each course listing. It will either be a person to contact, or reference to a website, where you can book online.

In order to book and attend a course, please note the following:

- Contact the person whose name/email/phone number is given as the booking secretary, OR, go to the website indicated in the listing
- If there is a problem with this - contact the venue or course coordinator
- Provide your name, membership number (see note below) and phone number, if booking by email or phone
- Use the MyU3A booking facility - where indicated - membership number and password are required
- Some courses have a maximum number of attendees, which will be indicated in brackets after the course or event; e.g. (max 10). If you are unable to attend a course after you have booked, please notify the booking secretary, or cancel online - as there can be waiting lists
- Wear your membership badge at all times for face to face meetings.

Note:

If you are not a member, you may book a course, and then attend up to two sessions, before you need to become a member.

INSURANCE

Sydney U3A Inc. has public liability insurance to cover against possible damage or injury to persons or property arising from proven negligence by any member of Sydney U3A or its invitees at the site on which the activity occurs, except in the case of water or aircraft activity.

Members participating in a course that has a physical component, such as bush walking, table tennis or exercise classes, are required to sign a form acknowledging that the members understand the insurance cover, before being accepted into one of these courses.

PRINCIPAL OFFICERS

President	Jennifer Waldron	president.sydneyu3a@gmail.com
VP Education	Gavin Crawford	vpeducation.sydneyu3a@gmail.com
VP Public Relations	Michael Parkinson	vppr.sydneyu3a@gmail.com
Treasurer	TBA	
Secretary	Pamela Frei	secretary.sydneyu3a@gmail.com
Admin Manager	Lynda Cronshaw	officemgr.sydneyu3a@gmail.com

REGIONAL PRESIDENTS

City and Inner West	Vicki Moss	vicki@mcglashan.com.au
Eastern	David Rosenwax	drosenwax@bigpond.com
Endeavour	TBA	
Greater Western	Robin Amos	jjnanna@internode.on.net
Harbourside North	Michael Suckling	mwsing@tpg.com.au
Northern Beaches	Rosemary McCulloch	ramccull@gmail.com
Upper North	Marilyn Pryor	marilynpryor7@gmail.com

A MESSAGE FROM THE PRESIDENT



We are now moving into the second semester for 2022 and my first as President of Sydney U3A. We are fortunate to have enthusiastic members who volunteer and contribute their expertise and skills in a variety of ways and at our Annual General Meeting in March it was my pleasure to present three of our members with Honorary Life Memberships. This is a great honour and only awarded to members who have given outstanding service to U3A. This year's recipients were Barbara Boston, Ruth Buchanan and Grahame Marr. Congratulations to each of you.

We are now in the fortunate position of moving on from Covid-19 and members are again enjoying classes. Unfortunately there was a significant drop in membership during the past two years and it is now essential to rebuild our membership base. To do this we need you to spread the word to friends about all we have to offer in sharing our knowledge, skills, time and friendship, so that we can continue to learn, laugh and live.

Jennifer Waldron

A MESSAGE FROM THE NEW VP EDUCATION



I'm sure many of you appreciate what a challenge Anne Richardson faced in managing the constantly changing Covid environment over her two years as VP Education. While I am very new to U3A, I can see how much she achieved. Anne had to manage change and uncertainty on a week-to-week basis. While many organisations similar to ours resigned themselves to "lockdown" and waited it out, you have increasingly accepted Zoom as an alternative and resumed face to face meetings and activities whenever the window opened.

Zoom certainly has a future for us, especially for those who have limited opportunity to travel to meetings. A new lower cost Zoom license also means that we will be able to offer lectures across all regions. That lecture you really want to hear and see, that is taking place "virtually" 50km away across the city is now available in your own home. No travel required.

For many however, there is nothing better than meeting with each other, and now I get the far easier task of coordinating than Anne did. I look forward to working with each of your Regional Course Coordinators to develop programs that excite and inspire you.

My working life was primarily in academic textbook publishing and bookselling, so I hope I can live up to the standards of my predecessors in this role.

Gavin Hamilton Crawford

EVENTS

Semester 2, 2022

TOUR OF SYDNEY'S GOVERNMENT HOUSE (max 10)

Organised by David Wardle City and Inner West

will be held on: **Friday 22 July and Sunday 21 August twice each day from 11:00 and 2:00**

Conservatorium Rd alongside The Royal Botanic Gardens

Opened in 1845, Sydney's Government House is the vice-regal residence of the Governor of NSW and one of the finest examples of Gothic Revival architecture in Sydney. View the restored grand historic interiors, including the exquisite hand-painted stencil ceilings, and a significant collection of portraits, furniture, decorative arts and gubernatorial memorabilia, many of them produced in NSW and of heritage significance.

Bookings essential: David Wardle djwardle01@gmail.com

Provide name, telephone number and membership number and expiry date.

TOUR OF ST MARY'S CATHEDRAL (max 20)

Organised by David Wardle City and Inner West

will be held on: **Wednesday 27 July and Tuesday 23 August from 10:30 to 12:00**

St Marys Rd Sydney

St Mary's Cathedral was designed by architect William Wardell after the first cathedral burnt down in 1865. It was substantially completed by 1928, although the spires were not added until 2000. It is built in the Victorian Gothic style, has beautiful stained glass windows and tells the story of the foundation and development of the Roman Catholic faith in Australia.

A charge of \$5 per person, which contributes to the upkeep of the Cathedral, will be collected on the day.

Bookings essential by email to David Wardle djwardle01@gmail.com

When booking give your name, telephone number, membership number and expiry date.

GUIDED TOUR OF MUSEUM OF PRINTING (max 15)

Organised by Beatrice Scheepers City and Inner West

will be held on: **Tuesday 2 August**

Cnr Station and Ransley Sts, Penrith

The Penrith Museum of Printing houses a collection of fully operational letterpress machinery and equipment. A number of items are more than 100 years old and still running smoothly. View the intricacy of the Linotypes and Intertypes and enjoy the sight and sound of the Wharfedale and Albion presses.

Cost \$10, payable on the day. Optional lunch afterwards at local cafe inside beautiful heritage-listed cottage.

Train 9:18 from Central (Platform 10) Penrith (BMT line). Arrive 10:06. Bus to Museum. Parking on site.

Bookings essential, and only between 9am Monday 18 July and 5pm Wednesday 20 July. Places to be determined by ballot. Results notified by 5pm Friday 22 July. Priority given to members who provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers: egoranje@gmail.com

0402 969 004 (enquiries only)

EVENTS

Semester 2, 2022

TOUR OF QUEEN VICTORIA BUILDING (max 15)

Organised by David Wardle City and Inner West

will be held on: **Thursday 4 August from 11:00 to 12:00**

George St Sydney

The QVB was designed by architect George McRae and built in 1898, replacing the original Sydney markets on the site. As recently as 1959 the QVB was threatened with demolition and was saved by a public campaign. In 1984, and again in 2008, the building undertook major renovations. Outside the QVB, on Town Hall Place, are the Royal Wishing Well and Queen Victoria's statue.

Cost \$15 (normally \$25) Meet at Information Desk

Bookings essential: David Wardle djwardle01@gmail.com

Provide name, telephone number and membership number and expiry date.

TOUR OF THE GREAT SYNAGOGUE (max 25)

Organised by David Wardle City and Inner West

will be held on: **Thursday 11 August from 11:00 to 12:00**

Elizabeth St Hyde Park

The Great Synagogue has its origins in the 1820s, and the first Jewish services in Sydney. A synagogue was founded in York Street in 1844, and although a rival congregation was formed on Macquarie Street, the two communities reunited in 1878 to form The Great Synagogue. The building is one of the national treasures of Australia, and one of the most beautiful places of worship of any denomination. The glorious Ark, cedar Bimah and pews, stained glass windows, shining brass work, intricate tiles and star-studded ceiling are most impressive. Cost \$10.

Bookings essential: David Wardle djwardle01@gmail.com

Provide name, telephone number and membership number and expiry date.

TOUR OF ANZAC MEMORIAL HYDE PARK (max 25)

Organised by David Wardle City and Inner West

will be held on: **Tuesday 16 August from 10:30 to 11:30**

'To the glory of God, and in honoured memory of the men and women of New South Wales who gave their lives and in gratitude to all who left this state to serve the Empire in the Great War, I unveil this Anzac Memorial'; - Prince Henry, Duke of Gloucester, 24 November 1934. The Anzac Memorial holds a significant historical collection of approximately 7,000 objects that tell the personal stories of servicemen and servicewomen, and their families. At 11.00am each day, the Memorial pauses for a five-minute Service of Remembrance. Visitors are invited to participate in this moving service with the recitation of the Ode and the sounding of the Last Post and Rouse after one minute of silent contemplation.

Bookings essential: David Wardle djwardle01@gmail.com

Provide name, telephone number and membership number and expiry date.

TRIP TO NAN TIEN BUDDHIST TEMPLE (max 50)

Organised by Greater Western Region

will be held on: **Wednesday 7 Sep from 8:30 to 5:00**

address: **Wollongong**

First stop Stanwell Tops for morning tea, then to the Temple via the Sea Cliff Bridge. Guided tour of the Temple including the pagoda, pilgrim lodge, shrines and exhibits. This will be followed by a delicious lunch at the Shellharbour Club.

Bus leaves Fitzwilliam St Parramatta 8:30am and will return by 5pm. wheelchair access.

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

Cost \$58 payable by 19 Aug.

EVENTS

Semester 2, 2022

HOW THE COURTS WORK (max 10)

Led by **Beatrice Scheepers City and Inner West**

Part 1 will be held on: **Friday 9 September**

Meet 9:30 corner of Central and George Streets, outside McDonald's

Enjoy an insider's view of the history, charms and curiosities of the inferior courts (civil and criminal) sitting at Brickfield Hill. Finish 12.45. Affordable Korean lunch afterwards.

Part 2: will be held on **Friday 16 September**

Meet at Queen Victoria Statue on Queens Square, opposite Hyde Park Barracks, Macquarie Street

Discover the quirks and intricacies of the superior courts (civil and criminal) at Queens Square and view the recent refurbishments to the Law Courts building. Finish 12.45. Affordable lunch afterwards. SPECIAL TREAT: The High Court will be sitting in Sydney on 16 September.

Bookings essential for both dates - between 9am Monday 29 August and 5pm Wednesday 31 August. Places determined by ballot. Results notified by 5pm Friday 2 September. Priority given to members who provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers egoranje@gmail.com 0402 969 004 (enquiries only)

PLEASE NOTE: Airport style security applies at all courts, and participants are asked to leave all aerosols and sharp/bladed instruments at home. No photography allowed. Fitted masks compulsory. COVID-19 vaccination certificate must be shown.

GLENALVON HOUSE - GUIDED TOUR AND MORNING TEA (max 15)

Organised by **Beatrice Scheepers City and Inner West**

will be held on: **Tuesday 13 September 2022**

8 Lithgow St, Campbelltown

Enjoy a visit to Glenalvon, a classic Georgian sandstone townhouse set inside a large heritage garden. Close by are the coach house, stables and servants' quarters, as well as a collection of machinery and tools of rural life.

Cost \$10 payable in advance by EFT only. Payment details when booking. This is a catered prepaid event, so refunds may not be possible.

Train 9.03 from Central, Platform 23, arrive Campbelltown 10:00. 650m walk (8 minutes) to venue.

Bookings essential, and only between 9am Monday 15 August and 5pm Wednesday 17 August. Places to be determined by ballot. Results notified by 5pm Friday 19 August. Priority given to members who provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers egoranje@gmail.com 0402 969 004 (enquiries only)

GUIDED TOUR AND MORNING TEA AT BELLA VISTA HOUSE AND FARM (max 20)

Organised by **Beatrice Scheepers City and Inner West**

will be held on: **Tuesday 27 September from 10:30**

Elizabeth MacArthur Drive, Bella Vista

Established in the late 1700s, the complex features a two-storey homestead, a driveway lined with bunya pines, and various farm outbuildings set on a prominent hilltop. Bring a picnic to enjoy on the grounds afterwards.

Cost: \$15 per person (includes morning tea), payable on the day.

Bus 607X 8.45 from Stand C, QVB to Bella Vista; bus 745 to venue. Arrive 9.51.

Bookings essential, and only between 9am Monday 12 September and 5pm Wednesday 14 September. Places to be determined by ballot. Results notified by 5pm Friday 16 September. Priority given to members who provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers: egoranje@gmail.com 0402 969 004 (enquiries only)

EVENTS

Semester 2, 2022

MT WILSON SPRING TOUR AND PICNIC

Organised by Northern Beaches Region

will be held on **Wednesday 5 October**

A day trip taking in two gardens in Mt Wilson - Windyridge and Bebeah. Morning tea will be on the banks of the Hawkesbury River and a two course lunch at Windyridge. After lunch we will inspect Bebeah and return via Bilpin where we can stock up on fresh fruit.

For details, price and bookings please contact: Kerrie Sanders kersand@bigpond.com

Final date for bookings: 21 September

LOCAL HISTORY TOUR OF CENTRAL STATION (max 10)

Organised and led by Beatrice Scheepers City and Inner West

will be held on: **Tuesday 11 October from 9:30**

Henry Deane Plaza, 2 Lee St, Railway Square

Central Station is one of Sydney's grandest public buildings. Its construction was a huge undertaking, requiring the relocation of several cemeteries and the demolition of a large number of historic buildings. Come and explore the many stories associated with this site.

Requirements: reasonable fitness, comfortable shoes, water and sun/rain protection.

Bookings essential, and only between 9am Monday 26 September and 5pm Wednesday 28 September. Places to be determined by ballot. Results notified by 5pm Friday 30 September. Priority given to members who provide telephone number, membership number and expiry date.

Email bookings only: Beatrice Scheepers egoranje@gmail.com 0402 969 004 (enquiries only)

ABORIGINAL CULTURAL TOUR OF BARANGAROO RESERVE (max 15)

Organised by Beatrice Scheepers City and Inner West

will be held on: **Thursday 13 October from 10:15**

High Street, Barangaroo

Led by an Aboriginal Visitor Services Guide, this tour will immerse you in the native history of Sydney Harbour and the importance of the land to Australia's Aboriginal heritage and its significance to the clans of the Eora Nation that once lived where Sydney now stands. The Tour extends throughout the six-hectare headland of Barangaroo Reserve, taking in the 75,000 native Australian trees and shrubs that are a feature of the Reserve. As the only public space in Sydney to boast this quota of native flora, this tour is a must for the gardening and green enthusiast.

Cost \$22 payable in advance by EFT only. Payment details when booking. Early prepayment required to secure booking. No refunds.

Bus 311, alight at last stop. Meet 10.15 at corner of High and Munn Streets.

Bookings essential, and only between 9am Monday 29 August and 5pm Wednesday 31 August. Places to be determined by ballot. Results notified by 5pm Friday 2 September. Priority given to members who provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers egoranje@gmail.com 0402 969 004 (enquiries only)

EVENTS

Semester 2, 2022

CELEBRATION PICNIC AT CLONTARF RESERVE - WITH ROYAL CONNECTIONS

Organised by Northern Beaches Region

will be held on **Thursday 20 October from 12:00 to 3:00**

address: **Area 1, Clontarf Reserve, Sandy Bay Rd, Clontarf 2093**

A truly gorgeous picnic feast, including soft drinks, will be provided and all you have to do is sit, eat and enjoy the view.

Bring your own glass and chair. Note this area is an alcohol-free zone.

Cost: \$20 per person

Bookings essential by 10 October.

Tickets from Gaye Pringle: gayepringle@gmail.com or 0407 248 331

TUNNELS AND GUNNERS TOUR (max 20)

Organised by Northern Beaches Region

will be held on **Thursday 3 November starting at 10:30**

Arrive 15 mins before tour begins

Meeting point address: Hospital on the Hill Exhibition, Building 21, Best Avenue, Mosman

Managed by the Harbour Trust, this tour takes you through two sets of fortifications dating back to the 1870s. Hear about the role this commanding harbour location played in the defence of Sydney and enjoy the magnificent views.

Directions: Bus 111 from South Mosman Wharf

Car: along Middle Head Rd, turn off at Suakin Drive and park at Georges Heights

Cost of the tour is \$8 per person

Bookings essential. Provide membership and telephone numbers when booking.

Email Kerrie Sanders: kersand@bigpond.com

DEVONSHIRE TEA AT HISTORIC HAMBLEDON COTTAGE (max 20)

Organised by Beatrice Scheepers City and Inner West

will be held on: **Tuesday 15 November from 10:30**

63 Hassall Street, Parramatta.

Enjoy a Devonshire Tea in the lush heritage garden, followed by a guided tour of Hambledon Cottage, a colonial Georgian-style bungalow built in 1824 for John Macarthur.

Cost: \$14 per person, payable on the day.

Train 9:41 from Central (Platform 18) to Parramatta (T1 line). Arrive 10:08. Bus from station to venue.

Bookings essential, and only between 9am Monday 24 October and 5pm Wednesday 26 October. Places to be determined by ballot. Results notified by 5pm Friday 28 October. Priority given to members who provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers: egoranje@gmail.com 0402 969 004 (enquiries only)

EVENTS

Semester 2, 2022

LITERARY FESTIVAL 2023

Organised by Greater West and Harbourside North Regions

Wednesday 15 to 17 February 2023

The Carrington Hotel Katoomba

The Sydney U3A 2023 Literary Festival will feature presentations on the theme My Story, featuring insight into some wonderful stories of historic and heroic people, some very humorous, as well as some who crossed the line!

The Literary Festival continues to be a fabulous event where attendees not only enjoy the beautiful rooms in the historic Carrington, but are treated to sumptuous meals including wine. A Cocktail Party will add to the merriment as well as a brain teasing Trivia Quiz.

The limit on numbers will be 76 and we expect, as happened in the past, to be booked up early.

Bookings will open on Friday 1st July 2022

Cost for the event includes all meals, wine, accommodation, Cocktail Party, and of course, the Festival itself.

Single room with ensuite approx. \$800

Double or twin room with ensuite approx. \$1250

Final cost will be advised when booking

For more details and booking form, contact Sue Bailey email gwr1u3a@gmail.com 0416 027 049

2023 HOLIDAY: BALLINA (max 48)

Organised by Diana Pine Greater Western Region

Sunday 30 April to Friday 5 May 2023

Depart Sunday 30 April 6:30am from Central Station Bay 8 Western Forecourt and 7:00am from Fitzwilliam St Parramatta and 7:30am from Railway St Pennant Hills

Return Friday 5 May at around 5:00pm to Railway St Pennant Hills and 5:30pm to Fitzwilliam St Parramatta and 6:00pm to Central Station

Cost \$1398 pp for 40 +

\$1433 pp for 35 - 39

\$1468 pp for 30 - 34

Single supplement \$475 (Limited rooms)

During this holiday we will be staying at the Ballina Beach Resort. Over the week we will be exploring Byron Bay, Duranbah, Brunswick Heads, Mullumbimby, Alstonville, Victoria Park & Bangalow.

The itinerary is so full of interesting tours and experiences that they cannot be all covered in this notice. Please see a copy of the full itinerary posted on the Greater Western section of Sydney U3A's website.

Bookings for U3A members (non-member spouses/partners accepted) open on Monday 4 July 2022

Bookings: Diana Pine 4861 3721. Address for payment given at time of booking.

Deposit: \$100 made payable to Coach Holidays & Tours to be posted to Diana by Friday 14 October 2022

NB: Balance made payable to Coach Holidays & Tours must be posted to Diana by Monday 20 March 2023

Cancellation Policy: Travel Insurance is recommended. Full details regarding cancellation by the traveller will be provided at time of booking.

Inclusions: Air-conditioned coach, accommodation, all meals and entrance fees.

NB: If the tour is not full, non-members of U3A will be accepted.

CITY AND INNER WEST

President: Vicki Moss vicki@mcglashan.com.au

Regional Course Coordinator: Anne Hall 0419 017 364 annenhall@gmail.com **Enquiries only**

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

ASHFIELD: CARDINAL FREEMAN RETIREMENT VILLAGE

137 Victoria St wheelchair access, parking nearby
Venue Coordinator Anne Hall annenhall@gmail.com
(preferred) 0419 017 364

Games Bridge

BRIDGE FOR THE LESS COMPETITIVE

Every Tuesday and Saturday from 2 Jul 1:30 to 4:30

Brush up your bridge skills in our informal group in a friendly non-competitive atmosphere. All levels of skill welcome.

Leader and **Bookings:** Cherie Lucas
harpo2021@gmail.com 9799 1716

CLUB ASHFIELD

5-7 Charlotte St parking onsite
Venue Coordinator Lois Knight lmknight66@gmail.com
9798 6525

Qi Gong Tai Chi

QI GONG, FAN, AND COLLABORATIVE TAI CHI (max 15)

Every Tuesday from 19 Jul 10:30 to 12:00

(excluding school holidays)

Class begins with ba duan jin and mini wild goose qi gong where beginners are welcome, followed by 24 and 28 form tai chi chuan suitable for those with some experience. A modified kung fu fan completes the session.

Leader: Deborah Gracic deb.gracic@gmail.com 9639 6512
Bookings: Lois Knight lmknight66@gmail.com 9798 6525

Relaxation Exercise

COOPERATIVE RELAXATION AND STRETCHING ACTIVITIES (max 20)

Every Wednesday from 20 Jul 10:00 to 12:00

(excluding school holidays)

This course is for exercise in a collaborative atmosphere.

Leader and **Bookings:** Lois Knight
lmknight66@gmail.com 9798 6525

Qi Gong

COLLABORATIVE QI GONG (max 15)

Every Friday from 22 Jul 10:00 to 11:30

(excluding school holidays)

This is qi gong in a collaborative environment, experienced practitioners only. Qi gong, according to Chinese culture, is beneficial to maintaining good health.

Leader: Alan Avanzado

Bookings: Denise Yuen sdyuen@gmail.com 0410 570 188

CLUB BURWOOD

Cnr Burwood Rd And George St
train station nearby

Venue Coordinator Anne Hall annenhall@gmail.com
(preferred) 0419 017 364

Current Affairs

DISCUSSION GROUP CURRENT AFFAIRS

Every Monday from 4 Jul 10:00 to 12:00

News of the day. No topics are out of bounds, but we discuss politics and religion with sensitivity. Members sometimes prepare a topic for discussion.

Format: freewheeling.

Leader and **Bookings:** John Neely
johnwilliamneely@gmail.com 0418 471 183

History War

WORLD WAR 2

Alternate Wednesdays from 13 Jul 10:00 to 12:00

The causes of World War 2 and the course of World War 2 in Europe and the Pacific.

Leader: Frank Wilson 8021 7059

Bookings: Betty Candy bjcandy@bigpond.com
9716 4775

BURWOOD RSL

92 Shaftesbury Rd

parking onsite, train station nearby

Venue Coordinator Anne Hall annenhall@gmail.com
(preferred) 0419 017 364

Literature

DEVELOPING AUSTRALIA

Alternate Fridays from 1 Jul 10:30 to 12:30

Come and discover through literature aspects of Australian history and society from 1770 to the present day. First book *Coonerdo* by Katharine Susannah Prichard.

Leader: Iris Ryall 9744 1647

Bookings: Edna May 9797 8202

Language Japanese

JAPANESE FOR BEGINNERS (max 10)

Every Tuesday from 5 Jul 10:00 to 12:00

The course caters for complete beginners and also those with a little more language experience. The course includes conversation, culture, shared travel experiences and hiragana script.

Leader: Haruko Tanaka haruko1304@gmail.com
0424 225 863

Bookings: Maria Daniele 0414 560 951

Economics Investment

INVESTMENT DISCUSSION GROUP

Alternate Thursdays from 7 Jul 9:30 to 11:45

Understand the forces and current events that affect investment markets. We examine specific topics and undertake some practical activity. This is a discussion group only, and our members are not permitted, by law, to provide financial advice.

Leader and **Bookings:** Greg Buriak
buriak@optusnet.com.au 0422 599 417

Discussion Group

SOCIAL ISSUES AND CURRENT AFFAIRS (max 15)

Alternate Fridays from 8 Jul 10:00 to 12:30

Meetings are divided into two sessions by a tea break. First session: Topic for discussion prepared and presented by a volunteer. Second Session: Current Affairs, no subject taboo. A friendly, intelligent group where everyone is encouraged to participate.

Leader and **Bookings:** Graham Murphy
gramur@bigpond.com 9713 9730

BURWOOD: WOODSTOCK COMMUNITY CENTRE

22 Church St

train station nearby parking onsite

Venue Coordinator Anne Hall annenhall@gmail.com
(preferred) 0419 017 364

Cinema

CLASSIC MOVIES (max 12)

Alternate Wednesdays from 13 Jul 10:00 to 12:30

From the silent to the contemporary era a selection of influential films that helped develop the industry. Explore and analyse background and historical settings plus production issues and biographical details pertaining to the director, cast and production personnel.

Leader: Hugh Watson 9519 5082

Bookings: Anne Hall annenhall@gmail.com (preferred)
0419 017 364

Cinema

POPCORN ANYONE? (max 15)

Alternate Wednesdays from 13 Jul 1:30 to 3:30

Come along to a fun and friendly discussion on what's screening at the cinema or on free streaming services. We explore two movies chosen by the group each fortnight.

Leader and **Bookings:** Beatrice Scheepers 0402 969 004
(enquires only) egoranje@gmail.com

Music Recorder

RECORDER GROUP

Every Tuesday from 19 Jul 10:30 to 12:30

excluding school holidays

An established group, we perform a wide variety of music at intermediate level (not for beginners).

Opportunity to lunch afterwards.

Leader and **Bookings:** David Young
dy4health@optusnet.com.au 0414 249 618
or 9569 8167

CITY: U3A OFFICE

31 Market St Suite 10.2

train station nearby, bus stop nearby

Venue Coordinator Vicki Moss vicki@mcglashan.com.au
(preferred) 0417 160 856

Outdoors Galleries

DECONSTRUCTING CONTEMPORARY ART (max 25)

Every Thursday from 7 Jul 1:30 to 3:30

Visit contemporary art shows in Sydney galleries fortnightly. On alternate weeks, meet at City Office for evaluation of news, events, trends, theory and history of the work visited. Build a virtual art collection and develop a personal aesthetic. Good physical fitness required.

Leader and **Bookings:** Wendy Fraser
barrieandwendy@gmail.com 9569 7942 or 0408 711 672

Cinema Movies

FILM APPRECIATION (max 20)

Alternate Mondays from 11 Jul 1:30 to 3:30

Do you enjoy contemporary cinema and sharing your ideas? Members of this group research a film and lead the discussion three to four times a year. We also look at issues, trends and news in the film world.

Leader and **Bookings:** Susanne de Ferranti
sdeferranti@ozemail.com.au 0410 603 425

Writing

CITY WRITING CLUB

Alternate Mondays from 1 Aug 1:30 to 3:30

Life is a collection of stories often buried away. Our supportive group will write short pieces that can include anecdotes, verse, interesting facts or precious moments from our lives. Sharpen your pencils and come along with me on this journey.

Leader and **Bookings:** Patricia Thornton
bornbinkp@hotmail.com 0425 233 169

Crosswords

CRYPTIC CROSSWORDS

Wednesdays 3 Aug to 24 Aug (4 sessions) 1:30 to 3:30

Get into the mind of cryptic crossword compilers and learn how to solve their devious clues. Have fun while keeping your brain active.

Leader and **Bookings:** Ron Shapiro rmbjs@iinet.net.au
(preferred) 4225 0270

Presentations

TUESDAYS IN THE CITY

Tuesdays from 19 Jul 1:30 to 3:30

Bookings: Vicki Moss vicki@mcglashan.com.au (preferred)
0417 160 856

Famous People

1. Lenin

19 Jul

Lenin's political activities, culminating in the Bolshevik revolution and the founding of the Soviet state, did much to shape the world of the 20th century.

Presenter: Peter Bryant

Art Appreciation

2. An exploration of portraits, new and old 26 Jul

We will explore this year's winners in the annual Archibald competition, Sydney and winners in previous years, now held at the National Portrait Gallery, Canberra.

Presenter: Ann Sutherland

Maritime

3. The Story of Cockatoo Island

30 Aug

The Cockatoo Island story contains two sequential threads; this talk will elaborate both: 70 years as a prison, then 80 years as a naval dockyard.

Presenter: Don Napper

Medical Matters

4. Is healthy aging an oxymoron

13 Sept

To live, we must age but ageing itself causes inflammation and many health problems. Unravelling the biology gives some options for helpful and tasty interventions!

Presenter: Dr Judy Ford

Famous People

5. Alan Turing (1912-1954)

11 Oct

The man who broke the German code during the war and whose invention led to computers. Being homosexual, he paid a heavy price – his life

Presenter: Sydney Srinivas

Poetry

6. Re-Examining Australia's great comic poetry

18 Oct

We will reconsider comic gems from Patterson, Dennis, O'Brien, Dawes and others, and examine the social background and poetic mastery that made the true classics.

Presenter: Terry Farrell

Medical Matters

CANCELLED

7. How to wake up your ear and brain vitality

25 Oct

Understand how our lives can be enhanced through better ear and brain health. Sound therapy can relieve tinnitus and enhance hearing and brain performance.

Presenter: Rafaele Joudry

History Local

8. Extraordinary places on Sydney Harbour

1 Nov

Our speaker will paint a vivid picture of Sydney Harbour visitor destinations, including former activities on headlands, sanctuaries, parks, islands, light stations and military fortifications.

Presenter: Marie Palmer

Medical Matters

9. Sydney's medical museums

8 Nov

Sydney's medical museums cover many facets of medical and hospital practice and history. This session describes eight of the leading museums open to the public.

Presenter: Stewart Reed

Legal

10. Corrupt conduct, ensuring integrity

22 Nov

Corruption can cause great harm to society. What is corruption? Why does it happen? How does the ICAC combat corruption, and how can you help?

Presenter: Margaret Sutherland

History Australia

11. The History of the Third Quarantine Cemetery

29 Nov

The North Head Cemetery is probably Australia's largest, best preserved quarantine cemetery. Hear the stories of those interred here including brave nurses, soldiers & locals.

Presenter: Marie Palmer

Presentations

OCCASIONAL THURSDAYS IN THE CITY

From 25 Aug 1:30 to 3:30

Bookings: Vicki Moss vicki@mcglashan.com.au (preferred)
0417 160 856

History Iran

1. Iran's Journey from a great ancient civilization

25 Aug and 8 Sep (2 Sessions)

Imperial Iran's cultural and religious legacies have influenced civilisations and histories of several modern nations in West Asia, Central Asia and South Asia.

Presenter: Himanshu Jhala

History Japan

2. Living and working in Japan as a foreigner

22 Sep

We consider Japanese customs, language, business culture, etiquette, and cuisine, plus the correct way to bow and other quaint aspects of daily life in Japan.

Presenter: Ian Thompson

Famous People

3. Jessie Street: a woman of conviction

17 Nov

Jessie Street was at the forefront of the women's movement in twentieth century Australia. She virtually lived in exile in England because of her beliefs.

Presenter: Barbara Boston

GLEBE LIBRARY

186 Glebe Point Rd Cnr Wigram Rd Benledi Room
Venue Coordinator Pauline Valentine
gregory_1947@hotmail.com (preferred) 0412 595 891

Language Japanese

JAPANESE

Every Thursday from 21 Jul 10:00 to 12:00

Knowledge of hiragana, katakana and some kanji will be helpful. We use a textbook, *Japanese for Busy People II*, twice per month and a few articles printed from topics of current Japanese interests.

Leader: Nobuyo Williams 0420 770 661 or
Haruko Johansson 8957 7016

Bookings: Helen Lo 0434 122 366

GLEBE: NAG'S HEAD HOTEL

162 St Johns Rd

Venue Coordinator Jan Macindoe jnmacindoe@gmail.com
0424 537 557

Book Group

FIRST FRIDAY BOOK GROUP (max 12)

First Friday from 1 Jul 11:00 to 1:00

Favourite books are chosen by members for discussion by the group. Venue and starting time may vary, depending on COVID-19 restrictions.

Leader and **Bookings:** Jan Macindoe
jnmacindoe@gmail.com 0424 537 557

GLEBE: THE OLD TOWN HALL

160 St Johns Rd
Venue Coordinator Pauline Valentine
gregory_1947@hotmail.com (preferred) 0412 595 891

Art Drawing
DRAWING (max 12)

Alternate Thursdays from 28 Jul 10:00 to 12:00

We use black and white (charcoal, pencil, ink) with some other media, such as Conté. The basics are covered, including tone, perspective and composition. Students are encouraged to suggest topics. Only an interest in drawing is required.

Leader and **Bookings:** Neville Bendall 9660 1873

Music Ukulele
STRUMMIN' TOGETHER AGAIN

Alternate Thursdays from 28 Jul 2:00 to 3:30

We have a ball, singing and strumming our ukuleles and exploring diverse aspects of music. Learning an instrument is a challenge, but so beneficial for memory, concentration, finger dexterity and more! Familiarity with basic open chords is assumed.

Leader: Trevor and John

Bookings: Pauline Valentine gregory_1947@hotmail.com
0412 595 891

GLEBE: TOXTETH HOTEL

345 Glebe Point Rd Fireside Lounge Ground Floor
parking nearby
Venue Coordinator Michael Holland mhol1234@gmail.com

Philosophy
PHILOSOPHY IN THE PUB (max 10)

Alternate Tuesdays from 5 Jul 3:00 to 5:00

Topics from a wide range of political and cultural themes are examined from a philosophic perspective. Discussion aims to promote differing worldviews and challenge belief systems. Members are expected to participate in internet/web research, questioning and facilitating.

Leader and **Bookings:** Michael Holland
mhol1234@gmail.com

LEICHHARDT LIBRARY

23 Norton St Forum Piazza Level
Venue Coordinator Christine Gates
christinegu3a@gmail.com (preferred) 0402 546 801

Presentations
FRIDAY MORNINGS AT THE LIBRARY (max 20)

Every Friday from 1 Jul 10:30 to 12:30

Interesting talks covering various topics.

Bookings: Janice Millard rjmillard5@icloud.com 0419 203 361

History Australia
1. Australia's unbelievable true stories
1 Jul

Surprising, often amusing, true stories about the history of Australia and the city of Sydney. The history you may not know.

Presenter: Jim Haynes

Famous People

2. Australian aerial adventures: Loes Bonney

8 Jul

Bonney travelled the world solo in a Gypsy Moth in the 1930s. She flew with style and was described as 'magnificent and dangerous'.

Presenter: Chris Beazley

Culture

3. Paradise Gardens

15 Jul

An enclosed garden originally was designed to protect animals and food supply. In time these evolved into places for celebration, social interaction and sophisticated rituals.

Presenter: Robijn Alexandra

Famous People

4. Elizabeth Fry and the female convicts

22 Jul

Elizabeth Fry dedicated her life to the improvement of conditions for convict women. She instigated the idea of skills training to improve their future prospects.

Presenter: Cate Whittaker

Famous People

5. Anne Bronte: first whistle blower on the abuse of women

29 Jul

Anne Bronte, a sickly consumptive, stood up against the outcry from the pillars of Victorian patriarchal society about forced marriages and ill treatment of wives.

Presenter: Cate Whittaker

Astronomy Culture

6. Venus

5 Aug

As the morning/evening star, Venus is a conspicuous planet in our skies related to creation stories, fertility and victory.

Presenter: Robijn Alexandra

Famous People

7. Australian aerial adventures: Frank Briggs

12 Aug

A pilot in the Great War, Briggs flew Billy Hughes to the Paris Peace Conference. He pioneered commercial aviation for prospering business leaders.

Presenter: Chris Beazley

Art Climate

8. An artist's perspective on climate change

19 Aug

Artistic approaches can initiate discussion and generate engagement. This talk will explore the way art can visualise and examine climate change.

Presenter: Lea Kannar-Lichtenburger

Climate

9. An Update on Climate Change

26 Aug

An update on climate change with some of the latest research and statistics. What is happening around the globe?

Presenter: Lea Kannar-Lichtenburger

Famous People

10. The amazing life of Matthew Flinders

2 Sep

Matthew Flinders ran away to sea, survived historic battles, shipwreck, imprisonment and named our land 'Australia'.

An adventure and a love story.

Presenter: Jim Haynes

Famous People

11. Dr Alfred Nobel and his prizes

9 Sep

We explore the life of the man who established the prestigious Nobel Prizes and describe some of the winners.
Presenter: Penny Bishop

Indigenous Australians

12. People of Sydney Harbour prior to 1788

16 Sep

The Dharawal people lived around Sydney Harbour. They included seven Eora clans with a rich and diverse society and culture.

Presenter: Gavin Crawford

History

13. The Indo-Pacific region: southern countries

23 Sep

In the Indo-Pacific Region, the Malayan Peninsula and the Indonesian archipelago have a long history of goods, ideas and religions travelling along trade networks.

Presenter: Himanshu Jhala

History

14. The Indo-Pacific region: northern countries

30 Sep

Indochina and the Philippines have an interesting colonial past. Regional conflicts led to Australia's involvement and a resulting impact here.

Presenter: Himanshu Jhala

Famous People

15. Alexander Hamilton

7 Oct

Alexander Hamilton was a founding father of the United States of America, a statesman and a founder of the nation's financial system.

Presenter: James Murray

History Australia

16. Immigration: 1840 to Federation

14 Oct

Based on diaries and journals written by immigrants, we hear about the experience of emigrating to the colonies under sail in the 19th century.

Presenter: Gavin Crawford

Famous People

17. Lady Emma Hamilton and Lord Nelson

21 Oct

Emma Hamilton, famous as the mistress of Lord Nelson, led a varied life with a number of wealthy patrons and a career as model, dancer and actress.

Presenter: James Murray

Famous People

18. Florence Nightingale

28 Oct

'The Lady with the Lamp' of the Crimean War was a social reformer and the founder of modern nursing.

Presenter: James Murray

Art Painting

19. The finest Harbour in the world in art

4 Nov

Sydney Harbour as seen by artists 1788-2018. Stories of the men and women who drew and painted it.

Presenter: Jim Haynes

Maritime

20. Watsons Bay pilots

11 Nov

In the 19th century, the families of Watsons Bay provided the pilots, lifeboats and lighthouse service for Sydney Harbour. This is a story about community service.

Presenter: Gavin Crawford

Outdoors Museums

21. Living museums of Sydney

18 Nov

The twelve properties of the Sydney Living Museums and their activities provide a fascinating insight into our history.

Presenter: Stewart Reed

Outdoors Museums

22. The State Library of NSW: a vast collection

25 Nov

The State Library has a vast and varied collection, apart from books, especially about Australia. It includes rare and unique objects.

Presenter: Stewart Reed

Art Appreciation

23. Christmas symbols

2 Dec

Artists have developed images to portray a story of Christmas that is mysterious and beyond human comprehension.

Presenter: Robijn Alexandra

Cinema

~~HOLLYWOOD: THE FEARLESS YEARS~~ COURSE

~~CANCELLED~~

~~Tuesdays from 26 Jul 10:00 to 12:00~~

~~(10 sessions)~~

~~Why did these films (1930-1934) rouse to fury the Catholic church and small town America, to seek their censorship and banning? The films' misdemeanours were many: adultery, violence, drug use, 'pansies', miscegenation, gangsters. These films have amazing entertainment value.~~

~~Ten movies - discussion each session.~~

~~Leader and Bookings: Craig Campbell~~

~~c.b.campbell@bigpond.com (preferred)~~

~~0447 437 088~~

REVESBY COMMUNITY HALL

Macarthur Ave

Venue Coordinator Joy Pegler peglerjm@bigpond.com

9771 6185

Tai Chi

TAI CHI (max 20)

Every Thursday from 7 Jul 9:30 to 11:00

(except school holidays)

For tai chi novices as well as for more experienced practitioners. The aim is for all participants to progress from 6 to 24 tai chi forms.

Leader and Bookings: Christine Chew

chrischew@optusnet.com.au (preferred) 0413 149 938

REVESBY WORKERS CLUB

20 Brett St
parking onsite
Venue Coordinator Joy Pegler peglerjm@bigpond.com
9771 6185

Cinema Movies

FILM DISCUSSION GROUP (max 10)

Fourth Tuesday from 28 Jul 10:00 to 12:00

Members undertake to view up to three group-selected films screening during the coming month. At every meeting, a volunteer introduces one of the selected films, followed by group discussion.

Leader and **Bookings:** Robyn Deane
rdeanee@optusnet.com 9726 4279

ROZELLE: HANNAFORD CENTRE

608 Darling St Cnr Nelson St
wheelchair access
Venue Coordinator: Christine Gates
christinegu3a@gmail.com (preferred) 0402 546 801

Language French

ADVANCED FRENCH DISCUSSION (max 12)

Every Tuesday from 5 Jul 11:30 to 1:00

A solid background in French is necessary. Focus is on conversational French to improve fluency with occasional grammar. Members are expected to be actively involved in contributing ideas and material for discussion.

Leader and **Bookings:** Sue Tronser suetronser@gmail.com
0418 673 670

Discussion Group

DISCUSSION GROUP (max 12)

Every Monday from 18 Jul 10:30 to 12:30

(excluding school holidays)

Focusing on historical events, philosophy, science and the arts. Every member is given the opportunity to decide on and present the topic for discussion.

Leader and **Bookings:** Barry Bidwell
barry_bidwell@yahoo.com.au 0408 607 434

Language French

FRENCH INTERMEDIATE (max 8)

Every Tuesday from 19 Jul 10:00 to 11:30

A reasonable knowledge of French grammar, vocabulary and pronunciation is assumed. Reading, writing, listening and speaking activities are used to consolidate and extend that knowledge and skill. There will be some formal grammar and a few laughs along the way.

Leader and **Bookings:** Alan Rodrick
alan.rodrick@gmail.com 9819 6579

STRATHFIELD CROQUET CLUB

50 Redmyre Rd parking nearby
Venue Coordinator Anne Hall annenhall@gmail.com
(preferred) 0419 017 364

Games Croquet

TRY CROQUET

Fridays 12, 19, 26 Aug 9:30-12:30 (3 sessions)

Croquet tests athleticism and intellect. The coaches are friendly and welcoming. Wear comfortable clothing and flat soled shoes. Bring a water bottle, sunglasses and hat. It's fun and free. Equipment is provided.

Leader and **Bookings:** Bob Phillips
bobphillips@bigpond.com

OUT THERE

Outdoors Eating Out

MY FAVOURITE ETHNIC EATING PLACE

Second Wednesday of every month from 13 Jul 12:00 to 2:30

Enjoy good food and conversation at inexpensive restaurants accessible by public transport. Members choose and organise venues with cuisines from different cultures, and a talk by the restaurateur, about food/traditions.

Members pay for their own meal.

Leader and **Bookings:** Krista Corlis ktcorlis@bigpond.com
(preferred) 0400 708 754

Outdoors Eating Out

MUNCH ON BRUNCH

Third Thursday of every month from 21 Jul

Step out and come brunching at a slick café somewhere in the inner city, or perhaps a bit further afield, but mostly close to public transport. Our venues are picked for their enticing food offerings, sharp design and quality coffee.

Leader and **Bookings:** Beatrice Scheepers
egoranje@gmail.com 0402 969 004 (enquiries only)

Outdoors Walking

CITY AND INNER WEST WALKING GROUP (max 15)

Four Thursdays from 14 Jul

Medium grade walks. Wherever possible a ferry trip and café will be included. You are responsible for your own safety. Bring hat, water, morning tea and lunch. Wear shoes with a safe walking tread. Further details when booking.

Timetables subject to change: Check Transport Info at Trip Planner transportnsw.info

Leader: Gavin Crawford
gavinhamiltoncrawford@gmail.com 0452 473 989

Bookings essential: Cheryl Crawford 0422 373 989
(text preferred)

1. Circular Quay to Watsons Bay

14 Jul

9:30 Circular Quay F9

2. Town Hall, QVB, Darling Harbour, Barangaroo, The Rocks

11 Aug

9.30 Town Hall Steps

3. Taronga Wharf to Chowder Bay Return

13 Oct

9.30 Circular Quay F2

4. Circular Quay to Watsons Bay (all day)

10 Nov

9.30 Circular Quay F9

Outdoors Galleries

VISITING REGIONAL and SUBURBAN GALLERIES

Saturdays twice a month from 20 Aug early am to mid afternoon

Join our lively group on visits to regional and suburban galleries to view a variety of exhibitions, depending on exhibition dates (occasional Sunday).

Travel by public transport.

Leader and **Bookings:** Joanne Gordon

joanegordon@bigpond.com (preferred) 0418 224 211

Please supply phone number, U3A membership number and expiry date

PRIVATE HOMES

Book Group

STANMORE BOOK CLUB (Stanmore) (max 10)

First Monday of every month from 4 Jul 2:00 to 4:00

A wide range of books are selected by members who lead a discussion of their choice.

Leader: Wendy Fraser

Bookings: Bernice Lee bernicejlee@gmail.com

0412 969 440

Book Group

INNER WEST BOOK GROUP

(various locations) (max 12)

First Wednesday from 6 Jul 2:00 to 4:00

Enhance your enjoyment of reading by sharing your ideas with others. Every four weeks we will read and discuss a book, choosing from a wide range of literature. First book is *The Secret River* by Kate Grenville.

Leader and **Bookings:** Christine Hingerty

chingerty@internode.on.net 0499 887 308 (enquiries only)

EASTERN

Regional President: David Rosenwax AM drosenwax@bigpond.com

Regional Course Coordinator: Mary Healy-North maryhealynorth1@bigpond.com **Enquiries only**

Updates to U3A Eastern's programs are online at: Sydneyu3a.org/Sydney-u3a/regions/eastern-2/

COA CENTRE WOOLLAHRA

25 Rowe St
Wheelchair access, train and bus stops nearby
Venue Coordinator: Sandy See sandra.l.see@gmail.com
0412 044 811

FRIDAYS AT COA CENTRE WOOLLAHRA

Every Friday from 29 Jul 10.30 to 12.00

A variety of presentations of general interest looking at topics relevant to people living in today's world
NO BOOKINGS are required.

Health

1. How to wake up your ear and brain vitality – sound therapy

29 Jul

Sound therapy can improve ear function and brain integration, relieve tinnitus and enhance hearing and brain performance.
Presenter: Rafeale Joudry

Medical Matters

2. The Red Cross

5 Aug

Red Cross volunteers will talk about the Red Cross Telecross program, the Community Visitors Scheme and Youth Mentoring program.
Presenters: Shivani Gupta, Rebekah Fitzgerald, Red Cross

History

3. The 2nd amendment of the American constitution (the right to bear arms)

12 Aug

US population 325 m; gun ownership now over 400 million. Discusses the number of mass killings each year in the USA and Australia, plus Australia's Firearm Policy.
Presenter: Dr Harry Melkonian, Macquarie Law School

Psychology

4. The secret to a great retirement – it's not about money

19 Aug

What can you do to have a great retirement?
Presenter: Lanning Bennett

Technology

5. Australian innovation: beyond the hills hoist, vegemite and Victa

26 Aug

A surprising range of Australian ideas has changed our lives and spread around the world. Innovation continues today.
Presenter: Debbie Rudder

Technology

6. The early history of electricity in Australia

2 Sep

Australia was not far behind Europe and America in adopting electric power. From the 1840s, electricity transformed communication, transport, industry, medical care and daily life.
Presenter: Debbie Rudder

Literature

7. Freud and literature – part 1

9 Sep

Freud's beginnings: the discovery of the unconscious.
First major work: The interpretation of dreams
Presenter: Margaret Stoljar

Literature

8. Freud and literature – part 2

16 Sep

The founding model: Oedipus Rex.
A notorious example: Hamlet
Presenter: Margaret Stoljar

History

9. Discover Polynesian mythology and legends

23 Sep

What is the origin of the Polynesians? Hear about creation stories and deities; the significance of the hula, haka, tattoos and taboos still shared in the Pacific region
Presenter: Nitza Lowenstein

Economics

10. Hot topics in industrial relations

30 Sep

The current challenges of restrained wages, insecure work & the gig economy, rising inflation and interest rates
Presenter: Barry Blanchard, Employment & Industrial Lawyer

Literature

11. 19th century novelist - Anne Bronte - and the 'me too' movement

7 Oct

Was Anne Bronte - one of the famous Bronte sisters and writer of 'Agnes Grey' and 'The Tenant of Wildfell Hall' - the first whistle blower on wife abuse?
Presenter: Cate Whittaker

Economics

12. The future of work

14 Oct

A Q&A Panel Discussion with U3A volunteers and volunteer union and employer representatives
Presenter: Thomas Delisi

Economics

13. A short history of credit, money and financial markets – part i

21 Oct

A basic lay person's guide to the complex world of financial markets from its origins to the present day's diversity of options.
Presenter: Joffre Balce

Economics

14. A short history of credit, money and financial markets – part ii

28 Oct

A basic lay person's guide to the complex world of financial markets from its origins to the present day's diversity of options.
Presenter: Joffre Balce

Technology Transport

15. The story of Sydney tramways and modern light rail 4 Nov

Extensively illustrated, a brief history of trams including horse, steam, cable and electric in Sydney 1861-1961; and a fuller story of light rail from 1997.

Presenter: Michael Lewis

Health

16. The use and abuse of drugs that affect mood and behaviour – part 1 11 Nov

'Ice', ecstasy and cocaine are just some of the illicit substances causing problems today. Learn how they and other licit drugs (alcohol, opiates) work in the body and the dangers associated with their use.

Presenter: Dr Rosemarie Einstein

Health

17. The use and abuse of drugs that affect mood and behaviour – part 2 18 Nov

'Ice', ecstasy and cocaine are just some of the illicit substances causing problems today. Learn how they and other licit drugs (alcohol, opiates) work in the body and the dangers associated with their use.

Presenter: Dr Rosemarie Einstein

Current Affairs

18. My time in the Kamballa home for girls 25 Nov

Hear a firsthand account of what it was like to experience the principal child welfare facility for girls in NSW that first began in 1887.

Presenter: TBA

History

19. The stories behind hidden Sydney 2 Dec

Hear the surprising stories behind the buildings and places you might come across as you walk around the city and The Rocks in Sydney

Presenter: Trevor McAlister

History

20. 19th century trailblazer Elizabeth Fry – an angel for women convicts 9 Dec

A British Quaker, philanthropist and one of the chief promoters of prison reform - Elizabeth Fry changed her world by getting her reforms implemented

Presenter: Cate Whittaker

MAROUBRA: LIONEL BOWEN LIBRARY

669 Anzac Parade
wheelchair access

Discussion Group

FILM DISCUSSION GROUP (max 20)

Alternate Tuesdays from 5 Jul 10:00 to 12:00

Share your opinion on acting, characters, plots, cinematography.

Leader and **Bookings:** Graham Blazey 9365 1961
gblazey@optusnet.com.au and Gail Filetti 9349 5591
rgfil@bigpond.com

Discussion Group

CURRENT AFFAIRS DISCUSSION GROUP

Alternate Tuesdays from 12 Jul 10:00 to 12:00

Join us, if you are interested in the world around you, occasional debate and social interaction.

Leader and **Bookings:** Marise Segelov
marisesegelov@gmail.com 9363 4023 or 0410 514 866

PADDINGTON: EJ WARD CENTRE

189 Underwood St (cnr George St
bus stop nearby)

Language French

FRENCH CONVERSATION INTERMEDIATE (max 20)

Every Thursday from 7 July 10:30 to 12:30

French language level: it is conversation, not a lesson. To get the most out of this group, you need to be able to speak some French intelligibly and understand others who speak French more fluently.

Leader: Michelle Scheibmair 0414 978 917

Bookings: Paula Mackintosh pmackint1@yahoo.com
0425 074 488

PRIVATE HOMES

Book Group

WOOLLAHRA BOOK GROUP

First Thursday from 7 Jul 2:00 to 4:00

Goodwin Village Apt 257, 238-290 Jersey Rd Woollahra. Members suggest a book they have read on an interesting subject. Recently published books are avoided because they can be on long local libraries' reservation lists. New members are welcome.

Leader and **Bookings:** Janet Sculfer
sculferandmackenzie@iinet.net.au 0427 870 817

Book Group

ROSE BAY BOOK GROUP

First Wednesday from 6 Jul 2:00 to 4:00

Everyone gets to choose a book to discuss. We take turns to meet at each other's home. New members very welcome.

Leader and **Bookings:** Sylvia Bennett 9371 5547

Music Appreciation

DISCOVERING FINE MUSIC (Randwick)

Every second Monday from 11 Jul 2:00 to 4:00

Listen to compositions of great masters, focusing on less well known works; group participation welcomed

Leader and **Bookings:** Julie Reid julievreid@gmail.com
0411 575 157

Book Group

NORTH BONDI BOOK GROUP (max 10)

Third Wednesday from 20 Jul 2:00 to 4:00

People suggest AUTHORS to read and discuss. Conversation pivots around the author's books. At other times we pick a genre to read and discuss; thrillers, biography, history, science fiction. New members very welcome.

Leader and **Bookings:** Liza Cohn liza.cohn@yahoo.com
9389 1336

ENDEAVOUR (SOUTHERN)

Regional President: TBA

Regional Course Coordinator: Vic Costi esu3avc@gmail.com **Enquiries only**

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

BOTANY BAY FAMILY HISTORY RESEARCH CENTRE

184 Gannons Rd South Caringbah

Genealogy

EXPLORING YOUR FAMILY'S PAST HISTORY (max 15)

Thursday 7 Jul, Friday 12 Aug (Open Day), Thursday 1 Sep & Thursday 3 Nov 10.00 to 11.30

This course is an introduction to family history research. We explore our family memories, start a family tree and gather documents for proof. We learn about family history programmes and methods to record our story for posterity. Leader: Lilian Magill lily@researchbylily.com.au

0409 911 402

Bookings: Carole Goodyer jamescarole1@live.com.au
0411 529 245

CRONULLA COMMUNITY HALL

Meeting Room 1

38-60 Croydon St

wheelchair access, train station nearby

Language French

FRENCH FOR INTERMEDIATE SPEAKERS (max 16)

Every Monday from 25 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
twotwelves@outlook.com 9546 5170

CRONULLA SCHOOL OF ARTS

Upstairs Activity Room/Lecture Room

6 Surf Rd

wheelchair access, lift available and train station nearby

Poetry

POETRY IS ALIVE (max 40)

Second and fourth Thursday from 14 Jul 1:30 to 3:30

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
heinzliz@optusnet.com.au 0466 893 747 9523 3743

Language French

COURSE CANCELLED

SPEAKING FRENCH FOR POST BEGINNERS (max 15)

Every Monday from 18 Jul 1:30 to 3:30

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
marjoan4@hotmail.com 0408 978 435

History Ancient

RISE AND FALL OF CIVILISATIONS (max 25)

First and third Tuesday from 19 Jul 10:00 to 12:00

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/or contribute to the group, if they wish.

Leader: Olga Bondarenko olgab@ozemail.com.au
Bookings: Dorothy Dalyell ddalyell@bigpond.com
9520 5563

Travel

ARMCHAIR TRAVELLERS (max 40)

First and third Wednesday from 20 Jul 10:00 to 12:00

We come together with the common interest of sharing our travel experiences, using audio visual equipment. Some members choose not to present and enjoy the presentations as the audience.

Leader: Gwyn Leix gleix@optusnet.com.au
Bookings: Kate Churcher kchurcher2@hotmail.com
0433 140 900

Language Italian

ITALIAN LANGUAGE AND CULTURE (max 15)

Every Thursday from 21 Jul 10:00 to 12:00

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

Leader: John Della Torre jrdellatorre@gmail.com 8544 1758
Bookings: Judy Bassford judybassford7@gmail.com
9527 2931

Cinema

FILM APPRECIATION AND DISCUSSION (max 20)

Third Thursday from 21 Jul 1:00 to 3:00

This group is focussed on contemporary film. Selection of films is carried out democratically and they are watched in our own time. The films are discussed at the monthly meetings. Presentation of films is appreciated but not mandatory.

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

Games

BRAIN GAMES (max 20)

Second and fourth Friday from 22 Jul 10:00 to 12:00

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.

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

Literature

TRUTH/BEAUTY (max 20)

Second and fourth Monday from 25 Jul 10:30 to 12:30

This is a literature study course that involves a deeper study of poetry, some prose and the occasional play. As a further tributary, we would occasionally study certain pieces of contemporary music, or indeed a film as literature.

Leader and **Bookings:** Bruno Ghezzi bghezzi@lycos.com 0459 474 746

Art Appreciation

ART HISTORY (max 40)

Second and fourth Tuesday from 26 Jul 10:00 to 12:00

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 m.kingston1@bigpond.com 9522 9868

Bookings: Teresa Lamberton

teresalamberton@hotmail.com 0414 425 353

Bookings: Carol Cook

carolcook39@optusnet.com.au 0488 286 324

Discussion Group

OPEN MINDS DISCUSSION GROUP (max 20)

Second and fourth Wednesday from 27 Jul 10:00 to 12:00

The members choose and discuss various topics relating to current local and international issues. An opportunity to explain your point of view and learn how and why others think differently.

Leader and **Bookings:** Anita Spinks

anitaspinks@live.com.au 0423 532 582

Cinema

AT THE CINEMA – PAUL NEWMAN (max 40)

First and third Thursday from 4 Aug 1:30 to 4:00

Explore the life and career of Paul Newman through talks, viewing his major films and discussion. A program will be available at the first session. Session finishing times vary based on the film shown.

Leader and **Bookings:** Robert Englund

r.englund@optusnet.com.au

Presentations

ENDEAVOUR MONTHLY 5TH TUESDAY TALK (max 80)

Fifth Tuesday from 30 Aug 10:30 to 12:30

Short presentations on the 5th Tuesday of a month.

Bookings: Jim Sloan endeavou3atalks@gmail.com

Bookings: Cherie Clover cherie167@hotmail.com

~~1. 12 photographs which made Australia~~ **CANCELLED** ~~30 Aug~~

~~12 photographs from the 1840's to the early 2000's show how our country, its people, and the way we view the world, have changed.~~

~~Presenter: Laurie Wilson~~

2. Lawrence Hargrave: his early years

29 Nov

He explored New Guinea. In Sydney he experimented with flying machines and interpreted local rock carvings that proved the Spanish were here 200 years before Cook.

Presenter: Chris Beazley

GYMEA BOWLING CLUB

The Greens Room

691 Kingsway

wheelchair access, parking onsite, train station nearby

Games

~~BACKGAMMON (max 40)~~ **CANCELLED**

~~Second and fourth Tuesday from 12 Jul 3:00 to 5:00~~

~~Would you like to learn Backgammon or sharpen your skills? We will support you in getting your games skills up and running. All players and newcomers are welcome to join us.~~

~~Leader and Bookings: Johnny Pace~~

~~johnnypace1@optusnet.com.au 0414 894 876~~

GYMEA COMMUNITY CENTRE

Large Hall

31-33 Gymea Bay Rd

wheelchair access, parking nearby, train station nearby

Dance

MIDDLE EASTERN DANCING (max 40)

Every Monday from 4 Jul 1:00 to 2:00

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

Leader: Faye Green shalinabd@bigpond.com 9521 6575

Bookings: Wendy Lobwein wendy.rae.lob@hotmail.com

0404 348 974

Art Appreciation

DISCOVERING ART (max 25)

First and third Tuesday from 19 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

margiewilkes@live.com.au 0407 958 924 9523 1614

Art Drawing

DRAWING WITH COLOUR (max 20)

Every Tuesday from 19 Jul 1:00 to 3:00

Member-driven art classes where we employ various styles and mediums.

Leader: Christine Horrocks

christine.anne7@bigpond.com 0438 614 087

Leader: Diana Smith dianams44@gmail.com

Bookings: Pam McGrath mcgrath.ffss@gmail.com

0490 046 988

GYMEA TRADIES

57 Manchester Rd
wheelchair access, parking onsite, train station nearby

Art Sketching

SHIRE SKETCHING (max 40)

Every Thursday from 21 Jul 10:00 to 12:00

Learn observational URBAN SKETCHING Thursdays, and ILLUSTRATE YOUR SHIRE JOURNAL on Saturday morning. We Sketch architecture, people, nature, parks, bushlands, shopping centres, and historical locations. Includes many extra optional sketch days. Beginners who say "But I can't draw" are welcome.

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

Leader: Carol Cook carolcook39@optusnet.com.au
0488 286 324

Bookings: Julie Donno juliedonno@yahoo.com.au

HURSTVILLE UNITING COLIN MCFADYEN RETIREMENT VILLAGE

47 Woniora Rd wheelchair access, train station nearby

Creative Writing

CREATIVE WRITING HURSTVILLE (max 10)

Third Tuesday from 19 Jul 1:30 to 3:30

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

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

Bookings: Patricia Skinner donleyton10@gmail.com
9547 0406

MIRANDA COMMUNITY CENTRE

97 Karimbla Rd (corner Kiora Rd) wheelchair access, parking nearby, train station nearby

Discussion Group

AUSTRALIAN HISTORY DISCUSSION GROUP (max 20)

First and third Wednesday from 20 Jul 1:30 to 3:30 Did you miss out on learning about Australian history at school? Come and join this informal group and learn about a variety of subjects from indigenous culture and settlement through to current day happenings.

Leader and **Bookings:** Janice Stokes
stokesj@optusnet.com.au 0418 415 249

OATLEY LIBRARY

26 Letitia St wheelchair access, parking nearby

Art

ART FOR ENJOYMENT (max 10)

Every Wednesday from 20 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
doreenkellett@live.com.au 0407 276 416

RAMSGATE SENIOR CITIZENS HALL

382 Rocky Point Rd (corner Selmon St)
Entry at the back

Meditation

HEALTHY RELAXATION MEDITATION (max 25)

First and third Tuesday from 5 Jul 2:00 to 4:00

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
annau3a@gmail.com (Bookings only)
0449 673 144 (enquiries only)

SOUTH HURSTVILLE RSL

The Pinnacles

72 Connells Point Rd

wheelchair access, parking nearby

Book Group

AWARD-WINNING NOVELS (max 15)

First Wednesday from 6 Jul 12:00 Lunch,

Book Discussion 12:00 to 2:00

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
18gingie@gmail.com 0432 345 501

Bookings: Vivienne Hayle vhayle@hotmail.com
0420 650 814

Discussion Group

DISCUSSION GROUP (max 15)

Every Monday from 18 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
d.paulin@bigpond.com 0438 594 206

SUTHERLAND CLUB ON EAST

Coffee Shop

7 East Pde

wheelchair access, parking nearby

Book Group

CRIME READERS GROUP (max 15)

First and third Tuesday from 5 Jul 10:15 to 12:00

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 carousel2079@gmail.com
0405 311 749

Bookings: Carolyn Schinazzi carolandreno@gmail.com
0433 574 990

SUTHERLAND SHIRE LEISURE CENTRE

1 Rawson Ave wheelchair access, parking onsite

Archaeology

ASPECTS OF ARCHAEOLOGY (max 16)

First and third Friday from 1 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 9534 2675

OUT THERE

Outdoors Bushwalking

U3A SYDNEY STRIDERS (max 30)

Alternate Wednesday from 6 Jul 9:00 to 4:00

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.

Leader: Penny Howarth

pennyhowarth2@gmail.com 0411 180 050

Bookings: Rosanne Burkhart

rburkhart@bigpond.com 0413 128 967

Outdoors Bushwalking

WALKING IN SYDNEY AND SURROUNDS (max 35)

Alternate Friday from 1 Jul start/finishing times vary

Walks around Sydney from medium to easier bushwalks, track and street walks, seeing interesting places, whilst enjoying good company. We welcome members from all U3A regions.

Leader and **Bookings:** Teresa and John Lamberton

teresalamberton@hotmail.com 0414 425 353

Outdoors Eating Out

LUNCH A LOT WITH STYLE (max 25)

First Thursday from 7 Jul 12:30 to 2:00

Enjoy eating out, good food and conversation? We visit inexpensive restaurants with a variety of cuisines. Venues near public transport. Member funded; the laughter is free.

Leader: Anna Winter 0449 673 144

Bookings: Anna Winter annau3a@gmail.com

Outdoors Bushwalking

WALKING AROUND SYDNEY (max 40)

Alternate Friday from 8 Jul start/finishing times vary

Walks around all areas of Sydney from easy to medium/hard. All members welcome.

Leader: Wendy Donelan wdonelan54@gmail.com

0402 495 739

Bookings: Jennifer Hawkins

jenniferhawkins798@gmail.com (preferred) 0418 464 253

Outdoors Bushwalking

U3A ENDEAVOUR CAMPUS WALKERS (max 35)

Every Thursday from 21 Jul start/finishing times vary

Sydney by ferry and foot. Our programs indicate degree of difficulty. A 4-5 day social walking holiday held annually. We invite everyone to organise a walk once a year.

Annual fee \$10.

Leader: Jean McInerney

jaymond.mcinerney@bigpond.com 0418 453 508

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

Outdoors Sketching

SHIRE SKETCHERS SATURDAY SKETCHING EXCURSIONS

Saturday from 23 Jul Starting at 10:00

finishing times vary

These are the practical outdoor component of the Thursday lessons of the Sutherland Shire Urban Sketchers Group.

See Shire Sketchers Thursday class for details.

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

Leader: Carol Cook carolcook39@optusnet.com.au
0488 286 324

Bookings: Julie Donno juliedonno@yahoo.com.au

PRIVATE HOMES

Book Group

BOOK BANTER (GyMEA) (max 12)

First Friday from 1 Jul 1:30 to 3:00

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 vickihann@hotmail.com
0419 482 254

Music Appreciation

MUSIC FOR PLEASURE (Blakehurst) (max 7)

First and third Tuesday from 5 Jul 2:00 to 4:00

We include the best of musical styles 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 for future programs.

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

Bookings: Chris Jenkins chrisjenk66@hotmail.com
9529 4444

History Australia

AUSTRALIA OUR LAND (GyMEA) (max 10)

Every Wednesday from 6 July 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

bistenhouse@yahoo.com 9524 2018

Bookings: Trevor Campbell 9525 6979

History Architecture

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

Second and fourth Monday from 11 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 good quality were all important to this developing city.

Leader: Nola Watt 0467 162 749

Bookings: Liz Rutledge lizrutledge93@gmail.com
0435 178 315

GREATER WESTERN

Regional President: Robin Amos jjnanna@internode.on.net (preferred) 0418 447 754
Regional Course Coordinator: Sue Bailey 0416 027 049
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~~ WESTPOINT

Community Room,

Fourth Floor, up Alpha St Ramp. wheelchair access, parking available, bus and train 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 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 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 (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 (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 (preferred)
0401 454 364

History

1. The East India Company

8 Jul, 22 Jul, 5 Aug, 19 Aug, & 2, 16 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

30 Sep, 14 Oct

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~~ CANCELLED

~~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 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 9626 1334

Bookings: Deborah Gracic 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

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 Tuesdays from 19 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

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

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: Kerrie Booth kerrieandnoel@optusnet.com.au 0431 195 419 and Anne Medlow amedlow@bigpond.net.au 0432 676 992

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

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

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

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

HARBOURSIDE NORTH

Regional President: Michael Suckling mwsing@tpg.com.au
Regional Course Coordinator: Rosemarie Einstein 0412 043 377
einstein@starmar.net.au **Enquiries only**

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

CASTLE COVE: THE RESIDENCES

8B Deepwater Rd off Eastern Valley Way
parking nearby
Venue Coordinator Barbara Boston
nboston@bigpond.net.au (preferred) 9417 2967

TUESDAYS AT CASTLE COVE

Every Tuesday from 5 Jul 10:30 to 12:30

Bookings: <https://sydneyu3a.org> or Barbara Boston
nboston@bigpond.net.au (preferred) 9417 2967

History Australia

1. Historic houses of Sydney

5 Jul

Spanning almost 240 years many houses (and usually gardens) in different styles have been built in Sydney. Many are regularly open to the public.
Presenter: Stewart Reed

History Australia

2. The story of Cockatoo Island

12 Jul

First, its use for 70 years as a prison, followed by its operation for the next 80 years as a naval dockyard.
Presenter: Don Napper

Science

3. The use and misuse of science: One Nobel prize winner's shame

19 Jul

Although Fritz Haber introduced gas warfare to WWI in 1915, he received the 1918 Nobel Prize for Chemistry for conversion of nitrogen into fertilizer.
Presenter: Don Napper

Art Appreciation

4. The Impressionists

2, 9, 16, 23 Aug

In this DVD series, Waldemar Januszczak explores the revolutionary achievements of the Impressionist School of art through the stories of some of its most famous painters: Monet, Degas and Van Gogh, as well as less-known Impressionists.
Presenter: Barbara Boston

Science

5. Medical entomology

30 Aug

A study of the biology and habitat of mosquitoes as vectors of disease and unease - the deadliest animal on this earth by far.
Presenter: Ian Thompson

Famous People

6. A. The sinking of the Costa Concordia

B. The Teddy Sheean story

6 Sep (two 1 hour presentations)

A. The Costa Concordia sank near Italy in 2012; lives were lost and the captain was jailed.
B. The fight to get Teddy Sheean awarded a VC.
Presenter: Noel Phelan

Current Affairs

7. Australia's neighbours: Malaysia, Singapore and Indonesia

13 Sep

The Indo-Pacific is the focus of strategic geopolitical activity. Australia's neighbours have a long history of networks, along which goods, ideas and religions have travelled.
Presenter: Himanshu Jhala

History Australia

8. New England in a nutshell

20 Sep

A brief look at the Northern Tablelands of NSW, which have a lot to offer historically, culturally, scenically, scientifically and economically.

Presenter: Garry Lowder

History War

9. Fromelles and Sir John Monash

27 Sep

The Battle of Fromelles was a disaster from the start. What was Sir John Monash's reaction to the Battle? Presenter: Peter Allen

Famous People

10. Judith Wright: poet and activist

4 Oct

Judith Wright has written across many genres. She was a passionate proponent for the preservation of the Great Barrier Reef and advocate for Aboriginal rights. Presenter: Barbara Boston

Travel

11. Sri Lanka: Pearl of the Indian Ocean

11 Oct

A visit to this enchanted isle offers an engaging blend of history, travelogue and personal anecdotes.
Presenter: Garry Lowder

History

12. A. Submarines attack Sydney B. The Halvorsen story 18 Oct

A. What happened in Sydney harbour when Japanese midget submarines invaded.

B. The remarkable migrant story of magnificent boat builders and seamen.

Presenter: Noel Phelan

Famous People

13. Edward John Eyre: A 19th Century adventurer 25 Oct

Eyre was the first to overland stock from Sydney to Port Phillip and he later journeyed around South Australia and Western Australia.

Presenter: Barbara Boston

Famous People

14. Marie Stopes 1 Nov

A British scientist who founded clinics to advise and support women and, in 1918 introduced the topic of birth control to the public in *Married Love*.

Presenter: Jim Murray

Famous People

15. Abraham Lincoln 8 Nov

The US President during the Civil War was a shrewd military strategist and a wise leader who led the union to victory before his assassination.

Presenter: Jim Murray

History

16. Sydney Living Museums 15 Nov

The twelve properties of Sydney Living Museums and their other activities, including the non-archival activities of NSW State Records.

Presenter: Stewart Reed

History

17. 1066: The year that changed everything 22, 29 Nov

In this DVD series, Dr Jennifer Paxton examines the background to the Norman Conquest and how the English people saw these events, both at the time and in the centuries since.

Presenter: Barbara Boston

CHATSWOOD: DOUGHERTY COMMUNITY CENTRE

7 Victor St

parking nearby, wheelchair access,

Venue Coordinator Janet Douglas

janet_away@yahoo.com (preferred) 0423 947 411

Music Recorder

RECORDER GROUP

Alternate Wednesdays from 6 Jul 10:30 to 12:30 11 sessions

Have fun playing descant, treble and tenor recorders. This group uses Book 2 of the set tutor (*Learn to Play the Recorder* by Brian Bonsor) and plays 3-part music.

Leader and **Bookings:** Katie Lucy-Smith 8416 3266

Music Recorder

ADVANCED RECORDER

Alternate Mondays from 11 Jul 10:30 to 12:30 Treble, tenor, bass and descant players welcome. Basic sight reading is essential. The emphasis is on playing musically. Leader and

Bookings: Katie Lucy-Smith 8416 3266

Discussion Groups

DISCUSSION GROUP 2

Alternate Thursdays from 21 July 10:30 to 12:30

We are a small and friendly group who discuss both local and overseas events. We value all opinions and do not take ourselves too seriously.

Leader and **Bookings:** John Yates

johnyates80@hotmail.com (preferred) 0437 394 225

DISCUSSION GROUP 1

Alternate Thursdays from 28 Jul 10:30 to 12:30

Would you like to hear some interesting opinions? Do you want to air some of your own? This is a varied group who consider some of the issues of life and living that contribute to our modern existence.

Leader and **Bookings:** Jill Tukian jill.tukian@me.com

(preferred) 0431 053 395

FRIDAYS AT CHATSWOOD

Fridays from 29 Jul 10:30 to 12:30

Current Affairs

1. The Arab World, the Arab Spring and its aftermath 29 Jul, 5 Aug

The Arabs founded Islam, preserved old world knowledge, and created a rich culture. In 2011 their world experienced widespread turmoil which consequently destabilised the region.

Presenter: Himanshu Jhala

Bookings: Annemarie Moore

mooreannemarie1948@gmail.com (preferred) 0421 716 232

History Asia

2. Josef Conrad's Eastern Voyages 12, 19 Aug

The young Conrad dreamed of a life at sea. Because Conrad's first books are mainly autobiographical, Ian Burnet joins his experience with Conrad's eastern voyages.

Presenter: Ian Burnet

Bookings: Roger Henderson

robkit.henderson@bigpond.com (preferred)

0419 223 001

Literature

3. Primo Levi: The Occasional Demon 7 Oct

Primo Levi's life and literature, based on a selection of his poems

Presenter: John Maneschi

Bookings: Janet Douglas janet_away@yahoo.com

(preferred) 0423 947 411

Language German

GERMAN FOR POST BEGINNERS

cancelled for September,
resume October

Every Thursday from 4 Aug 1:00 to 3:00

Simple conversation with some grammar practice for learners who have studied elementary German.

Leader and **Bookings:** Bettina Boss

b.boss@unsw.edu.au (preferred) 0466 979 460

TUESDAYS AT CHATSWOOD

Tuesdays from 9 Aug 10:30 to 12:30

History Australia

1. Barangaroo

9 Aug

The design process and extraordinary technical difficulties that had to be overcome to bring the largest park built in Sydney for over a century to reality.

Presenter: Adrian Pilton

Bookings: Rosemary Sparkes

rosemaryannesparkes@gmail.com (preferred) 0400 181 091

Art

2. Australian painting and sculpture

23, 30 Aug

Describes the works of Australian artists who have changed from recorders of life and landscapes to producing a variety of works in many styles.

Presenter: Stewart Reed

Bookings: Ronda Broadbridge

rbroadbr@tpg.com.au (preferred) 0439 324 400

1234567890123456789012345678901234567890

Music

3. Music at the Royal Courts of Europe

The wealthiest and most powerful 17th and 18th century Royal courts created centres of excellence which were the envy of the world.

13 Sep

Louis XIV of France at Versailles.

27 Sep

Augustus the Strong at Dresden.

11 Oct

Frederick the Great at Potsdam.

25 Oct

Joseph the 2nd at Vienna.

Presenter: John Yates

Bookings: Rosemary Sparkes

rosemaryannesparkes@gmail.com (preferred) 0400 181 091

Nature

4. Gardens – paradise on earth

20 Sep

An enclosed garden to protect animals and food supply in time evolved into a place for celebration, social interaction and sophisticated rituals: a paradise garden.

Presenter: Robijn Alexandra

Bookings: Barbara Ellis bellis58@bigpond.com (preferred)

9416 3071

Music

5. The history of jazz

4 Oct

A broad survey of the development of jazz music from its African origins up to the present day.

Presenter: Graham Ball

Bookings: Janet Douglas

janet_away@yahoo.com (preferred) 0423 947 411

Music

6. Music from the movies

1 Nov

Films have always used music to make comedy funnier, tragedy sadder, tension tenser but most often to establish the mood and to set the scene.

Presenter: Graham Ball

Bookings: Barbara Ellis bellis58@bigpond.com (preferred)

9416 3071

Cinema Movies

7. The golden years of Hollywood

15 Nov

A nostalgic journey through the movie industry, the different genres, the movies which started Hollywood's Golden Age, the glamour, glitz and legendary stars.

Presenter: Nitza Lowenstein

Bookings: Ronda Broadbridge rbroadbr@tpg.com.au

(preferred) 9417 1943

Art

8. Signs and symbols in religious art: Christmas

22 Nov

A tree with a star, a donkey and nativity scene: images to portray a story that is mysterious and beyond human comprehension.

Presenter: Robijn Alexandra

Bookings: Janet Douglas janet_away@yahoo.com

(preferred) 0423 947 411

GREENWICH: THE BAYTREE RETIREMENT RESORT

6 Ulonga Ave (Off Innes Rd) wheelchair access

Venue Coordinator Marianne Thiering

mariannethiering@gmail.com (preferred) 0423 397 343

TUESDAYS AT GREENWICH

Every Tuesday from 19 Jul 10:30 to 12:30

Music

1. Musical notes

Italian festivals

19 Jul

It is always festival time in Italy. We look at some sublime and some ridiculous Italian celebrations.

Presenter: Nora Hinchin

Bach across the centuries

26 Jul

Deliberately summing up the past and unknowingly influencing the future, Bach's musical world spans the whole history of Western music.

Presenter: John Flint

Black notes, white notes

2 Aug

Black music and its influence on classical composers.

Presenters: Nora Hinchin and John Flint

Bookings: Dianna Brookes dianna.brookes@gmail.com

(preferred) 9433 8031

Science

2. Forces that have shaped our world

9 Aug

Life, the Universe and everything - from the Big Bang to Planet Earth.

16 Aug

The bountiful planet-what are everyday things made of?

23 Aug

On a solid foundation-landscape, climate and our geological history.

30 Aug

The restless planet- plate tectonics, volcanoes, earthquakes and climate.

Presenter: Garry Lowder

Bookings: Marianne Thiering mariannethiering@gmail.com

(preferred) 9433 8059

History

3. The Nobel Prizes

6 Sep

The life and character of Alfred Nobel who established the prestigious prize.

13 Sep

The stories behind some of the winners of Nobel prizes.

Presenter: Penny Bishop

Bookings: Kate Caro kxcaro@gmail.com (preferred) 9433 8056

Famous People

4. Famous people in history

Alexander Hamilton

20 Sep

One of the founding fathers of the USA, Alexander Hamilton is the subject of the musical Hamilton.

Florence Nightingale

27 Sep

The "lady with the lamp" during the Crimean War, a statistician, social reformer, founder of modern nursing and medical adviser during the US Civil War.

Abraham Lincoln (1809 – 1868)

4 Oct

US president during the Civil War, a shrewd military strategist and a wise leader.

Presenter: Jim Murray

Bookings: Margaret Vermeesch mvermeesch7@gmail.com 9433 8059

Current Affairs

5. The Indo-Pacific region and Australia's Asian neighbours

Malaysia, Singapore and Indonesia

11 Oct

Australia's Asian neighbours have a long history of trade networks along which goods, ideas and religions have travelled.

History War

18 Oct

Conflicts in the Pacific during WW2 and the Vietnam War appear to have left an impact on Australia.

Presenter: Himanshu Jhala

Bookings: Dianna Brookes dianna.brookes@gmail.com (preferred) 9433 8031

Literature

6. Literature

How novels have changed over time

25 Oct, 1 Nov

Compare Jane Austen's formal language (*Northanger Abbey*), leaving no loose ends to describe the life of a young woman, to Tim Winton's use of the Australian vernacular (*The Shepherd's Hut*) to describe the life of an Australian teenage boy, leaving the reader with questions.

Leader: Margaret Little

Bookings: Dianna Brookes dianna.brookes@gmail.com (preferred) 9433 8031

Science

7. Aspects of science

Quackery

8 Nov

A brief history of the worst way to cure everything.

Presenter: Ian Thompson

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 9433 8059

8. Serendipity in the invention of everyday products

15 Nov

While many inventions have arisen from a sound scientific underpinning, several everyday products, including synthetic sweeteners, plastics and pharmaceuticals, have been discovered by chance.

Presenter: Emeritus Prof Don Napper

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 9433 8059

9. Biomimicry – technology inspired from nature

22 Nov

We consider some of the many inventions and breakthroughs in design and technology that have been inspired by the elements of nature.

Presenter: Ian Thompson

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 9433 8059

10. Why do carbon dioxide and methane cause global warming?

29 Nov

Why trace amounts of carbon dioxide and methane in the atmosphere cause global warming whereas the far more prevalent gases, nitrogen and oxygen do not.

Presenter: Emeritus Prof Don Napper

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 9433 8059

11. The three Industrial Revolutions and the impending fourth (i)

6 Dec

1st : Engineering - machine age and steam power.

2nd: Scientific – electricity, germ theory, synthetic fertilizers, and the structure of DNA.

Presenter: Emeritus Prof Don Napper

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 9433 8059

12. The three Industrial Revolutions and the impending fourth (ii)

13 Dec

3rd: Digital Age - we all live in it today.

4th: Artificial Intelligence, quantum computing, personalised medicine, and the hydrogen economy.

Presenter: Emeritus Prof Don Napper

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 9433 8059

HUNTERS HILL:

C A FAIRLAND HALL

14 Church St parking nearby

Venue Coordinator Judy Harris

JudyHarris2@bigpond.com (preferred) 0447 194 510

MONDAYS AT HUNTERS HILL

Every Monday from 4 Jul 10:30 to 12:30

Bookings: <https://sydneyu3a.org> OR Judy Harris JudyHarris2@bigpond.com (preferred) 0447 194 510

Legal Matters

1. Some current issues in criminal justice in NSW

4 Jul

Criminal laws and procedures constantly change, driven by considerations of effectiveness, efficiency, politics and changes in society. We discuss some current prominent issues in NSW.

Presenter: Nicholas Cowdery AO QC

Art Appreciation

2. Public art and sculpture in Sydney and suburbs

11 Jul

Standing out or nearly invisible, loved or criticized, outdoor and public sculpture tell something about where we live, shop, sight-see, commemorate wars and attend religious services.

Presenter: Anne Sutherland

Current affairs

3. The Arab World, the Arab Spring and its aftermath

18,25 Jul

The Arabs founded Islam, preserved old world knowledge, and created a rich culture. In 2011 their world experienced widespread turmoil which consequently destabilised the region.

Presenter: Himanshu Jhala

Travel

4. The easy Camino

1 Aug

Pilgrim numbers on the Camino de Santiago have sky rocketed. We look at its history, significance and nature, and an easy walk along "The Way".

Presenter: Graham Spindler

Current affairs

5. Small European countries

8,22 Aug

Putting the microscope on some of Europe's micro-nations: Andorra, Liechtenstein, Monaco, San Marino, the Vatican and some other oddities – relics of Europe's complex history which will survive.

Presenter: Graham Spindler

Medical Matters

6. Quackery: a brief history of the worst ways to cure everything

15 Aug

The golden age of quacksalvers – a historical look at quackery from the middle-ages to current time and the treatments that these medical peddlers offered.

Presenter: Ian Thompson

Science

7. Eight images of science

29 Aug

Many discoveries from the last century have been made through images: verification of Einstein's theory of Relativity, structure of DNA and the first Image of a black hole. The images to be

discussed revolutionised our view of ourselves and the Universe.

Presenter: Adj Prof Laurie Wilson

Music Opera

8. The Savoy operas

5 Sep

A tribute to the Victorian Era theatrical partnership of W.S Gilbert and Arthur Sullivan and to the works they jointly created.

Presenter: Graham Ball

Music Opera

9. Verdi and Puccini

12 Sep

The music and lives of these two giants of opera in the period when opera composers produced music that expressed their deepest feelings.

Presenter: Graham Ball

Music Opera

10. Mozart in Turkey: Opera in a harem (Il Seraglio)

19 Sep

Mozart's opera Il Seraglio is set in Istanbul. Director Elijah Moshinsky takes us there with a production of the opera that is part documentary, part film.

Presenter: John Flint OAM

History

11. Can we have our cake and heat it too?

26 Sep

The greatest challenge that humanity faces over the next century and the future demands of food security in a changing climate and its implications for Australia.

Presenter: Chris Russell

Theatre

12. Let's put on a show

3 Oct

A look at how musicals come together by the president of the Willoughby Theatre Company who has directed *Les Miserables*, *The Boy from Oz* and many others.

Presenter: Tom Sweeney OAM

History

13. The widening horizons of physiotherapy

10 Oct

The scope of physiotherapy practice from its beginnings in 1800's to the wide fields of opportunity of this very skilled profession two centuries later.

Presenter: Winsome Baker

History

14. The story of Cockatoo Island

17 Oct

A prison from 1839 and a naval dockyard from 1913. More recently, the Sydney Harbour Federation Trust has transformed it into a cultural precinct.

Presenter: Emeritus Prof Don Napper

Medical Matters

15. Osteoporosis

24 Oct

What is it and how does it occur? The role of calcium, vitamin D, exercise and sunlight in bone health. Medicines for treatment of osteoporosis.

Presenter: Prof Peter Carroll AM

History Local

16. Historic houses of Sydney

31 Oct

Many houses, and often their gardens (excluding the properties of Sydney Living Museums), reflect the developing style of a changing Sydney over almost 240 years.

Presenter: Stuart Reed

History Local

17. Turbulent times – a history of Gladesville hospital

7 Nov

Presenter: Chris Schofield

President Hunters Hill Historical Society

Travel

18. Extraordinary places in Sydney harbour

14 Nov

Our speaker will highlight wonderful sights to visit.

Presenter: Speaker from the Sydney Harbour Trust

Medical Matters

19. Sydney medical museums

21 Nov

The nine museums that are open to the public cover many facets of medical, hospital and nursing practice and history.
Presenter: Stuart Reed

Music

20. Wolfgang Amadeus Mozart

28 Nov

The life, times and music of this great composer.
Presenter: Graham Ball

Music

21. The history of jazz and U3A Christmas party, with Christmas carols.

5 December

Presenter: Graham Ball

Art Drawing

DRAWING FOR BEGINNERS

Every Friday from 22 July 10:30 to 12:30

Learn to draw and develop a unique drawing style by studying the elements and principles of design. Learn the basic skills of recording while examining various drawing techniques.

Leader and **Bookings:** Kate McClelland
4.mclellands@ozemail.com 0413 388 959

LANE COVE: LIVING AND LEARNING CENTRE

180 Longueville Rd

Venue Coordinator Robert Lynn boblynn03@gmail.com
9433 8066

HISTORY GROUP

Second and fourth Thursday from 14 Jul 1:15 to 3:15

Leader: Frank Wilson

Bookings: Ann Drysdale 9427 8435

History

1. First and Second wave Feminism - then what?

14 Jul

History

2. Are depictions of glamour and fashion shallow, sexist and frivolous?

28 Jul

History

3. The Consumer - a prisoner or free spirit?

11 Aug

History

4. Did Stalin and Hitler govern similar societies with similar methods?

25 Aug

History

5. Should the Japanese attack on Pearl Harbour in December 1941 "live in infamy"?

8 Sep

History

6. Was Imperialism always oppressive?

22 Sep

History

7. Hitler obviously caused WW2 in Europe - or did he?

13 Oct

History

8. History is so important, it must be rewritten.

27 Oct

History

9. Recent views of indigenous peoples are a question of interpretation by historians.

10 Nov

History

10. An efficient State with an accountable rule of law requires democracy.

24 Nov

Book group

BOOK GROUP

Every fourth Monday from 25 Jul 10:30 to 12:30

Discussion group centred on literary fiction. The first book for discussion will be *The Offing* by Benjamin Myers.
Leader and **Bookings:** Janice Gentle 9439 3801

MCPMAHONS POINT: COMMUNITY CENTRE

165 Blues Point Rd wheelchair access

Venue Coordinator Lesley Duffill

leslie.duffill@gmail.com (preferred) 0408 097 482

Poetry

WRITING POETRY

Alternate Tuesdays from 2 Aug 10:00 to 12:00

10 sessions

This group explores the magic of poetry in its various forms through reading, appreciating and writing. We give and receive friendly, positive feedback. New members welcome.

Leader and **Bookings:** Geoff Lucas 0432 543 611

Book group

BOOK GROUP

Alternate Fridays from 5 Aug 10:00 to 12:00

This group chooses 10 novels per semester to read (both classics and modern), and enjoys a lively discussion on those books. New members welcome.

Leader and **Bookings:** Toni McLennan 9412 1585

MOSMAN SQUARE SENIORS CENTRE

Next to Mosman Council Chambers Off Military Rd
Spit Junction

parking nearby, wheelchair access

Venue Coordinator Michael Suckling

mwsing@tpg.com.au

WEDNESDAYS AT MOSMAN SQUARE

Every Wednesday from 6 Jul 10:00 to 12:00

No booking required

History

1. Life in Medieval England

6, 13 Jul

This illustrated presentation brings to life everyday life in England - dress, habits, diets, buildings, wars, plagues, beliefs, the Church and what survives to this day.

Presenter: Peter Headley

Poetry

2. Roads Taken: Poets Frost and Eliot

20, 27 Jul

The different approaches of American poets Frost and Eliot to the sweeping social and cultural changes that became modernism.

Presenter: Terry Farrell

Music Appreciation

3. The Story of Popular Music: the first 40 years

3 Aug

The development, from the 1950s to 1980s, of the music that many young people listened and danced to. A must for all baby boomers.

Presenter: Graham Ball

Music

4. Celebration of the Musical

10 Aug

Presenting the mainstream musical stages of the western world, from the world of Jacques Offenbach until the present day.

Presenter: Graham Ball

Music

5. The Savoy Operas

17 Aug

A tribute to the theatrical partnership of WS Gilbert and Arthur Sullivan, who created 13 wonderful comic operas that influenced the creation of the modern musical.

Presenter: Graham Ball

Technology

6. The moving image

24 Aug

A history of the technologies behind movies, from early Victorian novelties and the silent days through talkies, colour, Cinemascope, IMAX and today's digital technologies. Presenter: Adj Prof Laurie Wilson

Science

7. Images of science

31 Aug

The one hundred years from 1919 to 2019 saw several revolutions in our scientific understanding of ourselves and the Universe we live in, told through eight iconic images. Presenter: Adj Prof Laurie Wilson

Medical Matters

8. Skin: The largest organ of the human body

7 Sep

Skin covers the entire body, weighs about 20kg and is the largest organ. We describe the skin in detail, its defects and diseases.

Presenter: Punchi Dassanayake

Medical Matters

9. The Human heart, a pump with 80-year warranty

14 Sep

The heart is a hard-working organ, beating non-stop throughout life. It is prone to defects and diseases, and we should look after it dearly.

Presenter: Punchi Dassanayake

34

Current Affairs

10. Russia under Putin

21, 28 Sep

How did President Putin rise to become the new Czar of Russia and what are his longer term objectives?

Presenter: Peter Nixon

Art

11. Manly and Mosman Art Galleries

5 Oct

Katherine Roberts illuminates the life of renowned Sydney artist Antonio Dattilo-Rubbo (1870-1955). Kelly McDonald joins her for a discussion about the Mosman and Manly collections.

Presenters: Katherine Roberts (Manly Art Gallery) and Kelly McDonald (Mosman Art Gallery)

Famous People

12. Peter Finch

12 Oct

Peter Finch's life and films. He said, "If I'm going through life broke, I might as well live in the company of cheerful idiots like actors".

Presenter: Nora Hinchin

Cinema Movies

13. Character actors in the movies

19 Oct

These familiar faces appear over and over again in minor parts, lovable, pitiful, and villainous. A presentation with life stories and film clips.

Presenters: Nora Hinchin and John Flint

Travel

14. The Italian lakes

26 Oct, 2 Nov

The Italian lakes, formerly Ice Age glaciers, are now tourist high spots. A look at their environment, importance, attractions, history and surrounding towns.

Presenters: Nora Hinchin and John Flint

Current Affairs

Music

15. A musical adventure

Each session will highlight an instrument of the orchestra

9 Nov

Violin

16 Nov

Viola

23 Nov

Cello

30 Nov

Trumpet.

Presenter: Rosemary McCulloch

MOSMAN ART GALLERY

Cnr Myahgah Rd and Art Gallery Way

parking nearby, wheelchair access

Venue Coordinator Eve Klein everklein1@outlook.com
9969 7994

MONDAYS AT THE ART GALLERY

Every Monday from 4 Jul 10:30 to 12:30

No booking required

Music

1. Behind the lyrics and beyond

More entertaining audio and visual journeys into the stories behind some well-known songs.

4 Jul

Music can change the world. Songs with stories of human rights.

11 Jul

Lyrics quite contrary. Lyrics whose stories took a strange turn.

Presenter: Graham Spindler

History Japan

2. Japan – the Island Country of East Asia

18 Jul

The history and geography of Japan, population demographics, language, religions, political system, their constitution, plus the role of the Imperial Family of Japan.

Presenter: Ian Thompson

Travel

3. Japan – Living and Working in Japan as a Foreigner

25 Jul

We consider Japanese customs, business culture, schooling, etiquette, and cuisine, plus the correct way to bow and other quaint aspects of daily life in Japan.

Presenter: Ian Thompson

Technology

4. Electricity supply in NSW

1 Aug

Renewables are destabilising the grid and reducing the price of wholesale power. All power stations are ageing; how do we transition to a new energy future?

Presenter: Robert Eales

History

5. The rise and fall of the British Raj in India

8 Aug

The beginning and end of British rule in India as described in books, films, art and political comment.

Presenter: Nora Hinchin

15 Aug

Mosman Art Gallery unavailable

Current Affairs

6. What do you know about Retirement Villages?

22 Aug

The Director of the one of the latest retirement villages speaks on the facts of moving in.

Presenter: Cameron Kirby

Art Appreciation

7. The Mosman Art Prize

29 Aug

A talk about the prize will be followed by a tour of the 2022 exhibition.

Presenter: Mosman Art Gallery guide

Psychology

8. Psychology: Some key concepts

5 Sep

Who is the real father of psychology? What is the difference between psychology and psychiatry? Details of IQ tests, personality tests, psychosis, neurosis and psychotherapy.

Presenter: Reinhard Ronnebeck

Current Affairs

9. The Taiwan Choice

12, 19, 26 Sep

Australia does not recognise Taiwan as a state but also does not explicitly say it is part of China. How might this awkward Taiwan policy play out?

Presenter: Peter Nixon

History USA

10. Abraham Lincoln

10 Oct

Of all the great statesmen of the 19th century, few equal and none surpass this man in wisdom, humour, character and in achievement.

Presenter: Rosemary McCulloch

History

11. The defeat of the Spanish Armada

17 Oct

Queen Elizabeth's decisive defeat of the Invincible Armada made England a world-class power and introduced effective long-range weapons into naval warfare for the first time.

Presenter: Rosemary McCulloch

History

12. Fiji – an insider's perspective

24, 31 Oct

1800's: tribal warfare, cannibalism, Cession, early colonial era, arrival of Indians. Independence: political adolescence, the coups and re-building as experienced by a local Fiji European.

Presenter: Andrew Drysdale

Music

13. You must remember this

7, 14 Nov

World history from 1914 to 1945 told in popular and catchy songs of the day, now largely forgotten.

Presenter: Nora Hinchin

History Ancient

14. The Etruscans

21 Nov

The history of the Etruscans, their rich culture and influence on the Romans.

Presenter: John Flint

Famous People

15. Five Irish Actors

28 Nov

Highlights of the lives and loves of Irish actors across the centuries - Maureen O'Hara, Pierce Brosnan, Liam Neeson, Colin Farrell and Saoirse Ronan.

Presenter Anne Richardson

MOSMAN ART GALLERY: THE MELODY ROOM

Cnr Myahgah Rd and Art Gallery Way

parking nearby, wheelchair access

Venue Coordinator Annika Tults annikatults@gmail.com

0404 254 009

THURSDAYS AT THE MELODY ROOM

Every Thursday from 14 Jul 1:00 to 3:00

Bookings: Annika Tults annikatults@gmail.com

0404 254 009

Science

1. The quantum world made visible

14 Jul

Quantum mechanics is a foundation of our universe, and yet it seems to threaten our grounding in reality. This practical demonstration makes many aspects readily apparent.

Presenter: Ian Bryce

Science

2. An Introduction to Entomology

21 Jul

An introduction to the fascinating world of insects and other arthropods found in and around the home and garden, including some unusual facts surrounding these critters.

Presenter: Ian Thompson

Travel

3. Impressions of Mongolia and Alaska

28 Jul

This richly illustrated talk will highlight the fascinating history, geography, culture, lifestyle, architecture and landscape of Mongolia and Alaska.

Presenters: Kevin and Glenys Murray

Travel

4. Beyond the priest's cottage

4 Aug

Susie crosses land, sea and ages to discover forgotten relatives and unknown ancestors, all caught up in an intense drama, and all linked to her.

Presenter: Susie Prescott

Health

5. Discoveries and inventions that have shaped our world

11 Aug

A look at some of the important discoveries and inventions that have changed the world and the people and science behind these discoveries

Presenter: Ian Thompson

History

6. The Islamic Golden Age

18 Aug

Islamic civilisation's immense contribution to human knowledge in philosophy, mathematics, natural sciences, medicine, poetry, architecture and music. This flourishing period of knowledge is the Golden Age.

Presenter: Himanshu Jhala

History

7. Women Pirates

25 Aug

A look at 15 women pirates who roamed the seas between 480 BCE and the mid 1800's, in search of fortune, freedom and sometimes revenge.

Presenter: Gavin Crawford

History

8. The three Industrial Revolutions and the impending fourth

1, 8 Sep

The first revolution ushered in machines and steam power. The second led to electricity, germ theory, synthetic fertilisers and the structure of DNA. The third is today's digital age. The fourth might be led by artificial intelligence, quantum computing, personalised medicine and the hydrogen economy.

Presenter: Emeritus Professor Don Napper

Cinema Movies

9. The Golden Years of Hollywood

15 Sep

A nostalgic journey through the movie industry: the different genres, the movies that started the Golden Age, the glamour, glitz and legendary stars.

Presenter: Nitza Lowenstein

History

10. The First Fleet: the voyages back to England.

22, 29 Sep, 6 Oct

The transport and store ships needed to return. Scurvy stalked the ships. Tragedy was lurking in the shadows. For all that, the *Lady Penrhyn's* voyage was a magical mystery tour of exotic places, seen through the eyes of Arthur Bower Smyth.

Presenter: Malcolm Robertson

History

11. Pioneering aviation in the Pacific Islands

13 Oct

The people who pioneered aviation; Kingsford Smith's landing in Fiji and the strength of character needed to fly tiny aircraft to remote Pacific islands.

Presenter: Andrew Drysdale

Medical matters

12. The use and abuse of drugs that affect mood and behaviour

20, 27 Oct

"Ice", Ecstasy and cocaine are just some of the illicit substances causing problems today. Learn about how they and other, licit, drugs (alcohol, opiates etc) work in the body and the dangers associated with their use.

Presenter: Dr Rosemarie Einstein

History

13. Remarkable women in the Age of Sail: 1600 to 1900

3 Nov

We discuss fifteen women who went to sea, some masqueraded as men: sailors, sea captains, marines, botanists, stewards, soldiers, shipwrights/shipbuilders and travel writers.

Presenter: Gavin Crawford

Travel

14. South Africa, Swaziland and Kruger National Park

10 Nov

An illustrated talk of a tour through South Africa, followed

by a brief history from 1488 to the present.

Presenters: Bobby Kersten, Pam van Zyl

Travel

15. Surviving and thriving as a first-time tourist in Japan

17 Nov

What can a first-time visitor to Japan expect?

How do you successfully navigate your way through a culture, language and society sometimes so different from our own.

Presenter: Jeff Burgess

History

16. The Incas: South America's powerful ancient empire

24 Nov

Discover its history, culture, mythology and demise. With an introduction to Machu Picchu, the 15th century icon of the Inca civilisation.

Presenter: Nitza Lowenstein

Publishing

PUBLISHING YOUR BOOK: WORKSHOP

Wednesday 3, 10 Aug 1:00 to 3:00

History, biography, novel or cookbook, ready to publish?

Week 1: formatting your manuscript, layout, book size.

Week 2: design, registering, specifications, marketing.

Leader and **Bookings:** Margaret Szalay

margaret@cremore1.com

THE MANORS OF MOSMAN RETIREMENT VILLAGE

6 Hale Rd (Off Military Rd) wheelchair access

Venue Coordinator Margaret Kropman

mkropman@optusnet.com.au (preferred) 0434 839 172

Discussion Group

TOPICAL ISSUES DISCUSSION GROUP

Alternate Wednesdays from 13 Jul 10:00 to 12:00

We discuss two topics chosen by the group. We cover local and international topics, hear short introductions by volunteers, and keep our mental engines running in a friendly and diverse group.

Leader: Peter Trout

Bookings: Margaret Kropman 0434 839 172

Discussion Group

LITERARY DISCUSSION GROUP

Alternate Tuesdays from 26 Jul 10:00 to 12:00

This friendly group discusses a variety of demanding literature including poetry, drama and non fiction.

All welcome

Leader: Mary Billing

Bookings: Elisabeth Kingsford 9953 6993

WILLOUGHBY: HYGROVE DISPLAY SUITE

44 Penshurst St parking nearby, wheelchair access

Venue Coordinator Mitsuko Provis

mitsuko@hygrove.com.au (preferred) 8045 8694

FRIDAYS AT WILLOUGHBY

Alternate Fridays from 8 Jul 10:30 to 12:30

Bookings: Mitsuko Provis mitsuko@hygrove.com.au (preferred) 8045 8694

Health

1. Is Healthy Ageing an Oxymoron?

8 Jul

Ageing causes inflammation and many health problems. Unravelling the biology gives some options for helpful and tasty interventions!

Presenter: Dr Judy Ford

Science

2. Is there life outside Earth?

22 Jul

The possibilities for life outside Earth, our attempts to discover or contact it, and the ways in which we might become aware of such life forms.

Presenter: Adj Prof Laurie Wilson

History

3. Cockatoo Island

12 Aug

First used for 70 years as a prison, followed by 80 years as a naval dockyard and now a major cultural precinct.

Presenter: Emeritus Prof Don Napper

Art

4. Indian art and architecture

26 Aug

The prevailing Indian artistic style used by major religions is unique, with a strong sense of design.

Presenter: Robijn Alexandra

Science

5. The fascinating world of spiders

9 Sep

A look at the world of spiders found in the home and garden, including the biology and diversity of dangerous and harmless ground-dwelling and web-spinning spiders.

Presenter: Ian Thompson

Travel

6. Japan: Surviving as a tourist

23 Sep

How do you navigate your way through a culture, language and society, sometimes so different from our own?

Presenter: Jeff Burgess

Current Affairs

7. Russia and China beyond 2022

7 Oct

2022 sees two of the world's most powerful nations change course in ways that cause fear among many people. We will try to see whether this anxiety is justified.

Presenter: Peter Nixon

Health

8. Climate change – an artist's perspective

21 Oct

Using art as a catalyst, this talk will show how different artistic approaches can initiate discussion and generate engagement from the public about climate change.

Presenter: Lea Kannar-Lichtenberger

History

9. Patrols into the Stone Age

4 Nov

David Wilkins' patrols in PNG over 3 years in the mid 1960s (including a confrontation with cannibals).

Presenter: David Wilkins

Human Body

10. Sensory science

18 Nov

How smell, taste, sight and hearing discover new information and better foods and beverages.

Presenter: Greg Organ

OUT THERE

Outings Eating out

THIRD FRIDAY LUNCH GROUP

Third Friday of each month from 15 Jul

We meet for lunch at restaurants that serve a variety of cuisines. We go everywhere in Sydney, except the North Shore. We try to book BYO wine venues where there is a small corkage charge, which attendees are required to pay.

Leader and **Bookings:** Sarah Fennamore
sfennamore@yahoo.com 9955 1962

NORTHERN BEACHES

Regional President: Rosemary McCulloch ramcull@gmail.com

Regional Course Coordinator: Runa Schmidt-Muller runasm@ihug.com.au **Enquiries only**

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

AVALON RECREATION CENTRE

59 Old Barrenjoey Rd
wheelchair access, parking nearby
Venue Coordinator Eve Lane evelane222@gmail.com
0455 948 864

Art

ART GROUPS

Every Monday from 18 Jul

Group 1 9:30 to 12:15 Group 2 12:15 to 3:00

Enjoy the company of other artists with varying levels of skill. Bring your own equipment (any medium). No tuition given.

Leader: Gen Watts genwatts@hotmail.com

Bookings: Eve Lane evelane222@gmail.com

BALGOWLAH: CLUB TOTEM

195 Condamine St wheelchair access, parking onsite
Venue Coordinator Maureen Smith
maureensmith2099@gmail.com 9982 7985

Book Group

LITERATURE

Alternate Wednesdays from 27 Jul 11:00 to 1:00

Washaway Room Level 3

A wide range of authors and their books are discussed. These include *The Labyrinth* by Amanda Lohrey, *Give Unto Others* by Donna Leon and *Shuggie Bain* by Douglas Stuart.

Leader: Maureen Smith

maureensmith2099@gmail.com 9982 7985

Bookings: Helen Moore helen.moore@inet.net.au
9975 5203

BELROSE BOWLING CLUB

146 Forest Way parking onsite
Venue Coordinator Peter Nixon pnixon0443@gmail.com
0402 370 109

Games Bowls

ENJOY A GAME OF BOWLS

Every Friday from 2 Sep 10:00 to 12:00 (3 sessions)

Learn to play bowls and have fun with friends. Equipment provided and coaches on hand. Just come along, bring a friend or two and enjoy a game over three Friday mornings.

Leader and **Bookings:** Peter Nixon

pnixon0443@gmail.com 0402 370 109

FORESTVILLE RSL CLUB

22 Melwood Ave
wheelchair access, parking onsite
Venue Coordinator Beth Robertson
bethrobertson@aapt.net.au

Craft

ART AND CRAFT IN THE FOREST

Alternate Fridays from 8 Jul 10:00 to 12:00

Bistro

Join our inspirational group of craft enthusiasts (including drawing) for a relaxing morning of chat and the sharing of new skills. No prior knowledge expected, but the love of learning new creative ideas is mandatory!

Leader and **Bookings:** Beth Robertson

bethrobertson@aapt.net.au

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Rd
wheelchair access, parking nearby
Venue Coordinator John Watt john@wattever.com
0407 547 583

FRIDAYS IN THE FOREST

Last Friday of every month from 29 Jul 10:00 to 12:00

A monthly program of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject. Something for everyone.

Leader: John Watt john@wattever.com (preferred)

0407 547 583

Bookings not required.

History War

1. The Battle of Britain

29 Jul

"Never was so much owed by so many to so few". Don't miss this riveting account of the famous air battle during the summer of 1940.

Presenter: Austin Mack

History Australia

2. The Eora. The people of Sydney Harbour prior to 1788

26 Aug

"Eora is Dharug for country". Hear about the rich and rewarding cultural heritage of the Dharawal and Dharug peoples of Sydney Harbour.

Presenter: Gavin Crawford

Current Affairs

3. Frank and fearless with Nicholas Cowdery

30 Sep

Our distinguished former DPP will talk about some contentious issues including euthanasia and ICAC, as well as reflecting on some notorious cases.

Presenter: Nicholas Cowdery AO QC

Travel

4. The Camino de Santiago or the Way of St James

28 Oct

The Way is of medieval origin, today the Camino de Santiago is a unique experience and trip of a lifetime. Graham will tell us why.

Presenter: Graham Spindler

Music Appreciation

5. The Waltz King

25 Nov

Johann Strauss II, the Waltz King, wrote over 400 pieces of wonderful music, including Blue Danube and Die Fledermaus. Come, hear and enjoy.

Presenter: Rosemary McCulloch

FRENCHS FOREST: THE DUTCH CLUB

1 Grattan Cres (off Bantry Bay Rd)

wheelchair access, parking onsite

Venue Coordinator John Peters jayefpe@hotmail.com

0412 161 069

Music Ukulele

UKULELE INTERMEDIATE/ADVANCED

Every Tuesday from 5 Jul 1:30 to 3:30

If you have learnt at least six basic chords, now is the time to move to or join this group. Lots of fun, strumming, singing and an opportunity to gain confidence in leading a song.

Leader and **Bookings:** John Peters jayefpe@hotmail.com

0412 161 069

MONA VALE MEMORIAL HALL

1 Park St wheelchair access, parking nearby

Venue Coordinator Kay Hamilton nunderi@gmail.com

0409 767 027

Language French

FRENCH LEVEL 3

Alternate Mondays from 4 Jul 2:30 to 4:30

This course covers grammar, reading, dictation and conversation. Must have basic knowledge of the language.

Textbook: *Schaum's French Grammar*.

Leader and **Bookings:** Sarita Wright

saritawright35@gmail.com

Language French

FRENCH INTERMEDIATE ONGOING

Alternate Tuesdays from 5 Jul 10:00 to 12:00

Ongoing French class at intermediate level. Book used is *Short Stories in French* by Olly Richards and Richard Simcott (beginners).

Leader and **Bookings:** Olivia Kesby olivia.kesby@gmail.com

Language French

FRENCH LEVEL 4

Alternate Mondays from 11 Jul 2:30 to 4:30

For those who already have a comprehensive grasp of grammar and conversation. Textbooks: *Collins Advanced French Grammar*, *Schaum's French Grammar*, plus a variety of literature.

Leader and **Bookings:** Sarita Wright

saritawright35@gmail.com

NARRABEEN NORTH: NARRABEEN BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway)

wheelchair access, parking onsite

Venue Coordinator Barbara Larkin

jeddasm1@bigpond.com 9913 3481

Music Singing

SINGING FOR THE JOY OF SINGING

Alternate Fridays from 1 Jul 10:00 to 12:00

Auditorium

Come along and sing well known songs from all genres.

Anyone who enjoys singing, irrespective of ability, is

welcome to join our friendly group to sing, hum along or just sit and listen.

Leader and **Bookings:** Lynne Wasinski

lynne.wasinski@gmail.com 0408 971 060

Language Russian

ELEMENTARY RUSSIAN

Alternate Mondays from 4 Jul 2:00 to 4:00

Education Centre GF

For those with some knowledge of the Russian language.

Not for beginners.

Leader: Tim Coyle m.coyle@inet.net.au 0449 120 346

Bookings: Mary May maryamay@tpg.com.au 8959 4995

Music Ukulele

UKULELE FOR BEGINNERS

Every Tuesday from 5 Jul 12:00 to 1:15

Level 1, Room 2

This is a basic course for rank beginners. It is fun and you will be able to play at the end of it. The ukulele is your chance to shine! No need to read music but the joy of singing does help!

Leader and **Bookings:** Felicity Davis

felicity@sciencefilms.com.au 9979 8633

Music Guitar

ACOUSTIC GUITAR GROUP

First three Wednesdays every month from 6 Jul 10:30 to 12:30

Level 1, Room 2

The group will continue building a repertoire of classic soft rock/blues acoustic pieces. Only basic skills with guitar chords and following lyric/chord charts is needed. Bring own guitar and music stand.

Leader and **Bookings:** Alan Brand

ajbrand@optusnet.com.au 0419 427 763

Music Performance

THE 3RD AGE ROCK ORCHESTRA

First three Wednesdays every month from 6 Jul 2:00 to 5:00

Auditorium

The orchestra plays classic rock music with singers and post-beginners on all instruments. Basic skills with following chord charts are needed. Reading music is an advantage. The orchestra performs a few times a year. There's a waiting list for membership.

Leader and **Bookings:** Harvey Broadbent
3rdagerockorchestra@gmail.com 0414 486 675

Art Painting

CREATIVE PAINTING WORKSHOP

Every Thursday from 7 Jul 1:00 to 4:00

Education Centre GF

A relaxed group with varying levels of skill, we work on our own projects and are self-directed. If you love your art, join our group where we commonly share techniques, ideas and information.

Leader: Susan Davies daviessusan13@gmail.com
0414 799 324

Bookings: Suzanne Allan zanne07@gmail.com
0458 712 033

Language French

FRENCH POST BEGINNERS

Alternate Fridays from 8 Jul 10:00 to 12:00

Education Centre GF

Ongoing gentle paced course for people wishing to further their knowledge of the French language. Basic grammar and vocabulary required. Book used is *Easy French Reader* by R. de Roussy de Sales.

Leader and **Bookings:** Olivia Kesby olivia.kesby@gmail.com

Language Latin

LATIN BEGINNERS II (max 10)

Alternate Fridays from 8 Jul 12:30 to 2:30

Education Centre GF

Continuation of Beginners Level Latin including Classical Latin grammar, sentence formation and vocabulary through exercises and readings with the objective of introducing you to Latin literary texts. Text: *The Oxford Latin Course Part 1 – Student Book* (ISBN 9870 199122264).

Leader and **Bookings:** Gail Sadler gailasadler@gmail.com
0420 989 170

Language French

ADVANCED FRENCH

Alternate Mondays from 11 Jul 10:00 to 12:00

Level 1, Room 2

This course focuses on grammar, reading and conversation.

Leader and **Bookings:** Sarita Wright
saritawright35@gmail.com

Philosophy

HISTORY OF PHILOSOPHY 6

Alternate Tuesdays from 12 Jul 10:00 to 12:00

Education Centre GF

We cover key ancient and modern Western philosophers in the area of metaphysics, theory of knowledge, ethics and politics. The focus of the course is life's meaning as considered by these thinkers.

Leader and **Bookings:** John Lauricella jml1010@yahoo.com
9918 2142

Philosophy

HISTORY OF PHILOSOPHY 5

Alternate Fridays from 15 Jul 10:00 to 12:00

Education Centre GF

We cover key ancient and modern Western philosophers in the area of metaphysics, theory of knowledge, ethics and politics. The focus of the course is life's meaning as considered by these thinkers.

Leader and **Bookings:** John Lauricella jml1010@yahoo.com
9918 2142

NARRABEEN NORTH: NARRABEEN RSL CLUB

116 Nareen Pde parking onsite

Games Croquet

CROQUET (max 20)

Every Tuesday from 5 Jul 8:30 to 12:00

Bowling Green

Teaching available on request. No partner required. Mallets supplied. Games are organised on a first come basis.

Leader: Bob Hunter 9970 7352

Bookings: Jill Barrett jillb45@hotmail.com 0456 733 336

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE

1395A Pittwater Rd wheelchair access, parking nearby

Venue Coordinator Rosemary McCulloch
ramccull@gmail.com 0448 095 958

Language French

ADVANCED FRENCH

Alternate Fridays from 1 Jul 10:00 to 12:00

Berry Hall

Advanced conversation in French based on a text and tape.

Leader: Wendy Clark scorpio39@bigpond.com

Bookings: Maureen Black maurengb192@gmail.com
9982 7149

Art

ART: PAINTING AND DRAWING IN ANY MEDIUM

Every Monday from 4 Jul 1:00 to 4:00

Berry Hall

If you have not painted for years and want to create your masterpiece, this is the ideal place to do so. Artistic help is given when needed.

Leader: June Rodden june@rodnen.net

Bookings: Shirley Jensen 9982 4395

Discussion Group Movies

MONDAY AT THE MOVIES - MAM

Mondays once a month from 4 Jul 2:00 to 4:00

4 Jul, 8 Aug, 5 Sep, 10 Oct, 7 Nov and 5 Dec

Lakeview Hall

Enjoy current movies? Our movie club operates similar to a book club. Every month view up to three nominated movies in your own time and join us for a stimulating discussion about the plot, actors, producers and cinematography. Decide your own ratings.

Leader: Heather Leggat ahleggat@bigpond.com

Bookings: Liz Boase lizboasebruce@gmail.com
0413 736 331

Current Affairs

TOPICS OF OUR TIMES (max 25)

Alternate Tuesdays from 12 Jul 2:00 to 4:00

Berry Hall

Discussions about a wide spectrum of contemporary issues with the aim to deepen our knowledge and understanding. Members are encouraged to submit topics and actively participate in the discussions; however you are welcome to simply listen.

Leader: Antoine van de Walle antoinevdwalle@gmail.com
0401 095 797

Bookings: Peggy Crocker fripeg@optusnet.com.au
9975 6828

Current Affairs

CONTEMPORARY ISSUES (max 25)

Alternate Thursdays from 14 Jul 2:00 to 4:00

Lakeview Hall

A friendly forum at which matters of public interest are discussed and debated. All participants are encouraged to express their views openly and nominate items for the agenda.

Leader and **Bookings:** Lynn Grierson
lynnagrierson1@gmail.com 9913 3964

TUESDAYS AT THE TRAMSHED

First Tuesday from 2 Aug 11:00 to 1:00

Lakeview Hall

A series of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject.

Leader: Rosemary McCulloch ramccull@gmail.com
0448 095 958

Bookings not required

Famous People

1. May Gibbs, her life and works

2 Aug and 6 Sep

May Gibbs is best known for Snugglypot and Cuddlepie. Additionally she excelled in a diverse range of fields from her childhood to her death aged 92.

Presenter: Stewart Reed

Politics

2. Behind the global change in 2022

4 Oct

This experienced political commentator will take us through the past year and help us to understand the far-reaching changes that are being felt around the world.

Presenter: Peter Nixon

Famous People

3. Haile Selassie of Ethiopia

1 Nov

Some remember him as a benevolent ruler, for others he is a god or a tyrant. He was all three and a remarkable man.

Presenter: Rosemary McCulloch

History Local

4. Times Past on the Northern Beaches

6 Dec

Look and listen to the fascinating history of our area through the eyes of a professional public historian who specialises in heritage consultancy and oral history.

Presenter: Michelle Richmond

Music Appreciation

COFFEE AND THE CLASSICS

Alternate Tuesdays from 9 Aug 11:00 to 1:00

Lakeview Hall

Presenting the life and operas of Giuseppe Verdi, using examples of legendary performances from the past and recordings by artists of today on DVD and CD.

Leader and **Bookings:** Rosemary McCulloch
ramccull@gmail.com 0448 095 958

Cinema Movies

PIES AND PICTURES ON SUNDAYS

Alternate Sundays from 14 Aug 12:00 to 3:00

Lakeview Hall

This friendly group will meet over a lunch of pie, melon with fruit juice and coffee, followed by an outstanding movie of yesteryear on DVD. Bookings essential.

Leader and **Bookings:** Rosemary McCulloch
ramccull@gmail.com 0448 095 958

NEWPORT COMMUNITY CENTRE

11-13 The Boulevard not public or school holidays
wheelchair access, parking nearby

Venue Coordinator Helen Howes helsim@internode.on.net
0424 464 047

Yoga

YOGA AND RELAXATION

Every Friday from 15 Jul 12:30 to 2:00

Main Hall

Please book only one yoga class per week. Every class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.

Teacher: Allyson Lowbridge

Leaders: Ann Christiansen ann@christiansen.net.au
and Lisa Tetley

Bookings: Pamela Frei pamelannfrei@icloud.com

Art Painting

ART CLASS WITH KAYE DEXTER

Every Monday from 18 Jul 1:00 to 4:00

Activity Rooms 1 and 2

This acrylics class enjoys using different techniques and styles. We bring our own equipment.

Leader: Kaye Dexter kdexter@bigpond.net.au

Bookings: Robyn Mayman peter@maymans.com
9918 2941

Language French

INTERMEDIATE FRENCH

Alternate Wednesdays from 20 Jul 1:30 to 3:30

Activity Rooms 1 and 2

A good knowledge of French grammar is required. The objective is to increase our working knowledge of the French language, the country and culture through development of vocabulary, grammar, speaking, writing, presentation and listening. Textbook and dictionary essential.

Leader: Danina Anderson danina_anderson@hotmail.com

Bookings: Frances Buchan francesbuchan@icloud.com

Yoga

YOGA AND RELAXATION

Every Wednesday (except first Wed every month) from 20 Jul 2:00 to 3:30

Main Hall

Please book only one yoga class per week. Every class consists of easy yoga postures which help to increase muscle flexibility and joint mobility. Various breathing practices and deep relaxation also help to reduce stress by balancing the nervous system.

Leader: Louise Matthews louisemtws@yahoo.com.au

Bookings: Pamela Frei pamelannfrei@icloud.com

Games Table Tennis

TABLE TENNIS

Every Thursday from 21 Jul 1:15 to 4:15

Main Hall

Table tennis stimulates physical and mental performance. We offer the opportunity to revive a dormant skill and to socialise with new friends in an air-conditioned venue that is ideal for year round play.

Leader: Richard Hughes 69ingleside@gmail.com
9999 2435

Bookings: Ron Heald and Angela Gollmer
ra.u3a.tt@gmail.com

Exercise

BALANCE 'N' BONES EXERCISE

Every Thursday from 21 Jul 1:30 to 2:20 (Easy), 2:30 to 3:20 (Advanced)

Activity Rooms 1 and 2

Conditioning exercises for all major muscle groups and balancing to improve posture. Instruction by Beth Denny DVD.

Leaders: Helen Howes helsim@internode.on.net and Ann Hardiman

Bookings: Ann Hardiman hardimanja@gmail.com

Yoga

YOGA AND RELAXATION

Every Monday from 25 Jul 12:30 to 2:00

Main Hall

Please book only one yoga class per week. Every class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.

Teacher: Maryanne Deans Kolek

Leader: Susan Barnard susanbarnard@iinet.net.au

Bookings: Pamela Frei pamelannfrei@icloud.com

TOPICS OF INTEREST

First Wednesday and fourth Tuesday from 26 Jul 1:30 to 3:30

Main Hall

Come and join a friendly group to experience separate presentations by people who are experts in, or have enthusiasm for, their subjects, covering a wide variety of topics from science, history, travel, the arts, social justice and some quirky topics.

Leader: Margaret White marg.white@me.com
0416 182 393

Bookings: Tricia Haines haines.avalon@bigpond.com
0417 686 399

Technology

1. Urgent issues in the supply of electricity in NSW

26 Jul

Renewables are destabilising the grid. Coal power stations are ageing, their financial viability is being challenged. How do we transition to a new energy future?
Presenter: Robert Eales

Presentations

2. Sketches of Fiji - Part 2 - Independence

3 Aug

Political adolescence, coups and rebuilding as experienced by a Fijian born European. From paddling up the Tamuvua River in a tin canoe to CEO of Fiji Pacific!

Presenter: Andrew Drysdale

History Ireland

3. Ireland

23 Aug

Ireland has sent its offspring throughout the world. Why has it peopled so many corners of the globe? What can we learn from the Irish?

Presenter: Peter Nixon

Travel

4. Impressions of Easter Island and Patagonia

7 Sep

Come on an illustrated journey highlighting the history, geography, culture, ecology and especially the landscapes of these picturesque fascinating places!

Presenters: Kevin and Glenys Murray

History Local

5. Heritage and conservation areas in Willoughby Council

25 Oct

Many examples of heritage buildings and conservation areas in Willoughby Council have been saved by town planning controls and dedicated staff for future generations to enjoy.

Presenter: Chris Guy

Famous People

6. Bronte sisters in Yorkshire

2 Nov

Visit historic Yorkshire! This illustrated talk discusses the lives and writings of the Bronte sisters who wrote some of the best-known novels in English literature.

Presenter: Cindy Broadbent

History Local

7. The history of Avalon Beach

22 Nov

Avalon is celebrating 100 years of suburban living! What has changed in the last 70 years? How did its geology impact Aborigines 10,000 years ago?

Presenter: Geoff Searl

Science Nature

8. Bringing nature back to urban areas

7 Dec

Why are the wetlands like Warriewood so vital? Collaborating with teams of experts in design of spaces, Geraldine's specialty areas are wetlands and community/nature spaces.

Presenter: Geraldine Dalby-Ball

Drama

DRAMA ACTIVITIES – MOVEMENT, MIME AND IMPROVISATION

Alternate Wednesdays from 27 Jul 1:30 to 4:00

Activity Rooms 1 and 2

Looking for fun and an enjoyable activity that extends you? Join our drama activities where you will meet new people and have fun along the way. We do drama to music, also mime, improvisation and roleplaying.

Leader: Helen Rosenkranz helenrosenkranz@gmail.com

Bookings: Claire Kennedy eurobin10@hotmail.com

NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Cnr Robertson Rd and Ocean Ave
parking nearby, not public holidays
Venue Coordinator Colleen Russell
s.louise.r@hotmail.com 9918 3817

Music Recorder

RECORDER CONSORT

Every Wednesday from 6 Jul 10:30 to 12:30

A small group playing descant, treble, tenor and bass recorders, playing music from Renaissance to Bach through to Modern and Jazz. New players always welcome.

Leader and **Bookings:** Colleen Russell

s.louise.r@hotmail.com 9918 3817

NORTH CURL CURL COMMUNITY CENTRE MAIN HALL

Cnr Griffin and Abbott Rds, not public holidays
wheelchair access, parking onsite

Exercise

BALANCE 'N' BONES EXERCISE

**Every Friday from 1 Jul 9:30 to 10:20 (Easy),
10:30 to 11:20 (Advanced)**

**Every Monday from 4 Jul 9:30 to 10:20 (Easy),
10:30 to 11:20 (Advanced)**

Conditioning exercises for all major muscle groups and balancing to improve posture. Instruction by Beth Denny DVD.

Leaders: Diane Muchar (Fridays)

Runa Schmidt-Muller (Mondays)

Bookings: Barbara Ellis barbaraellisdeewhy@yahoo.com

THURSDAYS AT NORTH CURL CURL

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

A series of weekly presentations by people who are experts in their subject.

Bookings not required except where noted

Music Appreciation

1. Soundtrack of our lives

First Thursday every month from 7 Jul (6 sessions)

Playing sixties recordings from the popular music charts and stage musicals - with a fun discussion of the events, movies, TV and books of those years.

Presenter: Brian Delgaty

Famous People

2. Historical Figures – Abraham Lincoln (1809–1865)

14 Jul

US President during the Civil War, a shrewd military strategist and wise leader

Presenter: Jim Murray

Famous People

3. Historical Figures – Ulysses Grant (1822–1885)

21 Jul

He commanded the victorious Union Army during the Civil War and served as the 18th US President from 1869 to 1877.

Presenter: Jim Murray

Culture Australia

4. Laura Quinkan Indigenous Dance Festival

28 Jul

Every two years 25 dance groups gather from across Cape York for a 3-day festival attracting 7,000 spectators.

A pilgrimage of song, language, dance, ceremony, performance and art.

Presenter: Ian Jessup

Science Nature

5. Australian Wildlife Conservancy

11 Aug

An illustrated presentation on the important work of the Australian Wildlife Conservancy.

Presenter: Annika Nystrom

Cinema Movies

6. Australian classic and quirky movies (3 sessions)

18 Aug, 8 and 22 Sep Note timing 9:30 to 12:30

These sessions will showcase a selection of unique and often quirky Australian movies, including Peter Weir's first full length feature *The cars that ate Paris*.

Presenter: Kerrie Sanders

7. TBA

25 Aug

Cinema Movies

8. The moving image

15 Sep

A history of the technologies behind movies, from the early days through talkies, colour, CinemaScope, iMax and today's digital technologies.

Presenter: Dr Laurie Wilson

Music Performance

9. Primal Group

29 Sep

Two guitarists who play a wide range of familiar songs from the 1950s through to recent times, including rock, pop, blues, country and soul.

Presenter: Mike Williams

Current Affairs

10. Behind the news (2 sessions)

13 and 20 Oct

These talks provide additional background behind the events dominating the global news of the day. Perspectives different to those expressed in the media headlines might emerge.

Presenter: Peter Nixon

Bookings: Virginia Lawrence virginialaw@bigpond.com

Theatre

11. The Spanish stage

27 Oct

From Lope to de Vega to Lorca

Presenter: Diana Pheils

Theatre

12. Drama of the individual

10 Nov

Plays of space, faith and time, J.B. Priestley

Presenter: Diana Pheils

Theatre

13. The Expressionist Movement

17 Nov

Germany and Ireland, Brecht and Sean O'Casey

Presenter: Diana Pheils

Theatre

14. Comic, spirit and social unrest

24 Nov

From Gilbert and Sullivan to Noel Coward and

Somerset Maugham

Presenter: Diana Pheils

Music Performance

15. Eve's music and Christmas brunch

8 Dec

Eve will present a selection of music including jazz, rock and musical theatre – plus a couple of surprises for good measure.

Please bring a small plate of something savoury to share.

Presenter: Eve Lane

Games Canasta

CANASTA - BOLIVIA VERSION

Every Thursday from 7 Jul 12:45 to 3:45

Take the opportunity to learn the strategies and tactics of this version of Canasta. Tuition for new players will be provided on 7 and 14 July.

Leader and **Bookings:** Eve Lane evelane222@gmail.com

Games Mah Jong

MAH JONG - THE WESTERN GAME

Every Thursday from 7 Jul 12:45 to 3:45

Learn and play Mah Jong in a friendly atmosphere. Patient teaching is provided.

Leader: Judith Bennett judith@bennettmail.id.au

Bookings: Rosalie Howard rosaliehoward@bigpond.com

Trivia

TRIVIA FOR FUN

Every Friday from 8 Jul 1:15 to 3:15

Come along to our friendly trivia sessions. Nothing too serious – just enough to exercise the grey cells! Come on your own or make up a team of six. Various presenters.

Leader and **Bookings:** Eve Lane evelane222@gmail.com

CURLY QUESTIONS IN SCIENCE

Alternate Tuesdays from 12 Jul 10:00 to 12:00

For members who enjoy science, please join us for a series of talks on a wide range of topics presented by speakers expert in their field.

Leaders: Laurie Wilson wlaurie118@gmail.com

0417 045 934 and Ian Thompson

Bookings: Pauline Byrne pmbyrne@iprimus.com.au

8416 5058

Science

1. The use of animals in medical research

12 Jul

How have past experiments on animals contributed to our current medical knowledge? What laws control such experiments today? And what of the future?

Presenter: Dr Rosemarie Einstein

Science

2. Museum of Applied Arts & Sciences/Powerhouse

26 Jul

The Powerhouse Museum is the major branch of the Museum of Applied Arts & Sciences. This presentation covers its history, buildings, collection and important events

Presenter: Stewart Reed

Medical Matters

3. Australia wins the cancer stakes

9 Aug

Australia has the world's highest rate of cancers. Skin cancer, leukaemia, lymphoma and many others are high.

What are we doing wrong? What could we do better?

Presenter: Dr Judy Ford

Science

4. The history of timekeeping devices

23 Aug

Exploring the long history of attempts to measure the passing of time, from ancient sundials to modern atomic clocks.

Presenter: Kevin Murray

Science

5. Medical entomology – an essay on mosquitoes

6 Sep

A study of the biology and habitat of mosquitoes throughout the world as vectors of disease and unease - the deadliest insect on this earth by far.

Presenter: Ian Thompson

Climate Science

6. Why does carbon dioxide cause global warming?

20 Sep

Why do traces of carbon dioxide cause global warming whereas the far more abundant nitrogen and oxygen molecules do not?

Presenter: Prof Don Napper

Science

7. Living with electric cars

4 Oct

What is it like to own an electric car? What is good and what is bad? What are the tricks and tips in owning one?

Presenter: Michael Day, Australian Electric Vehicle Association

Science

8. The Nobel Prize: its founder and his legacy

18 Oct

The life and character of the man who established the prize, together with a look at the stories behind some of the winners.

Presenter: Dr Penny Bishop

Science

9. Pharmacology of herbs

1 Nov

Herbs have been used as medicine from time immemorial while western medicine is only a few hundred years old.

We discuss herbal treatment in some detail.

Presenter: Punchi (Das) Dassanayake

Science

10. The year in science

15 Nov

A review of advances in science during the year 2022.

Presenter: Dr Laurie Wilson

Current Affairs

ISSUES FOR DISCUSSION

Alternate Tuesdays from 12 Jul 2:00 to 4:00

A participative group where all are encouraged to raise issues that may be of interest to themselves and others. The topics are debated in a friendly inclusive atmosphere, so do come and enjoy the company of other U3A members. Leader: Cyril Perry

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

Book Group

BOOK CLUB

Tuesdays monthly from 19 Jul 10:00 to 12:00

19 Jul, 16 Aug, 13 Sep, 25 Oct, 22 Nov

Join fellow book lovers monthly to select a book, and after reading, discuss at the next get together.

Leader and **Bookings:** Julie Werner julie@juliewerner.com

WARRIEWOOD: TED BLACKWOOD COMMUNITY CENTRE

Cnr Jacksons and Boondah Rds
wheelchair access, parking nearby
Venue Coordinator Marcia Andrews
marciaandrews711@hotmail.com 9979 8707

Dance

ACTIVE SENIORS DANCE CLASSES

Every Friday from 2 Sep 1:00 to 3:00

not public or school holidays

Very popular partner dancing for fun, fitness and friendship. Learn Latin and Social dances: Cha/Rumba/Waltz/Tango/Rock.

Leader: Barbara Martin danceballroom@optusnet.com.au 0413 656 387

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

PRIVATE HOMES

Music Appreciation

BACH TO THE FUTURE (Avalon) (max 20)

Alternate Fridays from 1 Jul 2:00 to 4:00

During each session we analyse a topic related to classical music, with examples of great recordings of the music being studied. Class members are encouraged to discuss the music and suggest topics for future study.

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

Language German

CONVERSATIONAL GERMAN (Mona Vale) (max 6)

Alternate Thursdays from 7 Jul 10:00 to 12:00

Do you want to improve your German? Participants should have medium knowledge of German. Emphasis will be on conversation and some grammar. Not suitable for beginners.

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

Book Group

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

Alternate Thursdays from 7 Jul 1:00 to 3:00

We read and discuss books borrowed as kits from the library. Every second meeting, we share reading aloud another book chosen by the group to read on a continuing basis.

Leader: Bernie Gibson

bernieanddavid@hotmail.com 0416 231 513

Bookings: Marianne Short 0403 939 004

UPPER NORTH

Regional President: Marilyn Pryor marilynpryor7@gmail.com 0414 493 415
Regional Course Coordinator: Susan Shaw suesuespan@gmail.com **Enquiries only**
and Trish Sykes sykesp062@gmail.com 0421 225 064 **Enquiries only**

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

BEROWRA COMMUNITY CENTRE

Gully Rd (Behind Berowra Oval)
train station nearby, parking onsite
Venue Coordinator Anne Rayment annerayment@hotmail.com

AFFAIRS OF INTEREST IN THE CURRENT WORLD

Second and fourth Mondays from 11 Jul 10:00 to 12:00

Balcony room

A series of talks of general interest looking at topics relevant to people living in today's world.

Leaders: Joan Scott and Jackie Wilson

Presenters' contact: Jackie Wilson jhgw@yahoo.com

Bookings: Joan Scott djscott@tpg.com.au (preferred)
0405 453 396

Photography

1. Photos which made Australia

11 Jul

Iconic images from 1845 to 2013 showing the development of photographic art reflecting who we are.

Presenter: Dr Laurie Wilson

Literature

2. Bush poets

25 Jul

The Australia of Banjo Paterson, Clancy and the Snowy River man, bush races, the swagman and others.

Presenter: Christine Lopacinski

Environment

3. Environmental issues of our local region

8 Aug

Deputy Mayor of Hornsby Shire, an expert on local history and the environment, discusses current issues.

Presenter: Nathan Tilbury

Genealogy

4. DNA and genealogy

22 Aug

Use of DNA in discovering genealogy.

Presenter: Coral Shand

Danger

5. Danger is my business

12 Sep

A retired Chief Police Inspector discusses critical incidents which he attended.

Presenter: Gary Raymond

Current Affairs

6. Feeding the world

26 Sep

There will be more food eaten in the next 50 years than in the entire history of humanity.

Presenter: Chris Russell

Maritime

7. Costa Concordia and Terry Sheean VC

10 Oct

Our speaker from the Maritime Museum tells the stories of the cruise ship Costa Concordia and Terry Sheean.

Presenter: Noel Phelan

Culture

8. Life in Japan today

24 Oct

Living and working as a foreigner in Japan, you will encounter many differences to life in Australia.

Presenter: Ian Thompson

History

9. Seven beverages that changed the world

14 Nov

Explore how certain beverages have impacted history and our way of life.

Presenter: Thomas Delisi

Health

10. Anti-ageing therapies – good or bad

28 November

Identifying underlying mechanics and extension of the benefits to as many as possible.

Presenter: Dr Judy Ford

CASTLE HILL WARRINA VILLAGE (ANGLICARE RETIREMENT VILLAGE)

Alix Scott Community Centre Langshaw Circuit
parking nearby

Venue Coordinator Jim Gray

jcgray01@optusnet.com.au 9680 2873

Discussion Group Current Affairs

ISSUES AND IDEAS

Alternate Tuesdays from 26 Jul 10:00 to 12:00

Will deliver on zoom if needed.

This is a lively discussion group. We research and discuss papers on a wide variety of contemporary issues, taking turns (voluntary) to lead discussion on one particular issue per session. We sometimes invite outside speakers to lead the discussion.

Leader and **Bookings:** Jim Gray

jcgray01@optusnet.com.au 9680 2873 and

John Brockman alban.kingslangle@gmail.com

EPHING LEISURE AND LEARNING CENTRE

1 Chambers Court, off Pembroke Street
beneath the Library
wheelchair access, limited parking
Venue Coordinator Tricia Tsang
rydenurse@yahoo.com.au 0408 288 386

Tai Chi

TAI CHI (max 20)

Alternate Wednesdays from 6 Jul 1:00 to 3:00

Function Room

Gain health benefits through its gentle exercises and relaxation, ideal for Third Agers. Tai Chi's graceful, fluid movements combine three forms of exercise: strength, stretching and breathing. Participants should provide fitness assurance.

Leader and **Bookings:** Siang Tan dshtan@bigblue.net.au
9888 7874

EPHING UNITING CHURCH

Corner Chester and Oxford Sts
train station nearby, bus stop nearby
Venue Coordinator Sandra Luntz (Book Discussion Group)
sandra.luntz@gmail.com 9874 3382
Sheena Caswell (Scottish Country Dancing)
sheena.caswell@gmail.com 0401 847 468

Dance

SCOTTISH COUNTRY DANCING (max 16)

Every Friday from 1 Jul 10:00 to 11:30

Large hall

A fun social activity for all ages. Dances are performed in sets of 6 or 8 people and as soon as you hear the wonderful Scottish music you will want to dance. Moderate physical fitness is required but no previous dance experience or partner is needed. Wear soft shoes and light clothing.

Leader and **Bookings:** Sheena Caswell
sheena.caswell@gmail.com 0401 847 468

Book Group

BOOK DISCUSSION GROUP

Alternate Thursdays from 7 Jul 10:00 to 12:00

A reading and discussion group with an occasional classic text but with the emphasis on contemporary literature. First book for discussion is *The Rose Code* by Kate Quinn (2021).

Leaders: Sandra Luntz sandra.luntz@gmail.com
9874 3382 and Barbara Boston
barbboston2013@gmail.com 9417 2967

Bookings: Sandra Luntz sandra.luntz@gmail.com
9874 3382

GORDON LIBRARY

799 Pacific Highway
wheelchair access, parking nearby, train station nearby
Venue Coordinator Heather Lakiss
heatherlakiss@gmail.com (preferred) 0402 080 045

Philosophy

POLITICAL PHILOSOPHY

Alternate Mondays from 27 Jun 10:00 to 12:00
(This is a continuing course from first semester)

Meeting Room 2

This course looks at 'The Modern Political Tradition: Hobbes to Habermas': a series of lectures from the Great Courses DVD.

Leader: Jock Buselli Jock.Buselli@tpg.com.au 9484 7041

Bookings: Stanis Osterly stanisosterly@hotmail.com

Tai Chi

TAI CHI (max 15)

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

Learn the ancient art of tai chi and qi gong and gain health benefits through gentle strength, stretching and breathing exercises in a one hour session. Participants should provide assurance from their GP that they are medically fit to undertake an exercise course.

Leader Michael Wong and Rose Pettett

Bookings: Margaret Harragon taichu3agordon@gmail.com

Culture

NEW WORLD HERITAGE SITES, 2020-21

Alternate Wednesdays from 27 Jul

**This course is now
running at Hornsby
Central Library - refer
page 56**

HORNSBY: LEISURE AND LEARNING CENTRE

25 Edgeworth David Avenue
wheelchair access, parking nearby, bus stop nearby
Venue Coordinator Heather Lakiss
heatherlakiss@gmail.com (preferred) 0402 080 045

Art Painting

WATERCOLOUR PAINTING (max 16)

Alternate Thursdays from 21 Jul 9:30 to 12:00

not school holidays

Hall

Discover the magic of watercolour painting in this friendly group whatever your skill level. Different techniques will be given from beginners to more experienced levels. Everyone attending should bring their own materials.

Leader and **Bookings:** Ildy Turner ipturner@bigpond.net.au
0414 949 488 (preferred)

Art Painting

PAINTING IN ACRYLICS (max 15)

Alternative Thursdays from 28 Jul 9:30 to 12:00

not school holidays

Hall

Come and join our friendly class. Basic skills lessons are given to beginners, as well as guidance and assistance provided to all, whatever your skill level.

Leader and **Bookings:** Janny Drayer
jannydrayer@gmail.com 0432 121 999 (preferred)

HORNSBY: WALLAROBBA ARTS AND CULTURAL CENTRE

25 Edgeworth David Avenue
wheelchair access, parking nearby, train station nearby,
bus stop nearby
Venue Coordinator Heather Lakiss heatherlakiss@gmail.com
(preferred) 0402 080 045

Music Recorder
MEDIUM TO ADVANCED RECORDER (max 10)

Alternate Wednesdays from 20 Jul 10:00 to 12:30

The Drawing Room
This is a friendly and relaxed group whose purpose is the
enjoyment of making beautiful music together.
Leader and **Bookings:** Annette Salt
saltnacl@bigpond.net.au 0407 873 455 (preferred)

KILLARA LOURDES RETIREMENT VILLAGE

95 Stanhope Rd (Village Auditorium)
wheelchair access, parking available
Venue Coordinator Robin Wines-Andersen
robinwines@me.com 9416 2603

HISTORICAL AND OTHER INTERESTING TOPICS

First Thursday from 7 Jul 10:30 to 12:00

A lecture series on a variety of topics given by people with
expertise in, and enthusiasm for, their subjects. Comments
and questions are encouraged.

Leader: Robin Wines-Andersen robinwines@me.com
9416 2603

Bookings: No bookings needed

History Europe

**1. Ukraine and the Black Sea Region - Ancient & Modern
7 Jul**

Following the route of an archaeological trip to the Black
Sea 25 years ago, Robin explores the changes in the
Ukraine and its neighbours in more recent times.
Presenter: Robin Wines-Andersen

History Australia

**2. Cockatoo Island – Heart of the Harbour
4 Aug**

Hear about the island's convict and shipbuilding past
and more – with historic and current photos and tales of
hardship, escape and triumph.
Presenter: Julie Evans from Sydney Harbour Trust

History Music

**3. Music, leisure and pleasure in 18th century London
1 Sep**

The newly enriched middle class had time and money for
leisure pursuits. How did they spend their time? What did
they get up to!
Presenters: Nora Hinchin and John Flint

Nature

**4. Social insects – domestic pros and cons
6 Oct**

A study of social insects found in and around the home with
the focus on ants, termites, bees and wasps. We consider
their biology and habitat.
Presenter: Ian Thompson

Dance politics

5. How does your politics affect your dancing?

3 Nov

By viewing the dance styles of Fred Astaire and Gene Kelly
we may gather insights into who is a Republican and who is
the Democrat.

Presenter: Anne Richardson

History Australia

6. Historic houses and gardens

1 Dec

In 235 years many interesting houses and gardens have
been built in Sydney. The talk focuses on special locations
that are regularly open to the public.

Presenter: Stewart Reed

LINDFIELD GARDENS RETIREMENT VILLAGE

2 Ulmarra Place, East Lindfield
street parking available
Venue Coordinator Book Through Office 9416 8466

VARIOUS SPEAKERS

Fourth Thursday from 28 Jul 10:00 to 12:00

Village Centre

Bookings: Book through the office 9416 8466

History Australia

**1. Secret life of Banjo Paterson & wit and wisdom of
C.J. Dennis**

28 Jul

Presenter: James Haynes

Science

2. Caring for your cells and chromosomes

25 Aug

How to care for your cells and chromosomes to minimise
the effects of ageing

Presenter: Dr Judy Ford

Maritime

3. Mysteries of the deep sea

22 Sep

Presenter: Punchi (Das) Dassanayake

Education

4. Education; great social change; the Steiner perspective

27 Oct

Presenter: Rosemary Gentle

Dance politics

5. Does a person's politics affect their dancing?

24 Nov

Presenter: Anne Richardson

LINDFIELD SENIOR CITIZENS RESOURCE CENTRE

271 Pacific Highway (Behind Library)
wheelchair access, limited parking onsite, parking nearby,
train station nearby
Venue Coordinator Marika McLachlan
marikamclachlan@bigpond.com 0411 151 722

Language Spanish

INTERMEDIATE SPANISH

**This is a continuing course which started in first semester
Alternate Mondays from 27 Jun 2:00 to 4:00**

For those who have already completed some study of the language, this is a course offering instruction in basic grammar with the introduction of useful phrases, and opportunities for conversation. A variety of teaching methods will be used.

Leader and **Bookings:** Jenny Brady
jennybry30@hotmail.com 9966 8510

Music Appreciation

HOW TO READ AND WRITE MUSIC (BEGINNERS)

Hall Room

**This course runs the whole year every second week
without a break from first semester**

**Alternate Wednesdays from 29 June 2:00 to 4:00
(second semester)**

How to understand and create those black dots. Class will write and perform their own rhythm and melody work for a variety of instruments and voice in various styles.

Leader and **Bookings:** Dawn Nettheim
dawn@bigpond.net.au 9869 0451

Book Group

MODERN AND CLASSIC NOVELS

Alternate Thursdays from 7 Jul 10:15 to 12:15

A literary discussion group studying 10-11 books each semester in a friendly and informal setting. All enthusiastic readers welcome. The first two books will be 7 Jul *The Portrait of a Lady*, Henry James, 21 Jul, *Still Life*, Sarah Winman.

Leader and **Bookings:** Maurice O'Donovan
odonovan.1@bigpond.com 9411 8717

Language Latin

LATIN INTERMEDIATE

Each Wednesday from 20 Jul 1:00 to 3:00

This continuing course will proceed from Stage 54 of the *Oxford Latin Course Part III* and more complex grammar enhanced by passages of prose and poetry from classical authors.

Leader and **Bookings:** Helen Ledwidge
helenledwidge685@gmail.com 9489 7161
or 0414 489 716

Language German

GERMAN ADVANCED

Every Friday from 22 Jul 9:30 to 11:00

Hall Room

Students need to have a sound knowledge of German. New members welcome.

Leader and **Bookings:** Marika McLachlan 0411 151 722

Language German

GERMAN INTERMEDIATE

Every Friday from 22 Jul 11:00 to 12:30

Hall Room

Text book: *em neu 2008 Deutsch als Fremdsprache -- Niveaustufe B2 * Hauptkurs Kursbuch* Hueber Verlag ISBN9 783195016957 Sechs Bausteine: Lesen Sprechen Horen Schreiben, Grammatik, Wortschatz. Basic German grammar required.

Leader and **Bookings:** Marika McLachlan 0411 151 722

PENNANT HILLS: HORNSBY KU-RING-GAI CHILD AND FAMILY HEALTH CENTRE

5 Fisher Avenue

parking nearby, train station nearby

Venue Coordinator Heather Lakiss

heatherlakiss@gmail.com (preferred) 0402 080 045

Poetry

POETRY WRITING

Alternate Thursdays from 21 Jul 10:00 to 12:00

Group Room

We are a relaxed group of poets seeking to improve our writing. Bring a draft, receive positive and constructive comments. New members welcome.

Leader and **Bookings:** David Atkinson

atkinsondn6@gmail.com 0412 643 328

SOUTH TURRAMURRA: ST ANDREW'S UNITING CHURCH

Vernon St

parking onsite

Venue Coordinator Yiu Lam Kwan yiu.lam.kwan@gmail.com

(preferred) 0490 045 118

Language French

FRENCH PRE-INTERMEDIATE (max 15)

Every Tuesday from 19 Jul 1:00 to 3:00

not school holidays

Fellowship Room

For those who have completed at least 2 years of a preliminary French course. Develop your skills in speaking, listening to, reading and writing French in a relaxed and friendly atmosphere. Two text-books required. Phone

Leader for details.

Leader and **Bookings:** Shirley Beck 0447 545 070

(preferred)

Language French

FRENCH - INTERMEDIATE (max 15)

Every Thursday from 21 Jul 1:00 to 3:00

not school holidays

Fellowship Room

For those who have completed at least 3 years of a preliminary French course. Develop your skills in speaking, listening to, reading and writing French in a relaxed and friendly atmosphere. Two text books required. Phone

Leader for details.

Leader and **Bookings:** Shirley Beck

0447 545 070 (preferred)

ST IVES FERNBANK RETIREMENT VILLAGE

2 Kitchener St

Parking onsite, parking nearby

Venue Coordinator Vicky Davies vdavies710@gmail.com

0422 522 550 (preferred)

Creative Writing

TUESDAY WORDSMITHS

Alternate Tuesdays from 19 Jul 10:00 to 12:00

Visitor Centre Games Room

Everyone has a story to tell. Our friendly interactive group will help you find the key to unlock the door to your imagination. Leaders will rotate.

Leader and **Bookings:** Liz Laslett lizlaslett45@gmail.com
0410 498 621

History Ireland

REPUBLIC OF IRELAND AND NORTHERN IRELAND

Alternate Wednesdays from 3 Aug 1:00 to 3:00

Village Centre Games Room DVD Presentation

This presentation of 24 x 30 minute DVDs takes us on a tour of the Republic of Ireland and Northern Ireland – home to breathtaking natural scenery; world renowned artistic and cultural achievements; and a mysterious, passionate and sometimes turbulent history.

Leader and **Bookings** Barrie Heath foxv217@gmail.com
0450 405 526

ST IVES UNITING CHURCH

Cnr Douglas St And Mona Vale Rd
wheelchair access, parking onsite

Venue Coordinator Vicky Davies vdavies710@gmail.com
0422 522 550 (preferred)

Dance

DANCE EXERCISE FOR THE YOUNG AT HEART, ONE

Every Monday from 4 Jul 10:00 to 11:30

Wesley Room

We dance to songs that we already know and love. With music, rhythm and movement, we make new neuro pathways remembering the steps while exercising our body and mind, improving memory and cardiac fitness; and with the added bonus of friendship and laughter.

Leader and **Bookings:** Rose Pettett
rose.pettett@gmail.com 0402 287 738

Cinema

THE GOLDEN AGE OF CINEMA

Alternate Fridays from 8 Jul 10:00 to 12:30

Wesley Room

Classic films from the 1920s to the 1960s will be screened.

Leader and **Bookings:** Gary Tyrrell talk2garyt@gmail.com
0432 696 163

Dance

DANCE EXERCISE FOR THE YOUNG AT HEART, TWO

Every Friday from 8 Jul 10:00 to 11:30

Finlay Room

We dance to songs that we already know and love. With music, rhythm and movement, we make new neuro pathways remembering the steps while exercising our body and mind, improving memory and cardiac fitness, and with the added bonus of friendship and laughter.

Leader and **Bookings:** Rose Pettett
rose.pettett@gmail.com 0402 287 738

Music Ukulele

UKULELE FOR FUN

Every Wednesday from 20 Jul 9:00 to 12:00

Wesley Room

Have a lot of fun with a friendly group.

Leader: Dennis Simmons

Bookings: Barrie Heath foxv217@gmail.com 0450 405 526

Discussion Group Current Affairs

CURRENT AFFAIRS FORUM TWO

NOW ON ZOOM

Alternate Thursdays from 21 Jul 10:00 to 12:00

Calvin Room

We discuss and actively debate current news topics from local, national and international news sources. Debate can be lively and respectful of all opinions. Topics are sent in advance.

Leader and **Bookings:** Michael Branagan 0417 452 100

TURRAMURRA NORTH THE LANDINGS

440 Bobbin Head Rd parking onsite

Venue Coordinator Wendy Bull thelandingsvilla@gmail.com
9488 5268

TOPICS OF INTEREST

Second and fourth Mondays from 11 July 2:00 to 3:30

not public holidays

Clubhouse

A variety of speakers lecture on their favourite subjects

Leader: Wendy Bull thelandingsvilla@gmail.com 9488 5268

Bookings: no bookings required

History

1. The great Irish famine – Irish famine orphan girls to Australia

11 Jul

Presenter: Garry Smith

History

2. The history of nursing

25 Jul

Presenter: David Malone

Psychology

3. Psychology – some key concepts

8 Aug

Presenter: Dr Reinhard Ronnebeck

History Australia

4. The Halvorsen story

22 Aug

Presenter: Noel Phelan

Music

5. My life of music

12 Sep

Presenter: Shirley Menary

History Australia

6. The Eora: The people of Sydney Harbour prior to 1788: their society and culture

26 Sep

Presenter: Gavin Crawford

History

7. A brief history of gold

10 Oct

Presenter: Dr Garry Lowder

History Australia

8. The ASIO files 1950s-1980s

24 Oct

Presenter: Dr Meredith Bergmann

History Australia

9. Japanese submarine attack on Sydney Harbour

14 Nov

Presenter: Noel Phelan

History

10. The golden years of wireless

28 Nov

Presenter: Graham Sims

TURRAMURRA UNITING CHURCH

Turrumurra Avenue wheelchair access, parking onsite, train station nearby, bus stop nearby
Venue Coordinator Vicky Davies vdavies710@gmail.com
0422 522 550 (preferred)

Language German

PRE-INTERMEDIATE GERMAN

Every Monday from 18 Jul 10:00 to 12:00

(excluding school holidays)

Garden room

Participants will develop their German vocabulary and grammar skills through course work, listening and speaking activities. The course assumes some prior study of, or familiarity with, the German language.

Leader and **Bookings:** Michael Hummel
michael.hummel48@gmail.com 0404 478 814

Language Italian

ITALIAN FOR TRAVELLING

This course now running at
Hornsby Central Library
refer page 56

Every Tuesday from 19 Jul

History

TRUTH IN HISTORY

Alternate Thursdays from 21 Jul 9:30 to 11:30

Garden Room

We discuss wide ranging and relevant historical topics as new revelations and techniques renew our interest. Leader: Phil Pryor

Bookings: Margaret Marshall shalldo15@gmail.com
0418 253 949

Current Affairs

CURRENT AFFAIRS DISCUSSION GROUP

Alternate Tuesdays from 26 Jul 10:00 to 12:00

Chapel

We discuss current affairs and associated ideas based on media reports in an informal and objective manner. Subjects for discussion by a leader who is rostered on a voluntary basis in each session. New members welcome. Leader and **Bookings:** Jan Martin 9456 7774

Sydney U3A Course Book July - December 2022

WAHROONGA: THE WONIORA

9 Woniora Avenue wheelchair access
Venue Coordinator Dorothee Schifter
dorothee.schifter@bigpond.com 9487 2578

Language German

GERMAN INTERMEDIATE (max 12)

Every Monday from 4 Jul 10:15 to 12:15

Will deliver on Zoom if unable to go face-to-face

This course assumes that students have studied German in the past and want to brush up on their speaking, reading skills and basic grammar. The emphasis is on oral German and some necessary grammar.

Leader and **Bookings:** Dorothee Schifter
dorothee.schifter@bigpond.com 0400 164 817
(leave text message) 9487 2578

PRIVATE HOMES

Venue Coordinator Heather Lakiss
heatherlakiss@gmail.com 0402 080 045

Book Group

LITERARY MASTERPIECES (St Ives) (max 8)

Fridays Monthly from 1 Jul 10:00 to 12:00

Welcome to a small group of lovers of reading and learning. Explore the best literature has to offer, with authors such as Nobel Prize winners Orhan Pamuk, Le Clezio and Ismail Kadare, and texts selected from a variety of countries and cultures.

Leader and **Bookings:** Kaye Horley
rkhorley@gmail.com 0412 750 487

Philosophy

PHILOSOPHY (Pymble)

Alternate Tuesdays from 12 Jul 10:30 to 12:30

train station nearby, bus stop nearby, parking nearby
We discuss philosophical issues, especially those which are valid today. Members of the group choose topics. There are no formal lectures, but lots of discussion.

Leader and **Bookings:** Margot Taverne
margottaverne@gmail.com 9449 2923

Creative Writing

A WAY WITH WORDS (Pymble)

Alternate Thursdays from 14 Jul 10:00 to 12:00

train station nearby, bus stop nearby, parking nearby
Join our writing group in a motivating and supporting environment. Knowledgeable feedback is given to help you develop your writing skills.

Leader: Margaret Thomason 9488 8960

Bookings: Margot Taverne
margottaverne@gmail.com 9449 2923

Poetry

WITH RHYME AND REASON (Eastwood) (max 10)

Alternate Thursdays from 14 Jul 10:30 to 12:30

We are a relaxed and convivial group who love to discuss poetry. Although our focus is 20th century English language poets, we also look at poems in translation and poets from other eras. Material is distributed before each meeting.

Leader and **Bookings:** Ron Wilkins
ronwtwilkins@hotmail.com 9876 1948

ZOOM COURSES

Semester 2, 2022

Language Spanish

SPANISH CONVERSATION

Presented by Upper North Region

This is a continuing course which started in first semester
Alternate Tuesdays from 21 June 2:00 to 4:00
(second semester)

Most of the time we discuss current affairs, cultural events or a subject previously decided upon. Spanish is spoken 90% of the time. Good knowledge of the language is required.

Leader: Maria Criado

Bookings: Jenny Brady jennybry30@hotmail.com 9966 8510

Language Russian

RUSSIAN ADVANCED CONVERSATION

Presented by Upper North Region

This is a continuing course which started in first semester
Alternate Mondays from 27 June 10:00 to 12:00
(second semester)

This is a continuing course where new members with an adequate level of Russian are very welcome.

Owing to COVID-19 our current meetings are being held on Zoom, for which session details will be provided on request.

Leader and **Bookings:** Dr Richard Brettell
richardbrettell@hotmail.com 0423 488 023

Photography

CREATIVE PHOTOGRAPHY

Presented by Northern Beaches Region

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

Regular photo assignments taken in your own time, plus occasional photoshoot outings to local locations. Feedback via regular Zoom sessions, with some tutorial-based sessions. Places are limited; previous participants are welcome to re-join.

Leaders: Laurie Wilson and Ian Thompson

Bookings: Laurie Wilson wlaurie118@gmail.com (preferred)
0417 045 934

Current Affairs

YOU NEED NOT AGREE

Presented by Northern Beaches Region

Every Monday from 4 Jul 10:00 to 12:00

A group discussion of topical, local, national, international or general matters where all opinions are welcome.

Leader and **Bookings:** Kevin Murray
kevandglenny@gmail.com 9997 6078

Language

OUR WORDS

Presented by Greater Western Region

Alternate Mondays from 4 Jul 10:00 to 12:00

Interested in the origin of language? Words and sayings can be fun. Bring a word and we'll use it in an 'on-the-spot' writing task. Hone your writing skills with a friendly, like-minded group and let your talent emerge. Will occasionally meet in a local coffee shop.

Leader and **Bookings:** Ann Orel annorel@hotmail.com
9638 2547

Crosswords

MASTERING CRYPTIC CROSSWORDS

Presented by City and Inner West Region

Alternate Mondays from 4 Jul 1:30 to 3:30

Guided practice sessions for members who have already participated in Cracking Cryptic Crosswords or who have other relevant experience.

Leader and **Bookings:** Ron Shapiro 4225 0270
rmbjs@iinet.net.au (preferred)

Language Spanish

SPANISH FOR BEGINNERS 2 (max 10)

Presented by City and Inner West Region

Every Tuesday from 5 Jul 10:30 to 11:30

For those who have completed Spanish for Beginners 1 or who have done a basic Spanish introductory course. We will continue to follow a simple pattern to learn everyday Spanish conversation.

Leader and **Bookings:** Vivian McGuire
vmcguire@tpg.com.au (preferred) 0418 259 102

Crosswords

CRACKING CRYPTIC CROSSWORDS (max 16)

Presented by City and Inner West Region

Every Tuesday from 5 Jul 2:00 to 4:00

4 sessions

Get into the mind of cryptic crossword compilers and learn how to solve their devious clues. Have fun while keeping your brain active.

Leader and **Bookings:** Ron Shapiro rmbjs@iinet.net.au
(preferred) 4225 0270

Travel

TRAVEL AND HISTORY TOGETHER

Presented by Greater Western Region

Every 4th Tuesday from 5 Jul 2:00 to 4:00

As we're not travelling as much as we used to, discover some of the history of places that have been visited. Hear the travel stories and see the photos! See the GW website for dates and topics of individual presentations.

Leader: Sue Bailey sueb0356@gmail.com
Bookings: <https://sydneyu3a.org>

MORE GREAT MOMENTS IN SCIENCE

Presented by Upper North Region

Alternate Wednesdays from 6 Jul 10:00 to 12:00

This course explores many and varied scientific issues.

Leader and **Bookings:** David Malone
dymalone@bigpond.net.au 0418 440 828

Human body

1. Making a human baby

6 Jul

Presenter: Punchi (Das) Dassanayake

Science

2. The science of colour

20 Jul

Presenter: Laurie Wilson

ZOOM COURSES

Semester 2, 2022

Nature

3. 'Social insects'

3 Aug

Presenter: Ian Thompson

Evolution

4. Evolutionary origins of humans

17 Aug

Presenter: Kevin Murray

Climate

5. Tornadoes in Australian cities

31 Aug

Presenter: Richard Whitaker

History

6. The Wright Brothers

14 Sep

Presenter: Rex Broadbent

History

7. The human development of weapons

28 Sep

Presenter: David Malone

Human body

8. Proprioception: perception of awareness of the position and movement of the body

12 Oct

Presenter: Punchi (Das) Dassanayake

History

9. A history of timekeeping devices

26 Oct

Presenter: Kevin Murray

Science

10. 2022 the year in science

9 Nov

Presenter: Laurie Wilson

Language French

FRENCH FOR POST BEGINNERS (max 8)

Presented by City and Inner West Region

Every Wednesday from 6 Jul 1:30 to 3:30

This course caters for beginners with basic knowledge of French and those with a little more language experience.

We also enjoy some conversational grammar.

Leader and **Bookings:** Annelise Karpos

annelisekarpos6@gmail.com 0410 404 940

THURSDAYS ON ZOOM

Presented by Harbourside North Region

Alternate Thursdays from 7 July 10:00 to 12:00

Bookings: <https://sydneyu3a.org> OR

Rosemarie Einstein einstein@starmar.net.au

History

1. Enlightenment and science on ships in the late 1700s and early 1800s

7 Jul

The common men who undertook scientific research aboard HMB Endeavour. Only four of the fourteen survived the voyage and little is known about their contribution.

Presenter: Gavin Crawford

Health

2. What's on your plate?

21 Jul

Which foods to eat for health. What does healthy eating mean for you?

Presenter: Susanne Hledik

History Ireland

3. Significant periods in Irish history

4, 18 Aug, 1 Sep

A brief overview of some events and changes over time that have helped shape the Ireland of today.

Presenter: Peter Nixon

Health

4. Lifestyle and wellness tips for seniors

15 Sep

Everything we do, eat, think, feel and believe affects wellbeing. Age well by moving more, stressing less, thinking more, staying informed, social and, especially, hopeful!

Presenter: Gayle Nelson

History

5. Naipaul, Grimble, Stevenson

29 Sep

These three writers spent some of their lives on islands of the former British Empire. An account of their backgrounds and island experiences.

Presenter: John Flint

History

6. The rise and fall of the British Raj in India

13 Oct

The beginning and end of British rule in India as described through books, films, art and political comment.

Presenter: Nora Hinchin

Culture

7. Italian festivals

27 Oct

It's always festival time in Italy - we look at some sublime and some ridiculous Italian celebrations.

Presenter: Nora Hinchin

Health

8. Demystifying food labels

10 Nov

Why is reading food labels important?

What information is useful for the average consumer?

Presenter: Susanne Hledik

History

9. Plagues in Venice

24 Nov

Venice, reliant on trade to survive, has always been exposed to visitors - and disease. How has this affected Venetian life, its culture and environment?

Presenter: John Flint

ZOOM COURSES

Semester 2, 2022

Language Spanish

SPANISH CONVERSATION (INTERMEDIATE)

Presented by Eastern Region

Thursdays from 7 July 10:30 to 12:30

This is primarily conversation in Spanish. We welcome new members any time. The level of conversation assumes a basic knowledge of grammar and vocabulary.

Leader and **Bookings:** Ian Finck ifin55@gmail.com
0405 499 515

Cinema Movies

CINEMA DISCUSSION GROUP (max 9)

Presented by City and Inner West Region

Alternate Wednesdays from 13 Jul 1:30 to 3:30

Join a fun, friendly and stimulating online discussion about a film screening on a free streaming service.

One film per fortnight is chosen by the group at each session. The result is an invigorating, insightful and enjoyable discussion.

Leader and **Bookings:** Ross Giannone 0409 382 384

Discussion Group

TALKING POINTS ON ZOOM

Presented by Harbourside North Region

Alternate Thursdays from 14 July 10:00 to 11:30

Topics discussed include issues in the news and other matters of the times. No subject is barred. Everyone is encouraged to participate. The list of topics to be discussed is sent to participants 3 days before the meeting.

Leader: Rosemarie Einstein and Ric Einstein
Bookings: <https://sydneyu3a.org> OR Rosemarie Einstein
einstein@starmar.net.au

Music

MUSIC WE HAVE GROWN UP WITH

Presented by Upper North Region

Alternate Thursdays from 14 Jul 10:00 to 12:00

Music we grew up with is in its seventh year. It will look at the 1970s in all its glory. Through the medium of video we will experience the changing course of music after the 1960s.

Leader and **Bookings:** Howard Ferrer
howardf@optusnet.com.au (preferred)

Language French

FRENCH INTERMEDIATE (max 10)

Presented by Endeavour Region

Every Monday from 18 Jul 10:00 to 12:00

Small group refreshing their grammar, vocabulary, listening and pronunciation skills. We will use some downloaded material.

Leader: Jill Kendrigan drigan@idx.com.au
0412 389 601

Bookings: Howard Nguyen
hnguyen49@optusnet.com.au 8065 0352
or 0415 194 927

Language Mandarin

MANDARIN (max 30)

Presented by Greater Western Region

Every Monday from 18 Jul 10:00 to 12:00

This continuing course is intended for the Third Age people who want to learn Mandarin by means of learning Chinese characters and sentences using alphabetic transliteration. Your level will determine class and alternate Monday session access.

Leader: Ying Mei

Bookings: Ying Mei Zhang 8872 7569 or Stanley Yan
0408 544925 stanyan100@hotmail (preferred)

Language French

FRENCH CONVERSATION INTERMEDIATE (max 8)

Presented by Endeavour Region

Every Monday from 18 Jul 4:30 to 5:30

Practice your conversation skills, including grammar revision, in an informal setting. Intermediate level knowledge of French Language skills and grammar are essential.

Leader and **Bookings:** Jean Harrow

jeanharrow1@gmail.com (enquiries: text your name + French) to 0400 207 271

Language French

FRENCH - INTERMEDIATE/ADVANCED (max 12)

Presented by Upper North Region

Every Wednesday from 20 Jul 9:30 to 11:30

This course is for those who have completed at least 4 years of French courses, and with a good basic knowledge of French grammar. It aims to develop skills in understanding spoken and written French, and in writing and speaking French.

Leader and **Bookings:** Ethleen Low ethlow@bigpond.net.au
(preferred) 0418 161 706

Language French

FRENCH FOR BEGINNERS

Presented by Eastern Region

Every Thursday from 21 Jul 10:30 to 12:30

Full year course. Each zoom class has 3 sessions of 40 minutes with a 5 minute break between sessions.

Leader and **Bookings:** Jeanette Pham
nguyetpham45@yahoo.com.au 0409 751 377

Discussion Group

AUSTRALIAN PERSPECTIVES

Presented by City and Inner West Region

Third Thursday from 21 Jul 2:00 to 4:00

An informal discussion group during which the guest speaker introduces us to their varied ethnic, cultural and historical experiences. Speakers and topics will be announced in advance in the monthly C & IW Newsletter and on the website.

Leader and **Bookings:** Joy Pegler
peglerjm@bigpond.com 9771 6185

ZOOM COURSES

Semester 2, 2022

PEOPLE AND EVENTS THAT CHANGED THE WORLD (max 300)

Presented by Greater Western Region

Alternate Thursdays from 21 Jul 2:00 to 4:00

A look at personalities and events with significant influence on the social/economic development of humanity. Our focus is psychological. We will consider people and events and how they affected peoples' lives.

Leader and **Bookings:** Rex Broadbent
rexp@optusnet.com.au 0433 000 556

Medical Matters

1. Pain and Pleasure

21 Jul

These are two opposite sensations perceived by the brain, mediated by several chemicals produced within us. This presentation discusses these two phenomena comprehensively.

Presenter: Punci Dassanayake

Famous People

2. Isambard Kingdom Brunel

4 Aug

English civil engineer who is considered "one of the most ingenious and prolific figures in engineering history" and "one of the 19th century engineering giants".

Presenter: Rex Broadbent

Famous People

3. Charles Babbage

18 Aug

Revered as the originator of the computer industry, with his Analytical Engine, in the early 1800's.

Presenter: Jim Houghton

Famous People

4. Amelia Earhart

1 Sep

American aviation pioneer and author; the first female aviator to fly solo across the Atlantic Ocean

Presenter: Con Bugden.

5. TBA Check GW Website

15 Sep

History Military

6. Men, Machines and Medicine in WW2

29 Sep

This presentation describes the large number of inventions in armaments and delivery systems, and the medical breakthroughs that happened in the period of WW2.

Presenter: Punci Dassanayake

Famous People

7. Charles Dickens

13 Oct

19th century British author and activist for the poor.

Presenter: Jim Houghton

History War

8. WW1: The Charge on Beersheba and the Australian Light Horse Walers

27 Oct

Includes the capture of Jerusalem and Damascus.

Presenter: Peter Allen

Famous People

9. Kanakiya

10 Nov

An Indigenous Australian, Ah Chee knew what it was like to live on the gibber plain as a nomad plus being involved with the cameleers in the Western Desert.

Presenter: Linda Gibson-Langford

Famous People

10. David Attenborough (Sir)

24 Nov

English broadcaster, biologist, natural historian and author.

Presenter: Rex Broadbent

11. TBA Check GW Website

8 Dec

Language Mandarin

MANDARIN PIES (PRACTICE IN EVERYDAY SPEAKING CHINESE)

Presented by Greater Western Region

Every Friday from 22 Jul 1:00 to 3:00

These sessions are for learners of Mandarin who want to practice and improve their listening and speaking skills. Activities range from basic everyday conversation, presentation of stories and discussions facilitated by native Mandarin speakers.

Leader and **Bookings:** Stanley Yan
stanyan100@hotmail.com 0408 544 925 (preferred)

Games

FUN PROBLEM SOLVING TO KEEP OUR MINDS ACTIVE

Presented by Upper North Region

Alternate Tuesdays from 26 Jul 10:00 to 11:00

Let's challenge our brains and keep mentally agile by learning how to solve geometric puzzles such as tangrams and pentominoes, as well as space problems, number puzzles, word and logic problems. Exercises are emailed before meeting. You will need pencils, paper, scissors and an eraser.

Leader and **Bookings:** Sandra Sadler
spsadler@dodo.com.au 9484 5513

Presentations

ENDEAVOUR MONTHLY TUESDAY TALK (max 150)

Presented by Endeavour Region

Tuesday from 26 Jul 10:30 to 12:30

Bookings: Jim Sloan endeavouu3atalks@gmail.com

Bookings: Cherie Clover cherie167@hotmail.com

ZOOM COURSES

Semester 2, 2022

Music Appreciation

1. The changing of music in the 1950's

26 Jul

Was it the era of rock and roll? Elvis Presley: was he the king of rock and roll?

Presenter: Howard Ferrer

History Australia

2. The convict system

27 Sep

Take a look at the origins, development and ending of the transportation of thousands of prisoners to our colonies with emphasis on their treatment and conditions.

Presenter: Geoff Davidson

Famous People

3. Amelia Earhart 1930's aviator

25 Oct

American aviation pioneer and author. Amelia Earhart was the first female aviator to fly solo across the Atlantic Ocean.

Presenter: Con Bugden

Photography

ZOOMING IN ON PHOTOGRAPHY

Presented by Northern Beaches Region

Every Monday from 1 Aug 2:00 to 4:00 (5 sessions)

Five weekly Zoom-based sessions covering photography basics, aimed at those wishing to advance beyond simple "point and shoot" photos. Topics will include how cameras work, composition, photography history, processing your images, and techniques such as macro, flash and panoramas. Leaders: Laurie Wilson and Ian Thompson

Bookings: Laurie Wilson wlaurie118@gmail.com (preferred) 0417 045 934

Language Italian

INTERMEDIATE ITALIAN (max 20)

Presented by City and Inner West Region

Each Friday from 5 Aug 1:30 to 3:30

A convivial and welcoming group who enjoy practicing the four linguistic skills of speaking, listening, reading, writing, and revising grammar, mostly from online websites to consolidate our knowledge.

Leader and **Bookings:** Pia Ottavian 0424 738 824 pia.ottavian@yahoo.com.au

Travel

TRAVELLERS ON ZOOM

Presented by Endeavour Region

2nd Thursday from 11 Aug 2:00 to 4:00

not 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 kchurcher2@hotmail.com 0433 140 900

Language Spanish

INTERMEDIATE SPANISH

Presented by Northern Beaches Region

Every Monday from 15 Aug 2:00 to 4:00

Ongoing course. Aims at developing confidence in Spanish speaking skills, whilst revising and expanding grammar and vocabulary. For those with language skills equivalent to two years of Spanish. Please contact course leader for expected previous knowledge.

Leader and **Bookings:** Alexis Tabensky a.tabensky@unsw.edu.au 0424 983 618

HORNSBY CENTRAL LIBRARY

28-44 George Street (entry in Hunter Lane), wheelchair access, parking available

Venue coordinator Vicky Davies vdavies710@gmail.com

0422 522 550 (preferred)

Language Italian

ITALIAN FOR TRAVELLING

Every Tuesday from 19 Jul 10:30 to 12:30 and 1:30 to 3:00

Do you long to visit Italy sometime soon? We deal with language basics for everyday travel situations and cultural topics to enhance your travel.

10:30 - 12:30 (room 2) Beginners and people who have done less than 50 hours of prior learning.

1:30 - 3:00 (room 8) Beyond beginners for more advanced students.

Leader and **Bookings:** Paddy Gunning gunnosp@gmail.com 0415 857 947

Culture

NEW WORLD HERITAGE SITES, 2020-21

Alternate Wednesdays from 27 Jul 10:30 to 12:30

10 sessions

These sessions introduce the 34 sites added to the World Heritage List at the 2020 and 2021 joint COVID-19 interrupted sessions of the WH Committee. Three major extensions to existing sites will also be covered, but more briefly.

Leader and **Bookings:** Graeme Aplin graemeaplin@optusnet.com.au 9487 1839

COURSE INDEX

A

Archaeology 24
Art 23, 26, 30, 34, 37, 38, 40
 Appreciation 13, 16, 22, 28, 32, 35
 Climate 15
 Drawing 15, 22, 33
 Painting 16, 40, 41, 47
 Sketching 23
Astronomy Culture, 15

B

Book Group 14, 18, 20, 23, 24, 26, 33, 38, 45, 47, 49, 51

C

Calligraphy 25
Cinema 13, 13, 16, 21, 22, 50
 Movies 13, 17, 27, 30, 34, 36, 41, 43, 54
Climate 15, 53
 Science 44
Craft 38
Creative Writing 23, 26, 50, 51
Crosswords 13, 52
Culture 15, 47, 53
 Australia 43,
Current Affairs 12, 20, 28, 29, 31, 32, 34, 35, 37, 39, 41, 43, 45, 46, 51, 52

D

Dance 22, 26, 45, 47
 politics 48, 48
Danger 46
Desktop Flying 27
Discussion Group 13, 17, 20, 22, 23, 26, 29, 37, 54
 Current Affairs 46, 50

E

Economics 19
 Investment 13
Education 48
Environment 46
Evolution 53
Exercise 26, 42, 43

F

Famous People 13, 14, 15, 16, 28, 29, 31, 34, 35, 41, 42, 43, 55, 56

G

Games 22, 25, 55
 Bowls 38
 Bridge 12
 Canasta 44
 Croquet 17, 40
 Mah Jong 44
 Table Tennis 42
Genealogy 21, 25, 46

H

Health 19, 20, 36, 37, 46, 53
History 16, 19, 20, 25, 29, 32, 33, 34, 35, 36, 37, 46, 50, 51, 53
 Ancient 21, 35
 Asia 29
 Australia 14, 15, 16, 24, 28, 30, 38, 48, 50, 51
 Europe 48
 Iran 14
 Ireland 42, 50, 53
 Japan 14, 35, 46
 Local 14, 32, 41, 42
 Military 55
 Music 48
 USA 35
 War 12, 28, 31, 38, 55
Human Body 37, 52, 53

I

Indigenous Australians 16

L

Language 52
 French 17, 20, 21, 39, 40, 41, 49, 53, 54
 German 29, 45, 49, 51
 Italian 21, 51, 56
 Japanese 12, 14
 Latin 40, 49
 Mandarin 54, 55
 Russian 39, 52
 Spanish 49, 52, 56
Legal 14
 Matters 31
Literature 12, 19, 22, 29, 31, 46

M

Maritime 14, 16, 46, 48
Medical Matters 34, 14, 19, 32, 33, 36, 44, 55
Meditation 23
Music 30, 33, 34, 35, 50, 54
 Appreciation 20, 24, 34, 39, 41, 43, 45, 49, 56
 Guitar 39
 Opera 25, 32
 Performance 40, 43, 44
 Recorder 13, 29, 43, 48
 Singing 39
 Ukulele 15, 39, 50

N

Nature 30, 48, 53

O

Outdoors 27
 Bushwalking 24
 Eating Out 17, 24
 Galleries 13, 18
 Museums 16
 Sketching 24
 Walking 17, 26, 27

P

Philosophy 15, 40, 47, 51
Photography 46, 52, 56
Poetry 14, 21, 33, 34, 49, 51
Politics 41
Presentations 13, 14, 15, 22, 42, 55
Psychology 19, 35, 50
Publishing 37

Q

Qi Gong 12
 Tai chi 12

R

Relaxation Exercise 12

S

Science 28, 30, 31, 32, 34, 36, 37, 44, 45, 48, 52, 53
Science Nature 42, 43

T

Tai Chi 16, 25, 47
Technology 19, 34, 35
Technology Transport 20
Theatre 32, 44
Travel 21, 28, 32, 34, 35, 36, 37, 39, 42, 52, 56
Trivia 44

W

Writing 13

Y

Yoga 41, 42

SUBURBS INDEX

A		M			
Ashfield	Cardinal Freeman Retirement Village	12	Maroubra	Lionel Bowen Library	20
	Club Ashfield	12	Miranda	Community Centre	23
Avalon	Recreation Centre	38	Mcmahons Point	Community Centre	33
B		Mosman			
Burwood	Club Burwood	12		Mosman Square Seniors Centre	33
	RSL	12		Art Gallery	34
	Woodstock Community Centre	13		Art Gallery: The Melody Room	35
Botany Bay	Family History Research Centre	21		The Manors of Mosman Retirement Village	37
Blacktown	Alpha Park Hall	25	Mona Vale	Memorial Hall	39
	Library	25	N		
Balgowlah	Club Totem	38	Newington	Community Centre	26
Belrose	Bowling Club	38	Northmead	Nbc Sports Club	26
Berowra	Community Centre	46	Narrabeen North	Narrabeen Baptist Church	39
				Narrabeen RSL Club	40
C		Narrabeen			
City	U3A Office	13		Tramshed Arts And Community Centre	40
Cronulla	Community Hall	21	Newport	Community Centre	41
	School of Arts	21		Pittwater Presbyterian Church	43
Castle Cove	The Residences	28	North Curl Curl	Community Centre	43
Chatswood	Dougherty Community Centre	29	O		
Castle Hill	Warrina Village (Anglicare Retirement Village)	46	Oatley	Library	23
E		P			
Epping	Leisure and Learning Centre	47	Paddington	EJ Ward Centre	22
	Uniting Church	47	Pennant Hills	Hornsby Ku-Ring-Gai Child and Family Health Centre	49
F		R			
Forestville	RSL Club	38	Revesby	Community Hall	16
Frenchs Forest	Lionel Watts Community Centre	38		Workers Club	17
	The Dutch Club	39	Rozelle	Hannaford Centre	17
			Ramsgate	Senior Citizens Hall	23
G		S			
Glebe	Library	14	Strathfield	Croquet Club	17
	Nag's Head Hotel	14	South Hurstville	Rsl	23
	The Old Town Hall	15	Sutherland	Club On East	23
	Toxteth Hotel	15		Shire Leisure Centre	24
Gymea	Bowling Club	22	South Turramurra	St Andrew's Uniting Church	49
	Community Centre	22	St Ives	Fernbank Retirement Village	49
	Tradies	23		Uniting Church	50
Granville	Centre	25	T		
Greenwich	The Baytree Retirement Resort	30	Toongabbie	St Anthony's Church Hall	26
Gordon	Library	47	Turramurra North	The Landings	50
			Turramurra	Uniting Church	51
H		W			
Hurstville	Uniting Colin Mcfadyen Retirement Village	23	Woollahra	Coa Centre	19
Hunters Hill	C A Fairland Hall	31	Willoughby	Hyegrove Display Suite	37
Hornsby	Leisure And Learning Centre	47	Warriewood	Ted Blackwood Community Centre	45
	Wallarobba Arts And Cultural Centre	48	Wahroonga	The Woniora	51
K		L			
Killara	Lourdes Retirement Village	48	Leichhardt	Library	15
			Lane Cove	Living And Learning Centre	33
			Lindfield	Lindfield Gardens Retirement Village	48
				Senior Citizens Resource Centre	48

Calendar 2022 NSW

January						
Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						

February						
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28						

March						
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28	29	30	31			

April						
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May						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June						
Mo	Tu	We	Th	Fr	Sa	Su
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September						
Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October						
Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November						
Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December						
Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

WEEK A BLUE
 PUBLIC HOLIDAYS RED
 SCHOOL HOLIDAYS GREEN SHADING
 WEEK B BLACK



SYDNEY
U3A

**OUR COLOUR BRAND
VALUES EXPLAINED:**

KINGFISHER BLUE = SHARING

We share our knowledge

GREEN = GROWING

Together we grow our minds

YELLOW = SOCIALISING

We interact and connect with others

RED = PASSION

Our passion is for education

Sydney U3A is a not-for-profit volunteer based organisation providing continuing education opportunities for people who are no longer in full time employment. The courses and talks are conducted in a relaxed environment; are stimulating and interesting across a wide variety of topics. Participating members are provided with the opportunity to form enduring friendships through socialisation and community interaction whilst learning something new.