

CITY AND INNER WEST

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

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 4 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

Qigong Tai Chi

QIGONG, FAN, AND COLLABORATIVE TAI CHI (max 15)

Every Tuesday from 18 Jul 10:30 to 12:00

(excluding school holidays)

Class begins with ba duan jin and mini wild goose qigong 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 and **Bookings:** Deborah Gracic deb.gracic@gmail.com 9636 6512

Lois Knight lmknight66@gmail.com 9798 6525

Relaxation Exercise

COOPERATIVE RELAXATION AND STRETCHING ACTIVITIES (max 20)

Every Wednesday from 19 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

Qigong

COLLABORATIVE QIGONG (max 15)

Every Friday from 21 Jul 10:00 to 11:30

(excluding school holidays)

This is qigong in a collaborative environment, experienced practitioners only. Qigong, according to Chinese culture, is beneficial to maintaining good health.

Leader: Alan Avanzado

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

Language ESL

ENGLISH AS A SECOND LANGUAGE (max 14)

Every Friday from 21 Jul 10:30 to 12:30

(excluding school holidays)

We look at how English works, focusing on a topic of interest to the group. Read aloud, discuss pronunciation, word meanings, spelling, grammar and current idiom.

A relaxed way to practice and improve your English with a friendly group.

Leader and **Bookings:** Janet Egan janet.egan@gmail.com 0415 133 994

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 3 Jul 10:00 to 12:00

Local national and international issues can be discussed with no topic out of bounds. Open discussions always conducted with respect and sensitivity. Everyone is welcome.

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

History Australia

A CHANGING AUSTRALIA

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

Australian history 1850 to the present. From the gold rush in 1851 to 172 years later we are a very changed country. This will be a fascinating study.

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

Language Japanese

JAPANESE FOR BEGINNERS

Every Tuesday from 4 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 6 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 17)

Alternate Fridays from 7 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

Literature

ISSUES

Alternate Fridays from 14 Jul 10:30 to 12:30

Come and discover, through literature, characters who deal with issues which could be personal, political, domestic or historical. Discover how they deal with them. First book *Innocent Blood* by P. D. James.

Leader: Iris Ryall 9744 1647

Bookings: Sol Battino sol.battino29@gmail.com
0421 078 448

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 5 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 12 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
egoranje@gmail.com 0402 969 004 (enquiries only)

Music Recorder

RECORDER GROUP

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

(excluding school holidays)

A long-established friendly group, we perform a wide variety of music at intermediate level (not for beginners). Lunch afterwards at a local café.

Leader and **Bookings:** David Young

dy4health@optusnet.com.au 0414 249 618
9569 8167

CITY: SYDNEY u3a OFFICE

Suite 502, Sydney Mechanics' School of Arts

280 Pitt Street, Sydney

train station, bus stop light rail stop nearby

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

Language French

PRE-INTERMEDIATE FRENCH

Every Wednesday from 12 Jul 1:30 to 3:30

Two years of study and a good sense of humour required. Emphasis on speaking and reading with a French accent, writing accurately and applying grammar rules in a friendly atmosphere. Textbook is *Grammaire en dialogues A1*, by Odile Grand-Clément.

Leader and **Bookings:** Annelise Karpos

annelisekarpos6@gmail.com 0410 404 940

Writing

CITY WRITING CLUB

Alternate Mondays from 17 Jul 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

TUESDAYS IN THE CITY

Every Tuesday from 25 Jul 1:30 to 3:30

Bookings: Jane Fissenden 0458 505 101

janeglebe@bigpond.com (preferred)

Famous People Music

1. The Beatles – How they set the rules for modern popular music

25 Jul

How the Beatles revolutionised popular music - their unique compositions, recording, production and arrangements. See, hear, listen and discuss. A true magical mystery tour!
Speaker: Lanning Bennett

Famous People

2. Napoleon

1 Aug

Looking at the meteoric rises and falls in his military and political career with some emphasis on the latter years and their significance to Australia.

Speaker: Geoff Davidson

Art

3. Growth of privately funded art galleries

8 Aug

Many privately funded art galleries in Australia are deliberately low key. Often smaller and influenced by benefactors' collecting passion, they are full of marvellous artworks.

Speaker: Ann Sutherland

Famous People

4. Who is Vladimir Putin?

15 Aug

This dictator has dragged Europe into its first major conflict since World War 2. We examine who he is and what he is trying to achieve.

Speaker: Peter Nixon

Famous People

5. Who is Xi Jinping?

22 Aug

No head of China has ruled for more years than Xi since Mao. We examine who he is and what he is trying to achieve.

Speaker: Peter Nixon

Famous People Literature

6. May Gibbs – life and work

29 Aug Part 1 and 5 Sep Part 2

Renowned for Snugglepot and Cuddlepie and the gumnuts, this was only part of her prodigious output covering many disciplines. She also had to carve out a career in a patriarchal world, which could be difficult for a woman to navigate.

Leader: Stewart Reed

Science Inventions

7. Evolution of the microscope

12 Sep

A study of the history of the microscope, plus a look at the first micro-anatomists.

Speaker: Ian Thompson

Famous People Science

8. Isaac Newton (1642 – 1727)

19 Sep

Newton's achievements include understanding gravity, the discovery of the Laws of Motion, the invention of calculus, and experimenting with nature and the properties of light.

Speaker: Sydney Srinivas

Health

9. Protecting our brains as we age

26 Sep

This talk will discuss the ways we might reduce our risk of dementia and why our blood pressure is such an important part of this.

Speaker: Isabella Cotter

Art

10. Women artists and theosophy

3 Oct

The presentation will explore the many points at which trends in art intersected with spiritualist practices between the wars, e.g. Russian born Theosopher, Wassily Kandinsky.

Speaker: Ann Sutherland

Astronomy

11. Evolution of the universe.

10 Oct

Atoms, stars, planets and life contribute to the process giving rise to humans. The dramatic events shaping our universe are woven into a Big Picture.

Speaker: Ian Bryce

Science Astronomy

12. Do we live in a multiverse?

17 Oct

Some of the more speculative aspects of physics and astronomy suggest that we might be living in one of 'multiple universes.'

Speaker: Laurie Wilson

Economics

13. Government Taxation and Welfare Policy – Part 1

24 Oct

Growing Government intervention in the economy from the late 18th century to the 1930s. Issues - Corn Laws, Chartism, the Great War and the Great Depression.

Speaker: Terry Farrell

History Ancient

14. Ancient Egyptian funerary ritual

31 Oct

Why did the Ancient Egyptians expend so much money and energy on elaborate burial places? Did they always do so? Questions to explore.

Speaker: Glennise West

Ethics

15. The pitfalls of gambling

7 Nov

This talk applies basic moral principles to analyse the impacts. Casinos, poker machines, and sports betting, are shown to be a blight on society.

Speaker: Ian Bryce

Economics

16. Government Taxation and Welfare Policy – Part 2

14 Nov

The challenge to Government intervention by Neoliberalism to recent challenges with emphasis on Australian policy making. Significant figures e.g. Ronald Regan, Margaret Thatcher, Joseph Stiglitz.

Speaker: Terry Farrell

Events

17. The Plane that flew around the world the wrong way

21 Nov

The adventures of a Catalina flying boat travelling from Los Angeles to New Zealand and redirected from its normal route after the Pearl Harbour bombing.

Speaker: Winsome Baker

Transport

18. Transformation of road transport in Australia

28 Nov

Transformation of road transport in Australia, covering why go electric; how to charge your EV; and options for your next car or ute.

Speaker: Mary Hendricks

Art Galleries

DECONSTRUCTING CONTEMPORARY ART (max 25)

Every Thursday from 3 Aug 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

0408 711 672

Cinema Movies

FILM APPRECIATION (max 20)

Alternate Mondays from 7 Aug 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

History Africa

EUROPEANS IN AFRICA

Thursday 10 Aug 1:30 to 3:30

Anglo-French global rivalry led to an agreement amongst European powers to carve up and Civilise, Christianise, and Colonise Africa for commercial exploitation.

Speaker: Jhala Himanshu

Bookings: Jane Fissenden 0458 505 101
janeglebe@bigpond.com (preferred)

Book Group

CITY BOOK GROUP (max 10)

Second Friday of every month from 11 Aug 1:30 to 3:30

Members are invited to select from the wide range of recent literary fiction available from bookstores and libraries. Each member will have the opportunity to present their chosen book for group discussion.

Leader and **Bookings:** Brenda Saunders
brendasaunders059@gmail.com 9399 9850

GLEBE LIBRARY

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

Book Group

FIRST FRIDAY BOOK GROUP

First Friday of every month from 7 Jul 10:00 to 12:00

Favourite books are chosen by members for discussion by the group. New members very welcome.

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

Language Japanese

JAPANESE

Every Thursday from 20 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: 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 3 Aug 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 20 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 Smith

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 Susan Wood susantwood@bigpond.com

Philosophy

PHILOSOPHY IN THE PUB (max 10)

Alternate Tuesdays from 4 Jul 3:00 to 5:00

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

Leader and **Bookings:** Susan Wood
susantwood@bigpond.com

LEICHHARDT LIBRARY

23 Norton St Forum Piazza Level

FRIDAY MORNINGS AT THE LIBRARY (max 20)

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

Interesting talks covering various topics.

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

Literature

1. James Joyce and the scandal of *Ulysses*

28 Jul

Ulysses was published in France in 1922 and was immediately banned in all English-speaking countries.

Presenter: Margaret Stoljar

Genealogy

2. Exploring your past

11 Aug

Ned Manning wrote *Painting the Light* to understand how WW2 affected his parents. He encourages others to tell their stories in any art form.

Presenter: Ned Manning

Geology

3. A planet, its life and rocky relationship

25 Aug

What is geology and why is it important? Examples of contrarian thinking, and demonstrations will show unique characteristics of this big rock we depend on.

Presenter: Garry Lowder

Painting Photography

4. Caravaggio and the power of the cinematic image

8 Sep

How a radical painter of the 16th century changed Italian Baroque Art and how understanding his images can improve photography.

Presenter: Martin Wetherill

History Australia

5. The Exiles of Canada Bay

22 Sep

Canadian rebels sent to Australia in the 1840s incarcerated at Burwood, epic journal story of courage and endurance in the land of *A Thousand Sorrows-Australia*.

Presenter: Patricia Skehan

Health

6. Maintain your brain

6 Oct

Are you doing everything you can to avoid the devastation of dementia? Healthy habits are important at any stage of life to keep us living our best lives.

Presenter: Christine Lopacinski

Health

7. Osteoporosis

20 Oct

The history of the silent disease mainly affects people over 65. Hear how it can be managed to try to prevent serious health problems.

Presenter: Winsome Baker

Nature

8. Living for life: local bush. What it offers?

3 Nov

Exploring the Green Way as a place of natural beauty! What are local bush-carers doing, where and why? Hear about local birds. Interest in "nature prescriptions".

Presenter: Chloe Mason with Jo Blackman

History Australia

9. James Barnett: Architect of a thousand buildings

17 Nov

James Barnett designed and built 1,350 post offices, police stations and court houses all over NSW, including the Sydney GPO.

Presenter: Don Napper

History Australia

10. A Gleam of Gold

1 Dec

Tales from journalist Harry Benjamin, goldfields reporter and our press representative at the 1908 London Olympic Games. Why Harry kept his family secret is amazing.

Presenter: Patricia Skehan

MARRICKVILLE LIBRARY

313 Marrickville Rd JJ Cahill Room

parking nearby train station nearby bus stop nearby

Book Group

THE BIG ISSUES BOOK CLUB

Second Thursday of every month from 13 Jul

10:30 to 12:30

Recently published non-fiction titles dealing with issues of importance: politics, climate, environment, economics, health, society, science and technology will be chosen by the group and discussed in a comfortable and friendly environment.

Leader and **Bookings:** Stuart Corner

corner.stuart@gmail.com 0419 492 190.

REVESBY COMMUNITY HALL

Macarthur Ave

Venue Coordinator Joy Pegler peglerjm@bigpond.com

9771 6185

Tai Chi

TAI CHI (max 20)

Every Thursday from 20 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 of every month from 25 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

Language French

ADVANCED FRENCH DISCUSSION (max 12)

Every Tuesday from 4 Jul 11:30 to 1:00

A solid background in French is necessary. Focus is on conversational French covering a wide range of topics, enhanced by reading, videos and games. 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 17 Jul 10:30 to 12:30

(excluding school holidays)

A lively discussion group. Each member has the opportunity to suggest and lead the topic for discussion. Subjects vary widely depending upon the news of the day or past events but may cover philosophy, literature, the arts and life sciences.

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

Language French

FRENCH INTERMEDIATE (max 8)

Every Tuesday from 18 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 those skills. 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 bus stop nearby

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

Games Croquet

A TASTE OF CROQUET: THREE PRACTICAL SESSIONS

Friday 11, 18, 25 Aug 9:20 to 12:30

Croquet tests both athleticism and the intellect and offers plenty of opportunities to forge harmony between the two. Everything is free including the use of the lawns, facilities, mallets, balls, and coaching in skills, strategies and rules.

Bookings: Bob Phillips bobphillips@bigpond.com

OUT THERE

Games Pétanque

PÉTANQUE WORKSHOPS

Four Mondays 3, 10, 17, 24 Jul

Originating in France, the game is played by two teams with the goal of getting the most boules, or metal balls, closest to the target. Suitable for beginners and experienced players. Meet at the top gate at Ballast Point Park Birchgrove at 10:15.

Leader and **Bookings:** Peter Neale and Linda Larsen
diamondsky@inet.net.au 0403 366 613

Outdoors Eating Out ****NEW****

LUNCH OUT AND ABOUT (max 20)

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

Do you enjoy good food and conversation and a laugh? Join us. Venues are chosen to be accessible by public transport. Members pay for their own meal.

Leader and **Bookings:** Christine Saint
chrisaint772@gmail.com 0435 274 700

Outdoors Eating Out

MUNCH ON BRUNCH

Third Thursday of every month from 20 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 Galleries

VISITING REGIONAL and SUBURBAN GALLERIES

Saturdays twice a month from Jul (mid-morning to mid-afternoon).

Travel by public transport. Join our lively group on visits to regional and suburban galleries to view a variety of exhibitions.

Leader and **Bookings:** Joanne Gordon
joannegordon@bigpond.com (preferred) 0418 224 211

PRIVATE HOMES

Book Group

INNER WEST BOOK GROUP (various locations) (max 12)

First Wednesday of every month from 5 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 *Gospel of the Eels* by Patrick Svensson.

Leader and **Bookings:** Kris Clarke clarketk@gmail.com
9705 1017 (enquiries only)

Games

SCRABBLE CLUB (Pyrmont) **NEW******

Every second Wednesday from 12 Jul 1:30 to 3:30

A fun course to stretch your mind by playing scrabble in a friendly atmosphere.

Leader and **Bookings:** Deirdre MacFarlane
deidremacfarlane@gmail.com 0414 453 217