

ENDEAVOUR (SOUTHERN)

Regional President: TBA

Regional Course Coordinator: Catherine Wormald catherinewormald99@gmail.com

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

CARINGBAH SOUTH: BOTANY BAY FAMILY HISTORY SOCIETY

184 Gannons Road

Genealogy

FAMILY HISTORY BASICS (Max 10) ** NEW **

Tuesdays 25 July, 1 Aug, 8 Aug from 10:00 to 11:30 and Friday 11 Aug 10:00 to 2:00

Four sessions to help get you started researching your family history. Sites like Trove, Family Search, Find my Past – Legacy. What about a DNA test? - try Ancestry or My Heritage. At Open Day, volunteers can assist with your research.

Leaders: Lilian Magil lily@researchbylily.com.au 0409 911 402 and Carol Cronan carolcronan@gmail.com 0468 515 670

Bookings: Carole Goodyer goodycj43@gmail.com 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 24 Jul 2:00 to 3:30

(excluding school holidays)

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

CRONULLA SCHOOL OF ARTS

Upstairs Activity Room/Lecture Room 6 Surf Rd
Wheelchair access, lift available and train station nearby

Cinema

AT THE CINEMA – SHOWBIZ CLASSIC FILMS (max 40)

First and Third Thursday from 6 Jul 1:30 to 4:00

Experience and discuss some of the great films in the entertainment world. A program will be available at the first session.

Leader and **Bookings:** Robert Englund r.englund@optusnet.com.au

Games

BRAIN GAMES (max 20)

Second and Fourth Friday from 14 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

History Ancient

RISE AND FALL OF ANCIENT AND MEDIEVAL CIVILISATIONS AND EMPIRES (max 25)

First and Third Tuesday from 18 Jul 10:00 to 12:00
(excluding school holidays)

An overview of the rise and fall of civilisations and empires from ancient, medieval to modern times by way of reading, discussion, and TV documentaries (where available). Class members are encouraged to participate and/or contribute to the group.

Leader: Olga Bondarenko olgab@ozemail.com.au

Bookings: Dorothy Dalyell ddalyell@bigpond.com

Travel

ARMCHAIR TRAVELLERS (max 50)

First and Third Wednesday from 19 Jul 10:00 to 12:00
(excluding school holidays)

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 0415 130 756

Bookings: Kate Churcher kchurcher2@hotmail.com 0433 140 900

Language Italian

ITALIAN LANGUAGE AND CULTURE (max 15)

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

(excluding school holidays)

Learn Italian through stories, poems, songs and recipes, with appropriate grammar, conversation and writing activities, including selected readings about Italy and contemporary Italian politics.

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 20 Jul 1:00 to 3:00

(excluding school holidays)

Two high quality, contemporary films to be viewed over the month in the members own time after a popular vote. Meetings include discussion of film and background information and observations. All members are expected to lead the discussion at least once a semester.

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

Discussion Group

OPEN MINDS DISCUSSION GROUP B (max 20)

First and Third Friday from 21 Jul 10:00 to 12:00

(excluding school holidays)

Topics of current interest are suggested by members. Each member has the opportunity to express their point of view uninterrupted. This is followed by questions and comments given in a respectful manner.

Leader and **Bookings:** Anita Spinks

anitaspinks@live.com.au (email preferred) 0423 532 582

Art Appreciation

ART HISTORY (max 40)

Second and Fourth Tuesday from 25 Jul 10:00 to 12:00

(excluding school holidays)

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 0404 045 435

Bookings: Teresa Lamberton

teresalamberton@hotmail.com 0414 425 353 or

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

Discussion Group

OPEN MINDS DISCUSSION GROUP A (max 20)

Second and Fourth Wednesday from 26 Jul 10:00 to 12:00

(excluding school holidays)

Topics of current interest are suggested by members. Each member has the opportunity to express their point of view uninterrupted. This is followed by questions and comments given in a respectful manner.

Leader and **Bookings:** Anita Spinks

anitaspinks@live.com.au (email preferred) 0423 532 582

Music

HISTORY OF ROCK MUSIC FROM 1960s ONWARDS

**** NEW ****

First Thursday from 3 Aug 10:00 to 12:00

(excluding school holidays)

This course explores the works of world-famous bands, solo artists and rock musicians. All members of the class will be asked to present biographies with various technologies such as YouTube, DVD, CD and computer presentation.

Leader and **Bookings:** Robin Hill

robinu3asydney@gmail.com

Presentations

BROOME DINOSAUR TRACKS AND OTHER FEATURES (max 80)

Tuesday 29 August from 10:30 to 12:00

Come walk with me to explore the magic of the largest collection in the world of dinosaur tracks and other interesting features in Broome WA. We will examine how preservation of these heritage tracks is being affected by various influences.

Enquiries ONLY: Cherie Clover cherie167@hotmail.com

Bookings not required.

Presenter: Peter White

GYMEA COMMUNITY CENTRE

31-33 GyMEA Bay Rd

Wheelchair access, parking nearby, train station nearby

Dance

MIDDLE EASTERN DANCING (max 30)

Every Monday from 3 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 9527 4696

Art Appreciation

DISCOVERING ART (max 25)

First and Third Tuesday from 18 Jul 10:00 to 12:00

(excluding school holidays)

This class will study and discuss a range of art-related topics, including architecture, artists, art movements and much, much more. We also visit a variety of art galleries as a regular highlight.

Leader and **Bookings:** Margaret Wilkes

margiewilkes@live.com.au 0407 958 924

Art Drawing

DRAWING WITH COLOUR (max 20)

Every Tuesday from 18 Jul 1:00 to 3:00

(excluding school holidays)

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

Leader: Christine Horrocks christine.anne7@bigpond.com

0438 614 087

Bookings: Kerrie Gowen

kerriegowan65@icloud.com 0409 457 028

GYMEA MIRANDA BOWLING & SPORTS CLUB

691 Kingsway

Games Bowls

LAWN BOWLS (max 10)

First and Third Thursday from 20 Jul 10:30 to 12:00

Learn how to play lawn bowls, with experienced coaches. Lawn bowls is fun whether you are a social player or if you aspire to play competitively. The Club will provide lawn bowls during these coaching sessions. A club joining fee is applicable.

Leader: Kate Wade kathryn55@optusnet.com.au

0432 433 420

Bookings: Marilyn Albertson marilyn.an.8@gmail.com

0448 338 108

GYMEA TRADIES

57 Manchester Rd

Wheelchair access, parking onsite, train station nearby

Art Urban Sketching

SHIRE SKETCHING (max 40)

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

(excluding school holidays)

Learn observational URBAN SKETCHING Thursdays and ILLUSTRATE YOUR SHIRE JOURNAL Saturday morning. Sketching parks, nature, architecture, people, bushlands, and historical locations in our beautiful Shire. We frequently join other Sketch Groups. We welcome beginners who say, "But I can't draw".

Leaders: Peggy Annabel peggy.annabel@bigpond.com

0402 354 968 and Carol Cook

carolcook39@optusnet.com.au 0488 286 324

Bookings: Julie Donno juliedonno@yahoo.com.au

HURSTVILLE UNITING COLIN MCFADYEN RETIREMENT

47 Woniora Rd (Entrance in Greenbank Street)

Wheelchair access, train station nearby

Creative Writing

CREATIVE WRITING HURSTVILLE (max 10)

Third Tuesday from 18 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 19 Jul 1:30 to 3:30

(excluding school holidays)

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: Janice Stokes stokesj@optusnet.com.au

0418 415 249

Bookings: Caroline Munro 0424 377 458

OATLEY LIBRARY

26 Letitia St Wheelchair access, parking nearby

Art

ART FOR ENJOYMENT (max 10)

Every Wednesday from 19 Jul 2:00 to 4:00

(excluding school holidays)

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

SOUTH HURSTVILLE RSL

The Pinnacles 72 Connells Point Rd

Wheelchair access, parking nearby

Discussion Group

DISCUSSION GROUP (max 15)

Every Monday from 3 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

Book Group

AWARD-WINNING BOOKS (max 10)

First Wednesday of every month from 5 Jul 10:30 to 12:30

Friendly group meeting, to discuss award-winning novels, or novels any one of the group thinks should have won an award! Followed by lunch (optional)

Leader and **Bookings:** Pat Copping

18gingie@gmail.com 0432 345 501

Bookings: Vivienne Hayle vhayle@hotmail.com

0420 650 814

SUTHERLAND CLUB ON EAST

Coffee Shop 7 East Pde

Wheelchair access, parking nearby

Book Group

CRIME WRITERS BOOK CLUB (max 14)

First and Third Tuesday from 18 Jul 10:15 to 12:00
(excluding school holidays)

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.

The group may meet for lunch afterwards

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 21 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

SUTHERLAND SHIRE LIBRARY

30-36 Belmont St

Wheelchair access, parking onsite, train station nearby

Discussion Group

MAKING THE MOST OF RETIREMENT (max 10)

**** NEW ****

Third Friday from 21 July 10:30 to 12:00

Conversations exploring aspects of retirement not yet considered. How to feel comfortable in your own skin, discussion on non-traditional, sustainable retirement living options, how to simplify life by having less stuff, keeping mind and body active, smart travel options and more.

Leader and **Bookings:** Eva Echtner focusze@gmail.com or SMS 0422 433 655

OUT THERE

Outdoors Bushwalking

SYDNEY STRIDERS (max 35)

Alternate Wednesday from 5 Jul 9:00 to 4:00

A variety of walks of Sydney and surrounds, mainly tracks and street walks, going to beautiful and scenic places, with good company. It is expected that all members assist with organising and leading walks. All u3a members are welcome.

Leader: Mary Shannon mshannon@ozemail.com.au
0439 813 174

Bookings: Lesley Tinker tinkertogs@gmail.com
0409 395 492

Outdoors Eating Out

LUNCH A LOT WITH STYLE (max 25)

First Thursday of the month from 6 Jul 12:30 to 2:00

Enjoy eating out? Share good food and conversation? We visit inexpensive restaurants chosen by group members. Members pay for own meals and corkage. The laughter is free.

Leader and **Bookings:** Shirley Demetriou
sdemetriou2@bigpond.com (bookings only)
0428 213 040 (enquiries only)

Outdoors Bushwalking

WALKING IN SYDNEY AND SURROUNDS (max 35)

Alternate Friday from 7 Jul

Starting and Finishing times will vary

A variety of walks around greater Sydney and surrounds ranging from medium to easier bushwalks, track and street walks, seeing beautiful and interesting places, whilst enjoying good company. All u3a members are welcome.

Leader and **Bookings:** Teresa and John Lamberton
teresalamberton@hotmail.com 0414 425 353

Outdoors Bushwalking

WALKING AROUND SYDNEY (max 40)

Alternate Friday from 12 Jul

Starting and Finishing times will vary

Meet new people, discover parts of Sydney and surrounds you may never have been to. Walks are accessed via public transport. Bush and street walks of varying difficulty and length planned and lead by members of the group.

Leader: Wendy Donelan wdonelan54@gmail.com
0402 495 739

Bookings: Jennifer Hawkins jenniferhawkins798@gmail.com
(email preferred) 0418 464 253

Outdoors Eating Out

FLAVOUR OF THE MONTH (max 10)

Second Friday of the month from 14 Jul 12:00 to 2:00

Explore good food from different cuisines, learn about different cultures around the region and enjoy good company while dining. Each member is expected to organise one lunch for the semester.

Leader: Cherie Clover cherie167@hotmail.com 0410 404 351
Bookings: Carol Cook carolcook39@optusnet.com
0488 286 324

Outdoors Bushwalking

ENDEAVOUR CAMPUS WALKERS (max 35)

Every Thursday from 20 Jul

Starting and finishing times will vary

Sydney by ferry and foot. Our Walks Program indicates degree of difficulty. We invite everyone to organise one walk each year.

Leader: Jean McInerney jraymond.mcinerney@bigpond.com
0418 453 508

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

Outdoors Sketching

SHIRE SKETCHING – COMPONENT of THURSDAY SESSION (max 40)

Every Saturday from 22 Jul 10:00 Finishing times will vary

These Saturday sketching excursions are the practical outdoor component of the Thursday lessons of the SHIRE SKETCHING held at Gynea Tradies. Additional outdoor sketching and meetups announced on ShireSketchers Pinterest.

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

Carol Cook carolcook39@optusnet.com.au 0488 286 324
Bookings: Julie Donno juliedonno@yahoo.com.au

PRIVATE HOMES

Book Group

BOOK BANTER (Gynea) (max 12)

First Friday of the month from 7 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

History Culture

AUSTRALIA OUR LAND (Gynea) (max 10)

Every Wednesday from 19 Jul 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 6970

History Gardens

THE HISTORY OF GARDENS (Kirrawee) (max 10)

Second Monday of the month from 14 Aug 1:30 to 3:30

A History class, but from a different perspective. Discovering the people who became famous because of their interest in Botany.

Leader: Nola Watt 9545 1758

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