

# GREATER WESTERN

**Regional President:** Robin Amos [jjnanna@internode.on.net](mailto:jjnanna@internode.on.net) (preferred) 0418 447 754  
**Regional Course Coordinator:** TBA **Enquiries only**

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

## BLACKTOWN: WESTPOINT SHOPPING CENTRE

Alpha St, up ramp  
Community Room, Fourth Floor  
wheelchair access, train station nearby, bus stop nearby

Games

### **FUN AND GAMES (max 20)**

**Every Friday from 7 July 10:00 to 12:30**

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](mailto:junekeith@optusnet.com.au) 0412 040 230

## BLACKTOWN LIBRARY

Cnr Flushcombe Rd and Alpha St Community Room  
wheelchair access, train station nearby, bus stop nearby

History Genealogy

### **FAMILY TREE MYSTERIES (max 10)**

**Alternate Tuesdays from 4 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](mailto:rmrfm12@gmail.com) (preferred) 0416 926 032

## CASTLE HILL WARRINA VILLAGE (ANGLICARE RETIREMENT VILLAGE)

Alix Scott Community Centre Langshaw Circuit  
Parking nearby

Discussion Group Current Affairs

### **ISSUES AND IDEAS**

**Alternate Tuesdays from 11 Jul 10:00 to 12:00**

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. Will deliver on Zoom if needed.

Leader and **Bookings:** Jim Gray [jcgray01@optusnet.com.au](mailto:jcgray01@optusnet.com.au) 9680 2873 and John Brockman  
[alban.kingslingley@gmail.com](mailto:alban.kingslingley@gmail.com) 0400 422 962

## MARAYONG: COMMUNITY CENTRE

62 Railway Rd  
Onsite parking, adjacent to public transport, wheelchair access

Tai Chi

### **TAI CHI/QIGONG**

**Every Tuesday from 18 Jul 10:00 to 11:00**

Not school holidays

The low impact nature of Tai Chi/Qigong 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](mailto:stanp@optusnet.com.au) 0407 450 291

## NORTHMEAD: NBC SPORTS CLUB

166 Windsor Rd  
Wheelchair access, parking onsite, bus

Discussion Group

### **A LIVELY DISCUSSION GROUP (max 15)**

**Alternate Mondays from 10 Jul 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

## PARRAMATTA PHIVE

5 Parramatta Square  
wheelchair access, train station nearby

### **SINGLE SESSION TUESDAYS**

**Alternate Tuesdays from 11 Jul 10:00 to 12:00**

**Bookings:** Lorraine Michalk [lmichalk@optusnet.com.au](mailto:lmichalk@optusnet.com.au)  
Ann Todd [billmass1@bigpond.com](mailto:billmass1@bigpond.com)

Music Appreciation

### **1. Is the banjo a forgotten instrument**

**11 Jul**

The history and construction of the banjo with the group playing tunes.

Presenter: Dennis Quinlan

History Australia

## 2. Symbols of Australia

25 Jul

This talk surveys Australia's national symbols, from the formal and commercial to the popular and quirky, examining their origins and how they have changed.

Presenter: Richard White

Language

## 3. From Beowulf to Bunyips via The Jabberwocky

8 Aug

How much do you know about the English language, where did it all come from and how Australian English fits.

Presenter: Patricia Manser

Medical Matters

## 4. Quackery the worst ways to cure everything

22 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

History Australia

## 5. A goldminer's fortune

5 Sep

The story of Martin Loughlin, "Quartz King", racehorse owner and philanthropist, and of Thomas O'Loughlin, who inherited the fortune.

Presenter: Anne Ridley

Language

## 6. Makings of the Macquarie Dictionary

19 Sep

How did this quintessential Australian dictionary come to be?

Presenter: Patricia Manser

Craft

## 7. The art of quilting

3 Oct

A brief history of quilting with some traditional and contemporary quilts for display and discussion.

Presenter: Elisa Beecham

History China

## 8. China: Not what you think

17 Oct

Gives an insight into China in the past and now.

Presenter: John Parsonage

Computers Legal

## 9. ID Support NSW

31 Oct

Advice on how to spot a scam, run a credit check, learn about the benefits of creating strong passwords and spend one-on-one time with the ID support team.

Presenter: NSW Dept of Customer Service

Science Physics

## 10. Physics: made simple

14 Nov

Will look at how physics applies to everything we do in an easy to understand way.

Presenter: John Parsonage

Genealogy

## GROWING YOUR FAMILY TREE (max 15)

Alternate Tuesdays from 11 Jul 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 0490 776 561

Calligraphy

## CALLIGRAPHY (max 18)

Alternate Thursdays from 13 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. Will alternate with Zoom sessions. First session will be on Zoom 13 Jul, then 27 July at Parramatta

Leader: Georgie Tuck georginatuck93@gmail.com

9626 1334

**Bookings:** Deborah Gracic deb.gracic@gmail.com

(preferred) 9636 6512

Music Opera

## MAGIC MOMENTS IN CLASSICAL MUSIC (max 10)

Alternate Wednesdays from 19 Jul 1:00 to 3:00

This program is designed to share beautiful moments in classical music, particularly opera. Experience the uplifting feeling of listening to music by composers who have been able to express in their music, feelings and emotions that are otherwise inexpressible.

Leader and **Bookings:** Peter Anderson

oeuvres@tpg.com.au (preferred) 0416 019 512

## FRIDAY HISTORY WITH COLIN SMITH

Alternate Fridays from 21 Jul 10:00 to 12:00

**Bookings:** Steve Bensley steveben@aapt.net.au (preferred) 0401 454 364

History

## 1. The Conquistadors

21 Jul to 29 Sep (6 sessions)

The Conquistadors destroyed the empires of the Aztecs and Incas and sent great wealth to Europe. This changed the balance of Power. But were they as brutal as depicted.

Presenter: Colin Smith

History Europe

## 2. The Fourth Crusade

13 Oct

How did a Christian Crusade end up capturing two Christian cities, including Constantinople, looting the churches, and killing the priests?

Presenter: Colin Smith

History Europe

## 3. Vasily Grossman

27 Oct

Great Russian novelist and war correspondent whom Stalin disliked. Survived campaigns of denunciation.

Presenter: Colin Smith

Book Group

## BOOK OF THE MONTH (max 20)

Fourth Monday of the month from 24 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

judy\_mcs@hotmail.com (preferred) 0419 406 912

Book Group

## THRILLERS AND MYSTERIES (max 10)

Fourth Thursday of the month from 27 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

# TOONGABBIE: ST ANTHONY'S CHURCH HALL

Aurelia St  
Wheelchair access, train station and bus stop nearby

Games Canasta Mah Jong  
**MONDAY CANASTA AND MAH JONG (WESTERN STYLE) (max 25)**

**Every Monday from 3 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.  
**Bookings:** Kerrie Booth 0431 953 419 June Keith junekeith@optusnet.com.au 0412 040 230

Dance  
**BALLROOM DANCING (max 30)**  
**Every Thursday from 20 Jul 1:00 to 3:00**  
Not school holidays  
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 19 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

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## EMAIL

Creative Writing  
**WRITING CREATIVELY**  
**Alternate Mondays from 3 July**  
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@gmail.com 0411 108 832

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## OUT THERE

Outdoor Outings  
**SYDNEY u3a WESTERN WALKERS**  
**Alternate Fridays from 21 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

Movies  
**THE MOVIE CLUB**  
**Fourth Tuesday of the month from 25 July**  
Not school holidays  
Come and see a new release movie at various cinemas, and then have lunch or coffee afterwards to discuss the film.  
Booked participants will be notified of films and locations by email 1 week prior.  
Leader and **Bookings:** Judy Buhagiar judybh@outlook.com (preferred) 9631 4102

Outdoor Outings  
**WALKING AROUND GREATER SYDNEY (WAGS) (max 25)**  
**Alternate Fridays from 14 Jul**  
A variety of walks around Sydney and surrounds ranging from medium to easier bushwalks, track and street walks. Various locations and times. 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

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## PRIVATE HOMES

Cinema Movies  
**ANYONE FOR MURDER? (Sth Wentworthville) (max 5)**  
**Every Wednesday from 5 July 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 World  
**EXPLORING THE PAST (Sth Wentworthville) (max 5)**  
**Every Thursday from 13 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

Desktop Flying  
**DESK-TOP FLYING FOR SENIORS (Carlingford) (max 6)**  
**Alternate Tuesdays from 4 July 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