

# NORTHERN BEACHES

**Regional President:** Kerrie Sanders kersand@bigpond.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 (max 12)

**Every Monday from 3 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 Sandra Orton  
sandraorton038@gmail.com

Book Group

### LITERATURE

**Alternate Wednesdays from 12 Jul 11:00 to 1:00**

Washaway Room Level 3

A wide range of authors and their books are discussed.  
These include *The Lincoln Highway* by Amor Towles, *All That's Left Unsaid* by Tracey Lie, *Eggshell Skull* by Bri Lee and *An American Marriage* by Tayan Jones.

Leader: Sandra Orton sandraorton038@gmail.com  
0460 795 959

**Bookings:** Janelle Laidlaw

janelledorothylaidlaw@gmail.com 0418 436 127

## BELROSE BOWLING CLUB

146 Forest Way  
parking onsite  
Venue Coordinator Peter Nixon pnixon0443@gmail.com  
0402 379 109

Games Bowls

### ENJOY A GAME OF BOWLS

**Every Friday from 6 Oct 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 379 109

## FORESTVILLE RSL CLUB

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

Craft

### CRAFT IN THE FOREST

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

Bistro

Join our inspirational group of craft enthusiasts for a relaxing morning of chat and the sharing of new skills. No prior knowledge expected, only the love of learning. New creative ideas are mandatory!

Leader and **Bookings:** Beth Robertson  
bethrobertson@aapt.net.au 9452 2396

## 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 28 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 Ireland

#### 1. The modern history of Ireland

**28 Jul**

Ireland is in the midst of great change. Remember Bloody Sunday, the Good Friday Agreement and now 25 years on, Brexit. Don't miss this insightful talk by a masterful presenter. Presenter: Peter Nixon

History Australia

#### 2. Dirty secrets

**25 Aug**

Meredith Burgmann joins us again, this time to let us in on ASIO's Dirty Secrets. Michael Kirby Justice of the High Court was on their list. Are you?

Presenter: The Hon Dr Meredith Burgmann

Cinema

### 3. The golden years of Hollywood

29 Sep

Join us as Nitza Lowenstein takes us on nostalgic journey through the movie industry, Hollywood's Golden Age, the glamour, glitz and the stars.  
Presenter: Nitza Lowenstein

Inventions

### 4. Aussie, Aussie, Aussie

27 Oct

This time Ian looks at more amazing Aussie inventions. Google Maps would you believe, Wi-Fi, surely not, how about Permanent Press Clothing, Ultrasound Scanner, the Pacemaker? Oi, Oi, Oi!  
Presenter: Ian Thompson

Travel

### 5. Small European countries

24 Nov

Bet you haven't thought about visiting Liechtenstein or Andorra in your travels. Come and hear Graham Spindler tell us all about the fascinating micro countries of Europe. Bring your passport and enjoy the journey.  
Presenter: Graham Spindler

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## FRENCHSFORST: 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 4 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

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## MONA VALE MEMORIAL HALL

1 Park St  
wheelchair access, parking nearby  
Venue Coordinator Marcia Andrews  
marciaandrews711@hotmail.com

Language French

### FRENCH INTERMEDIATE ONGOING

Alternate Tuesdays from 4 Jul 10:00 to 12:00

Gentle paced course for people familiar with grammar and reading skills. 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 10 Jul 2:00 to 4:00

For those who already have a comprehensive grasp of grammar and conversation. Textbooks used, plus a variety of literature.  
Leader and **Bookings:** Sarita Wright  
saritawright35@gmail.com

Language French

### FRENCH LEVEL 3

Alternate Mondays from 17 Jul 2:00 to 4:00

This course covers reading, writing, grammar and conversation. Must have basic knowledge of the language.  
Textbook: *Schaum's French Grammar*.  
Leader and **Bookings:** Sarita Wright  
saritawright35@gmail.com

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## NARRABEEN NORTH: NARRABEEN BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway)  
wheelchair access, parking onsite  
Venue Coordinator Barbara Larkin  
jeddasam1@bigpond.com 9913 3481

Music Ukulele

### UKULELE FOR BEGINNERS

Every Tuesday from 4 Jul 11:45 to 1:00

Level 1, Room 2

This course is for rank beginners. If you have always wanted to play a musical instrument, this is the place for you. You will learn the main chords, have great fun playing and singing. Come along and have a go!

Leader and **Bookings:** Felicity Davis  
felicity@sciencefilms.com.au 0414 470 644

Music Guitar

### ACOUSTIC GUITAR GROUP

First three Wednesdays every month from 5 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. Due to popularity, places are limited.  
Leader and **Bookings:** John Mitchell  
johnmitchell@hotmail.com 0481 516 498

Music Performance

### THE 3RD AGE ROCK ORCHESTRA

First three Wednesdays every month from 5 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 6 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: Suzanne Allan zanne07@gmail.com  
**Bookings:** Susan Davies daviessusan13@gmail.com

Music Singing

### **SINGING FOR THE JOY OF SINGING**

**Alternate Fridays from 7 Jul 10:00 to 12:00**

Auditorium

Join us in singing 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 French

### **FRENCH BEGINNERS ONGOING**

**Alternate Fridays from 7 Jul 10:00 to 12:00**

Education Centre GF

Gentle paced course suitable for people with some knowledge of French. Book used is *Easy French Reader* by R. de Roussy de Sales. Not suitable for absolute beginners or those who have not studied French for many years.

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

Language French

### **ADVANCED FRENCH**

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

Level 1, Room 2

Focusing on grammar, reading and conversation.

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

Philosophy

### **HISTORY OF PHILOSOPHY 5**

**Alternate Tuesdays from 11 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 6**

**Alternate Fridays from 14 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

Language Latin

### **LATIN BEGINNERS II (max 10)**

**Alternate Fridays from 21 Jul 12:30 to 2:30**

**No classes 13 Oct to 10 Nov**

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

## **NARRABEEN NORTH: NARRABEEN RSL CLUB**

116 Nareen Pde parking onsite

Games Croquet

### **CROQUET (max 20)**

**Every Tuesday from 4 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 Marcia Andrews  
marciaandrews711@hotmail.com

Art Drawing and Painting

### **ART: PAINTING AND DRAWING IN ANY MEDIUM**

**Every Monday from 3 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@rodde.net

**Bookings:** Shirley Jensen 9982 4395

Discussion Group Movies

### **MONDAY AT THE MOVIES - MAM**

**First Monday every month from 3 Jul 2:00 to 4:00**

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 lizzyboasebruce@gmail.com  
0413 736 331

Current Affairs

### **TOPICS OF OUR TIMES (max 25)**

**Alternate Tuesdays from 11 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 8056 7882

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

Language French

### ADVANCED FRENCH

**Alternate Fridays from 14 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 maureengb192@gmail.com  
9982 7149

## NEWPORT COMMUNITY CENTRE

11-13 The Boulevard No public or school holidays

wheelchair access, parking nearby

Venue Coordinator Helen Howes helsim@internode.on.net

0424 464 047

Yoga

### YOGA AND RELAXATION

**Every Monday from 17 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 and **Bookings:** Susan Barnard  
susanbarnard@iinet.net.au

Art Painting

### ART CLASS WITH KAYE DEXTER

**Every Monday from 17 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 19 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

Qigong

### QIGONG

**Every Wednesday (except first Wednesday every month) from 19 Jul 2:00 to 3:30**

Main Hall.

Reconnect with nature via this gentle, moving meditation originating in China. Relaxes the joints, aids digestion and sleep, calms the mind and gently tones and strengthens muscles. Work at your own level. Suitable for most.

Leader: Penny Auburn penauburn@gmail.com

**Bookings:** Helen Howes helsim@internode.on.net

Games Table Tennis

### TABLE TENNIS (max 40)

**Every Thursday from 20 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: TBA

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

Yoga

### YOGA AND RELAXATION

**Every Friday from 21 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

Leader: Various

**Bookings:** Ann Hardiman hardimanja@gmail.com

### TOPICS OF INTEREST

**First Wednesday and fourth Tuesday every month from 25 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 not required.**

History Australia

#### 1. The story behind the woman on the \$20 note 25 Jul

Scurvy and the age of discovery. Mary Reibey - merchant, shipowner, trader, transported as a convict - became a community role model and successful businesswoman in the colony.

Presenter: John Walsh

History Australia

#### 2. Latest Australian history book, *Girt Nation* 2 Aug

Get ready for Australia's greatest necromancer prime minister, trouser-wearing women on bicycles, and amputee larrikin gang members on crutches.

Presenter: David Hunt

Environment

#### 3. Sydney's residential waste – making less and doing more 22 Aug

Current solutions for managing residential waste are reaching their use by date. What are personal and community priorities for tackling waste?

Presenter: Janine Ricketts

History Papua New Guinea

#### 4. Patrols into the Stone Age 6 Sep

Serving three years in PNG during the 1960s, join patrols into the wilds of primitive lands providing many adventures including confrontation with cannibals.

Presenter: Dave Wilkins

History Australia

### 5. Mary Wollstonecraft

24 Oct

Mary, 18th century author, who has a suburb named after her, gives a first-hand account of her significant but troubled life and those of two daughters.

Presenter: Peter Nixon

Current Affairs

### 6. Fiji/Australia - frenemies

1 Nov

The sometimes difficult relationship between Fiji and Australia from the very early days of European settlement through to the present and very significant, new "Pacific step-up" foreign policy.

Presenter: Andrew Drysdale

Travel

### 7. Petra 'Rose-Red city half as old as time'

28 Nov

Petra is arguably the most remarkable city of the ancient world. Explore stunning temples, rock-hewn houses, tombs, and mysterious 'high places' of worship.

Presenter: John Tidmarsh

Travel

### 8. Going south of south!

6 Dec

More people have climbed Mt Everest than visited the Ross Sea in Antarctica. Visiting Scott and Shackleton's Antarctica - an amazing experience and visual delight.

Presenter: Sue Martin

Drama

### DRAMA ACTIVITIES

Alternate Wednesdays from 26 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 5 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

Cnr Griffin and Abbott Rds, not public holidays  
wheelchair access, parking onsite  
Venue Coordinator Runa Schmidt-Muller  
runasm@ihug.com.au

Exercise

### BALANCE 'N' BONES EXERCISE

Every Monday from 3 Jul 9:30 to 10:20 (Easy),  
10:30 to 11:20 (Advanced)

Every Friday from 7 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: Runa Schmidt-Muller  
runasm@ihug.com.au (Mondays)

Diane Muchar dmuchar@gmail.com (Fridays)

Bookings not required.

Games Bridge

### SOCIAL BRIDGE \*\* NEW \*\*

Every Monday from 3 Jul 1:00 to 4:00

Basic Bridge knowledge required.

Leader: Ruth Buchanan ruth.buchanan@bigpond.com

Bookings: Sylvia Volkmer volkmers@hotmail.com

Games Cards

### CARD GAMES 500 \*\* NEW \*\*

Alternate Tuesdays from 4 Jul 10:00 to 12:00

We meet and enjoy or learn to play cards in a friendly and relaxed atmosphere. Tuition for new players will be provided.

Leader: Wolfgang Buschhaus wbuschhaus@gmail.com

Bookings: Julie James julie.james091@gmail.com  
0402 131 785

Games

### GAMES AFTERNOON \*\* NEW \*\*

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

Canasta, card games 500, mahjong, chess and possibly more games.

Bookings not required – just turn up and play.

### THURSDAYS AT NORTH CURL CURL

Every Thursday from 6 Jul 10:00 to 12:30

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

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

Bookings not required.

Music Appreciation

### 1. Soundtrack of our Lives

First Thursday every month from 6 Jul

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

Presenters: Various

Disasters

### 2. Hans Kunnen on 9/11

13 Jul

Kunnen was having his breakfast in a hotel at the World Trade Centre in New York when the unthinkable happened. He tells his interactions with the people and a story of hope.

Presenter: Hans Kunnen

Craft

### 3. Decluttering

20 Jul

Susan will start you on your new de-cluttering journey with simple methods, then advancing to the more intricate yet still providing a completely achievable process to follow. Bring pad and pen.

Presenter: Susan Phillips

Transport

### 4. Ready for the road

27 Jul

An interactive session for drivers, passengers and pedestrians. Learn up to date information on road rules plus valuable tips on safe cars and how to safely use our roads and paths.

Presenter: Robynann Dixon

Current Affairs

### 5. Lesser known global conflicts

10, 17 and 24 Aug (3 sessions)

We know of the conflict in Ukraine but there are conflicts going on in parts of Africa, Armenia, Yemen, Haiti etc. What are these wars all about?

Presenter: Peter Nixon

History Australia

### 6. Exploring Australia

14 Sep

Recounts the historic exploration and mapping of The Great South Land's coastline. After colonial settlement, daring explorers ventured into inland Australia to discover landform, flora and fauna unlike anything seen in the Northern hemisphere.

Presenter: Jill Bruce

Cinema

### 7. Australian classic and quirky movies

31 Aug, 21 and 28 Sep, 19 and 26 Oct

These sessions will showcase a selection of unique and often quirky Australian movies.

Presenter: Kerrie Sanders

Health

### 8. Why we age

12 Oct

Actions you can take to become a healthier and more vital 'you'.

Presenter: Dr Judy Ford

Theatre Drama

### 9. Theatre plays

9, 16, 23 and 30 Nov (4 sessions)

The Oedipus Legend and its influence in theatre  
Samuel Becket: Waiting for Godot and other plays  
Part 1: Angry young men and the theatre of the 50s  
Part 2: Kitchen sink drama and the theatre of the 50s

Presenter: Diana Pheils

Music

### 10. Christmas brunch with Eve

14 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 6 Jul 1:00 to 4:00

Take the opportunity to learn the strategies and tactics of this version of Canasta. Tuition for new players will be provided on 13 and 20 Jul.

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

Games Mahjong

### MAHJONG - THE WESTERN GAME

Every Thursday from 6 Jul 1:00 to 4:00

Learn and play Mahjong in a friendly atmosphere. Patient teaching is provided by Judith Bennett.

Leader and **Bookings:** Sylvia Strike  
sylviastrike@hotmail.com

Trivia

### TRIVIA FOR FUN

Every Friday from 7 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

Current Affairs

### ISSUES FOR DISCUSSION

Alternate Tuesdays from 11 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 members.

Leader: Jack Das

Enquiries: Carmen Exner carmen.exner@gmail.com

**Bookings not required.**

Book Group

### BOOK CLUB

Tuesdays monthly from 18 Jul 10:00 to 12:00

18 Jul, 29 Aug, 26 Sep, 24 Oct, 21 Nov, 5 Dec

Small side room

Join fellow book lovers monthly to select a book, and after reading, discuss at the next get together.

Leaders and **Bookings:** Anne Black

anneblack@yahoo.com.au and

Janie Stubbing janieandwal01@optusnet.com.au

### CURLY QUESTIONS IN SCIENCE

Alternate Tuesdays from 25 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 and Ian Thompson

Enquiries: Laurie Wilson wlaurie118@gmail.com (preferred)  
0417 045 934

**Bookings not required.**

Medical Matters

### 1. Nobel rot – why do top scientists sometimes go loopy?

25 Jul

Nobel prizes are the highest recognition a scientist can earn and yet many laureates later turn to "screwball" science. Why?

Presenter: Ian Bryce

Science

### 2. The Science of Religion

8 Aug

Examining those theories that attempt to explain the origin and experience of religious belief as the result of purely natural processes.

Presenter: Kevin Murray

Science Space

### 3. Do we live in a multiverse?

**22 Aug**

Some of the more speculative aspects of physics and astronomy suggest that we are living in one of the multiple universes. This talk explores various interpretations of the multiverse idea.

Presenter: Dr Laurie Wilson

Science

### 4. A brief history of gold

**5 Sep**

The lust for gold is woven throughout human history, permeating our culture and economy. Where does gold come from, how much is there, where do you find it and what use is it anyway?

Presenter: Dr Garry Lowder

Health

### 5. Understand more and break the 'Cycle of Stress'

**19 Sep**

This talk will help you understand how genes, lifestyle and diet all interact and contribute to a 'Cycle of Stress'. You will learn about many actions we can take for a happier and healthier life.

Presenter: Dr Judy Ford

Medical Matters

### 6. A brief history of medicine and surgery

**3 Oct**

Our body: what it is made of, what can go wrong, and how to treat it.

Presenter: Dr John Walsh

Health

### 7. Safeguarding our health

**17 Oct**

It is near impossible to avoid illnesses. What defences do we have to safeguard and restore health?

Presenter: Sunny Cko

History Britain

### 8. How Britain changed the world – the Industrial Revolution

**31 Oct**

The transformation of Britain from a pre-industrial to an industrial society and the shift from traditional farming to a more capital-intensive economy driven by mechanized industry.

Presenter: Ian Thompson

Science

### 9. Discoveries and inventions that have shaped our world

**14 Nov**

A look at some of the important discoveries and inventions that have changed the world we live in and the science behind these discoveries.

Presenter: Ian Thompson

Science

### 10. The year in science

**28 Nov**

Exploring the cutting edge: A recap of scientific advances in both the Life Sciences and Physical Sciences in 2023.

Presenters: Drs Judy Ford and Laurie Wilson

## PRIVATE HOMES

Language German

### CONVERSATIONAL GERMAN (Mona Vale) (max 6)

**Alternate Thursdays from 6 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 346 875

Book Group

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

**Alternate Thursdays from 13 Jul 1:00 to 3:00**

We meet once a fortnight. We borrow kits of books from the library. You will have four weeks to read your book before we discuss it. In the alternate meeting we share reading something aloud.

Leader: Bernie Gibson bernieanddavid@hotmail.com 0416 231 513

**Bookings:** Marianne Short 0403 939 004

Music Appreciation

### BACH TO THE FUTURE (Avalon) (max 20)

**Alternate Fridays from 14 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