

GREATER WESTERN

Regional President: Robin Amos jjnanna@internode.on.net (preferred) 0418 447 754
Regional Course Coordinator: Dallas Corcoran dallaslouis50@gmail.com
0402 639 380 **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, Community Room Fourth Floor
wheelchair access, train station nearby, bus stop nearby

Games

FUN AND GAMES (max 20)

Every Friday from 5 Jul 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 0412 040 230

BLACKTOWN LIBRARY

Cnr Flushcombe Rd & Alpha St Study Room
wheelchair access, train station nearby, bus stop nearby

History Genealogy

FAMILY TREE MYSTERIES (max 10)

First and Third Tuesday of the month from 2 Jul 10:00 to 12:00

This is a support group for those researching their family history. From beginners to those with over thirty years' experience in genealogy, our friendly group assist each other to solve their genealogy problems.

Leader and **Bookings:** Roslyn McMullen
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

First and Third Tuesday of the month from 2 Jul 10:00 to 12:00

This lively discussion group researches and discusses ideas on a wide variety of contemporary issues, taking turns to lead discussion on a particular issue per session. At times, we invite a guest speaker to lead the discussion.

Will deliver on Zoom if needed.

Leader and **Bookings:** Jim Gray jcgray01@optusnet.com.au
John Brockman alban.kingslangle@gmail.com

MARAYONG: COMMUNITY CENTRE

62 Railway Rd.
wheelchair access, parking onsite, train station nearby

Tai Chi

TAI CHI/ QIGONG

Every Tuesday from 23 Jul 9:30 to 11:00

not school holidays

An oriental exercise that reduces the risk of falls through improving co-ordination, balance, flexibility. The low impact nature of Tai Chi/Qigong is suitable for all ages.

Leader and **Bookings:** Ellen Pilgrim
stanp@optusnet.com.au 0407 450 291

NORTHMEAD: NBC SPORTS CLUB

166 Windsor Rd
Wheelchair access, parking onsite, bus stop nearby

Discussion Group

A LIVELY DISCUSSION GROUP (max 15)

Second and Fourth Monday of the month from 8 Jul 1:30 to 3:30

Have your say. We may not agree with what you say but we will defend your right to say it.

Leader: Kerry Houghton Kerry.houghton1@gmail.com
Bookings: Sue Nielson suenielson@hotmail.com
0421 830 316

PARRAMATTA PHIVE

5 Parramatta Square
wheelchair access, train station nearby, bus stop nearby

Genealogy

GROWING YOUR FAMILY TREE (max 12)

First and Third Tuesday of the month from 2 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:** Ann Rowntree
ann.rowntree@gmail.com

History

FRIDAY HISTORY WITH COLIN SMITH

First and Third Friday of the month from 5 Jul

10:00 to 12:00

1. The Tudors

5 Jul – 18 Oct (8 sessions)

The Tudor Dynasty brought stability to England after the anarchy of the War of the Roses. It also introduced religious changes.

Presenter: Colin Smith

2. The Chinese Cultural Revolution

1 Nov – 15 Nov (2 sessions)

To restore his political power, in 1966 Mao Zedong launched 10 years of madness on the Chinese nation.

Presenter: Colin Smith

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

TUESDAYS AT PHIVE

Second and Fourth Tuesday of the month from 9 Jul

10:00 to 12:00

Interesting presentations from passionate people.

Bookings: Ann Todd anntoddu3a@gmail.com

Australian History

1. William Dampier

9 Jul

The first Englishman to set foot on Australian soil and one of history's forgotten men. The poet Coleridge described him as a "pirate of exquisite mind". Why?

Presenter: Robin Amos

History

2. History through nursery rhymes

23 Jul

Many of the colloquial rhymes we now think of as 'nursery rhymes' began as satirical and subversive commentary on religion, politics and the English monarchy from the 13th to 18th centuries.

Presenter: Susan Ackroyd

Australian Travel

3. The pleasure of travel and tourism

13 Aug

There are many pleasures in travel, but we rarely stop to consider what they are. This talk surveys a range of history tourism sites in Australia, and the pleasures and emotions they provoke.

Presenter: Richard White

History

4. India 1: Home to diverse ethnicities, cultures and religions

27 Aug

India hosts a complex society of diverse cultures. It shaped cultures in Southeast Asia and in turn was profoundly impacted by Persianate Islamic culture.

Presenter: Himanshu Jhala

History

5. India 2: Transition from political independence to a modern state

10 Sep

The second most profound impact on India was that of the British Raj. Since independence, India has been striving to restore its global prominence.

Presenter: Himanshu Jhala

Science

6. Discoveries and inventions that have shaped our world

24 Sep

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

Australian History

7. Boy soldiers of World War I

8 Oct

Some of Australia's youngest soldiers and sailors who did what they could to enlist.

Presenter: Garry Smith

Science

8. History and mythology with storytelling

22 Oct

A short history of myth from indigenous through to present day. Understanding ourselves, understanding how we got to where we are, followed by a brief survey and telling of Homer's Odyssey.

Presenter: Jonathon Drew

Science

9. DNA – how did it build you and me?

12 Nov

DNA is the blueprint for all living beings. We discuss how the four components - ATGC - build our body with all our different features and behaviours.

Presenter: Punci Dassanyake

Science

10. Epigenetics

26 Nov

Describing the mechanisms by which the lifestyles of our parents and grandparents could influence our health and well-being.

Presenter: Punci Dassanyake

Calligraphy

CALLIGRAPHY (max 18)

Second and Fourth Thursday of the month from 11 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 face-to-face.

Leader: Georgie Tuck georginatuck93@gmail.com 9626 1334

Bookings: Deborah Gracic deb.gracic@gmail.com (preferred) 9636 6512

Book Group

BOOK OF THE MONTH (max 20)

Fourth Monday of the month from 22 Jul 10:00 to 12:00

Discussion on the month's book within a dynamic group. We share our reading experience, expand our understanding, enjoy a terrific morning conversation, while learning and, at times, laughing.

Leader and **Bookings:** Judy McShane

judymcs@hotmail.com (preferred) 0419 406 912

Music Opera

MAGIC MOMENTS IN CLASSICAL MUSIC (max 10)

Second and Fourth Wednesday of the month (8 sessions) from 24 Jul 1:00 to 3:00

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, through their music, feelings and emotions that are otherwise inexpressible.

Leader and **Bookings:** Peter Anderson

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

Book Group

THRILLERS AND MYSTERIES (max 10)

Fourth Thursday of the month from 25 Jul 12:30 to 2:30

Do you love reading 'whodunits'? Then join our energetic book club. We take turns in selecting two authors for each month.

Leader and **Bookings:** Ann Todd anntoddu3a@gmail.com
0428 857 790

TOONGABBIE: ST ANTHONY'S CHURCH HALL

Aurelia St

Wheelchair access, train station nearby, bus stop nearby

Games Canasta Mah Jong

MONDAY CANASTA AND MAH JONG (Western Style) (max 25)

Every Monday from 1 Jul 1:00 to 3:30

Learn Canasta and Mah Jong (Western Style) in a friendly group: practise, refresh and polish up your skills for both these social games.

Leaders and **Bookings:** Kerrie Booth 0431 953 419
June Keith junekeith@optusnet.com.au 0412 040 230

Dance

RHYTHM OF THE DANCE & LINE DANCING (max 30)

Every Wednesday from 3 Jul 1:15 to 2:45

not school holidays

Strengthen your balance and memory skills by dancing away to the music of the Waltz, Cha Cha, Rumba, Tango and more, in this relaxed easy to follow class. 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

Dance

BALLROOM DANCING (max 30)

Every Thursday from 25 Jul 1:00 to 3:00

not school holidays

Have fun! Learn the basic dancing steps of Latin American, New Vogue and Traditional Ballroom. No partners required.

Leader and **Bookings:** Cecilia Padlan
cbeauty023@gmail.com 0415 965 325

WINSTON HILLS: ILLABUNDA VILLAGE

16 Buckleys Road

Nature

INTRODUCTION TO PERMACULTURE (Winston Hills)

****NEW****

First and Third Tuesday of the month from 2 Jul 10:00 to 12:00 (6 sessions)

We will look at some of the elements of leading a more sustainable lifestyle, including ecology, permaculture, ethics, climate issues and ideas on soil and water. Gardening is only one part of it.

Leader and **Bookings:** Michelle Sacco
michelesacco@yahoo.com 0411347995

EMAIL

Creative Writing

WRITING CREATIVELY

Second and Fourth Monday of the month via email from 8 Jul

Learn the skills of transforming experiences into prose and poetry in a friendly, supportive group.

Leader and **Bookings:** Glennis Henning
ghenning1940@gmail.com 0411 108 832

OUT THERE

Movies

THE MOVIE CLUB

First Tuesday of the month from 2 Jul

not school holidays

View a new release movie at various cinemas, and then enjoy lunch or coffee afterwards to discuss the film.

Leader and **Bookings:** Judy Buhagiar
judybuh@outlook.com 9631 4102

Outdoors

WALKING AROUND GREATER SYDNEY (WAGS)

Second Friday of every month from 12 July

A variety of walks around Sydney and surrounds from medium to easier bushwalks, track and street walks.

Bookings: Keith Austin 0437 537 137 (text only)

Outdoor Outings

SYDNEY u3a WESTERN WALKERS (max 20) Fourth Friday of the month from 26 Jul

From easy to hard grade bush tracks and street walks around Sydney. Explore beautiful and interesting places. Leader and **Bookings:** Keith Austin panaust@tpg.com.au 0437 537 137 (text only)

PRIVATE HOMES

Desktop Flying

DESK-TOP FLYING FOR SENIORS (Carlingford) (max 6)

Alternate Tuesdays from 9 Jul 1:30 to 3:30

Frustrated aviators can learn to fly/navigate/enjoy scenery on a large screen, from 22,000 airports, using a stable of 180 aircraft. No flying experience necessary.

Leader and **Bookings:** Keith Manwaring
snrpilot18@gmail.com 9872 2907

Cinema Movies

ANYONE FOR MURDER? (Sth Wentworthville) (max 5)

Alternate Wednesdays 10:00 to 12:30

Using a selection of films of murder mysteries including sleuths such as Morse, Barnaby, Miss Marple & Hercule Poirot. Episodes of *Endeavour*, *Lewis* and *Vera* included.

Leader and **Bookings:** Bev Cockburn
bevco4@bigpond.com (preferred) 0408 489 804

History World

EXPLORING THE PAST (Sth Wentworthville) (max 5)

Alternate Thursdays 10:00 to 12:00

Video clips and discussion based on various famous people, including events of historic importance.

Leader and **Bookings:** Bev Cockburn
bevco4@bigpond.com (preferred) 0408 489 804