

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.

GREATER WEST REGION OF SYDNEY u3a

Annual General Meeting and Election of Office Bearers

will be held on: **Friday 28 February commencing at 2:00pm**
at: **The Phive Parramatta Square**

Reports from the President and other Committee members.

Guest Speaker TBA Refreshments provided.

RSVP to Ann at annorel@hotmail.com or via landline 9638 2547 no later than February 24

IMPORTANT: Election of office bearers for 2025: Members are invited to join the Greater West Committee or volunteer to be an Assistant (non-Committee person) to a Committee member. With your help, we will be able to keep our region filled with energetic courses and activities. Nomination forms and information about positions are available from Greater West Secretary at annorel@hotmail.com. Completed nomination forms must be sent to Secretary Ann Orel (annorel@hotmail.com) by February 14.

BLACKTOWN LIBRARY

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

History Genealogy

FAMILY TREE MYSTERIES (max 10)

First and Third Tuesday from 4 Feb 10:00 to 12:00

A support group for those researching their family history. From beginners to those with over thirty years' experience in genealogy, our friendly group assists each other in solving their genealogy problems.

Leader and **Bookings:** Roslyn McMullen
rmrfm12@gmail.com

BLACKTOWN: WESTPOINT SHOPPING CENTRE

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

Games

FUN AND GAMES (max 20)

Every Friday from 7 Feb 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

CASTLE HILL WARRINA VILLAGE (Alix Scott Community Centre)

Langshaw Circuit

Parking nearby

Discussion Group Current Affairs

ISSUES AND IDEAS

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

A lively discussion group researches and discusses ideas on a variety of contemporary issues, taking turns to lead discussion on a particular issue per session. Occasionally, guest speakers lead the discussion. If required, we deliver on Zoom.

Leader and **Bookings:** Jim Gray

jcgray011@optusnet.com.au or

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 4 Feb 9:30 to 11:00

(not school holidays)

The low impact nature of this oriental exercise Tai Chi/ Qigong reduces the risk of falls through improving co-ordination, balance and flexibility.

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 from 10 Feb 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 and bus stop nearby

Genealogy

GROWING YOUR FAMILY TREE (max 12)

First and Third Tuesday from 4 Feb 12:00 to 2:00

Interested in your family history? Join a friendly, helpful group 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 from 7 Feb 10:00 to 12:00

From the 1850s, Vietnamese people fought to end French overlordship of their country. After WWII, this struggle became part of the Cold War between the Communist bloc and the West until the final defeat of America in 1973.

Presenter: Colin Smith

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

0401 454 364

TUESDAYS AT PHIVE

Second and Fourth Tuesday from 11 Feb 10:00 to 12:00

Interesting presentations from passionate people.

Bookings: Ann Todd anntoddu3a@gmail.com

Australian History

1. The women behind the Governors (1788-1855) – playing their part

11 Feb

Untold stories about the female associates of the first 10 Governors of the colony of NSW, their influence, trials and tribulations, successes, scandals and losses due to their association with the men appointed as Governors.

Presenter: David Senior

Science - Health

2. Dementia risk factor reduction

25 Feb

Reducing 12 risk factors may prevent 40% of dementia cases. Social participation is vital for cognitive health and well-being in affected individuals and carers.

Presenter: Diana Matovic

History

3. History part 1: pre-historic Europe

11 Mar

The earliest human arrivals were followed by the hunter/gathers, Anatolian farmers and the Indo-Europeans leading to the development of the earliest civilisation of the Aegean.

Presenter: Himanshu Jhala

History

4. History part 2: early Mediterranean world

25 Mar

The Phoenicians colonised the Mediterranean coast, the Celts spread from Central Europe, the Romans succeeded the Greeks but collapsed when encountering the Barbarian migrations.

Presenter: Himanshu Jhala

History

5. History part 3: the Middle Ages

8 Apr

The Anglo-Saxons migrated to Britain, Arabs invaded Spain, Vikings launched pirating raids and the Swede-Rus, Normans, Magyars and Bulgars claimed new territories.

Presenter: Himanshu Jhala

History

6. History part 4: the Modern Period

22 Apr

European rivalries spilled out of Europe leading to colonial empires. The European Alliance System led to the two World Wars and subsequent influx of non-Europeans.

Presenter: Himanshu Jhala

Science Health

7. Hearing loss as a disruptor of cognition in couples

13 May

Hearing loss affects cognition in couples, threatening cognitive networks. We explore the impacts on individuals and their partners plus potential solutions.

Presenter: Gabi Picard

Virtual travel

8. City West and Parramatta

27 May

A virtual walk starting at Sydney Town Hall, we explore historic sites, take a virtual ferry ride along the Parramatta River and finish at Parramatta Female Factory to learn of the horrific story of The Parramatta Girls' Home.

Presenter: Trevor McAlister

Music

9. The British Invasion

10 Jun

The mid-1960s was a cultural phenomenon when British rock bands like The Beatles and The Rolling Stones became extremely popular in the United States to the detriment of local artists.

Presenter: Paul Kearney

Photographs

10. Twelve iconic images of Australia

24 Jun

12 photographs from the 1840s to the early 2000s shows how our country, its people, and the way we view the world, has changed.

Presenter: Laurie Wilson

Calligraphy

CALLIGRAPHY (max 18)

Second and Fourth Thursday from 13 Feb 1:30 to 3:30

Learn beautiful writing and discover your artist within. A continuing course, no experience necessary but time and effort essential. We alternate with Zoom - 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

Music Opera

MAGIC MOMENTS IN CLASSICAL MUSIC (max 10)

Second Wednesday from 12 Feb 1:00 to 3:00

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

Book Group

BOOK OF THE MONTH (max 20)

Fourth Monday from 24 Feb 10:00 to 12:00

Within a dynamic group, we share our reading experience of the book of the month, 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

Book Group

THRILLERS AND MYSTERIES (max 10)

Fourth Thursday from 27 Feb 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

Nature

PERMACULTURE: SUSTAINING NATURAL ECOSYSTEMS **NEW**

Second and Fourth Tuesday from 11 March 1:00 to 3:00
(6 sessions)

Experience an engaging exploration of sustainable living through permaculture. Each session will cover essential aspects of leading an eco-friendly lifestyle, including ecology and permaculture principles, ethics and climate issues, soil health and water management.

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

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 3 Feb 1:00 to 3:30

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

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

Dance

RHYTHM OF THE DANCE & LINE DANCING (max 30)

Every Wednesday from 5 Feb 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.

Leader: Bobbie Kersten bobbiekersten@gmail.com (preferred) 0410 873 605

Bookings: Carol Limbo carohlinaalbina@gmail.com (preferred) 0421 618 081

Dance

BALLROOM DANCING (max 30)

Every Thursday from 6 Feb 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 (preferred) 0415 965 325

EMAIL

Creative Writing

WRITING CREATIVELY (via email)

Second and Fourth Monday from 10 Feb

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 from 4 Feb

(not school holidays)

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

Participants notified of films and locations 1 week prior.

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

Outdoor Outings

WALKING AROUND GREATER SYDNEY (WAGS)

Second Friday commencing 14 Feb

From easy to medium bushwalks and paved walkways with water, scenic and historical views, stopping for morning tea/ lunch. Walks are organised and lead by different members of the group.

Leader and **Bookings:** Roslyn McMullen rrmfm12@gmail.com

Outdoor Outings

SYDNEY u3a WESTERN WALKERS (max 20)

Fourth Friday from 28 Feb

From easy to hard grade bush tracks and street walks around Sydney. Explore beautiful and interesting places occasionally by public transport. Maybe lead some walks.

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 4 Feb 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 9872 2907 snrpilot18@gmail.com (preferred)

Cinema Movies

ANYONE FOR MURDER? (Sth Wentworthville)

(max 5)

Alternate Wednesdays from 5 Feb 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 from 13 Feb 10:00 to 12:30

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

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