

TAMAR VALLEY U3A NEWSLETTER & COURSE INFORMATION



New format for Newsletter

We are trialling a new format for our Newsletter and have included the course program for Term 2. We would welcome your comments.

More new courses are being introduced this term as well as a couple of short courses and, of course, the old favourites are back.

One on One Computer Support for those wishing to know more about the Internet, Email, Skype, downloading photos etc.

Golf is back! For new and inexperienced golfers. Thank you to Exeter Golf Club for allowing us to offer this course again.

Creative Writing – aimed at stretching and stimulating one's imagination and for those who can't get beyond the first blank page!

And, a **Writer's Group** for those who have a writing in progress but need some support in moving it along.

How about learning the **Basics of Fly Fishing** in readiness for the opening of the season in August?

And then there's **Drumming!** A Drumming Workshop using Djembe drums – come along and indulge that childhood dream...

Tamar Valley U3A's answer to Q&A... A **Current Affairs Discussion**. Come along with a topic that is important to you that you would like to discuss and hear other people's point of view. We need a **minimum of 10 participants** for this to go ahead.

Raimund Bruns does it again but differently Rai's previous philosophy courses were very popular, but this term his course will focus on **An Introduction to Positive Psychology**. Positive Psychology is one of the newest branches of psychology to emerge and has been described as "the study of the strengths and virtues that enable individuals, communities and organisations to thrive". Join Raimund to learn more about this fascinating and emerging field of psychology.

See inside for our Autumn
Course Program

Commencing May 12 2014

NEW Courses added!

MEMBERSHIP & COURSE ENROLMENT DAY

THURSDAY 1ST MAY

10.00 – 12.00PM

AT TRESCA, MAIN ROAD, EXETER

Short courses:

Candle making. Learn how to make soy wax candles. One session only.

Sausage making. Learn how to make your own sausages from Nigel our local award winning butcher! One session only.

DATES TO REMEMBER

Forthcoming Term Dates:

Term 3 28 July – 19 September

Term 4 20 October – 12 December

Seniors Week: 13 – 19 October 2014

You may also be interested in....

Wood Working at Exeter Showgrounds – This group meets at 7pm on the first Monday of the month unless it is a long weekend. They work every Wednesday from 9am to 2 or 3pm in the workshop there. You are most welcome to call in or phone Brian on 6331 1076

Book Club – Legana Community Group runs a Book Club that meets each month on a Saturday afternoon to discuss books. New members are always welcome, any time of year. The group agrees upon the dates and venues to meet and they also advise which books to get. If you are interested contact Anne Brelsford 0402 582 402

WINE APPRECIATION AT MARION'S VINEYARD

A huge thank you to Marion's Vineyard!

For those who didn't come to this wonderful experience we offer our condolences!

We were very warmly welcomed into a serene setting, overlooking the Tamar River and spent the next three to four hours learning the art of wine making. We were able to pick some grapes, see them placed in a machine that took the stalk from them and crushed them. We viewed the fermentation process, learnt how they blended the wines and even did it ourselves. Marion and Cynthea were very polite and encouraging! We tasted the juice before the wine process started and then as we had lunch we were treated to a tasting session.

I will never look at a bottle of wine again without appreciating the effort that goes into its production.

Thank you for the opportunity for this wonderful experience.

CALLING FOR VOLUNTEERS

To form a "Community Engagement Committee" to promote the activities and courses of Tamar Valley U3A in present and future areas and to coordinate social activities. We see this as a very vital role for continued growth of our U3A. For further information and expressions of interest please contact the office on 0429 965 015

SUCCESSION PLANNING...

It is time for us to give some thought to succession planning. In August we will be holding our Annual General Meeting at which time all committee positions will be declared vacant. This is your chance to become involved in a great community organisation, by not only using your skills but bringing with you fresh ideas which will ensure our U3A remains a vibrant and growing organisation into the future. Taking on a role does require a few hours' work each week, but it is very rewarding and you meet lots of new and interesting people many of whom have similar interests in promoting ongoing education for the retired and semi-retired in the community.

Please take time to consider how you would like to become more involved in Tamar Valley U3A. For more information and to talk to a committee member please ring the office. Position descriptions for the various committee positions can also be made available.

Tutors/Facilitators??

Members have expressed an interest in the following classes but we need tutors and/or facilitators. Can you help? Please contact us if you believe you could tutor a class, or know of anyone who could be interested.

- Italian
- Lead Lighting
- Lino cuts
- Engine maintenance
- Cooking for Men
- Bicycle Maintenance

UKULELE FOR SALE!

Mahalo soprano Ukulele Mahogany body
with heavy duty gig bag.

As new \$80.00 0409 016 886

The Spirit of ANZAC

"The Spirit of ANZAC is invincible. It is the flame that burns forevermore in the heart of every true Australian and New Zealander. Today we stand safe and free, clothed with all the privileges and rights of citizens in these great free countries. And all these things - liberty, security, opportunity, the privileges of citizenship - we owe to those men who fought, endured, suffered, and died for us and for their country. Their deeds and their sacrifices gave us the invincible, the intangible, the Spirit of ANZAC"

Part of the text taken from an article written by Retired Colonel Arthur Burke OAM a member of the Executive Committee of the ANZAC Day Commemoration Committee of Queensland, after reading a collection of essays written in 1961 by the students of St Margaret's Anglican Girls' School, Ascot, Brisbane, following their attendance at the school's annual ANZAC Day service.

OUR COURSES FOR TERM 2

One on One Computer support at the Online Access Centre in Beaconsfield – If you need support to use your computer come along and use our computers in the Senior Hub or bring your laptop with you. **You need to phone the Online Access Centre to book a time mutually acceptable to both parties.** This course is free.

Tutor: Michael Settington

Phone: 6383 1146

When: Day by arrangement – commencing May 12

Where: Online Access Centre, Grubb St,
Beaconsfield

Numbers: One on one

TAI CHI – Tai Chi – With regular practice, Tai Chi eases mental and physical tension, tones the muscles and releases anxiety by correcting your breathing. This course is not bound by term dates and will continue through the year after April 28th.

Leader: Geoff Koh

Phone: 6330 1234

When: Commencing **April 28**

MONDAY 9.30 - 10.30 am Beginners

MONDAY 10.30 – 11.30 am Continuation

Where: Deviot Hall, 592 Deviot Road, Deviot

GOLF – FOR NEW AND INEXPERIENCED GOLFERS

Please meet at the Clubhouse, Wear soft soled shoes (joggers, runners) and bring a hat, sunscreen and sunglasses. All equipment provided by Club, as required. A gold coin donation may be required for hospitality etc.

Tutor: Nigel Whawell

Phone: U3A Office: 0429 965 015

When: **MONDAY** – 10.00-11.30am comm. **May 5**
Note: commences week before Term 2 start date

Where: Exeter Golf Club (adjacent to Tresca)

Duration: 5 weeks (Finishes June 2)

CREATIVE WRITING – A.K.A. Scribblers Happy Hour.

This course is aimed at stretching and stimulating one's imagination via the medium of pen and paper, and to encourage the reader to want to read on. So if you've ever wanted to write, but couldn't get past the first blank page, then this is the course for you. No experience necessary at all, just bring pen and paper and with the support of each other we shall open the door to our imagination and you will be amazed at what you can do. Like all things, writing improves with practice, and practice with others is a lot of fun.

Tutor: Paula MacIntosh

Phone: 6330 3131

When: **MONDAY** 11-12.30 – commencing May 12

Where: Tresca, Main Road, Exeter

Duration: 7 weeks

HAND SEWING, QUILTING, KNITTING, CROCHETING & CRAFT Come along and enjoy 2 hours devoted to completing the project you haven't completed yet or start a new one and use the combined knowledge of the group. If you haven't a project in mind why not join us in knitting or crocheting squares to make knee rugs, etc for the hospital? Bring along your project and join in the banter and fun of the group.

Tutor: Pat Turner

Phone: 6383 4271

When: **MONDAY** 1.00-3.00pm – comm. May 12

Where: Beaconsfield House, Grubb St, Beaconsfield

Duration: 7 weeks

CANDLE MAKING – SPECIAL PRICE FOR U3A MEMBERS OF \$25

Tutor: Faye Dwyer

Phone: 0408 651 492

When: **MONDAY** MAY 26th 1:00 – 3.00pm

Where: Beaconsfield House, Grubb St, Beaconsfield

Duration: 1 Session **Numbers:** Min 6 participants

Booking: **PLEASE BOOK & PAY BY 21 MAY AT THE LATEST**

GERMAN – Sprechen Sie Deutsch? Do your brain cells a favour and come along and learn a new language, or dust off your memory and revive what you learned years ago! We will learn basic vocabulary and use role-play to enact typical, everyday situations using basic phrases. The emphasis is on enjoying ourselves, as having fun is the best way to learn. We will also talk about German life and culture, sing a bit and listen to German songs, share photographs and memories.

Tutor: Celia Cliff

Mobile: 0447 529 689

When: **MONDAY** 1.30–3.00 pm comm. May 12

Where: TRESKA, Main Rd, Exeter, Front Room

Duration: 7 weeks **Numbers:** Min: 6 participant

MOVE OVER GETAWAYS OR ARMCHAIR TRAVEL – Illustrated presentations by leader, participants and/or guest speakers on domestic and international travel to popular or more unusual destinations.

Leaders: Diana Murrell & Caroline Richards

Tel/Mobile: Caroline Richards – 0403 870 903
Diana Murrell – 6330 3271

When: **MONDAY** 4.00 – 5.30 pm comm. May 12

Where: Legana Fire Station, Freshwater Pt Rd, Legana

Duration: 7 weeks **Numbers:** Min 6 Max. 15 participants

EXERCISE FOR SENIORS – A combination of gentle, low impact standing and floor exercises to great music, designed to strengthen forgotten muscles and improve balance and co-ordination and general well-being. **It is tailored to suit individual attendees.** Men most welcome! You will need a mat for floor work, perhaps foam. If you cannot manage floor work, the program will be adapted for you.

Leader: Leonie Ingram

Mobile: 0414 772 097

When: **TUESDAY** 9.30-10.30am comm. May 13

Where: Tresca, Main Road, Exeter (Long Room)

Duration: 7 weeks **Numbers:** Min 6 Max 8 participants

THE BASICS OF FLY FISHING Come along and learn the basics in preparation for the new season in August!

You will learn: The entomology of the flies used in this fishing and how to tie them. How to cast the line with plenty of practice. Where to practice your casting. What you need and what your options are. Bring along the tip of a rod if you have one and give it a go!

Tutor: Les Harrison

Mobile: 0409 016 886

When: **TUESDAY** 10.00-11am commencing May 13

Where: Beaconsfield House, Grubb St, Beaconsfield

Duration: 4 weeks - Finishes June 3

EXPLORE YOUR INNER CREATIVITY. Open the door to a whole new world – drawing, charcoal, watercolour, oils, collage. You choose. **NO EXPERIENCE NECESSARY,** just come along and enjoy yourself. Class is full but please add your name to the waiting list. You may be lucky!

Tutor: Ingrid Olsen

Office Tel No. 0429 965 015

When: **TUESDAY** 10.30-1.00pm

Where: Tresca, Main Road, Exeter (Long Room)

Duration: Continuing

Numbers: Max 8 participants

MAHJONG – Come and enjoy the game! We all share our knowledge of the game and welcome new participants. We are eager to help you learn the game, but no one is an expert. Just come for the fun and the good company! You do not need any experience!

Facilitator: Judy Cotton

Mobile No: 0402 612 614

When: **TUESDAY** 2-4pm commencing May 13

Where: Beaconsfield Catholic Church Meeting Room
Weld Street Beaconsfield

Duration: 7 weeks **Numbers:** Max 12 participants

FRENCH – Parlez-vous francais? Brush up on school French or learn the basics. The members of this group contribute and participate in this lovely language to prepare for overseas visits or just for fun. This is a very popular and well-attended course.

Tutor: Maree Millier

Mobile: 0408 834 087

When: **WEDNESDAY** 10.30-12.30pm Comm.May14

Where: Beaconsfield House, Grubb St, Beaconsfield

Duration: 7 weeks

BEGINNERS & ONGOING LEARNERS OF BRIDGE –

This will carry on from Term 1. It is important to continue to practice a new skill or it is easily forgotten. Come and join in with a very welcoming group of enthusiastic learners!

Tutor: Liz Templeton

Mobile: 0408 071 617

When: **WEDNESDAY** 10-11.30am comm. May 14

Where: Deviot Hall, 512 Deviot Road, Deviot

Duration: 7 weeks

Numbers: Max 12 Min 4 participants

THE CHALLENGES OF THE PRESENT HOUR – A critical appraisal of religious systems past, present and a possible future. We ask the class for their views and invite discussion, beginning with: **Can our belief system suffice us?**

Tutors: Doug & Hassanah Wilkinson

Phone: 6394 3414

When: **WEDNESDAY** 2.00-3.00pm comm. May 14

Where: TRESKA, Main Road, Exeter – Front Room

Duration: 7 weeks

Numbers: Min 6 participants

DRUMMING – Come along to some Drumming Workshops. Indulge that childhood dream you had, or revise your old love of drumming. Diane has some djembe drums for you to use, but if you have your own bring them along as well and enjoy the therapeutic benefits of drumming as well as have fun!

Tutor: Diane Hayes

Mobile: 0439 189 886

When: **WEDNESDAY** 2.00-3.00pm comm. May 14

Where: Deviot Hall, 512 Deviot Road, Deviot

Duration: 7 weeks

WRITERS' GROUP – Do you have a novel or bio in progress – or languishing? I'm offering to co-ordinate a writing group/workshop to energise and support writing projects. I envisage **coffee shop sessions with dedication!**

Tutor: Anne O'Grady

Phone: 6383 4614

When: **THURSDAY** 11.00-12.00pm comm. May 15. Days thereafter to be arranged by the group.

Where: First session at Online Centre, Grubb Street, Beaconsfield. Thereafter to be arranged by the group.

Duration: 7 weeks

CURRENT AFFAIRS DISCUSSION – Come and have your say. Listen to the point of view of others. In today's society we are becoming more and more isolated. Few opportunities arise to give an opinion on a matter important to you. Andrew has been connected with such a group at the University of New England and it was very popular. Bring along the topics you wish to discuss.

Tutor: Andrew Marke

Tel/Mobile:6352 3828/0428 833 212

When: **THURSDAY** 1.00-3.00pm comm. May 15

Where: Beaconsfield House, Grubb St, Beaconsfield

Duration: 7 weeks

Numbers: Min 10 participants

UKULELE – BEGINNERS GROUP – Come and learn to play this simple but fun instrument. No prior musical knowledge needed. You will need to have your own instrument (about \$30 from Barrett's Music Shop in Launceston or may be a second hand one).

Tutor: Bob Jenks

Phone: 6384 4410

When: **THURSDAY** 1.00-2.00PM comm. May 15

Where: Deviot Hall, 512 Deviot Road, Deviot

Duration: 7 weeks

UKULELE – ADVANCED GROUP – Continues on from the great start you have had. It gets easier as you go along. Maybe you already have experience. Please come along and join in the camaraderie.

Tutor: Bob Jenks

Phone: 6384 4410

When: **THURSDAY** 2.00-3.00pm comm. May 15

Where: Deviot Hall, 512 Deviot Road, Deviot

Duration: 7 weeks

SCRABBLE – Come and join the Scrabble group. Would you like to learn the game? Would you like to improve your Scrabble game or do you love to just play the game? Come along and be with beginners and seasoned players who will be happy to guide you or compete with you. If you have a Scrabble game please bring it with you. It is a chance to make friends with those who love the word game.

Facilitator: Joan Walters

Mobile: 0439 617 145

When: **THURSDAY** 2.00-4.00pm comm. May 15

Where: Beaconsfield Catholic Church Meeting Room, Weld Street, Beaconsfield

Duration: 7 weeks

Numbers: Min 6 participants

AN INTRODUCTION TO POSITIVE PSYCHOLOGY – In this course you will be introduced to both the theory and practice of this fascinating field of emerging psychology. Do you wish to understand more about what contributes to your happiness and well-being and what doesn't? Then this course is definitely a must for you!

Tutor: Raimund Bruns

Phone: 6383 4959

When: **THURSDAY** 4.00-6.00pm comm. May 15

Where: Beaconsfield Hospital Day Room, 13 Bolton St, Beaconsfield.

Duration: 7 weeks

Numbers: Min 6 participants

YOGA – The word Yoga means union. Union of Body, Mind and Spirit. Yoga is remedial and is associated with physical movement. It brings the body into balance and alignment by performing specific postures.

Yoga quietens the mind and brings about a sense of well-being. Among other things, Yoga stretches muscles, lubricates joints and brings flexibility to the body. Frank and Gail are qualified Yoga Teachers and for over 10 years have been teaching Yoga in the West and Tresca Community Centre, as well as TVU3A last term, 2013. The hour session is made of 45 mins physical yoga and 15 mins pure relaxation at the end of the session. Look forward to seeing you there sometime soon.

Tutor: Gail & Frank Howard

Phone: 6394 3881/0427 168 692

When: **FRIDAY** 10-11am Continuing thru to June 12

Where: Deviot Hall, 512 Deviot Rd, Deviot

SUCKED IN BY CRYPTICS – A continuing Workshop for survivors of the Beginners Course. Some experience is necessary, but most class members still need lots of practice!

Facilitator: Geoff Frost

Phone: 6494 3919

When: **FRIDAY** 10-11am comm. May 16

Where: Tresca, Main Road, Exeter

Duration: 7 weeks **Numbers:** Min 6 participants

SPANISH –Introduction to the Spanish language and culture using contemporary Latin American Spanish. Some previous experience using the language or travelling in Latin America would be an advantage.

Tutors: Diana Murrell & Caroline Richards

Phone: (DM) 6330 3271 (CR) 0403 870 903

When: **FRIDAY** 1-2.30pm comm. May 16

Where: Early Learning Cntr, Mainwaring St, Beauty Point

Duration: 7 weeks

Numbers: Min 6 participants

SAUSAGE MAKING AT NIGEL’S GOURMET ON TAMAR – Come along and learn the techniques of sausage making with our famous award winning butcher. **Please book by 11th June at the latest.**

Tutor: Nigel

When: **SATURDAY** JUNE 14 – 2.00-4.00pm

Where: Nigel’s Gourmet on Tamar, Main Road, Exeter

SPECIAL

PAMPER MORNING/AFTERNOON WITH REFLEXOLOGY & REIKI: This is a “taster” morning to judge the interest in Reiki and Reflexology. If you know of anyone with skills in this area, eg Aromatherapy, please invite them to join us and share their skills also. They may wish to offer a course at a later stage as well.

REFLEXOLOGY: Is a foot massage, which stimulates pressure points that are connected to every organ in the body, through nerve endings in the foot. This, in turn, benefits all the body functions. This is a pleasant therapy and helps one to relax the body and can assist in alleviating certain ailments. It addresses – mind, body and spirit. Frank is a certified Reflexologist.

REIKI: Reiki is a Japanese word meaning “Universal Life Force”. Reiki is the transference of energy from the therapist to the recipient in the forms of ‘hands on’ the body, through the clothing. It is an extremely relaxing technique and de-stresses and detoxifies the body and can alleviate pain. This lovely therapy leaves the recipient in a state of ‘well-being’.

Frank and Gail have been Reiki Therapists for over 20 years, with what is called Master or level 3 qualification, and have introduced numerous people to a ‘change of life’ experience. They have volunteered their services over the years with the Cancer Council in Western Australia and also in Tasmania as Palliative Carers. So, come along and “treat yourself”.

You need to book 45 mins sessions for one or each date.

When: **THURSDAY** MAY 15, **THURSDAY** JUNE 5

Where: Deviot Hall, 512 Deviot Rd, Deviot

Sessions Start: 9.00am

Sessions Finish: 12.30pm

Bookings: **Please book by the Tuesday before each session**

GEMS OF KNOWLEDGE (MONTHLY TALKS)

HISTORICAL TALK ABOUT THE GORGE

The European history of the gorge from 1804 to present day, including the original water supply, mill, Kings Bridge power station and more. A gold coin donation for tea or coffee and biscuit.

Presenter: Peter Serisier

Phone: 0418 557 617

When: **TUESDAY** MAY 20 - 2.00-3.30PM

Where: Gorge House (near the chair lift)

Bookings: **PLEASE BOOK BY FRIDAY 16 MAY**

SUBMARINES

Followed by a Pot-Luck lunch. Please bring a plate of food to share.

Olle Holmdahl: I have been involved in submarine design starting my career in Sweden in 1961, retiring from the industry in 2000. In the last 15 years of my career I was involved in the design and construction of the new Australian submarines which were built in Adelaide.

Most people are fascinated by submarines and in my talk I propose to start with the history of the submarine, go on to submarine design in general, the Australian submarines and finish with the question "Why Does Australia Need Submarines"? I will welcome questions from the audience after my presentation.

Presenter: Olle Holmdahl

When: **TUESDAY** MAY 27 - 11.30-1.30pm

Where: Beaconsfield House, Grubb St, Beaconsfield

Bookings: **Please book by Friday 23 May**

VISIT TO FRANKLIN HOUSE, YOUNGTOWN, LAUNCESTON

Following the talk on Franklin House given by Leonie earlier this year there have been many requests for a follow-up at the house so here is your chance. Cost \$13.00 including Devonshire Tea or cheese & biscuits. Money supports the upkeep of the house.

Presenter: Leonie Ingram

When: **FRIDAY** June 13 10.00am – midday approx.

Where: Franklin House, Youngtown, Launceston

Bookings: **Please book by Wednesday 11 June**

WHITE MAN'S FEAR OF THE ABORIGINES & THE RESPONSES THAT PRECIPITATED

Nick lectures in Colonial History at Tasmania University and has a great passion for it.

Presenter: Nick Clements, UTAS

When: **THURSDAY** JULY 3 – 4.30 – 6pm

Where: Beaconsfield House, Grubb St, Beaconsfield

Bookings: **Please book by Monday 30 June**

THE HISTORY OF BEACONSFIELD

Nigel is a well-known author who has a great passion for the history of our area. He shared a wonderful talk with us last year on the history of Beauty Point.

Presenter: Nigel Burch

When: **THURSDAY** AUGUST 28 – Time TBA

Where: Beaconsfield House, Grubb St, Beaconsfield

Bookings: **Please book by Monday 25 August**

STEAMERS ON THE TAMAR RIVER

Presenter: Peter Cox

When: **THURSDAY** September 11 – 10.00am-11.30am – **Book by Monday 8 September**

Where: Beaconsfield House, Grubb St, Beaconsfield

THE BLACK LINE

Many of us were told the story of the line of white man across Tasmania to collect all the aboriginal people. Come and listen to the facts of what really happened.

Presenter: Nick Clements, UTAS

When: **THURSDAY** October 2 – 4.30-6.00pm

Where: Beaconsfield House Grubb St, Beaconsfield

Bookings: **Please book by Monday 29 September**

COMING EVENTS TO WATCH OUT FOR:

TERM 3 INDOOR BOWLS

TERM 4 LAWN BOWLS

ABOUT CLASSES

- Anyone wishing to enrol in a class must be a registered financial member
- Please wear your U3A name badge to all courses and functions
- If the course you select is full your name will be placed on a waiting list
- Many of our venues are provided free of charge so we ask course participants to donate a weekly gold coin to help with the heating/cooling and tea and coffee provided by the venue. A donation box is provided at each class.
- If you are unable to attend a session or need to withdraw from a course, please notify the tutor/facilitator.

GENERAL COURSE DISCLAIMER

U3A offers courses to members for mutual education and learning experiences. The offering of any course does not imply the course content is necessarily endorsed or recommended by U3A. No financial, legal or health decisions should be made solely on the basis of course material. Members who find course material confronting in any way should feel free to leave any class at any time.

TAMAR VALLEY U3A COURSE BOOKING FORM – TERM 2 2014

| | | |
|-----------------------------|--------------------|----------|
| Person 1 | Please print Names | Person 2 |
| ENROLMENT FOR _____ / _____ | | |
| YOUR TELEPHONE NUMBER _____ | | |

| COURSE NAME | Print Initials | | COURSE NAME | Print Initials | |
|--|----------------|-------------|--|----------------|-------------|
| | Person 1 | Person 2 | | Person 1 | Person 2 |
| ONE ON ONE COMPUTER SUPPORT | | | CURRENT AFFAIRS DISCUSSION | | |
| TAI CHI - BEGINNERS | | | UKULELE – BEGINNERS GROUP | | |
| TAI CHI - CONTINUING | | | UKULELE – ADVANCED GROUP | | |
| GOLF | | | SCRABBLE | | |
| CREATIVE WRITING | | | AN INTRODUCTION TO POSITIVE PSYCHOLOGY | | |
| HAND SEWING, QUILTING, KNITTING ETC | | | YOGA | | |
| CANDLE MAKING | | | SUCKED IN BY CRYPTICS | | |
| GERMAN | | | SPANISH | | |
| MOVE OVER GETAWAYS or ARMCHAIR TRAVEL | | | SAUSAGE MAKING | | |
| EXERCISE FOR SENIORS | | | PAMPER MORNING - REFLEXOLOGY | | |
| THE BASICS OF FLY FISHING | | | PAMPER MORNING - REIKI | | |
| EXPLORE YOUR INNER CREATIVITY | | | TALKS | | |
| MAHJONG | | | HISTORICAL TALK ABOUT THE GORGE | | |
| FRENCH | | | SUBMARINES | | |
| BEGINNERS & ONGOING LEARNERS OF BRIDGE | | | VISIT TO FRANKLIN HOUSE | | |
| THE CHALLENGES OF THE PRESENT HOUR | | | WHITE MAN'S FEAR OF THE ABORIGINES & THE RESPONSES THAT PRECIPITATED | | |
| DRUMMING | | | THE HISTORY OR BEACONSFIELD | | |
| WRITERS' GROUP | | | STEAMERS ON THE TAMAR RIVER | | |
| | | | THE BLACK LINE | | |
| | | | | | |

Please complete and detach and either - scan and email to tamarvalleyu3a@gmail.com
 Mail to P O Box 147, Beaconsfield, Tasmania 7170
 Drop into office or
 Take to Enrolment Day at Tresca on 1 May

CONTACT US AT

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OFFICE HOURS: **MON** 11AM – 1PM **WED** 10AM – 12 NOON **THURS** 2PM – 4PM