



TAMAR VALLEY U3A

2017 TERM 2 AUTUMN PROGRAMME

8 MAY to 30 JUNE

OFFICE: Online Centre, Grubb St, Beaconsfield

HOURS OF OPENING: MONDAY AND WEDNESDAY 10am to noon

Postal address P.O Box 147, Beaconsfield. 7270

Telephone 0363831113 during office hours

Email tamarvalleyu3a@gmail.com

Website tamarvalleyu3a.com.au

**WE WISH TO ACKNOWLEDGE AND THANK THE WEST TAMAR COUNCIL FOR THEIR
ONGOING SUPPORT.**

REGISTRATION:

- 1. During office hours at The Online Centre, Grubb Street, Beaconsfield, on or before the start of term.**
- 2. Use our website: <http://tamarvalleyu3a.com.au>**
- 3. Enrolment after the start of term is at the discretion of the leader/tutor.**
- 4. Please assume that you have been accepted for your nominated courses, unless notified otherwise.**

MEMBERSHIP ENROLMENT

Non-members will need to complete an Application for Membership Form that is available from the office or on line, before enrolling in a course.

The Membership fee of \$40 for the year entitles you to attend as many courses as you can fit in.

Methods of payment are by cheque, cash, money order or direct debit.

BANK: Heritage Isle CU

BSB: 723-000 Account: 6739

A/C Name: Tamar Valley U3A

Reference: Your name. Please note that EFTPOS facilities are NOT available.

You are welcome to observe a session to see if it suits you before joining, but please record your details with the tutor/facilitator to be covered by our insurance.

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 indorsed 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 anyway should feel free to leave any class at any time.

TAMAR VALLEY U3A COURSES FOR TERM 2, 2017
8th MAY TO 30th JUNE

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SHORT TALKS

TO BE ADVISED

Usually held on the fourth Thursday of the month at Beaconsfield House at 10.30

COFFEE AND CHAT MORNINGS ON THE FIRST FRIDAY OF THE MONTH.

FOR DETAILS RING SUE AMOS on 63 834393 or mob.0407821597

Email scaping6749@gmail.com

DAY & TIME	COURSE	TUTOR	VENUE
By arrangement Commencing Mon. Feb. 13	<u>ONE TO ONE COMPUTER SUPPORT AT THE ONLINE CENTRE IN BEACONSFIELD.</u> If you need support to use your computer, come along and use our computers in the Senior Hub or bring your laptop with you. Please ring the Online centre to book a time This course is free. One on One. A similar course is available at Riverside at the Windsor Park Complex. Please ring the West Tamar Council on 63 239200.	Online Centre No. 63831146	Online Centre, Grubb Street, Beaconsfield.
MONDAY. 9:30-10:30 am Commencing May 8th	BEGINNERS' TAI CHI – is said to relieve stress, arthritis, blood pressure and assist in the mobility of mind and body. Aid blood circulation and muscle toning. It is a relaxing form of an ancient Chinese exercise system involving gentle movements to all parts of the body.	Geoff Koh 0407 031566	Deviot Hall, 512 Deviot Rd, Deviot
MONDAY 10:30-11:30 am Commencing May 8th	CONTINUING TAI CHI – is said to relieve stress, arthritis, blood pressure and assist in the mobility of mind and body. It is a relaxing form of an ancient Chinese exercise system involving gentle movements to all parts of the body.	Geoff Koh 0407 031566	Deviot Hall, 512 Deviot Rd, Deviot
MONDAY 1:00 – 3:00 Commencing May 8th	SCIENCE & TECHNOLOGY ENABLING OUR MODERN LIFESTYLE As recently as 150 years ago, more than 90% of the population of even the most industrialised nations on earth were employed producing food. Now less than 5% of the population works in agriculture. Our lives are sustained by systems and technologies that would look like magic to even our not-so-distant ancestors. While we know it is not magic, most of us understand these technologies about as well as we understand the debates of mystics and theologians.	Mark Love 0447 534 574	Beaconsfield House, Grubb Street, Beaconsfield
TUESDAY 10.00-12.00 Commencing May 9th	WRITING FOR FUN A non-structured group for enjoyable writing. Caring and sharing group. ALL WELCOME	Jen Kilvert 0400 117299	Tresca Front room
TUESDAY 10.00-12.00 Commencing May 9th	MODERN EUROPEAN HISTORY From the end of WW2 in 1945 to Soviet president Mikhail Gorbachev's resignation and the dissolution of the Soviet Union into independent states in 1991. The course will continue to adopt a mainly 'heroes and villains' view of history.	David Chant	Exeter RSL
TUESDAY. 10:30 – 1:00pm Commencing May 9th	EXPLORE YOUR INNER CREATIVITY. <u>Open the door to a whole new world</u> – drawing, charcoal, watercolour, oils, collage. You choose. NO EXPERIENCE NECESSARY, JUST COME ALONG AND ENJOY YOURSELF. Maximum 8 participants	Ingrid Olsen Ring Tresca on 6394 4231	Tresca Main Road, Exeter Long Room

<p>TUESDAY. 2:00 – 4:00pm Commencing May 9th</p>	<p>HUMAN EVOLUTION The story of us. Going right back to the ‘Big Bang’ theory - how planet earth was created and how we as a species evolved. Will follow our history through to the present day and speculate on the probable fate of mankind and its planet. Course length expected to last 6-8 weeks (not fixed and will depend on discussion time during course)</p>	<p>Paddy Newey</p>	<p>Beaconsfield House, Grubb Street, Beaconsfield</p>
<p>TUESDAY. 2-4pm Commencing May 9th</p>	<p>MAH JONG – <u>Come and enjoy the game!</u> Mah Jong is a game that originated in China and involves skill, strategy and calculation. Come and try your luck at this fascinating game. No experience necessary! It is a very relaxing 2 hours in a warm friendly atmosphere.</p>	<p>Jean Bruce 6383 4175</p>	<p>B’field Catholic Church Meeting Room, Weld St Beaconsfield</p>
<p>WEDNESDAY. 10.00-11am Commencing May 3rd.</p>	<p>FRENCH CONVERSATION For those who have done some French in the past and would like to brush up on their vocabulary and conversational skills Minimum 6 participants.</p>	<p>Kate Whittall</p>	<p>Deviot Hall</p>
<p>WEDNESDAY 10.30-12:00am Commencing May 10th</p>	<p>SUCKED IN BY CRYPTICS A step-by-step course which will show you how to work out clues to entry level cryptic crossword puzzles. No prior experience required just your curiosity and willingness to stir your grey matter up a bit (Alzheimer’spah!!) Be warned you might get addicted. I did!!!! Minimum class of 3 required.</p>	<p>Geoff Frost</p>	<p>Tresca Main Rd, Exeter</p>
<p>WEDNESDAY 3.30-5pm Commencing May 10th</p>	<p>MUSIC APPRECIATION Russian Music from the Early 20th Century to the Present Day. An audio-visual overview of the Late Romantic Nationalists, Modernists, Soviets, exiles and post-Soviet composers including Scriabin, Rachmaninov, Stravinsky, Schnittke and Part, and the effects of Stalinism on composers, particularly Prokofiev and Shostakovich. Minimum 5 participants. No maximum. Please bring pen and paper.</p>	<p>Graham Barr</p>	<p>Tresca Community Centre Main Road Exeter (Front room)</p>
<p>THURSDAY. 10:30-11:30 am Commencing May 11th</p>	<p>MEDITATION PHILOSOPHY Come and enjoy meditating together with an experienced meditation teacher. Learn to silence your mind with a variety of techniques. Learn how to make meditation a part of your life. Now to be held in Hillwood Meditation Centre, 362 Hillwood Rd. Donation only for U3a members.</p>	<p>Stephanie Legg-England</p>	<p>Hillwood Meditation Centre</p>
<p>THURSDAY. 1-2 pm (beginners) 2-3pm (continuing) Comm May 11th</p>	<p>UKULELE 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).</p>	<p>Bob Jenks</p>	<p>Deviot Hall, 512 Deviot Road, Deviot</p>
<p>THURSDAY. 10-12:00, repeat session 1 -3pm Commencing May 11th</p>	<p>PIVOTAL PEOPLE, PIVOTAL IDEAS This term we will be introduced in each lesson to a pivotal era in world history and some of the key people and ideas which emerged in each period.</p>	<p>Raimund Bruns</p>	<p>Beaconsfield House, Grubb Street, Beaconsfield</p>

<p>THURSDAY 10:30-12:00 Commencing May 11th</p>	<p>THE CHANGING FACE OF RELIGION This discussion group/course is about how the word “religion” has itself changed... for the worst? Or for the best? Can we make sense of what is happening in the world today in the name of “religion”? Will it shape the future of humanity? All welcome.</p>	<p>Doug and Hassanah Wilkinson 6394 3414</p>	<p>Beaconsfield House, Grubb Street, Beaconsfield</p>
<p>THURSDAY 1-3pm Commencing May 11th</p>	<p>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.</p>	<p>Sue Amos</p>	<p>Beaconsfield House, Grubb Street, Beaconsfield</p>
<p>THURSDAY 4-6pm Commencing May 11th</p>	<p>A CAPELLA SNGING Are you wanting to find your voice, grow your singing confidence and have fun “outing“ your voice?</p> <p>t</p>	<p>Jenna Carole</p>	<p>Old Court House 1 Grubb St. Beaconsfield (BOAC)</p>
<p>FRIDAY. 10.00-11am Commencing May 12th</p>	<p><u>YOGA –The word Yoga means union. Union of Body, Mind and Spirit.</u> 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 for over 10 years and have been teaching Yoga in the West and Tresca Community Centre, as well as from 2013 to 2015 TVU3A. The hour session is made up of 45 minutes physical yoga and 15 minutes pure relaxation at the end of the session.</p>	<p>Gail & Frank Howard</p>	<p>Deviot Hall 512 Deviot Rd, Deviot</p>
<p>FRIDAY 10:00-11:30 Commencing May 12th</p>	<p>CRYPTIC CROSSWORD TRAGICS Suitable only for experienced and passionate cryptic enthusiasts!</p>	<p>Geoff Frost</p>	<p>Tresca Main Road Exeter (Front room)</p>
<p>FRIDAY. 12:30pm–3pm Commencing May 12th</p>	<p>ART CLASS <u>Casual group interested in developing their art skills, sharing their expertise in all aspects of art.</u> Join in the class or bring along your own projects. For absolute beginners and more experienced artist. Bring your own equipment and materials. Coffee, tea and laughter supplied.</p>	<p>Co-ordinator Frances Galloway</p>	<p>Beaconsfield House, Grubb Street, Beaconsfield</p>
<p>TBA</p>	<p>MOUNTAIN BIKING Any interest in forming a group to ride mainly off road? Will cover basic riding skills, bike preparation, tools, riding gear etc. Riding can start with easy trails and progress on to many of the great mountain biking tracks in northern Tasmania. This will be more about fun and exercise rather than extreme fitness! Please call Mike to arrange a few get-togethers late this term & decide on times/days for 3rd term.</p>	<p>Mike Wellman 6330 1007</p>	<p>Various</p>

WEST TAMAR VALLEY VOICES CHOIR

New members are most welcome.

We meet at Beaconsfield House every Tuesday evening – 7:00 – 9:00 pm.

For more information contact-

JILL BRASCH-RANEY: 63 831435 or 0418583908 or
STEVE PROCTOR – PRESIDENT – 0419 323 150

WEST TAMAR GARDEN CLUB

ALL ENQUIRIES AND TO BOOK. PLEASE CONTACT:

Rosemary Kerrison: 63 834885

ABOUT CLASSES

1 Any person wishing to enrol in a course must be a registered financial member of the Tamar Valley U3A.

All course enrolment costs are covered by one annual subscription fee of \$40 per person.

This subscription covers you for 12 months from the date of your enrolment.

Additional small levies may be required from time to time to cover the cost of photocopying handouts, etc. Members may attend as many courses as they can fit into their week if there are vacancies in the classes.

2 All members are issued with a Membership Card which is requested to be worn at all times when attending TVU3A classes and functions. This is a requirement under our Public Liability Insurance Policy to ensure members are covered whilst attending U3A activities.

3 All members attending courses are requested to complete emergency details on the reverse side of their Membership Card. The information must be kept current and, if needed, a new card will be issued by the office co-ordinator.

4 If you wish to enrol in another course but did not on Registration Day, please contact the office by email, phone or by calling in person during office hours. You will then be advised of the status of the course. **Please do not just turn up at the venue.**

5 If there is a course you would like to see included in our syllabus, please forward your suggestion to the office. Please remember that in order for most courses to go ahead they must have a minimum of six enrolments.

6 If you wish to volunteer as a tutor please contact the office. We are always looking for volunteer tutors.

7 If the course you select is full, your name will be placed on a Waiting List and you will be notified when a vacancy occurs.

8 Many of our venues are provided free of charge, so we have a collection box at each class and ask participants to donate a weekly gold coin (or what can be afforded) and this helps pay for the power used for heating/cooling and for tea and coffee.

9 If you are unable to attend a session or need to withdraw from a course, please notify the tutor/facilitator directly or through the office by phone or email.

10 If we receive insufficient enrolments for a course, it will be cancelled. Please be sure to have your name on the enrolment list so that we can advise you should this occur. Also, your enrolment could make the required number for the course to run.