



TAMAR VALLEY U3A

2017 TERM 3 WINTER PROGRAMME

31 JULY to 22 SEPTEMBER

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 3, 2017
31st JULY to 22 SEPTEMBER**

<u>MONDAY</u>	<u>AT</u>	<u>PAGE</u>
TAI CHI (BEGINNERS)	DEVIOT HALL	4
TAI CHI (CONTINUING)	DEVIOT HALL	4
SCIENCE RELIGION & POLITICS	BF HOUSE	4

TUESDAY

WRITING FOR FUN	TRESCA	4
EXPLORE YOUR INNER CREATIVITY	TRESCA	4
MAHJONG CLUB	BF CATH. CH HALL	4

WEDNESDAY

NO COURSES ON WEDNESDAY FOR THIS TERM

THURSDAY

THE HAPPINESS PURPOSE	BF HOUSE	5
CIVILIZATION	BF HOUSE	5
MEDITATION PHILOSOPHY	HILLWOOD	5
UKULELE BEGINNERS AND CONTINUING	DEVIOT HALL	5
A CAPELLA SINGING	BOAC GRUBB ST.	5

FRIDAY

YOGA	DEVIOT HALL	5
ART CLASS	BF HOUSE	5

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
MONDAY By arrangement	<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 JULY 31	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 JULY 31	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 JULY 31	SCIENCE RELIGION AND POLITICS Learning from the past to understand the present	Mark Love 0447 534 574	Beaconsfield House, Grubb Street, Beaconsfield
TUESDAY 10.00-12.00 Commencing AUGUST 1	WRITING FOR FUN A non-structured group for enjoyable writing. Caring and sharing group. ALL WELCOME	Jen Kilvert 0400 117299	Tresca Front room
TUESDAY. 10:30 – 1:00pm Commencing AUGUST 1	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	Ring Tresca on 6394 4231	Tresca Main Road, Exeter Long Room
TUESDAY. 2-4pm Commencing AUGUST 1	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.	Jean Bruce 6383 4175	B'field Catholic Church Meeting Room, Weld St Beaconsfield
WEDNESDAY	NO COURSES FOR THIS TERM		

<p>THURSDAY 10.00 – 12.00 Commencing AUGUST 3</p>	<p>THE HAPPINESS PURPOSE Edward De Bono believes that the legitimate purpose of life is happiness. This workshop will examine De Bono’s views on happiness and how we can all improve our lives by putting his ideas into practice. Each lesson will end with the viewing of a DVD. COME ALONG AND ENJOY</p>	<p>Beaconsfield House</p>	<p>Raimund Bruns</p>
<p>THURSDAY 1.00-3.00 Commencing AUGUST 3</p>	<p>CIVILIZATION This course will examine progress of Western Civilization from the time of the decline of the Roman Empire. Join in and enjoy a multi-media presentation of the political, social, ideological, scientific and artistic developments of this period in our history.</p>	<p>Beaconsfield House</p>	<p>Raimund Bruns</p>
<p>THURSDAY. 10:30-11:30 am Commencing AUGUST 3</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 TO 3 pm (beginners and advanced) Commencing AUGUST 3</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). Bob will be happy to lend you an instrument for a week or two to see if this course is for you</p>	<p>Bob Jenks</p>	<p>Deviot Hall, 512 Deviot Road, Deviot</p>
<p>THURSDAY 4-5.30 Commencing AUGUST 3</p>	<p>A CAPELLA SNGING Are you wanting to find your voice, grow your singing confidence and have fun “outing“ your voice? If so, this could be for you!</p>	<p>Jenna Carole</p>	<p>Old Court House 1 Grubb St. Beaconsfield (BOAC)</p>
<p>FRIDAY. 10.00-11am Commencing SEPTEMBER 1 (please note delayed start Date)</p>	<p>YOGA (15 maximum in class) <u>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 quietyens 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. 12:30pm–3pm Commencing AUGUST 4</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>

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 an 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.