



## **TAMAR VALLEY U3A**

### **2017 TERM 4 SPRING PROGRAMME**

**23<sup>RD</sup> OCTOBER to 8<sup>TH</sup> DECEMBER**

**OFFICE: Online Centre, Grubb St, Beaconsfield**

**OPENING HOURS: MONDAY AND WEDNESDAY 10am to noon**

**Postal address P.O Box 147, Beaconsfield. 7270**

**Telephone 0363831113 during office hours**

**Email [tamarvalleyu3a@gmail.com](mailto:tamarvalleyu3a@gmail.com)**

**Website [tamarvalleyu3a.com.au](http://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**  
**23<sup>RD</sup> OCTOBER to 8<sup>TH</sup> DECEMBER**

<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

FRENCH CONVERSATION	DEVIOT HALL	4
CURRENT AFFAIRS DISCUSSION	BF HOUSE	4
MUSIC APPRECIATION	TRESCA	5

THURSDAY

THE HAPPINESS PURPOSE	BF HOUSE	5
CIVILIZATION	BF HOUSE	5
UKULELE (BEGINNERS AND CONTINUING)	DEVIOT HALL	5

FRIDAY

CRYPTIC CROSSWORDS TRAGICS	TRESCA	5
YOGA	DEVIOT HALL	5
ART CLASS	BF HOUSE	5

SHORT TALKS

USUALLY HELD ON THE FOURTH THURSDAY OF THE MONTH AT BEACONSFIELD HOUSE AT 10.30

SPEAKERS TO BE ADVISED

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](mailto:scaping6749@gmail.com)

DAY & TIME	COURSE	TUTOR	VENUE
MONDAY By arrangement	<b><u>ONE TO ONE COMPUTER SUPPORT AT THE ONLINE CENTRE IN BEACONSFIELD.</u></b>  If you need support to use your computer, come along and use our computers in the Senior Hub or bring your laptop with you. <b>Please ring the Online centre to book a time</b> <b>This course is free. One on One.</b> <b>A similar course is available at Riverside at the Windsor Park Complex. Please ring the West Tamar Council on 63 239200.</b>	Online Centre No. 63831146	Online Centre, Grubb Street, Beaconsfield.
MONDAY. 9:30-10:30 am Commencing 23 OCTOBER	<b>BEGINNERS' TAI CHI</b> – 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 23 OCTOBER	<b>CONTINUING TAI CHI</b> – 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 1:00 – 3:00 Commencing 23 <sup>rd</sup> OCTOBER	<b>SCIENCE RELIGION AND POLITICS</b>  Learning from the past to understand the present	Mark Love 0447 534 574	Beaconsfield House, Grubb Street,
TUESDAY 10.00-12.00 Commencing 24 <sup>TH</sup> OCTOBER	<b>WRITING FOR FUN</b> 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 24 <sup>TH</sup> OCTOBER	<b>EXPLORE YOUR INNER CREATIVITY.</b> <b><u>Open the door to a whole new world</u></b> – drawing, charcoal, watercolour, oils, collage. You choose. NO EXPERIENCE NECESSARY, JUST COME ALONG AND ENJOY YOURSELF. <b>Maximum 8 participants</b>	Ring Tresca on 6394 4231	Tresca Main Road, Exeter Long Room
TUESDAY. 2.00-4pm 24 <sup>TH</sup> OCTOBER	<b>MAH JONG – <u>Come and enjoy the game!</u></b> 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
WEDNESDAY 10.00 to 11.00 Commencing date TBA	<b>FRENCH CONVERSATION</b> For those who have done some French in the past and would like to brush up on their vocabulary and conversation skills. Minimum 6 participants	Kate Whittall	Deviot Hall
WEDNESDAY 11.00 TO 1PM Commencing 25 <sup>th</sup> OCTOBER	<b>CURRENT AFFAIRS</b> All participants will have the option of nominating a subject of interest for discussion. Come and express your views, the more contentious and controversial the better!	Andrew Marke 63 823828	Beaconsfield House

<b>WEDNESDAY</b> <b>3.30 to 5pm</b> <b>Commencing</b> <b>25<sup>th</sup> OCTOBER</b>	<b>MUSIC APPRECIATION</b> <b>THE SECOND ENGLISH RENAISSANCE</b> England quickly progressed from being a "land without music" in the 1880s to a country producing some of the world's most individual composers by the 1940s and '50s. This term explores some of those composers.. Minimum 5 participants. Please bring pen and paper	<b>Graham Barr</b>	<b>Tresca</b>
<b>THURSDAY</b> <b>10.00 – 12.00</b> <b>Commencing</b> <b>26<sup>th</sup> OCTOBER</b>	<b>THE HAPPINESS PURPOSE</b> 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. <b>COME ALONG AND ENJOY</b>	<b>Raimund Bruns</b>	<b>Beaconsfield House</b>
<b>THURSDAY</b> <b>1.00-3.00</b>  <b>Commencing</b> <b>26<sup>th</sup> OCTOBER</b>	<b>CIVILIZATION</b> 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.	<b>Raimund Bruns</b>	<b>Beaconsfield House</b>
<b>THURSDAY.</b> <b>1 TO 3 pm</b> <b>(beginners and advanced)</b>  <b>ONGOING</b>	<b>UKULELE</b> 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). <b>Bob will be happy to lend you an instrument for a week or two to see if this course is for you</b>	<b>Bob Jenks</b>	<b>Deviot Hall,</b> <b>512 Deviot Road,</b> <b>Deviot</b>
<b>FRIDAY</b> <b>10.00 to 11.30</b> <b>27<sup>th</sup> OCTOBER</b>	<b>CRYPTIC CROSSWORD TRAGICS</b> Suitable only for experienced and passionate cryptic enthusiasts!	<b>Geoff Frost</b>	<b>Tresca</b>
<b>FRIDAY.</b> <b>10.00-11am</b> <b>Commencing</b> <b>27<sup>th</sup> OCTOBER</b>	<b>YOGA (15 maximum in class)</b> <u><b>The word Yoga means union. Union of Body, Mind and Spirit.</b></u> Yoga is remedial and is associated with physical movement. It brings the body into balance and alignment by performing specific postures. Yoga quiets 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.	<b>Gail &amp; Frank Howard</b>  <b>0422981698</b>	<b>Deviot Hall</b> <b>512 Deviot Rd,</b> <b>Deviot</b>
<b>FRIDAY.</b> <b>12:30pm–3pm</b>  <b>ONGOING</b>	<b>ART CLASS</b> <u><b>Casual group interested in developing their art skills, sharing their expertise in all aspects of art.</b></u> Join in the class or bring along your own projects. For absolute beginners and more experienced artist. Bring your own equipment and materials. <b>Coffee, tea and laughter supplied.</b>	<b>Co-ordinator</b> <b>Frances Galloway</b>	<b>Beaconsfield House,</b> <b>Grubb Street,</b> <b>Beaconsfield</b>

**OTHER ACTIVITIES IN THE AREA WHICH MAY BE OF INTEREST**

**SATURDAYS**

**OPEN HOUSE** will be held on Saturdays from 10.00 am to 5 pm at the home of Doug and Hassanah Wilkinson, 6 Main Road LANENA.

The subjects under discussion will be “What is happening in the world?” and “Does religion affect your life?” For further details please ring 63 943414

**THURSDAYS**

**MEDITATION AND PHILOSOPHY AT HILLWOOD.** Commencing October 26<sup>th</sup>. 10.30 to 11.30  
362 Hillwood Road. (Hillwood Meditation Centre)  
Contact Stephanie Legge-England on 0439070593.

**PHOTOGRAPHY**

**IF YOU ARE INTERESTED IN JOINING A PHOTOGRAPHY GROUP PLEASE CONTACT PENNY WILLINGTON. 0419831145**

\*\*\*\*\*

**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 FOR OUTINGS PLEASE CONTACT:**

**Rosemary Kerrison: 63 834885**

\*\*\*\*\*

**TAMAR VALLEY FILM SOCIETY**

**SCREENINGS ARE ON THE SECOND FRIDAY OF EACH MONTH AT THE OLD RSL CLUB BUILDING AT EXETER.**

**FOR FURTHER INFORMATION PLEASE RING ANNE BARTLETT ON 63834242**

\*\*\*\*\*

## 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.