



TAMAR VALLEY U3A

2019

FIRST SEMESTER

11TH FEBRUARY TO 14TH JUNE

OFFICE: Online Centre, Grubb St, Beaconsfield

OPENING HOURS: MONDAY 10am to 2 pm

Postal address P.O Box 147, Beaconsfield. 7270

Telephone 03 63831113 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.**

MEMBERSHIP ENROLMENT

Non-members will need to complete an Application for Membership Form that is available from the office or on line at <http://tamarvalleyu3a.com.au>, 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 (pay at office), or direct debit to:

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.

If you wish to pay on-line, try putting S1 after A/C No or contact your bank for procedure details.

You are welcome to observe a class 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 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 anyway should feel free to leave any class at any time.

NAME BADGES: These show the month for renewal of your annual subscription.

If you are not sure please ring the office on Mondays as above.

If you prefer not to actually wear the badge you should carry it with you and have your emergency contact details written on the back.

TAMAR VALLEY U3A COURSES FOR FIRST SEMESTER, 2019
11TH FEBRUARY TO 14TH JUNE 2019

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SHORT TALKS

HELD ON THE LAST 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

N B: No classes have been offered at RIVERSIDE this semester

DAY & TIME	COURSE	TUTOR	VENUE
MONDAY By arrangement	<u>ONE TO ONE COMPUTER SUPPORT AT THE ONLINE CENTRE IN BEACONSFIELD.</u> Need support to use your computer? Come along and use our computers or bring your laptop with you. This course is free. Please ring the Online centre to book a time A similar course is available at Riverside at the Windsor Park Complex. Please ring the West Tamar Council on 63 239200.	Online Centre No. 63 831146	Online Centre, Grubb Street, Beaconsfield.
MONDAY. Commencing 4 th FEB	BEGINNERS' TAI CHI 9.30 to 10.30 CONTINUING TAI CHI 10.30 to 11.30 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 031 566	Deviot Hall, 512 Deviot Rd, Deviot
TUESDAY 10.00-12.00 ONGOING	WRITING FOR FUN A friendly starting place for anyone who likes to write, or would like to try.	Jen Kilvert 0400 117 299	Tresca Front room
TUESDAY. 10:30 – 1:00pm ONGOING	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 . Maximum 8 participants	Ring Tresca on 63 944231	Tresca Main Road, Exeter Long Room
TUESDAY From 15 th JAN 1 to 2pm	ITALIAN FOR BEGINNERS Conversational Italian for those with a smattering or complete beginners. Could be handy if you are going overseas.	Martin Price 0412 129 528	Deviot Hall
TUESDAY. 1.30-4pm Commencing 15 th JAN	MAH JONG Mah Jong is a game of both luck and skill and strategy. It bears very little resemblance to on-line mah jong and is more like rummy. We help beginners learn and challenge more experienced players, whilst having a good laugh.	Jill Brasch- Reaney 0418 583 908	B'field Catholic Church Meeting Room, Weld St
WEDNESDAY 10.00 to 11.00 Commencing 13 th FEB	FRENCH CONVERSATION Those with a knowledge of French who would like to speak and enjoy. Un peu de folie et une tasse de café. Minimum 6 participants	Kate Whittall Contact Office 63 831113 MON	Deviot Hall
WEDNESDAY 3.00 to 4.30pm Commencing 13 th FEB	MUSIC APPRECIATION OPERA FOR SCAREDY CATS! Minimum five (5) participants. No maximum. Bring pen and paper. .	Graham Barr	Tresca
THURSDAY 10.00 – 12.00 Commencing 14 th FEB	GREAT IDEAS We shall be examining some of the 'great ideas' which have informed our thinking and feeling in the West- such as beauty, democracy, desire, good and evil. Each month will focus on one idea. Lessons are participatory and multi-media. Maximum class size 12.	Raimund Bruns 0438 888 320	Beaconsfield House

THURSDAY 1.00-3.00 Commencing 14TH FEB	WESTERN HISTORY This course will initially focus on the sixteenth century, its politics, literature, religion, philosophy and learning, as well as developments in the visual arts, music, science and technology, growth and daily life. Lessons are participatory and multi-media. Maximum class size 12.	Raimund Bruns 0438 888 320	Beaconsfield House
THURSDAY. 1 TO 3 pm (beginners and advanced) ONGOING	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	Bob Jenks	Deviot Hall, 512 Deviot Road, Deviot
FRIDAY. 10 TO 11am Commencing 15TH FEB	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 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.	Gail & Frank Howard 0422 981 698	Deviot Hall 512 Deviot Rd, Deviot
FRIDAY. 1.00-3pm 15TH FEB	ART CLASS Casual group interested in developing artistic skills. Maggie Fletcher has offered to provide us with expert knowledge. Bring your own projects, equipment and materials. Coffee, tea and laughter supplied.	Co-ordinator Frances Galloway 63 947339	Beaconsfield House, Grubb Street, Beaconsfield
FRIDAY 15th FEB 2 to 3pm	GOLF FOR BEGINNERS MAX 5 This course is for those who would like to learn the basics of GOLF. Brian will teach you how to grip, swing, putt and enjoy the challenge of golf. Equipment will be available on loan during lessons, although your own would be more beneficial for your progress.	Brian Unwin 0438 567 313	GOLF CLUB EXETER

ACTIVITIES IN THE TAMAR VALLEY WHICH MAY BE OF INTEREST

ORIENTEERING

An introductory series of orienteering sessions will be held at various parks around Launceston

Starting on February 13th at 4pm

Anyone interested please ring Paul Pacque, 0431 663 379

THE WEST TAMAR BAND

LIKE TO LEARN A NEW INSTRUMENT?

The West Tamar Band is looking for new members and is prepared to provide instruction on how to play brass instruments. Anyone interested please ring NYE EVANS on 63 831559 or Ros Holgate on 63 834980

TAMAR VALLEY VOICES

New choir members are most welcome.

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

For more information contact-

JILL BRASCH-REANEY: 63 831435 or 0418 583 908 OR

STEVE PROCTOR: 0419 323 150

WEST TAMAR GARDEN CLUB

ENQUIRIES AND BUS TRIP BOOKINGS RING JUDY COTTON ON 0402 612 614

LEGANA BOOK CLUB

Like reading?

We meet once a month for coffee and chat about books.

Contact Anne on 0402 582 402

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 coordinator.
- 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.