



**TAMAR VALLEY U3A**

**2020 v 1.1**

**FIRST SEMESTER**

*(Version 1.1 updated 18<sup>th</sup> FEB 2020)*

**10TH FEBRUARY TO 12TH 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](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.**

## 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: 4006739**

**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 SECOND SEMESTER, 2020**  
**10th FEBRUARY TO 12<sup>th</sup> JUNE 2020**

<u>MONDAY</u>	<u>AT</u>	<u>PAGE</u>
TAI CHI	DEVIOT HALL	4
TABLE TENNIS	SIDMOUTH HALL	4
BOOK DISCUSSION GROUP	BF HOUSE	4
SCRABBLE	BF HOUSE	4
 <u>TUESDAY</u>		
WRITING FOR FUN	TRESCA	4
EXPLORE YOUR INNER CREATIVITY	TRESCA	4
MAHJONG CLUB	BF CATH. CH HALL	4
ITALIAN	DEVIOT	4
 <u>WEDNESDAY</u>		
SCRABBLE	LEGANA CHRISTIAN CH	5
MUSIC APPRECIATION	TRESCA	5
 <u>THURSDAY</u>		
FLY FISHNG	BF HOUSE ETC	5
GREAT IDEAS	BF HOUSE	5
WESTERN HISTORY	BF HOUSE	5
UKELELE (BEGINNERS AND CONTINUING)	DEVIOT HALL	5
 <u>FRIDAY</u>		
YOGA	BEACONSFIELD HOUSE	5
YOGA	DEVIOT HALL	5
ART	BF HOUSE	5
CRYPTIC CROSSWORDS	TRESCA	6

**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**

DAY & TIME	COURSE	TUTOR	VENUE
<b>MONDAY</b> By arrangement	<b><u>ONE TO ONE COMPUTER SUPPORT AT THE ONLINE CENTRE IN BEACONSFIELD.</u></b> 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.	<b>Beaconsfield Online Centre No. 63 831146</b>	<b>Online Centre, 1 Grubb Street, Beaconsfield.</b>
<b>MONDAY.</b> <b>9.30 to 11am</b> <b>STARTS 10/2</b>	<b>QUIGONG AND TAI CHI</b> Exercises to relax, release and let go! Here we engage in Quigong exercises followed by Tai Chi, Yang style 37 form. In these classes we endeavour to repair, strengthen and bring into balance our mind and body. Whether you are a beginner or continuing your journey in this ancient art form, all are welcome.	<b>Maggie Morris</b>  <b>6303 5786</b>	<b>Deviot Hall,</b>
<b>MONDAY</b> <b>1 TO 3PM</b> <b>FROM 10/2</b>	<b>TABLE TENNIS</b> Tables And nets provided. Bring your own bats and balls.	<b>Marg Veiss</b>  <b>0408 781 947</b>	<b>SIDMOUTH HALL</b>
<b>FIRST MONDAY OF MONTH STARTS 10/2 2 to 3.30pm</b>	<b>BOOK DISCUSSION GROUP</b> Except for the first one, 'The Beekeeper of Aleppo', books to consider will be chosen by the group.	<b>Anne Brelsford</b>  <b>0402 582 402</b>	<b>Beaconsfield House</b>
<b>THIRD MONDAY OF MONTH STARTS 17/2 2 to 3.30pm</b>	<b>SCRABBLE</b> Scrabble games will be supplied by the tutor. We play a relaxed and friendly game with time for chat.	<b>Anne Brelsford</b>  <b>0402 582402</b>	<b>Beaconsfield House</b>
<b>TUESDAY</b> <b>10.00-12.00</b> <b>ONGOING</b>	<b>WRITING FOR FUN</b> Would you like to write? We are a friendly group! You need not share your writing until you are ready to do so.	<b>Jen Kilvert</b>  <b>0400 117 299</b>	<b>Tresca Front room</b>
<b>TUESDAY.</b> <b>10:30 to 1:00pm</b> <b>ONGOING</b>	<b>EXPLORE YOUR INNER CREATIVITY.</b> <b>Open the door to a whole new world</b> – drawing, charcoal, watercolour, oils, collage. You choose. NO EXPERIENCE NECESSARY, JUST COME ALONG AND ENJOY YOURSELF . <b>Maximum 8 participants</b>	<b>Ring Tresca on 63 944231</b>	<b>Tresca Main Road, Exeter Long Room</b>
<b>TUESDAY</b> <b>10.00 to 11 am</b>  <b>Starts 10<sup>th</sup> Mar</b>	<b>ITALIAN FOR BEGINNERS</b> Conversational Italian for those with a smattering, or complete beginners. Could be handy if you are going overseas. Please contact Martin ASAP if interested	<b>Martin Price</b> <b>0412 129528</b>	<b>Deviot hall</b>
<b>TUESDAY.</b> <b>1.30-4pm</b>  <b>ONGOING</b>	<b>MAH JONG</b> 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.	<b>Jill Brasch- Reaney</b> <b>0418 583 908</b>	<b>B'field Catholic Church Meeting Room, Weld St</b>

<b>WEDNESDAY</b> <b>10.30</b> <b>ONWARDS</b>	<b>SCRABBLE AT LEGANA</b> <b>Do you love words?</b>  <b>This is for you.</b>	<b>Anne Brelsford</b> <b>0402 582402</b>	<b>LEGANA</b> <b>Christian</b> <b>Church</b>
<b>WEDNESDAY</b> <b>3.00 to 4.30pm</b> <b>Commencing</b> <b>4 MARCH</b>	<b>MUSIC APPRECIATION: 20<sup>TH</sup> CENTURY CONCERTOS.</b> <b>A WHOLE TERM OF THAT HORRIBLE DISCORDANT STUFF?</b> Actually, no. We don't do "horrible". Join us for fabulously beguiling "stuff" by Ravel, Prokofiev, Rodrigo, Barber, Shostakovich and many more. Minimum six participants. No maximum Bring pen and paper	<b>Graham Barr</b> <b>Contact Tresca</b> <b>on 63944231</b>	<b>TRESCA</b> <b>Exeter</b>
<b>THURSDAY</b> <b>13<sup>TH</sup> FEB</b> <b>10 TO 11.30</b>	<b>FLY FISHING</b> Introduction on 13 <sup>th</sup> February at Beaconsfield House then field trips to fishing spots.	<b>Les Harrison</b>  <b>63 834380</b>	<b>BF HOUSE and</b> <b>other places</b>
<b>THURSDAY</b> <b>10.00 – 12.00</b> <b>Commencing</b> <b>13<sup>th</sup></b> <b>FEBRUARY</b>	<b>GREAT IDEAS</b> We shall be examining some of the 'great ideas' which have informed our thinking, feeling and acting in the West- ideas such as:- Freedom, necessity, contingency, government, democracy, good and evil. Each month will focus on one idea. Lessons are participatory and multi-media. Maximum class size 12.	<b>Raimund Bruns</b> <b>0438 888 320</b>	<b>Beaconsfield</b> <b>House</b>
<b>THURSDAY</b> <b>1.00-3.00</b> <b>Commencing</b> <b>13<sup>th</sup></b> <b>FEBRUARY</b>	<b>WESTERN HISTORY</b> This course will initially focus on the seventeenth 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.	<b>Raimund Bruns</b> <b>0438 888 320</b>	<b>Beaconsfield</b> <b>House</b>
<b>THURSDAY.</b> <b>1 TO 3 pm</b> <b>(beginners and</b> <b>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>639444110</b>	<b>Deviot Hall,</b> <b>512 Deviot Road,</b> <b>Deviot</b>
<b>FRIDAY</b> <b>FROM 14/2</b> <b>10 to 11am</b>	<b>YOGA</b> <b>No instructor.</b> <b>Movement sequences to recordings.</b>	<b>Viv Tyson</b> <b>0407 829 336</b>	<b>Deviot Hall</b>
<b>FRIDAY</b> <b>10.30 to 11.30</b>  <b>STARTS 14<sup>th</sup></b> <b>FEBRUARY</b>	<b>SIVANANDA YOGA</b> This is more than physical exercise; it has a meditative and spiritual core. Classes will consist of half an hour of physical postures followed by relaxation and meditation practice. Please wear loose, comfortable clothing.	<b>Ruth Holt</b> <b>0448 397 246</b>	<b>Beaconsfield</b> <b>House</b>
<b>FRIDAY.</b> <b>1.00–3pm</b> <b>14<sup>th</sup></b> <b>FEBRUARY</b>	<b>ART</b> <b>Casual group interested in developing artistic skills.</b> Bring your own projects, equipment and materials. <b>Coffee, tea and laughter supplied.</b>	<b>Co-ordinator</b> <b>Frances</b> <b>Galloway</b> <b>63 947339</b>	<b>Beaconsfield</b> <b>House,</b> <b>Grubb Street,</b> <b>Beaconsfield</b>
<b>FRIDAY</b> <b>10 to 12</b> <b>ONGOING</b>	<b>CRYPTIC CROSSWORDS</b> Sucked in by cryptics? Come and join an enthusiastic group for a fun challenge. Just turn up.	<b>Ring Tresca on</b>  <b>03 63944231</b>	<b>TRESCA</b> <b>EXETER</b>

## **ACTIVITIES IN THE TAMAR VALLEY WHICH MAY BE OF INTEREST**

### **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 Ros Holgate on 63 834980

#### **KNITTING AND CROCHETING AT LEGANA**

Phone SUE MC PHARLAN on 63303171

### **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

**NEW COURSES MAY BE OFFERED AT ANY TIME DURING THE YEAR.**

**MAKE SURE YOU READ ALL YOUR E MAILS.**

Program info Continued next page.....

## 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.