



TAMAR VALLEY U3A

2020

SECOND SEMESTER

10TH AUGUST TO 11TH DECEMBER

OFFICE: Online Centre, Grubb St, Beaconsfield

OPENING HOURS: MONDAY 12:30 to 4 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.

AT THIS STAGE WE ARE NOT ACCEPTING PAYMENTS. NEW MEMBERS MUST COMPLETE A FORM AND THE OFFICE WILL BE IN TOUCH REGARDING PAYMENTS.

RE-NEWALS ARE NOT NECESSARY FOR NOW. NEW ADVICE WILL BE GIVEN AFTER OUR AGM IN SEPTEMBER. PLEASE GET IN TOUCH WITH THE OFFICE IF YOU HAVE ANY QUERIES BY RINGING 63831113 OR ATTENDING THE OFFICE IN THE OLD COURT HOUSE, GRUBB STREET. THE OFFICE IS ONLY ATTENDED ON MONDAY AFTERNOONS.

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.

10th AUGUST TO 12th DECEMBER 2020

<u>MONDAY</u>	<u>AT</u>	<u>PAGE</u>
TAI CHI	DEVIOT HALL	4
TABLE TENNIS	SIDMOUTH HALL	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	4
MUSIC APPRECIATION	TRESCA	4
 <u>THURSDAY</u>		
GREAT IDEAS	BF HOUSE	5
WESTERN HISTORY	BF HOUSE	5
UKELELE (BEGINNERS AND CONTINUING)	DEVIOT HALL	5
 <u>FRIDAY</u>		
SIVANANDA YOGA	BF COUNCIL HALL	5
YOGA	DEVIOT HALL	5
ART	BF HOUSE	5
CRYPTIC CROSSWORDS	TRESCA	5

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
MONDAY By	<u>ONE TO ONE COMPUTER SUPPORT AT THE ONLINE CENTRE IN BEACONSFIELD.</u>	Beaconsfield Online Centre	Online Centre, 1 Grubb Street,

arrangement	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.	No. 63 831146	Beaconsfield.
MONDAY. 9.30 to 11am ONGOING	QUIGONG AND TAI CHI 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.	Maggie Morris 63935786	Deviot Hall,
MONDAY 1 TO 3PM	TABLE TENNIS Tables And nets provided. Bring your own bats and balls.	Marg Veiss 0408 781 947	SIDMOUTH HALL
TUESDAY 10.00-12.00 ONGOING	WRITING FOR FUN Would you like to write? We are a friendly group! You need not share your writing until you are ready to do so.	Jen Kilvert 0400 117 299	Tresca Front room
TUESDAY. 10:30 to 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	Leonie Ingram 0414 772 097	Tresca Main Road, Exeter Long Room
TUESDAY 10.00 to 11 am 2	ITALIAN FOR BEGINNERS Conversational Italian for those with a smattering, or complete beginners. Could be handy if you are going overseas. Please contact Martin ASAP if interested	Martin Price 0412 129528	Deviot hall
TUESDAY. 1.30-4pm ONGOING	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 10.30 ONWARDS	SCRABBLE AT LEGANA Do you love words? This is for you.	Anne Brelsford 0402 582402	LEGANA Christian Church
WEDNESDAY 3.00 to 4.30pm Commencing September 16th	MUSIC APPRECIATION: TWENTIETH CENTURY CONCERTOS. A WHOLE TERM OF THAT HORRIBLE DISCORDANT STUFF? Actually, no. We don't do "horrible". Join us for fabulously beguiling "stuff" by Ravel, Prokofiev, Rodrigo, Barber, Shostakovich and many more. Minimum 6, maximum 11. Guests welcome provided that the participant number does not exceed 11. Guests will not be admitted once the maximum is reached. Bring pen and paper	Graham Barr Contact Tresca on 63944231	TRESCA Exeter

THURSDAY 10.00 – 12.00 Commencing 13/08/20	IDEAS FOR THE THIRD AGE What ideas can help us to live life more fully in the third age? This course explores the best ideas, helping to change everyday perceptions about this stage in life and to put new ideas into action. We begin with ideas beginning with the letter A and finish off with Z. Maximum class size 15.	Raimund Bruns 0438 888 320	Beaconsfield House
THURSDAY 1.00-3.00 Commencing 13/08/20	WESTERN HISTORY 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 15.	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 639444110	Deviot Hall, 512 Deviot Road, Deviot
FRIDAY 10 to 11am ONGING	YOGA No instructor. Movement sequences to recordings.	Viv Tyson 0407 829 336	Deviot Hall
FRIDAY 10.00 to 11.30 STARTS 14th AUGUST	SIVANANDA YOGA 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.	Ruth Holt 0448 397 246	Beaconsfield Council Function Hall
FRIDAY. 1.00–3pm ONGOING	ART Casual group interested in developing artistic skills. Bring your own projects, equipment and materials. Coffee, tea and laughter supplied.	Co-ordinator Frances Galloway 63 947339	Beaconsfield House, Grubb Street, Beaconsfield
FRIDAY 10 to 12 ONGOING	CRYPTIC CROSSWORDS Sucked in by cryptics? Come and join an enthusiastic group for a fun challenge. Just turn up.	Martin Price 0412 129528	TRESCA EXETER

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.

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 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.