



**TAMAR VALLEY U3A**

**2022**

**SECOND SEMESTER**

**15<sup>TH</sup> AUGUST TO 9<sup>TH</sup> 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](mailto:tamarvalleyu3a@gmail.com)

**Website** <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.

**ANNUAL MEMBERSHIP FOR 2022 to 2023 HAS BEEN INCREASED TO TWENTY DOLLARS. NEW ENROLMENTS AFTER JUNE WILL BE FOR HALF YEAR (\$10).**

**PAYMENTS CAN BE MADE BY:**

**CASH: BY PAYING AT THE OFFICE ON MONDAYS BETWEEN 12.30 AND 4.00**

**CHEQUE: AT THE OFFICE AS ABOVE OR POST TO PO BOX 147 BEACONSFIELD, 7270.**

**BY ELECTRONIC FUNDS TRANSFER: BSB 067-022. ACCOUNT NO.1008 8174.**

**PLEASE IDENTIFY THIS EFT PAYMENT WITH YOUR NAME.**

**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.**

**PLEASE NOTE THE OFFICE IS ONLY OPEN ON MONDAY AFTERNOONS.**

**IF PAYING BY CASH PLEASE BRING THE CORRECT AMOUNT AS CHANGE IS NOT ALWAYS AVAILABLE.**

***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.**

**We prefer that you actually wear the badge, otherwise you should carry it with you and have your emergency contact details written on the back.**

**TAMAR VALLEY U3A COURSES FOR SECOND SEMESTER, 2022  
15<sup>th</sup> AUGUST TO 9<sup>th</sup> DECEMBER 2022**

<u><b>MONDAY</b></u>	<b>AT</b>	<b>PAGE</b>
<b>QUIGONG AND TAI CHI</b>	<b>DEVIOT HALL</b>	<b>4</b>
<b>GAMES GROUP cancelled, but there is a Bridge Group @</b>	<b>BF HOUSE</b>	<b>4</b>
 <u><b>TUESDAY</b></u>		
<b>WRITING FOR FUN</b>	<b>TRESCA</b>	<b>4</b>
<b>EXPLORE YOUR INNER CREATIVITY</b>	<b>TRESCA</b>	<b>4</b>
<b>MAHJONG CLUB</b>	<b>LEGANA</b>	<b>4</b>
<b>TABLE TENNIS</b>	<b>DEVIOT</b>	<b>4</b>
 <u><b>WEDNESDAY</b></u>		
<b>SCRABBLE</b>	<b>LEGANA</b>	<b>4</b>
<b>HAVE FUN WITH ART</b>	<b>LOW HEAD</b>	<b>4</b>
<b>FRENCH CONVERSATION</b>	<b>DEVIOT</b>	<b>5</b>
<b>18<sup>TH</sup> CENTURY HISTORY</b>	<b>LOW HEAD</b>	<b>5</b>
<b>MUSIC APPRECIATION</b>	<b>TRESCA</b>	<b>5</b>
 <u><b>THURSDAY</b></u>		
<b>UKELELE (BEGINNERS AND CONTINUING)</b>	<b>DEVIOT HALL</b>	<b>5</b>
 <u><b>FRIDAY</b></u>		
<b>PHILOSOPHY</b>	<b>LOW HEAD</b>	<b>5</b>
<b>YOGA</b>	<b>DEVIOT HALL</b>	<b>5</b>
<b>ART</b>	<b>BF HOUSE</b>	<b>5</b>
<b>CRYPTIC CROSSWORDS</b>	<b>TRESCA</b>	<b>5</b>

**SHORT TALKS**

**18<sup>th</sup> August**

**20<sup>th</sup> October**

**COFFEE AND CHAT MORNINGS ON THE FIRST FRIDAY OF THE MONTH.**

**FOR DETAILS RING SUE AMOS on 0407 821 597**

DAY & TIME	COURSE	TUTOR	VENUE
MONDAY By arrangement	<u>NEED HELP WITH YOUR PHONE, TABLET, LAP-TOP, COMPUTER OR CONNECTIONS? YOU CAN GET ONE TO ONE COMPUTER SUPPORT AT THE ON-LINE CENTRE IN BEACONSFIELD.</u> Use our computers or bring your laptop with you. This course is free. Please ring the Online centre to book a time	Beaconsfield Online Centre No. 63 831146	Online Centre, 1 Grubb Street, Beaconsfield.
MONDAY. 9.30 to 11.00	QIGONG AND TAI CHI Exercises to relax, release and let go! Here we engage in Qigong 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  63 035786	Deviot Hall,
MONDAY 1.00 to 3.00pm	The TVU3A GAMES GROUP is no longer running. <i>However, in the same time slot at Beaconsfield House there is a keen small group of Bridge Players who are willing to teach new players, so this is a good option too!</i> <i>All enquiries to Beaconsfield House on 63831110.</i>	For information ring Beaconsfield House on 63831110	Beaconsfield House Grubb Street.
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. <u>Open the door to a whole new world –</u> Drawing, charcoal, watercolour, oils, collage. You choose. NO EXPERIENCE NECESSARY, .Maximum 8 participants	Leonie Ingram 0414 772 097	Tresca Main Road, Exeter Long Room
TUESDAY 1.30 to 3.00pm	TABLE TENNIS	Marg  0408 781 947	Deviot Hall
TUESDAY. 1.30-4 pm	MAH JONG Mah Jong is a game of both luck and skill, combined with 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	Unit 4, 6 Angie Court LEGANA
WEDNESDAY 10.00 onwards	SCRABBLE AT LEGANA Do you feel lonely at times and would like to get out and meet new people? Do you like words? We are a small group of enthusiastic scrabble players of varying ages and genders. We also like to chat! This is for you.	Anne Brelsford 0402 582402	LEGANA Christian Church Hall.
WEDNESDAY 10 am to 12 md.	HAVE FUN WITH ART Can't draw a straight line? Wonderful! Paul Klee said that a drawing is a line going for a walk. As we overlook the Tamar River at Low Head we will take the mystery out of art and have fun creating	Maggie Fletcher  0426 203 475	Bass & Flinders Bowls Club 211 Low Head Road LOW HEAD

<b>WEDNESDAY</b> <b>10.00 to 11.000</b>	<b>FRENCH CONVERSATION</b> We are lucky enough to have a resident Frenchman, Christian Chesneau just to guide us through this class. The focus is on travel conversation, food, current affairs or whatever suits our level and interest	<b>Martin Price</b>  <b>0412 129 528</b>	<b>DEVIOT HALL</b>
<b>WEDNESDAY</b> <b>1.30 –3.30pm</b>	<b>18<sup>TH</sup> CENTURY HISTORY</b> A study of the eighteenth century covering its history, politics, intellectual and cultural developments and the significance of “enlightenment values” for our modern age.  <b>Maximum class size 15</b>	<b>Raymond Bruns</b>  <b>0438 888 320</b>	<b>Bass &amp; Flinders Bowls Club</b> <b>211 Low Head Road</b> <b>LOW HEAD</b>
<b>WEDNESDAY</b>  <b>3 to 4.30</b>  <b>From 3<sup>rd</sup> August</b>	<b>MUSIC APPRECIATION</b> Without telling me or anyone else in the class who they are, bring to the first session a slip of paper with your favourite composer’s name on it. (Just one name please.) It will go in a <u>lucky dip</u> and the term will take off from there! Minimum 5 participants.	<b>Graham Barr</b> <b>Ring Tresca</b> <b>63 944231</b>	<b>TRESCA</b> <b>Exeter</b>
<b>THURSDAY.</b> <b>1 TO 3 pm</b> (beginners and advanced)  <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). Bob will be happy to lend you an instrument for a week or two to see if this course is for you	<b>Bob Jenks</b> <b>0423 166 029</b>	<b>Deviot Hall,</b>
<b>FRIDAY</b>  <b>9.30 to 11.30am</b>	<b>PHILOSOPHY</b> A very accessible and fun way to learn about the major topics of Philosophy including ethics, politics, theory of knowledge, aesthetics and what might a “full life” look like.	<b>Raimund Bruns</b>  <b>0438 888 320</b>	<b>LOW HEAD</b> <b>Bass &amp; Flinders Bowls club</b> <b>211 Low Head Rd</b> <b>LOW HEAD</b>
<b>FRIDAY</b> <b>10 to 11am</b> <b>ONGOING</b>	<b>YOGA</b> No instructor. Movement sequences to recordings.	<b>Viv Tyson</b> <b>0407 829 336</b>	<b>Deviot Hall</b>
<b>FRIDAY.</b> <b>1.00–3pm</b>  <b>ONGOING</b>	<b>ART</b> Casual group interested in developing artistic skills. Bring your own projects, equipment and materials. Coffee, tea and laughter supplied.	<b>Co-ordinator</b> <b>Frances Galloway</b> <b>63 947339</b>	<b>Beaconsfield 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>Martin Price</b>  <b>0412 129528</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**

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**WEST TAMAR GARDEN CLUB**

**ENQUIRIES AND BUS TRIP BOOKINGS RING MARIAN FITZ ON 0425 738 049**

**LEGANA BOOK CLUB**

**Like reading?**

**New members always welcome**

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

**Contact Anne on 0402 582 402**

**BEACONSFIELD BOOK CLUB**

**LIKE READING? ?**

**There is now an active BOOK CLUB in BEACONSFIELD, supported by the Tamar Valley U3A, open to both men and women.**

**We meet once a month to chat about our selected books. When and where we meet is decided on by the group, usually in members' homes and always during the day.**

**Books are decided by the group with some assistance from the State Library Book Club Service.**

**Contact Anne Brelsford on 0402 582 402. E mail: [annebrelsford@hotmail.com](mailto:annebrelsford@hotmail.com)**

**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 \$10 (TEN DOLLARS) per person for 2021 to 2022.

**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.