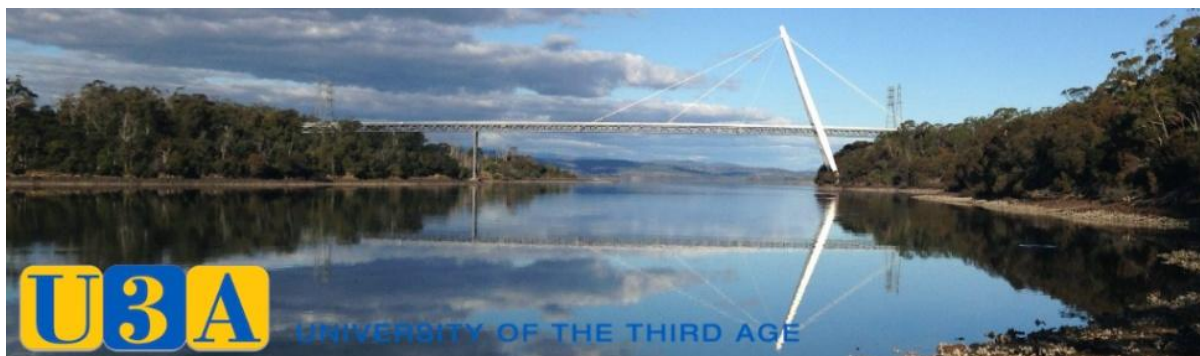




TAMAR VALLEY U3A

2026

SECOND SEMESTER

3rd August- 11th December

OFFICE: Online Centre, Grubb St, Beaconsfield

Please ring if you need to make an appointment with staff

Postal address Old Courthouse, Grubb St, Beaconsfield.

Telephone 0411 150 378

Email tamarvalleyu3a@gmail.com

Website tamarvalleyu3a.com.au

WE WISH TO ACKNOWLEDGE AND THANK THE WEST TAMAR COUNCIL
FOR THEIR ONGOING SUPPORT.

MEMBERSHIP ENROLMENT

Potential members will need to enrol as a member through our website <http://tamarvalleyu3a.com.au>, or contact the office on 0411150378 before enrolling in a course.

ANNUAL membership for 2026 will be TWENTY DOLLARS. New enrolments after June 30th will be \$10

PAYMENTS CAN BE MADE BY:

Electronic Funds Transfer: BSB 067-022. ACCOUNT NO.1008 8174. Please ensure you identify this payment with your name.

Payment may also be made via MemberWizard on our website

IF PAYING BY CASH PLEASE RING OR EMAIL OUR OFFICE FOR AN APPOINTMENT

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.

TAMAR VALLEY U3A COURSES FOR SECOND SEMESTER, 2026
August 3rd – December 11th

<u>MONDAY</u>	AT	PAGE
COMPUTER/DEVICE SUPPORT	BEACONSFIELD	4
NEEDLE FELTING	TRESCA	4
SELF PUBLISHING	GEORGETOWN	4
<u>TUESDAY</u>		
WRITING FOR FUN	TRESCA	4
EXPLORE YOUR INNER CREATIVITY	TRESCA	4
MAHJONG CLUB	LEGANA	4
TABLE TENNIS	DEVIOT	
<u>WEDNESDAY</u>		
		4
FRENCH	DEVIOT HALL	4
SCRABBLE	LEGANA	4
HISTORY	LOW HEAD	4
<u>THURSDAY</u>		
CONVERSATIONAL ITALIAN	DEVIOT	5
UKULELE (BEGINNERS AND CONTINUING)	DEVIOT HALL	5
POETRY APPRECIATION	TRESCA	5
<u>FRIDAY</u>		
THIS IS PHILOSOPHY	LOW HEAD	5
YOGA	DEVIOT HALL	5
ART	BF HOUSE	5
CRYPTIC CROSSWORDS	TRESCA	5

QI GONG will be offered again in November dates and venue to be advised

Please Note:

Minimum numbers are required for some courses to be run so please book early! Many classes are ongoing and so do not run to stated Semester dates, please check with your tutor

DAY & TIME	COURSE	TUTOR	VENUE
MONDAY By arrangement	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. Use our computers or bring your laptop or phone 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 12.30-2.30	NEEDLE FELTING is pure creative magic with wool! Using only a barbed needle and colourful wool rowing you poke loose fibres into shape until they become firm sculptured creations or you can create flat pictures. It's surprisingly relaxing, a little bit addictive and endlessly fun. No experience needed, just curiosity and a willingness to stab fluffy wool repeatedly (in the friendliest way possible) We have complete beginners kits available for \$5 so you can try before you commit to buying your own needles and equipment.	Birgitt Oxnard	Tresca
MONDAY – 10-12	BOOK PUBLISHING This course is a short 4-5 week course to assist people to self publish their work through Amazon. It is limited to 6 class members	Irene Oram	Georgetown Library
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. Please contact U3A office 0411150378 or Tresca 63944231	Jen Kilvert	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 A fun way to exercise and build on your hand/eye coordination	Jane Amundsen	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	Legana Christian Church Hall
WEDNESDAY 10.00 onwards	SCRABBLE AT LEGANA Would you like to get out and meet new people? Do you love words? We are a small group of enthusiastic Scrabble players of varying ages and genders. We also like to chat!.	Anne Brelsford 0402 582 402	LEGANA Christian Church Hall
WEDNESDAY 1.30 –3.30pm .	HISTORY We examine the first half of the nineteenth century covering it's politics, literature, theatre; religion, philosophy, learning; the visual arts; music; science, technology, progress and daily life in Europe and the rest of the world including Australia.	Raimund Bruns 0438 888 320 Text Rai with any enquiries	Bass & Flinders Bowls Club 211 Low Head Road LOW HEAD

THURSDAY 10.30-12	ITALIAN CONVERSATION For beginners and continuing We will be continuing these sessions, building on the progress made so far. Primary focus is to become comfortable in simple conversations. Some grammar is covered as needed but emphasis is on speaking. Aim is to provide the ground work if you plan to travel or just like to exercise the brain and enjoy the sound of “la bella lingua”. New students with no previous knowledge are welcome at the beginning of a term. We put on a special earlier session to cover the basics, then continue with the main group.	Martin Price 0412 129 528 Please contact by text if interested.	Deviot Hall
THURSDAY. 12 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 Barratt’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 0423 166 029	Deviot Hall
FRIDAY 9.30 to 11.30am	THIS IS PHILOSOPHY A down to earth and fun study and discussion of philosophical topics such as Ethics, God, Freedom, Self, Mind and “you may not know what you think you know” Maximum class size 15.	Raimund Bruns 0438 888 320 Text Rai with any enquiries	LOW HEAD Bass & Flinders Bowls club 211 Low Head Rd LOW HEAD
THURSDAY 1-2.30	POETRY APPRECIATION This class aims to encourage people to write and appreciate poetry. The sessions will include an introduction to some published modern poets and will facilitate discussion about different styles of poetry. Class members will be encouraged to do a writing exercise in class and to share their writing only if they wish to.	Marilyn Arnold	Tresca
FRIDAY 10 to 11am ONGOING From 3/2	YOGA This class is comprised of approx. 45 minutes of gentle exercise followed by a period of relaxation. The class is led by one of two class members who are not yoga instructors but have had many years practicing yoga	Viv Tyson 0407 829 336	Deviot 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,
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 129 528	Tresca Exeter
Offered in November, Dates to be advised	Qi Gong Qigong is an ancient Chinese health cultivation practice combining gentle movement, breathing techniques and meditation to improve health and well being in the body mind and spirit. Initial classes will be delivered in 4 consecutive weeks with the aim to have regular classes later in the year	Natalie Westwood	TBA

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 MARION FITZ ON 0425 738 049

LEGANA BOOK CLUB

Like reading? New members always welcome! We have both men and women as members.

We meet once a month for coffee and chat about books on a Saturday afternoon, usually in members' homes or a local cafe. The group chooses the books we read and we try to make sure they are readily available from the Library or as e books.

Contact Anne on 0402 582 402 or email annebrelsford@hotmail.com and I will put you in touch with the group.

BEACONSFIELD BOOK CLUB

There is now an active Book club in Beaconsfield, which meets once a month usually during the daytime, to discuss the books. The venues for meeting vary, sometimes members' homes and sometimes local cafes such as the Moon Lily, or other venues. We have both men and women as members. The group chooses which books to read, but is also connected to the State Library Book Club Service, which supplies selected books to book clubs throughout Tasmania. Contact Sylvia Langford on 0493 150604 or email sylvialangford@gmail.com

ABOUT CLASSES

1 Any person wishing to enrol in a course must be a registered financial member of the Tamar Valley U3A. Places in some courses are limited, if a class is full your name can be placed on a waiting list.

All course enrolment costs are covered by one annual subscription fee of \$20 per person for 2026 or \$10 for a half year.

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 Enrolments can be made via our Member Wizard platform or by emailing or texting the office.

3 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.

4 If you wish to volunteer as a tutor please contact the office. We are always looking for volunteer tutors.

5 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. Please advise the office if you no longer wish to attend a course so that your place can be offered to another who may be waiting.

6 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.

7 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.

8 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.