

U3A TAWA COURSES
February to June 2017

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U3A ONLINE

ART & CRAFTS

1 ART GROUP

Leader / Coordinator: Maureen Johnston 232 4555
Come, enjoy the art sessions and dabble in different mediums until you decide which one you prefer. You need not be an expert and some materials are provided until you wish to upgrade to better quality. To start, bring sketching pencils (HB, 2B, 4B, 6B for example) and paper. Be prepared to participate in activities and topic selection!
Every Thursday @ 10.00am. Till noon.
Resumes: February 2nd
Venue: Tawa Community Centre.

2 CARD MAKING

Leader/Coordinator: Lesley Meade 232 1400
Make special cards for anniversaries, birthdays, Christmas and other occasions. Men and women. Most materials are available. Bring scissors, tape and pencil.
Wednesdays, Fortnightly @ 9.00am and 1.00pm
Resumes: February 1st
Venue: Member's Home.

3 CRAFTS

Tutor: Marjorie Todd 232 7386
Coordinator: Faith Delaney 232 6730
Practical, creative needlework, embroidery and similar. New ideas, designs and methods.
Third Wednesday each month @ 1.30pm.
Resumes: February 15th
Venue: Member's home

4 LEATHERCRAFT -

Tutor/Coordinator: Gretta Dymond 232 6856
A "hands-on" programme to learn how to convert leather into beautiful articles, like sheepskin moccasins or belts. Come and try a small item.
Thursdays weekly @ 1.30pm.
Resumes: 6th April
Venue: Tawa Union Church (Luke's Chapel, Back room)

5 SCRAP-BOOKING

Tutor: Marie Thomson 478 4305

Coordinator: Margaret Williams 232 3312

Come and share an opportunity to learn great way to present your photos and memorabilia.

Fridays, weekly @ 9.30am.

Resumes: February 3rd

Venue: Tawa Community Centre.

This group is now full. Enquiries only to Marie or Margaret.

BOTANICAL

6 BOTANY

Leader: Margaret Herbert 232 6828

Coordinator: Helen Roper 897 0155

A practical look at various plant habitats.

Second Mondays @ 9.30am. Bring lunch.

Resumes: February 13th

Venue: Meet at Davies Street/Luckie Street carpark, Tawa.

7 GARDEN DESIGN

Leader: Alison Bayly 027437 9215

alison.bayly@clear.net.nz

Coordinator: Jancis Potter 232 3915

This is a session based on the design principle "Form follows function".

Discussion and practical examples of forming spaces around your house using viewlines, pathways and plantbeds. Including how to make plant choices. Bring A4 paper, lead pencil and coloured pencils.

Wednesday March 22nd @ 10.00am

Venue: Doris Mills Lounge

8 GARDEN GROUP

Leader: Shirley Williamson 232 6746

Coordinator: Sally Horan 232 6006

A variety of speakers and garden visits.

Bring lunch when out visiting.

First Fridays @ 9.30am.

Resumes: February 3rd

Venue: Emmaus Centre, St Christopher's Church

COMPUTERS

9 SMART TECHNOLOGIES (Chatter) – was COMPUTER USE

Leader/Coordinator: John Baldwin 237 6501
Discussion groups sharing ideas about smart hardware (Tablets, Smartphones etc.) and software
Fourth Thursday @ 1.30pm.
Resumes: February 23rd
Venue: Tawa Community Centre.

10 SMART TECHNOLOGIES (for Beginners)

Leader/Coordinator: John Baldwin 237 6501
What is Smart Technology and what might you consider getting.
Starts with a generalised look at smart technologies that are available at not great purchase price or running costs. Different ways of using the new technology.
Second Thursday @ 1.30pm.
Starts February 9th
Venue: Tawa Community Centre Board Room

CULTURAL

11 MUSIC AND LUNCH

Leader: Marina Fabris 232 7007
Coordinator: George Luck 232 1546
A friendly gathering to share a love of classical music and lunch. Held in a different member's home each month. The host chooses and talks about a selection of favourite music. A light lunch is followed by further selections of music.
First Wednesday @ 10.30 am – 1.30pm
Resumes: February 1st
Venue: Members' homes.

12 MUSIC NOSTALGIA

Leader: Alan Stewart: 232 6407.
Coordinator: Gwen Russell 232 7373
Sit back and enjoy nostalgic music from Alan's collection..
Third Tuesdays @ 1.30pm. Two sessions.
Resumes: May 16th
Venue: Annex, St Christopher's Church.

13 U3A SINGERS

Leader: Jancis Potter, 232 3915
Coordinator: Gillian George 232 4200
We sing a wide range of music in up to 4 parts. Shows; Opera; Folk; Film music; Classical; Pop and Rock – we sing 'em all. We perform to community groups during the year. No auditions.
Costs: \$5 each Half year for Songbook printing.
Mondays, weekly @ 1.15p.m.
Resumes: February 13th
Venue: Stephens Lounge, Tawa Union Church

14 OPERA

Leader: Lindis Taylor 232 6521.
Coordinator: Jeanette Taylor 232 6521.
DVDs of interesting productions of great operas, with background and guided discussion.
Three Thursdays, fortnightly @ 1.30pm.
Starts: March 2nd
Venue: Emmaus Centre, St Christopher's Church

15 MUSIC APPRECIATION (Based on NZSO Concerts)

Tutor/Coordinator: Jancis Potter 232 3915
An introduction, background, analysis and familiarization with the works to be presented for specific NZSO concerts in Wellington.
A. Mozart Clarinet Concerto & Beethoven Pastorale Symphony
B. Dvorak Cello Concerto & Tschaikovsky Pathetique Symphony
Two Tuesdays @ 10am.
Starts: March 28th & May 9th
Venue: Member's Home

16 NEW ZEALAND ART AND ARTISTS

Leader: Rev'd Michael Holland 021 261 0912
Coordinator: Bill Chaplin 232 5547
A series of **SIX** presentations on the life and works of six major artists: Frances Hodgkins, Rita Angus, Don Binney, Colin McCahon, Robin White, Bill Sutton.
Tuesdays weekly @ 1.30pm.
Starts: Tuesday March 7th
Venue: Stephen's Lounge, Tawa Union Church.

17 SPANISH LESSONS

Leader: Nora Barraquero 977 4867

Coordinator: Glenys Seiler 4471806

Native speaker and experienced teacher offers classes for beginners and/or advanced learners, depending on demand. May take two separate groups.

Wednesdays weekly excluding school holidays @ 1.30pm.

Starting: February 8th

Venue: Tawa Union Church (Back room: Luke's Chapel)

DISCUSSIONS

18 CURRENT AFFAIRS

Leader: Dave Smith 232 5084

Coordinator: Helen Roper 8970155

Discussions on a wide range of significant current events.

First Wednesday @ 10am,

Continues: 1st February

Venue: Doris Mills Lounge

19 DISCUSSION GROUP

Leader: Joy Chaplin 232 5547

Coordinator: Bill Chaplin 232 5547

A small group, meeting for discussion on subjects of the group's choosing, over morning tea.

Second Wednesday @ 10am.

Resumes: 9 February

Venue: Member's Home

HEALTH & WELFARE

20 YOUR FUTURE HEALTH CARE

Presenter: Maxine Paterson

Coordinator: John Baldwin 237 6501

This is the process of thinking about planning for a time when you can no longer express your wishes for your future care and end of life. This one-off session will cover specific treatment and care preferences; How to do Advance Care Planning; (Thinking about your future health care) and Enduring Power of Attorney.

Wednesday 3rd May @ 1.30pm

Venue: Stephen's Lounge TUC

21 FELDENKRAIS METHOD

Presenter: Brenda Stickley
(Certified Feldenkrais Practitioner, MS (Nursing) 232 9364/021 163 8211
Coordinator: John Baldwin 237 6501

Move it like you used to – Class in the Feldenkrais Method.
Remember when movement used to be fun? Regain lost movement, relieve pain and muscle tension and improve overall function. This is a gentle approach suited for any age or physical ability. Learn how awareness and understanding of how your body works can make a real difference in the way you move and feel. Change your body and your brain with a smarter way. One off with a complimentary follow-up class.

Wednesday: 5th April @ 1.30pm.

Venue: Linden Hall

22 CURRENT HEALTH ISSUES for seniors

Presenter: Dr. Kathy Stone.
Coordinator: Ivy Pearce 232 6743.

Topical health issues, followed by questions from the floor depending upon time available.

Two talks @ 9.30am

Date and Time TBA

23 NEVER ALONE

Leader: Karen Chaplow 027 623 4069
Coordinator: Glenys Seiler 4471806

This is a budget option for calling for emergency assistance in times of need. How it works may be followed with a private followup in your own home. Two repeat sessions.

Tuesday 14th March at 10am; Tuesday 11th April

Venue Stephen's Lounge TUC

24 ALZHEIMERS

Leader: Liz O'Hare 939 0131
Coordinator: Glenys Seiler 4471806

Liz is Team Leader, Community Worker, North Wgtn

“Our vision is for NZ society to recognise, value and support people living with dementia.” Questions from the floor are welcome.

Wednesday 15th March @ 10am.

Venue: Doris Mills Lounge

25 ANNUITIES and REVERSE MORTGAGES

Fitting into a Retirement income plan

Presenter: Alan Borthwick (Certified and Authorised Financial Planner with over 14 years experience as a financial adviser and the Director of DUX Financial Services.)

Coordinator: Jancis Potter 232 3915

This talk will explain the differences between these two product types and how each one works. Alan will identify the appropriateness of each product and when to use, or not to use each one as part of a larger retirement income plan. He will welcome questions from the floor on these products or any general retirement planning areas.

Wednesday February 22nd @ 10am.

Venue: Doris Mills Lounge

26 CASE HISTORIES from the CITIZENS ADVICE BUREAU

Presenter: Audrey Fell-Smith

Coordinator: Jancis Potter 232 3915

Audrey will not only inform you of the areas of service this organisation can give . . . she will also relate some of the case histories that have been dealt with.

Friday 3rd March @ 2pm

Venue: Tawa Union Church (Hall)

27 UNDERSTANDING OURSELVES

Leaders/Coordinators: Trish McBride 478 6332 and
Glenys Seiler 4471806

Self help techniques for emotional well-being.

4 sessions weekly. Tuesdays @ 10am.

Starts: Tuesday 14th February.

- 1.A visual method of understanding your world
- 2.A kinesthetic method of understanding your world.
- 3.Are you a thinker or a feeler? - get a helpful balance.
- 4.Issues of grief and loss.

Venue Stephen's Lounge Tawa Union Church

HISTORY

28 ANCESTRY SEARCH

Leader: Michael Holland 021 261 0912

Coordinator: Max George 232 4200

Members help one another advance their genealogy and/or family history research. Bring your laptop.

Third Friday @ 9.30am.

Resumes: February 17th

Venue: Stephen's Lounge, Tawa Union Church

29 NZ SOCIETY OF GENEALOGISTS

Leader: Paul Alpe 027 418 453

Coordinator: Genys Seiler 447 1806

The NZSG Kiwi Collection is a research aid for NZ Research that contain 9 million records index entries and can give people links to records of their ancestors that can progress their research. It contains School records, probate records, Church records, shipping records any many others. In fact 189 different record types.

Tuesday February 28th @ 1.30pm

Venue: Stephens Lounge. Tawa Union Church

30 BIBLICAL THEMES

Leader: Digby Gudsell 232 6110

Coordinator: Lola Gudsell 232 6110

Talks on major themes that continue through the Bible, especially with relevance to today.

2nd and 4th Fridays of month @ 1.30 pm

Feb 10th Natural and Spiritual

Feb 24th Prophecies and Fulfilments

Mar 10th God's Purpose and the Abrahamic Covenant

Mar 24th Kingdoms past and the Kingdom of God

Apr 28th Sin, Sacrifice and Salvation

May 12th Dreams and Visions

May 26th Followers and Disciples

Starts: February 10th

Venue: Doris Mills Lounge, Linden

LITERARY

31 BOOKS 1. LEADER COORDINATOR START DATE

Coordinator: Faith Delaney 232 6730

or Contact: Pat Downes 232 5871

No set programme. We discuss and sometimes lend each other books of our choice on a wide range of subjects.

2nd Monday @ 10am.

Resumes: February 13th

Venue: Member's home.

32 BOOKS 2.

Leader/Coordinator: Diane Scott 232 6958.

No set programme. We discuss and sometimes lend each other, books of our choice on a wide range of subjects..

Fourth Monday @ 10am.

Resumes: 23rd January

Venue: Members' homes.

This group probably cannot accept new members. Check with Diane.

33 ENGLISH LITERATURE

Leader: Carolyn Marshall 232 8465

Coordinator: Pat Downes 232 5871

Understanding major works of Literature.

4 x Thursdays fortnightly at 10am.

Specific dates: March 9th, 23rd., April 6th, April 13th

Venue: Stephen's Lounge Tawa Union Church

34 WRITING YOUR MEMOIR

(Autobiography and Journalling - u3aonline)

Leader/Coordinator: Jancis Potter 232 3915

This course will use materials purchased from u3aonline, but adapted to suit the requirements of the group. At each session individuals will read a short piece from the writing they have prepared for homework.

Tuesdays fortnightly @ 2pm

Starts: February 21st

Venue: Member's home

PHILOSOPHY

35 TALKING WITH SOCRATES

Leader/Coordinator: Don Hunter, 232 9633

Socrates has us question our convictions, shows us how to think, then leaves us to it. He does not tell us what to think. Dialogue selection may vary (depending on interest) but likely to include, the Apology, Critia, Phaedo, some chapters from the Republic, Timaeus, Protagoras.

Discussion at layperson's level.

About 8 sessions, weekly @ 2.30pm

Starts: Monday 3 April

Venue: Roundabout Bar and Restaurant

RECREATION – OUT and ABOUT

36 KEEP-FIT CLASSES

Tutor: Mark Anderson 027 458 8674.

Contact: Brian Wilson 234 7085.

Times and days to suit individual members. Small class sizes with various days and times each week. All exercises are supervised by a Personal Trainer and suitable for all age groups. **\$6 per half hour.**

Venue: Revolve Fitness, Tawa Mall, Tawa.

37 RAMBLERS.

Contact: Michael Holland. 021 261 0912

Easy to moderate walks, both local and throughout the greater Wellington area. Bring your Super Gold Card (we often travel to other locations by train or bus), some water and lunch. Our rambles often finish with members of the group having a coffee together at various cafes. New members will find a friendly welcome!

Thursdays weekly @ 10am.

Continues: February 2nd

Venue: Meet at Davies Street/Luckie Street car-park (north end of Grasslees Reserve).

38 OUTDOOR GAMES

Will go into recess unless we can find someone to assist with carrying the gear.

If you are willing to help, please contact Jean Leitch 477 1718

39 INDOOR GAMES

Leader/Coordinator: David Parsons 236 6200 or 027427 2094
Games include - board games, cards, bingo and other activities.
Second and fourth Wednesdays @ 1.30pm.
Resumes: January 11th
Venue: Stephen's Lounge, Tawa Union Church

40 TABLE TENNIS

Leader/Coordinator: Virginia Ng 232 9971
Come and have some fun games and rediscover those skills.
Thursdays weekly @ 9.30.
Resumes: February 2nd
Venue: Tawa Community Centre Hall.

41 THEATRE VISITS

Leader/Coordinator: Alison Bayly 027437 9215
alison.bayly@clear.net.nz
Enjoy group-company attending a variety of theatre events. Alison will give a detailed list of proposed plays at the January AGM.
Please email, text or phone Alison to express interest.

42 TRAVEL ADVENTURES -

Presenters/Coordinators: Glenys Seiler (477 1806) and
Jancis Potter (232 3915)
Illustrated talks on travel adventures, Five sessions.
10th Feb: Castel-moron-sur-Lot; Paris; Nice (Jancis)
10th March: Anguganak; Argentina and Alice Springs (Glenys)
21st April Delft; Berlin (Jancis) TBC
12th May The Chatham Islands (Gil and Helen Roper)
9th June: Canal Boat/Oxford; Kinsale; St Clement (Jancis)
Second Friday, Monthly @ 10am ***Except April 21st***
Starts: February 10th
Venue: Tawa Union Church, Lounge or Hall

43 "SILVER LINING" LINE DANCING

Presenter: Christine Stewart 234 7514/021 781 514
Coordinator: Jancis Potter 232 3915/027 6354 733
Christine offers a one-off taster class in Line dancing. This activity gives us an enjoyable way to energise our bodies and our minds. A workout with music and friendship.
Friday 17th Feb @ 1.00pm
Venue: Tawa Community Centre Hall