

**U3A TAWA COURSES**  
**July to December 2017**

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## ART & CRAFTS

### **1 ART GROUP**

Leader / Coordinator: Maureen Johnston 232 4555

Dabble in different mediums. Some materials are provided. Bring sketching pencils (e.g. HB, 2B, 4B, 6B) and paper. Prepare to participate in activities and topic selection!

Every Thursday @ 10.00am. Till noon.

Continues: July 6th

Venue: Tawa Community Centre.

### **2 CARD MAKING**

Leader/Coordinator: Lesley Meade 232 1400

Make cards for special occasions. Most materials are available. Bring scissors, tape and pencil.

Wednesdays, Fortnightly @ 9.00am and 1.00pm

Continues: July 12th

Venue: Member's Home.

### **3 CRAFTS**

Tutor: Marjorie Todd 232 7386

Co-ordinator: Faith Delaney 232 6730

Practical, creative needlework, embroidery and similar. New ideas, Third Wednesdays @ 1.30pm.

Continues: July 19th

Venue: Member's home

### **4 BUILDING WITH MECCANO**

Leader: Max George 232 4200

Coordinator: Gillian George 232 4200

Men and women re-live your youth by building with meccano. Max has many different sized sets that you can use to play with.

Second and fourth Thursdays 9.30am – 11.30am

Starts: July 13th

Venue: Member's Home: 3A St John's Tce.

### **5 LEATHERCRAFT**

Tutor/Coordinator: Gretta Dymond 232 6856

A "hands-on" programme to convert leather into beautiful articles.

Thursdays weekly @ 1.30pm.

Continues: July 6th

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

## **6 SCRAP-BOOKING**

Tutor: Margaret Williams 232 3312

Coordinator: Anne Raven 232 5660

An opportunity to learn great ways to present your photos and memorabilia.

Fridays, weekly @ 9.30am.

Continues: July 7th

Venue: Tawa Community Centre.

**This group is now full. Enquiries only to Anne or Margaret.**

## **BOTANICAL**

### **7 BOTANY**

Leader: Margaret Herbert 232 6828

Coordinator: Helen Roper 897 0155

A practical look at various plant habitats.

Second Mondays @ 9.30am. Bring lunch.

Continues: July 10th

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

### **8 LOW MAINTENANCE GARDENING**

Leader: Alison Bayly, Oasis Garden Design,  
027 437 9215, alison.bayly@clear.net.nz

Co-ordinator: Margaret Goodway, 232 7514,  
021 116 9489, goodway.family@xtra.co.nz

Do you have problem garden areas and plants? Is there garden work that you dislike doing? This is a session using design principles to find solutions to these questions. Please bring A4/A3 paper, lead pencil and coloured pencils.

Wednesday July 19<sup>th</sup> at 10.00 to 11.30.

Doris Mills Lounge, Linden Community Centre

### **9 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.

Continues: July 7th

Venue: Emmaus Centre, St Christopher's Church

## COMPUTERS

### **10 SMART TECHNOLOGIES**

Leader / Coordinator: John Baldwin 027 349 7777/237 6501

Discussions about Smartphones, Tablets, modern computing hardware, Apps and software and their uses.

Fourth Thursdays @1.30pm

Resumes 27 July

Venue: Tawa Community Centre.

### **11 "IS A QUALITY SMARTPHONE ALL YOU NEED."**

Leader/Coordinator: John Baldwin 027 349 7777/237 6501

An introduction to the range of things SMART hardware (especially phones) can do. A good, modern smartphone might cost more but are getting even smarter and simpler to use (voice commands) and can be a very versatile computer in your pocket or purse.

One session @ 10.00am

Date: Tuesday September 5th

Venue: Tawa Community Centre

## CULTURAL

### **12 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. Each month's host chooses and talks about a selection of favourite music. A light lunch is followed by further selections of music.

First Wednesdays @ 10.30 am – 1.30pm

Continues: July 5th

Venue: Members' homes.

### **13 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. Three sessions.

Continues: July 18th

Venue: Annex, St Christopher's Church.

## **14 U3A SINGERS**

Leader: Jancis Potter, 232 3915/0276354733

Co-ordinator: Gillian George 232 4200/0212314240

We sing a wide range of music in up to 4 parts. We perform to community groups during the year. No auditions.

Costs: \$5 each Half year for Songbook printing.

Mondays, weekly @ 1.15p.m.

Continues: July 3rd

Venue: Stephens Lounge, Tawa Union Church

## **15 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, WEEKLY @ 1.30pm.

Resumes: August 10th, 17th, 24th,

Venue: Emmaus Centre, St Christopher's Church

## **16 THREE CHORDS FOR CHRISTMAS ON UKULELE**

Tutor: Margaret Stenhouse 235 8831

Coordinator: Jancis Potter 232 3915

Play your favourite Christmas songs and carols using 3 easy chords. Bring your own uke or phone Margaret before August 21st.

Fridays weekly @ 1.30pm.

Starts: September 1st

Venue: Tawa Union Church Hall

## **17 SINGING FOR FUN**

Leader: Francine McGovern 232 5151

Coordinator: David Bray 232 4403

All are welcome and no previous musical experience is required. Group singing is known to induce relaxation, is energizing and provides fun and enjoyment. Familiar songs from the past from films and shows, spirituals, hymns and any song that members would like to suggest.

Tuesdays fortnightly @ 1.30pm.

Starts: July 4th

**Venue: Baptist Church Lounge, 229 Main Road, Tawa**

## **18 SPANISH LESSONS**

Leader: Nora Barraquero 977 4867

Coordinator: Glenys Seiler 4471806

Classes continue for those who started at the beginning of the year. New members welcome.

Wednesdays weekly excluding school holidays @ 1.30pm.

Starting: July 5th

Venue: Tawa Baptist Church, 229 Main Road, Tawa

## **19 "SCENES FROM MY CHILDHOOD"**

Leader: Rev'd Michael Holland 021 261 0912

Coordinator: Bill Chaplin 232 5547

A series of **FOUR**.

- 1) Taranaki (1944-46)
- 2) Island Bay (1946-54)
- 3) Johnsonville (1950-57)
- 4) Tawa (1958-64)

A mixture of NZ Social History and autobiography, including historic sites from the NZ Wars in Taranaki, the Holm Shipping Company, St Mark's Church School and the Miss Holm sisters; Scots College and Tawa.

Tuesdays weekly @ 1.30pm.

Starts: September 5th

Venue: Stephen's Lounge, Tawa Union Church.

## **DISCUSSIONS**

### **20 CURRENT AFFAIRS**

Leader: Dave Smith 232 5084

Coordinator: Helen Roper 8970155

Discussions on a wide range of significant current events.

First Wednesday @ 10am,

Continues: July 5th

Venue: Doris Mills Lounge

### **21 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: July 12th

Venue: Member's Home

## HEALTH & WELFARE

### **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

**Please contact Ivy for dates.**

### **23 FELDENKRAIS METHOD**

Presenter: Brenda Stickley 232 9364/021 163 8211

Coordinator: John Baldwin 237 6501

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. Two classes.

Tuesday July 18th @ 11am and possibly

Wednesday July 19th @ 11am

Venue: Linden Hall

### **24 ALZHEIMERS**

Leader: Emma Frommings (04) 972 2595/0800 004001

Coordinator: Jancis Potter 232 3915/0276354733

**As we go to print this talk is not confirmed. Please enrol if you are interested and we'll contact you when more is known.**

### **25 MENTAL HEALTH WELLBEING – IT'S TIME TO TALK ABOUT IT**

Speaker: Brian Colegate 04) 902 1085

Coordinator: Jancis Potter 04) 232 3915

Brian's talk will primarily address mental wellbeing, promoting the notion of greater awareness by encouraging people to talk about it. He also plans to cover aspects of his lifetime journey which he believes the audience will find interesting. He'll mention some of his favourite, more amusing cartoons from his book, *'Bi-Polar Expedition'-an unlikely lifetime journey*, published in December.

Thursday 20th July @1.30pm

Venue: Stephen's Lounge, Tawa Union Church

## **26**      **COFFIN CLUB**

Contact:                      Joy Chaplin                      232 5547  
   Carole Naylor                      233 8033

A monthly meeting to discuss ideas leading to a possible collaboration with “The Men's Shed” to share skills and knowledge for building and decorating a coffin for your own use and/or for donating to the DHB for use for stillborn babies. Can you offer a suitable workshop/garage space?

First Thursdays @ 1.30pm

Starts: July 6th

Venue: Tawa Community Centre

## **27**      **SPIRITUALITY FOR A NEW AGE**

Leader:                      Noel Tiano ThD

Contact:                      Ron Dickan    2326185    [ronbichan@gmail.com](mailto:ronbichan@gmail.com)

1. Spititual, not religious, diverse and growing
2. Who will speak for you if you can't speak for yourself? What are the reasons why older people have advance healthcare directives and why are others against it?
3. How can we write an Advance Care Directive?

Three Thursdays weekly @ 10am.

Starts: November 9th

Venue: 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 Fridays @ 9.30am.

Resumes: July 21st

Venue: Stephen's Lounge, Tawa Union Church

## **29**      **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

Resumes: July 14th

Venue: Tawa Community Centre Boardroom



## LEGAL

### **30 CONCEPTS OF LAW**

Leader: Dave Smith Phone 232 5084/021 991 404

Coordinator: Margaret Bryson 2365962/021 181 6557

"Justice is the most deeply ingrained sign of a civilised society. Our law has developed over 1000 years and seeks to protect our relationships with each other and with the government that rules us. This course shares a broad overview of the Rule of Law, through summarised cases and statutes that are the living bedrock of our community".

Weekly Tuesdays 10am

Starts: July 4th

Venue: Member's home.

## LITERARY

### **31 NEW BOOKS IN THE LIBRARY**

Facilitator/Coordinator: Dave Smith 232 5084/021 991 404

By arrangement with the Public Library this course enables U3A members who are members of the library to access for group discussion books that have just come into the Tawa branch. Through the course leader members will be able to choose a newly arrived book that has been given an issue period longer than the usual three weeks (to enable the reader to absorb it.) In most cases the books will be handed back to the librarians after the discussion. Library staff may, on occasion, facilitate the group when it meets. This is a new course and will need a little time to settle into its most effective routine.

2nd Thursdays @ 10am

Starts: July 13th

**Venue: Tawa Library**

### **32 BOOKS 1.**

Coordinator: Faith Delaney 232 6730

or Contact: Pat Downes 232 5871

We discuss and sometimes lend each other books of our choice on a wide range of subjects.

2nd Mondays @ 10am.

Resumes: July 10th

Venue: Member's home.

### **33 BOOKS 2.**

Leader/Coordinator: Diane Scott 232 6958.

We discuss and sometimes lend each other, books of our choice on a wide range of subjects..

Fourth Mondays @ 10am.

Resumes: July 24th

Venue: Members' homes.

### **34 READING SHAKESPEARE**

Leader: Carolyn Marshall 232 8465

Coordinator: Pat Downes 232 5871

Always an interesting selection from the plays.

4 x Thursdays weekly at 10am.

Specific dates: October 19, 26, Nov 2, 9

Venue: Stephen's Lounge Tawa Union Church

### **35 U3A ONLINE:**

#### **WRITING COURSES FOR INDEPENDENT STUDY**

Coordinator: Jancis Potter 232 3915

Sign up to U3A Online to access courses for independent study.

Choose from:

My Life Story; Writing Family History; Storytelling with Pictures;  
Unleashing your Creative Spirit; Writing for Pleasure.

Join U3A Online (\$Au25). This entitles you to enrol in as many courses as you wish without further cost. Further information from Jancis

## **PHILOSOPHY**

### **36 READING PLATO'S DIALOGUES**

Leader/Coordinator: Don Hunter, 232 9633

In *Talking with Socrates* we discussed "earlier" Socratic dialogues. In the second semester we read "middle" dialogues, principally Plato's most famous work the *Republic*, and time allowing, the *Meno*, *Symposium*, *Phaedrus* and *Parmenides*. We approach the dialogues in the spirit of open ended enquiry trying, as we explore the texts, to expand and deepen our understanding of such concepts as knowledge, virtue, justice, truth, immortality. The dialogues make us think. Discussion is at a layperson's level.

Mondays About 8 sessions, weekly @ 2.00pm

Starts: July 3rd

Venue: Roundabout Bar and Restaurant

## **RECREATION – OUT and ABOUT**

### **37 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.

### **38 RAMBLERS.**

Contact: Michael Holland. 021 261 0912

Easy to moderate walks, throughout the greater Wellington area. Bring your Super Gold Card, water and lunch. Our rambles often finish with members of the group having a coffee together at various cafes.

New members welcome!

Thursdays weekly @ 10am.

Continues: July 6th

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

### **39 OUTDOOR GAMES**

Contact: Jean Leitch 477 1718

Relaxing social games, including croquet and petanque – weather permitting.

Fridays weekly @ 10 – 12noon

Continues: July 7th

Venue: Aotea Recreation area.

### **40 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: July 12th

Venue: Stephen's Lounge, Tawa Union Church

### **41 TABLE TENNIS**

Leader/Coordinator: Virginia Ng 232 9971

Come and have some fun games and rediscover those skills.

Thursdays weekly @ 9.30.

Resumes: July 6th

Venue: Tawa Community Centre Hall.

## 42 THEATRE VISITS

Leader/Coordinator: Alison Bayly 027437 9215

[alison.bayly@clear.net.nz](mailto:alison.bayly@clear.net.nz)

Enjoy group-company attending a variety of theatre events.

Social Climbers, MLT Mana, Sunday 18 June, 3pm

Wind in the Willows, KAT Khandallah, Sun July 23, 4pm

Supermarket Sisterhood, New Players Newlands, Sun 30 July

A Dolls House, Circa, Frid August 4, 8pm

The Father, Circa, Frid 13 October, 8pm

Please send expressions of interest a month previous to date of event.

Please email, text or phone Alison to express interest.

## 43 TRAVEL ADVENTURES -

Presenters: Various

Coordinator: Jancis Potter (232 3915)

Illustrated talks on travel adventures, Five sessions.

July 14th Jan Jones. Volunteering and Island hopping in Fiji.

Events that one hopes will never happen on holiday

August 11th Michael Holland and his Bike in Rome

September 8th Jancis Potter takes a coach tour through Moscow and St  
Petersberg

October 13th San Francisco (Michael and his bike – again!)

November 10th John Burke Traces his family history with a return to the  
family farm in Ireland and explores Scotland and Wales.

Second Fridays, Monthly @ 10am

Continues: July 14th

Venue: Tawa Union Church, Lounge or Hall

**Disclaimer: The views expressed in any of the courses offered are the opinions of the leaders or participants and do not necessarily reflect the views of the U3A Tawa.**