



Port Sorell U3A

Course Descriptions 2023

Members pay a \$2 venue fee each session for most courses. This fee can be paid in cash or by using a prepay Piggy Card, available for purchase at the U3A Office.

Beginners Cards 500

Tony Kroon

Come along to learn the card game 500.

Cabinets of Curiosities

Chris Cheater

Did you watch *Stuff the British Stole*? Ever wondered what they did with all that stuff? This course looks at what happened to the stuff, or curiosities as they were called. It looks at how the stuff was usually displayed in cabinets of curiosities, and how these cabinets evolved into modern museums, art galleries, zoos and botanical gardens.

Cards – Euchre

Peter Sellars

EUCHRE - Cards for beginners and all those who played Euchre even if 40 years ago. You will pick it up so easily. We start at 2pm -5pm with a coffee break (perhaps you may like to bring a plate of ?? to share). Tea/Coffee provided, BYO Mug. We play 12 games and the winners move to the next table. It's a very good social game and very easy to pick up.

Cards 500

Diane Kelly

Come and join Thursday Cards 500. We play for fun and not for a "sheep station". Experience in playing 500 is required.

Choir

Warren Lockett

U3A Choir is a non-auditioning choir. Elizabeth Sandman (formerly Director of Crescendo Choir) will continue to lead us. We are a welcoming and supportive group that includes experienced singers and enthusiastic newcomers to choral music. We cover an interesting range of material and it is not necessary that you read music.

Singing has also been shown to improve our sense of happiness and wellbeing. Research has found that people feel more positive after actively singing than they do after passively listening to music or after chatting about positive life events. So join us for your weekly high.

Circle Dancing

Annie Brennan

Time to de-stress and have fun dancing! Circle dance is folk dancing done in a circle formation. It includes traditional dances from around the world, contemporary dances and moving meditations. No experience is needed. No partners needed either. The dances are all circle dances we have learnt from Amanda McKenna over seven years. Each student will now be teaching and leading several dances each, for the rest of the group. Come and have a try. We will all learn together as we go.

Contemporary Issues & Ideas

Tricia Vierra

Contemporary Issues & Ideas is a course for those who wish to engage actively in informed critical thinking about our contemporary society. Last year we considered the ethics of war, the right to die and parliamentary reform amongst other topics. Each topic is decided by the group and presented by a topic leader with contributions from other members. There is homework--some of it challenging--all of it interesting. We meet at the Crowded Lounge Café in Latrobe, where we enjoy good coffee and lively conversation. This course meets on the 1st Tuesday of the month on March 7, April 4, and May 2.

Conversations Reinvigorated

Edmund Pickering

At Conversations Reinvigorated we exchange observations, ideas, and conjectures about our interests in current affairs, sciences, arts, histories, cultures, philosophies. The current sources of topics are:

- 1- Any converser (after consulting the Course Leader) starts a Conversation about anything of interest to them.
- 2- Selected by the Course Leader, from a series of five-minute-long videos entitled The Future Of
- 3- Selected by the Course Leader, from introductions to topics at the Philosophy Cafe at Launceston.
- 4- Someone (after consulting the Course Leader) starts a Conversation with a lecture.
- 5- Any converser (after consulting the Course Leader) introduces an essay or article.
- 6- One of the chapters of The Prince by Machiavelli, selected by the Course Leader.

When we decide we'd prefer facilitation, then one of us will surely volunteer. Our intermission lasts about twenty minutes, after which we continue conversing – but not necessarily with a conclusion!

Preambles emailed to you Monday for Conversation on Friday.

No obligation to attend each Conversation.

Crafternoons

Tracy Saward

This course will move into a collaborative form of operation. Participants are asked to share responsibilities, skills and the organisation of activities. Members of the group are welcome to come for the whole session or part there of. Beginners and

experienced crafters are all welcome. We endeavour to share friendship through our love of arts and crafts. We aim to invite visiting artists as well as take short expeditions to local exhibitions. For the first week, bring along your current project and ideas. This course has limited space and may have a waiting list.

Croquet for Beginners

Chris West

Sessions will last for 2 hours over a period of 4 weeks, during which participants will be taught the basics of croquet. The game is relatively easy to learn but slightly harder to master. All equipment is supplied by the club and the only requirement for students is to wear flat soled shoes. Participants will be required to pay \$5 per week to cover green fees and equipment hire.

Once mastered, games can be played either socially or competitively and our club comprises members in both categories.

Drawing for Beginners

Sue Caffin

This is a fun class to introduce participants to basic drawing skills. You will be encouraged to explore different materials and through a variety of exercises to connect with your hidden creative talent and personal self-expressive style. No experience required but an enthusiasm to engage is expected. There will be a small cost involved for materials.

Friday Flicks

Margaret Payton

U3A's Friday Flicks provides an opportunity to watch, share and evaluate some well rated films - be they classic, contemporary, English or foreign language. Genres include drama, romance, suspense, biographical, historical and non-fiction. Please note - putting your name down for this class simply means that you will receive an email at the beginning of each fortnight advising what film is to be shown on the Friday. There's absolutely no obligation to attend. Come if and when you can.

How to use your ancestry DNA results

Kathleen Evans

You may be surprised to find where some of your ancestors really came from, their stories, how and why they came to Australia and what life was like in the country they left behind. Connect with people who you share DNA with. If you have the interest, learn how to read and use the technical tools that explain how much DNA you share with another person and search and build your family tree. Whilst knowing your DNA is helpful for this course it is not essential.

Introduction to the Enneagram

Tom Kingston

This four week course will attempt to introduce the participants to the ideas and concepts of the Enneagram as a personality type indicator. As a typology, the Enneagram defines nine personality types which are represented by the points of a geometric figure called an enneagram. For those familiar with the Myer-Briggs

personality profiles the Enneagram offers another way of viewing ourselves. The Enneagram can aid in self-awareness, self- understanding, and self-development. The process for this short course will be to take the participants through the 9 types to help them discover which best suits them.

Lantern Making

Annie Brennan

Do you think you would enjoy simple construction projects, using bamboo cane, coloured tissue papers and/or pressed leaves or flowers? The lantern making process is quite involved and requires some concentration but it is a truly satisfying and enriching experience, fostering creative expression and imagination. You will receive a deep sense of achievement and accomplishment with the completion of each lantern project.

Lanterns can enhance your garden at night or can look equally as stunning when placed around your home. Their ambient, golden glow is magical and awe inspiring. New students will begin by creating a basic 2 dimensional shape, to suspend as a Suncatcher, which will lead on to making a simple lantern form.

Experienced students will continue to create lanterns/sculptures of their choice. We will continue to expand into a diverse range of other creative projects, apart from lantern making. All lantern materials will be provided. Please bring secateurs if possible.

Learning Mah Jong

Marg Rowe

Mah Jong, is a game that originated in China. It is commonly played by four players, but can be played with three, or even two, players. It is said to be similar to the Western card game rummy and is a game of skill, strategy and calculation, but with a degree of chance. Learning Mah Jong is offered to anyone who would like to join the regular Mah Jong group but need to learn the basics first.

Let's Talk Books

Marg Leedham

A discussion group for book reading enthusiasts meeting monthly at Tranquilles to share our thoughts on a theme or topic one month, and reading and discussing a particular book the next. The books are selected at the beginning of the year from the extensive Library Book Group list. A commitment to attending and contributing is expected. Participants are able to enjoy a yummy morning tea provided by Tranquilles at a cost to be decided at the beginning of the year.

Mah Jong

Shay Holmes

Mah Jong is a game that originated in China. It is commonly played by four players, but can be played with three, or even two, players. It is said to be similar to the Western card game rummy and is a game of skill, strategy and calculation, but with a degree of chance. Players often go to lunch afterwards to round off an enjoyable get together. New members with basic knowledge are welcome, as no tutoring is available.

Mature Movers

Bev Skapin

A no impact gentle aerobic workout using weights, resistance bands and other equipment to maintain health and flexibility.

Petanque Wednesday

Denise Wilson

Pétanque is both a fun social activity and a competitive sport. It can be played in the backyard, a park or on a piste. It is a game for everyone, where grandparents and children can play on equal terms, as neither age nor ability matter. All that is required is an area of firm ground, a set of metal balls called boules, a jack called a cochonnet and most importantly a sense of fun.

Photography

Tony Harris

The members of the Port Sorell U3A photography group are interested in developing and sharing their skills as photographers. The group has grown from those who have attended the photography classes presented by Tony Harris since 2014. There are no specific equipment requirements but members of the group will typically have access to a DSLR or mirrorless camera with interchangeable lenses, a tripod, and a computer with software to post-process their images.

The group meets in the Banksia Centre where group members review their photos and share their knowledge on a wide range of photography and post processing topics. Occasionally, we will have guest speakers to talk on a range of photographic topics. Excursions are held every second week, instead of the classroom session. Participants will need to arrange their own transport to the excursion locations, however carpooling is encouraged.

Photography for Beginners

John Sumpton

This course is for those who are considering taking up photography as a hobby. The aim is to cover the technical aspects of taking digital photos and processing them. The course will be designed around cameras which can be used in manual mode, to control the camera settings. The in-class sessions will be held every second week. Members will be invited to join the U3A Photography Group on their excursions on the intervening weeks.

Pickleball

Tony Matchett

A game for the ages, pickleball is a blend of badminton and tennis played on a small court with divided net and with the undivided attention of participants. A great way to get mobile and make friends.

Starting a Worm Farm

Marlene Chesney

Instead of throwing away your fruit and vegetable scraps, why not convert them into a constant supply of rich organic fertiliser for your garden or pot plants?

Learn how to choose and set up either a commercial or homemade worm farm/bin or make a low maintenance one which is placed IN the middle of your veggy or flower patch. This is my favourite type now!

Worms are great pets and can be left for several weeks without supervision! No previous experience with worms is required.

Fun for those visiting grandchildren too! Visits to see local worm farms will be included in 2nd hour of the class.

Stronger Seniors

Tricia Hollister

Gentle exercises including strength & stretch. Participants only do what they feel they are capable of doing. Suitable for both men & women. ALL WELCOME.

Ukulele Group

Di Atkinson

Come along and join one the happiest groups in U3A. Beginners and maestros are all welcome. We sing and play and hopefully learn some new 'stuff' along the way. Music provided. BYO your own Uke. Newbies and beginners are welcome.

Walking Group

Di Atkinson

Approximately 1 hour walk each week. Everyone walks at their own pace. Walking for pleasure – company – fitness! Meet afterwards for a coffee – tea – refreshing juice. RAIN – HAIL or SHINE. A great bunch of people. The meeting place alternates between Brewstone Cafe and Rocky Gardens, with some walks outside the area.

Walking Netball

Lois Brinkmann

Walking Netball is a fun way to exercise that is easy on the body. There is no running or jumping but it is lively and adds to your level of fitness. The rules are the same as ordinary netball with some modifications to allow easy movement around the court. It is suitable for both men and women and is a great social activity.

Water Workout

Bev Skapin

Gentle aerobic workout in a heated indoor pool. Participants must be able to walk down steps with a handrail. They need to bring a swim noodle and drinking water. Cost of class is \$10 per session to cover pool hire.

Yoga

Lyn Williams

A one hour session of slow flow yoga, suitable for mature participants. Instruction is delivered through a series of programs from online sources, including Crow Point Yoga. Participants need to bring a yoga mat, a water bottle and a yoga block and strap.