



COURSE DESCRIPTIONS FOR TERM 3 & FULL YEAR COURSES in 2022

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

Afternoons of Illustrated Travel

Andrew Cotton & Marg Mace

Andrew and Marg continue their series of quirky illustrated accounts of low-rent travel from the two decades before Covid. This time Andrew will look a little more deeply into related history and geography to get beyond the fashionable Instagram checklist to a deeper understanding of why places exist, why they are attractive to visit and what life for the locals might involve.

They welcome an open exchange with participants, some of whom may have visited some or all of the destinations or have direct contributions to make. They welcome questions and hope to inspire others to put together shows of their own. At times, nationalism, religion and political hypocrisy may come under the spotlight so be prepared for sensitivities to come under question. Given the likelihood that easily transmissible Covid variants will still be with us, they ask that you consider using a mask when reasonable physical separation is not easily achieved.

The five programs focus a little more on lesser-known cities. The shows are proposed to be:

Monday, October 24:	Two Cities 1 - Kandy and Phnom Penh,
Monday, October 31:	Paradise Twice - Nusa Lembongan and Boracay,
Monday, November 7:	Two Cities 2 - Salt Lake City and Las Vegas,
Monday, November 14:	South of the Black Sea - Plovdiv, Sofia, Istanbul and Tbilisi,
Monday, November 21:	Malta and the Knights of St. John.

Art & Philosophy

Garry Pratt

If according to William Blake, "the world is too much with us... getting and spending we lay waste our powers", might our engagement with the arts be at least one better way to put them to use? What are these powers that the arts invite us to exercise and how thereby may our experience of life be enriched?

Prior to each session participants will be expected to consider one or more readings taken, though not exclusively, from the philosophical tradition. A brief introduction by way of orientation will be followed by class discussion based on the focus readings. **This course meets fortnightly Tuesdays on September 13 & 27 and October 11, 25 and November 8 & 22.**

Beginners Cards 500

Tony Kroon

For anyone who wants to learn to play 500 or to improve their skills.

Cards 500–Experienced Players

Di Kelly

Thursday 500 welcomes men and women who are experienced 500 players. You need to want to enjoy the game, meet, play and have fun with other like minded 500 players - but not for "Sheep Stations"!!!

Circle Dance

Amanda McKenna

Time to de-stress and have fun dancing. Circle dance is folk dance done in a circle formation. It includes cultural dances from around the world, contemporary dances and moving meditations. No experience needed as I teach each dance as we go. No partners needed either! Come and have a try and see if you like it.

Contemporary Issues & Ideas

Tricia Vierra

Contemporary Issues & Ideas is a course for those who wish to engage actively in collaborative learning and critical thinking about our contemporary society. In Term 2, we considered parliamentary reform, philosophy of forgiveness, and nuclear energy. There is homework, some of it challenging but 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 3rd Tuesday of the month on September 20, October 18 and November 15.**

Conversations Reinvigorated–4 Ways

Edmund Pickering

Exchanging observations and ideas and conjectures, about your interests.

- 1- Week 1, 3, 5 etc: A topic from the resource, "Future of...". So the preamble is a brief video.
- 2- Week 2, 4, 6 etc: A topic from the resource, Philosophy Cafe. So the preamble is a 'handout'.
- 3- Or any week, one converser (after consulting the Course Leader) starts a Conversation about anything of interest to them.
- 4- Or any week, any converser, or someone else, starts a Conversation with a lecture, probably lasting less than thirty minutes. This is also an opportunity for anyone you know who wants an audience to hear about their interest! Contact the Course Leader.

Preambles are emailed to you Monday for Conversation on Friday. No obligation to attend each Conversation. If 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!

Crafternoons

Tracy Saward & Rachel Poulter

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.**

DNA: Unlocking life's code

Bill Shaw

The course looks at how discovering the structure and function of Deoxyribonucleic acid (DNA) in the mid 20th century has led to an understanding of heredity and hereditary disease. The course discusses how this knowledge of DNA led to new technologies such as the development of products such as insulin and genetically modified organisms (GMO). The course finishes by discussing the importance of the environment (epigenetics) and the development of new technologies e.g. CRISPR.

This short course meets Mondays on September 12, 19 & 26.

Food: Facts and Fallacies

Marlene Chesney

This class is open to new and continuing students. What foods give you the nutrition you need? Is vitamin C only found in oranges? What about broccoli and cabbage? Are there benefits in skipping breakfast? Bring along your food questions and food labels and we'll discuss.

This course meets fortnightly Thursdays on September 1, 15 & 29, October 13 & 27, and November 10 & 24.

Friday Flicks

Margaret Payton

U3A's Friday Flicks, held once a fortnight and now in its 6th year, provides an opportunity to watch, share and evaluate some well rated films - be they classic, contemporary, English or foreign language. Genres include - drama, romance, comedy, action, suspense, biographical, historical and non-fiction. Please note - Putting your name down for this class, simply means that you will get 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. Just come, if and when you can.

This course meets fortnightly Fridays on September 16 & 30, October 14, 21 & 28 and November 11 & 25.

Fun and Games

Diane Scott

Learn or play a game you already know. Some of the games on offer are Upwords, Sequence, Rummiking and Yahtzee. Feel free to bring your own games. **This course meets fortnightly Tuesdays on September 13 & 27, October 11 & 25, and November 8 & 22.**

Fun with Worms: Starting a Worm Farm or Tube

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 veggie patch. This is my favourite type now! Visits to local worm "farms"/tubes will be included in the 2nd hour of the class. 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! **This short course meets Mondays on November 7 & 14.**

Hydroponic Gardening

Gavin Connor

This is a beginners class and will cover: pros and cons of hydroponics, types of hydroponic systems, materials, nutrient requirements, and general maintenance.

Gavin Connor has taught hydroponics to staff heading off to Antarctica, so they can have fresh leafy greens as a part of their diet. Gavin has a demonstration system that he will use..plus photos of various systems and their bountiful produce. **This short course meets Mondays on October 3 & 10.**

Lantern Making

Annie Brennan

Do you think you would enjoy simple construction projects, using bamboo cane, tissue papers &/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, for social gatherings, or can look equally as stunning when illuminated and 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 also continue to branch into a diverse range of other creative projects, apart from lantern making. All materials will be provided. Please bring secateurs if possible.

Let's Talk Books–Morning

Marg Leedham

Let's get together on the first Thursday of the month for an informal discussion of books and reading, over a cup of tea or coffee. The topics and books will be suggested and chosen by group members. We might talk about books related to a theme, the latest releases, compare a book and film version, or perhaps focus on a particular book more in depth. The group members will decide. Tranquilles will provide a drink with cake or muffin for \$9.50 to keep us sustained while we enthuse. **This course meets on the 1st Thursday of the month on October 6, November 3 and December 1. It has limited space and may have a waiting list.**

Let's Talk Books–Afternoon

Marg Leedham

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This course meets monthly on the first Thursday. It has limited space and may have a waiting list.

Local History

Snow Thomas

The family of Bertram "Snow" Thomas, aged 91, has lived in the district since 1828. He has a profound knowledge of the history and development of Port Sorell and the North-West Coast, and is the author of several books. He will be offering a series of four lectures and a district tour; a repeat of a series first delivered in 2014. Topics: exploration, development, administration, personalities, recreation and

industries – farming, fishing, forestry. Presentation is enhanced by PowerPoint presentations. **This short course meets Wednesdays on September 14, 21, & 28 and October 5 plus one tour.**

Mah Jong

Ray Tollefsen

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 are always welcome, with instruction freely available.

Mature Movers Tuesday

Bev Skapin

Mature Movers is a no impact gentle aerobic exercise to music programme using weights, stretching bands and other equipment. **This course is closed for Term 3.**

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Petanque Tuesday

Anne Watson

Petanque is both a fun social activity and a competitive sport. It can be played in the backyard, a park and competitively up to world championship level. Petanque is played on a Piste. It is a game for everyone, where grandparents and children can play on equal terms, as neither age, gender 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. Players can enrol for both days if they wish.

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Photography Group

John Sumpton

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. We intend to share these sessions through online chat for those who can't attend in person. 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.

Pickleball**Tony Matchette & Lesley Venville**

Pickleball is a fun and entertaining paddle ball sport which is suitable for all ages. It combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a wiffle ball, with 26-40 round holes, over a net.

Reading Music for Beginners**Rachel Poulter**

This is a class for anyone who wants to learn how to read music e.g. for singing, learning a musical instrument..or for no reason at all! **This short course is offered for 6 sessions on Thursday–September 15, 22 & 29 and October 6, 13 & 27.**

Stronger Seniors Tuesday**Tricia Hollister & Margaret Buck**

All are welcome to this friendly, fun Stronger Seniors workout program, which is designed to help seniors develop strength and enhance our ability to function in our daily life. We use two fitness DVDs which work together to improve our ability to be stable and balanced and to stay mobile. Also aids our ability to go up and downstairs, to squat and pick something up, and to play with our grandchildren. One week we use the Strength video, which involves in part, using just 1 weight, (bring your own, which can be purchased cheaply at Coles), the next week we do the Stretch video. So come along and meet lovely people, have a laugh and keep mobile. Look forward to seeing you there!

Stronger Seniors Thursday**Tricia Hollister**

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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.

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.

Walking Netball**Lyn Williams & Lois Brinkman**

Walking netball is a fun way to exercise that is easy on the body. There is no running or jumping but is lively and adds to your level of fitness. The rules are the same as ordinary netball with a few alterations. It is suitable for women and men and a great team sport.

Water Workout**Beverly Skapin**

Water workout is a gentle aerobic exercise in a heated indoor pool. Participants must be able to walk

down steps with a handrail. A noodle is required. Cost of the class is \$10 per session to cover the pool. **This course has limited space and may have a waiting list.**

Weekend Walkers

Karen Dowie

An occasional (approximately monthly?) weekend walk at various locations along the Northwest coast. Locations will be randomly selected depending on the weather forecast and could take place either on Saturday or Sunday anywhere between Deloraine and Wynyard. Walks will be approximately 7-10 kms in distance and will take approximately 3 hours. Participants must have a reasonable level of fitness and wear suitable strong walking shoes (some tracks maybe a little rough?). Everyone must bring a day backpack with a snack / lunch and a drink bottle. A good wet weather coat, a hat and sunscreen are essential! We will have afternoon tea and a coffee at a cafe in the area so bring your wallets. The dates and locations will be published via email the week prior to the upcoming walk and participants will be required to state their attendance. Come along and join us for a nice relaxing weekend outing. **This course is closed for Term 3.**

Yoga

Lyn Williams

An hour session of basic yoga poses and relaxation. Instruction is delivered through a series of DVDs and suited to all levels of fitness. Bring a yoga mat, a water bottle and a yoga block or strap if required.