

U3A

Courses

2012



HANDBOOK



Learning for pleasure for the Over 50's

U3A Nepean-Blue Mountains Inc



Contact Details

U3A
Nepean-Blue Mountains

Head Office:
3 Castlereagh Street,
Penrith NSW 2750

Postal Address:
PO Box 958,
Penrith NSW 2751

Telephone:
(02) 4722 3405

Office Hours:
9:00am – 3:00pm
Monday to Friday
(during term dates)

Email:
u3anepean@optusnet.com.au

Website:
www.u3anepean.org

What Is U3A?

The U3A is not a University – at least, not in any conventional sense. It comprises a group of people pursuing shared interests under the guidance of a tutor who may well learn as much as s/he imparts. Subjects can be academic, general interest or hobbies. In case you are wondering, **there are no exams or assignments; occasionally a little homework. There are no awards, degrees or diplomas given.**

How Did U3A Start?

The first U3A group was formed in France in 1972 and the movement spread – first throughout Europe and then across the world. U3A reached Victoria in 1984 and soon expanded to reach every State and Territory.

Who Can Join?

If you are over 50 years of age and retired or semi-retired, you may want a new interest, or perhaps the opportunity to follow through on some old enthusiasm that family commitments or a busy life-style forced you to postpone. This could be the time for you to take it up again. **No qualifications or prerequisites are needed.**

What Can U3A Do For Me?

In the U3A Nepean Blue Mountains area there are many courses which you can see in this handbook. Take a few minutes to browse through the list and find one that touches your imagination.

New Courses and Tutors

Of course, we don't cover all subjects. If you have a special interest you might consider becoming a tutor yourself. Our Tutors come from many areas. Some have academic qualifications in their field, some have business expertise and some have skills in recreational or general-interest fields. New venues are available in a number of locations and we would welcome tutors and courses to make use of them.

But I'm Too Old to Learn...

Don't you believe it! Certainly young people have the ability to assimilate information more rapidly, but older folk have something special: **life experience**. By relating new subjects to the knowledge we have accumulated along the way, seniors have a gift for absorbing new ideas quickly and easily. If you don't already know, then you're in for a pleasant surprise. Of course, young people have the fitness to sit and study for extended periods, but that is no handicap because the things we learn at U3A require only as much study as we choose to give them.

A Self – Help Group

The U3A derives its strength from its members' capabilities and from their shared knowledge and experience. There is little distinction between tutor and student and both work together to make the class a success. Indeed, a tutor in one class will often be a student in another.

Classes

Daytime classes usually run for 1 – 2 hours and are usually conveniently located near public transport. Class numbers average about twelve and the subject material and content are tailored to individual needs. There are currently over 1,000 members.

Benefits

How can we benefit from studying something new? Elizabeth Barrett Browning would have said 'let me count the ways...'

There is the obvious benefit of finding new interests and becoming absorbed in new and fascinating fields, learning exciting subjects, extending our abilities, and adding a new dimension in our lives.

Then there is the benefit of making new friends, with all that implies.

You may even find a lot to laugh about. U3A classes are fun.

And, of course, medical studies have shown that active minds and bodies remain healthy. The longer our minds and bodies work the longer they will be able to do so.

Other Benefits

The U3A organises bus trips and social functions.

We have Newsletters and a Website.

As our U3A is a member of the Australian Seniors Computer Clubs Association (ASCCA), we have access to that organisation's Newsletters and functions.

Is It Expensive?

Because tutors work in a voluntary capacity, U3A has probably the lowest membership charge of any educational organisation in Australia. A small annual fee entitles members to attend as many classes as they choose throughout the calendar year. The only other expense would be the purchase of materials required for courses with specialised needs or, perhaps, books and photocopying.

NB: Membership does not guarantee entry to a particular class, and the membership fee is not refundable. Contact the tutor for any class you wish to attend, in order to check if there is a vacancy, the starting date and any book(s) or material required.

You may join at any time of the year, simply by completing the application form and mailing it together with the annual membership fee to our postal address or with a personal payment at 3 Castlereagh Street, Penrith, weekdays between the hours of 9:00am – 3:00pm.

Our Office is NOT open during school holiday periods.

1. Term Dates

- Term 1:** 30 January to 5 April
Term 2: 23 April to 29 June
Term 3: 16 July to 21 September
Term 4: 8 October to 14 December

2. Renewing Your Membership for 2012

Mail a renewal form and \$30 annual membership fee to PO Box 958, Penrith NSW 2751. **Do not send cash through the mail, only cheques or money orders.** Membership cards will be mailed to you as soon as possible OR given to you in person at Head Office or on an Enrolment Day.

3. Enrolment Days

- Wednesday 18th January 2012 at Springwood**
11:00am – 12:30pm
Springwood Bowling & Recreation Club
81 Macquarie Road, Springwood
- Friday 20 January 2012 at Penrith**
11:00am – 12:30pm
Penrith School of Arts
3 Castlereagh Street, Penrith
(between High & Tindale Sts)

PLEASE BRING YOUR 2012 HANDBOOK AND COMPLETED MEMBERSHIP APPLICATION FORM TO YOUR ENROLMENT DAY.

If possible, members should enrol at one of the two enrolment days – even if you were in a class in 2011, you should re-enroll to rejoin that class. However, members who cannot attend either of the Enrolment Days can join classes by contacting tutors later in the year.

All students must be financial members of the U3A Nepean Blue Mountains. (Membership of other U3As does **NOT** entitle you to attend U3A Nepean Blue Mountains Courses.) Your Annual Membership Fee entitles you to attend as many classes as you wish, but it cannot guarantee entry to a particular class. **Please note that classes will operate only if there are sufficient students.**

Some classes have limited places so you may have to go on a waiting list. After enrolling, contact tutors directly on enrolment day or by phoning the tutor prior to the first class for vacancy information.

All tutors are volunteers and receive no payment for the time and effort they devote to the preparation and delivery of their class(es). Please notify the tutor if you are unable to attend a class for which you are enrolled. You are also asked to assist in setting up and putting away any chairs and tables for your class.

It is necessary to provide your own notebook and pen and any textbook(s) or materials needed for your course. You must also share in the cost of any photocopying, hire of cassettes, videotapes, special items etc, if needed.

Information in this HANDBOOK is correct at time of printing. Changes and additional courses will be advised in U3A newsletters and on the website.

If you require any further information about a particular course, please contact the tutor concerned.

U3A Course Venue Addresses going approximately East to West:

Penrith School of Arts

3 Castlereagh Street, Penrith (off High Street)

Penrith Senior Citizens Centre

86 Station Street, Penrith

Henry Lawson Club Ltd

144 Henry Lawson Avenue, Werrington County

Lower Mountains Neighbourhood Centre

33 Hope Street, Blaxland

Springwood Uniting Church

4 Lewin Street, Springwood

Springwood Neighbourhood Centre

108 Macquarie Road, (next to Civic Centre)

Lawson Rural Fire Service Hall

Yileena Street, Lawson

Mid Mountains Community Centre

New Street, Lawson (behind the shops)

Anglican Church Hall

Grose Street, Leura

Blackheath Area Neighbourhood Centre (BANC)

Great Western Highway, Blackheath

Courses are also held in private homes at various locations.

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ARTS & CRAFTS

Art Tuition: Drawing & Painting

Nance LeMerle: 4739 9130

25 Moore Street, Glenbrook

Tuesday: 9:30am – 12:00noon OR 1:00pm – 3:00pm

Weekly: Commencing 31 January

Maximum 8 students

Individual attention using the medium of your choice e.g. oils, acrylics, water colours. Students need to supply own materials. This is a continuation of the 2011 course. All continuing students **MUST** re-enrol. Prospective new students should contact the tutor before enrolling.



Drawing and Painting Classes

Drawing

Noel Borland: 4721 7148

Penrith School of Arts – Hall

Tuesday: 9:00am – 11:00am

Weekly: Commencing 31 January

Students will need A3 sketch book, B2, B4, B6 pencils, ruler and eraser.

Painting in Acrylics

David Medhurst: 9832 1050

Email: dave.medhurst@bigpond.com

Penrith School of Arts – Hall

Tuesday: 9:00am – 11:00am

Weekly: Commencing 31 January

Handouts of the lessons covered will be available at \$1 per week to cover costs.

'Table top' Easels provided, boards available, students need brushes, paints** (see below), complete with hold-all from 'Art Sup', Shop 7, Manning Street, Kingswood near University. Price: approx. \$40. Mention you are a U3A member to get a discount.

** For starters this is an expected minimum in 75 ml. tubes:
Note - All colours are student quality

- Warm colours: Warm Yellow, Warm Blue and Warm Red
- Cool Colours: Cool Yellow (process yellow), Cobalt blue hue and Cool Red
- Black and White.



Creating and Learning About Art Class

Creating and Learning About Art

Brenda Maccioni: 9673 6714 – Mob: 0417 800 665

Email: brenimacc@yahoo.com

Penrith School of Arts – Hall

Thursday: 11:00am – 12.45pm

Weekly: Commencing 2 February

Watercolour and Acrylic Painting plus mixed media techniques that can be applied when creating landscape, portrait and cityscape artworks. Materials to bring include: paints, brushes and your choice of painting support e.g. paper, canvas, old magazines and white glue etc.

Scrapbooking:

A Consolidation of Arts & Crafts

Joan Manna: 4736 6151

Email: joanofaust@gmail.com

3 Grandis Place, Kingswood

Monday: 10:30am – 12:30pm

Weekly: Commencing 30 January

Maximum of 10 students

Scrapbooking is a creative activity to preserve photographs, images and memorabilia, and, together with journaling, creates an everlasting record of which to be proud. TECHNIQUES learnt can equip students for a myriad of paper and other crafts. Students are responsible for their own costs associated with consumables and printing. There is a cost of \$1.00 per week for use of tools if needed.

Washi-E Art

Yoko Mulligan: 4784 2302

Email: shikibu5@gmail.com

Penrith School of Arts – VAD Room

Wednesday: 1:00pm – 2:30pm

1st and 3rd Wednesdays of Month

Washi-E Art is the art of creating pictures using handmade natural Japanese papers. The papers are laid up on a base paper sometimes in layers; the effect is somewhat similar to water colour painting. A wide variety of subjects are covered including landscapes, plants and animals. Students find the traditional method relaxing and calming and gain an appreciable insight into Japanese culture. The whole concept can perhaps be summed up in the Japanese phrase, "Wabi Sabi", the art of simple elegance.

COMMUNICATION

Creative Talk

Judith Hill: 4739 2871 (best to ring about 7:00pm)

Penrith School of Arts – VAD Room

Thursday: 9:30am – 11:00am

Weekly: Commencing 2 February

We will discuss a wide range of topics, and have a good laugh as well.

Creative Writing (at Blaxland)

Chris Hayes: 4739 6564 – christine@avonblue.com

Warren Nicholls: 4739 3185 – warren.nicholls@gmail.com

Neighbourhood Centre, Blaxland

Monday: 10:00am – 12:00 noon

Weekly: Commencing 30 January

We are a well established group that aims to encourage people to express themselves through writing, with constructive feedback within the group and by the group leaders, Christine and Warren. Having fun is mandatory.

COMPARATIVE RELIGION

First Century Christianity

Freda Whitlam: 4721 5515

(1) **2/4 De Vilnits Parade Penrith**

Friday: 9:30am – 10:30am

Fortnightly: Commencing 3 February

(2) **Springwood Neighbourhood Centre**

Monday: 10:00am – 11:00am

Fortnightly: Commencing 6 February

The course covers the conditions that produced Christianity.

COMPUTING

Windows Movie Maker for XP, Vista & Windows 7

Bryan Blake: 4721 8878

Email: doreen.blake@bigpond.com

Thursday: 11:30am – 1:00pm

Penrith Senior Citizens Centre

Weekly: Commencing 2 February

Windows Movie Maker allows you to make home movies from your photos and videos. It is a video creating/editing software, included in Microsoft Windows XP, Vista & Windows 7. It contains features such as effects, transitions, titles/credits, audio track, timeline narration, and Auto Movie. Windows Movie Maker is also a basic audio track editing program. It can apply basic effects to audio tracks such as fade in or fade out. You can then share your movie via the Web, e-mail, or CD. Using third-party software you can even take movies you've made and turn them into DVDs. You can also save your movie back to the video tape in your camera to play back on a TV or on the camera itself.

Computers – First Contact

Elly Byrne: 4757 1200

3 Wood Street, Wentworth Falls

Thursday: Time by appointment

Weekly: Commencing 2 February – 1 hour a week for 1 term

Maximum 2 students at a time

1 payment of \$10.00. Basic word processing, e-mail and internet. If you have a laptop – do bring it.

Basic Computing – At Penrith

Jim Tiberi: 4735 1981

Email: jtiberi@optusnet.com.au

Penrith Senior Citizens Centre

Courses on Monday to Friday: 1:00pm to 3:00pm

Weekly: Commencing 30 January

Courses will be run by different tutors on different days of the week. These courses will show how to turn on your computer, create, format and save your documents, email and navigate the internet and basic digital photography.

Computing – Advanced Work

Jim Percy: 4758 6009

Email: jp34@tpg.com.au

14 Mount View Avenue, Hazelbrook

Monday or Tuesday: Hours to suit

Weekly: Commencing 30 or 31 January

1 Term only

Jim provides an advanced follow-up or refresher course to the basic Computer courses and will work with you to provide solutions to your problems. Intending students must contact Jim before enrolling to discuss their needs.

CURRENT AFFAIRS

Current Events

Peter McNeill: 4787 6178

Email: burntrice@bigpond.com

Blackheath Area Neighbourhood Centre (BANC),

Gardiner Crescent, Blackheath.

Wednesday: 2:45pm – 4:15pm

Fortnightly: Commencing 1 February

Informal discussion of current events and social trends.

DRAMA

Theatre Workshops

Sari Erasmus-Hickey: 4736 3738 and

Janet Boreham: 4732 1490

Email: sariehickey@bigpond.com

The Henry Lawson Theatre,

The Henry Lawson Club, Werrington

Monday: 11:30am to 1:00pm

Weekly: Commencing 30 January

Theatre Workshops are conducted in a real theatre where participants can experience the pleasure of: Taking on roles; creating characters; Exploring movement, enacting real or imagined experiences; Working from play scripts; and developing performance skills in a collaborative, supportive environment. Participants need only bring themselves in comfortable clothes.

FINANCE

Bookkeeping (Manual) – Beginners & Advanced

Rushell Connell: 4739 5144
Email: connellsbooks@bigpond.com

Penrith School of Arts – Room 2
Beginners - Thursday: 9:30am – 10:30am
Advanced - Thursday: 11:00am – 12:00noon
Weekly: Commencing 2 February

Beginners: This Course is specially designed for Beginners and no prior knowledge of bookkeeping is required. Participants who have prior knowledge or want to enhance their skills are also welcome. It will be tailored to suit individual needs.

In this Course you will learn to write up an alternative, simple and easy bookkeeping system which is used by many small businesses that have neither the time nor the resources to maintain a full accounting system on a daily basis. You will learn to write up journals such as Cash Receipts and Cash Payments i.e. where the money is coming from and where the money is going.

You can further your skills for maintaining good record practices for the day-to-day running of a hobby business/small business. The knowledge gained can even be applied to the day to day running of your household finances. You can even help a member of your family or friend to do their accounts.

This course will also cover Accounts Receivable (Debtors), Accounts Payable (Creditors), Goods and Services Tax (GST), Pay as You Go (PAYGO), Bank Reconciliation and Petty Cash

Advanced: Prerequisite – Prior Knowledge of Bookkeeping required.

Participants who have prior knowledge of bookkeeping and want to enhance their skills are also welcome.

This course will cover Journals such as Cash Receipts Book and Cash Payments Book. It will also cover Goods and Services Tax (GST), record keeping for GST, Preparation/GST Calculation to enable lodgment of the Business Activity Statement (BAS).

You will learn how to prepare a Trial Balance and basic Financial Statements i.e. Profit and Loss and Balance Sheet.



Enrolment Day

FILM

The World of Cinema

Alastair Fyfe: 4751 6908
Email: alastairfyfe@hotmail.com

10 Russell Avenue, Valley Heights
Monday: 1:15pm - 4.45pm
Monthly: on second Monday of every month
Commencing 13th February
Maximum 15 students per session

Each session will include several short excerpts from films from a chosen theme, followed by a coffee break and a full length feature film. Programmes portray specific actors, directors, film genre, locations etc. Study notes are distributed at the conclusion of each session. We aim to be both entertaining and instructive on the art of cinema covering the 'talkies' from 1927 to the present day. This is a continuing class and places are very limited for new members. With the restriction in numbers at any one class session to 15, students can expect to attend a class once every second month. Total membership is capped at 32 students. There is a small charge of \$2 for each session to cover film hire, refreshments and stationery.

Movie Nights

Jim Tiberi: 4735 1981
Email: jtiberi@optusnet.com.au

Penrith School of Arts – Hall
Saturday: at 7.00pm.
Fortnightly: Commencing 4 February

A voluntary donation of \$2 is requested to cover the cost of refreshments. Members' guests are welcome. Members are encouraged to nominate movies that they wish to see.

HEALTH

First Aid for Seniors

Yvonne Cassidy: 4736 4715

Penrith Senior Citizens Centre
Thursday: 1:00pm – 3:00pm
6 sessions – Commencing 2 February – Term 1 only
Minimum 6 students

This course is being offered in response to requests from a number of members for a basic introduction to first aid. Students need to purchase a First Aid book, cost approximately \$8.00.



Excursion Day

HISTORY

Ancient Egypt

Lucy Bantermalis: 4782 2210 or Mobile: 0414 914 463
Email: lucy.bantermalis@yahoo.com

Penrith School of Arts Room 1

Friday: 10:30am – 12:30pm

6 weeks only: Commencing 24 February – Term 1 only

Ancient Egypt – The Pharaohs

We will consider some of the prominent Pharaohs and their influence on their civilization.

Lucy Bantermalis will give a series of six PowerPoint presentations with Handouts, which complement and follow one another.

Homer's The Iliad

Lucy Bantermalis: 4782 2210 or Mobile: 0414 914 463
Email: lucy.bantermalis@yahoo.com

Penrith School of Arts Room 1

Friday: 10:30am – 12:30pm

Commencing 27 April – Term 2

Homer's The Iliad, read by Derek Jacobi.

It will be accompanied by handouts and illustrated presentations to enhance our understanding of the great epic poem.

To follow with the reading the Robert Fagles translation is needed. There are two editions of this translation:

- The Iliad, Homer. Translated by Robert Fagles and Introduction and Notes by Bernard M. W. Knox.

The Penguin Classics Deluxe Edition. ISBN: 9780 1402 75 360. Price = \$27.95. or

- The Iliad, Homer. Translated by Robert Fagles and Introduction and Notes by Bernard M. W. Knox.

The Australian Penguin Classics Edition. ISBN: 9780 1404 45 923 Price = \$9.95.

[Both editions contain the same text and information. Information of price taken from the Abbey's Book, Sydney, web 14.7.11].

LANGUAGES

FRENCH

Advanced French (at Blaxland)

Aida Pereira: 9634 5363

Neighbourhood Centre Blaxland

Tuesday: 9:00am – 10:00am

Weekly: Commencing 31 January

Maximum 10 students

For students with a good knowledge of French. Continuing students have priority. Prospective students must phone tutor to check for a vacancy.

Text: To be decided.

Encore du Français (at Wentworth Falls)

Marion Smart: 4757 2051

60 Lawson View Parade, Wentworth Falls

Wednesday: 10:45am – 12:15pm

Weekly: Commencing 1 February

Maximum 10 students

Continuing from previous years and for those with a reasonable grasp of oral and written French. Selections from French literature will be read for enjoyment. General conversation is included in each lesson and also grammatical explanations, where necessary.

Text: To be decided

French: Beginners/Intermediate (at Lawson)

Claudine Goetzke: 4758 7998

Email: goetzkeguillon@yahoo.com.au

Lawson Rural Fire Service Hall

BEGINNERS: Wednesday: 9:00am – 10:30am

Maximum 8 students

INTERMEDIATE: Wednesday: 2:00pm – 3:30pm

Maximum 8 students

Weekly: Commencing 1 February

Claudine invites beginners to enjoy learning her beautiful native language.

Intermediate French (at Penrith)

Alain Plaine-Lepine: 4739 1599

Email: alain.lepine@bigpond.com

Penrith School of Arts – Room 2

Wednesday: 10:00am – 11:30am

Weekly: Commencing 1 February

This course is mainly for continuing students. Prospective new students should contact the tutor before enrolling. Vocabulary, grammar, pronunciation, discussion, culture, customs & history.

French Beginners (at Penrith)

Catherine Waples: 4751 6563

cathnjoe@yahoo.com.au

Penrith School of Arts – VAD Room

Tuesdays: 10:00am – 11:30am

A course for students wishing to learn through reading, writing, listening to and speaking elementary French with a qualified and experienced tutor. Course materials are provided.

French: Beginners/Intermediate (at Blackheath)

Heather Pye: 4787 7337

Email: heatherpye@bigpond.com

**Blackheath Area Neighbourhood Centre (BANC),
Gardiner Crescent, Blackheath**

Beginners – Thursdays: 1:00pm – 2:00pm

Intermediate – Thursdays: 2:00pm – 4:00pm

This course covers: Grammar, Conversation, Pronunciation and Literature.

GERMAN

Conversational German

Christa Clarke: 4736 1869
Email: johnchrista@iprimus.com.au

Penrith School of Arts – VAD Room
Monday: 10:00am – 11.00am
Weekly: Commencing 30 January

Participants should have a good grounding in German and be prepared to converse.

Intermediate German

Christa Clarke: 4736 1869
Email: johnchrista@iprimus.com.au

Penrith School of Arts – VAD Room
Monday: 11:15am – 12.30pm
Weekly: Commencing 30 January

For continuing students and new students who have some knowledge of German. Course book to be decided.

German for Beginners

John Clarke: 4736 1869
Email: johnchrista@iprimus.com.au

Penrith School of Arts – Room 2
Monday: 11.15am – 12.30pm
Weekly: Commencing 30 January

Participants are introduced to the German language, some grammar and cultural insights.
Notes provided.

ITALIAN

Beginners Italian

Fay Love: 4735 5226
Email: faylove@rocketmail.com

Penrith School of Arts – Room 1
Monday: 10:00am – 12:00noon
Weekly: Commencing 30 January
Maximum of 20 students

The course will include spoken Italian, some grammar and useful tourist language and information. Students will have lots of practice in speaking simple Italian dialogues. Students will need to bring an exercise book, pen and lots of enthusiasm.

Intermediate Italian

Fay Love: 4735 5226
Email: faylove@rocketmail.com

Penrith School of Arts – VAD Room
Wednesday: 11:30am – 1:00pm
Weekly: Commencing 1 February

This course is mainly for continuing students, to supplement the Beginners' Italian. The emphasis will be on grammar, vocabulary, writing and listening skills. Please contact the tutor before enrolling.

Conversational Italian

Jim Tiberi: 4735 1981
Email: jtiberi@optusnet.com.au

Penrith School of Arts – Hall
Monday: 10:00am – 12noon
Weekly: Commencing 30 January

The choice to learn Italian is most often one of love rather than reason. It is a beautiful and culturally attractive language. Many people consider Italian to be the most beautiful language in the world.

Speaking Italian is about life, art, music, romance and food. It's about "la dolce vita", "la bella figura".

The course is based on conversation rather than theory, it's practical and entertaining, the class has developed that friendly welcome feeling that exemplifies Italian culture.

So... no matter what your motivation, be it to enable you to:

- Order in Italian with confidence at an Italian restaurant.
- Get directions in Italian on your next visit to Rome.
- Choose the right size at the Armani Boutique in Florence.
- Talk to your Italian friends in their native language.

But... really, do you need a reason to learn a beautiful language?

You can discover new worlds when learning Italian. So raise a glass of Montepulciano and congratulate yourself on embarking on a new adventure. Benvenuto e Buon viaggio.

JAPANESE

Japanese: For Beginners to Intermediate

Beryl McAdam: 4784 1877
Email: bcmcad@tadaust.org.au

1 Russell Road, Leura
Friday: 10:30am – 12:00noon
Weekly: Commencing 3 February
Minimum number 4 students.

Yokoso – Welcome to those who enjoy the challenge of something different. Useful vocabulary for travel. Notebook and pens needed, photocopies supplied at minimal cost.

LATIN

Latin – Advanced

Freda Whitlam: 4721 5515
2/4 De Vilnits Parade Penrith
Friday: 11:00am – 12noon
Weekly: Commencing 3 February

This course is for those with a considerable knowledge of Latin. Text: Oxford Latin Course Book IV

Latin – Beginners

Freda Whitlam: 4721 5515
2/4 De Vilnits Parade Penrith
Friday: 9.30am – 10:30am
Fortnightly: Commencing 3 February

This course is for those who know the basics.
Text: Oxford Latin Course Book I

SPANISH

Spanish for Beginners

Adolfo Gonzalez: 4730 4660

Penrith School of Arts – Room 1

Wednesday: 11:30am – 1.00pm

Weekly: Commencing 1 February

This course is designed specifically for beginners; it will include some grammar and common phrases.

The tutor, Adolfo Gonzalez is a teacher of the Spanish language and currently conducts Spanish language courses at a local school.

Spanish Conversation Class

Jose Monge: 4727 1444

Penrith School of Arts – VAD Room

Friday: 10:00am – 11:30am

Weekly: Commencing 3 February

Maximum 6 to 10 students

The aim of this course is to develop the skill of conversing in Spanish.

LEGAL STUDIES

Criminal Law

Brian Kearney: 4784 3189

Springwood Neighbourhood Centre

Tuesday: 1:00pm – 2.30pm

Fortnightly – Commencing 7 February

This course will cover: Crime – Its Causes and the Treatment of Offenders; The Criminal Justice System; The Role of the Police and the Courts; Philosophy of Punishment – In the Home, Institutions, Community and the Courts; Forensic Psychiatry; Expert Opinion in Evidence; Violence – In the home, community and the Prison; Dangerousness; Inside a Maximum Security Prison; The Pre-Sentence Report.

Human Society

Brian Kearney: 4784 3189

Penrith School of Arts – Room 1

Tuesday: 1:00pm – 2.30pm

Fortnightly – Commencing 1 February

The course will cover: A Society; The individual and Society; Human Rights; Structures – Education, Economy, Religion, Politics, Law; Race, Culture, Tradition; An Emission Trading Scheme; The Family; Government; Deviance; Power and Conflict; Freedom.

LITERATURE

Book Review Club

Eileen Ross: 4727 6506

Email: eross02@optusnet.com.au

Penrith School of Arts - Room 1 or 2

Monday: 1:30pm to 3:00pm

Fortnightly: Commencing 30 January

Do you love reading? Then come to the fortnightly book review group and share your experience with others. Re-visit old favourites and discover new delights as we explore novels in various genres and possibly some non fiction too.

English Literature (at Lawson)

Marie Standen: 4751 2120

Email: mstanden@pnc.com.au

Lawson Rural Fire Service Hall

Monday: 2:00pm – 3:30pm

Fortnightly: Commencing 6 February

If you enjoy laughter, serious debate and good reading, come join us each alternate Monday at the Lawson Rural Fire Service Hall in Lawson. This group reads, studies and discusses novels, drama, prose and poetry. 2011 books will include:

Anna Karenina – Leo Tolstoy

The Trout Opera – Matthew Condon

Man of Property – John Galsworthy

Burning Bright – Tracy Chevalier

Selected poems of Blake

The Lieutenant – Kate Grenville

1788 – Watkin Tench – Tim Flannery

Man for All Seasons – Robert Bolt

Middlemarch – George Eliot

The Blind Assassin – Margaret Atwood

It Is Always Raining in Mango – Thea Astley

Not necessarily in this order.

English Literature (at Blaxland)

Bev Fogarty: 4739 2931

Email: bevronfog@internode.on.net

Lower Mountains Neighbourhood Centre Blaxland – Room A

Tuesday: 1:30pm – 3:00pm

Fortnightly: Commencing 7 February

Literature from Chaucer to the present day. We will read and discuss drama, poetry, novels, prose and biography. We will enjoy literature and good company as we study selected texts.

Poetry Reading

Patricia Whitehead: 4787 5230

38 Third Street, Blackheath

Tuesday: 10:00am – 12:00noon

Fortnightly: Commencing 31 January

A course for those who love poetry. We will read poems on subjects chosen and discussed from week to week. No prior knowledge required.

MATHEMATICS

Introductory Calculus

Bob Perrie: 4758 9414

Uniting Church 4 Lewin St, Springwood

Wednesday: 10:15am – 12:00noon

Weekly: Commencing 1 February

Introductory calculus for those who missed out on the subject beyond Intermediate or School Certificate level. Nothing too high-powered. Members will be expected to have a knowledge of the Number Plane and the graphing of functions. An old fifth or sixth form Level 2S, or year 11 or 12 two unit maths text book (St. Vinnies etc.) would be useful.

Recreational Mathematics

Len Smith: 4751 8950
Email: lensmith@pnc.com.au

Springwood Neighbourhood Centre

Wednesday: 2:00pm – 3:30pm

Weekly: Commencing 2 February

Tetra-tetra-flexagon, Fibonacci Numbers, Euler's rule, Gigabyte, Pentominoes,... Never heard of these before? We will meet them and more, like the use of crosswords to learn a little of the language and history of Mathematics. Notebook, pencil, ruler and calculator will be needed.

MUSIC

English Classical Music 20th Century

Paul King: 4754 1491
Email: apk2777@gmail.com

67 Linksview Road, Springwood

Tuesday: 10:00am – 12 noon

Fortnightly: Commencing 7 February

Maximum 15, preference will be given to those who have been part of the group for 2011.

Listening to and discussing some of the works of English classical composers – Bax, Bliss, Britten, Butterworth, Delius, Elgar, Finzi, Holst, Tippett, Vaughan Williams and Walton – As well as 20th Century composers from other countries.

Music of the 50's, 60's & 70's

Paul Russel 0449 888 214
Email: Paulusruss@bigpond.com

Penrith School of Arts – Room 2

Monday 12:00 noon – 1:00pm

Weekly – Commencing 30 January

This course aims to look at the music of the 50's, 60's and 70's. Beginning with the start of rock and roll and then talking about the American, English and Australian artists of the mid and late 50's. Then to skiffle, folk and early sixties music. The big names of the Australian pop-music scene of the 60's, a look at the artists from some of the American record labels, surf music, the Beatles and other Liverpool groups. The music of the British invasion and the music of the late 60's and early 70's. The class will be interactive with students having an input into topics for discussion.

Singing For Fun

Marie Stewart: 9832 7190

Email: mar-stew@bigpond.net.au

Penrith School of Arts – Room 2

Friday: 11:30am – 12:30pm

Weekly: Commencing 3 February

Do you find yourself singing in the shower, or joining in with the car radio with gusto and great enjoyment, but don't consider yourself to be a "singer"? Then if you'd like to do more of that with other like-minded people, come and join us on Friday morning at 11.30 a.m. We sing songs we know for the sheer joy of singing and the laughter it brings. It's not a singing class as such; simply somewhere you can join in and have fun. Bring the words and music (if possible) to your old favourites and a smile in your heart.

Musical Memories (at Springwood)

Patsy Billing: 4754 1057
Email: patsyb@smartchat.net.au

Uniting Church, 4 Lewin St, Springwood

Tuesday: 10:30am – 12noon

Fortnightly – Commencing 31 January

Music of the great performers: stage and screen, popular music through the years, comedy and light classics – and a little of the new.

Musical Memories (at Penrith)

Keith Webster: 4774 2207
Email: webster5@iprimus.com.au

Penrith School of Arts – Room 1

Thursday: 10:30am – 12:00noon

Weekly – Commencing 2 February

Now in it's 10th year, this is an entertaining morning session, listening to the old songs and tunes which we do not hear often enough these days! This course will use recordings to present music of the great performers from stage and screen.

PHILOSOPHY

Ethics

Ian Biddle: 4777 2858
Email: bidsoh@pnc.com.au

Penrith School of Arts - Room 1 or 2

Monday: 1:30pm to 3:00pm

Monthly: Commencing 6 February

This course aims to provide some ideas on how to deal with the issues that face us as we live our lives. There is no intention to direct behaviour, but, instead to provide a forum to examine and clarify our values and see how this can enable us to best decide upon actions that are consistent with these values.

Each session focuses upon issues that impact upon individuals at a personal level, as well as issues that have community, national and international impacts. For each issue:

- The issue is clarified
- The problem and consequences are outlined
- Examples of current thinking are provided
- Possible ways of reacting are examined and evaluated

The group sessions certainly do not aim to moralise, but instead act as a forum to help us achieve better outcomes for ourselves and the community.

Philosophy: Philosophical Discussion Group

Peter Eerdmans: 4751 7399

Springwood Neighbourhood Centre

Wednesday: 2:00pm – 3.30pm

Fortnightly – Commencing 8 February

Learn how to apply "Philosophical Analyses" to issues and events affecting personal and public life. Be surprised how a "Philosophical Approach" changes our attitude and outlook.

PHOTOGRAPHY

Photography

Petr Malek: 4754 1959 (between 5:00-6:00pm, please)
Email: nadpet@gmail.com

Penrith School of Arts – VAD Room

Friday: 11:30am – 1:30pm

Topics are:

Beginners: What camera to buy. Camera controls. Exposure and metering modes. Lenses. Flash

Advanced: This course would be aimed at the photographer who has some photographic knowledge and wants to further improve in technical and artistic areas. In this course through assignments, we will explore some of the following: What is a good photograph? Understanding light and how we see. Electronic flash. Composition and do we need it? Some tuition on digital image manipulation with Photoshop 7. If time permits, an excursion to Sydney for day and night photography.

Introductory Photography

Luciano Vranich: 4731 5898

Email: lucianovranich@bigpond.com

Days to be arranged with tutor for Term 1

Henry Lawson Club Ltd, Werrington County

I propose to run a ten week course meeting at the Henry Lawson Club Ltd, Werrington County. The day and meeting time to be determined by the needs of students. The length of the lesson will be up to 90 minutes. Topics to be covered are: 1. What is photography? Introduction to your camera. 2. Your camera part 2 – Composition simple. 3. Aperture Depth of field. 4. Shutter speed. 5. Lenses. Composition-advanced. 6. Patterns. 7. Colour temperature White balance. 8. Lighting. 9. Macro/Close up. 10. Panoramas Stitching images.

PSYCHOLOGY

The Feeling of Meaning

Lloyd Fell: 4751 8835

Email: lfell@pnc.com.au

Springwood Neighbourhood Centre

Wednesday: 2:00pm – 3:30pm

Weekly: Commencing 1 February

A conversational journey through recent advances in neuroscience that show the importance of feelings, emotions and intuition in the way we make meaning in our lives.

Relational Psychology

Colin Bull: 4751 3713

Email: colcar@tpg.com.au

Uniting Church Springwood

Tuesday: 12:00noon – 2:00pm

Fortnightly: Commencing 7 February

This course is designed for members who have completed Practical Psychology for Relationships and wish to continue their study of relationship psychology. Notes, exercises and discussions will be used to examine the underlying dynamics of different types of relationships. Participants will have an opportunity to nominate particular themes for study. A small charge will be made for course materials.

Practical Psychology for Relationships

Colin Bull: 4751 3713

Email: colcar@tpg.com.au

Uniting Church Springwood

Tuesday: 2:00pm – 4:00pm

Fortnightly: Commencing 7 February

This course is designed to provide an understanding of relationship psychology and how it can be used to improve the quality of personal relationships. Discussions, exercises and extensive notes provide an opportunity for participants to learn how to use the course content in everyday life. A small charge will be made for copying costs. Participants will need a folder for notes. This course is also available online at: www.u3aonline.org.au

Happiness, Well-Being and Resilience

Janice Poulson: 4751 5115

Email: janice.poulson@bigpond.com

Penrith School of Arts – Room 1

Wednesday: 10.00am – 11:30am

Weekly: Commencing 1 February

8 weeks duration

Come and explore the latest exciting research findings in happiness, wellbeing and resilience. Find out how, by making a few simple changes, you can increase your joy in the every day. Janice, a psychologist and teacher will guide you gently through fun exercises, stimulating debate, and practical ideas that you can try out in your daily life. No prior learning is needed; just bring your life experience and a note-book and pen. There will be plenty of handouts and recommended books if you want to explore more. But just attending the classes with an open mind will be enough to start you on an exciting journey. By also practising the simple exercises between classes you may find, as others have done, that you can better manage the challenges and stresses that come into your life. By building on the basics taught in this course, you will be well on the way to developing a happier and more fulfilling life. Your family, friends and acquaintances will benefit too as happiness is contagious!

RECREATIONAL

Ballroom Dancing

Dennis Waugh: 9670 5162

Penrith School of Arts – Hall

Friday: 1:00pm – 2:40pm

Weekly: Commencing 3 February

Dennis is a registered, qualified teacher of dancing with the Federal Association Teachers of Dancing.

Dances will include Waltz, Quick Step, Foxtrot, Merriland, Gypsy Tap, Swing Waltz, La Bomba, Cha Cha and Jive. Everyone is welcome.



AGM 2011

Bird Watching – An Introduction for Beginners

Julie Neumann: 4739 3063 Mob: 0429 130 679

Email: julietneumann@yahoo.com.au

Friday: 7:30am – 9:30am approximately

Weekly: Commencing 3 February – Term 1 only

This course is limited to ten participants.

A repeat of last year's introductory lesson will be held in Lawson Community Centre between 9am and 11am. This will be followed by a series of weekly bush rambles in various locations around Lawson to Mt Victoria. Weekly rambles will start at 7.30am and finish at 9.30am approximately. If you have binoculars or Field Guides bring them to the first lesson. Please don't purchase especially.

Bridge for Beginners

Merle Bennett: 4731 6786

8 Victory Street, Penrith

Thursday: 10:00am – 12:30pm

Fortnightly: Commencing 2 February – Terms 1 & 2 only

Maximum 8 or 12 students

A course for beginners to learn the game. No prior knowledge required, but familiarity with card games would be helpful. Regular attendance is essential.

Cake Decorating – Beginners & Advanced

Sophia Vlodarczyk: 4751 7261

Penrith School of Arts – Kitchen

Tuesday: Advanced: 9:45am – 11:45am

Beginners: 11:45am – 1:45pm

Weekly: Terms 3 and 4 only

Maximum 5 students

Cake decorating for beginners and all it involves in preparation of the cake, icing, making flowers and decorating.

Requirements: Note book, pen, icing tubes and bag, practice board. All of these are obtainable from shop 10, NK Centre, 450 High St, Penrith. A Seniors discount is available.

Advanced course is a continuation of the class from 2011 – learning new techniques.

Canasta 5 on Mondays

Irene Kelso: 0402 561 232

Penrith School of Arts – VAD Room

Monday: 1:00pm – 3:30pm

Weekly: Commencing 30 January

Canasta 5 on Fridays

Brenda Emerson: 4721 1735

Email: brendae@tpg.com.au

Penrith School of Arts – Room 1

Friday: 1:00pm – 3:30pm

Weekly: Commencing 3 February

Canasta 5 is a thinking game which is not difficult to learn. It is usually played either as a group of 4 people, (2 pairs) or a group of 6 people, (3 pairs). Once you are comfortable with your game you can enjoy a chat as well.

Carpet Bowls

Brenda Emerson: 4721 1735 or Harry May 4732 1520

Email: brendae@tpg.com.au

Penrith School of Arts – Hall

Tuesday: 7:00pm – 9:00pm

Weekly: Commencing 31 January

Come along and enjoy a fun filled night. There are two mats. If you do not know how to bowl, there are willing members to show you. We play for about an hour, then pause for a cuppa and bikky. Then off again to resume our fun. Beginners welcome. Bring a small plate for supper.

Chess

Ken McGillivray: 4721 8393

Email: kenmacg@optusnet.com.au

Penrith School of Arts – VAD Room

Friday: 1:30pm – 3:30pm

Weekly: Commencing 3 February

This course is for both beginners and those with some knowledge of the game. Because of the nature of chess and the varying skills of those attending, some members would be playing while beginners are tutored.

Darts

Christie Wood: 4735 2827

Email: crispeny@bigpond.net.au

Penrith School of Arts – Hall

Wednesday: 3:00pm to 5:00pm

Weekly: Commencing 1 February

Come along and play some social darts – no experience required – Darts and Board supplied.

Embroidery, Patchwork, Quilting

Barbara Orth: 4733 3422

Penrith School of Arts – Room 1

Thursday: 1:00pm – 3:30pm

Weekly: Commencing 2 February

Bring your UFOs (unfinished objects) to finish e.g. Embroidery, Patchwork, Quilting, Cross Stitching etc and enjoy a good chat. Beginners are welcome.

Lawn Bowls – Introduction

Jim Tiberi: 4735 1981

Email: jtiberi@optusnet.com.au

Penrith Bowling Club,

Cnr. Derby & Woodriff Sts. Penrith.

Thursdays 2:00pm – 4:00pm – Term 2 only

Weekly: Commencing 26 April

You need to be a member of the bowling club and U3A. (\$5 Bowling club annual joining fee). \$5 green fee per game to social members, full members free. Introduction to lawn bowls is designed primarily for those ladies & gentlemen who may have been thinking about taking up the game of bowls but have not done anything about it. These sessions will introduce you to the basic rules of the game and to the club, you will meet some members (who will teach you the basics) and you will get to know how the club operates, coaching clinics, beginners' tournaments etc. Most importantly you get to meet some nice people.

Lapidary: Introduction

Gemstones for Jewellery Making

Michael Wilde 4754 1436

Blaxland Gem and Mineral Club
15 The Valley Road, Valley Heights.
Wednesdays 9:30am – 11:00am

Weekly: Commencing 1 February. One term only.
Minimum number required 6 – Maximum 12

This course provides an introduction to the composition and location of the wonderful variety of native rocks, otherwise known as gems and minerals. Participants will cut, shape and polish a slab of rock resulting in a gemstone suitable for jewellery making. They will have access to the well equipped workshop and will observe members undertaking other aspects of jewellery making including silver craft and faceting. An optional field trip may be offered for those who wish to experience fossicking.

Course participants will be required to pay a temporary membership fee and insurance amounting to \$18.50. This will entitle them to use The Club facilities for 3 months from the beginning of the course. There is ample car parking and the Valley Heights railway station is nearby. The Club is accessed via a short steep drive with a hand rail.

Line Dancing (Wednesday)

Lee Billi: 9832 3805

Penrith School of Arts – Hall
Wednesday: 11:00am – 12:45pm
Weekly: Commencing 1 February

Ladies and Gentlemen are welcome to come Line Dancing. It is a great way to exercise, meet people and have fun.

Line Dancing (Friday)

Bobbie Kersten: 8854 1646 or Mobile: 0410 873 605
Email: bobbiekersten@iinet.net.au

Penrith School of Arts – Hall
Friday: 11:45am – 12:45p.m.
Weekly – Commencing 3 February

For the young at heart. Throw your cares away for an hour in this easy, relaxed, line dance class. Have fun while keeping fit, using your memory skills and helping your balance – to the sounds of modern country music.

Mah Jong (At Springwood)

Ruth Gregory: 4751 1917
Email: jude@jaze.com.au

Springwood Neighbourhood Centre
Thursday: 2:00pm – 4:00pm
Weekly: Commencing 2 February

This course caters for all who wish to learn the game, whether beginners or more experienced players. We learn from one another through enjoyment & mutual help. Text: The Mah Jong Player's Companion – Patricia A. Thompson & Betty Maloney.

Mah Jong (At Penrith)

Margaret Cassin: 4722 9295
Email: margaretcassin@gmail.com

Penrith School of Arts – Hall
Wednesday: 1:00pm – 3:00pm
Weekly: Commencing 1 February

This course will teach beginners the basics of the game, while advanced players have an afternoon of enjoyable games. Text: 'The Mah Jong Player's Companion', authors Patricia A Thompson & Betty Maloney.

Meditation

Marie Stewart: 9832 7190
Email: mar-stew@bigpond.net.au

Penrith School of Arts VAD Room.
Tuesday: 1:00pm – 2:00pm
Weekly: Commencing 31 January

Meditation has been shown to be of great help in dealing with stress, as well as being a very pleasurable activity. This group explores some techniques from Buddhist (Vipassana), Taoist, Christian and Yogic meditations with the purpose of encouraging individuals to develop their preferred method, with the group practicing sequentially, meditations from each of these traditions. It does not set out to teach the philosophy of any of these – only to introduce the concepts for participants to explore further. if they so desire.

Meditation & Mantra

Carmel Oxley: 4736 7993
Email: oxleycz@people.net.au

Penrith School of Arts – VAD Room or Room 1
Wednesday: 10:00am – 11:30am
Weekly: Commencing 1 February

Meditation and Mantra is composed of two complementary disciplines. Meditation focuses on deep relaxation and inner states of consciousness. The Mantras that we will be using include Indian, Tibetan and Chinese mantras. These can be used as tools for focus and personal growth if we choose to use them in this manner. We will also be using Breath work in both components. Meditation and Mantra can have a positive effect on our physical and psychological well being.

Scrabble (At Penrith)

Fay Naphthali: 4731 2024
Email: fayzeebob@bigpond.com
Wendy Hughes: 4773 4206
Email: ken.hughes5@bigpond.com

Penrith School of Arts – VAD Room
Thursday: 12:30pm – 2:30pm
Weekly: Commencing 2 February

Want to keep the grey matter working? Well come and join the Scrabble Group. Whether you are a novice or a well worn player, we would love to see you at our group. Learn all those funny little two and three letter words that help you to master the game.

Scrabble (At Leura)

Beryl McAdam: 4784 1877
Email: bcmcad@tadaust.org.au

1 Russell Road, Leura
Tuesday: 2:00pm – 4:00pm
Fortnightly: Commencing 7 February

No prior knowledge necessary. Playing for the love of a word game.

Table Tennis

Lorraine Brown: 4736 5541 & Geoff Thompson: 4751 1087
Email: lbrown40@bigpond.net.au

Penrith School of Arts – Hall
Thursday: 1:00pm – 4:30pm
Weekly: Commencing 2 February

Players of all standards are most welcome. The times quoted above are not rigid and players can start and finish as they choose.

Solving Cryptic Crosswords (At Blackheath)

Ron Andrews: 4753 6114
Email: rand2774@bigpond.com

**Blackheath Area Neighbourhood Centre (BANC),
Gardiner Crescent, Blackheath
Tuesday: 10:00am – 11:30am**

Weekly: Commencing 31 January – Terms 1 & 2 only

Unravel the mystique of cryptic crosswords. Learn to recognise and unlock the secrets of the various types of clues: anagrams, lift-outs, double clues, hidden reversals, etc. Stimulate those brain cells. Cryptic crosswords can be far more enjoyable and satisfying than ordinary crosswords. But a warning: cryptic crosswords may become addictive.

Tai Chi

Marie Stewart: 9832 7190 & Lennette Ruttle: 4735 1542
Email: mar-stew@bigpond.net.au

- 1. Tuesday: 2:30pm – 3:30pm – Beginners/Intermediate
Penrith School of Arts – Hall**
- 2. Friday: 9:30am – 10:30am – Advanced
Penrith School of Arts – Hall**
- 3. Friday: 10:30am – 11:30am – Intermediate/Advanced
Penrith School of Arts – Hall**

Weekly: Commencing 31 January

Tai Chi is a gentle exercise involving body, mind and spirit which produces an enhanced feeling of well-being and of self empowerment. It has proven health-giving benefits. As well as strengthening the body, it has been shown to improve physical balance – an important aid to older people. Its practice can become a source of continuing pleasure. Not only do we make strong friendships, we also have fun!

Tai Chi – Single Fan for Beginners

Christie Wood: 4735 2827
Email: crispeny@bigpond.net.au

**Penrith School of Arts – Hall
Monday: 12:00noon – 1:00pm
Weekly – Commencing 30 January**

A graceful and focused form of exercise that helps with balance and memory.

Tai Chi – Double Fan for Beginners

Christie Wood: 4735 2827
Email: crispeny@bigpond.net.au

**Penrith School of Arts – Hall
Tuesday: 1:00pm – 2:00pm
Weekly: Commencing 31 January**

This exercise is graceful and fun!

Tai Chi – Standard 48 Chuan Form for Beginners

Christie Wood: 4735 2827
Email: crispeny@bigpond.net.au

**Penrith School of Arts – Hall
Thursday: 9:30am – 10:30am
Weekly: Commencing 2 February**

This exercise improves balance, blood pressure, memory and is fun.

Tai Chi – Yeungs 28 Steps & 32 Form Sword

Christina Chey: 4730 4306

**Penrith Senior Citizens Centre
Thursday: 2:00pm – 3:30pm
Weekly: Commencing 2 February**

Tai Chi – Mulan Sword for Beginners

Christie Wood: 4735 2827 E: crispeny@bigpond.net.au

**Penrith School of Arts – Room1 or Park
Tuesday: 2:00pm – 3:00pm
Weekly: Commencing 31 January**

This form of exercise teaches one to focus and keeps the mind and body in harmony, hence improving our health. This is fun and a good workout. A wooden or plastic toy sword is required.

Use It! Don't Lose It! Train Your Brain

Geordie Conyngham: 0421 788 183
Email: gmc@exemail.com.au

**Neighbourhood Centre, Blaxland
Thursday: 10:00am – 12:00 noon
Weekly: Terms 2 and 3 only**

If you like to participate, like to be challenged or mentally stimulated, this is the course for you. Get your mind working and your brain exercised. This course is a gymnasium of mind and social activities. Each week there are different activities, exercises and puzzles that are challenging and stimulating for everyone to enjoy. Additionally, different topics are introduced weekly to engage and encourage your curiosity and creativity. All you need is a willingness to think, participate and enjoy yourself. No prior knowledge is needed nor books. Please bring a pen and paper.

Walking With A Touch Of History

The Hekarwe Walking Group

Yvonne Hardiman: 9670 3649 & Reg Grace: 4739 4843

The Snails Walking Group

Judith Hill: 4739 2871 or 0435 050 435 (around 7pm)
and Jenny Waldron: 4758 8561

Monday – all day

Weekly: Commencing 30 January

When planning your first walk, please contact the team leader prior to attending. Starting and finishing times vary depending on program. We will use public transport as much as possible. The Snails Walking Group is for members who want to walk but find the other group a little hard. First term program available at enrolment days.

Yoga Exercises

Lorraine Brown: 4736 5541
Email: lbrown40@bigpond.net.au

**Penrith School of Arts – Hall
Tuesday: 11:00am – 12:30pm
Weekly: Commencing 31 January**

Lorraine has been doing Yoga for several years. But please note, Lorraine is not a qualified Yoga tutor. However, if you wish to join her Yoga Exercises class, you will be welcome. Please bring a yoga mat, small blanket or towel and a bottle of water.

Yoga For Good Health

Kashi Nath Joshi: 0426 977 495
Email: krishi.n.joshi@gmail.com

**Penrith School of Arts – Hall
Wednesday: 9:30am – 11:00am
Weekly: Commencing 1 February**

An easy and simple explanation of Yoga. The Yogic practices, meant for mental and physical cleansing may help cure conditions like obesity, reflux, heart disease, respiratory problems and high blood pressure. This class is suitable for all ages.

SCIENCE

Astronomy – Discover the Secrets of the Heavens

Anthony Bayes: 4739 2661

Penrith School of Arts - Room 1

Tuesday: 10:00am – 12:00noon

Weekly: Commencing 31 January

**Springwood Neighbourhood Centre,
Macquarie Road, Springwood.**

Thursdays 10:00am – 12:00noon

Weekly: Commencing 2 February

Class size limited to 20 persons at each location.

This is a practical guide to the night sky, including the planets, constellations, meteors, comets and other objects featuring the Wandering Stars and the 88 Fixed Star Constellations visible from around the world. These lectures describe each heavenly body and explain how it was first identified and include fascinating accounts of the myths, symbols and etymology that surround them. THIS IS A CONTINUATION OF THE COURSE FROM 2011.

Energy

Alain Plaine-Lepine: 4739 1599

Email: alain.lepine@bigpond.com

Springwood Neighbourhood Centre

Tuesday: 10:00am – 11:30am Term 1 only

Weekly – Commencing 31 January

How to get energy from wind, tide, geothermal, solar, nuclear, coal and petrol – exploration and use.

Green Issues: “What’s the Fuss About”

Diane O’Donovan: 0405 380 580

Email: odonovandn@gmail.com

Springwood Neighbourhood Centre

Monday: 11.15am - 12.15pm

Weekly – Commencing 30 January Term 1 only

A layman’s guide to the debate about: Global Warming, CO₂, Climate Change and other issues in the news.

The course is non-political, it outlines for interested lay people the reasons for scientific arguments over global warming terms commonly used by the media and main areas of concern. The language will be everyday and scientific jargon minimal. At each session, a list of internet sites, DVDs or books in Springwood library will be available for people who might like to know more.

The course tutor is Diane O’Donovan who has a Bachelor of Arts (Sydney University) – major in Industrial Archaeology – and a Diploma of Environmental Monitoring & Technology

The course programme:

Week 1: Is climate change real? Is global warming real? Who says Yes? Who says No?

Week 2: Air – what is ‘clean air’, pollutants, allergens, pollens and natural oils.

Week 3: Water – How’s our drinking water going?

Week 4: Water – How’s the sea? Catch anything lately?

Week 5: Soil – What happens to a natural soil when people move in?

Week 6: Waste – “Waste not, want not” – but now it is big business.

Week 7: “Oh no, it’s the auditor”: What the person who Green-audits your business is looking for.

Week 8: A Greenhouse or a Green House. Is sustainability a band-aid?

OR, (if members wish) – A debate on global warming.

Introduction to Neuroscience

Graham Engel: 4784 2234

Email: graham.engel@bigpond.com

Uniting Church Hall, Grose St., Leura

Wednesday: 10:00am – 12:00noon

Weekly or Fortnightly – Commencing 1 February – Term 1 only

Much has happened in neuroscience (science of the brain) over the past ten years. Like all branches of science, neuroscience needed to await suitable investigative methods and models before it could progress. Non-invasive tools and techniques are now able to measure events inside the brain and correlate these with phenomena that our senses gather in the outside world. Recent findings in brain signalling and memory affect many areas of our understanding in fields as distant as learning, emotions, pain, mental health, law and economics. Previous knowledge of anatomy or physiology is not required. Terms will be defined as we go along. Access to the internet is an advantage.

Fundamental Constants of the Universe

Graham Engel: 4784 2234

Email: graham.engel@bigpond.com

Uniting Church Hall, Grose St., Leura

Wednesday: 10:00am – 12:00noon

Weekly or Fortnightly – Commencing 25 April – Term 2 only

During the early development of the new physics and chemistry, scientists investigated the nature of matter, its laws and its basic building blocks. Basic equations were developed which allowed accurate predictions of many events upon which were based the strong technologies of the modern world. It was found that general equations could describe both microscopic events and those on the scale of the universe using a little tweaking here and there. Many of these equations contain energies or particles which seemed to be invariable and when measured were found to be “constant”. The number of constants used in physics and chemistry is quite small and may be combined to describe multiple phenomena (velocity of light, electron, Plank’s constant etc). Some constants have physical dimensions (space, time); some are dimensionless. Ten of these fascinating constants will be reviewed. What are the constants there for? Are they inside the brain or outside? Maths not required, curiosity is. Terms defined as we go along. Access to the internet an advantage.

Science before Scientists

Diane O’Donovan: 0405 380 580

Email: odonovandn@gmail.com

Springwood Neighbourhood Centre

Monday: 11.15am - 12.15pm

Weekly – Term 2 only

Quite suddenly, in about the twelfth century, attitudes to the natural world begin to change in Europe. From seeing the world as a place of toil and suffering, some people began describing it as a wonderful ‘machine’. That change was what permitted deeper enquiry into the ways of the natural world: its stars, oceans, plants and animals.

European culture developed from Christianity’s teachings, texts and attitudes, so the talks do include quotations from the psalter (book of Psalms) and other texts. No previous knowledge of that literature is needed.