



(Connecting Seniors to Lifelong Learning)
Established 1988 – Founder Olive McKee
Incorporated No 6263 (Qld) ABN 81 561 892 188

COURSE HANDBOOK

EDITION NO. 153 – TERM 1, 2026

(Version 01 12/01/2026)

Tuesday 27 January – Thursday 2 April, 2026

TERM 1 WILL RUN FOR A PERIOD OF 10 WEEKS

**Ground Floor, City of Moreton Bay Admin Building
1 Irene Street, Redcliffe, QLD 4020**

Postal Address: PO Box 2367 Redcliffe North, Qld 4020

Campus Office Phone: (07) 3284 2687

Email: u3a@u3aredcliffe.org.au

Web: www.u3aredcliffe.org.au

U3A opening hours: 8:30 am – 4:00 pm, Monday to Friday

Closed on weekends and public holidays.

Course Coordination Team Phone: 0436 845 462

Course Coordination Team Email: coursesandtutors.redcliffe@gmail.com

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New Courses and Courses Coming Back

- **ARTS & CRAFTS**
 - ✓ Card Making Advanced
 - ✓ Card Making Beginners
- **COMPUTERS & TECHNOLOGY:**
 - ✓ Beginners Computer
 - ✓ Intermediate Android Tablets
 - ✓ Introduction to Artificial Intelligence
 - ✓ Introduction to Photobooks
- **EXERCISE & WELLBEING:**
 - ✓ Chair Yoga 3
 - ✓ Introduction to First Aid
 - ✓ Introduction to Men's Health
 - ✓ Line Dancing – Absolute Beginners
- **HISTORY:**
 - ✓ Australian Royalty? (Australia's Convict Past)
 - ✓ History of the Broadway Musicals
 - ✓ Family History
 - ✓ The Prehistory of Australia's First People
- **LANGUAGES:**
 - ✓ French Beginners
- **MUSIC:**
 - ✓ Take Your Pick Guitar
- **SPECIAL INTEREST:**
 - ✓ Are You an Overthinker?
 - ✓ Aviation: Yesterday, Today and Tomorrow
 - ✓ Understanding Australian Law: Core Legal Topics for Non-Lawyers

Mentoring

LITERACY

Graham Gilliland 0439 282 838

This is not a formal class. Graham will happily meet members by appointment during campus hours to assist them in improving their English language skills.

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Term Dates

‘FA’ and ‘FB’ represent fortnightly courses.
THE TERM ALWAYS COMMENCES IN A ‘FA’ WEEK.

JANUARY						
	Mon	Tues	Wed	Thurs	Fri	Week
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FEBRUARY						
FB	02	03	04	05	06	2
FA	09	10	11	12	13	3
FB	16	17	18	19	20	4
FA	23	24	25	26	27	5
MARCH						
FB	02	03	04	05	06	6
FA	09	10	11	12	13	7
FB	16	17	18	19	20	8
FA	23	24	25	26	27	9
FB	30	31				10
APRIL						
FB			01	02	Good Friday	10

Term Dates 2026

- Term 2: Monday 20 April – Friday 26 June (10 weeks)
- Term 3: Monday 13 July – Friday 18 September (10 weeks)
- Term 4: Tuesday 6 October – Friday 11 December (10 weeks)

U3A Redcliffe Inc. is run by volunteers and is an apolitical and a non-denominational organisation.

U3A Redcliffe Inc. holds \$20,000,000 Public Liability Insurance

U3A Honorary Solicitor: Paul Tierney LLB (Beston & Company, Violet Street, Redcliffe)

Course Handbook Editor: Russell Hopkins

U3A Redcliffe Inc. Disclaimer

All members, please be aware that U3A Redcliffe courses and activities are intended to supply general information only to class members.

Tutors are unpaid volunteers and can only inform on subjects from their own personal interest, background and/or research. They do not provide professional advice.

In the case of courses involving physical activity, members should ensure that they are physically able to participate. Sometimes a prior discussion with their medical advisor is desirable.

In the case of courses involving investments, general interest, health and well-being, class members should be aware that U3A Redcliffe is not legally liable if members act on what they think is advice from the tutor.

Protocols & Procedures for Attending Campus & Classes

- Members should be aware of our Code of Conduct and treat all of our members and volunteers with respect and consideration. (More information on Code of Conduct can be obtained from the U3A Redcliffe website.)
- **Members are reminded that it is a condition of your membership that your current U3A Redcliffe financial membership badge must be worn at all times when attending the campus or off-site classes.**
- If you are feeling unwell, please do not come onto campus.
- Hand sanitiser is available at the entrance and throughout the campus for members to use.
- When finished with your cup, please rinse and place it in the dishwasher. Do not wash any crockery or cutlery by hand and return to the drawers. The dishwashers are used for washing crockery and utensils to ensure proper sanitisation.
- For safety reasons, hot drinks and cups/mugs are **not** permitted in classrooms. Bottled water and water in paper cups only are to be taken into classrooms.
- Please be aware of your fire exit and assembly point from your classroom when you are on campus.

U3A Management Committee

President	Russell Hopkins	0418 776 135
Vice President	Dianne Pelin	0418 758 494
Treasurer	Ruth Northcott	0438 395 043
Secretary	Pamela Sealy	0414 741 547
Course Coordinator	Teresa Dugic	0407 177 794

Committee

Elle Frawley	0472 777 915	Ray Chapman	0491 127 656
Jean Calvert	0411 715 031	Barb Cooper	0438 629 757
June Greenwood	0432 878 506		

Course Coordination Team

Petra Lyons, Teresa Dugic, Steve McGahey, Russell Hopkins

Course Coordination Team :

- Phone : 0436 845 462
- Email address coursesandtutors.redcliffe@gmail.com

U3A Redcliffe Membership & Class Fees

- The current annual membership fee is \$25.00 per year. For renewing members (those who were members in the previous year), the \$25.00 fee applies irrespective of what month of the year they choose to renew, therefore maintaining their continuity of membership.
- New members are those who have not been members previously or who are re-joining after not having renewed in the previous year. If joining in Terms 2, 3 and 4, a pro-rata membership fee applies.
- Reciprocal membership fee is \$15.00 and is offered to members of another U3A, but current receipt or badge must be provided at time of paying U3A Redcliffe fees.
- Eligibility for membership: Membership of U3A Redcliffe Inc. is offered to people who are in their 'third age' (which is the time of active retirement or semi-retirement and of usually having reached fifty years of age).
- After completion of membership application and payment of fees, the application is submitted to the Committee for its acceptance at the first meeting after the form has been completed.
- To maintain financial membership, membership fees must be paid on or before 31 December each year.
- Only financial members may enrol, or be pre-enrolled in a course.
- At time of joining, each new member receives a copy of the Members' Handbook.

- On-campus course fees for each class attended will be \$2.00.
- Off-campus course fees are:
 - ✓ **\$2.00 course:** Sunrise & Sunset Walking Groups;
 - ✓ **\$4.00 courses:** Circle Dancing, Chair Yoga 2, Floor Yoga 2, Line Dancing, Self Defence for Seniors, Qi Gong, Tai Chi 2, Yoga Beginners;

MEMBERSHIP BADGES

It is a condition of membership that members must wear a current, financial, membership badge at all times when attending U3A Redcliffe campus and off-site classes.

PAYMENT OF CLASS FEES: VOUCHERS AND PREPAYMENT ONLY

Cash will not be accepted at the sign-on desks.

Class fees can be paid for each class by voucher. These can be purchased from the office, and are available in bundles of five for \$10.00 (card payment is preferred).

Members will also have the option to pay class fees for a term in advance instead of paying each time they attend a class. To encourage members to take up this option, class fees will be discounted by 25%, if paid in advance.

- 10 weekly \$2.00 fees will be charged \$15.00 (instead of \$20.00);
- 5 fortnightly \$2.00 fees will be charged \$7.50 (instead of \$10.00);
- 10 weekly \$4.00 fees will be charged \$30.00 (instead of \$40.00);
- 5 fortnightly \$4.00 fees will be charged \$15.00 (instead of \$20.00).

NB: The prepayment discount will be a 25% discount of the full-term payments. Any public holidays during the term will NOT result in a further discount.

This discounted rate will not be refundable if a member does not attend a class or classes during the term, UNLESS there are exceptional medical reasons, such as a hospital stay.

PROCEDURE FOR PREPAYMENTS

1. If members are pre-enrolled (rolled over by the tutor) in a class and wish to take up the option to pre-pay for the entire term at the discounted price, payment will be required before term commences. To do this, members must have renewed their membership for the 2026 calendar year. These students will receive an emailed notice by **Monday 12 January, 2026** with the option to prepay course fees for the term. Once the option to pre-pay is selected, payment is required by credit card, and a receipt will be emailed to you. **Please wait for this confirmation email** as clicking on the link twice will create a duplicate invoice. This offer is only available until **Friday 23 January, 2026**.
2. For members not wishing to pay online, the campus office will be open for prepayments prior to the commencement of Term 1 on the dates and times set out below:
 - 13, 14, 15 January, 2026 from 9:00 am to 12:00 noon
 - 20, 21 January, 2026 from 9:00 am to 12:00 noon

Class Rooms & Venues

- ✓ U3A Campus class rooms:
 - Room 1 (R1);
 - Room 2 (R2);
 - Room 4 (R4);
 - Room 5 (R5);
 - Room 6 (R6);
 - Margaret Ball Room, North (MBR Nth);
 - Margaret Ball Room, South (MBR Sth)
- ✓ CCMR: Computer Club Meeting Room.
- ✓ CWA Hall.

Course Enrolments

Please note:

- Some courses require members to contact the tutor prior to enrolling and wait list. This is specified in the course description.
- Members may contact a tutor for further information about a course, but tutors CANNOT enrol students. The student must enrol on line or on campus.

There are two ways to enrol:

1. Pre-enrolments

This applies to members who are continuing in a course from the previous term, and their tutor is aware they are continuing. As they are already registered on the course list, they must **NOT** re-enrol.

NB: MEMBERS WHO DID NOT RENEW THEIR MEMBERSHIP BY 31 DECEMBER, 2025 WILL NOT BE INCLUDED IN THE TERM 1, 2026 CLASS LISTS, AS THEIR MEMBERSHIP WOULD HAVE LAPSED.

2. New Enrolments

This is for members wishing to enrol in a course in which they did not participate in Term 4, 2025.

Enrolment can be done online by:

- members themselves from 2:00 pm on **Monday 12 January, 2026**, or
- coming to campus at the times listed below.

Online enrolment is done through the website: <https://www.u3aredcliffe.org.au>

Click on 'Courses', select the course, then follow the instructions.

Detailed guidelines are available on the U3A website and in hard copy on campus.

Class full. If a course has reached the maximum number, members will be asked if they wish to be placed on a waiting list, which is sent to the tutor.

Contacting the Course Coordination Team to enquire about/delete enrolments. Please ring **0436 845 462** (Monday to Thursday). Please leave a message if there is no answer.

Campus open. Those members who cannot enrol on line may do so at the campus on the following dates:

- 13, 14, 15 January, 2026 from 9:00 am to 12:00 noon
- 20, 21 January, 2026 from 9:00 am to 12:00 noon

Absence from Classes

Short-term absences:

If a member is absent from class for one week, there is no need to inform the campus office.

Long-term absences:

If you are aware of a long-term absence for a holiday, family matter and for medical reasons, please inform the Course Coordination Team by:-

- Logging on to your **Member Portal** on the U3A website:
 - ✓ If you are going to be absent from your class(es) for one or more occasions you can let your tutor and the office know by logging on to the Member Portal.
 - ✓ Go to **My classes**.
 - ✓ Click on the class for which you want to advise absence.
 - ✓ On the left-hand side of the screen, click on **Advise Absence**.
You will then see a drop-down menu with the dates of each week or fortnight class.
 - ✓ Click against the week(s) date(s) you will be away; then click **Save**.
Our database will then send a notification to the tutor and the office.
 - ✓ If you are going to be away for several classes, just tick each date for which you are away and then click **Save**.

OR

- Telling the volunteers at the sign-on desk. They will note your absence details into our "black folder"

OR

- Sending an email to coursesandtutors.redcliffe@gmail.com

OR

- Calling the Course Coordination Team directly on 0436 845 462. Please leave a message if your call is not answered.

Absences of three consecutive weeks without notification to the Course Coordination Team means you may be removed from the course. This includes members who have prepaid for a class. There will be no refunds.

Monday Courses

Tutors cannot enrol students or place them on a waiting list.

CRYPTIC CROSSWORDS

Col Pazzi 0416 520 291

Mon (W) 8:45 – 10:15 am (R5) Cost \$2.00

Please contact the tutor before enrolling or being placed on the waiting list.

This course commences on Monday 2 February.

Challenge yourself. Get into the minds of cryptic crossword compilers and solve their devious clues: unscramble anagrams, find synonyms and demystify red herrings. Gain satisfaction while keeping your brain active in a fun group collaboration.

Some knowledge of cryptic crossword solving is required.

BOOMERANG BAGS

Jeanette Park 0409 494 265, Rose Murphy 0409 142 275

Mon (FA) 9:00 – 11:00 am (MBR Nth) Cost \$2.00

This course commences on Monday 9 February.

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Making reusable cloth bags from recycled material to minimise scrap going to landfill and eliminate the use of plastic bags.

Bags are sold through local outlets, with the money going to charity.

Bring your own machine or use one of ours.

We welcome sewers, cutters and ironers, and donations of colourful cotton material.

CRAFT WORKSHOP

Jean Hunt 0432 107 261

Mon (W) 9:00 – 10:45 am (R2) Cost \$2.00

This course commences on Monday 2 February.

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Whether your interests are card making, crochet, embroidery, knitting, scrap booking or beading, come along and join us. No formal tutoring but assistance can be given. A friendly group of like-minded crafters.

FRENCH BEGINNERS PLUS A

Kathy Brackenridge 0437 070 897

Mon (W) 9:00 – 10:15 am (R6) Cost \$2.00

This course commences on Monday 2 February.

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Ongoing class suitable for students with some prior knowledge of written and spoken French. This course follows in part *The French Experience 1* by Thérèse Bougard and Danièle Bourdais.

Can order online. NOT the Activity book. CDs not necessary.

We also use Basic French – “Practice Makes Perfect” by Elaine Kurbegov.

Please bring notebook, pens, English/French dictionary (book or online).

FUTURE THINKING

Mike Lewis 0434 079 930

Mon (FA) 9:00 am – 10:30 am (MBR Sth) Cost \$2.00

This course commences on Monday 9 February.

This course will consist of lectures about the future.

It will cover the move to electric modes of transport, humanoid robots, Earth's changing geography and humans becoming an interplanetary species.

HISTORY OF THE BROADWAY MUSICAL

(NEW COURSE)

Sam O'Neill 0410 021 030

Mon (W) 9:00 – 10:30 am (CCMR) Cost \$2.00

This course is of seven weeks duration, commencing on Monday 2 February and concluding on Monday 16 March.

There will be no prepayments for this course.

We will be exploring the history of the Broadway musical from its inception pre-1900 to the present day.

The course is of six one-hour classes with enough time to discuss Broadway culture in each class and in the seventh week we can appreciate the film *Showboat*, which is widely regarded as the first Broadway musical.

TRAVELLERS' TALES

Susan Hearfield 0412 714 648, Graham Johnson 0419 994 200

Mon (FB) 9:00 – 10:45 am (MBR Nth & Sth) Cost \$2.00

This course commences on Monday 2 February.

Do you enjoy travel, the associated memories and sharing these? Or, do you just like to hear travel stories?

Travellers' Tales is not a tutored class; rather, Susan and Graham will coordinate a program that includes presentations about places members have visited, both near and far; presentations/discussion on just about any travel related matter; a forum for sharing members' experiences and asking questions.

WRITE YOUR LIFE STORY

(ZOOM COURSE)

Steve Wilson 0417 427 285 willowavenue@hotmail.com

Mon (W) 9:00 – 11:00 am Students are requested to prepay \$15.00 for the term.

This course commences on Monday 2 February.

Would you like to write your life story? We often think that life stories are only written by people who are famous. But each of our lives and experiences are unique, and of profound interest to our families and others.

In this class we write about our lives and share and discuss our writing with our classmates.

Doing this we develop our own writing as we are exposed to the approaches, styles of writing, and experiences of others.

The aim of the class is to help you to complete a life story that you will be proud of, and treasure.

GERMAN INTERMEDIATE

Beatrice Dyer von Wagenhoff 0419 741 300

Mon (W) 10:30 – 11:30 am (R5) Cost \$2.00

This course commences on Monday 2 February.

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

For students who are interested in taking their German language skills to the next level.

BEGINNING MINDFULNESS

Andrew Weiss 0490 524 894

Mon (W) 10:45 am – 12:15 pm (CCMR) Cost \$2.00

This course commences on Monday 2 February.

Members must contact the tutor by email prior to enrolling or going on the waiting list (anhdru@gmail.com).

Learn the practices of mindfulness meditation and daily life mindful awareness. Practice them together in the group, share how we are applying them in our daily lives, and get instruction from an experienced teacher. This class is suitable for someone with at least some background in meditation and for more experienced practitioners. Andrew has taught meditation and mindfulness since 1994 and has studied with Thich Nhat Hanh and other Zen masters. Wear comfortable clothing and bring a chair cushion.

ARE YOU AN OVERTHINKER?

(NEW COURSE)

Eve Craddock 0417 446 034

Mon (W) 11:00 am – 12:30 pm (MBR Sth) Cost \$2.00

This course commences on Monday 2 February.

Just as your eyes are designed to see, your brain is designed to think.

Productive thinking leads to actions, decisions, and solutions, while overthinking is often habitual and the habit gets you nowhere.

This course explains how to overcome the habits.

BEGINNERS COMPUTER

(NEW COURSE)

Ruth Northcott 0438 395 043

Mon (W) 11:00 am – 12:30 pm (R1) Cost \$2.00 plus photocopying costs of \$10.00

This is an eight-week course running from Monday 2 February to Monday 23 March.

This course is for absolute beginners (using Windows 11 operating system). Learn how to create folders and access apps. Basic introduction to the internet (Microsoft Edge), Google searches and introduction to email. Understanding terminology will help your confidence when using computer programs.

ANTHROPOLOGY

Jane Standerwick 0490 189 860

Mon (W) 11:15 am – 12:45 pm (MBR Nth) Cost \$2.00

This course commences on Monday 2 February.

There will be no prepayments for this course.

This course will not operate on Monday 2, 9, 16, 23 March.

Anthropology can be defined as the study of human nature, human society, and the human past. It is an integrative discipline that aims to describe in the broadest sense what it means to be human. You are invited to explore and compare a wide range of cultures and traditions (both past and present) from around the world. Theoretical concepts and terms are introduced where required. The class is structured as a film which is then followed by an open discussion.

GERMAN ADVANCED

Beatrice Dyer von Wagenhoff 0419 741 300

Mon (W) 11:45 am – 12:45 pm (R5) Cost \$2.00

This course commences on Monday 2 February.

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

For students with advanced comprehension, speaking and listening skills of the German language.

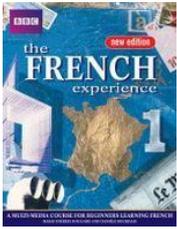
FRENCH BEGINNERS PLUS B

Christine Bonner 0478 699 199, canadralia@gmail.com

Mon (W) 12:15 – 1:45 pm (R6) Cost \$2.00

This course commences on Monday 2 February.

On-going beginner class suitable for students with some prior knowledge of written or spoken French. Please contact Tutor prior to enrolling.



Textbook – *The French Experience 1* (student course book ISBN: 9780563472568) Amy King, Marie-Therese Bougard. (There is also an option to buy with CDs – this is not a prerequisite and is more expensive. ISBN: 9780563472582.)

(There is also a workbook that is connected to the text. This is **NOT** required.)

Available online Australian sites with or without CDs.

Please bring notebook, pens and English/French dictionary.

SCRABBLE & OTHER BOARD GAMES

Hazel Jones 3283 2552

Mon (W) 12:30 – 2:30 pm (R2) Cost \$2.00

This course commences on Monday 2 February.

Play social Scrabble and Upwords. This is a fun class, not fiercely competitive! Chess players are welcome, preferably with a partner, but the tutor would play chess with someone who does not have a partner. Backgammon is available, but a partner is needed.

PASTELS

Anne Burton 0431 695 161

Mon (W) 12:45 – 2:45 pm (MBR Sth) Cost \$2.00

This course commences on Monday 2 February.

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

A class suitable for beginners through to experienced artists. The tutor and other class members will provide help and support as required.

POPULAR MUSIC

Colin Ellicombe 0416 807 170, singer107@hotmail.com, Assistant Tutor Shirley Duncan

Mon (W) 12:45 – 2:30 pm (CCMR) Cost \$2.00

This course commences on Monday 2 February.

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

A class for those who wish to practise their songs with a top-class accompanist. We invite people with a wide range of musical tastes from opera to musicals with art songs thrown in.

For those who want to sing free of the restraints of choirs in an atmosphere of cooperative self-help.

INTERMEDIATE ANDROID TABLETS

(NEW COURSE)

Ruth Northcott 0438 395 043

Mon (W) 1:00 pm – 2:00 pm (R1) Cost \$2.00

This course runs for four weeks, commencing on Monday 2 February and concluding on Monday 23 February.

Have you mastered the basics of using your android tablet and would like to learn more? Come along to this class to learn about settings; saving & deleting files and other hints and tips. The class will run for 4 weeks and there will be a photocopy charge for the handouts. U3A has android tablets for those members who want to learn and don't have their own.

Maximum of 6 students.

LATIN LEVEL III

Jane Standerwick 0490 189 860

Mon (W) 1:30 – 3:00 pm (R4) Cost \$2.00

This course commences on Monday 2 February.

This course will not operate on Monday 2, 9, 16, 23 March.

There will be no prepayments for this course.

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

This class goes beyond the basics, whilst still providing an enjoyable and carefully paced approach to learning the Latin language. These language skills are complemented by background information on Roman culture and history. New class members are welcome. However, a firm grounding in Latin grammar and syntax is essential.

DISCOVERING THE PLANET THROUGH GEOGRAPHY

Ian Ogston 0490 127 776

Mon (W) 2:00 – 3:30 pm (MBR Nth) Cost \$2.00

This course commences on Monday 2 February.

The Geography of Weather and Climate

1. The weather elements e.g. rainfall, temperature, wind, air pressure, clouds etc. (What they are and how we measure and use them? Includes understanding weather maps and images from various sources like satellites.)
2. Describing and explaining the local weather and climate patterns across the world.
3. Extreme weather events e.g. tropical cyclones, storms, tornadoes, droughts.
4. Climate changes through time (past and future)

FRENCH INTERMEDIATE A

Anne-Marie Butt 0401 534 523

Mon (W) 2:00 – 3:30 pm (R6) Cost \$2.00

This course commences on Monday 2 February.

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

The course will involve further teaching of grammar, and develop oral participation and writing. We shall read "Le Petit Prince" by Antoine de Saint Exupery and students will need to get their own book. We shall also use texts related to French society, major events and major contributors today and in the past.

Students need to commit to attend classes regularly and be prepared to do the given homework.

Some personal work may be needed depending on the student's existing knowledge. Students must check with the tutor to see if this is the right course for them

SUNSET WALK

Sue Taylor 0438 756 688

Mon (W) 5:00 – 6:30 pm Cost \$2.00

This course commences on Monday 2 February.

The Sunset Walk will meet at various locations in Redcliffe. An email will be sent to walkers each week with a link giving details of the meeting point and the route. Each walk is approximately 5 to 7 kms return. Shorter options will be offered if you need to build up your stamina. We also stop for a cool drink and chat before our return journey.

You can expect to be home by 6:30 pm if you live locally.

It is a great time to enjoy the beauty of your local area, share stories and hopefully chill out for a good night's sleep!

Tuesday Courses

Tutors cannot enrol students or place them on a waiting list.

ART - ALL MEDIUMS

Patricia Moore 0419 091 835

Tue (W) 8:45 – 10:30 am (R6) Cost \$2.00

A very relaxed and friendly class for anyone wishing to create in company and be ready to enjoy everyone's personal talents.

The class is untutored.

Art materials not supplied.

ASSERTIVENESS, COMMUNICATION AND SELF-ESTEEM

Virginia Pisani 0419 938 395

Tue (W) 8:45 – 10:30 am (R4) Cost \$2.00

A study of differences between aggression, assertiveness and helplessness. We shall look at techniques for attaining what we want without violating the rights of others; ways to protect ourselves against manipulation and avoid using it. We shall also learn ways to resolve conflict.

EMBROIDERY AND NEEDLEWORK

Lorraine Turner 0400 150 651, Assistant Tutor Judy Walford 0429 876 963.

Tue (W) 8:45 – 11:45 am (MBR Nth) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

The class has a project each term to complete and they use a variety of embroidery techniques that are shown in a number of ways, including practical teaching methods, useful books and a very helpful supportive group. New students must bring a sewing kit which can be discussed with the tutor before class commences.

BEGINNERS GUITAR

(NEW STUDENTS ONLY)

Graham Norman 0413 424 765

Tue (W) 9:00 – 10:15 am (R2) Cost \$2.00

This class is for people who have never played guitar before, or have only very rudimentary knowledge. Acoustic guitars preferred.

This class is NOT for anyone who has been in one of my classes previously.

PHILOSOPHY

Bob Wilson 0418 249 907

Tue (W) 9:00 – 10:30 am (R1) Cost \$2.00

We will study philosophy, the love of wisdom, from the classics of Socrates to the modern Bertrand Russell, including, for example, the great Australian philosophers, David Chalmers or Caroline West.

We will examine the view of the world of those intellectual giants and discover how to relate to those ideas.

This class requires no prior knowledge of this subject, only an open mind to experience the sometimes-conflicting views and a willingness to express an opinion concerning those issues.

WATERCOLOUR, ACRYLICS AND DRAWING

Gayl Pollard 0421 725 427 (text message only)

Tue (W) 9:15 am – 12:00 noon (MBR Sth) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Watercolour, acrylics and sketching. Beginners and advanced welcome. NO TUITION as such; assistance given as needed. We are a very supportive group willing to share our knowledge. Do your own thing. Some materials available for borrowing.

FRENCH INTERMEDIATE B

Anne-Marie Butt 0401 534 523

Tue (W) 10:00 – 11:30 am (R5) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

The course will involve further teaching of grammar, and develop oral participation and writing. We shall read 'Le Petit Prince' by Antoine de Saint Exupery and students will need to get their own book. We shall also use texts related to French society, major events and major contributors today and in the past.

Students need to commit to attend classes regularly and be prepared to do the given homework.

Some personal work may be needed depending on the student's existing knowledge. Students must check with the tutor to see if this is the right course for them

EXPLORING DRAWING

Sarah McMahon 0410 452 001

Tue (W) 10:30 am – 12:00 noon (R2) Cost \$2.00

Explore the different elements of drawing, including line, space, texture, value, form, colour, perspective, proportion and composition through guided exercises. Members will also have the opportunity to work and develop their own unique style by exploring the idea of developing their drawing using the various elements from initial studies, through concept development and into finished pieces.

Participants can use any dry medium. The class also welcomes those who wish to touch up on their skills and work independently on their own projects.

GUITAR GATHERING

Graham Norman 0413 424 765

Tue (W) 10:45 am – 12:00 noon (R6) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

This class is for guitarists who have a moderate level of playing skill and who want to join with others to play (and sing....not mandatory). This will not be a teaching class as such, but help will be offered as appropriate. Choice of music will be shared by all, however the final decision on suitability will rest with the class tutor. The introduction of other instruments will be discussed.

ITALIAN INTERMEDIATE

Louise Gallagher 0400 419 177 Jean-Paul Franzidis

Tue (W) 11:00 – 12:00 noon (R1) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Students in this class will need to be already familiar with present, past and future verb tenses. The emphasis will be on expanding knowledge of grammar and vocabulary, and on developing conversation skills (both listening and speaking) with practice.

YOGA BEGINNERS

Di Pelin 0418 758 494

Tue (W) 11:00 am – 12:00 noon (CWA Hall) Cost \$4.00

No experience required as you will be guided in various poses. This class will benefit your mobility, balance and strength working at your own pace and ability.

It is well known that yoga not only benefits the physical body but calms the mind thereby improving our health and wellbeing. We will practise yoga breathing, finishing each class with meditation to calm the mind and relax the body.

'The body benefits from movement and the mind from stillness.'

Please bring a yoga mat and a cushion.

JAPANESE FOR TRAVELLERS

Seng Hwa Kim Park

Tue (W) 11:30 am – 12:30 pm (R4) Cost \$2.00

Very basic Japanese language, culture and history for those planning a trip to Japan.

A text book fee of \$2.00 will be payable to the tutor.

For any queries, please email Petra Lyons coursesandtutors.redcliffe@gmail.com

GERMAN BEGINNERS

Cornelia Holmes 0406 612 944

Tue (W) 11:45 am – 1:00 pm (R5) Cost \$2.00

This is a continuous beginners' class, with basic grammar for students with little German knowledge. Topics like greetings, family, travelling, health etc will be covered in a fun, relaxing way with little role plays, exercises, listening and reading. Please bring a notebook and pen.

SINGING WITH GUSTO

Lynne Padget 0407 749 817, Rose Gray 0412 028 706

Tue (W) 12:15 – 1:45 pm (MBR Sth) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course.

Folk, country, musicals, rock, soul, jazz, contemporary songs. This class is for enthusiastic people who love to belt out well-known songs to a regular rhythm. Be brave, confident and enjoy yourself!

WHAT ON EARTH - A DISCUSSION GROUP

Trevor Howden 0404 848 616, Assistant Tutor Lenore McDonald

Tue (W) 12:15 – 1:45 pm (R6) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Each week the class facilitator will select topics submitted by members about one or more current topics, from contemporary reputable sources, for discussion. The topics are wide ranging, but always of current importance. It is envisaged that the group will participate in an intelligent, in-depth discussion with no limit placed on where the discussion leads us. This class offers an opportunity for intelligent, balanced debate such as is quite difficult to find elsewhere, providing real mind stimulation.

Participants are encouraged to put the case forward for opinions which differ from those of the majority or popular view – without fear of animosity or attack.

CHAIR YOGA 2

Anne Murrell 0424 191 244

Tue (W) 12:30 – 1:30 pm (CWA Hall) Cost \$4.00

No experience required as you will be guided in seated and standing poses using the chair for support. This class will benefit your mobility, balance and strength working at your own pace and ability.

It is well known that yoga not only benefits the physical body but calms the mind thereby improving our health and wellbeing. We will practise yoga breathing, finishing each class with meditation to calm the mind and relax the body.

'The body benefits from movement and the mind from stillness.'

ITALIAN CONVERSATION

Albert Hili 0478 630 490 Claudia D'Ambrosio

Tue (W) 12:30 – 1:30 pm (R2) Cost \$2.00

Conversations and presentations about current affairs, Italian culture, trips to Italy and other destinations with a small dose of grammar and vocabulary as proposed by tutor and class participants.

Students must have a level of Italian language that allows them to understand spoken Italian and be willing to contribute to the class in Italian.

BASIC FUN WITH WATERCOLOUR

Jenny Holmes 0401 407 744

Tue (W) 1:00 – 2:30 pm (R1) Cost \$2.00

Learning the basic technique of watercolour. You are required to bring watercolour paper, ruler, eraser and 2B pencil.

BOTANICALS AND PORTRAITS – CLASS 1

Ann Bailey 0403 774 488

Tue (W) 1:00 – 3:00 pm (R4) Cost \$2.00

A warm and friendly drawing class focussing on mainly botanical drawing but also portraiture. Requirements: A4 smooth paper drawing book, pencils, erasers.

CRAFTY FUN

Jan Kersnovske 0430 149 396, Assistant Tutor Anne Howden 0433 278 182

Tue (W) 1:00 – 3:30 pm (MBR Nth) Cost \$2.00

A place to meet and enjoy your craft. This is a BYO class – anything from card making, paper tole, 3D, feathering, knitting, crochet, scrapbooking, beading, embroidery – if you are working on it, then bring it along if you can carry it. There is no formal tutoring, however assistance can be given. It's a great place to meet like-minded people in a fun, relaxed environment.

JAPANESE ADVANCED

Masue Shipton 0491 115 833

Tue (W) 1:15 – 2:45 pm (R5) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Conversational Japanese. We study the textbook *Japanese for Busy People 3*.

FLOOR YOGA 2

Anne Murrell 0424 191 244

Tue (W) 1:45 – 2:45 pm (CWA Hall) Cost \$4.00

Beginner or experienced yogis will benefit from a regular weekly practice increasing mobility, balance and strength, particularly as we age. It is well known that yoga not only benefits the physical body but calms the mind thereby improving our health and wellbeing.

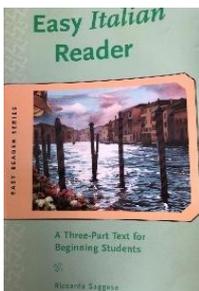
All standards are welcome and guidance is given to help you move with control from seated on the mat to standing poses and everything in between. We will practise yoga breathing, finishing each class with meditation to calm the mind and relax the body.

'The body benefits from movement and the mind from stillness.'

ITALIAN CONTINUING

Anna Aczel 0435 725 559

Tue (W) 1:45 – 3:15 pm (R2) Cost \$2.00



Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Ongoing Italian class for students with some prior knowledge of the language.

The class focuses on reading, conversation, and some grammar.

Textbooks: *Easy Italian Reader* by Riccarda Saggese and *Italian in 3 Months* (Hugo Series)



JAZZ FAVOURITES

David Ralph 0407 116 777

Assistant Tutors John Northcott 0409 395 043, Kevin Duffy 0410 421 456

Tue (W) 2:00 – 3:30 pm (R6) Cost \$2.00

Would you like to listen to sound and video recordings of great jazz and swing music from the early twentieth century to the present day?

We present from a collection of Australian and international artists.

If you have favourite recordings that you would like to share, you can present these yourself or have the tutor locate and play them. We also talk about coming programs, events and occasional outings to hear live performances.

YOUR GIG - A PRACTICAL MUSICAL JOURNEY

Jeff Pedersen 0424 553 551

Tue (W) 2:00 – 3:30 pm (MBR Sth)

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

This class is for musicians and/or singers who have a moderate skill level (Novice) and can present a song/piece from start to finish.

The focus will be on planning, setting up, and performing; any instrument can be used, but focus will be on guitar/song.

Three weeks singing/playing together. Three weeks individual singing/playing; chosen pieces, mic. Three weeks individual choice singing/playing, mic. Last week: open mike.

Your music choice will be monitored by the tutor. Singing is optional but is normally expected.

A background to simple scales and chords and their derivation will be incorporated.

TAKE YOUR PICK GUITAR

(NEW COURSE)

Michael Cooper 0403 235 263 Christine Leong Weiss

Tue (W) 3:30 – 4:30 pm (R2) Cost \$2.00

Like playing guitar, but have limited skills? This may be the class for you. I can help you.

First, a little about me. I am self-taught but have no musical qualifications and cannot read music. However, I have been playing since 1962 (using my ears), can pick most tunes/melodies and extend them to harmonic picking and backing.

In this class I am willing to help you develop this particular playing technique.

Be advised this is not a beginner, intermediate or advanced guitar class and you must have some playing ability.

Although this is a tutor-managed class, I hope that members will contribute to the class in passing on their skills/techniques during the term.

The class will go for 1 hour and will have a maximum class number of 6.

Wednesday Courses

Tutors cannot enrol students or place them on a waiting list.

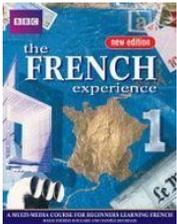
FRENCH CONTINUING C

John Dixon 0409 709 826, Jean-Louis Durand

Wed (W) 8:45 – 10:15 am (MBR Nth) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

On-going beginner class suitable for students with some prior knowledge of written or spoken French.



Textbook – *The French Experience 1* (student course book ISBN: 9780563472568) Amy King, Marie-Therese Bougard. (There is also an option to buy with CDs – this is not a prerequisite and is more expensive ISBN: 9780563472582.)

(There is also a workbook that is connected to the text. This is **NOT** required.)

Available online Australian sites with or without CDs.

Please bring notebook, pens and English/French dictionary.

ANTIQUES AND COLLECTIBLES

Michelle Winslade 0423 375 700

Wed (FA) 9:00 – 11:00 am (R6) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

This is a discussion group about how to identify and recognise antiques and have a bit of fun in the process.

INTRODUCTION TO ARTIFICIAL INTELLIGENCE (NEW COURSE)

Simon Protheroe 0412 741 012

Wed (W) 9:00 – 10:30 am (R5) Cost \$2.00

This course will run for five weeks.

There will be no prepayment for this course

This course offers an accessible introduction to Artificial Intelligence: what it is, how it works, and how it is shaping daily life. No mathematics or programming background is required. Together, we will explore well-known AI tools available to the public, learn practical ways to use them effectively, and examine the history and development of the field. The course also considers the social and environmental implications of recent AI techniques, along with emerging trends that may influence the future of technology and society.

SPANISH CONVERSATION

Colleen Carmody 0419 255 350

Wed (W) 9:00 – 10:15 am (R4) Cost \$2.00

This course commences on Wednesday 4 February.

Students must have completed at least one term of any Spanish course, or have been previously exposed to Spanish speakers. It is NOT a class for beginners.

A topic will be set for each class and a vocabulary list will be circulated prior to class.

Only contact the tutor for further lessons.

WRITING FOR PLEASURE 1

Narelle Beaumont 0427 626 524

Wed (FB) 9:00 – 11:00 am (R6) Cost \$2.00

In this class we write for our own stimulation and enjoyment. Each fortnight class members write to a set topic in a genre of their own choice. We share our work with the class in an accepting and non-critical way and discuss subject matter of interest. Join us for an interesting and enjoyable class.

CHAIR YOGA 1

Deborah Lloyd 0413 298 247

Wed (W) 9:15 – 10:15 am (MBR Sth) Cost \$2.00

No experience required as you will be guided in seated and standing poses using the chair for support. This class will benefit your mobility, balance and strength working at your own pace and ability.

It is well known that yoga not only benefits the physical body but calms the mind thereby improving our health and wellbeing. We will practise yoga breathing, finishing each class with meditation to calm the mind and relax the body.

'The body benefits from movement and the mind from stillness.'

BOTANICALS AND PORTRAITS – CLASS 2

Ann Bailey 0403 774 488

Wed (W) 10:30 am – 12:30 pm (R4) Cost \$2.00

A warm and friendly drawing class focussing on mainly botanical drawing but also portraiture. Requirements: A4 smooth paper drawing book, pencils, erasers.

DISCOVERING FRENCH CULTURE

Jean-Louis Durand djeanlouis763@gmail.com

Wed (FA) 10:30 am – 12:00 noon (MBR Nth) Cost \$2.00

We discover French culture by exploring its ever-changing panorama.

Every fortnight, we focus on a leading exhibition or artist, including exhibition, song, ongoing societal development, and other culture-related development.

We also interrogate a lead intrigue: the impact of Artificial Intelligence upon visual art, literature, popular music and reflect on what it all means.

Interest in, and curiosity about, French culture and an open mind are the only prerequisites for embarking on this journey.

FAMILY HISTORY

(NEW COURSE)

Elizabeth Blomberg 0477 958 356

Wed (FB) 10:30 am – 12:00 noon (MBR Nth) Cost \$2.00

Note: Members must contact the tutor prior to enrolling.

What's next after the family tree has been researched and set up? Go beyond the dates, the documents, photos or other items you may have and find the stories they tell. A family tree chart is only the beginning for telling the story of your family history.

This course will show how and inspire you to write the different ways you can tell the stories. Fortnightly sessions starting on Wed 4th February.

FLOOR YOGA 1

Deborah Lloyd 0413 298 247

Wed (W) 10:30 – 11:30 am (MBR Sth) Cost \$2.00

Beginner or experienced yogis will benefit from a regular weekly practice increasing mobility, balance and strength, particularly as we age. It is well known that yoga not only benefits the physical body but calms the mind thereby improving our health and wellbeing.

All standards are welcome and guidance is given to help you move with control from seated on the mat to standing poses and everything in between. We will practise yoga breathing, finishing each class with meditation to calm the mind and relax the body.

'The body benefits from movement and the mind from stillness.'

EUCHRE, 500 AND OTHER FUN, EASY TO PLAY CARD GAMES

Greg McGrath 0417 783 406 Bev Hauser

Wed (W) 10:45 am – 12:15 pm (R1 & R2) Cost \$2.00

Beginners welcome. Objectives of the class are fun, some mental stimulation and social interaction.

Don't miss out! – class size is limited.

SPANISH FOR TRAVELLERS

Colleen Carmody 0419 255 350

Wed (W) 10:45 am – 12:45 pm (R5) Cost \$2.00

This course aims to give travellers enough vocabulary to be confident in most situations they will meet. Each week we focus on a specific topic, e.g. asking directions, medical, ordering meals, followed by exercises on that vocabulary. It is recommended that you revise the vocabulary as each lesson is a discrete learning experience. There will be revision at end of term.

THE PREHISTORY OF AUSTRALIA'S FIRST PEOPLE

(NEW COURSE)

Tony Parsons 0421 804 707

Wed (W) 11:15 am – 12:45 pm (R6) Cost \$2.00

This course runs for 20 weeks (2 terms).

This course will explore the archaeological and paleoanthropological evidence, theories and debates relating to the origins, evolution, migration and dispersal of the first peoples to arrive in ancient Australia.

It will concentrate on making the course interesting and not overly academic. Video will be used throughout.

Course Aims:

In the context of this course our interest is to identify, through exploring the evidence from the most recent scientific studies:

- When and where did humans originate and evolve?
- When and how did early humans migrate across the world and where to?
- What interactions did they have on their migrating journey?
- When and how did humans arrive on the Australian continent?
- How and when did they disperse through the continent?
- What did their lives entail and how did it change through time?

Scientific methods used in gathering evidence will be explained within an easy-to-understand format.

TAI CHI 2

Christine Leong Weiss Phone 0432 927 409

Wed (W) 11:45 am – 12:45 pm (CWA Hall) \$4.00

Tai Chi is a Chinese martial art. It has been practised for both its defence training and its health benefits especially for older people in slow meditation movements. We focus mainly on Beijing 24 forms. These simplified forms are truncated from the traditional Yang family forms to 24 postures and the forms are very suitable for older people to practise for their health benefits overall.

MAH JONG BEGINNERS AND INTERMEDIATE

Sheila Smith 0421 341 789 Susan Newton 0417 156 177

Wed (W) 11:45 am – 2:00 pm (MBR Sth) Cost \$2.00 Both classes taught together

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

BEGINNERS

Learn to play a fascinating Chinese game. We will teach you the Max Robertson set of rules, outlining the most correct and popular method of play.

INTERMEDIATE

Continue learning this fascinating Chinese game. We will teach you the Max Robertson set of rules, outlining the most correct and popular method of play.

FRENCH NOVEL READING

Bob Ward 0466 974 327

Wed (W) 12:15 – 1:15 pm (Library) Cost \$2.00

Class members meet to read novels in their original French, to interpret in English, and to discuss points of pronunciation and grammar. The amount of weekly preparation required will depend on skill level.

The current novel is *Les oubliés du dimanche* by Valérie Perrin. It was published in 2015. The Goodreads rating is 4.25 stars.

PATCHWORK AND QUILTING

Velma Bennett 3264 8485, Assistant Tutor Terry Kean

Wed (FB) 12:15 – 3:30 pm (MBR Nth) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Do you like sewing? Enjoy a challenge? Learn patchwork with like-minded ladies. Surprise yourself with your new skills.

CREATIVE SEWING

Pat Humphreys 3284 0435, Judy Parker 0421 765 758

Wed (FA) 12:30 – 3:00 pm (MBR Nth) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Come and join our friendly group, whatever your level of sewing, beginner or expert. Guidance given on learning how to use a sewing machine.

We make crafty items – dolls, toys, Christmas gifts, bags, as well as children's wear and adult clothing and whatever you want to make. Make new friends – come and enjoy yourself.

LET'S PLAY...CARDS!

Jean-Louis Durand (please contact at djeanlouis763@gmail.com)

Wed (W) 12:30 – 2:15 pm (R1 & R2) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

We play a variety of card games. Oh, not of the over-complicated kind! Played with a good dose of gentle congeniality (over-competitive members, please abstain!), card games are triggers of fun and laughter and simply sharing a pleasant time with friends.

So, if you are game, let's play – Cards!

CARD MAKING ADVANCED

(NEW COURSE)

Karen Mills 0403 435 865

Wed (FA) 12:45 – 2:15 pm (R4) Cost \$2.00

Card making for avid crafters.

In this class, we will use fancy folds, embossing folders and other techniques to make quality cards.

ITALIAN FOR TRAVELLERS

Louise Gallagher 0400 419 177

Wed (W) 1:00 – 2:00 pm (R5) Cost \$2.00

This is a class for beginners. It will cover some basic grammar and will focus on the language needed for surviving as a tourist in Italy. The emphasis will be on speaking.

LET'S LEARN RECORDER LEVEL 1

Valerie Huston 0428 879 549, hustonv2@gmail.com Jane McShane

Wed (W) 1:15 – 2:30 pm (R6) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list. New students welcome.

This class is open to students who have previously played recorder, maybe long ago, or have previously played a wind instrument or a music instrument.'

Please contact me before term. It will help in planning to give you a successful start. If you don't have an instrument, please advise. I have some available.

Looking forward to meeting you and making music together!

ANCIENT HISTORY – ANCIENT GREECE: THE FOUNDATION OF WESTERN CIVILISATION

Nigel Clark 0400 292 548

Wed (W) 2:15 – 3:45 pm (MBR Sth) Cost \$2.00

This year, we explore Ancient Greece, where momentous advancements were made in art, architecture, science and intellectual thought. City states, especially Athens, introduced political ideas including citizenship, democracy and law which significantly influenced the future of the west and the wider world

LET'S LEARN RECORDER - ADVANCED

Valerie Huston 0428 879 549, hustonv2@gmail.com Jane McShane

Wed (W) 2:30 – 4:00 pm (R6) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

The advanced class is open to students who have developed the previous levels or levels from school and wish to bring back their skills and 'joys'. We play soprano/descant; alto/treble; tenor; bass. If not sure what level would be comfortable, please feel free to contact the tutor.

MILITARY TERMS AND TRADITIONS

AJ Clancy 0450 218 423

Wed (W) 2:30 – 4:00 pm (R4) Cost \$2.00

Ever wondered where "3 square meals a day" or "shake a leg" comes from? Why is a colonel called "colonel"? And what do brass monkeys have to do with being cold. Come join a vibrant discussion on military terms and traditions, where you can find out what terms you use actually have a military origin and why the military does the things it does under the banner of "it's tradition!"

UNDERSTANDING AUSTRALIAN LAW: CORE LEGAL TOPICS FOR NON-LAWYERS (NEW COURSE)

John Mazurkiewicz 0400 799 496

Wed (W) 2:30 – 4:00 pm (R1 and R2) Cost \$2.00

"He's a lawyer, she's a barrister, they are solicitors". Ever wondered what these terms mean or pondered why some activities are criminal offences and others not?

No legal background is needed for this course.

This course covers key legal principles in 10 areas of the law (excluding Conveyancing and Family Law) that will help you better understand how the law impacts everyday life. Areas of the law we will explore are:

- Basic Legal Concepts.
- The Australian Legal System.
- Public Law topics (Constitutional law, Criminal law and Administrative law).
- Private Law topics (Wills and Estates – Disputes in the 'Hood - Consumer law - Contract law and Tort law).

Photocopying charge \$10.00 per term.

SUNSET WALK

Sue Taylor 0438 756 688

Wed (W) 5:00 – 6:30 pm Cost \$2.00

The Sunset Walk will meet at various locations in Redcliffe. An email will be sent to walkers each week with a link giving details of the meeting point and the route. Each walk is approximately 5 to 7 kms return. Shorter options will be offered if you need to build up your stamina. We also stop for a cool drink and chat before our return journey.

You can expect to be home by 6:30 pm if you live locally.

It is a great time to enjoy the beauty of your local area, share stories and hopefully chill out for a good night's sleep!

Thursday Courses

Tutors cannot enrol students or place them on a waiting list.

CLASSICAL MUSIC APPRECIATION

Barry Montague 0438 848 367

Thu (W) 9:00 – 10:45 am (R6) Cost \$2.00

This course will conclude on Thursday 19 March.

The class takes its inspiration from John Cargher's long running programme on ABC Radio entitled 'Music for Pleasure'. Our aim is to help members appreciate the music with explanations, anecdotes and discussion. We cover a wide range of classical and light classical music programming up to 12 pieces per class.

How often do you hear a piece of music and don't know its title? Come and find out.

TAI CHI (BEIJING 24 FORMS)

Christine Rutten 0432 718 478

Thu (W) 9:00 – 10:15 am (MBR Nth & Sth) Cost \$2.00

Tai Chi is based on martial arts training. It has health benefits especially for older people as the movements are slow and can be meditative. The health benefits include possible improvements in balance, muscle strength, flexibility and relaxation. Our classes consist of Tai Chi instruction and Chi Gong exercises.

WRITING FOR PLEASURE 2

Charlotte Robinson 0413 500 419

Thu (FB) 9:00 – 11:00 am (R5) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Each fortnight we write to a set topic for stimulation and for our own enjoyment. We share our work with the class in an accepting and non-critical way.

CIRCLE DANCING

Zoe Fitzpatrick. (For any queries, please text message Anne Perkins 0409 619 651.)

Thu (FA) 9:15 – 10:15 am (CWA Hall) Cost \$4.00

Circle dancing is an ancient tradition dating back to early times for the purpose of healing body, mind and spirit. It also creates a sense of community. Circle dances can include dances from different cultures, as well as peace and health dances.

No previous dance experience is required. The whole idea for those who attend is to have fun and discover a sense of enjoyment and peace.

Addressing both sides of the body through dance movement can help to ward off dementia. Members using wheelchairs and walkers are most welcome.

IT MATTERS TO ME - A DISCUSSION GROUP

Greg McGrath 0417 783 406

Thu (W) 9:15 – 10:45 am (CCMR) Cost \$2.00

'It Matters to Me' is a small discussion group where everyone can choose to speak, be listened to, and be heard.

Each week, class members put forward topics that matter to them, and the class members then work their way through those topics and say whatever they think or feel. Nothing is off the table. We all respect other class members' views, even if we strongly disagree with them.

UKULELE FUN AND STRUM

John Foster 0437 339 948 Muriel Miller

Thu (W) 9:15 – 11:15 am (R1 & R2) Cost \$2.00

This class is for ukulele players who like to have fun strumming and singing with a group of like-minded friends. Must know some basic chords and be able to tune their ukulele.

Laughing is mandatory – a good singing voice entirely optional!! Please join us for a great time.

CARD MAKING BEGINNERS

(NEW COURSE)

Karen Mills 0403 435 865

Thu (FB) 9:30 – 11:00 am (R4) Cost \$2.00

Card making for novice card makers.

In this class, you will learn skills to create and decorate cards for all occasions.

QI GONG

Susie Bedford 0422 587 826

Thu (FA) 10:30 am – 12:00 noon (CWA Hall) Cost \$4.00

Qi means stimulating the energy flow in the body. Gong means work – skill – visualisation.

It can be practised standing, sitting or lying down! The movement and breathing techniques are done in a slow and relaxed manner. The practice enhances health and longevity.

GENTLE YOGA

Di Pelin 0418 758 494

Thu (W) 10:45 – 11:45 am (MBR Nth & Sth) Cost \$2.00

This class aims at promoting joint mobility and flexibility, improving muscle tone and reducing the risk of falls for seniors.

It involves breath practice, body awareness and a range of yoga poses, both on the mat and standing.

It does require a level of fitness to participate.

You will require a yoga mat and a cushion to sit on or for head support.

AUSTRALIAN ROYALTY? (AUSTRALIA'S CONVICT PAST)

(NEW COURSE)

Cheryl Willis 0411 162 900

Thu (W) 11:00 am – 12:15 pm (R6) Cost \$2.00

Over the course of the last two hundred years, the attitude towards our convict past has changed numerous times, and the question remains why? Why Australia? Who were they?

What were their crimes? Were they more sinned against than sinners?

In the last fifty years, there has been a growth in family history, with people finding out, perhaps for the first time that the family origin story they thought they knew was very different.

The course will interest those who have found a convict perched on their family tree, those who want to find one and anyone with an interest in Australian and Queensland history.

AVIATION: YESTERDAY, TODAY AND TOMORROW

(NEW COURSE)

Greg Anderson 0421 632 412

Thu (FA) 12:30 – 2:00 pm (MBR Sth) Cost \$2.00

In just over 100 years, aviation has undergone phenomenal changes and developments.

In this class, we look at the historical, recent, present day and future perspectives of aeroplanes and their many varied uses – in both technical and operational aspects – and how they influence our lives.

In each class there will be one or two topical videos, discussions on a variety of aviation issues (be they serious, amusing or amazing).

If you have any questions about the civil or military roles of aviation, here is your chance to find some answers.

SELF DEFENCE FOR SENIORS

Harvey Baldwyn 0455 557 134 Melissa Bailey

Thu (W) 12:30 – 2:00 pm (CWA Hall) Cost \$4.00

Incorporating situational awareness, Goju (hard/soft) Karate techniques, strength, flexibility, and breathing exercise in a gentle movement way.

INTRODUCTION TO MEN'S HEALTH

(NEW COURSE)

Paul Sonntag 0423 096 673

Thu (W) 1:00 – 2:00 pm (R5) Cost \$2.00

This course will cover the scope of men's health in both a physical and psychosocial perspective.

Topics will be both body system based, guided by participant's interests and current issues in men's health.

MOVIES AND MORE

Angela and John Le Mare 0411 138 650

Thu (W) 1:00 – 3:30 pm (R6) Cost \$2.00

We start each class with a brief presentation of some aspect of the movie-making business.

Then we introduce and show a high-quality movie chosen from our extensive collection of DVDs. We select films from a wide range of genres - drama, comedy, animation, musical, Australian etc. Discussion is invited afterwards.

Group members are encouraged to present their own films and this input adds greatly to the sessions.

When foreign language films are shown, these are advertised on campus. Non-class members wishing to attend these special sessions should register at the sign-on desks.

GARDENS AND NATIONAL PARKS OF THE WORLD

Julia Gardner 0438 445 818

Thu (FB) 1:15 – 2:45 pm (CCMR) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Come along and enjoy the wonderful world of gardens and national parks.

This term we will continue viewing our Monty Don series on American and Adriatic gardens.

We will also investigate the fascinating world of seed banks or seed vaults around the world.

Also, to be viewed will be Ken Burns: *The National Parks: America's Best Idea* and

David Attenborough iconic nature documentaries on plants

You are all welcome to stay afterwards for a cuppa (biscuits provided) and discuss the video we have just viewed.

DRAWING AND PAINTING

Gayl Pollard 0421 725 427 (text message only), Marianne Prell

Thu (W) 1:30 – 3:45 pm (MBR Nth) Cost \$2.00

Members must contact the tutor, Gayl Pollard before attempting to enrol in this course or be placed on a waiting list.

Enjoy sketching one week and watercolour the next. The class follows a structured course into which students have major input.

CREATIVE WRITING

Amanda McLaughlin 0404 039 768

Thu (FA) 1:45 – 3:30 pm (CCMR) Cost \$2.00

A class for those who enjoy writing creatively for pleasure using a range of different prompts. In each class we examine a literary device or a range of writing tips with a view to enhancing our writing skills.

Participants' stories are shared within the group in an accepting and non-judgemental manner. For writers of all genres and levels. New members are very welcome.

INTRODUCTION TO FIRST AID

(NEW COURSE)

Paul Sonntag 0423 096 673

Thu (W) 2:15 – 3:15 pm (MBR Sth) Cost \$2.00

This course will cover accepted Australian first aid practices, including:-

- What is first aid?
- Cardiac arrest
- Lung issues
- Brain issues
- Injuries
- Poisoning
- Allergic reactions
- The environment
- Infection.

INTRODUCTION TO PHOTOBOKS

(NEW COURSE)

Susan Hearfield 0412 714 648

Thu (W) 2:15 pm – 4:15 pm (R5)

Cost \$2.00, plus a photocopy charge of \$2.00 for the term.

Note: Members must contact the tutor prior to enrolling.

This class runs for eight weeks, commencing on Thursday 29 January.

Would you like to create a photograph album using your digital photos?

Using 'Photobookshop' software, you will design your own book to capture your memories in a quality product. The course requires you to:

- be a competent computer user
- have an email account that is monitored regularly
- be able to download the software on your own laptop.

Tablets (including iPads) are NOT suitable for this course.

Please phone the tutor to discuss details of the prerequisites. She will then contact you again to assist you in preparing for the beginning of the course. **Maximum 8 students.**

Friday Courses

Tutors cannot enrol students or place them on a waiting list.

SUNRISE WALK

Sue Taylor 0438 756 688

Fri (W) 6:00 – 7:30 am Cost \$2.00

If you are an early bird, you may like to join the Sunrisers. We meet at a different location each Friday and walk 5 to 8 kms return. An email will be sent to walkers each week with a link giving details of the meeting point and the route. The walk is self-paced and shorter options are offered if you need to build up your stamina. We enjoy a coffee and a chat before our return journey. It is a great time to enjoy the beauty of our local area.

SINGING FOR PLEASURE

Eunice Rienecker 0428 202 722, Accompanist Hiromi Kimoto

Assistant Tutors:

- **Maureen King 0490 863 179 maureenking60@hotmail.com**
- **Julie Lindsay 0410 694 481 lindsayfamily@dodo.com.au**
- **Helen Flanagan 0417 499 081 helenmflanagan@gmail.com**

Fri (W) 8:45 – 11:00 am (MBR Nth & Sth) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

This class meets weekly to learn 4 part songs (soprano, alto, tenor, bass) covering a wide variety of styles. You should be able to sing in tune.

There is an additional charge of \$10.00 per term to cover the cost of printed music, which is to be paid to the tutor.

LATIN LEVEL V

Jane Standerwick 0490 189 860

Fri (W) 9:00 – 10:30 am (R5) Cost \$2.00

This course will not operate on Friday 6, 13, 20, 27 March.

There will be no prepayments for this course.

Those progressing to Level V are introduced to increasingly complex grammatical constructions and conceptually sophisticated forms of expression. These language skills are accompanied by background information on Roman culture and history which provide the social context for the texts for translation.

New class members are welcome. However, due to the level of difficulty involved in Level V. work an extensive vocabulary plus advanced competencies in both grammar and syntax are mandatory.

PRACTICAL PHOTOGRAPHY

Phillip Brook 0418 287 866

Fri (W) 9:00 – 11:00 am (R6) Cost \$2.00

The best way to get better with your camera is to take it out and use it. Join a group of like-minded people who want to do just that. Whether you use an expensive DSLR, a simple point and shoot compact camera or your phone camera, our aim is to make you a better photographer.

We will be taking and critiquing our photos, experimenting with different styles, and exploring the various camera functions and settings. We will also be looking at image processing and storage. But, above all, we will challenge ourselves while striving to have more fun and achieve better results with our cameras.

SHAKESPEARE REVISITED

Dan Stalker 0437 348 112

Fri (W) 9:00 – 10:30 am (R1 & R2) Cost \$2.00

Did you love/hate Shakespeare at school? Now you have a second chance to discover why he is considered a literary giant.

Though written 400 years ago, his works are still relevant today – covering such topics as politics, murder, greed, lust, and envy, etc. Come see some of the finest actors bring his works to life. You need no prior knowledge of Shakespeare. This term we shall view *Romeo and Juliet* and *All's Well that Ends Well*.

SPANISH FOR BEGINNERS

Alba Obando

Fri (W) 9:00 – 10:15 am (R4) Cost \$2.00

Spanish for people who want or love to learn the language and enjoy the process of knowing about Spanish culture.

A NOVEL IDEA (BOOK CLUB)

Branka Mustur 0467 662 323

3rd Fri of the month 10:30 – 11:30 am (Campus Library) Cost \$2.00

NB: There is no prepayment for this class.

This is a social group who meet at U3A on the third Friday of the month to discuss a given set of books.

NB: Class dates are Friday 20 February and Friday 20 March.

SPANISH INTERMEDIATE A

Alba Obando

Fri (W) 10:30 – 11:45 am (R4) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Spanish for students who have satisfactorily completed second year of Spanish Beginners. Emphasis is on speaking based on Q & A technique.

This is a tutored class where students exchange their knowledge and help each other.

LATIN LEVEL IV

Jane Standerwick 0490 189 860

Fri (W) 10:45 am – 12:15 pm (R5) Cost \$2.00

This course will not operate on Friday 6, 13, 20, 27 March.

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

There are no prepayments for this course.

This class provides a more challenging approach to learning the Latin language. Grammatical constructions and syntax of greater complexity are introduced along with more difficult and detailed translations. These language skills are complemented by background information on Roman culture and history. New class members are welcome. However, a solid foundation in Latin grammar and syntax is essential.

TURN BACK TIME

Dan Stalker 0437 348 112

Fri (W) 11:00 am – 12:15 pm (R1 & R2) Cost \$2.00

Meander through the highways and byways of the last 300 years and see how our forebears existed.

This term, we shall investigate *The Story of India*.

TOPICS IN ARTIFICIAL INTELLIGENCE

Simon Protheroe 0412 741 012

Fri (W) 11:15 – 12:45 pm (R6) Cost \$2.00

This continuing course looks at current developments and emerging issues in Artificial Intelligence.

Weekly sessions cover recent technical advances as well as social, economic and environmental impacts, including labour-market effects, ethical questions and regulatory approaches.

It is intended for members who have completed “Introduction to AI” or who already have a basic understanding of the field, with no technical background required.

MAH JONG ADVANCED

Christine Van der Boon 0421 640 811 Lorrie McNamara 0419 761487

Fri (W) 11:30 am – 1:45 pm (MBR Sth) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

A fascinating ancient Chinese game. U3A Mah Jong class plays by the Max Robertson set of rules outlining the most correct and popular method of play. Vacancy for experienced players in this class.

CROCHET

Annette Kitzelmann 0419 728 884

Fri (W) 1:00 – 3:30 pm (R2) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

We are a friendly class. If you are a beginner, bring No 4 crochet hook and a ball of wool.

If you have participated in crochet previously, bring a pattern and hooks, with something you would like to crochet.

LATIN LEVEL II

Jane Standerwick 0490 189 860

Fri (W) 1:00 – 2:30 pm (R4) Cost \$2.00

This course will not operate on Friday 6, 13, 20, 27 March.

There will be no prepayments for this course.

This course is full and will not be accepting new members.

This Latin Level 1 class is for the absolute beginner. It provides an enjoyable and carefully paced introduction to the basics of Latin vocabulary, grammar and syntax. These skills are complemented by background information on Roman culture and history.

This class began in Term 1 and is a continuing class.

LINE DANCING – ABSOLUTE BEGINNERS

(NEW COURSE)

Jean Harriman 0420 848 150

Fri (W) 1:00 – 2:00 pm (CWA Hall) Cost \$4.00

This class is a progressive class for students who have **NOT** line danced before.

A set course has been designed to encourage students on a series of steps and dances to develop skill and confidence to become a basic line dancer, all whilst having fun at the same time.

MINI BRIDGE

Jenny Dearden 0400 116 961 Joan Thurlow 0411 601 102

Fri (W) 1:00 – 3:00 pm (R1) Cost \$2.00

This is a modified, easy to learn version of Bridge that enables players to acquire the basic format and plays of the game.

The main difference is that players do not have to bid on their own hand.

It enables you to learn the game in a casual, non-competitive atmosphere and to enjoy the experience.

STRING INSTRUMENTS

Linda Birch 0455 157 507, Marcia Bateman 3092 0393

Fri (W) 1:00 – 3:00 pm (R6) Cost \$2.00

Members must contact the tutor before attempting to enrol in this course or be placed on a waiting list.

Players will need to bring their own instruments.

String music group for people with basic skills - criticism free, combined with the joy and fun of sharing music together.

INDOOR BOWLS

Jeff O'Sullivan 0447 779 877

Fri (W) 2:00 – 4:15 pm (MBR Nth & Sth) Cost \$2.00

Members must contact the tutor prior to enrolling or going on the waiting list.

Come along and join in the fun as we learn to master the rules of this popular game. Jeff will organise experienced players to teach new members the finer points of the game.

Social Events

U3A Redcliffe social event details, including

- Bus trips
- Luncheons
- Theatre outings

are listed on the notice board outside of the Margaret Ball Rooms.

Events are also publicised in the fortnightly Campus Communiqué.

For information contact Social Events Coordinator, Suzanne Markham
suzannemarkham2@gmail.com or 0413 047 773.

U3A Redcliffe Libraries

U3A Redcliffe has three libraries:-

1. Community Library;
2. Language Library;
3. Dewey Catalogue Library.

1. Community Library

Situated in the exit corridor, books are donated to the Community Library; mainly fiction and some non-fiction.

This is a borrow and return library. Books by popular authors and books in very good condition will be stamped "*Please return to U3A Redcliffe Library*". This will help to keep the very good donated books circulating through the membership. **Please only borrow two books at a time** and return them before borrowing another two. Donated and returned books are to be placed into the box beside the shelving.

This is a very popular library, so thanks to all who use it and look after it.

2. Language Library

This library is situated in the corridor adjacent to the main library. This library supports languages that are taught at U3A, plus others that are not. Books are borrowed and returned directly to the shelves. No card or front office is involved. All members are welcome to use this library.

3. Dewey Catalogue Library

This library is the main library at U3A Redcliffe. Resources have been catalogued using the Dewey system. The library is open from 8:30 am until 4:00 pm every week day for borrowing and browsing. Resources here have been donated by members and they support classes and personal development.

4. Borrowing System for Dewey Catalogue Library

Please write your name, mobile number and date borrowed on the borrowing card held within the book. The card is taken to the front office, where volunteers will assist in completing the borrowing card, which is then left at the office. Returned books are to be left at the office.

5. Book Donations for the Dewey Catalogue Library

Donated books are accepted by the Librarian through consultation. Books accepted will be those that:

- (a) Support present classes;
- (b) Are up-to-date and in good condition;
- (c) Fill a gap in the Dewey system used in the library.

Please leave a message for me through the front office if you wish to make a donation, and I shall contact you.

6. Display books

U3A Redcliffe has two non-fiction display areas. These display shelves are changed fortnightly. The aim of these displays is to showcase our excellent resources from the Dewey Catalogue Library. These books can be borrowed in the same manner as for the Dewey Catalogue Library ie filling in the borrowing card and leaving it at the front office.

Sharyn Reggars, Librarian