

U3A Southern Highlands Inc
Course List for Term 1, 2018
Monday 29 January 2018 to Friday 13 April 2018

Enrolments close at 9 pm on Wednesday, 13th December, 2017

However, vacancies may exist in some courses after enrolments have been processed.

ALL YOU NEED IS EARS: LISTENING TO RATHER THAN HEARING MUSIC

Welcome to a new session of understanding music. We've got a varied diet this term, concentrating each session on specific subjects. Session 1 – Shakespeare in Music – works including Tchaikovsky's Hamlet Overture, Romeo & Juliet Overture, Berlioz's Romeo and Juliet, Verdi's Macbeth, Verdi's Falstaff and Verdi's Otello. Session 2 – The Symphonic Poem, exploring works by Liszt, Dvorak, Tchaikovsky, Richard Strauss and Zemlinsky. Session 3 – an intensive look at Wagner's Der Ring Des Nibelungen. Session 4 – almost certainly continuing with Der Ring Des Nibelungen. Session 5 – Solo Identities – Paganini Caprices, Bach for Solo Cello, Clarinet works, Britten's Six Metamorphoses After Ovid for Solo Oboe, Percussion Alone. There will be a small charge for notes provided.

ART IN THE AFTERNOON

We are a group of men and women who enjoy painting and drawing, mostly we work in our lovely modern studio. We visit the ever changing exhibition at Bowral Art Society in our break. We listen to soft music as we work, and bring and use the medium of our choice. Ideas and encouragement are exchanged. Some have been painting for years, others have only recently begun. Help is available when required. This course is assisted by Richard Atkin.

BEHIND CLOSED DOORS

This course is an attempt to gain an insight into the private aspects of the lives of very public figures, the Tudor royals, from Henry V11 to Elizabeth 1. What was life really like for them once they retreated to their private apartments? What did they reveal of themselves when they shed their public persona?

BOOK LOVERS' CIRCLE

We are a relatively new Book Group who enjoy reading a variety of books, which members take turns to choose, one each month We meet at a member's house on the second Wednesday of the month, from 10.am to 12 noon, and we ask the one who chose the book, to lead our discussion. This can be quite wide ranging and cover all aspects of our chosen title. A small charge is made each term for morning tea. Because our group number is necessarily limited, and many members wish to continue, we can take 2-3 new members. As we now offer 2 Book Groups, please enrol in one only.

BOOKWORMS BOOK GROUP

This is the original U3A book club that generally meets on the 4th Wednesday of each month. Our Book Group reads all different genres including some non-fiction. All members have the opportunity to suggest books which are then selected by an informal vote. This seems to be working and this way we get to read both new and old books of various genres, authors and themes to discuss and provide our thoughts. The member generally provides an introduction to their suggested book followed by individual and group discussion. We have a maximum of 12, and many wish to continue, so we would welcome 2-3 new members. As we now offer 2 Book Groups, please enrol in one only.

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BRITAIN SINCE THE CONQUEROR

The course has now entered the 18th Century and will cover the reigns of the first four Georges. There will be a small charge for those who stay for morning tea after the session. There may also be a small charge for course notes.

BRITISH SPIES IN THE 20TH CENTURY

This is a repeat of the heavily oversubscribed Term 4, 2017 course. An heroic spy to one is another's traitor. From the early days of the Nazi Party there developed opposition. Among them were the "Cambridge Five", a group of upper class students recruited by Sir Anthony Blunt for the NKVD which later became the KGB. He eventually became Keeper of the Queens Pictures. The most successful of the Cambridge Five was Kim Philby who rose to the highest ranks of MI5 while concurrently a Colonel in the KGB. There were others. Who were the spies ? What were their motives ? What happened to them ? In his career as a book publisher Ken had dealings directly and indirectly with people involved in spying including a friendship with the ASIO counter espionage agent, Michael Thwaites, who debriefed the Soviet KGB operative, Petrov following his defection from the Soviet Embassy in Canberra in 1952.

CHESS CLUB

How does Lewis Carroll's 'Through the Looking Glass' relate to chess?

It is in fact a game which has its origins in India. It is beloved of the world's famous from Canute to Dickens, Shakespeare to HG Wells. Dr Johnson said "chess is wonderful for concentration but so is the possibility of being hanged the next day"

Now it is your chance to revisit and revitalise your game in a relaxed and friendly atmosphere. Beginners are welcome as tutors are willing to assist.

CINEMA ON THURSDAY

Experience an enjoyable afternoon at our Empire Cinema, viewing a movie followed by coffee or tea downstairs at Coffee Culture. Gerard continues to advise on current releases to help us choose an interesting and varied selection for you. TERM COST is \$34:50. (Combined Cinema and Coffee.) Money must be paid at time of application for enrolment. Members who apply but neglect to pay prior to close of enrolment will not be accepted. If you cannot attend a session, you may deputise another U3A member to attend in your place, BUT money cannot be refunded.

CINEMA ON WEDNESDAY

Experience an enjoyable afternoon at our Empire Cinema, viewing a movie followed by coffee or tea downstairs at Coffee Culture. Gerard continues to advise on current releases to help us choose an interesting and varied selection for you. TERM COST is \$34:50. (Combined Cinema and Coffee.) Money must be paid at time of application for enrolment. Members who apply but neglect to pay prior to close of enrolment will not be accepted. If you cannot attend a session, you may deputise another U3A member to attend in your place, BUT money cannot be refunded.

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CINEMATHEQUE

Would you like to see a cult or classical film from the 20th Century? Here is your opportunity. All foreign films are from Europe, Scandinavia, Asia, Russia etc. but have English subtitles. Most of them have been awarded prizes and categorised as "Art Cinema" and some are in black and white. A charge of \$10 for the term is payable at the first session. For more information, please contact Bea 0425 268 120.

COMPUTERS COFFEE AND CHAT

Want to be more productive with your PC or Mac? Worried about computer security and privacy? Like to know more about the latest developments in computer technology? If so, this course will be of interest to you. The course combines lecture style delivery of tips, explanations, news and suggestions with informal group discussion in a non-threatening environment. Comprehensive notes are provided for each session. The course is not suitable for total beginners wanting to learn how to use a computer for the first time nor is it intended for technical types who want to learn programming or delve into bits and bytes and other technical issues. Rather this course is aimed at existing PC and Mac users who simply want to be more productive on their computer and would also like to stay abreast of the fast developing world of computer technology. If that's you, then you will find much here that is interesting and rewarding. There is a charge of \$5 per term to cover afternoon teas/coffee and other incidentals

CRIBBAGE CLUB

Enjoy a game of Cribbage and a cup of coffee at the Bowral Bowling Club. We play weekly but members are welcome to join us when they can. There is no cost for the venue but cribbage players are expected to join the Bowling Club as social members @ \$15pa.

DECOUPAGE AND CRAFT

Enjoy a morning working on your favourite craft with a group of people who have wide experience with a number of craft activities. There is no tutor and you will need to supply all your own materials, however there will be plenty of encouragement and ideas to help you.

DOUBLE DUTCH

The Course is at a basic easy level and ideal for members who wish to stimulate and exercise their brain cells in a friendly and gezellige group. It is meant for Non-Dutch speakers wishing to learn something new and for Dutch speakers who wish to expand on their childhood memories of what their parents spoke. A primary text book will be followed as well as readings from other sources. Cost for new members is \$25 for the text book, printing and tea break; \$7 for continuing members. For information ring Martin on 0459 228 033 or email doubledutchu3a@gmail.com

EMBROIDERY PLUS

A friendly group of people who meet each Monday morning to work on a project of their choice whilst enjoying one another's company. As a group, we have many sewing skills and are available to help with several different styles of embroidery. Beginners are very welcome as regular members of the group are willing to share their skills. Please bring your own scissors, needles, pins, tape measure and any appropriate sewing items. Small cost for tea/coffee each term payable at the first session.

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FAMILY HISTORY

An interesting group for those undertaking family history research. This is now an advanced group and this term we can only welcome experienced searchers. There will be occasional guest speakers & excursions. This course meets on the second Thursday of the Month and continues through the school holidays but does not meet in January.

FUN WITH WATERCOLOUR

Open to all with a wish to expand their talents in this wonderfully challenging medium. Some experience preferred as THIS IS AN UNTUTORED COURSE. Enjoy meeting enthusiastic and helpful watercolour art members and pass on and learn new techniques. A payment of \$4 will be collected for morning tea for the Term.

GENTLE YOGA FOR BODY AND SOUL

These fulfilling explorations offer gentle and mindful movements for both women and men. Each class facilitates healthy muscle tone, overall flexibility, increased concentration and a calm alert mind. Relaxation techniques encompass meditation and breathing practices \$13 per class payable at venue.

GERMAN (ADVANCED BEGINNERS TO INTERMEDIATE)

This class is intended for those who may have studied or learned German at some stage in the past. It is considered an extension of "German for Beginners", which has been running for the past two years, and intends to extend the gentle progress made by students who have attended that course. As a rough guide to the standard required, class members should be able to formulate and answer simple questions in German. Grammatical mistakes are not important, but a willingness to try is important. The basic intent is to encourage conversation in German. During the course, we will touch on German culture, geography, history, current affairs, and colloquial language, with a bit of grammar thrown in when necessary. Access to a computer connected to the internet and an email address is necessary for dissemination of information associated with the course. There is also a great deal of information available online which can enhance the learning experience, and class members will be encouraged to explore those resources.

GIVE GOLF A GO

We are pleased to welcome you to join this group of happy golfers who are either beginners or coming back to renew their love affair with the great game of golf. For further information call Alex. Cost \$6 per session to cover Green fees and balls.

GLOBAL ECONOMY - AN EXPERT VIEW

Once again we are privileged to welcome John Abernethy, the Managing Director of Clime Asset Management, and an acknowledged guru in his field, to give his view on the macro-economic state of the global economy. He is a most informative and entertaining speaker - in previous years there has been a lively discussion with a large audience, and we expect the same on 14th March.

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GUESS WHO'S COMING TO DINNER!

In this series of 5 lectures, I shall be inviting four illustrious, historical guests to dinner. The time period covered will be from the 18th century to the 1990s. Starting with the menu, I shall introduce and discuss the individual, including aspects of their life, works and achievements. The 5th session will consider how we perceive, relate to and judge figures from the past. Members will be encouraged to participate if they wish, by telling us about someone they would like to have to dinner.

HATHA YOGA

It is well recognized that the practice of yoga supports health and mental wellbeing. Hatha yoga uses bodily postures and breath awareness to bring a sense of balance to mind and body. This practical course will introduce some of the physical practices of Hatha yoga. Each session will include tranquil limbering exercises, beginner level asana (posture) work, breath (pranayama) awareness techniques and deep relaxation. The session will also touch on the philosophy that underpins Hatha yoga. Having practiced yoga for many years Anne has recently completed a one year Diploma of Yoga Teaching. She is keen to share her passion for yoga with U3A. Participants will need to bring their own yoga mat and a blanket or large beach towel to each session.

THE HIGHLAND BUSKERS

The Buskers a group of enthusiastic but amateur instrumentalists who welcome any like-minded and equally (un) talented musicians who desire to regain the instrumental skills of their younger years and enjoy making music in a most distinctive way with a charming, good-looking group playing every conceivable style of music. Prospective new members should contact Kerith to let her know their instrument of choice, as parts are composed specifically for each player.

HOW PEOPLE DEVELOP THROUGH LIFE

Lifespan development theory offers powerful insights for understanding our development during our lifetime. This course offers a journey of shared reflection. Each week applies Erikson's lifespan development theory (and other theories and research) to children, adolescents and adults, especially older adults. Sessions will combine input with small and whole group discussion. Key resources for discussion are real life DVD excerpts and the movie On Golden Pond. Each week participants will be encouraged to reflect on how the ideas shed light on their own lives, past and present, including the experiences of work, retirement, and parenting and grand-parenting. There will be a \$2 charge for notes.

ICELAND - A TRAVELLER'S PERSPECTIVE

After two trips to The Land of Fire and Ice, Iceland has become my favourite country. This is essentially a repeat of my first U3A presentation. Travel with me to discover the rich variety that the forces of nature have bestowed upon a unique island. Share my enthusiasm for volcanoes, glaciers, geysers, fjords, and a fabulous variety of waterfalls. Discover evidence of fierce warriors, world-expanding seafarers, achievers, elves and trolls, but no railways, no army, and almost no crime.

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JAPANESE: SPOKEN AND WRITTEN

This course offers an integrated and fun approach to learning Japanese language, script and culture and is for people who either commenced their study in 2016 or have an elementary knowledge of Japanese including a firm command of Hiragana, the basic script. Romanised Japanese (i.e. writing the language using the English alphabet) will not be used. In 2017 learners will extend their command of both the spoken language and script and will become familiar with Katakana and some basic Kanji (Chinese characters). No text book is required but \$20 will be collected on the first day to cover course material for the full term.

LATIN (LEVEL 3)

We shall use Oxford Latin Course Book 3 and photocopied texts from various authors. A basic knowledge of Latin grammar and vocabulary is needed for successful participation.

LATIN (LEVEL 4)

We shall use the Oxford Course Reader, an excellent collection of prose and poetry.

LEARN THE ART OF LAWN BOWLS

Learn the art of lawn bowls at Bowral Bowling Club. Our Club is situated in a beautiful setting below Mount Gibraltar. We have both men and ladies coaches' eager to instruct you in the art of lawn bowls. Lawn bowls provides excellent exercise for all age groups without heavy demands on the body. Come and learn how to deliver the bowl and understand how the game is played. Just bring yourself and make sure the soles of your shoes are nice and flat. Bowls are supplied. Cost is \$5 per session to assist with green maintenance.

LAWN BOWLS: TAKING THE NEXT STEP

A bowls course for bowlers who have played before or attended the "learn the art of lawn bowls course". A quick refresher on the basics and then on to learn the finer points of the game of lawn bowls. We have both men and ladies coaches ready to instruct. Just bring yourself in flat soled shoes to our beautiful greens situated below Mount Gibraltar. We can supply bowls. Cost is \$5 per session to assist with green maintenance.

LUNCH OUT TOGETHER

U3A is programming one lunch even per term. This is an opportunity to meet socially and enjoy good company and food with other U3A members. Term 1 lunch will be held at Home No.9 by Bangkok House, Shop 9, 328-332 Bong Bong Street, Bowral (off the car park near Priceline Chemists and Oxley Butchers behind Bong Bong Street). 2 Entrees and 4 Mains plus Rice. Cost \$30 and BYO Permitted. As usual please PAY on APPLICATION and please note that the payment of \$30 is non refundable. If unable to attend, members are permitted to get another current sohiU3A member to go in their place and advise Sandra Boland of the change.

MAYHEM IN JAKARTA

1999 saw the end of the Soeharto era in Indonesia. This took place during the South East Asian financial crisis and the economic demise of the country. In 1998 major rioting took place in Jakarta and over a few days many thousands were killed or assaulted and billions of dollars in damage occurred to the city. This talk outlines from an expatriate's point of view, through living in Jakarta at the time, events surrounding this period in history, the experience of evacuating Indonesia during the rioting, its cause and what followed.

MEDITATION

Benefits of meditation to our physical, emotional, mental and spiritual wellbeing are now commonly recognised. This meditation series will incorporate mindfulness, breath exercises, guided meditations, energy body work and music. Jayanti is a Psychologist and registered energy therapist. She weaves together the traditions from the east and the west, psychology and spirituality, to assist in bringing more peace, joy and love into our lives and relationships. This healing takes place in an environment of loving acceptance and fun.

MINDFULNESS MEDITATION: PRACTICAL AND EVIDENCE BASED SKILLS

Mindfulness and Meditation skills help us to develop resilience and flexibility for everyday life in our responses to life's tribulations. Research indicates that through the practice of Mindfulness we can bring balance and compassion to our experiences of pain, stress and anxiety as well as a greater capacity for enjoyment of life in the present moment. Charlotte is a Therapist and Counsellor. She also holds an advanced certificate for the psychotherapeutic model of ACT Mindfully and is a practitioner of Mindfulness Based Stress Reduction. All are welcome to this class in Mindfulness Meditation.

INTRODUCTION TO MINDFULNESS MEDITATION

Being mindful is a way of living, a way to peace. It can be practised at any time - while eating, walking, being with family. The aim of the course is to learn ways to take care of ourselves so we can cultivate joy and peace in our lives. The course is for beginners and experienced practitioners. It is non-sectarian and introduces practical skills for use in daily life.

MINDFULNESS MEDITATION

Mindfulness is a deep practice, a way to peace. The more we use it in our daily lives the more we increase our capacity for peace and well-being. This course offers the opportunity to practise practical ways to introduce mindfulness into our daily lives to achieve peace, understanding and compassion for ourselves and for others.

NEWS IN REVIEW

For two hours each fortnight we will engage in discussion of a piece drawn from the Opinion and Editorial pages of leading news media in the previous week. Members of the group will be expected, at least once over a year, to select an Op-Ed piece; analyse it and/or the issues raised in it; make a brief presentation on these; prepare questions to focus discussion of the piece; and facilitate an interactive discussion on these. Members of the group will be expected to contribute to discussions in a non-combative manner and it is hoped that members will hone their skills of critical analysis and public presentation in this way.

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PAINTING WITH OILS

If you like to paint with oil or acrylic paints, you are welcome to join this friendly group. Members must provide their own materials and decide on their own projects but we share our ideas and experience in a helpful and informal atmosphere. Odourless solvents must be used.

PANORAMA OF FRENCH

This course is based on participants reading and discussing a work of a famous French author. Participants should be able to read easily from the work and take part in simple discussion about it. The course is meant to be enjoyable and a coffee break is rigorously observed. The entire class will be conducted in French. Any new members wishing to enrol should contact the Leader or Co-leader.

PETANQUE CLUB 1

A fun afternoon in the fresh air, where the goal is to toss hollow metal balls underhand to stop as close as possible to a small wooden ball. It's just for fun, social contact and a wee bit of exercise. Petanque is the French game of boules, popular throughout the world. We play on Berrima Boules Court situated in front of the old tennis court shelter shed in the Market Place. This is a public court so we may join with others or them with us as we play. Play is from 2.00-3.30pm after which we adjourn for afternoon tea to one of Berrima's cafes. There are two fortnightly Petanque clubs on alternate Wednesdays so please enrol in only one of the two.

PETANQUE CLUB 2

Same as Petanque Club 1 but on the alternate Wednesday. Please enrol in only one of the two fortnightly Petanque Clubs.

PINOCHLE CLUB

Enjoy a game of Pinochle and a cup of coffee at the Bowral Bowling Club. Pinochle is a popular American trick-taking card game similar to 500 and bridge. We play weekly but members are welcome to join us when they can. There is no cost for the venue but players are expected to join the Bowling Club as social members @ \$15pa.

POETRY LIVE

This is a course for anybody who would like to be moved to happiness, laughter, love, faith, disappointment, grief – or as Emily Dickinson said; “if I feel physically as if the top of my head were taken off, I know that is poetry.” Each session members are invited to choose two poems on a specific theme. Class members will read the poems of their choice, and share the reasons for that choice. Poems may be from any source, and may include one poem of your own creation. Please bring your own tissues.

POETRY ON TUESDAY

You are invited to share in the delights of poetry. You do not need to be an expert, just come along and listen to some of the most beautiful expressions of the English language. For each meeting we choose a topic, and members are invited, if they wish, to suggest two poems that they love on that topic. Some of the braver members even bring along their own compositions! Members read their poems, and share their reasons for their choice. Come along, far from the madding crowd, and for two hours be transported to wonderland. Richard may be contacted at 0417 431 114.

POLITICS BEYOND SPIN

This lively and enlightening course will explore political ideas from Plato, to Machiavelli, to the enlightenment, to the 20/21st centuries. Furthermore, during the lecture/discussion sessions, various political notions will be considered and relevant questions addressed. For example, What is the difference (if any) between Liberalism and Conservatism? Does Left wing equal communism and Right wing equal capitalism? If not, what do they mean? What is Realpolitik, anarchism, nationalism, democracy, totalitarianism, etc?

A REVISIONIST HISTORY OF SOUTHERN AFRICA

This course will examine the history of South Africa and its immediate neighbours from before white settlement to the present. This is a complex region with many groups having conflicting views on historical events and how the complex issues facing the region should be dealt with. We will look at some of the current historical research which forces those who were educated in pre-1994 South Africa to rethink what were once seen as irrefutable facts.

RINGS OF ICE

Bob Lawton was Section Manager for Cross Country Skiing and Biathlon at the Winter Olympic Games in Calgary, Canada in 1988 and General Manager of the Australian Team at the 1992 Games in Albertville, France. The Winter Olympic Games will be held in South Korea in February 2018 with the site less than 50 kilometres from North Korea. Given the tensions on the Korean Peninsular the saying "We live in interesting Times" is perhaps appropriate. Australia is now a significant player in the Winter Olympics. This presentation will outline significant moments in the Winter Olympic Games and the Australian participation in them.

ROTARY- AN EXTRAORDINARY ORGANISATION LOCALLY AND GLOBALLY

There are over 1.2 million Rotarians worldwide of all ages and occupations, and almost 100 live in the Southern Highlands. How and why do they give their time and energy to voluntary service. David McCosh, just back from a visit to Timor Leste with a team of 11 other Rotarians, will give an illustrated overview of the purpose, history, challenges, achievements, social activities and friendships of this remarkable organisation, with special reference to the Clubs of the Southern Highlands.

SCOTTISH COUNTRY DANCE FOR SENIORS

Have you thought of joining the enthusiastic group of dancers who have enjoyed Scottish Country Dancing for over 10 years now? This 'Ballroom Dance of Scotland' provides mental stimulation and gentle exercise with social interaction which 'seniors' are encouraged to do to 'stay active'. It is enjoyed by both men and women. Come and experience the happy social spirit - no special dress is required, just soft soled flat shoes. A small charge will be collected at the beginning of the term for morning tea.

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SCRABBLE FOR FUN

There's something for everyone in playing SCRABBLE. If You Like Playing the Game of Scrabble with like-minded people and making new friends with lots of laughs and smiles along the way, then this is for you! Led by George Khamis of the NSW Scrabble Association Committee, this course is run in conjunction with the Mittagong Scrabble Club, (part of the Southern Highlands Scrabble League). Individual help and advice is given by experienced scrabble players to new social players whilst they are playing. There will be a charge of \$2 per session to cover Scrabble resource materials and access to professional boards. Tea/coffee is available for purchase at the RSL cafe.

THE SEARCH FOR THE NORTHWEST PASSAGE

The search for the Northwest Passage started in the early 16th Century to find a short sailing route from Europe to Cathay in Asia – the fabulous source of spices and other riches. The most famous expedition was by Sir John Franklin who set off in 1845 with 128 men and was never seen again. The recent discovery of the wrecks of Franklin's ships, Erebus and Terror, after 170 years by Parks Canada has renewed interest in the Search for the Northwest Passage. The search is a story of endeavour and perseverance against overwhelming odds. It took another 350 years before a possible route was mapped and another 50 years before the passage from the Atlantic to the Pacific was achieved by Roald Amundsen in 1906.

SEW AND YARN IN BUNDANOON

This is a class where you bring along current or unfinished stitching and enjoy the company of others who have the same interests. The class meets on the 1st and 3rd Friday each month. Perhaps you can share your skills with others. Morning tea, a natter and time to finish your special projects. A small charge will be made for morning tea at the beginning of term.

SOCRATES' CAFE

The focus of Socrates Cafe is to provide a venue for U3A members to learn, discuss, reflect and enquire about important life or current/problem issues of a philosophical nature. It is enlightening to get a range of views based on experience, interest or research and your views, experience and opinion will be most welcome. Each session will provide discussion on a topic suggested by members at previous sessions. All members of the group must be prepared to discuss/question and contribute to the selected topics. A variety of facilitation methods will be used to obtain Socratic objectives. Cost of morning tea and biscuits, or plunger coffee/tea, to be determined with payment \$5.00 at first session.

SOLVING CRYPTIC CROSSWORDS

Cryptic Crosswords for fun, entertainment and erudition. This is a beginners course for sentence sleuths and 'clever dicks' who would delight in the simple 8 forms of clues the Setters use to guide you to a solution! The course is based on Solving Cryptic Crosswords for Dummies (not a compulsory textbook.) and paying respect to Dick Honor's previous mentorship. Cost for this course is \$7 for printing and refreshments.

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SOUTHERN HIGHLANDS U3A CHOIR

The harmony choir welcomes people who love to sing and experience the real joy of making music together. Previous choral experience and the ability to read music, although preferable, are not essential. We will be singing a wide variety of music ranging in styles from traditional and folk to music from the shows and some just for fun. A \$10 charge (which covers music) will be collected at the first session.

SPANISH

This course is a continuation of the Spanish Course that has been run over the past few years. It provides an overview of Castilian Spanish to give an understanding of the language as used in everyday situations, covering elements of reading, writing, speaking and translating plus some understanding of grammar. In addition Spanish culture, geography, history, literature and current affairs are touched on to provide a better understanding of Spain particularly for those intending to travel through the country. New students to the course are welcome but it is preferable that they have a fundamental knowledge of the Spanish language. They will need to purchase the book "Living Spanish - A Grammar Based Course". It is also recommended that a Spanish dictionary be purchased such as "Collins Spanish Dictionary & Grammar".

TABLE TENNIS ON MONDAY

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. Please bring your own bat; balls are provided. \$3 per term will be charged for a tea break.

TABLE TENNIS ON THURSDAY

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. Please bring your own bat; balls are provided. \$3 per term will be charged for a tea break.

TALKING POINTS

Lively discussions on current affairs. Topics cover issues in the news and matters of the times. No subject is barred and everyone is encouraged to participate. Many in the group continue informal discussions afterwards at the Kookabar Café. Co-Leaders are Allan Jones and Peter Collyer

TRAVEL CLUB - ARMCHAIR ADVENTURES

Join this newly formed 'Travel Club' to expand your travel horizons by sharing and learning from the travel experiences of other members. Contributions by members might include short reports or longer talks, amusing tales, audio-visual presentations, news items, discussions, advice sought or given ... all on a topic dear to our hearts - TRAVEL. We can all benefit from other members' experiences and knowledge.

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WINGECARIBEE WALKS-BEAUTIFUL BUNDANOON

Have you ever wonderedwhy Bundanoon was originally called Jordan's Crossing? What does Bundanoon mean? Why has Bundanoon been such an attraction to tourist for 150 years? All the questions and more will be answered with our walk in Bundanoon. Our walk, guided by our knowledgeable guides from the Bundanoon History Group, starts at the History Shed which is opposite the Memorial Hall, then takes us to the key features around the town. To enjoy this walk you do need to be able to walk for 90 minutes. Afterwards, there is opportunity to adjourn to one of several splendid cafes in the vicinity for Morning Tea. Walkers will be asked to sign an attendance sheet/waiver prior to commencing the walk.

WINGECARRIBEE WALKS - MANSFIELD RESERVE

Mansfield Reserve is a lovely area on the outskirts of Bowral and an easy walk suitable for anyone who can walk for 60 minutes. We will saunter through the magnificent 80 acres experiencing wonderful views of its treasured forest and grasslands. As we climb the hill (optional) we will have wonderful views over the Retford Park Estate. This is an easy gentle walk, getting up the driveway is the hardest part. There is parking inside for 7 cars. . Please leave the parking places inside for those less able. Morning tea provided -please bring \$2 for morning tea. Walkers will be asked to sign an attendance sheet/waiver prior to commencing the walk.

WINGECARRIBEE WALKS MAGNIFICENT MOSS VALE (SOUTH)

Offered again because of rain cancellation in Term 4, 2017 and a repeat of that heavily subscribed in Term 3. To unearth the early settlement of Moss Vale, put on your darkglasses as we sleuth through a timeline walk looking for clues. Along with diverse architecture we meet some surprising characters from the past. Our guide, Judithe, will lead us South of the green railway bridge as we discover early settlement and a rapidly developing commercial Hub. We will gather outside the first council chambers at 10.am. proclaiming grandly N.H.Throsby Mayor at 1A Throsby Street. (Plenty of street parking.) We will stop part way through the walk for tea and coffee in the park. It will take approx 90 mins so please allow 2 hours in case of questions. We hope to offer another course of the Northern side of the Railway Bridge later. Walkers will be asked to sign an attendance sheet/waiver prior to commencing the walk

WRITING FOR PLEASURE

Become part of a group that enjoys discovering their joy in writing. We will often listen and enjoy the writing of others. This term we will have one major task exploring a period of personal history. There is often homework! Come and celebrate your skills.

YEAR 10 MATHS REVISITED

Are you someone who says "I was never good at maths at school"? Then could you imagine you might actually ENJOY it? Certainly Maths was not everyone's favourite subject in Year 10 (Intermediate) nor did it seem very relevant. So maybe it's time to have a new, more mature look at it while, at the same time, getting the little grey cells moving. We will dwell on only a couple of topics and what we study will depend on the group to a large extent. This will not be a pressure course; on the contrary, we will have FUN and we will go SLOWLY.