



Programme of Short Courses and Interest Groups 1st Semester 2019

January to June 2019

Prior booking is essential for all courses (Phone or email)

Attendance is for U3A members only

Name	Group	Day and time	Contact Nos.	Email	Venue
MONDAY					
Una Rowlands <i>Phone if you are interested.</i>	French Conversation The classes run throughout the year, without a break except for individual holidays and the December holidays. With a language it is important to have continuity and repetition, so we prefer not to stop when the U3A semesters end.	Group 1 Mondays 14:30 – 15:30 Dates: Feb 4, 11, 18, 25 March 4, 11, 18, 25 April 1, 8, 15, 29 May 6, 13, 20, 27 June 3, 10, 24	083 709 8511	unarowlands@gmail.com	2 Ninth Avenue Highlands North
Penny Mackrory Numbers are limited. Topics will be determined by the participants in the group. <i>Note this is not a counselling or bereavement support group</i>	<i>Making meaning of our lives in the 3rd Age</i> Death Café <i>(and no this is not macabre!!)</i> Join a small group for an opportunity to discuss death, dying and related aspects over coffee. This group provides an opportunity to relax the taboo about speaking about death, reduce fear and enable us to live life more fully as we become more familiar with the end of life.	Time 10:00 – 11:00 on the 2 nd Monday of every second month. 11 February 8 April 10 June	011 440 1942 0826694297	pennymac@icon.co.za	510 Carlingford Randjes Estate
TUESDAY					
Rick Horwitz and Colleen Loopuyt	Art workshops For people interested in drawing and painting together. There is no formal teaching but participants learn from each other.	1 st , 3 rd and 4 th Tuesdays of the month from 9:00 – 12:00. The group does not break in July	Rick Horwitz 011 440 0542 076 978 7276 Colleen Loopuyt 011 440 5628 082 552 0932	rickhorwitz1000@gmail.com colandpiet@gmail.com	46 Wesley Randjes Estate

	<i>NB participants supply their own materials.</i>				
Pauline Hanna	<i>Making meaning of our lives in the 3rd Age.</i> Bereavement Support Group <i>(Note that this is not bereavement counselling)</i>	Third Tuesday of the month. 10:00 - 11:00 19 February 19 March 16 April 21 May 18 June	011 786 8725	John.hanna@anglicanjoburg.org	336 Carlingford Randjes Estate
Coral Wilder A qualified Logotherapist and Creativity Coach. Pictures, metaphors and personal narratives are windows into our souls where we find our authentic selves. <i>For more information or to reserve a place please call or email:- Coral.</i>	<i>Contemplative Practices 1</i> The Stories of Your Life Spend a relaxing, meaningful and enjoyable few hours in a small group where we will use our creative skills to see life differently. Together we will:- Select images, pictures or objects and arrange or paste them down. Reflect on and contemplate a variety of themes including people and places and their impact on our lives, movies, books and music that made an impression on us, rituals we have followed, Words and how we understand them. N.B. Bring:- a couple of magazines, scissors, a glue stick and one sheet of A3 paper.	Third Tuesday of the month. 10:00-12:30 19 February 19 March 16 April 21 May 18 June	083 450 9148	coralwilder@gmail.com	Owl and Guinea Fowl Randjes Estate
WEDNESDAY					
Carol Alexander	Randjes Birders of U3A Joburg East	Last Wednesday of the month. Time: 9:30 27 Feb, 27 March, 24 April, 29 May, 26 June	011 440 3104 083 408 1493	sithanda@iafrica.com	708 Carlingford
Jill Traill (numbers are limited)	Cool Classics <i>Vivaldi The Four Seasons</i> <i>Handel's Water Music</i> <i>Schumann Piano concerto</i> <i>Haydn Trumpet Concerto</i>	First and third Wednesday of the month. Feb 6 and 20 Mar 6 and 20 April 3 and 17 May 8 and 22 June 5 and 19	011 786 6162 or leave a text message with name and number on 083 267 5075	jtraill@telkomsa.net	Owl and Guinea Fowl, Randjes Estate (If you want information on what Jill has planned for a

	<i>Mozart Clarinet Concerto</i> <i>Dvorak Cello Concerto</i> <i>Rachmaninov Vespers</i> <i>Thomas Tallis Sacred Choral Works</i> <i>Beethoven Piano Concerto no. 3</i> <i>Mozart Violin Concerto</i> <i>Britten Hymn to St Cecilia</i> <i>Bruch Kol Nidrei</i>	Starts promptly at 14:00. Please be seated before 2pm. Restarts for 2 nd semester on 7 August.			specific day, either text her at 083 267 5075, check email or check the boards.)
THURSDAY					
Jill Traill	U3A Film Society Enriching films including dramas and documentaries. <i>Starting with The Crown Series 2</i>	Thursday afternoons at 14:00. Starts: 7 February	011 786 6162 or leave a text message with name and number on 083 267 5075	jtraill@telkomsa.net	Rotary Hall Randjes Estate
Jill Traill (numbers are limited)	Facing the extreme Moral life in the concentration camps, by Tzevetan Todorov <i>Discussion on the book which concerns guards and inmates.</i>	Thursday morning at 10:00. 7 February 14 February 21 February	Please book with Jill on 083 267 5075 or 011 786 6162.	jtraill@telkomsa.net	Venue: Jill's house 137 East Randjes Estate .
Coral Wilder <i>Call Coral if you would like to be part of the group or if you have a story you would like to tell.</i>	<i>Contemplative Practices 2</i> Time-2-Travel Join our monthly group on a tour of adventure. Fuel your wanderlust to destinations both local and international and sometimes simply to a new way of seeing. We live in a wonderful world that is full of beauty, charm and adventure. Let our tour guide share those with you in the good company of your fellow travellers.	Last Thursday of the month. 10:30-12:00 28 February 28 March 25 April 30 May	083 450-9148	coralwilder@gmail.com	Owl and Guinea Fowl Randjes Estate
FRIDAY					
Una Rowlands <i>Phone if you are interested.</i>	French Conversation The classes run throughout the year, without a break except for individual holidays and the December holidays. With a language it is	Group 2 Fridays 9:30 - 10:30 February 1, 8, 15, 22 March 1, 8 15 April 5, 12, 26 May 3, 10, 17, 24, 31	083 709 8511	unarowlands@gmail.com	2 Ninth Avenue Highlands North

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<p>Andrew Domanski</p> <p><i>No previous experience of Plato is necessary. The less you know, the better!</i></p> <p>Photocopies of the translated text of the <i>Apology</i> will be handed out at our first session.</p>	<p><i>Philosophy discussion group:</i> Plato for everyday living.</p> <ul style="list-style-type: none"> We will begin with an introduction to Plato, and then proceed to read (in translation) his dialogue the <i>Apology</i>, a courtroom drama on the trial of Socrates. There will be opportunity for discussion and interaction throughout. Application to our own lives will feature strongly in our conversations. 	<p>Weekly on Fridays 10:30 - 12:00 Starts Friday 15 February Semester ends 28 June.</p> <p><i>Tea at 10:15. Starts promptly at 10:30</i></p>	<p>011 646 6566 (Home) 082 872 3726</p>	<p>domanski.andrew22@gmail.com</p>	<p>306 Carlingford (Liz Lane's house)</p>
<p>Maggie Holliday</p>	<p>The U3A Theatre Club Phone Maggie for further details if you are interested in participating.</p> <p>Production in April 2019.</p> <p>Newcomers are very welcome. For further information phone Maggie Holliday at 011-440-6832.</p>	<p>Performances: Practice days to be agreed by the group. Rehearsals are fluid. Auditions will be held in The Rotary Hall on 29 and 31 January. Times to be announced later.</p> <p><i>Phone Maggie if you wish to audition.</i></p>	<p>011 440 6832</p>	<p>maggieholliday@telkomsa.net</p>	<p>Rotary Hall</p>

We welcome suggestions for additional interest /small groups.