

U3A TAWA COURSES A - Z

January to December 2022

For more information on Courses please visit
www.u3atawa.org.nz or contact the Coordinator

ANCESTRY SEARCH (ANS)

RUNS ALL YEAR

Coordinator: Doug Miller 04 293 6624 / 020 464 5537

doug.miller@xtra.co.nz

For anyone searching for information about their family history or needing help recording, for our children, the stories of our lives. We sometimes have a speaker or make visits to aid our research. Come and be inspired. Morning tea is available at low cost.

3rd Fridays, monthly @ 9.30am

Starts: February 18th

Venue: Tawa Union Church Lounge (TBC)

ART GROUP (ART)

RUNS ALL YEAR

Tutor: Maureen Johnston 232 4555 / 027 297 4392

majohnston@xtra.co.nz

Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

Calling all people in Tawa who are skilled in art, please come to share your skills and interests with the art group. You will be very welcome as we are a very sociable group. We want to encourage everyone with or without an ability to sketch or paint to come along to give art a go. We have a wide range of equipment, just bring paper. You may prefer to work on your own project which would be inspiring to the group.

Every Thursday 10.00 am to noon.

Starts: February 10th

Venue: Tawa Community Centre (TBC)

BEAD NECKLACES (BNK)**NINE SESSIONS**

Leader/Coordinator: Alison Bayly, 027 437 9215

wiseowlalison@gmail.com

It is easy and fun to make a bead necklace to complement a favourite top. I have a wide selection of beads and fastenings for you to work with. The initial cost is a bead necklace tray from Spotlight. The charity shops are a great source of beads from necklaces which can be pulled apart. This will be a small group at my place.

Wednesdays weekly, 10.00 to 11.30am

Starts: May 4th, final session June 29th

Venue: Member's Home

BOOKS 1 (BK1)**RUNS ALL YEAR**

Coordinator: Faith Delaney 232 6730

Members talk about the books they have been reading. No set book.

Books are frequently shared. The discussion about a book often triggers wider discussion on topical issues.

2nd Mondays @ 10am.

Starts: February 14th

Venue: Member's home

BOOKS 2 (BK2)**RUNS ALL YEAR**

Leader/Coordinator: Diane Scott 232 6958

Members talk about the books they have been reading. No set book.

Books are often shared. The discussion about a book often triggers wider discussion on topical issues.

4th Mondays @ 10am.

Starts: February 28th

Venue: Members' homes

BOTANY (BOT)**RUNS ALL YEAR**

Leader: Gil Roper 897 0155

Coordinator: Helen Roper 897 0155
gandhroper@gmail.com

The aim is to enable group members to study and learn about the many types of New Zealand flora, especially trees. The Botany group encompasses people with a wide variety of botanical skills and a wish to identify new specimens while exploring rich native ecosystems including native bush, swamp areas and coastal zones like estuaries. The Wellington area provides excellent opportunities for botany study both in the field and in imaginative indoor study facilities such as Te Papa. Every effort is made to balance out the more demanding outdoor venues with easier to visit ones. Bring lunch.

2nd Mondays @ 9.30am.

Starts: February 14th

Venue: Meet at Davies Street/Luckie Street car park, Tawa

CHOIR (CHR) (U3A SINGERS)**RUNS ALL YEAR**

Leader: Jancis Potter 232 3915 / 027 635 4733

jancispotter@gmail.com

Coordinator: Gail Milner 027 417 4422

milner_family@xtra.co.nz

Over 50 voices sing a wide variety of music. Some popular songs arranged for mixed choir, some serious choral works like Opera Choruses. Folk Songs, songs from Musicals and Films. Some are challenging, others really simple. There's always going to be a good selection that you will enjoy.

Mondays, weekly @ 1.15p.m.

Starts: February 14th

Venue: St Christopher's Anglican Church

COMPUTER CHATTER (CMP)**RUNS ALL YEAR**

Leader: John Baldwin 237 6501 / 027 349 7777

ajbaldwin.nz@gmail.com

Discussions about and keeping up to date with computers, smart phones & tablets (including iPhones & iPads) and software. We'll announce by email the main topics for the next session. Please enrol now even if only some sessions might interest you.

4th Thursday @10.00am

Starts: February 24th

Venue: Tawa Community Centre Drop-In Lounge (TBC)

CPR (CPR)**1st HALF ONLY**

Coordinator: Jan Jones 021 259 9797

jan.jones.nz@xtra.co.nz

A "hands-on" session run by the Wellington Free Ambulance.

Cardiopulmonary resuscitation and defibrillator training

Day & Date Tuesday April 12th at 10am

Venue: Emmaus Centre

CURRENT AFFAIRS (CAF)**RUNS ALL YEAR**

Leader: Dave Smith 232 5084 / 021 991 404

dogsnake33@gmail.com

Coordinator: Helen Roper 897 0155

gandhroper@gmail.com

This group examines and reflects on political events and social trends in NZ and around the world. Topics are chosen by the group and the leader then promotes discussion on each of those topics. Everyone who wishes to speak is always accorded the opportunity. Coffee and tea are served both before and after the session.

1st Wednesday @ 10am

Starts: February 2nd

Venue: Emmaus Centre

CYCLE RAMBLERS (CYR)**1st HALF ONLY**

Coordinator: Jenny Cullen 234 1767

jencullen42@gmail.com

Cycle rides could involve a trip south on the train into Wellington and around the waterfront or further north up the Waikanae line, all of this within the 9-3pm Gold Card window. Alternatively we may not involve the train at all but seek out wherever weather friendly rides are to be found on the day.

1st Thursday at 10.00am

Starts: February 3rd

Venue: Redwood Railway Station – Wellington-bound (near the tennis courts)

DISCUSSION GROUP (DIS)**RUNS ALL YEAR**

Leader: Digby Gudsell 232 6110

gudsellco@gmail.com

Coordinator: Lola Gudsell 232 6110

gudsell@orcon.net.nz

A small group, meeting to have a discussion on proposed topics of community interest after enjoying a simple morning tea.

2nd Wednesday @ 10am.

Starts: February 9th

Venue: Member's Home

GARDEN GROUP (GGP)**RUNS ALL YEAR**

Leader & Coordinator TBA

First session - We plan to visit Glenside historical Halfway House for a "Walk and Talk". We will reserve tables at the cafe for refreshments after the talk and Twiglands is on the spot for those who want retail therapy.

Meet at Tawa Community Centre

1st Fridays @ 10am

Starts: February 4th

Venue: Will vary

NB - From March 4th meetings will be from 9.30am at the Emmaus Centre unless otherwise advised

GROWING FOOD (GFD)**RUNS ALL YEAR**

Leader/Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

These sessions will be at the Tawa Community Garden where you can get ideas and advice for growing fruit, vegetables and herbs. The garden is in Oxford Street which is easy to access. Various composting methods will be discussed.

Wednesdays, fortnightly 10.00 to 11.30 am

Dates: February 2,9,16,23, September 7,14,21,28

Venue: Tawa Community Garden, Oxford Street

HEALTH ISSUES (HLT)**RUNS ALL YEAR**

Presenter: TBA

Coordinator: TBA

Topical health issues, followed by your questions. Two talks per semester

Dates: TBC

Venue: Tawa Union Church (TBC)

INDOOR BOWLS (INB)**2ND HALF ONLY**

Leader/Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

We have the use of sets of bowls and a mat to set up at the Community Centre. We will start small and see how popular this activity becomes.

Wednesdays, 11.00am-12.30pm

Starts: July 6th, for 8 weeks

Venue: Tawa Community Centre (TBC)

INDOOR GAMES (ING)**RUNS ALL YEAR**

Coordinator: David Parsons 027 427 2094

A variety of board and card games played by members.

1st & 3rd Wednesdays @ 1.30pm

Starts: February 2nd

Venue: Tawa Union Church

KEEP-FIT CLASSES (KFT)**RUNS ALL YEAR**

Tutor: Mark Anderson 027 458 8674

Coordinator: Brian Wilson 234 7085
brian.mariew@gmail.com

Tutor Mark Anderson gives specific advice as required and leads members in exercises to improve cardio, strength and flexibility. Mark ensures the exercises are safe and tailored to your specific needs. Only U3A members are present during the agreed times so most attendees know each other well. A warm and supportive atmosphere is maintained at all times.

\$7 per half hourTimes available: Mondays 1-1.30pm
Thursdays 2-2.30pm
Fridays 1-1.30pm

Venue: Revolve Fitness, Tawa Mall, Tawa

LITERATURE (LIT)**2ND HALF ONLY**

Leader: MaryLynn Boyes 232 2815

Coordinator: Valerie Saxton 232 7303 / 021 166 3373

1. Mary-Lynn will present another of her favourite Katherine Mansfield Stories

2. Have you a favourite poem to share?

Two Wednesdays at 1.30pm

Dates: Wed Oct 12th & Nov 16th

Venue: Tawa Library (TBC)

LUNCH GROUP (LCH)**RUNS ALL YEAR**

Coordinator: Diane Scott 232 6958

A group who meet once a month, not necessarily on the same day, to sample foods in cheap and cheerful local cafes. Dates are determined month by month as suits the group.

Venue: Local Cafes

MECCANO (MEC)**RUNS ALL YEAR**

Leader: Max George 232 4200
max.george3a@gmail.com

Coordinator: Gillian George 232 4200
gillian.george3a@gmail.com

There was a time when Meccano was every boy's dream. Meccano parts may have altered just a little over the years but the ability to use them to build innovative structures or machines is undimmed. This group is extremely popular, and it is not just restricted to the guys!

2nd and 4th Mondays 9.30am – 11.30am

Starts: February 14th

Venue: Member's Home

MOVIE GROUP (MOV)**RUNS ALL YEAR**

Coordinator: Pat Hammond 027 335 0038
exlibrarypat52@gmail.com

Come along and see some good films, and enjoy a free cuppa, courtesy of the cinema. Suggestions of upcoming films you would like to see are welcomed. We can share transport to the venue.

3rd Wednesday of the month, @ 10.30am

Starts: February 16th

Venue: Lighthouse Cinema, Pauatahanui

MUSIC PERFORMANCE GROUP (MPG)**RUNS ALL YEAR**

Coordinator: Jancis Potter 232 3915 / 027 635 4733
jancispotter@gmail.com

Members perform short items to each other. You don't have to be a virtuoso – just interested in giving yourself a reason to practice something ready to perform for others to enjoy. There is a wide range of abilities and everyone is very supportive of the other performers.

Room for more if you'd like to join us.

Monthly, 1st Thursdays @ 1.30pm

Starts: February 3rd

Venue: Member's home

NEW BOOKS IN THE LIBRARY (NBL)**RUNS ALL YEAR**

Coordinators: Pauline Gallagher 232 4653

paulinemg@xtra.co.nz

Dave Smith 232 5084 / 021 991 404

dogsnake33@gmail.com

U3A Tawa enjoys enormous cooperation from the Tawa Library staff. This course involves U3A receiving long term loans (six weeks) of books that are new to Tawa Library. Members then read and discuss the books. If a member of the group is impressed with the reports from the others they will usually be allowed to have that book next, provided there is no formal reserve on it in the general library system. Members of the group are encouraged to write reviews of their books and these reviews are featured on the library's "New Books" shelves. Everyone is encouraged to widen their reading range by reading outside their personal comfort zones if possible. Tea and coffee are provided by the library.

2nd Thursday @ 10am

Starts: February 10th

Venue: Tawa Library

PETANQUE (PET)**RUNS ALL YEAR**

Coordinator: Jenny Cullen 234 1767

jencullen42@gmail.com

We play at the very pleasant Aotea Park by the Aotea lagoon. Hot drinks and biscuits are provided at half time. These games are somewhat weather-dependent but the hardy souls in this group turn out regardless of the weather! A minimum of 8 players is required to be viable.

Equipment provided. Weekly, Fridays, 10 – 12 noon

Starts: February 4th

Venue: Aotea Park

PHILOSOPHY: ITS IMPACT ON OUR LIVES (PHI) RUNS ALL YEAR

Leader/Coordinator: Dave Smith 232 5084 / 021 991 404

dogsnake33@gmail.com

Philosophy is not a totally abstract subject running parallel to reality. Its very real impact on change can be seen in governments, laws, art, economies and other aspects of social organisation across time. The ancient thinkers are as relevant today as they ever were.

The world changes fast. Big new ideas take time to percolate through our lives before making a lasting mark. As one philosopher said recently "Few need to argue now that slavery or disemboweling is wrong yet exactly those debates took place centuries ago". The session will seek to discern the ebb and flow of philosophy through all the above issues - right down to today where slogans have largely replaced thought.

1st & 3rd Mondays at 10am

Starts: Feb 21st

Venue: TUC Upstairs (TBC)

PIANO RECITAL (PNO)**1 EACH SEMESTER**

Coordinator: Jancis Potter 232 3915 / 027 635 4733

jancispotter@gmail.com

Jancis, Helen and Chris will present another recital of piano music. Solos, duets and works for 2 pianos. Refreshments will be served during the interval. 10.00 - 12 noon

Date: Tuesday March 15th

Venue: Member's Home

PICKLEBALL (PBL)**RUNS ALL YEAR**

Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

Try out a new sport. These sessions are run by Wellington North Badminton Club, at Taylor Park in Tawa. Sessions cost \$5, a contribution to the running costs at the club.

Every Wednesday, 10.00 to noon.

Starts: February 2nd

Venue: Wellington North Badminton Club

QUIZ (QUZ)**2ND HALF ONLY**

Leader/Coordinator: Pat Hammond 027 335 0038

exlibrarypat52@gmail.comStarts: Dates TBAVenue: Tawa Union Church Hall (TBC)**RAMBLERS (RBS)****RUNS ALL YEAR**

Coordinator: Shirley Williamson 232 6746

jdwskw@actrix.gen.nz

A social walking group. Bring water and your lunch. Meet at Davies Street/Luckie Street car park.

Every Thursday @ 10am

Starts: February 3rdVenue: Davies Street/Luckie Street car park**REDUCE, REUSE, RECYCLE (RRR)****2ND HALF ONLY**

Coordinator: John Baldwin 237 6501 / 027 349 7777

ajbaldwin.nz@gmail.com

2 sessions with a guest presenter on ways to reduce consumption by reusing and recycling possessions we no longer want or need. And how to encourage our children and grandchildren to do the same.

When: TBAWhere: Emmaus Centre (TBC)**SCRABBLE** (Jointly with Mana U3A)

Contact: John Bolland 232 6126

bollywelly@gmail.com

We have been invited to join Mana U3A members in their Scrabble games. It's good for keeping the brain active!

Held monthly on Friday mornings at a member's home. Contact John for more details.

SCRAPBOOKING (SCB)**RUNS ALL YEAR**

Joint Leaders: Barbara Russell 232 5831 / 021 049 3599

barb.david@xtra.co.nz

Shirley Taylor 232 4487

Join our friendly group to learn techniques to display your photos in an interesting and lasting way. Numbers limited.

Every Friday @ 9.30am

Starts: February 18th

Venue: Tawa Community Centre (TBC)

TABLE TENNIS (TTN)**RUNS ALL YEAR**

Coordinators: Virginia Ng 232 9971

ng_virginia@yahoo.co.uk

Tim Davin 232 8279

davinfamily49@gmail.com

Join this group of enthusiastic players on a Thursday morning for your exercise for the day.

Every Thursday @ 9.30 (10am during Covid level 2 or higher)

Starts: February 10th

Venue: Tawa Community Centre Hall (TBC)

TAI CHI (TCB)**RUNS ALL YEAR**

Leader: Brenda Wordsworth, Tawa Tai Chi

Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

Brenda of Tawa Tai Chi will take you through some simple Tai Chi and Qigong exercises tailored for older adults. You can even practice while sitting in a chair. Regular Tai Chi practice has many proven health benefits including improving your balance, muscle strength and stamina.

Wednesdays weekly @ 1.30pm

Starts: February 2nd

Venue: Linden Community Centre

TAI CHI (TCM)**RUNS ALL YEAR**

Leader: Mercedes Godinez

Coordinator: Pat Hammond 027 335 0038

exlibrarypat52@gmail.com

Mercedes teaches contemporary forms using the Yang style. All exercise movements done in a session have health benefits.

Repetitions are normal in Tai Chi to improve movement. These are relaxed, controlled movements which help improve fitness and flexibility and reduce the risk of joint injury.

NB - This course needs at least 8 members to proceed.

2nd & 4th Fridays at 10.00am

Starts: February 11th

Where: Tawa Union Church

TAWA HISTORY (TWH)**1ST HALF ONLY**

Leader: Bruce Murray

Coordinator: Gil Roper 897 0155

gandhroper@gmail.com

Interesting streets in Tawa and their stories. Some new streets and some old streets will be looked at.

Two Mondays at 10am

Dates: Feb 28th & March 7th (more dates to be added in the second semester)

Venue: Emmaus Centre

THEATRE VISITS (THV)**RUNS ALL YEAR**

Leader/Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

Our local theatres offer a brilliant range of productions. Each month I email you with suggestions and ask for expressions of interest. After I've made a provisional booking I will ask you to pay into the U3A theatre account, which is then transferred to the appropriate theatre: Circa, Mana Little Theatre, Gryphon, Khandallah Arts Theatre, Kapiti Playhouse or Hutt Repertory.

TRAVEL ADVENTURES (TRA)**RUNS ALL YEAR**

Coordinator: Carole Naylor 233 8032

cnaylor@orcon.net.nz

Each month a member shares a 'slide show' of their holiday.

2nd Fridays @ 10.00am

Starts: February 11th

Venue: Emmaus Centre

UKULELE (UKU)**RUNS ALL YEAR**

Tutor: Ann Haddon 027 230 8999

mdhaddon@gmail.com

Coordinator: Max George 232 4200 / 021 231 4240 (1st semester)

max.george3a@gmail.com

More songs with another chord to add to your repertoire. This is an immensely popular group who find it a most enjoyable way to make music together without needing a great deal of study.

Every Friday @ 1.30pm

Starts: February 4th

Venue: Tawa Community Centre Drop-In Lounge (TBC)

WRITE IT! (WI1)**RUNS ALL YEAR**

Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

A meeting to share your writing with others. Be inspired to continue your Family History, Memoir, Short Story, Novel or Poem. Suggestions to help with "writer's block"

Tuesdays, fortnightly @ 1.30pm

Starts: February 8th

Venue: Tawa Library (TBC)

WRITE IT! (WI2)**RUNS ALL YEAR**

Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

A meeting to share your writing with others. Be inspired to continue your Family History, Memoir, Short Story, Novel or Poem. Suggestions to help with "writer's block"

Tuesdays, fortnightly @ 1.30pm

Starts: February 15th

Venue: Tawa Library (TBC)

VENUES THAT WE USE

Davies Street/Luckie Street Car Park

Emmaus Centre (St. Christopher's Church), Main Rd

Linden Community Centre

Revolve Fitness, Tawa Mall

Tawa Anglican Church (St. Christopher's)

Tawa Bowling Club (Davies Street)

Tawa Community Centre (Cambridge Street)

Tawa Library, Main Road

Tawa Union Church (Elena Place)

**The details shown in this booklet are subject to change,
particularly due to changing Covid-19 restrictions.**

**Please be aware that the most up-to-date information can
be found on the Tawa U3A website:**

www.u3atawa.org.nz