

U3A TAWA Courses Programme January to December 2023

Welcome to U3A Tawa for another year of relaxed, enjoyable learning experiences with interesting people.

- This booklet contains information on the courses being offered this year. These may be full year, half year or held on specific dates.
- **It is important that you retain this booklet for the full year.**
- Full information on Semester 2 courses will be added in the “June Supplement”. The supplement will fit inside this booklet.
- If you wish to learn a little more about the courses before enrolling come along to the AGM at the Tawa Bowling Club on Monday 16th January 2023. Or you could contact the leader or coordinator of the course(s) you are interested in.
- **You can make your course selections on the website**
– www.u3atawa.org.nz
- If you cannot enrol online, please complete the Course Selection Form in the centre of this booklet and post it in the U3A White Box in the Library on or before **Tuesday 24th January 2023**. After that date, you will need to contact the Course Coordinator directly.
- **You must enrol each year for the courses you wish to attend, as we need to ensure that venues are a suitable size for each group.**

U3A TAWA COURSES A - Z

January to December 2023

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

Each week the group members learn about a feature of family history in more detail and share their knowledge when discussing any family history research challenges the members may have. We sometimes have a special guest speaker or have a field trip to aid our research. It is useful to record our family stories for the following generations.

Come and be inspired.

3rd Fridays, monthly @ 10.00am

Starts: February 17th

Venue: Tawa Union Church Lounge

ART GROUP (ART)

RUNS ALL YEAR

Leader: Margaret Herbert 232 6828 / 027 232 6828

herbertmi@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 9th

Venue: Tawa Community Centre (TBC)

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 13th

Venue: Member's home

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

Leader/Coordinator: Sally Horan 232 6006

horanps@xtra.co.nz

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 27th

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 13th

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 13th

Venue: Tawa Union 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 23rd

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 TBA

Venue: TBA

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 1st

Venue: Emmaus Centre

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

Leader: Digby Gudsell 232 6110
gudsells@usnet.co.nz

Coordinator: Lola Gudsell 232 6110
gudsellco@gmail.com

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 8th

Venue: Member's Home

DRIVING SKILLS (DSK)**ONE SESSION**

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

How up-to date are your driving skills? When did you last look at the road code? Come along to this one hour presentation - you'll be surprised how much has changed since you took your driving test!

Date: TBA

Venue: TBA

EMERGENCY MANAGEMENT WORKSHOP (EMM) ONE SESSION

Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

The course will cover hazards in the Wellington Region including fire and flood, the impacts of those hazards, how households can prepare for an emergency, and how people can get involved in the wider community's response. Lasts about one and a half hours.

Date: TBA

Venue: Tawa Community Centre Boardroom (TBC)

GARDEN GROUP (GGP) RUNS ALL YEAR

Coordinator: Prue Theobald 232 0241 / 021 234 5621

mptheoclan@gmail.com

Come along to see and talk about all things garden - plants, their care, where and when to plant, and many more topics.

1st Fridays @ 10am

Starts: February 3rd

Venue: Emmaus Centre

HEALTH ISSUES (HLT) RUNS ALL YEAR

Presenter: TBA

Coordinator: Pat Hammond 027 335 0038

exlibrarypat52@gmail.com

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

Dates: TBC

Venue: Tawa Union Church (TBC)

INDOOR BOWLS (INB) 9 SESSIONS

Coordinator: John Woodward 027 859 5198

johnnty@actrix.co.nz

Come along and enjoy indoor bowling - a very enjoyable game.

Wednesdays, 10.00 - 11.30am

When: Every Wednesday, May 3rd to June 28th

Venue: Tawa Union Church Hall

INDOOR GAMES (ING) - in recess

Indoor Games needs a new coordinator if it is to continue - is anyone willing to volunteer to take it on? If so, please contact Pat Hammond on 027 335 0038 or exlibrarypat52@gmail.com

INVESTMENT (INV)**ONE SESSION**

Coordinator: Dave Smith 232 5084 / 021 991 404
dogsnake33@gmail.com

The world's economic systems have taken a hammering over the last two years. Investment for the future is bedevilled with uncertainties. A representative from Jardens in Wellington will speak on the subject of how best to approach investing in the new and often confused investment climate.

Day & Date: Wednesday March 8th, time TBA
Venue: TBA

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 hour

Times available: Mondays 1.30-2.00pm
Thursdays 2-2.30pm
Fridays 1-1.30pm

Venue: Revolve Fitness, Tawa Mall, Tawa

KNITTING TOGETHER (KNT)**RUNS ALL YEAR**

Coordinator: Gillian George 021 231 4240

gillian.george3a@gmail.com

A friendly group who get together each month to knit, share knitting skills and patterns, and have a good chat!

1st Tuesday at 2.00pm

Starts: February 7th

Venue: Members' homes

LAW AND OUR LEGAL SYSTEM (LAW)**2ND HALF ONLY**

Leader/Coordinator: Dave Smith

The media gives a very selective and distorted view of our legal system. Here we look at how it evolved, what it seeks to protect and the breath of its reach. It is a broadbrush approach that takes us from everyday criminal/civil law through to tax, family, Waitangi cases and international laws. 4 sessions.

Dates: TBA

Venue: TBA

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

This group is extremely popular, and it is not just restricted to the guys! Novices are welcome as all models to build are provided whether they are large or small. Numbers are limited

2nd and 4th Mondays 9.30am – 11.30am

Starts: February 13th

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 15th

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 @ 2.00pm

Starts: February 2nd

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 9th

Venue: Tawa Library

PETANQUE (PET)**RUNS ALL YEAR**

Coordinator: Annette Woods 027 327 1568

puristation@xtra.co.nz

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 3rd

Venue: Aotea Park

PHILOSOPHICAL ISSUES (PHI)**RUNS ALL YEAR**

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

dogsnake33@gmail.com

Each monthly session will address a modern day issue as chosen by the group itself. Using the philosophies of mainly post- Enlightenment thinkers the issues will be clarified and addressed by the whole group. Participants will receive a 10 page booklet that clearly states each issue and refers to helpful websites or other sources. Discussion of upcoming issues, one on one, over a coffee is welcomed.

1st Monday at 10.00am

Starts: Feb 6th

Venue: TBA

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

Coordinator: Jancis Potter 232 3915 / 027 635 4733

jancispotter@gmail.com

Jancis and Chris will present another recital of piano music.

Solos, duets and works for 2 pianos. Refreshments will be served at the conclusion of the recital. 10.00 - 12 noon

Date: Tuesday April 18th

Venue: Member's Home

PLAY-READING (PLR)**1ST HALF ONLY**

Leader/Coordinator: Barbara Woods 04 971 5464

pandbwoods@outlook.com

We will read a selection of plays - mainly one-act - with each person reading a part. We may need to share parts at times, depending on numbers. Please contact Barbara if you are interested in taking part. Last Tuesday of the month @ 11.00am.

Starts: February 28th

Venue: Tawa Community Centre (TBC)

QUIZ (QUZ)**4 SESSIONS**

Leader/Coordinator: Pat Hammond 027 335 0038

exlibrarypat52@gmail.com

Come along and pit your wits against other quiz addicts. Sessions will be held on a Tuesday afternoon in April, June, August and October.

Dates: TBAVenue: Tawa Union Church Hall**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 2nd

Venue: Davies Street/Luckie Street car park

REDUCE RUBBISH, REUSE, RECYCLE (RRR)**2 SESSIONS**

Coordinator: John Baldwin 237 6501 / 027 349 7777

ajbaldwin.nz@gmail.com

2 sessions 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: TBA**SCRABBLE** (Jointly with Mana U3A)**DO NOT ENROL ONLINE**

Contact: John Bolland 232 6126 / 021 264 0941

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

Starts: Feb 3rd at 10am, alternate Fridays

Venue: Members' homes

SCRAPBOOKING/CARDS (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 @ 10.00am

Starts: February 17th

Venue: Tawa Community Centre (TBC)

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

Coordinators: John Bolland 232 6126 / 021 264 0941

bollywelly@gmail.co.nz

Tim Davin 027 204 9536

davinfamily49@gmail.com

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

Every Thursday @ 9.30

Starts: February 2nd

Venue: Tawa Community Centre Hall (TBC)

TAI CHI (TCM) (jointly with Mana U3A)**1ST HALF ONLY**

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.

Every Friday at 10.00am

Starts: February 3rdWhere: Tawa Union Church Hall

TAKING BETTER PHOTOGRAPHS (TBP)**4 SESSIONS**

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

dogsnake33@gmail.com

This is a very short course dedicated to the idea that basic amateurs can improve their pictures greatly just by following a few simple rules on how to compose their shots. You don't have to have a flashy camera. It's all about making sure your pictures both (a) tell recognizable stories and (b) are easy on the eye. You can use a very ordinary camera, including an android phone, and still get some superb shots.

The shape of the four-session course will be:

- a. Explain the essential rules of composition.
- b. Looking at good professional pics that illustrate what makes a photo special.
- c. Field session (around Tawa) taking some pictures with the rule in mind.
- d. Critiquing the output from the field session.

When: Wednesdays February 22nd, March 1st & March 15th, 2-3.00pm

Where: Tawa Community Centre Boardroom (TBC)

TAWA HISTORY (TWH)**2 SESSIONS**

Leader: Bruce Murray

Coordinator: Gil Roper 897 0155

gandhroper@gmail.com

Bruce will give talks about two of Tawa's significant early residents. The first will be about William Earp (and his family), the planter of the bucket tree on Boscobel Lane. The second will be about James Taylor of section 36. He lived/farmed opposite William Earp's property for over 50 years.

Two Mondays at 10am

Dates: April 3rd & October 16th

Venue: Emmaus Centre

TAWA-LINDEN WALKERS (TLW)**RUNS ALL YEAR**

Coordinator: Allan Johnson 021 138 1233

sharall@xtra.co.nz

We are a friendly walking group who enjoy urban and bush walking. You will receive our programme of weekly walks in the Wellington region when you join the group. We meet on a Tuesday at Tawa Junction, Wellington Beds end of the car park, 9.00am for a 9.15am departure. We carpool, and a koha to the driver is indicated in the programme. You need to bring a drink (preferably water) and something to eat for morning tea and lunch on the lunch days which are indicated in the programme. Wear suitable clothing e.g. walking shoes or hiking boots, walking poles if required and a jacket for all walks.

Every Tuesday @ 9.00am

Starts: February 3rdVenue: Meet at Tawa Junction, Wellington Beds end of the carpark**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. Most months I'll 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 10thVenue: Emmaus Centre

UKULELE (UKU)**RUNS ALL YEAR**

Tutor: Ann Haddon 027 230 8999
mdhaddon@gmail.com

Coordinator: Malcolm Haddon 021 114 8852
mdhaddon@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 @ 1.00 - 2.30pm

Starts: January 27th

Venue: Tawa Community Centre (TBC)

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

Coordinator: Lola Gudsell 232 6110 / 021 147 0133
gudsell@orcon.net.nz

A meeting to share your writing with others. Be inspired to continue your Family History, Memoir, Short Story, Novel or Poem. Usually one of the members suggests a theme for the following meeting for those willing to accept the challenge. Writing is limited to 500 words to allow reading time to be shared.

Tuesdays, fortnightly @ 1.00pm

Starts: February 7th

Venue: Tawa Community Centre, Boardroom entrance (TBC)