U3A TAWA Programme January to December 2024

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

- ➤ This booklet contains information on the activities 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 activities will be added in the "June Supplement". The supplement will fit inside this booklet.
- ➤ If you wish to learn a little more about the activities listed come along to the AGM at the Tawa Bowling Club on Monday 15th January 2024. Or you could contact the leader or coordinator of the activity(s) you are interested in.
- ➤ You can make your course selections on the website which has up-to-date information 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 23rd January 2024**.
- ➤ 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. If you enrol after 23rd January 2024 you will also need to contact the Course Coordinator directly.

U3A TAWA PROGRAMME A - Z January to December 2024

For more information on courses and activities please visit www.u3atawa.org.nz or contact the Coordinator

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 10.00am to noon.

Starts: February 8th

Venue: Tawa Community Centre

BOARD GAMES (BGM)

4 SESSIONS

Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

Does Cup Fever, Risk or Monopoly appeal to you? Perhaps you have old board games in your cupboard that you would like to play.

Challenge a few old brain cells with the old games. 4th Wednesday of the month, 10.00 to 11.30am

Starts: February 28th

Venue: Tawa Union Church

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 Monday of the month @ 10am.

Starts: February 12th Venue: Member's home

BOOKS 2 (BK2)

RUNS ALL YEAR

Leader/Coordinator: Sally Horan 232 6006

horanps@xtra.co.nz

As Books 1, above

4th Monday of the month @ 10am.

Starts: February 26th Venue: Members' homes

BOTANY (BOT)

RUNS ALL YEAR

Leader: Richard Herbert 027 445 5942

herbert.r@xtra.co.nz

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 and exotic 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.

2nd Monday of the month @ 9.30am.

Starts: February 12th

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

<u>iancispotter@gmail.com</u>

Coordinator: Gail Milner 027 417 4422

milner family@xtra.co.nz

Over 25 voices sing a wide variety of music. Some popular songs arranged for mixed choir, some serious choral works like Opera Choruses or Oratorios. Some Folk Songs, songs from Musicals and Films and some popular songs. Some are challenging, others are really simple. There's always going to be a good selection that you will enjoy. Mondays, weekly @ 1.15p.m.

Starts: February 12th

Venue: Tawa Union Church

COMPUTER CHATTER (CMP)

RUNS ALL YEAR

Leader: Ray Walker 027 622 8066

ray.walker@xtra.co.nz

Coordinator: 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 of the month @10.00am

Starts: February 22nd

Venue: Tawa Community Centre

Venue will move to Tawa Union Church from May

CROSSWORD SOLVING (CRS)

4 SESSIONS

Coordinators: John Bolland 232 6126 / 021 264 0941

bollywelly@gmail.com
Barbara Woods 971 5464
pandbwoods@outlook.com

Have more fun and exercise your brain with cryptic clues! Easy to learn how to work them out as they follow patterns. Bring a pen!

Experienced puzzlers welcome!

2nd Wednesday of the month, 11.15am - 12.15pm

Starts: February 14th

Venue: TBA

CURRENT AFFAIRS (CAF)

RUNS ALL YEAR

Leader: TBA

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 of the month @ 10am

Starts: February 7th
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 of the month @ 10am.

Starts: February 14th Venue: Member's Home

ENGLISH CIVIL WARS 1640-1660 (ECW)

SEMESTER 2

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

dogsnake33@gmail.com

The 18th century is known for the US war of Independence and the French Revolution. Less well appreciated is the fact that England beheaded its King and set up a Republic a century BEFORE that. It is a fascinating story that ended with the Stuart monarchy being restored after just a few years. The events of that turbulent period contain many of the elements that eventually led to monumental changes for Britain and the World. There will be four sessions and liberal use will be made of the Simon Schama [BBC] film *A History of Britain*.

Starts: TBA Venue: TBA

FLAX WEAVING (FLW)

4 SESSIONS

Leader: Clare Smith

keleasmith@icloud.com

Coordinator: Judith Havill 027 319 8235

judith.havill@gmail.com

A beginners class teaching the basic techniques of Raranga (flax weaving) including making puti-puti (flowers), kono and konae (containers). We will also cover the sustainable harvesting of harakeke, tikanga and some of the history of weaving in New Zealand.

Weekly on four consecutive Tuesday mornings, 10.00am - noon.

Starts: February 6th (TBC)
Venue: Member's home

GARDEN GROUP

Is in recess unless we can find another coordinator. You are cordially invited to join the Porirua U3A Garden Group - details on their website - www.u3amana.org.nz

HEALTH ISSUES (HLT)

RUNS ALL YEAR

Coordinators: Gillian George 021 231 4240

gillian.george3a@gmail.com

Sally Horan 232 6006 / 027 439 2721

horanps@xtra.co.nz

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

semester at 10.30am on Tuesday mornings.

Dates: March 12th, May 7th, Aug 6th & Oct 8th (all TBC)

Venue: Tawa Union Church

INDOOR BOWLS (INB)

9 SESSIONS

Coordinator: Gay Quirke 027 242 3288

gaquirke790@gmail.com

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

Fridays, 1 - 2.30pm (TBC)

When: Weekly from May 3rd to June 28th

Venue: Tawa Union Church Hall

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.

NB - \$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

qillian.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 of the month, 2.00 - 3.30pm

Starts: March 5th

Venue: Members' homes

LITERATURE (LIT)

SEMESTER 2

Leader: Mary-Lynn Boyes 232 2815 / 022 465 6433 Coordinator: Valerie Saxton 232 7303 / 021 166 3373

valerie.m.saxton@gmail.com

Janet Frame: Glimpses of an Angel

Mary-Lynn will give selected readings from the life and works of Janet

Frame to honour the centennial of her birth in August 1924.

Two consecutive Wednesdays @ 1.30pm
Dates: August 28th & September 4th

Venue: Tawa Library

MECCANO (MEC)

RUNS ALL YEAR

Leader: Max George

max.george3a@gmail.com

Coordinator: Gillian George 021 231 4240

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 of the month, 9.30am - 11.30am

Starts: February 12th
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 (and sometimes scones!), courtesy of the cinema. Suggestions of upcoming films you would like to see are welcomed. We share transport to the venue or you can make your own way there.

3rd Wednesday of the month @ 10.30am

Starts: March 20th

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 practise 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.

1st Thursday of the month @ 2.00pm

Starts: March 7th

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 of the month @ 10am

Starts: February 8th Venue: Tawa Library

PETANQUE (PET)

RUNS ALL YEAR

Coordinator: Jane de Waal 027 364 1273

janevharvest@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! Equipment is provided.

Weekly, Fridays, 10.00am - noon

Starts: February 2nd Venue: Aotea Park

PHILOSOPHICAL ISSUES (PHI)

RUNS ALL YEAR

Leader/Coordinator: TBA

The first session will explore a classic moral philosophical dilemma called "The Trolleycar Question" where we are asked "What is the right thing to do?" We can look at various options and why each one might be chosen. Jeremy Bentham's work is relevant here, and Michael Sandel's.

2nd Wednesday of the month @ 10.00am

Starts: Feb 14th

Venue: TBA

PIANO RECITAL (PNO)

1 EACH SEMESTER

Coordinator: Jancis Potter 232 3915 / 027 635 4733

iancispotter@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.

Tuesday, 10.00am - 12 noon

Date: March 19th

Venue: Member's Home

PLAY-READING (PLR)

SEMESTER 1

Leader/Coordinator: Barbara Woods 971 5464

pandbwoods@outlook.com

Come and read a part in a variety of plays – we share the roles throughout the plays so we all have a turn reading! Maximum of eight people. May continue in the second semester if there is enough interest.

4th Wednesday of the month, 10.30 - 11.30am.

Starts: February 28th

Venue: Tawa Community Centre

PRESIDENCY OF HARRY TRUMAN (PHT)

4 SESSIONS

Coordinator: Dave Smith 232 5084 / 021 991 404

dogsnake33@gmail.com

Truman was an obscure politician from Missouri. Nobody thought for a moment he would ever be president of the USA. The great FDR chose him as Vice President in 1944 but had hardly ever met him. FDR had no plans for dying but he did just that three months after being inaugurated for the fourth time. That left Truman faced with the task of pulling together the post-war world with no high-level experience whatsoever. He had not even been told about the atomic bomb - but he was the man who later ordered that it be used on Japan. Later there was the Cold War, The Marshall Plan, the creation of Israel, the Korean War, military desegregation, the dismissal of Gen. MacArthur and the McCarthy hearings. Across four sessions we will examine the startlingly pressured Truman years and include the commendably factual biopic film *Truman* that stars Gary Sinise.

Mondays fortnightly @ 10.00am

Starts: April 8th

Venue: TBA

QUIZ (QUZ) 4 SESSIONS

Leader/Coordinator: Pat Hammond 027 335 0038

exlibrarypat52@gmail.com

Come along and pit your wits against other quiz addicts. Teams of 4 to 6, but if you don't have a team just come along and join in with an existing team.

Tuesdays @ 1.30pm

Dates: Mar 26th, June 25th, Aug 27th & Oct 22nd (all TBC)

Venue: Tawa Union Church

RAMBLERS (RBS)

RUNS ALL YEAR

Coordinator: Shirley Williamson 232 6746

idwskw@actrix.gen.nz

If you wish to join a friendly walking group this is it. We enjoy urban and bush walks all over Wellington, Hutt and Kapiti. We carpool (donation to the driver) or use our Gold Cards. Wear suitable clothing, shoes and a hat. Bring lunch and water.

Every Thursday @ 10am

Starts: February 1st

Venue: Davies Street/Luckie Street car park

READING SHAKESPEARE (RSH)

RUNS ALL YEAR

Coordinator: Dave Smith 232 5084/ 021 991 404

dogsnake33@gmail.com

Shakespeare plays were made for acting but reading them aloud in a group is way preferable to reading them silently and alone. We will read two plays in each semester, each lasting up to two hours, with three sessions per play. The four plays are A Winter's Tale, Antony & Cleopatra, The Tempest and The Comedy of Errors. August and October dates will be announced in the mid-year supplement.

Thursdays @ 2.00pm

Starts: Feb 15th, 22nd & 29th; June 13th, 20th & 22nd

Venue: TBA

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.

Two Wednesdays @ 2.15pm

Dates: March 13th & August 21st (TBC)

Venue: Tawa Community Centre

RESILIENCE (RES)

SEMESTER 1

Leader/Coordinator: Barbara Woods 971 5464

pandbwoods@outlook.com

Four one and a half-hour sessions. Find out how to increase your "bounce-back" - your resilience. There are many evidence-based, easy ways of building your capacity to recover or adjust to challenges and difficulties, drawn from learnings in psychology and neuroscience, and we shall cover and practise some of these. Maximum of ten people.

3rd Wednesday of the month @ 10.30am

Starts: February 21st

Venue: TBA

SCIENCE, TECHNOLOGY & US (SCI)

RUNS ALL YEAR

Coordinators: David Wratt 232 9950

wrattds@gmail.com

Peter Woods 029 462 2408 pandbwoods@outlook.com

This course will help you understand more about the science and technology affecting our lives. Each monthly session will address the science or technology behind a specific topic, through a presentation with plenty of time for questions and discussion. The first session will be on Science – What it is, how it works, and recognising fake science. Topics for following sessions will be selected by participants. Possible examples include: Artificial Intelligence including ChatGPT; genetic modification; quantum computers; water quality; electric vehicles; weather forecasting; pandemics;...

4th Wednesday of the month at 10.30am

Starts: March 27th

Venue: TBA

SCRABBLE (Jointly with Porirua 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 and to enrol.

Starts: Feb 2nd 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.

Every Friday, 10.00am - 12 noon

Starts: February 2nd

Venue: Tawa Community Centre

SPIRITUAL DISCUSSIONS (SPD)

RUNS ALL YEAR

Coordinator: Digby Gudsell 232 6110

gudsells@usnet.co.nz

Open to discussions on Christian views on many issues and your questions. Variety of Biblical topics. Encouragement and exploration.

The importance of a spiritual perspective.

3rd Tuesday of the month @ 10.00am

Starts: February 20th Venue: Member's home

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 1st

Venue: Tawa Community Centre Hall

TAI CHI (TCM) (jointly with Porirua U3A)

RUNS ALL YEAR

Leader: Mercedes Godinez

Coordinators: Susan Lennie susan.lennie@gmail.com 021 048 1275

Michael Lynch m.lynch@xtra.co.nz 022 616 8066

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 2nd

Where: Tawa Union Church Hall

TAWA HISTORY (TWH)

2 SESSIONS

Leader: David Parsons, from Tawa Historical Society

Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

The development of the Trains and Stations of Tawa from a speaker who has a strong interest in Railways.

Two Mondays at 10am

Dates: April 15th & October 7th Venue: Emmaus Centre (TBC)

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 boots, walking poles if required and a jacket for all walks.

Every Tuesday @ 9.00am Starts: January 9th

Venue: 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

carole46naylor@gmail.com

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

2nd Friday of the month @ 10.00am

Starts: February 9th
Venue: Emmaus Centre

UKULELE STRUM (UKU)

RUNS ALL YEAR

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 26th

Venue: Tawa Community Centre

WINE APPRECIATION (WIN)

6 SESSIONS

Leader: Reg Hammond 021 569 980

ermp.hammond@gmail.com

Coordinator: Pat Hammond 027 335 0038

exlibrarypat52@gmail.com

Enjoy wine? Interested in trying some that you might not otherwise experience? Come along to these sessions, taste some wines and share your views on them. Some food will be provided. A charge of approximately \$10 per session will apply, to cover the cost of the wine and food. Time to be decided but probably early evening.

Thursdays, fortnightly.

Starts: TBA

Venue: Member's home

WRITE IT! (WIT)

RUNS ALL YEAR

Coordinator: Lola Gudsell 232 6110 / 021 147 0133

qudsellco@gmail.com

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 6th

Venue: Tawa Community Centre, Boardroom entrance

Remember -

We have a reciprocal agreement with Porirua U3A (only Porirua, not Wellington).

Their members can join our courses, and we can join theirs.

Have a look on their website u3amana.org.nz

to see if any of their courses appeal to you

Do you have any ideas for new courses?

If so, jot them down here and let the

Course Coordinator know.