

## **U3A TAWA COURSES A - Z SUPPLEMENT JULY to DECEMBER 2021**

**Simply insert this supplement inside  
your 2021 Course Booklet**

**For more information on Courses please visit  
[www.u3atawa.org.nz](http://www.u3atawa.org.nz) or contact the Leader or Coordinator**

**New Courses** : some venues, dates and other details are still to be confirmed. If a topic interests you, please enrol and we'll contact you with updates as they become known.

**Ongoing Courses** are listed after the new courses. Any changes in venue, time, etc are noted; all other details will be as shown in the 2021 Course Booklet. If you enrolled in Semester One there is no need to enrol again for ongoing courses.

If you enrol for a new course and it means that you are no longer able to attend a course you are currently enrolled for, please let the coordinator of that course know you will no longer be attending.

## SEMESTER TWO, 2021 - NEW COURSES

### **CYCLE RAMBLERS (CYR)**

Leader/Coordinator: Jenny Cullen 234 1767

[jencullen42@gmail.com](mailto:jencullen42@gmail.com)

When: 1st Thursday of the month @ 10am, starting July 1st

Where: Redwood Railway Station, Wellington-bound

Join us for a trip on the train to places suitable for a bike ride, all within the 9.00 - 3.00pm Gold Card window. Please note that the assembly point is likely to change month to month, but will always be advised prior to the trip.

### **LITERATURE (LIT)**

Coordinator: Valerie Saxton 232 7303 / 021 166 3373

When: Wednesdays October 13th and November 17th @ 1.30pm

Where: Tawa Library

1. Mary-Lynn will present another of her favourite Katherine Mansfield stories.
2. Have you a favourite poem to share?

### **MOVIE GROUP (MOV)**

Coordinator: Pat Hammond 027 335 0038

[exlibrarypat52@gmail.com](mailto:exlibrarypat52@gmail.com)

When: 1st Wednesday of the month, starting August 4th.

Time will depend on screening times of the chosen films

Where: Lighthouse Cinema, Pauatahanui

Come along and see a good film or two, and enjoy a free tea or coffee, courtesy of Lighthouse Cinema. Suggestions of upcoming films you would like to see will be welcomed. We can share transport to the cinema.

## **PHILOSOPHY : ITS IMPACT ON OUR LIVES (PHI)**

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

[dogsnake33@gmail.com](mailto:dogsnake33@gmail.com)

When: 3rd Thursday of the month, 10am

Where: Luke Chapel, Tawa Union Church

Philosophy is a vital activity that has impacted on human lives for eons. It has transformed societies and is a tool of reasoning that changes over time in terms of detail but not in its essential functions.

With intense class participation Dave will look at:

- The plain Language ideas of Socrates and those of the Everyday Language school from Cambridge (1930s)
- How the Enlightenment/Age of Reason happened
- How many commonly held views of such standard ideas as *Cogito Ergo Sum* are slightly erroneous or limiting
- Philosophers were real people with penetrating minds AND human bodies that give practical effect to mindfulness (Philosophy is not solely a mental phenomenon)
- How Philosophy is embedded in poetry and songs e.g. Joni Mitchell, Cole Porter.
- Philosophy is a lively subject, certainly not a disconnected/dead one and produces real social effects across time.
- Much Philosophy relies on the use and analysis of language. Precise language is now under threat. Philosophy can adjust and reduce areas of misunderstanding or give more valid weight to misused words.
- Look at some unusual uses for Modern Philosophy e.g. Noam Chomsky's *The Responsibility of Intellectuals* in the Vietnam War

### **PICKLEBALL (PBL)**

Coordinator: Alison Bayly 027 437 9215

[wiseowlalison@gmail.com](mailto:wiseowlalison@gmail.com)

When: Wednesdays, 10.00 to 11.00 am, July 7,14, 21, 28

Where: Wellington North Badminton Club, Taylor Park, Tawa

Try out a new sport - the first two weeks will cost our regular \$2, the sessions on the 21st and 28th will cost \$5, a contribution to the running costs at the Badminton Club

### **QUIZ (QUZ)**

Leader/Coordinator: Pat Hammond 027 335 0038

[exlibrarypat52@gmail.com](mailto:exlibrarypat52@gmail.com)

When: July 20th, September 21st, November 23rd

Where: Tawa Union Church Hall

### **SCOTTISH HISTORY (SCH)**

Leader: Maureen Johnston

Coordinator: Alison Bayly 027 437 9215

[wiseowlalison@gmail.co](mailto:wiseowlalison@gmail.co)

When: Tuesday, July 13th, 10.00 to 11.30

Where: The Boardroom, Tawa Community Centre

A People Like No Other – A glimpse into the early history of northern Scotland.

The Romans named them “The Picts”. But who were they? You may decide from the facts to be presented to you whether they were the Barbarians, as described in detail by the Romans, or a people with the skills to halt the advance of this powerful, invading army.

Much has been discovered in recent times that is full of interesting archaeological evidence and tantalizing clues which may help you to form your own opinions and to determine why many can proudly claim the 10% Pictish DNA that exists in Scots today.

### **SCRABBLE** (Jointly with Mana U3A)

Contact: John Bolland 232 6126

[bollywelly@gmail.com](mailto:bollywelly@gmail.com)

When: Monthly, Friday mornings

Where: Member's home

We have been invited to join Mana U3A members in their Scrabble games. It's good for keeping the brain active! Contact John Bolland if you're interested.

### **TAI CHI (TCB)**

Leader: Brenda Wordsworth, Tawa Tai Chi

Coordinator: Alison Bayly 027 437 9215

[wiseowlalison@gmail.com](mailto:wiseowlalison@gmail.com)

When: Wednesdays, 1.30 to 2.30pm, August 4, 11, 18, 25

Where: Linden Community Centre

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.

### **TAI CHI (TCM)**

Leader: Mercedes Godinez

Coordinator: Pat Hammond 027 335 0038

[exlibrarypat52@gmail.com](mailto:exlibrarypat52@gmail.com)

When: 1st & 3rd Fridays of the month @ 10 - 11.00am

Where: Luke Chapel, Tawa Union Church

Mercedes teaches contemporary forms using Yang Style. All exercise movements done in a session have their Health Benefits. Repetitions are normal in TaiChi to improve the movement. These are relaxed and controlled movements, which will help improve fitness and flexibility and reduce the risk of joint injury.

## **CONTINUING COURSES, 2021**

**Please note : Any amendments are underlined,  
all other details are as shown in the 2021 course booklet**

<b>ANCESTRY SEARCH (ANS)</b>	Continues from July 16th
<b>ART GROUP (ART)</b>	Continues from July 1st
<b>BEAD NECKLACES (BNK)</b>	<b><u>September 1, 8, 15, 22, 29</u></b>
<b>BOOKS 1 (BK1)</b>	Continues from July 12th
<b>BOOKS 2 (BK2)</b>	Continues from July 26th
<b>BOTANY (BOT)</b>	Continues from July 12th
<b>CHOIR (CHR) - U3A Singers</b>	<b><u>Resumes July 26th</u></b>
<b>COMPUTING CHATTER (CMP)</b>	Continues from July 22nd
<b><u>Coordinator: Diane Cashmore <a href="mailto:flossie@xtra.co.nz">flossie@xtra.co.nz</a> 232 3152</u></b>	
<b>CURRENT AFFAIRS (CAF)</b>	Continues from July 7th
	<b><u>Where: St. Christopher's Church Annexe</u></b>
<b>DISCUSSION GROUP (DIS)</b>	Continues from July 14th
<b>DROP-IN PHILOSOPHY (DPH)</b>	Continues from July 1st
	<b><u>When: Thursdays fortnightly @ 2.30pm</u></b>
	<b><u>Where: Sprig &amp; Fern Tavern, Tawa</u></b>

<b>GARDEN GROUP (GGP)</b>	Continues from July 2nd
<b><u>Coordinator: Jeanette Satterthwaite</u></b>	
<b><u><a href="mailto:jsatterthwaite26@gmail.com">jsatterthwaite26@gmail.com</a> 027 348 7475</u></b>	
<b><u>When: 1st Friday of the month @ 9.30</u></b>	
<b><u>Where: Emmaus Centre, St Christopher's Church</u></b>	
<b>GROWING FOOD (GFD)</b>	<b><u>September 1, 8, 15, 22, 29</u></b>
<b>HEALTH ISSUES (HLT)</b>	Continuing
<b><u>When: Thursdays July 15th &amp; August 19th @ 9.30am</u></b>	
<b><u>Where: Tawa Union Church</u></b>	
<b>INDOOR BOWLS (INB)</b>	<b><u>July 7, 14, 21, 28</u></b>
<b>INDOOR GAMES (ING)</b>	Continues from July 7th
<b>KEEP-FIT CLASSES (KFT)</b>	Continues from July 1st
<b>KNITTING FOR CHARITY</b>	<b><u>Continues from July 6th</u></b>
<b>LUNCH GROUP (LCH)</b>	Continuing
<b>MECCANO (MEC)</b>	Continues from July 12th
<b>MUSIC PERFORMANCE GROUP (MPG)</b>	Continues from August 5th
<b>NEW BOOKS IN LIBRARY (NBL)</b>	Continues from July 8th
<b>NEW BOOKS IN LIBRARY (NB2)</b>	Continues from July 22nd
<b>OUTDOOR GAMES (OUG)</b>	Continues from July 2nd

**PIANO RECITAL (PNO)**

**September 14th**

**RAMBLERS (RBS)**

Continues from July 1st

**SCRAP-BOOKING (SCB)**

Continues from July 2nd

**TABLE TENNIS (TTN)**

Continues from July 1st

**THEATRE VISITS (THV)**

Continuing

**TRAVEL ADVENTURES (TRA)**

Continues from July 9th

**UKULELE (UKU)**

Continues from July 2nd

**WRITE IT! 1 (WI1)**

Continues from July 13th

**WRITE IT! 2 (WI2)**

Continues from July 6th

### **Important notice to all members**

U3A Tawa will be printing and delivering course booklets from now onwards only for those members who don't have internet access. This will include the 2022 course booklet. The costs of both printing and delivery have risen, and this has caused us to make this decision. Up-to-date course information will be available on the website [www.u3atawa.org.nz](http://www.u3atawa.org.nz) We will be printing a shorter version of the course listings, which will be available at the AGM and from the Tawa Library and Tawa Community Centre.