



Naturaliste U3A Inc.

2020 Courses - Semester 1

Naturaliste U3A Inc. Contact Details

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ENROLMENT PROCEDURE

SEMESTER 1 ENROLMENT

Annual Subscription for calendar year 2020 is \$25.00 - this can be paid from 13th December 2019.

ONLINE Enrolment opens on 11th JANUARY 2020

From **6th January** Courses can be viewed online.

You can enrol on the **15th January** at Nova Village (corner of Bussell Hwy and Bell Drive) between **10am and 12pm**

You can enrol on the **17th January** at The People Place 19-21 Kent Street between **2pm and 4pm**

Please Note – Course codes ending in a 'Y' are yearly courses (with one or more breaks) and **participants need only enrol once at the beginning of the year for these courses.** Vacancies **may** arise during the year opening up positions for those members who are on the waitlist. Each member may enrol in up to 7 courses initially.

Applications for enrolment in selected courses may be made on our website or in person in the following ways:

1. Every existing U3A Member has a Member Number and Password that is required for logging into UMAS. More details are provided on our website <https://u3anaturaliste.com.au>.
2. From 6th January Courses can be viewed on UMAS via our website.
3. From 11th January Members can complete the Course Enrolment process by following the instructions on UMAS via our website (as above).
4. Postal enrolments can be completed using the attached Enrolment Form and forwarded to **Naturaliste U3A, PO Box 1792, Busselton, WA 6280** or bring to Enrolment sessions as outlined above. Postal enrolments should arrive by 10th January at the latest. Please allow **5 business days** for delivery if posting.

Membership is open for (calendar year) renewal at any time and can be paid by direct transfer to: **Naturaliste U3A Account, BSB: 036 123 Account Number: 378016, Reference: Your Member number**

5. Membership and Enrolment forms will also be available at The People Place, Kent St. Busselton

COURSE FEES: Course fees are to be paid to the Course Leader at the beginning of the Course. This fee may include expenses such as room hire, photocopying, materials, light refreshments, as applicable.

N.B Course Leaders will inform Members of any adjustments to the advertised dates e.g. public and school holidays.

- All Course Enrolment forms will be processed after the close of the enrolment period on Friday 17 January 2020. Please allow 5 business days for delivery if posting.
- Once enrolment forms have been processed, successful students will be notified by the relevant course leader.
- If you have specific needs to enable you to attend a course, please contact the Course Leader **prior** to the Course so that any necessary arrangements can be discussed.

1st Semester 2020**Courses Breakdown by Day**

<u>Start Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8am				Let's Walk & Talk	
9am	Zippered Pouches				Art Workshop
9.30am		Into Drama Putting On a New Face - 1/2 day Work Shops 1-5	Tap Dancing-Advanced		
10am	Drawing Made Easy Keep Your Marbles - Brain Health & Ageing 1/2 day	Let's Talk Discussion - TED TALKS	French Conversation Music Appreciation	Oh Crumbs 1/2 day Let's Talk History - The English Crown Unleashing Your Creative Spirit	
10:15am	Coffee Meet-up				
10.30am			Film Club		
11am	Continuing French				
1pm	Creative Writing Essential Oils - What's The Buzz?	Brain Games	Tap Dancing - Beginners		
1.30pm	Modern Board Games		Scrabble	Flower Essences	
1.45pm		Mah Jongg For Beginners		Mah Jongg	
2pm		Book Club 1 Book Club 2			Singing for Pleasure
2.30pm			A Zoologist in a Wildflower Wonderland		
4pm	Dru Yoga	Dru Yoga			

U3A SUMMARY OF 2020 COURSES

	Frequency	Dates	Time
Monday			
Zippered Pouches	Weekly	9/3 - 20/4	9:00 - 12:00
Drawing Made Easy	Weekly	20/1 - 14/12	10:00 - 12:00
Keep Your Marbles - Brain Health & Ageing	Workshop	11/5	10:00 - 12:00
Coffee Meet Up	Monthly	24/2 - 29/6	10:15 - 12:00
Continuing French	Weekly	9/3 - 8/6	11:00 - 12:00
Creative Writing	Fortnightly	17/2 - 7/12	1:00 - 3:00
Essential Oils - What's The Buzz?	2 week course	9/3 - 16/3	1:00 - 3:00
Modern Board Games	Fortnightly	10/2 - 29/6	1:30 - 4:00
Dru Yoga - Monday	Weekly	20/1 - 14/12	4:00 - 5:30

Tuesday

Into Drama	Weekly	11/2 - 23/6	9:30 - 11:30
Putting On a New Face	Workshops 1-5	18/2 - 17/3	9:30 - 12:30
Let's Talk Discussion - TED TALKS	Weekly	17/3 - 28/4	10:00 - 11:30
Brain Games	Monthly	11/2 - 10/11	1:00 - 3:00
Mah Jongg For Beginners	Weekly	28/4 - 9/6	1:45 - 3:45
Book Club 1	Monthly	4/2 - 1/12	2:00 - 4:00
Book Club 2	Monthly	4/2 - 1/12	2:00 - 3:00
Dru Yoga - Tuesday	Weekly	21/1 - 15/12	4:00 - 5:30

Wednesday

Tap Dancing – Advanced	Weekly	4/3 - 16/12	9:30 - 10:15
Music Appreciation	Fortnightly	5/2 - 18/3	10:00 - 12:00
French Conversation	Weekly	5/2 - 2/12	10:00 - 12:00
Film Club	Monthly	5/2 - 2/12	10:30 - 1:30
Tap Dancing – Beginners	Weekly	4/3 - 16/12	1:00 - 1:45
Scrabble	Weekly	8/1 - 16/12	1:30 - 4:30
A Zoologist in a Wildflower Wonderland	Weekly	11/3 - 15/4	2:30 - 4:00

Thursday

Let's Walk & Talk	Weekly	16/1 - 3?/12	8:00 - 10:00
Oh Crumbs	Workshop	26/3	10:00 - 2:00
Let's Talk History - The English Crown	Fortnightly	30/4 - 9/7	10:00 - 12:00
Unleashing Your Creative Spirit	Fortnightly	26/3 - 2/7	10:00 - 12:00
Flower Essences	Weekly	12/3 - 2/4	1:30 - 3:30
Mah Jongg	Weekly	9/1 - 17/12	1:45 - 4:45

Friday

Art Workshop	Workshop	28/2	9:00 - 11:30
Singing for Pleasure	Fortnightly	7/2 - 17/4	2:00 - 4:00

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Art and Craft and related Courses

20ARTS1: Art Workshop

Type: Half-day

Dates: 28/02/2020 - 28/02/2020

1/2 Day Course, Fri 9:00 - 11:30

Location: Leader's Home 10 Toolburra Pass West Busselton Course Leader: Patricia Holyoake

Contact: 9754 3096

This is an opportunity to explore your hidden creative talents. Discover a variety of art materials and various methods for producing your own works of art. A wide range of mediums are available including colourful collage papers and texture products, acrylic paints, pastels, inks and watercolours. All materials will be provided.

The fee is \$10. Contact the course leader Pat on 97543096.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend the course, so someone who may be on the waitlist can be notified.

20CQSS1: Oh Crumbs

Type: 1/2 day

Dates: 26/03/2020 - 26/03/2020

1/2 Day Course, Thu 10:00 - 2:00

Location: Leader's Home Dunsborough tba

Course Leader: Jeni Winslow

Contact: 0415 868 449

If you can machine sew a straight line & enjoy working with fabric, come & enjoy using up all those scraps and create 'crumb quilt' blocks. This is fun, creative, stress free and possibly addictive! No quilting experience needed. You will need to bring: Sewing machine, extension cord, thread, scissors, pins Scraps of cotton quilt fabrics. ** if you don't have scraps I have plenty to share. Course leader : Jeni Winslow. Course location and max number of enrolments to be advised.

The fee is \$10 (will be donated to 'Days for Girls' charity). BYO lunch Morning tea provided.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend the course, so someone who may be on the waitlist can be notified.

20DRWY: Drawing Made Easy Type: Long Course

Dates: 20/01/2020 - 14/12/2020

Weekly Course, Mon 10:00 - 12:00

Location: Leader's Home 15 Bignell Drive Busselton

Course Leader: Lynne Thompson

Contact: 0422 244 306

Learn how to draw using principles from "Drawing from the Right Side of the Brain" by Betty Edwards. Using techniques such as hatching, shading, line drawing etc, you will be surprised by your hidden talent and able to produce some truly beautiful images. Lynne Thompson, 15 Bignell Drive, West Busselton. Phone: 0422244306 email: lynnethompson20@gmail.com. Please note that there is a two-week gap in classes during school holidays.

Also there will be NO CLASSES between June 22nd and July 20th 2020 (i.e. there will be a three-week gap)

The fee is \$10 to be paid to course leader each week in order to cover cost of materials, photocopying etc.

Requirements are : 1 x 2b pencil, 1 x 4b pencil, an A4 drawing pad, a sharpener and a plastic eraser. Morning tea/coffee is provided.

IMPORTANT: Because of the demand for places, ALL enrollers will initially be placed on a waitlist, and the class list will be finalised later after discussion with the Course Leader.

Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

Art and Craft and related Courses Cont'd

20POUZS1: Zippered Pouches

Type: Short Course

Dates: 09/03/2020 - 20/04/2020

Weekly Course, Mon 9:00 - 12:00

Location: William Carey Court 450 Bussell Highway Broadwater **Course Leader: Clare Parry**

Contact: 0407 477 461

In this class you will learn to make several styles of zippered pouches. I can show you how to conquer a zip so that it will look professional. You need basic sewing skills to achieve this, but if you are a confident sewer I can make it more challenging. You will only need small amounts of fabric so if you have some at home there is no need to buy more. The zip must have nylon teeth so your machine will be happy to sew over it. Pouches have endless uses, as a gift bag, cosmetic bag, pencil case, coin purse, trinkets and many more.

The fee is \$10 to be paid to Course Leader on day one. Please bring your own sewing machine! NB There is NO class on April 13th. Contact course leader Clare on 0407 477 461.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend the course, so someone who may be on the waitlist can be notified.

Discussion Groups

20BRAIY: Brain Games

Type: Long Course

Dates: 11/02/2020 - 10/11/2020

Monthly, on 2nd Tue 1:00 - 3:00

Location: The People Place 19-21 Kent Street Busselton

Course Leader: Joan Parke

Contact: 0410 667 696

This course has been designed to encourage mental agility through a range of activities to stimulate each area of the brain in a socially friendly and interactive way. A variety of exercises will include verbal and numerical tasks, spatial recognition, logical thinking, short and long-term memory, creative and lateral thinking activities. Important components of each session are laughter and fun!! Contact course leader Joan on 0410 667696.

The fee of approx. \$25 per semester includes room hire, materials and refreshments, payable at the first session of the semester.

IMPORTANT: Could you please inform the Course Leader if your circumstances change and you are unable to attend so that if someone who may be wait-listed can be notified of a vacancy.

20LTKTS1: Let's Talk Discussion - TED TALKS

Type: Short Course

Dates: 17/03/2020 - 28/04/2020

Weekly Course, Tue 10:00 - 11:30

Location: The People Place 19-21 Kent Street Busselton

Course Leader: Joan Parke

Contact: 0410 667 696

TED Talks – ideas worth spreading. On offer again, there are numerous interesting TED Talks (check out on YOUTUBE), that stir our curiosity and broaden our horizons. They are presented by speakers from across the world and include environmental, educational, inspirational and creative topics. Dozens of ideas to stimulate our thinking and discussion! The format is that we will watch three or four Talks, depending on their length, each session and discuss each one. Participants will be given a brief overview of each Talk for following up and they will be encouraged (by Googling TED Talks) to find a Talk they particularly find interesting to recommend to others.

The fee of is approx. \$25 (depending on number of participants) and is to be paid on the first day. This includes room hire and refreshments. *PLEASE NOTE* There will be NO CLASS on April 14th !!! Contact course leader Joan on 0410667696.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend the course, so someone who may be on the wait list can be notified

Exercise

20TAPAY: Tap Dancing Advanced for Seniors

Dates: 04/03/2020 - 16/12/2020

Location: Jazz Attack Studio 5 Cook Street Busselton

Contact: 0401 626 371

Type: Long Course

Weekly Course, Wed 9:30 - 10:15

Course Leader: Penny Swingler

This class will be for those who have tap danced before or been involved in the U3A class since 2016. This class is for those who are familiar with tapping steps eg, 'shuffle, ball change and time step'. Each week a new part of the routine will be introduced. I envisage two routines will come together over the year. Tapping is great for the bones, balance and above all, it is fun. The course will last the whole year with a break for September. Also no classes will be held during the school holidays.

\$40 FEE FOR STUDIO HIRE TO BE PAID TO COURSE LEADER. Jazz Attack Studio is located at 5 Cook St. Busselton

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

20TAPBY: Tap Dancing for Beginners/Seniors

Dates: 04/03/2020 - 16/12/2020

Location: Jazz Attack Studio 5 Cook Street Busselton

Contact: 0401 626 371

Type: Long Course

Weekly Course, Wed 1:00 - 1:45

Course Leader: Penny Swingler

Always wanted to tap dance? Here's your chance. Tap dancing is great for the bones, it's a form of meditation, (you have to concentrate), it improves cognitive function, muscle strength and flexibility, (according to a German study) and it's fun! The class introduces tap steps which eventually will become a routine. Tapping is great fun when a routine comes together. There is lots of laughter and you get to imagine yourself as a showgirl or a show-person. The class will be especially catered for seniors – no jumping or twisting and low-to-the-ground steps. The course will last the whole year with a break for September. Also no classes will be held during the school holidays.

The course cost is \$40 for the studio hire. If possible bring tap shoes, otherwise bring hard soled leather shoes. Also bring layered loose clothing and a water bottle.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

20WALKTY: Let's Walk and Talk

Dates: 16/01/2020 - 03/12/2020

Location: Busselton Jetty Geographe Bay Rd Busselton

Contact: 0408 752 747

Type: Long Course

Weekly Course, Thu 8:00 - 10:00

Course Leader: Gwen Braden

A social walk can be as easy or as strenuous as you like. It is an opportunity to come and exercise and to be with friendly people. We will meet at the Jetty so we can walk and talk to the Geographe Bay Yacht Club, or to the Hospital and back or maybe even a walk along the Jetty, walking at a pace that suits you. Although our walks are all based along the foreshore, we see the changing 'moods' of the ocean, the beach sands through the seasons and the beauty of the morning skies-just to be out and about is great! We can turn back anytime. Morning tea is usually at The Goose. Times and start times may vary depending on the time of year. Hopefully we can keep walking through the summer. Our winter walks usually start a little later. Apart from the exercise, this group provides an ideal way to meet new people and make new friendships.

FEE: PAY FOR YOUR OWN MORNING TEA

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

Games

20MBGS1: Modern Board Games

Dates: 10/02/2020 - 29/06/2020

Location: Leader's Home 163 Pinnacle Avenue Ambergate

Contact: 0404 502 552

Type: Long Course

Fortnightly, Mon 1:30 - 4:00

Course Leader: Penny Carrier

Do you like playing board games? Want to have some fun afternoons learning some modern board games, these look rather different to more well-known games such as Monopoly or Scrabble, but they are now growing in popularity around the world. There are more than 85,000 board games in existence today. Modern board games offer a wide range of themes and complexity, are engaging and, above all, fun. The games we will be playing are easy to learn, have simple but clever rules, high social interaction and an emphasis on strategy and tactics over luck. We might be building a railway across Europe (Ticket to Ride), growing and trading beans, (Bohnanza) eating at a sushi restaurant and trying to grab the best combination of sushi dishes as they whiz by (Sushi Go), co-operatively fighting a fire (Flashpoint Fire Rescue) or saving the world from 4 deadly diseases (Pandemic).

The course leader is a member of the WA Boardgaming Association, has been running a board games club in Busselton since 2011 and has a collection of over 100 games.

COST: \$20 course fee is to be paid to course leader on Day 1. Light refreshments will be available.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

20MJOBS1: Mah Jongg for Beginners

Dates: 28/04/2020 - 09/06/2020

Location: Salvation Army Cnr Kent & Brown Streets Busselton

Contact: 0412 689 252

Type: Short Course

Weekly Course, Tue 1:45 - 3:45

Course Leader: Don Wright

Have you ever caught the moon from the bottom of the sea? Perhaps not ... Well in that case, what about gathering plum blossom from the roof? And just in case you have no idea what I'm talking about then so much the better, it's time to learn from scratch the fascinating game of Mah Jongg, which (subject to poetic licence) arose from the mists of an ancient Chinese Kingdom centuries ago and was played by emperors. No watered down rules here, we will be following the Eastern rules as prescribed by the definitive treatise "The Complete Game of Mah Jongg" by A.D Millington. Here's looking forward to sorting out your dragons, winds, pongs, kongs and chows in the first semester of 2020!

Course fee will be between \$20 and \$30 (depending on final numbers), payable to course leader on day 1. The Salvation Army Hall is on the corner of Kent St. and Brown St. Busselton.

IMPORTANT: Because the number of potential students is impossible to predict, ALL enrollees will initially be placed on the waitlist as per the deferred enrolment procedure. The class list will be finalised later after discussions with the course leader. Any queries, call Don on 0412689252.

If you enrol and then your circumstances change, please tell the course leader as soon as possible, as it means that anyone still on the wait list can be notified of a vacancy.

Games Cont'd

20MJOGGY: Mah Jongg

Type: Long Course

Dates: 09/01/2020 - 17/12/2020

Weekly Course, Thu 1:45 - 4:45

Location: Salvation Army Cnr Kent & Brown Streets Busselton Course Leader: Wendy Beames

Contact: 9754 6042

An ongoing course playing the Chinese game. The group has been playing for eight years, and consists of experienced players. It is a social group. Equipment is provided. **NO VACANCIES** currently. Interested experienced parties please contact Wendy Beames to go on a waiting list. Note that there is a separate course for beginners wishing to learn the game.

FEE OF AROUND \$20 PER SEMESTER TO BE PAID TO COURSE LEADER. The Salvation Army Hall is on the corner of Kent St. and Brown St. Busselton.

IMPORTANT: Because this course is not for beginners, ALL enrolees will initially be placed on the waitlist as per the deferred enrolment procedure. The class list will be finalised later after discussions with the course leader. If you enrol and then your circumstances change, please tell the course leader as soon as possible, as it means that anyone still on the wait list can be notified of a vacancy.

20SCRAY: Scrabble

Type: Long Course

Dates: 08/01/2020 - 16/12/2020

Weekly Course, Wed 1:30 - 4:30

Location: Leader's Home 7 Nougat Crescent Yalyalup

Course Leader: Diana Hannemann

Contact: 0408 955 758

A casual afternoon playing Scrabble. We play a few games, have afternoon tea and enjoy ourselves. Anyone can join us! Contact Diana on 0408955758. We meet at the homes of our group members on a rotational basis. Afternoon tea is provided by the afternoon's host or by a volunteer. Don't worry if your home is unable to accommodate up to 16 players, we organise venues weekly.

A course charge of \$5 will be levied at the start of the year to cover photocopying, purchase of extra Scrabble sets & Dictionaries as required.

PLEASE NOTE: You must be a financial member of U3A Naturaliste prior to the start of the SCRABBLE YEAR. Membership fee can be paid from 13th December 2019. This is to ensure coverage by the U3A insurance prior to the commencement of the formal U3A Naturaliste year.

IMPORTANT: Because the number of potential students is impossible to predict, ALL enrolees will initially be placed on the waitlist as per the deferred enrolment procedure. The class list will be finalised later after discussions with the course leader.

Health Related

20BHAS1: Keep Your Marbles- Brain Health & Ageing

Type: 1/2 day

Dates: 11/05/2020 - 11/05/2020

1/2 Day Course, Mon 10:00 - 12:00

Location: William Carey Court 450 Bussell Highway Broadwater Course Leader: Jeni Winslow

Contact: 0415 868 449

Come & learn some of the basic lifestyle factors that may help us 'keep our marbles' and enjoy optimal wellbeing into our golden years. Course Leader is Jeni Winslow, holistic OT.

Fee is \$5 donation (will go to Days for Girls charity).

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

History

20HISS1: Let's Talk History - The English Crown

Dates: 30/04/2020 - 09/07/2020

Location: Nova Village 502 Bussell Highway Broadwater

Contact: Elaine Hogan - 0410 539 361

Cathy Oldman - 0432 844 662

Type: Short Course

Fortnightly, Thu 10:00 - 12:00

Course Leaders: Elaine Hogan

Cathy Oldman

This informal group for those with an interest in English history, will meet fortnightly to share, consider and discuss the Kings and Queens of England. In the first Semester we will cover the Normans, The Plantagenets and The Wars of the Roses. This is an introductory course that will develop as we progress. The course will be based on the U3A online course written by Peter Rose. This is a review of the lives and reigns of the individuals and their families who have worn the crown of England during this period. The Course Leaders are not Historians and it is not an academic study, but an opportunity to discuss some of the people who shaped English history and have some fun as well.

The units to study will be emailed as a PDF to enrollees who will need to be able to either view the document to read on screen, or print off themselves to read. As it is a PDF the links in the course material will not work. If you do not have access to a computer please contact Elaine on 0410 539 361. It may be possible to provide copies, but only printed in black and white.

There will be a fee of approximately \$20 (but may be more, or less, depending on numbers) for the Semester. This will cover the cost of the U3A Online License, light refreshments, room hire and photocopying of hand outs.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

Language

20FRCONY: French Conversation

Dates: 05/02/2020 - 02/12/2020

Location: Stilts Holgate Street Broadwater

Contact: 0457 107 681

Type: Long Course

Weekly Course, Wed 10:00 - 12:00

Course Leader: Elizabeth Horne

Come along and enjoy practising new skills, or refreshing previous French language learning, through lively conversation over coffee and perhaps even a croissant! This will be an informal group, meeting for the pleasure and interest in speaking French in a comfortable, social situation. A basic knowledge of French is required.

Fee: Pay for your own refreshments at Stilts.

IMPORTANT: Because the number of potential students is impossible to predict, ALL enrollees will initially be placed on the waitlist as per the deferred enrolment procedure. The class list will be finalised later after discussions with the course leader.

Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

20FRENS1: Continuing French

Dates: 09/03/2020 - 08/06/2020

Location: Nova Village 502 Bussell Highway Broadwater

Contact: 0438 991 114

Type: Long Course

Weekly Course, Mon 11:00 - 12:00

Course Leader: Ted Witham

This is a continuation of 2019's course. The classes consist of a combination of grammar and conversation. Members who are looking to join the course will need to have completed at least five years of High School French or its equivalent. Preference will be given to current members of the class. The class list will be finalised after consultation with the course leader. **IMPORTANT:** Because the number of potential students is impossible to predict, ALL enrollees will initially be placed on the waitlist as per the deferred enrolment procedure. The class list will be finalised later after discussions with the course leader.

FEE to be paid to Course Leader. Cost of course, which includes room hire and photocopying, is \$20. Cost of text will be between \$30 and \$40. Novacare Lifestyle Village is at 502 - 546 Bussell Highway, Broadwater, entry off Bell Drive.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

Literature

20BOOK1Y: Book Club 1

Dates: 04/02/2020 - 01/12/2020

Location: Nova Village 502 Bussell Highway Broadwater

Contact: Maureen Ebbs - 9755 8660

Brenda Pirrit - 0418 901 506

Type: Long Course

Monthly, Tue 2:00 - 4:00

Course Leaders: Maureen Ebbs

Brenda Pirrit

If you enjoy a good read, stimulating discussion and can recommend to the group a book you could not put down come along and join like minded readers at our Book Club. We source our books from the Busselton Library's bulk loans.

\$10 fee to be confirmed. To be paid to Course Leader on day one.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

20BOOK2Y: Book Club 2

Dates: 04/02/2020 - 01/12/2020

Location: Leader's Home 32 Reynolds Street Busselton

Contact: 0457 107 681

Type: Long Course

Monthly, Tue 2:00 - 3:00

Course Leader: Elizabeth Horne

This course is for bookworms who enjoy discussing books and sharing good reads in a relaxed social atmosphere. We usually source our books from the Busselton Library's bulk loans.

\$10 fee to be confirmed. To be paid to Course Leader on day one.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

20DRAMS1: Into Drama

Dates: 11/02/2020 - 23/06/2020

Location: Weld Queen Street Busselton

Contact: 0439 441 703

Type: Long Course

Weekly Course, Tue 9:30 - 11:30

Course Leader: Gwyn Cracknell

Through dramatised play readings you will experience the power of live theatre to entertain, move and inspire US, the audience. An introduction to some of the great playwrights and dramatists: from Sophocles and Aeschylus to Shakespeare, Chekhov, Ibsen, Synge, O'Neill, Miller, Williams, Williamson, Davis, Winton ... Discover how to project yourself into another character in Comedy, Tragedy, Melodrama, Farce and modern socio-drama. DRAMA: THE MOST DYNAMIC OF LITERARY FORMS, THE MOST CHALLENGING.

\$20 fee to be paid to Course Leader on day one.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

Mind Body Spirit

20ESOLS1: Essential Oils - What's the Buzz?

Type: Short Course

Dates: 09/03/2020 - 16/03/2020

2 Week Course, Mon 1.00 - 3:00

Location: William Carey Court 450 Bussell Highway Broadwater Course Leader: Jeni Winslow

Contact: 0415 868 449

With a growing trend in essential oil use, come & learn what an essential oil is, how to use them, ethical sourcing plus tips and precautions. Week one: Basic introduction, make & take personal wearable oil diffuser with sample oil of choice. Morning tea included with oil infused home baked goodies. Week two: Non toxic household products (you will take home samples), Oils & emotions, hand massage, cooking with oils. Taste some different oil infused goodies for morning tea (chocolate may be involved !!)

Cost is \$20 for both sessions & includes handouts, samples and morning tea. Course leader is Jeni Winslow, Holistic Occupational Therapist & Essential oil educator.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

20FLOWS1: Flower Essences

Type: Short Course

Dates: 12/03/2020 - 02/04/2020

Weekly Course, Thu 1:30 - 3:30

Location: Leader's Home 3/5 Yale Close Abbey

Course Leader: Jill Ilott

Contact: 0402 920 557

Learn how to use Flower Essences for recognising and balancing emotional reactions to others and situations in your day to day life.

Flower Essences have been around since the 3rd century - even our own Aboriginals have been using them for generations. In this course we will be covering the history, the Doctrine of Signatures, how the flowers are collected and made into the Mother Tincture, and how they are dispensed for our use in emotional and physical imbalances. Each participant will choose a current 'stumbling block' that infringes on their feeling of wellbeing - whether a negative belief system they are running or a reaction to somebody or something outside themselves that they wish to balance out. Participants will make up an essence tailored to their own individual requirements, take it for 2 weeks and then give feedback to the Group. A liberating experience!!

Fee is \$40 which covers handouts, tinctures and refreshments payable to course leader on day one.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

20MBSS1: Unleashing Your Creative Spirit

Type: Short Course

Dates: 26/03/2020 - 02/07/2020

Fortnightly, Thu 10:00 - 12:00

Location: Nova Village 502 Bussell Highway Broadwater

Course Leader: Lorraine Watts

Contact: 0408 127 674

This 8 week course was written by Cate Russell-Cole for U3A Online and Naturaliste U3A has a licence to run it locally. It includes the following units: 1. What is creativity anyway? 2. Who is creative? 3. Capturing the muse 4. Stuck or free? 5. Finding your direction 6. Moving forward 7. Working with discouragement and failure 8. Keep on dreaming This course will help you understand what the creative journey is and how you can make it work for you. No prerequisites. Women and men are invited to attend and explore getting some of those creative ideas/projects off the ground now that you are retired.

Anticipated cost of \$20 per person (to be confirmed). Contact Lorraine Watts on 0408 127 674 for more information.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

Mind Body Spirit cont'd

20YOGAMY: Dru Yoga (Monday Class)

Type: Long Course

Dates: 20/01/2020 - 14/12/2020

Weekly Course, Mon 4:00 - 5:30

Location: The People Place 19-21 Kent Street Busselton **Course Leader: Valerie Frearson-Lane**

Contact: 0419 157 855

Dru Yoga classes offer Dru Yoga sequences and postures in a mindful way, enabling students to continue growing in their yoga practice. We will again develop and use the 'wisdom of the heart' as the foundation of our practice, and focus on a virtue such as love, kindness, gratitude, generosity for each class. Classes accommodate those who have no previous experience of yoga. If you have any queries, please contact Valerie at livingyoga@fairtel.com.au or on 0419 157 855.

\$55 Course fee per term to be paid to Course Leader.

IMPORTANT: The number of places in this course is defined by the hired space available and the number of continuing students re-enrolling. All enrollees will be placed on the waitlist as per the deferred enrolment procedure, and advised by the course leader prior to classes beginning on 20th January.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

20YOGATY: Dru Yoga (Tuesday Class)

Type: Long Course

Dates: 21/01/2020 - 15/12/2020

Weekly Course, Tue 4:00 - 5:30

Location: The People Place 19-21 Kent Street Busselton **Course Leader: Valerie Frearson-Lane**

Contact: 0419 157 855

Dru Yoga classes offer Dru Yoga sequences and postures in a mindful way, enabling students to continue growing in their yoga practice. We will again develop and use the 'wisdom of the heart' as the foundation of our practice, and focus on a virtue such as love, kindness, gratitude, generosity for each class. Classes accommodate those who have no previous experience of yoga. If you have any queries, please contact Valerie at livingyoga@fairtel.com.au or on 0419 157 855.

\$55 Course fee per term to be paid to Course Leader.

IMPORTANT: The number of places in this course is defined by the hired space available and the number of continuing students re-enrolling. All enrollees will be placed on the waitlist as per the deferred enrolment procedure, and advised by the course leader prior to classes beginning on 21st January

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

Music

20MUSS1: Music Appreciation

Dates: 05/02/2020 - 18/03/2020

Location: Leader's Home 5 Duffy Place Dunsborough

Contact: 9755 3179

Type: Long Course

Fortnightly, Wed 10:00 - 12:00

Course Leader: John Slee

The emphasis is on modern classical music (from 1750 onward). Music will include well known and much loved works, as well as others not heard so often. Occasional short pieces of modern music, such as Jazz or Pop (eg the Beatles) may also be included. However, meatier works by composers such as Wagner can't be ruled out! Discussion and sharing of the musical experience is encouraged. New members are welcome. The maximum group number for the course has been set at 30.

FEES ARE TO BE PAID TO COURSE LEADER. Usually a gold coin for morning tea/coffee each session. Please note dates are as follows: 5 Feb 19 Feb 4 Mar 18 Mar

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

20SINGS1: Singing for Pleasure

Dates: 07/02/2020 - 17/04/2020

Location: The People Place 19-21 Kent Street Busselton

Contact: 9754 3096

Type: Short Course

Fortnightly, Fri 2:00 - 4:00

Course Leader: Patricia Holyoake

Come and join in the fun of a singalong. As the popularity of group singing grows science explains why it is such a calming yet energising effect on people. It has been discovered that it is like an infusion of the perfect tranquilizer, the kind that both soothes the nerves and elevates the spirits. Our repertoire will focus on evergreen and all time favourites. Even if you think you are not a good singer you are welcome to be part of the group. 'How quiet the forest would be if only the best birds sang.' Contact course leader Pat on 97543096.

COURSE FEE OF \$20-\$25 (depending on number of enrolments) TO BE PAID TO THE COURSE LEADER ON DAY ONE.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the wait-list can be notified.

Science

20BTNYS1: A Zoologist in a Wildflower Wonderland

Dates: 11/03/2020 - 15/04/2020

Location: The People Place 19-21 Kent Street Busselton

Contact: 0477 823 338

Type: Short Course

Weekly Course, Wed 2:30 - 4:00

Course Leader: Patrick Prevett

A lecture-based course including a mix of animal and plant studies with a focus on local and regional flora. The title to the course reflects the authors ongoing interest in travel in the South West, the Fitzgerald and Lesueur National Parks and the impressive flora and scenery these regions display. Even gravel pits offer surprises!! There will be a specific focus on well-known groups of plants including banksias and peas. Australia's horrendous exotic herbivores including introduced camels, pigs, goats and others are an ongoing source of environmental damage and impact heavily on Australia's native fauna particularly mammals. An update on the scourge of the feral cat in Australia will be the topic for the final session. As always students will be encouraged to discuss issues raised and bring specimens along as appropriate. No pussy cats thank you!

If you have any queries, Patrick can be contacted on 0477 823 338.

Please bring pen and notebook. Also, teabag or coffee bag. Milk, sugar and hot water are supplied.

Cost: Approximately \$60 course fee (dependent on student enrolments) to be paid to Course Leader on day one. The charges are for room hire and to defray the publication of 'Wanderings of a zoologist in a wildflower wonderland: The South West Botanical Province' This is a colour publication of PowerPoint slides used during the teaching sessions.

IMPORTANT: If you enrol and then your circumstances change, please tell the Course Leader as soon as possible as an alternative venue may be required due to less numbers to cover costs. It also means anyone still on the wait list can be notified of a space. Because the number of potential students is impossible to predict, ALL enrollees will initially be placed on the waitlist as per the deferred enrolment procedure. The class list will be finalised later after discussions with the course leader.

Social Activities

20FAC1S1: Putting on a New Face - Workshop 1

Type: Half-day

Dates: 18/02/2020 - 18/02/2020

1/2 Day Course, Tue 9:30 - 12:30

Location: Leader's Home 6 Wirraway Pl West Busselton

Course Leader: Barbara Deeks

Contact: 9754 3448 or 0439 919 946

Five half-day workshops are being offered with a maximum of 5 participants (min 3) per session. This is the FIRST session. These workshops, apart from promising to be lots of fun, laughs and camaraderie, are designed for participants to develop new skills in doing home facials and gaining confidence in applying make-up. Barbara is a trained hairdresser and is very familiar with make-up, who is keen to offer her skills to ensure those attending get a chance to refresh techniques and feel good about their appearance in a friendly environment.

The cost of \$5 includes some facial products and refreshments. Please bring your own make-up, plus a mirror if possible.

NB: Please enrol in only ONE session out of the five. For further information contact Barbara on 97543448 or 0439 919 946, barbaradeeks46@gmail.com

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the wait list can be notified.

20FAC2S1: Putting on a New Face - Workshop 2

Type: Half-day

Dates: 25/02/2020 - 25/02/2020

1/2 Day Course, Tue 9:30 - 12:20

Location: Leader's Home 6 Wirraway Pl West Busselton

Course Leader: Barbara Deeks

Contact: 9754 3448 or 0439 919 946

Five half-day workshops are being offered with a maximum of 5 participants (min 3) per session. This is the SECOND session. These workshops, apart from promising to be lots of fun, laughs and camaraderie, are designed for participants to develop new skills in doing home facials and gaining confidence in applying make-up. Barbara is a trained hairdresser and is very familiar with make-up, who is keen to offer her skills to ensure those attending get a chance to refresh techniques and feel good about their appearance in a friendly environment.

The cost of \$5 includes some facial products and refreshments. Please bring your own make-up, plus a mirror if possible.

NB: Please enrol in only ONE session out of the five. For further information contact Barbara on 97543448 or 0439 919 946, barbaradeeks46@gmail.com

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the wait list can be notified.

20FAC3S1: Putting on a New Face - Workshop 3

Type: Half-day

Dates: 03/03/2020 - 03/03/2020

1/2 Day Course, Tue 9:30 - 12:30

Location: Leader's Home 6 Wirraway Pl West Busselton

Course Leader: Barbara Deeks

Contact: 9754 3448 or 0439 919 946

Five half-day workshops are being offered with a maximum of 5 participants (min 3) per session. This is the THIRD session. These workshops, apart from promising to be lots of fun, laughs and camaraderie, are designed for participants to develop new skills in doing home facials and gaining confidence in applying make-up. Barbara is a trained hairdresser and is very familiar with make-up, who is keen to offer her skills to ensure those attending get a chance to refresh techniques and feel good about their appearance in a friendly environment.

The cost of \$5 includes some facial products and refreshments. Please bring your own make-up, plus a mirror if possible.

NB: Please enrol in only ONE session out of the five. For further information contact Barbara on 97543448 or 0439919946, barbaradeeks46@gmail.com.

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the wait list can be notified.

Social Activities Cont'd

20FAC4S1: Putting on a New Face - Workshop 4

Type: Half-day

Dates: 10/03/2020 - 10/03/2020

1/2 Day Course, Tue 9:30 - 12:30

Location: Leader's Home 6 Wirraway Pl West Busselton

Course Leader: Barbara Deeks

Contact: 9754 3448 or 0439 919 946

Five half-day workshops are being offered with a maximum of 5 participants (min 3) per session. This is the FOURTH session. These workshops, apart from promising to be lots of fun, laughs and camaraderie, are designed for participants to develop new skills in doing home facials and gaining confidence in applying make-up. Barbara is a trained hairdresser and is very familiar with make-up, who is keen to offer her skills to ensure those attending get a chance to refresh techniques and feel good about their appearance in a friendly environment.

The cost of \$5 includes some facial products and refreshments. Please bring your own make-up, plus a mirror if possible.

NB: Please enrol in only ONE session out of the five. For further information contact Barbara on 97543448 or 0439919946, barbaradeeks46@gmail.com

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the wait list can be notified.

20FAC5S1: Putting on a New Face - Workshop 5

Type: Half-day

Dates: 17/03/2020 - 17/03/2020

1/2 Day Course, Tue 9:30 - 12:30

Location: Leader's Home 6 Wirraway Pl West Busselton

Course Leader: Barbara Deeks

Contact: 9754 3448 or 0439 919 946

Five half-day workshops are being offered with a maximum of 5 participants (min 3) per session. This is the FIFTH session. These workshops, apart from promising to be lots of fun, laughs and camaraderie, are designed for participants to develop new skills in doing home facials and gaining confidence in applying make-up. Barbara is a trained hairdresser and is very familiar with make-up, who is keen to offer her skills to ensure those attending get a chance to refresh techniques and feel good about their appearance in a friendly environment.

The cost of \$5 includes some facial products and refreshments. Please bring your own make-up, plus a mirror if possible.

NB: Please enrol in only ONE session out of the five. For further information contact Barbara on 97543448 or 0439919946, barbaradeeks46@gmail.com

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the wait list can be notified.

Social Activities Cont'd

20FILMSY: Film Club

Dates: 05/02/2020 - 02/12/2020

Location: Orana 27 Albert Street Busselton

Contact: 0410 667 696

Type: Long Course

Monthly on 1st Wed 10:30 - 1:30

Course Leader: Joan Parke

The Film Club follows the basic format of a Book Club with a viewing of the film followed by a short discussion. We meet in the foyer of the Orana Cinema at 10.30 for morning tea, at the regular first Wednesday of the month Seniors' Session. Three films will be on offer, playing simultaneously. About a week before, you will be informed of the film we will be watching. Occasionally, throughout the year, we will meet up for a coffee and discussion about movies in general. Contact course leader Joan on 0410667696

Just as when in a Book Club we can be challenged to read, at times, books beyond our favourite genre, this can also be an opportunity to broaden our film viewing. After the film we gather in the foyer for a short discussion. A maximum of 14 has been set to allow for the discussion.

Fee of \$11 For Seniors includes morning tea.

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the wait list can be notified.

20SOCS1: Coffee Meetup

Dates: 24/02/2020 - 29/06/2020

Location: Stilts Holgate Street Broadwater

Contact: hoganirene28@gmail or 0410 539 361

Type: Long Course

Monthly, Mon 10:15 - 12:00

Course Leader: Elaine Hogan

The aim of the meetups are to encourage members to come along and get to know those members they have not met before or don't know very well. Arrive at 10.15 am to order your tea or coffee so we can start at 10.30.

Conversation is via different general topics Elaine will supply, to allow everyone to contribute and listen to different viewpoints. This is done in small groups, then at halftime, members swap tables and start on a new topic. All very relaxed and informal. Contact Elaine on 0410539361 or hoganirene28@gmail.com if you would like to know more details.

Fee: Buy your own tea or coffee.

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the wait list can be notified.

Writing

20CWRIY: Creative Writing

Type: Long Course

Dates: 17/02/2020 - 07/12/2020

Fortnightly, Mon 1:00 - 3:00

Location: Leader's Home 12 Silver Gull Court Geographe

Course Leader: Moira Dahlberg

Contact: 9794 2372 or 0476 237 601

This ongoing group utilises basic prompts and motivations for writing fiction and nonfiction. The purpose is to encourage creativity and enjoyment. This is a group for writing, exercising the brain and having fun but it is neither a teaching course nor a critique group. We use various prompts and starters (e.g. beginning sentence; title; characters; a picture; real items etc) to inspire pieces of writing (fact or fiction prose or verse) which we then share with each other. All materials are provided; as well a selection of books and printed copies of previous collections are available for loan.

\$3 fee to be paid to course leader each time people attend. Covers photocopies and afternoon tea.

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the wait list can be notified.