



THE UNIVERSITY OF THE THIRD AGE

Naturaliste U3A Inc.

2020 Courses

24th June 2020

Naturaliste U3A Inc. Contact Details

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ENROLMENT PROCEDURE

SEMESTER 2 ENROLMENT

Annual Subscription for calendar year 2020 is \$25.00

ONLINE Enrolment opens on 29th JUNE 2020

From **20th June** Courses can be viewed online.

You can enrol on the **3rd July** 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 20th June Courses can be viewed on UMAS via our website.
3. From 29th June 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 28th June 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 3rd July 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.

2nd 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 and Talk	
9am	Zippered Pouches				Third Age Pacers
9.30am		Into Drama Oh Crumbs	Tap Dancing Advanced for Seniors		
10am	Drawing Made Easy Memoir Writing: getting started	Let's Talk Philosophy Essential Oils Keep Your Marbles	French Conversation	Unleashing Your Creative Spirit Music Appreciation	
10:15am	Coffee Meetup				
10.30am			Film Club		
11am	Continuing French				
1pm	Drawing Made Easy Creative Writing	Brain Games	Tap Dancing for Beginners		
1.30pm	Modern Board Games		Scrabble The English Crown		
1.45pm				Mah Jongg	
2pm		Book Club 1 Book Club 2	A Zoologist in a Wildflower Wonderland		Singing for Pleasure
2.30pm					
4pm	Dru Yoga	Dru Yoga			

U3A SUMMARY OF 2020 COURSES

Monday	Frequency	Dates	Time
Zippered Pouches	Weekly	13/7 – 10/8	9:00 - 12:00
Drawing Made Easy	Weekly	20/1 - 14/12	10:00 - 12:00
Drawing Made Easy Session 2	Weekly	6/7 -14/12	1:00 - 3:00
Coffee Meet Up	Monthly	27/7 - 30/11	10:15 - 12:00
Memoir Writing – Getting Started	Weekly	31/8 - 21/9	10:00 – 12:00
Continuing French	Weekly	5/2 - 7/12	11:00 - 12:00
Creative Writing	Fortnightly	17/2 - 7/12	1:00 - 3:00
Modern Board Games	Fortnightly	6/7 - 14/12	1:30 - 4:00
Dru Yoga – Monday Session 3	Weekly	3/8 - 28/9	4:00 - 5:30
Dru Yoga – Monday Session 4	Weekly	19/10 - 14/12	4.00 - 5.30

Tuesday

Into Drama	Weekly	21/7 - 8/12	9:30 - 11:30
Oh Crumbs	½ day	22/9 - 22/9	9.30 - 12:00
Let's Talk Philosophy	Weekly	16/7 - 18/8	10:00 - 12:00
Keep Your Marbles	½ half day	6/10 - 6/10	10:00 - 12:00
Essential Oils	Weekly	27/10 - 3/11	10:00 - 12:00
Brain Games	Monthly	11/2 - 10/11	1:00 - 3:00
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 Session 3	Weekly	4/8 - 29/9	4:00 - 5:30
Dru Yoga – Tuesday Session 4	Weekly	20/10 - 15/12	4.00 - 5.30

Wednesday

Tap Dancing – Advanced	Weekly	4/3 - 9/12	9:30 - 10:15
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 - 9/12	1:00 - 1:45
Scrabble	Weekly	8/1 - 16/12	1:30 - 4:30
Let's Talk History – The English Crown	Weekly	22/7 - 26/8	1:30 – 3:30
A Zoologist in a Wildflower Wonderland	Weekly	4/11 – 25/11	2:00 - 4:00

Thursday

Let's Walk & Talk	Weekly	16/1 – 3/12	8:00 - 10:00
Unleashing Your Creative Spirit	Weekly	16/7 - 10/8	10:00 - 12:00
Mah Jongg	Weekly	9/1 - 17/12	1:45 - 4:45
Music Appreciation	Fortnightly	8/10 – 19/11	10:00 - 12:00

Friday

Third Age Pacers	Weekly	24/7 – 18/12	9:00 – 10:30
Singing for Pleasure	Fortnightly	21/8 - 18/9	2:00 - 4:00

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Art and Craft and related Courses

20CQSS2: Oh Crumbs - Semester 2

Type: 1/2 day

Dates: 22/09/2020 - 22/09/2020

Frequency: 1/2 Day Course, Tue 9:30 - 12:00

Location: Leader's Home Dunsborough

Leader: Jeni Winslow

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 'deferred enrolment' procedures will be in place for this course. Semester 1 students will be given preference as they may have already purchased required equipment. The class list will be finalised later by the Course Leader.

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

Contact: Jeni Winslow on 0415 868 449

20DRWS2: Drawing Made Easy – Semester 2 Sess2

Type: Long Course

Dates: 06/07/2020 - 14/12/2020

Frequency: Weekly Course, Mon 1:00 - 3:00

Location: Leader's Home 15 Bignell Drive Busselton

Leader: Lynne Thompson

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 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. 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).

Course fee of \$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: 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.

PLEASE NOTE: BECAUSE OF COVID-19 DISTANCING THE COURSE NOW HAS TWO SESSIONS - MORNING 3 STUDENTS AND AFTERNOON 3 STUDENTS

Contact: Lynne Thompson on 0422244306

20DRWY: Drawing Made Easy

Type: Long Course

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

Frequency: Weekly Course, Mon 10:00 - 12:00

Location: Leader's Home 15 Bignell Drive Busselton

Leader: Lynne Thompson

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

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PLEASE NOTE: BECAUSE OF COVID-19 DISTANCING THE COURSE NOW HAS TWO SESSIONS - MORNING 3 STUDENTS AND AFTERNOON 3 STUDENTS

Contact: Lynne Thompson on 0422244306

20POUZS2: Zippered Pouches - Semester 2

Type: Short Course

Dates: 13/07/2020 - 10/08/2020

Frequency: Weekly Course, Mon 9:00 - 12:00

Location: William Carey Court 450 Bussell Highway Broadwater

Leader: Clare Parry

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 cost is \$20 and it includes 2 kits.

Please bring your own sewing machine! NB There is NO class on April 13th.

Contact: Clare Parry on 0407 477 461

Discussion Groups

20BRAIY: Brain Games

Type: Long Course

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

Frequency: Monthly, Tue 1:00 - 3:00

Location: The People Place 19-21 Kent Street Busselton

Leader: Joan Parke

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

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. For the second semester, the class fee of approx. \$20 per semester includes room hire, materials and refreshments, payable at the first (August) session of the semester. As from this August session (the first in semester 2) there will be 4 places available to new participants.

Contact: Joan Parke on 0410 667696

20PHILS2: Let's Talk Philosophy

Type: Short Course

Dates: 14/07/2020 - 18/08/2020

Frequency: Weekly Course, Tue 10:00 - 12:00

Location: Nova Village 502 Bussell Highway Broadwater

Leader: Lorraine Watts

This is a discussion group based on the book "50 Philosophy Classics" by Tom Butler-Bowdon. You will need to purchase a copy at around \$20. A different philosopher will be considered each week: Plato; Jeremy Bentham; Harry Frankfurt; Sam Harris; Marshall McLuhan; and Jean-Jacques Rousseau. These philosophers span from Ancient Greece to the 21st Century. It is not an academic study of philosophy - just a lively discussion to enjoy together. For more information contact Lorraine on 0408 127 674

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.

Contact: Lorraine Watts on 0408 127 674

Exercise

20TAGPS2: Third Age Pacers

Type: Long Course

Dates: 24/07/2020 - 18/12/2020

Frequency: Weekly Course, Fri 9:00 - 10:30

Location: Busselton Jetty Geographe Bay Rd Busselton

Leader: Elaine Hogan

Third Age Pacers a walking group for those who are able to walk at a medium pace for an hour or so.

Distancing in place for as long as is required. Coffee and chat to finish off! We aim to walk, either in a loop, or for 30 mins then return the same way, making around one-hour duration. The meeting place may change from time to time, to accommodate different walks and sights of our beautiful area. We aim to walk every Friday, winter start time is 9 am, this will change in the warmer months.

Meeting place and Coffee shop to be determined the week before each walk. The course leader I will email all enrolled attendees the week before, with details.

Contact: Elaine Hogan on 0410 539 361

20TAPAY: Tap Dancing Advanced for Seniors

Type: Long Course

Dates: 04/03/2020 - 9/12/2020

Frequency: Weekly Course, Wed 9:30 - 10:15

Location: Jazz Attack 5 Cook St Busselton

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. No classes will be held during the school holidays. The third term will be for 9 weeks from 22nd July til 16th September. The fourth term will be for 8 weeks, 14th Oct to 9th Dec.

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

Contact: Penny Swingler on 0427 117 884

20TAPBY: Tap Dancing for Beginners/Seniors

Type: Long Course

Dates: 04/03/2020 - 9/12/2020

Frequency: Weekly Course, Wed 1:00 - 1:45

Location: Jazz Attack 5 Cook St Busselton

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. No classes will be held during the school holidays. The third term will be for 9 weeks from 22nd July until 16th September. The fourth term will be for 8 weeks, 14th Oct to 9th Dec.

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 waitlist can be notified. The course cost is \$40 for the studio hire. Jazz Attack Studio is located at 5 Cook St Busselton. If possible, bring tap shoes, otherwise bring hard soled leather shoes. Also bring layered loose clothing and a water bottle.

Contact: Penny Swingler on 0427 117 884

20WALKTY: Let's Walk and Talk

Type: Long Course

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

Frequency: Weekly Course, Thu 8:00 - 10:00

Location: Busselton Jetty Geographe Bay Rd Busselton

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

Contact: Gwen Braden on 0408 752 747

Games

20MBGS2: Modern Board Games - Semester 2

Type: Long Course

Dates: 06/07/2020 - 14/12/2020

Frequency: Fortnightly, Mon 1:30 - 4:00

Location: Leader's Home 163 Pinnacle Avenue Ambergate

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).

COST: For new students the \$20 course fee is to be paid to course leader on Day 1. Light refreshments will be available. The course leader is a member of the WA Board Gaming Association, has been running a board games club in Busselton since 2011 and has a collection of over 100 games. PLEASE NOTE - This schedule is subject to change, dates and times will be advised. Please contact course leader Penny Carrier on 0404502552 for further information.

Contact: Penny Carrier on 0404502552

20MJOGGY: Mah Jongg

Type: Long Course

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

Frequency: Weekly Course, Thu 1:45 - 4:45

Location: Salvation Army Cnr Kent & Brown Streets Busselton

**Leaders: Richard Liston
and Wendy Beames**

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 SCHOOL TERM 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 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.

Contact: Richard Liston on 0429 998 290 or Wendy Beames on 9754 6042

20SCRAY: Scrabble

Type: Long Course

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

Frequency: Weekly Course, Wed 1:30 - 4:30

Location: Leader's Home 7 Nougat Crescent Yalyalup

Leader: Diana Hannemann

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. **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.

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 mid December 2019, exact date to be advised online and in The Crier. This is to ensure coverage by the U3A insurance prior to the commencement of the formal U3A Naturaliste year.

Contact: Diana Hannemann on 0408 955 758

Health Related

20BHAS2: Keep Your Marbles- Brain Health & Ageing

Type: 1/2 day

Dates: 06/10/2020 - 06/10/2020

Frequency: 1/2 Day Course, Tue 10:00 - 12:00

Location: William Carey Court 450 Bussell Highway Broadwater

Leader: Jeni Winslow

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 O.T. N.B. This date is provisional only, to be confirmed later. It will depend on the lifting of COVID-19 restrictions.

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

Contact: Jenny Winslow on 0415 868 449

History

20HISS2: Let's Talk History - The English Crown

Type: Short Course

Dates: 22/07/2020 - 26/08/2020

Frequency: Weekly Course, Wed 1:30 - 3:30

Location: The People Place 19-21 Kent Street Busselton

**Leaders: Elaine Hogan
and Cathy Oldman**

Course held over from Semester 1 due to CoVID19. Those previously enrolled who wish to participate will be given priority for enrolment. This informal group for those with an interest in English history, will meet weekly for six weeks to share, consider and discuss views on the Kings and Queens of England. 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 enrolees who will need to be able to either view the document to read on screen or print off themselves to read. If you do not have access to a computer please contact Elaine on 0410 539361 It may be possible to provide copies, but only printed in black and white. There will be a fee of approximately \$30 (but may be more, or less, depending on numbers) for the Semester. This will cover the cost of the room hire, U3A Online License, light refreshments and photocopying of handouts.

Contact: Elaine Hogan on 0410 539 361 or Cathy Oldman on 0432 844 662

Language

20FRCONY: French Conversation

Type: Long Course

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

Frequency: Weekly Course, Wed 10:00 - 12:00

Location: Stilts Holgate Street Broadwater

Leader: Elizabeth Horne

Come along and enjoy practicing 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.

Pay for your own refreshments at Stilts. **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.

Contact: Elizabeth Horne on 0457 107 681

20FRENS2: Continuing French - Semester 2

Type: Long Course

Dates: 06/07/2020 - 07/12/2020

Frequency: Weekly Course, Mon 11:00 - 12:00

Location: Nova Village 502 Bussell Highway Broadwater

Leader: Ted Witham

This is a continuation of the Semester 1 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 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.

Novacare Lifestyle Village is at 502 - 546 Bussell Highway, Broadwater, entry off Bell Drive.

Contact: Ted Witham on 0438 991 114

Literature

20BOOK1Y: Book Club 1

Type: Long Course

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

Frequency: Monthly, Tue 2:00 - 4:00

Location: Nova Village 502 Bussell Highway Broadwater

**Leaders: Maureen Ebbs
and 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.

COST is \$10 (to be confirmed) TO BE PAID TO COURSE LEADER.

Contact: Maureen Ebbs on 9755-8660 or Brenda Pirrit on 0418 901 506

20BOOK2Y: Book Club 2

Type: Long Course

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

Frequency: Monthly, Tue 2:00 - 3:00

Location: Leader's Home 32 Reynolds Street Busselton

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.

COST: \$10 FEE TO BE PAID TO COURSE LEADER. **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.

Contact: Elizabeth Horne on 0457 107 681

20DRAMS2: Into Drama - Semester 2

Type: Long Course

Dates: 21/07/2020 - 08/12/2020

Frequency: Weekly Course, Tue 9:30 - 11:30

Location: Weld Queen Street Busselton

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.

COST: \$20 COURSE FEE TO BE PAID TO THE COURSE LEADER. The Weld Theatre is in Queen St. Busselton.

Contact: Gwyn Cracknell on 0439 441 703

Mind Body Spirit

20ESOLS2: Essential Oils - What's the Buzz?

Type: Short Course

Dates: 27/10/2020 - 03/11/2020

Frequency: 2 Week Course, Tue 10:00 - 12:00

Location: William Carey Court 450 Bussell Highway Broadwater

Leader: Jeni Winslow

This two hour workshop will give you an insight into the world of essential oils, what they are, how to use, how they can support your health and wellbeing and help you live a non toxic lifestyle. Experience the power of one drop of pure essential oil. NB These dates are provisional, to be advised later, They are dependent on the lifting of COVID-19 restrictions.

IMPORTANT: If you find that after enrolment you are unable to attend, please contact the leader so that someone who may be on the wait list can be notified.

Contact: Jeni Winslow on 0415 868 449

20MBSS2: Unleashing Your Creative Spirit Sem 2

Type: Short Course

Dates: 16/07/2020 - 10/09/2020

Frequency: Weekly Course, Thu 10:00 - 12:00

Location: The People Place 19-21 Kent Street Busselton

Leader: Lorraine Watts

This 8 week course was written by Cate Russell-Cole for U3A Online and Naturaliste U3A has a license 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 \$40 per person.

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.

Contact: Lorraine Watts on 0408 127 674

20YOM3S2: Dru Yoga (Monday Class – Session 3)

Type: Long Course

Dates: 03/08/2020 - 28/09/2020

Frequency: Weekly Course, Mon 4:00 - 5:30

Location: The People Place 19-21 Kent Street Busselton

Leader: Valerie Frearson-Lane

Dru Yoga classes offer Dru Yoga sequences and postures in ways which enable students to deepen their connection with their yoga practice. We will again develop and use the 'wisdom of the heart' as the foundation of our practice, each week focusing on a virtue such as love, kindness, gratitude, generosity. Whilst this is an ongoing class, occasionally vacancies occur, and new students are welcome. If you have any queries, please contact Valerie at livingyoga@fairtel.com.au or on 0419 157 855.

\$50.00 course fees (per 9 week session) are paid via online banking. Account details will be made available by the course leader once class numbers are known. In general, classes occur weekly throughout the year with notified breaks. They have been split into TWO 9-week sessions for the remainder of 2020. This Monday session THREE covers the period August 3rd to Sept 28th. The People Place is located at 19-21 Kent St. Busselton.

Contact: Valerie Frearson-Lane on 0419 157 855

20YOM4S2: Dru Yoga (Monday Class – Session 4)

Type: Long Course

Dates: 19/10/2020 - 14/12/2020

Frequency: Weekly Course, Mon 4:00 - 5:30

Location: The People Place 19-21 Kent Street Busselton

Leader: Valerie Frearson-Lane

Dru Yoga classes offer Dru Yoga sequences and postures in ways which enable students to deepen their connection with their yoga practice. We will again develop and use the 'wisdom of the heart' as the foundation of our practice, each week focusing on a virtue such as love, kindness, gratitude, generosity. Whilst this is an ongoing class, occasionally vacancies occur, and new students are welcome. If you have any queries, please contact Valerie at livingyoga@fairtel.com.au or on 0419 157 855.

\$50.00 course fees (per 9 week session) are paid via online banking. Account details will be made available by the course leader once class numbers are known. In general, classes occur weekly throughout the year with notified breaks. They have been split into TWO 9-week sessions for the remainder of 2020. This Monday session FOUR covers the period October 19th to Dec 14th. The People Place is located at 19-21 Kent St. Busselton.

Contact: Valerie Frearson-Lane on 0419 157 855

20YOT3S2: Dru Yoga (Tuesday Class – Session 3)

Type: Long Course

Dates: 04/08/2020 - 29/09/2020

Frequency: Weekly Course, Tue 4:00 - 5:30

Location: The People Place 19-21 Kent Street Busselton

Leader: Valerie Frearson-Lane

Dru Yoga classes offer Dru Yoga sequences and postures in ways which enable students to deepen their connection with their yoga practice. We will again develop and use the 'wisdom of the heart' as the foundation of our practice, each week focusing on a virtue such as love, kindness, gratitude, generosity. Whilst this is an ongoing class, occasionally vacancies occur, and new students are welcome. If you have any queries, please contact Valerie at livingyoga@fairtel.com.au or on 0419 157 855.

\$50.00 course fees (per 9 week session) are paid via online banking. Account details will be made available by the course leader once class numbers are known. In general, classes occur weekly throughout the year with notified breaks. They have been split into TWO 9-week sessions for the remainder of 2020. This Tuesday session THREE covers the period August 4th to Sept 29th. The People Place is located at 19-21 Kent St. Busselton.

Contact: Valerie Frearson-Lane on 0419 157 855

20YOT4S2: Dru Yoga (Tuesday Class – Session 4)

Type: Long Course

Dates: 20/10/2020 - 15/12/2020

Frequency: Weekly Course, Tue 4:00 - 5:30

Location: The People Place 19-21 Kent Street Busselton

Leader: Valerie Frearson-Lane

Dru Yoga classes offer Dru Yoga sequences and postures in ways which enable students to deepen their connection with their yoga practice. We will again develop and use the 'wisdom of the heart' as the foundation of our practice, each week focusing on a virtue such as love, kindness, gratitude, generosity. Whilst this is an ongoing class, occasionally vacancies occur, and new students are welcome. If you have any queries, please contact Valerie at livingyoga@fairtel.com.au or on 0419 157 855.

\$50.00 course fees (per 9 week session) are paid via online banking. Account details will be made available by the course leader once class numbers are known. In general, classes occur weekly throughout the year with notified breaks. They have been split into TWO 9-week sessions for the remainder of 2020. This Tuesday session FOUR covers the period Oct 20th to Dec 15th. The People Place is located at 19-21 Kent St. Busselton.

Contact: Valerie Frearson-Lane on 0419 157 855

Music

20MUSS2: Music Appreciation - Semester 2

Type: Long Course

Dates: 08/10/2020 - 19/11/2020

Frequency: Fortnightly, Thu 10:00 - 12:00

Location: Member's Home 6 Lagoona Place Quindalup

Leader: Malcolm Jennings

This is a continuing course which provides an opportunity for the group to enjoy music in a relaxed and informal setting. The emphasis is on modern classical music, i.e. from 1750 onwards. 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 (some Beatles tunes spring to mind) may also be included. However, there will also be some heavier works by composers such as Wagner! Discussion and sharing of the musical experience is encouraged. New members are welcome. The maximum group number has been set at 20, but could this be subject to change if Covid-19 restrictions continue into October.

FEES ARE TO BE PAID TO THE HOSTS. This is usually a gold coin donation to cover morning tea/coffee for each session. 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 waitlist can be notified.

Contact: Malcolm Jennings on 9755-4355

20SINGS2: Singing for Pleasure Semester 2

Type: Short Course

Dates: 21/08/2020 - 18/09/2020

Frequency: Fortnightly, Fri 2:00 - 4:00

Location: The People Place 19-21 Kent Street Busselton

Leader: Patricia Holyoake

This is a continuation of the Semester 1 course, which was interrupted after 3 classes by the COVID-19 outbreak. 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.

For new enrolers, the course fee will depend on the number of enrolments and will be advised by the course leader. IT IS TO BE PAID TO THE COURSE LEADER ON DAY ONE of the Semester 2 course if applicable. Could you please let the Course Leader know if your circumstances change and you are unable to attend.

Contact: Pat Holyoake on 9754-3096

Science

20BTNYS2: A Zoologist in a Wildflower Wonderland

Type: Short Course

Dates: 04/11/2020 - 25/11/2020

Frequency: Weekly Course, Wed 2:00 - 4:00

Location: The People Place 19-21 Kent Street Busselton

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 **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. 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.

Contact: Patrick Prevett on 0477 823 338

Social Activities

20FILMSY: Film Club

Type: Long Course

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

Frequency: Monthly, Wed 10:30 - 1:30

Location: Orana 27 Albert St Busselton

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. The cost of ticket plus morning tea will be \$10. 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.

Contact: Joan Parke on 0410667696

20SOCS2: Coffee Meetup - Semester 2

Type: Long Course

Dates: 27/07/2020 - 30/11/2020

Frequency: Monthly, Mon 10:15 - 12:00

Location: The Quill Collective Rendezvous Road

Leader: Elaine Hogan

Come along and meet other U3A members you would not ordinarily meet while attending courses. The aim of the meetups is to encourage members to come along and get to know those members they have not met before or don't know very well. Please 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 haltime, 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.

PLEASE NOTE Stilts have no plans to open on a Monday so this a change to the usual venue. Quill Collective is an interesting place to browse around with locally made products.. The new venue has conditions attached and they need a minimum spend of \$12 each in the café there and a minimum of 6 to attend. They offer a good range of cakes, savouries and toasties and excellent coffee. If enough members are happy to give it a go car sharing may be possible and Elaine is happy to help out there, but there is plenty of parking.. If you would like to trial it please enrol as usual or contact Leader: **Elaine Hogan on 0410 539 361**

Writing

20CWRIY: Creative Writing

Type: Long Course

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

Frequency: Fortnightly, Mon 1:00 - 3:00

Location: Leader's Home 12 Silver Gull Court Geographe

Leader: Moira Dahlberg

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.

Cost is \$3.00 to be paid to the course leader each time people attend - covers photo copies and afternoon tea.

Contact: Moira Dahlberg on 0476 237 601

20MWRIS2: Memoir Writing: Getting Started!

Type: Short Course

Dates: 31/08/2020 - 21/09/2020

Frequency: Weekly Course, Mon 10:00 - 12:00

Location: The People Place 19-21 Kent Street Busselton

Leader: Joan Parke

How often have we said that we must write things down for our kids? How many times have they said we should write about our lives? And the grandchildren, how they love the stories we tell them! Think of the times we regret not knowing more about our parents' stories. But we are always 'going to'...BUT! In this 4 week course we will have some fun stirring up memories of different stages of our lives - remembering some of the important things that bring our participation in our family's history to life, and to reflect on memorabilia we have treasured. We will start each session with some activities to get us planning and WRITING. It is important not to underestimate the power of the writing of memoirs, we all have a story (with many chapters) to tell so let's give it a go.

The Course fee is approximately \$25 (depending on numbers) and includes room hire, materials and refreshments. **IMPORTANT:** 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. The maximum number of participants is 12.

Contact: Joan Parke on 0410 667 696