



2019 Courses Listing

HOW TO USE THIS COURSES LISTING

This version of the courses listing contains a brief summary of those U3A courses that, at the date of publication, had at least 4 vacancies.

AND UP TO DATE INFORMATION ON ALL COURSES (INCLUDING THOSE WITH FEWER THAN 4 VACANCIES) IS AVAILABLE TO MEMBERS BY GOING TO OUR WEBSITE, LOGGING ON AND LOOKING UNDER THE COURSES TAB

The easiest way to use this listing is to search for courses that interest you. If you know the name of the course, you can scroll through the first 4 or 5 pages, looking at the index to find the specific course.

If you don't know the course title, you can just search for likely words. But be clever when choosing words to search for – don't use "The" or "And". And if you are, for instance, interested in trees in the arboretum, search for arboretum rather than tree (because on my computer, searching for tree also finds **street**, and there are lots of courses that contain the word street in their description which won't interest you.

The details of how to search within the courses listing (which is a PDF file) will depend on the computer and software that you are using. On most Windows computers holding down the CTRL key while you press F will allow you to enter words that you want to search for. On Macintosh computers, you are likely to have to hold down the COMMAND key while pressing F.

We have grouped our courses into the following 11 subject groups, each of which has a short alphabetic prefix as follows:

AF	Arts and Film
CS	Computers and Digital Technology
CUA	Current Affairs
ELL	English Language and Literature
H	History
L	Languages
M	Music
PR	Philosophy and Religion
R	Recreational
SBS	Social and Behavioural Sciences
SHE	Science, Health and Environment

In this listing, courses are listed **Alphabetically by Title within their Course Group**. For example:

AF029.11 Drawing Workshop 3 precedes
AF014.09 Films of the Past which precedes
AF007.08 Yass - Art Course which is before
CS006.10 Computing Chat group

All the AF courses appear in alphabetical order – **D** comes before **F** comes before **Y**

And the **CS** courses come after the **AF** ones

The names of all the courses which are currently on offer are listed below. Full details of each course are given on subsequent pages. You can go to the specified page (if you have printed the courses listing), or click on the course title to go directly to the course.

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Arts and Film (AF) discipline area

Absolute Beginners Drawing (AF075.03)

Absolute beginners drawing, for those who have long desired to take up drawing but have lacked the opportunity. Gentle and carefully guided instruction will take place in a small group with a maximum of individual help.

Costs: Room rent \$2 per person per week of the course

Venue: Flynn Room 2

Starts: Thursday 7 February from 10:00 am - 12:00 noon

Ends: Thursday 11 April

Art Workshop 3 (AF029.16)

Participants in this workshop have some experience in a variety of media, for both drawing and painting, and work at their own pace with some input from a tutor when available. Further information available.

Costs: Room rent, small amount for photocopying.

Venue: Uniting Church, Curtin

Starts: Tuesday 5 February from 12:30 pm - 3:30 pm

Ends: Tuesday 10 December

Art Workshop 4 (AF029.17)

This workshop is suitable for participants who have some experience in drawing. Students work on chosen projects in a variety of media, with some input from a tutor. Two groups, a morning group and a separate afternoon group.

Costs: Room rent, small amount for photocopying.

Venue: Uniting Church, Curtin

Starts: Tuesday 30 April from 10:00 am - 12:00 noon

Ends: Tuesday 24 September

Art Workshop 4 (AF029.18)

This workshop is suitable for participants who have some experience in drawing. Students work on chosen projects in a variety of media, with some input from a tutor. Two groups, a morning group and a separate afternoon group.

Costs: Room rent, small amount for photocopying.

Venue: Uniting Church, Curtin

Starts: Tuesday 30 April from 1:00 pm - 3:00 pm

Ends: Tuesday 24 September

Drawing for Pleasure (AF046.05)

A small self help group who draw for pleasure.

Costs: Approximately \$20 per term for room hire

Venue: Cook CH Rm 2

Starts: Monday 4 February from 1:00 pm - 3:00 pm

Ends: Monday 9 December

Films of the Past (AF014.10)

To introduce, view and discuss a variety of films, focusing on classics from 1930's, 40's, 50's Hollywood era as well as English and Australian classics. Most of the films are sourced from the National Film and Sound Archive including their restricted collection which is available only to groups such as ours.

Costs: Participants must be members of the Southern Cross Club. Course charge to cover film hire: approx \$25 per term.

Venue: Southern Cross Club, Woden

Starts: Thursday 7 February from 1:45 pm - 3:45 pm

Ends: Thursday 28 November

Further Drawing (AF078.01)

Further drawing and introductory painting instruction for those who have completed the Continuing Beginners Drawing class or similar. Further information available.

Costs: Room rent \$2 per person per week of the course. 50 cents per week photocopying/ additional materials

Venue: Flynn Room 2

Starts: Tuesday 5 February from 10:00 am - 1:00 pm

Ends: Tuesday 9 April

Great Galleries of London (AF081.01)

A course that covers the creation and history of five of London's most famous Art Galleries – National Gallery, Royal Academy of Arts, Portrait Gallery, Tate Britain and Tate Modern. It also examines a selection of the great art in their Collections.

Costs: Room rent plus refreshments \$2.00

Venue: Hughes CC Rm 3

Starts: Monday 17 June from 2:00 pm - 4:00 pm

Ends: Monday 8 July

International Artists at the National Gallery (AF084.01)

This interactive, 3 week course, will be held at the Gallery. We will focus on newly hung works by overseas artists. There will be a great deal of walking and flat footwear is advisable.

Costs: Parking at the Gallery and afternoon tea at the cafe, if desired.

Venue: National Gallery of Australia

Starts: Tuesday 26 February from 2:00 pm - 4:00 pm

Ends: Tuesday 12 March

January exhibitions (AF082.01)

The group will visit an exhibition at one of Canberra's National Institutions and discuss over coffee afterwards. Group members will be advised of current exhibitions prior to January and a majority decision as to which to visit will be determined. Members encouraged to research exhibition prior to visit and to initiate points of interest in the following discussion.

Costs: Entry fees if applicable, plus refreshments

Venue: Canberra Galleries and Institutions

Starts: Tuesday 8 January from 2:00 pm - 4:00 pm

Ends: Tuesday 29 January

Monday Films (AF068.03)

View a film to be followed by coffee and discussion at a nearby café. Check your email on the previous Thursday to receive information. Pay at the cinema or book online prior to the session. This is for those who would enjoy seeing current films recently released. The discussion afterwards will not have a formal structure - it is intended to be an informal exchange of views. Choice of films will be limited by the offerings available on the designated day and times. Arrangements for coffee afterwards: to manage booking at a nearby cafe the coordinator would need to have attendance replies by 2pm on the day prior.

Costs: Pay for own ticket at the cinema. Usually under \$10 a ticket for Seniors.

Venue: Dendy Cinemas Civic

Starts: Monday 18 February from 10:00 am - 10:30 am

Ends: Monday 18 November

Photography for Travellers (AF073.02)

"Photography has nothing to do with cameras." - Lucas Gentry. A 10 week course for travellers who take photos and photographers who like to travel. The course will concentrate on improving skills in seeing photo opportunities. Topics covered will include overviews of visualisation and composition, suitable equipment, post processing and techniques for sharing photos. An understanding of the fundamentals of photography is included to better equip the traveller to 'nail the image'.

Costs: Room rent and morning tea. There will also be costs associated with a group lunch.

Venue: Cook CH Rm 3

Starts: Wednesday 6 February from 10:00 am - 12:30 pm

Ends: Wednesday 10 April

Rock Bottom How to Draw (AF018.10)

A 20 week course, run in terms one and four. You must be available for both terms. For people who would like to learn to draw, beginning from the simplest point. Included are design elements, perspective and figure drawing, with the emphasis on realism. Two groups- a morning group and a separate afternoon group.

Costs: Room rent. Small sum for photocopying

Venue: Uniting Church, Curtin

Starts: Tuesday 5 February from 10:00 am - 12:00 noon

Ends: Tuesday 10 December

Rock Bottom How to Draw (AF018.11)

A 20 week course, run in terms one and four. You must be available for both terms. For people who would like to learn to draw, beginning from the simplest point. Included are design elements, perspective and figure drawing, with the emphasis on realism. Two groups- a morning group and a separate afternoon group.

Costs: Room rent. Small sum for photocopying

Venue: Uniting Church, Curtin

Starts: Tuesday 5 February from 1:00 pm - 3:00 pm

Ends: Tuesday 10 December

Satellite Arties of Kippax (AF045.06)

This is a continuing friendly, self-help group who paint and draw and share their ideas without the benefit of a teacher. Newcomers are most welcome

Costs: Raiders Club membership

Venue: Canberra Raiders Club, Holt

Starts: Thursday 7 February from 1:00 pm - 4:00 pm

Ends: Thursday 12 December

The PhotoGroup (AF070.02)

The "U3A PhotoGroup" is a course for U3A members who have an active interest in photography as a fine art who wish to get together and share enthusiasm, experience and resources. There is a meeting each month at which all members are expected to show their photos for constructive criticism as well as monthly workshops and field trips which we share with the "U3A Camera Club".

Costs: Room rent \$2 per person per week of the course + incidentals

Venue: Flynn Room 3 +4

Starts: Tuesday 12 February from 10:00 am - 12:30 pm

Ends: Tuesday 10 December

U3A Camera Club (AF043.09)

The "U3A Camera Club" is a course for U3A members who have an active interest in photography as a fine art who wish to get together and share enthusiasm, experience and resources. There is a meeting each month at which all members are expected to show their photos for constructive criticism as well as monthly workshops and field trips which we share with the "U3A PhotoGroup".

Costs: Room rent \$2 per person per week of the course + incidentals

Venue: Cook CH Rm 3

Starts: Tuesday 5 February from 10:00 am - 12:30 pm

Ends: Tuesday 3 December

Watercolours (AF006.11)

A continuing course for people with previous knowledge of watercolour painting, without a tutor and operating on a self-help basis.

Costs: Club joining fee of \$10 and parking fee of \$20 if required.

Venue: Woden Seniors Club

Starts: Wednesday 23 January from 9:00 am - 11:45 am

Ends: Wednesday 11 December

Computers and Digital Technology (CS) discipline area

Beginning with Microsoft Word (CS040.01)

This 6-week course is for those with little or no experience with Microsoft Word. In a small group, learn the basics of the program, including how to:

- create, save and retrieve a document;
- edit and format your document;
- prepare and print your document. Further information available.

Costs: Room rent plus photocopying

Venue: Cook CH Rm 1

Starts: Monday 18 February from 2:00 pm - 4:00 pm

Ends: Monday 1 April

Chat Group - Having Fun with your iPhone, iPad and Mac (CS036.03)

The group will focus on getting the best from your Macs, iPads and iPhones. The focus will be at the beginner level, solving problems and sharing ideas eg emailing, using Internet safely, processing photos and finding useful apps. Each meeting will commence with a major topic selected by members, followed by a general Q and A session. There may be the opportunity for limited individual assistance. Members will be encouraged to share their experiences and participate in discussions.

Costs: Room rent

Venue: Cook CH Rm 3

Starts: Tuesday 26 February from 10:00 am - 12:00 noon

Ends: Tuesday 26 November

Digital Technology for All (CS039.01)

A forum where we can air our discoveries, problems and questions about anything digital including desktops, laptops, tablets, phones and the gadgets which connect to them. We will be concentrating on non-Apple devices. Beginners welcome. Our aim is to share the knowledge and enable everyone to find and use those tools which will make the most of all their own technology. Further information available.

Costs: Room rent.

Venue: Flynn Room 3

Starts: Friday 1 February from 10:00 am - 12:00 noon

Ends: Friday 6 December

Harnessing the Power of Microsoft Word (CS041.01)

Build on your existing skills to harness the power of Microsoft Word. Some of the topics covered are: applying, modifying and creating styles; using bullets and numbers; creating tables; automating and customising Word. Further information available.

Costs: Room rent plus photocopying.

Venue: Cook CH Rm 1

Starts: Tuesday 5 February from 10:00 am - 12:00 noon

Ends: Tuesday 26 March

U3A Linux Chat Group (CS038.02)

Introduction to Linux Mint. Seeking members with interest in expanding your knowledge and understanding of Linux Mint. Hopefully this will be a monthly meeting. If you are looking to a new challenge, this chat group could be for you.

Costs: Room rent plus morning tea/coffee @ \$2.00. each

Venue: Cook CH Rm 1

Starts: Tuesday 5 February from 1:30 pm - 3:30 pm

Ends: Tuesday 3 December

Using Microsoft Excel (CS043.01)

This 10-week course will guide you through the fundamentals of using Microsoft Excel. Some of the topics are: creating, saving and retrieving a spreadsheet; editing; conditional formatting; calculating; charting; analysing data using pivot tables. Further information available.

Costs: Room rent plus photocopying.

Venue: Cook CH Rm 1

Starts: Wednesday 6 February from 2:00 pm - 4:00 pm

Ends: Wednesday 10 April

Writing Long Documents with Microsoft Word (CS042.01)

Utilise Word's automations to aid in the creation and formatting of a complex document (eg a thesis or book), allowing you to focus on the content. Experience in creating and modifying styles is essential. Some of the topics included are: dealing with sections; complex headers, footers and page numbering; using references; creating an index and table of contents. Further information available.

Costs: Room rent plus photocopying.

Venue: Cook CH Rm 1

Starts: Tuesday 30 April from 10:00 am - 12:00 noon

Ends: Tuesday 18 June

Current Affairs (CUA) discipline area

Current Affairs, Hughes (CUA002.11)

An informal, flexible and participative discussion group embracing political, economic and social issues. Also includes occasional speakers and presentations volunteered by group members.

Costs: Room rent and refreshments

Venue: Baptist Church, Groom St, Hughes

Starts: Wednesday 6 February from 10:00 am - 12:00 noon

Ends: Wednesday 27 November

Current Affairs, Jerrabomberra: Talk, Listen and a Cuppa (CUA003.09)

A discussion group for members to meet and exchange knowledge of current affairs and subjects of general interest. Each meeting is coordinated by a volunteer chairperson. Usually meetings begin with a discussion on a particular subject that has been researched and prepared by a member. After morning tea/coffee the discussion covers current topics which have caught the attention of the chairperson or another member of the group.

Costs: \$10 per quarter to cover tea, coffee & biscuits. The room cost is generally covered by a council grant, but if additional funds are required members may be asked to contribute.

Venue: Jerrabomberra Community Centre, Jerrabomberra

Starts: Thursday 7 February from 10:00 am - 12:00 noon

Ends: Thursday 19 December

Great Policy Reforms of the Past 40 years. (CUA052.02)

Each month the group will discuss a significant policy reform over the past 40 years in Australia. Discussions will cover the background to the reform, its "journey" and results. Policy examples include telecommunications, industry, industrial relations, economic policy, trade, climate change, energy, retirement savings etc. Discussants will include those with relevant experience – policy advisors, journalists etc, U3A members. Further information available.

Costs: Room rent

Venue: Hughes CC Rm 3

Starts: Friday 8 February from 10:00 am - 12:30 pm

Ends: Friday 8 November

Movements for Social Change (CUA054.01)

This course focuses on social movements as a distinct form of democratic politics – how they arose, their methods, successes and failures, how they were opposed and their relevance today. Historical examples include anti-slavery and early labour movements, the movement for women's suffrage and the US civil rights movement. We will then look at contemporary examples such as peace and environment movements, feminism and movements associated with interest group and identity politics.

Costs: \$30 for room rent and refreshments

Venue: Flynn Rm 1

Starts: Wednesday 6 February from 10:00 am - 12:00 noon

Ends: Wednesday 10 April

North Canberra Contemporary Issues Book Group (CUA035.07)

The group meets monthly to discuss a non-fiction book, journal edition or essay on a topical issue. Members propose books for the next year and decide by vote the selection for the next few months, with sufficient time to obtain a copy. Topics range over social, cultural, political and economic issues. Members take turns to prepare a brief summary of this month's book and suggest questions/issues for discussion. Given the short time before our first meeting, the book for that date has already been selected. It will be *The Arsonist* by Chloe Hooper, Published by Hamish Hamilton. Suggestions for next year's books are welcome and will be included in the vote by members.

Costs: Membership of Southern Cross Club is of advantage but sign-in can be arranged if necessary. Cost of publications where applicable.

Venue: Southern Cross Club Jamison

Starts: Tuesday 12 February from 2:00 pm - 4:00 pm

Ends: Tuesday 10 December

Politics, Power and Passion 3.0 (CUA048.03)

Political issues, political systems, the current state of politics in Australia and other places. First session: Determinants of voting, why do persons vote the way they do? Second session: Are we really in a mess? part 1. Third session: Are we really in a mess? part 2. Fourth session: Australia's constitution – can we abolish the states?. Fifth session: Compulsory voting what impact does it have and should it be voluntary? Sixth session: Review of 2019 election.

Costs: Room rent \$2 per person per week

Venue: Flynn Room 3

Starts: Wednesday 10 April from 10:00 am - 12:00 noon

Ends: Wednesday 5 June

Superannuation 1: Understanding your Superannuation (CUA041.06)

Superannuation is your second biggest lifetime investment, after your home. Like looking after your home, you need to look after your money in super. These ten sequential sessions explain the system; what you should expect from the industry; how to understand and talk to your financial advisers about making your money last. No prior knowledge required. Extra information available. This is the first of two sequential courses.

Costs: \$25 per person for the whole course for rent and refreshments

Venue: Weston Creek Community Centre

Starts: Tuesday 19 March from 2:00 pm - 4:00 pm

Ends: Tuesday 4 June

Superannuation 1: Understanding your Superannuation (CUA041.07)

Superannuation is your second biggest lifetime investment, after your home. Like looking after your home, you need to look after your money in super. These ten sequential sessions explain the system; what you should expect from the industry; how to understand and talk to your financial advisers about making your money last. No prior knowledge required. Extra information available. This is the first of two sequential courses.

Costs: \$25 per person for the whole course for rent and refreshments

Venue: Weston Creek Community Centre

Starts: Tuesday 27 August from 10:00 am - 12:00 noon

Ends: Tuesday 29 October

Superannuation 2: Managing your superannuation investments (CUA045.06)

This course follows on from the Superannuation 1 course: Understanding your Superannuation. It is focussed on deeper understandings of how each of your superannuation investments works in your portfolio to provide your returns. The knowledge and experiences of class members and visiting experts will enrich our understanding and empower our discussions with our financial advisers. Further information is available.

Costs: \$28 per person for the whole course for rent and refreshments.

Venue: Community Services #1 Training Room, 63 Boolima Cres, Narrabundah

Starts: Tuesday 19 March from 10:00 am - 12:00 noon

Ends: Tuesday 28 May

Superannuation 2: Managing your superannuation investments (CUA045.07)

This course follows on from the Superannuation 1 course: Understanding your Superannuation. It is focussed on deeper understandings of how each of your superannuation investments works in your portfolio to provide your returns. The knowledge and experiences of class members and visiting experts will enrich our understanding and empower our discussions with our financial advisers. Further information is available.

Costs: \$25 per person for the whole course for rent and refreshments

Venue: Weston Creek Community Centre

Starts: Tuesday 27 August from 2:00 pm - 4:00 pm

Ends: Tuesday 29 October

The World of Issues, Ideas and Opinion, Group 2 (CUA011.09)

Each week a class member chairs our informal discussion based on 4-5 articles chosen by the Chair from the previous Friday's Financial Review, especially from the Review Section. Topics cover a wide range in politics, government, arts and culture.

Costs: Room rent (\$20 every 10 weeks) and refreshments (\$5 annual fee)

Venue: Cook Meeting Room

Starts: Thursday 7 February from 1:50 pm - 3:50 pm

Ends: Thursday 28 November

English Language and Literature (ELL) discipline area

Adventures with Books, Plays and Poetry (ELL016.11)

We are a small group of people ready to learn about all manner of literature from all over the world. Participation is encouraged but not necessary. However, enjoyment and enthusiasm are necessary.

Costs: \$25 per term covers hall hire, morning tea and incidentals

Venue: William Room, St Ninian's Church Hall, Lyneham

Starts: Wednesday 6 February from 10:00 am - 12:00 noon

Ends: Wednesday 11 December

Around the Boree log (ELL106.01)

This is a modern Power Point presentation of the poems of best-selling Australian poet John O'Brien whose classic book *Around the Boree Log* was first published in 1921. The class will also be encouraged to participate in some readings, and enjoy the white board quiz.

Costs: Room rent and refreshments

Venue: Flynn Rm 1

Starts: Monday 25 February from 10:00 am - 12:00 noon

Ends: Monday 4 March

Book Bingo Book Group (ELL105.01)

Book Bingo is a Book Group with a twist: we don't all read the same book! The group decides each month's focus in February and then we choose our own book for each month's topic. Discover new genres and authors, and chat about your chosen book. Topics might include "the book that changed me", "Graphic novels", "Originally published not in English", "Biography" etc. There will be help in suggesting books. No Public Library book queues!

Costs: Room rent \$2 per person per session

Venue: Cook CH Rm 1

Starts: Tuesday 19 February from 2:00 pm - 4:00 pm

Ends: Tuesday 19 November

Booktalk (ELL014.11)

Do you enjoy reading and discussing books? Each year, course members compile a reading list of books, generally but not exclusively fiction, and each month we discuss one book from the list in a free ranging discussion usually led by the member who proposed that particular book for inclusion.

Costs: \$15 for annual membership of the Canberra Senior Citizens Centre; room rent \$7 per member for each month a member attends. Room charge includes tea and biscuits.

Venue: Canberra Seniors Centre, Turner

Starts: Tuesday 12 February from 2:00 pm - 4:00 pm

Ends: Tuesday 10 December

Chinese Culture Through Literature And Film (ELL104.01)

We will attempt to gain a greater understanding of Chinese Culture by reading its literature in translation, classic and modern, and watching Chinese films. We will also try to gain an understanding of the thought that formed China, such as the analects of Confucius and Taoism. Biography and works about China may also be included. The scope is vast; our directions will be determined by group interest. Course participants will be encouraged to make presentations but this is not compulsory. The first book will be Wild Swans by Jung Chang.

Costs: \$20 term approx

Venue: Cook CH Rm 2

Starts: Wednesday 6 February from 2:00 pm - 4:00 pm

Ends: Wednesday 11 December

Crime Fiction - Discussion Group (ELL078.06)

Crime Fiction is explored by having sessions on topics, authors and/or sub-genres with a reading guide. Discussions each month are led by a member and participants talk about the book they have read for the course. The discussion is lively with a variety of views. Social issues are often raised and discussions lively and entertaining. Further information can be sent to enquirers.

Costs: Room rent, refreshments

Venue: Flynn Rm 1

Starts: Tuesday 5 February from 10:00 am - 12:00 noon

Ends: Tuesday 3 December

Enjoying Literature (ELL003.11)

Our weekly group enjoys discussing various forms of the written word: from recent Australian writing to Man Booker Prize finalists; from novels and short stories to poetry and plays; from comedy to tragedy; from fiction to non-fiction. U3A members who enjoy language and literature are welcome to join us on our voyage of discovery. Further information is available.

Costs: Room rent \$2 per person per week of the course

Venue: Cook CH Rm 3

Starts: Thursday 7 February from 10:00 am - 12:00 noon

Ends: Thursday 5 December

Introduction to Greek Mythology (ELL072.04)

An introduction to the Greek myths. Why do these fascinating tales still resonate; and remain so vivid, powerful and memorable? Some reading aloud (from English translations) and discussions on selected myths, Greek tragedies, themes and issues. Internet access essential

Costs: Membership of Vikings Club Erindale required (\$5).

Venue: Vikings Club Erindale

Starts: Thursday 12 September from 1:00 pm - 3:00 pm

Ends: Thursday 28 November

Play Reading (ELL020.11)

A friendly group who enjoy reading plays of all genres. Plays, which are selected at the end of the year for the following year, are sourced from the Victorian Drama League. No experience is needed and newcomers are welcome. .

Costs: Woden Seniors Club membership and room hire; play hire costs; parking (if desired)

Venue: Woden Seniors Club

Starts: Thursday 7 February from 9:45 am - 11:45 am

Ends: Thursday 28 November

Play Reading for Pleasure (Hughes) (ELL094.04)

We read a wide range of plays and where possible follow up with a video of the play. The reading is done for enjoyment and readers are encouraged to express themselves in a non-judgemental atmosphere.

Costs: Books, often a group purchase online. Room rent \$2 per person per week of the course

Venue: Hughes CC Rm 2

Starts: Monday 4 February from 10:00 am - 12:00 noon

Ends: Monday 9 December

Reading Shakespeare for Pleasure (ELL005.11)

A self-directing group for reading and discussion.

Costs: Room rent

Venue: Baptist Church, Groom St, Hughes

Starts: Friday 8 February from 10:00 am - 12:00 noon

Ends: Friday 13 December

SciFi/Fantasy Books Discussion Group (ELL097.03)

This book club is for lovers of, and those new to, science (speculative) fiction and/or fantasy works who want to share their favourite authors/genres and discover new ones. At the first meeting we will agree the format of the monthly meetings whether it be a topic for each month, a set reading list or a combination of both. We will also nominate a lead for each month's discussion.

Costs: Room rent (\$22 for the year) and \$ for morning tea to be agreed by members

Venue: Flynn Room 2

Starts: Wednesday 13 February from 10:00 am - 12:00 noon

Ends: Wednesday 11 December

The Play's the Thing (ELL058.09)

Study, reading and discussion of plays from Sophocles to Joanna Murray Smith. Full participation of group members and leadership opportunities for all. Also viewing and discussion of films/DVDs of distinguished play productions.

Costs: Room rent \$2 per person per week of the course

Venue: Cook CH Rm 2

Starts: Wednesday 6 February from 10:00 am - 12:00 noon

Ends: Wednesday 4 December

What's So Good About Shakespeare? (ELL099.02)

Not so much an academic/literary study as an exploration into what has kept and keeps Shakespeare's stuff alive for actors, theatre companies, audiences and readers. We'll focus on Macbeth and Much Ado About Nothing. No expertise required. Further information available.

Costs: Room rent

Venue: Cook CH Rm 2

Starts: Tuesday 5 February from 12:30 pm - 2:30 pm

Ends: Tuesday 2 July

With Love From the Grands (ELL009.12)

This Course is designed to assist you in writing about your childhood and early life for your grandchildren and family. Class discussion will assist your memory and will help you to write short pieces for a memoir.

Costs: Room rent \$2 per person per session + refreshments

Venue: Flynn Room 2

Starts: Thursday 2 May from 10:00 am - 12:00 noon

Ends: Thursday 18 July

History (H) discipline area

A History of Aboriginal Australia before the Europeans (H149.04)

This course is a history of Aboriginal Australia, from first settlement of the continent until the coming of the Europeans. Topics include : how and when the continent was first occupied, prehistoric art, the extinction of the megafauna, trade, technology and subsistence and Tasmania's people isolated from the world for 14,000 years. It starts with one session about archaeology in Australia and how it enables us to write this history. It is illustrated with many Powerpoint photos and there is a library of books to borrow. This is a unique course about the 70,000 years of human history in Australia; a subject that is rarely, if ever, available to study in Canberra. (Note Peter will be away 26/1 to 3/2 for bookings)

Costs: Room rent, and small cost for handouts.

Venue: Flynn Room 3 and 4

Starts: Thursday 14 February from 9:30 am - 12:00 noon

Ends: Thursday 11 April

A history of the United States of America in the 19th century (H215.01)

A continuation of the 'History of the USA from the War of Independence' course commenced in 2018. This year we will start in the first decade of the 19th century and cover the War of 1812, the Mexican War, the Civil War, slavery and western expansion of post Civil War years.

Costs: Room rent \$2 per person per week

Venue: Baptist Church, Groom St, Hughes

Starts: Friday 3 May from 10:00 am - 12:00 noon

Ends: Friday 29 November

A House Divided: The American Civil War and Reconstruction (H211.02)

This lecture-based course will examine the causes, nature and consequences of the American Civil War. The military dimensions of the war will be a major focus, but attention will also be given to its political and social dimensions, and how the war changed America, particularly as the nation addressed where the 4 million former slaves would fit in post-war politics and society. No prior knowledge is required. Questions/comments by course members are encouraged but not required.

Costs: Total cost per person will be \$35 including course materials, room rent and refreshments.

Venue: Hughes CC Rm 3

Starts: Tuesday 20 August from 10:00 am - 12:00 noon

Ends: Tuesday 5 November

A New Look At The Crusades (H214.01)

The events we call the Crusades are events that are seminal in the history of both Europe and the Middle East. This course will look at the Crusades from the standpoints of Western Europe, Byzantium and the Islamic East. It will look at the contrasting narratives that come from the three standpoints and deal with questions such as how many Crusades occurred, what led to them and what were their causes and effects

Costs: Room rent \$2 per person per week of the course and photocopying costs

Venue: Flynn Room 3

Starts: Tuesday 5 February from 2:00 pm - 4:00 pm

Ends: Tuesday 28 May

A Short History of Japan (H212.01)

The course covers the outstanding historical events and the development of Japan's unique culture from the very earliest times until the Meiji Restoration of 1868 and then a brief look at more recent times. Throughout there is an emphasis on some of the iconic arts and crafts of Japan, including literature, ceramics and photography.

Costs: Room rent \$2 per person per week of the course, plus refreshments.07/02/2019

Venue: Cook CH Rm 2

Starts: Thursday 7 February from 10:00 am - 12:00 noon

Ends: Thursday 11 April

Armchair history and travel (H158.03)

Come with me on a leisurely history tour to parts of four very different countries over 6 weeks, visiting many historic and out of the way places of interest. Visiting Egypt, Norway, Malta, Athens and central Greece, the Greek Peloponnese and Greek Aegean islands. Enrol for some or all of these places. Many Powerpoint slides (NOTE: Peter will be away 26/01 - 3/2 for bookings)

Costs: Room rent, \$3 per session

Venue: Flynn Room 3

Starts: Wednesday 13 February from 10:00 am - 12:00 noon

Ends: Wednesday 20 March

Aspects of Military History (H021.11)

The course addresses a different topic each week across a wide and varied range of military history subjects, from antiquity to the present day, with special emphasis on Australian military history. As well as presentations by course members and guest speakers [including military historians and published authors, and others talking from personal experience] film documentaries will also be shown. General discussion is encouraged, and viewpoints challenging 'accepted history' and the busting of myths welcomed.

Costs: Afternoon tea: \$30.00 per term, or alternatively \$4.00 per weekly session. Canberra Southern Cross Club membership.

Venue: Southern Cross Club Jamison

Starts: Thursday 31 January from 2:30 pm - 4:30 pm

Ends: Thursday 12 December

Australian History 'A' Group (H010.11)

This group covers all aspects of Australian history including indigenous history before and after 1788, and the development of Australia as the diverse, multicultural society of today.

Members are encouraged but not expected to prepare presentations. An extensive library is available to members on a loan basis for general interest or research. Guest speakers will be invited and several subsidised excursions organised during the year.

Costs: Room rent \$2 per person per week of the course

Venue: Hughes CC Hall

Starts: Tuesday 5 February from 10:00 am - 12:00 noon

Ends: Tuesday 26 November

Australian History Group -Yass (H034.11)

Members participate in discussion and are welcome to present papers. We do excursions to local areas to learn their history. We also invite interesting guest speakers to present. New members always welcome.

Costs: \$20 per term or \$70 for year.

Venue: Yass Community Centre, Laidlaw Street, Yass - next to The Mens Shed.

Starts: Thursday 7 February from 10:00 am - 12:00 noon

Ends: Thursday 12 December

Australian History Highlights (H002.11)

Class members and occasional guest speakers present papers on the history of Australia and its people, Note: No previous knowledge required.

Costs: \$3.00 per session room rent plus refreshments

Venue: Baptist Church, Cowper Street Dickson.

Starts: Tuesday 5 February from 10:00 am - 12:00 noon

Ends: Tuesday 3 December

Australian Newspapers (H095.06)

How newspapers have informed, educated, entertained and annoyed us for the past 216 years. Emphasis on Sydney, Melbourne and Canberra papers. How a boy from Melbourne became the most powerful media owner in the world.

Costs: Room rent plus small photocopying cost.

Venue: Flynn Rm 1

Starts: Wednesday 30 October from 2:00 pm - 4:00 pm

Ends: Wednesday 13 November

Australian Railways (H096.07)

How railways moulded travel and trade in Australia generally, and in the Canberra region.

Costs: Small photocopying cost. Room rent.

Venue: Flynn Rm 1

Starts: Wednesday 16 October from 2:00 pm - 4:00 pm

Ends: Wednesday 23 October

Australian Sporting History (H145.05)

A wide ranging series of talks on various aspects of Australian sporting history, including speakers from the Australian Society for Sports History (ACT). Themes include sport and society. Participation encouraged but not required.

Costs: Room Rent, \$20 per term (two terms)

Venue: Baptist Church, Groom St, Hughes

Starts: Wednesday 13 March from 2:00 pm - 4:00 pm

Ends: Wednesday 27 November

Concorde versus Jumbo - the Triumph of Cattle-Class (H213.01)

Concorde and the Boeing 747 "Jumbo Jet" first flew 50 years ago, within weeks of each other. All major airlines ordered Concorde and the US set about building a bigger, faster competitor. It seemed that supersonic air-travel would soon be commonplace. Meanwhile the 747 was designed as an interim airliner intended to become a freighter. In what became a contest between "how fast?" or "how cheap?", cattle-class won.

Costs: Room Rent and refreshments only

Venue: Cook CH Rm 3

Starts: Thursday 15 August from 2:00 pm - 4:00 pm

Ends: Thursday 5 September

Contact on the Frontier: stories from the meeting and experiences of Europeans and Aboriginal people on the Australian frontiers (H167.04)

This course tells a wide variety of the stories and experiences of many diverse people from both sides of the Australian frontiers, as European and Aboriginal societies first met and interacted. What did happen on the many frontiers - what historians call the "contact period" in Australian history? Illustrated with lots of Powerpoint slides and many books are available for loan

Costs: Room rent, and small cost for handouts.

Venue: Flynn Room 3 and 4

Starts: Thursday 17 October from 1:30 pm - 4:00 pm

Ends: Thursday 19 December

Dawn of the Western Civilization (H200.01)

Consequences of the demise of the Western Roman Empire, invasion of barbarian tribes from Central and Eastern Europe their Christianisation and romanisation, their states, Franks' kingdoms, influence of Umayyad khalifate of Spain on European culture, new economy of feudalism, Charlemagne

Costs: Room rent, refreshments

Venue: Hughes CC Rm 2

Starts: Wednesday 27 March from 10:00 am - 12:00 noon

Ends: Wednesday 22 May

Echoes of White Australia (H199.01)

History course two-hour sessions that run once a week for 8-10 weeks. Reviews the history of the White Australia policy, attempts to preserve it, and later to re-impose it, or similar policies. Sessions are part presentations and part discussions.

Costs: Room rent \$2.00 per week tea and coffee by course members

Venue: Hughes CC Rm 3

Starts: Monday 26 August from 2:00 pm - 4:00 pm

Ends: Monday 11 November

First Australians Autobiography Reading Group (H134.05)

Want to learn more about the past and present experiences of Indigenous Australians? Join this group to read Indigenous autobiographies. Members meet monthly to discuss the current book, with some scope for DVDs and visiting speakers.

Costs: Book purchase.

Venue: Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS)

Starts: Monday 4 March from 10:00 am - 12:00 noon

Ends: Monday 2 December

French Medieval Cathedrals and Churches (H190.02)

An introductory 'taster' course that looks at the development of church art and architecture in France from Early Christian times to the sixteenth century. The course includes some parish churches and chapels as well as cathedrals and abbeys, together with their sculpture, painting and stained glass. The first set of three classes will cover the early period through the Romanesque style; the second set will deal with the development of the various styles of Gothic.

Costs: Room rent

Venue: Hughes CC Rm 3

Starts: Wednesday 27 February from 12:30 pm - 4:00 pm

Ends: Wednesday 27 March

Historians talking about History (H197.01)

Why do historians choose to work on particular issues or stories? How do they go about research? What is involved in the writing process? Whom do they hope to interest - and perhaps influence? Following the successful series offered by Ann Moyal and Mark Cranfield between 2006 and 2012, this course presents nine historians discussing past or present projects, ranging widely in content, approach and style.

Costs: \$60 pp course total to cover room rent and refreshments

Venue: Wesley Music Centre, Forrest

Starts: Tuesday 30 April from 10:00 am - 12:00 noon

Ends: Tuesday 25 June

Invasion (H163.03)

This course discusses the political, strategic, military and social effects on some countries that were threatened with invasion, or were invaded, during WW2. The countries discussed are Poland (1939/41), Finland (1940), Britain (1940), France (1940/44 including Resistance) and Australia (1942). Emphasis is given to government intentions and peoples' experience.

Costs: Small photocopying costs. Room rent \$2 per person per week of the course

Venue: Hughes CC Rm 3

Starts: Thursday 13 June from 2:00 pm - 4:00 pm

Ends: Thursday 1 August

Let's Talk History Seminar Series (H208.01)

We will consider the drivers of history as we travel through classical Greece, Rome, France, Germany, England and Australia sharing information and enhancing our understanding of past events that shaped the world. Key elements of each topic will be introduced followed by sufficient time for group discussion. Participants will be asked for their views about issues.

Costs: Room rent \$2 per person per week of the course. Some small photocopying costs

Venue: Hughes CC Rm 2

Starts: Monday 25 February from 2:00 pm - 4:00 pm

Ends: Monday 13 May

Living in Georgian England (H202.01)

Over eight weeks we will look at perspectives and experiences of men, women and children at all levels of society living in Georgian England (1714-1837), including changes in their work and play, politics, beliefs, culture, literature, ideas and manners. Changes included their sense of self, nation, taste, humour, how to behave, and how the world worked.

Costs: Total \$18 = \$2 per week room rent plus a one off \$2 for tea/coffee/biscuits

Venue: Hughes CC Rm 3

Starts: Wednesday 7 August from 10:00 am - 12:00 noon

Ends: Wednesday 25 September

Napoleon (H084.07)

What was he like? The course discusses the evolution of Napoleon's character from his Corsican origin to his rise to power, his relationship with women, his military genius and dominance, his mistakes and his fall.

Costs: Small photocopying costs. Room rent \$2 per person per week of the course

Venue: Hughes CC Rm 3

Starts: Thursday 21 February from 2:00 pm - 4:00 pm

Ends: Thursday 11 April

Nevil Shute - Engineer and Novelist (H187.02)

Nevil Shute Norway (1899 -1960) was a successful aeronautical engineer who became even more successful as a novelist. He co-designed Britain's best airship before founding Airspeed Ltd. It produced innovative aircraft culminating in the Oxford, built by the thousands in WW-2. Meanwhile for relaxation Shute wrote novels. In 1950 he migrated to Australia and became one of the world's best-selling novelists. Participants will learn of Shute's accomplishments and are encouraged to discuss his stories.

Costs: Room Rent and refreshments only

Venue: Cook CH Rm 3

Starts: Thursday 28 March from 2:00 pm - 4:00 pm

Ends: Thursday 18 April

Researching the history and heritage of the ACT (H204.01)

This course will provide participants with ideas and strategies for researching ACT's rich history and heritage. It will discuss possible topics and research products, introduce available archives and other resources, provide basic research skills, examine case studies from local researchers, and provide a forum for sharing ideas about possible research projects.

Costs: Room rent \$2 per person per week of the course

Venue: ACT Heritage Library, 255 Canberra Avenue, Fyshwick

Starts: Monday 18 February from 2:00 pm - 4:00 pm

Ends: Monday 15 April

Syria: Yesterday, Today and ... (H181.04)

If you don't understand the complexities of the past, you cannot hope to comprehend the realities of the present. This course examines the development of modern Syria, with particular attention to the domestic and regional issues that set the scene for the current conflict. We then look at the evolution of the conflict, the subsequent proxy war, and prospects for the future. Issues considered will include the roles of external interests, media coverage and propaganda, and the shaping of public perceptions. The Course consists of five two-hour sessions.

Costs: Room rent \$2 per person per week of the course

Venue: Hughes CC Rm 3

Starts: Tuesday 5 February from 10:00 am - 12:00 noon

Ends: Tuesday 5 March

Syria: Yesterday, Today and ... (H181.05)

If you don't understand the complexities of the past, you cannot hope to comprehend the realities of the present. This course examines the development of modern Syria, with particular attention to the domestic and regional issues that set the scene for the current conflict. We then look at the evolution of the conflict, the subsequent proxy war, and prospects for the future. Issues considered will include the roles of external interests, media coverage and propaganda, and the shaping of public perceptions. The Course consists of five two-hour sessions.

Costs: Room rent \$2 per person per week of the course

Venue: Hughes CC Rm 3

Starts: Monday 22 July from 2:00 pm - 4:00 pm

Ends: Monday 19 August

The Character of the Famous and the Infamous (H045.11)

This course discusses the personal, intellectual and emotional characteristics of the famous and infamous with their effects upon historical events, including Hitler, Churchill, Stalin, Roosevelt, deGaulle, Menzies, Keating, Mao, Pol Pot, Osama bin Laden.

Costs: Small photocopying costs. Room rent \$2 per person per week of the course

Venue: Hughes CC Rm 3

Starts: Thursday 8 August from 2:00 pm - 4:00 pm

Ends: Thursday 26 September

The Crusades from 1095 to 1492 (H205.01)

In all there were some 13 or 14 crusades beginning in 1095 and concluding in 1492, of which 8 were to the Holy Land. Others included ousting the Islamic Arabs from Spain, the Children's Crusade, the Baltic Pagans and even the Christian Byzantines. We will cover all of these in the course.

Costs: Room rent \$2 per person per week

Venue: Hughes CC Rm 3

Starts: Monday 2 September from 10:00 am - 12:00 noon

Ends: Monday 25 November

The history of Christianity to the end of the 4th century (H206.01)

This course takes a look at the development of Christianity from Christ's death to 420 AD including the many 'lost Christianities' such as Marcionites, Ebionites, Gnosticism, that were condemned as heretical by the early bishops, and the books such as the Gospel of Peter and the Gospel of Thomas that never made it into the New Testament.

Costs: Room rent \$2 per person per week

Venue: Hughes CC Rm 3

Starts: Monday 6 May from 10:00 am - 12:00 noon

Ends: Monday 29 July

The Sistine Chapel (H216.01)

Situated at the heart of papal power and prestige, the Renaissance chapel was decorated in three distinct stages – the wall frescoes of the 1480s, Michelangelo's amazing ceiling from 1508 to 1512, and his sombre Last Judgement of the 1530s. Each of these cycles tells us much about contemporary Papal politics, but we value them most for their overwhelming beauty. This illustrated talk will hopefully bring us closer to that beauty

Costs: Room rent

Venue: Hughes CC Rm 3

Starts: Monday 11 February from 2:00 pm - 4:00 pm

Ends: Monday 11 February

The women of ancient Rome (H207.01)

Who were the women of Rome? What were their lives like? This course will try to answer these questions using the works of ancient authors and archaeology. It will look at legal status, marriage and children as well as women's social lives and dress. It will also look at the lives of some famous (and infamous) women.

Costs: Room rent \$2 per person per week of the course, \$3 for printing and refreshments

Venue: Hughes CC Rm 2

Starts: Wednesday 29 May from 10:00 am - 12:00 noon

Ends: Wednesday 3 July

Traveller's Tales – Antarctica (H136.23)

We will visit the furthest south you can go by icebreaker to Macquarie Island, McMurdo Station, Scott and Shackleton Huts, Dry Valleys and Ross Ice Shelf. Then travel down the Peninsula, visiting South Georgia, Falklands, Elephant Island and all points south. We will follow the early explorers and the environmental impact of climate change.

Costs: Room rent.

Venue: Hughes CC Hall

Starts: Wednesday 24 July from 10:00 am - 12:00 noon

Ends: Wednesday 14 August

Traveller's Tales - Central Asia & The Great Game (H136.27)

We will visit the struggle between Russia and Great Britain for primacy in Central Asia during the 19th Century, before advancing 150 years and immersing ourselves in the present-day. We will travel through Pakistan to the westernmost city in China (Kashgar), before moving on to Kyrgyzstan and Uzbekistan and Tajikistan, three vassal states of the Soviet Union.

Costs: Room rent.

Venue: Hughes CC Hall

Starts: Wednesday 1 May from 10:00 am - 12:00 noon

Ends: Wednesday 22 May

Traveller's Tales - Cycling Journeys Across England & Down the Danube. (H136.25)

We will cycle across England, from the Irish to the North Sea, through the Lakes District, Fells and across the Pennines. Then north to south through the Yorkshire Dales. The journey down the Danube will start in Passau in Germany and finish in Vienna. We will then visit Budapest and make a train journey to Prague to enjoy the pleasures of that ancient city.

Costs: Room rent.

Venue: Hughes CC Hall

Starts: Wednesday 23 October from 10:00 am - 12:00 noon

Ends: Wednesday 6 November

Traveller's Tales - Egypt & the River of Life (H136.28)

We will consider the history of the ancient and more recent times up to the current government. We will visit sites close to Cairo, including the Pyramids and Sphinx, before travelling the Nile from Cairo to Abu Simbel and visit the numerous historical locations on the way. We will then visit Alexandria at the mouth of the Nile and home of the oldest library in the world.

Costs: Room rent.

Venue: Hughes CC Hall

Starts: Wednesday 6 March from 10:00 am - 12:00 noon

Ends: Wednesday 27 March

Traveller's Tales - Iran & Turkmenistan. (H203.01)

We will traverse the breadth of Iran ranging from Tabriz in the west, Mashad in the west, Caspian coast in the north, Shiraz in the south & everywhere in between. Then the Lut Desert in the south-east, the hottest place on earth. We will travel Turkmenistan from the Amu Darya to the Caspian. We will consider the history and the politics of today in both countries.

Costs: Room rent

Venue: Hughes CC Hall

Starts: Wednesday 29 May from 10:00 am - 12:00 noon

Ends: Wednesday 19 June

Traveller's Tales - Syria, Jordan & Beirut (H136.26)

We visit lands steeped in history and consider the religious, political and historical events that moulded the present day, while placing them in the geographic context of the region. We will touch on the impact recent conflicts are having on the people and the historical structures of the past. Each session will be supported by maps and photographs.

Costs: Room rent.

Venue: Hughes CC Hall

Starts: Wednesday 13 November from 10:00 am - 12:00 noon

Ends: Wednesday 4 December

Traveller's Tales - The Caucasus, Armenia, Georgia & Azerbaijan (H184.02)

We will traverse the length and breadth of these three ancient lands that sit within the shadow of the Caucasus Mountains. We will consider the history and the social and political issues of the day, including their past and current relations with Russia. We will go into the mountains, revel in the modern and visit the ancient sites that abound throughout the region.

Costs: Room rent.

Venue: Hughes CC Hall

Starts: Wednesday 26 June from 10:00 am - 12:00 noon

Ends: Wednesday 17 July

Traveller's Tales - The Northern Islands of Great Britain (H136.24)

We will consider the historical and social landscapes of the numerous islands making up the Inner & Outer Hebrides and the Shetlands & Orkneys. The geography and how people lived and survived through periods of conflict between the Picts, Gaels & Vikings and then the Clans and the Government and the background to the massive migrations. Maybe Brexit, if time.

Costs: Room rent.

Venue: Hughes CC Hall

Starts: Wednesday 25 September from 10:00 am - 12:00 noon

Ends: Wednesday 16 October

Traveller's Tales - Turkey (H183.02)

We will traverse the full length and breadth of Turkey, east to west, north to south. We'll visit the ancient and not so ancient sites and consider the social and political issues of the day and of the past. In the west we work our way through Istanbul, up the Bosphorous and Gallipoli. In the east we are in Kurd country on the Syrian, Iranian, Armenian & Georgian borders.

Costs: Room rent.

Venue: Hughes CC Hall

Starts: Wednesday 3 April from 10:00 am - 12:00 noon

Ends: Wednesday 24 April

Unusual Borders of the World (H087.09)

Why are borders where they are? In particular, what is the explanation for some of the strange political borders and border disputes - both internationally and between some Australian states?

Costs: Small photocopying cost. Room rent.

Venue: Flynn Rm 1

Starts: Wednesday 6 March from 2:00 pm - 4:00 pm

Ends: Wednesday 8 May

Western Europe, 1400-1600, in Renaissance and Reformation (H198.01)

The study of the process of transition whereby Western European society began to move decisively away from the agrarian-based, universalistic, church-centred civilization of the Middle Ages towards the urbanised, nationalistic and secular-oriented civilization of modern times.

Costs:

Venue: Goodwin House 35 Bonney St, Ainslie, ACT

Starts: Tuesday 5 February from 10:00 am - 12:00 noon

Ends: Tuesday 26 November

Westward the Wagons (H209.01)

During the 1840s tens of thousands of emigrant families left the Mississippi to travel by wagon train nearly two thousand miles to California and Oregon across plains, deserts and mountains. What motivated these travellers to undertake such an arduous and dangerous journey, how did they prepare for the adventure and what were their experiences on the trail?

Costs: Photocopying \$4, room rent \$2 per person per week of the course

Venue: Hughes CC Rm 3

Starts: Tuesday 12 February from 10:00 am - 12:00 noon

Ends: Tuesday 19 March

What's in a word? The word is Gothic (H210.01)

We will look at the etymology and diversity of use of the word Gothic, from Teutonic tribes to architecture and the visual arts, from literature to a modern subculture. The course will be a series of PowerPoint presentations, that is, illustrated talks.

Costs: Room rent \$2 per person per session

Venue: Hughes CC Rm 3

Starts: Thursday 21 February from 10:00 am - 12:00 noon

Ends: Thursday 11 April

Languages (L) discipline area

Advanced French (L003.11)

Discuss in French a novel, full length play and some 25 poems. Language revision as needed.

Costs: Club membership

Venue: Raiders Weston Club, Liardet St, Weston, ACT

Starts: Friday 1 February from 10:15 am - 12:15 pm

Ends: Friday 6 December

Advanced Latin Reading (L067.06)

Participants need to have a good knowledge of Latin grammar and syntax and some ability in reading original Latin text.

Costs: Southern Cross Club membership.

Venue: Southern Cross Club, Woden

Starts: Monday 4 February from 10:00 am - 12:00 noon

Ends: Monday 2 December

Arabic Continuing (L076.05)

The course has been designed for those students who have studied Arabic previously. It will cover reading, writing and conversation in Modern Standard Arabic. The class will use a number of resources, such as textbooks, Arab guest speakers, CDs and DVDs. The aim of the course is to practice and improve the knowledge that participants already have.

Costs: Room rent \$2 per person per week for every week of course

Venue: Cook CH Rm 1

Starts: Thursday 7 February from 10:00 am - 12:00 noon

Ends: Thursday 12 December

Basic Hungarian for Travellers (L120.01)

This course will help you to conduct a basic conversation, read simple signs and directions and understand enough Hungarian to understand probable answers to questions that you might pose. Homework / practice of skills learned is expected. There will also be discussion of Hungarian places of interest, customs and culture. Further information is available for enquirers.

Costs: Room rent. Photocopying costs of weekly handouts (\$10 per person).

Venue: Hughes CC Rm 2

Starts: Monday 20 May from 2:00 pm - 4:00 pm

Ends: Monday 26 August

Beginning French (L040.12)

This course is for absolute beginners. You need no prior knowledge of any foreign language, but you will need to spend a little time between sessions, revising the new work that we cover each week. The basic text is Hugo's French in 3 Months, which we will aim to complete in about 10 months, along with some songs and a variety of simple texts.

Costs: Photocopying handouts: \$2, three or four times during the year, Room rent.

Venue: Hughes CC Rm 2

Starts: Tuesday 5 February from 2:00 pm - 4:00 pm

Ends: Tuesday 10 December

Beginning German (L041.13)

This course is for absolute beginners. You need no prior knowledge of any foreign language, but you will need to spend a little time between sessions, revising the new work that we cover each week. The basic text is Hugo's German in 3 Months, which we will aim to complete in about 10 months, along with songs and a variety of simple texts.

Costs: Photocopying handouts, \$2 three or four times during the year and room rent.

Venue: Hughes CC Rm 2

Starts: Friday 8 February from 2:00 pm - 4:00 pm

Ends: Friday 6 December

Continuing German (L119.01)

Continuing German is for those with some basic knowledge of German. The core of the class (those from "Leapfrog to German" in 2018) know some 500 common German words, pronunciation and some basic grammar.

Costs:

Venue: Canberra Raiders Club, 1 Liardet St, Weston

Starts: Thursday 7 February from 10:15 am - 12:15 pm

Ends: Thursday 12 December

Elementary French (L084.04)

This is a course for absolute beginners, not open to those who have done an Alliance Française or similar course, or more than 2 years at school. We aim to help you to be able to conduct a simple conversation with a native speaker, and to read written French. 2019 will be the first year of a new 2 year course, and you will need to commit to a weekly 2 hour class for 2019/2020. You should also expect to have great fun.

Costs: Room rent plus occasional \$2 for refreshments.

Venue: Flynn Room 3

Starts: Wednesday 6 February from 1:50 pm - 3:50 pm

Ends: Wednesday 11 December

Enhanced Latin Reading (L101.02)

This is a course in reading Classical Latin. Participants are expected to have a knowledge of Latin grammar and syntax at a sound level (for any clarification please contact Course Leader). This can be used as a refresher course for those participants who have done a previous course in reading Latin, and will go on to involve straightforward translation from various Latin authors.

Costs: Membership Southern Cross Club, Woden.

Venue: Southern Cross Club, Woden

Starts: Monday 4 February from 10:00 am - 12:00 noon

Ends: Monday 9 December

French (Intermediate) (L118.01)

This course has been developed for intermediate level French learners. The focus will be on communicating in French, through exploring, understanding and re-modelling sentences and other semi fixed multi word prefabricated chunks. Vocabulary, grammar and pronunciation will be explored in the process. French television series will be used as course material.

Further information can be sent to enquirers.

Costs: Room rent.

Venue: Hughes CC Rm 3

Starts: Monday 18 February from 2:00 pm - 4:00 pm

Ends: Monday 6 May

French (Intermediate) (L118.02)

This course has been developed for intermediate level French learners. The focus will be on communicating in French, through exploring, understanding and re-modelling sentences and other semi fixed multi word prefabricated chunks. Vocabulary, grammar and pronunciation will be explored in the process. French television series will be used as course material.

Further information can be sent to enquirers.

Costs: Room rent.

Venue: Hughes CC Rm 2

Starts: Monday 14 October from 2:00 pm - 4:00 pm

Ends: Monday 16 December

French Book Club (L109.01)

In our monthly meetings, we will focus on texts available free online or already on our shelves. We'll try and cater for a range of levels of French, so that all participants make progress with listening and speaking skills. Day, time, venue and texts can be varied if agreed amongst participants - please contact the convenor to discuss.

Costs: Room rent \$2 per person per session

Venue: Hughes CC Rm 2

Starts: Tuesday 19 February from 10:00 am - 12:00 noon

Ends: Tuesday 17 December

French Conversation - Intermediate (L108.02)

Come with a smile and join in with French Conversation through language games, role play, songs, cartoons, listening and speaking exercises - all with only a minimum of grammar. Increase language proficiency and confidence in speaking French, through strategies to make yourself understood and to understand French, and not being overwhelmed by a stream of words. We will be reading specially adapted texts and use pictures that help with understanding the text, pronunciation and fluency.

Costs: Room rent and photocopying costs each semester

Venue: Flynn Rm 1

Starts: Thursday 31 January from 10:00 am - 11:00 am

Ends: Thursday 19 December

French Conversation, Yass (L096.03)

Free conversation based on the French news on SBS daily at 8.40am, and on reading and discussion of text supplied by the convenor and the participants.

Costs: Gold coin donation weekly for photocopying and refreshments.

Venue: 21 Comur Street, Yass, NSW

Starts: Wednesday 30 January from 10:00 am - 12:10 pm

Ends: Wednesday 18 December

French U3A North-South Study Group (L080.04)

A self-directed discussion group, convened by a foreign-languages graduate, welcoming all who wish to improve their French listening and speaking skills through practice in a friendly, informal atmosphere. Goals include understanding of political, social and cultural issues covered in the French news on SBS TV and RFI En francais facile. Some ability to follow broadcasts in French is useful, but the group aims to cater to a variety of levels through mutual support and assistance.

Costs: \$2 annual membership of Belconnen Soccer Club (Hawker shops)

Venue: Belconnen Soccer Club, Hawker (lift to venue available)

Starts: Monday 14 January from 10:00 am - 12:00 noon

Ends: Monday 16 December

German Conversation - Intermediate (L107.02)

Come with a smile and join in with German Conversation through language games, role play, songs, cartoons, listening and speaking exercises - all with only a minimum of grammar. Increase language proficiency and confidence in speaking German, through strategies to make yourself understood and to understand German, and not being overwhelmed by a stream of words. We will be reading specially adapted texts and use pictures that help with understanding the text, pronunciation and fluency.

Costs: Room rent and photocopying costs each semester

Venue: Flynn Rm 1

Starts: Thursday 31 January from 11:15 am - 12:15 pm

Ends: Thursday 19 December

Improving Your Spanish Through Songs - Songbook 10. (L042.10)

The Songbook No 10 will emphasize in popular music selected from different Latin American country. The objective of this course is to improve pronunciation, enrich vocabulary, understand colloquial expressions, understand Latin American culture, grasp the meanings of the lyrics and have fun. The participant must have basic knowledge of Spanish and participate actively through singing in class as if you were singing in a party or under the shower. Classes will be conducted in Spanish/English.

Costs: Songbook, CD, refreshments and a venue rent.

Venue: Weston Creek Community Centre

Starts: Tuesday 5 March from 10:00 am - 12:00 noon

Ends: Tuesday 7 May

Indonesian - Continuing (L045.23)

This course provides for continuing study of the language and cultures of Indonesia beyond the Indonesian 1 - Elementary level. Participants are required to have a reasonable knowledge of Bahasa Indonesia, and will work towards qualifying for entry to the Indonesian 3 - Advanced course. The course convenor is a foreign-languages graduate, and (subject to availability) the course will be taught by a native-speaker.

Costs: Room rent \$2/week, small photocopying/refreshment charge

Venue: Cook CH Rm 3

Starts: Friday 8 February from 10:00 am - 12:00 noon

Ends: Friday 13 December

Indonesian 1 - Elementary (L045.25)

This course caters for those with some existing knowledge of the Indonesian language (Bahasa Indonesia) at the elementary level. We welcome all those who wish to make progress in their mastery of the language beyond the elementary level, and find out more about Australia's near neighbour and its culture. Participants will work towards qualifying for entry to the Indonesian 2 - Intermediate course. The course convenor is a foreign-languages graduate, and (subject to availability) the course will be taught by a native-speaker.

Costs: Room rent \$2/week, small photocopying/refreshment charge

Venue: Cook CH Rm 1

Starts: Friday 8 February from 10:00 am - 12:00 noon

Ends: Friday 13 December

Indonesian 3 - Advanced (L045.24)

This course is aimed at those who are reasonably fluent in Bahasa Indonesia, and who wish to practise their listening, speaking and reading skills - as well as furthering their knowledge of Indonesian society - in a cooperative-learning study-group setting, rather than through a formal course of instruction. The course convenor is a foreign-languages graduate, and (subject to availability) a native-speaker will be available as language consultant in class.

Costs: Room rent \$2/week, small photocopying/refreshment charge

Venue: Cook CH Rm 2

Starts: Friday 8 February from 10:00 am - 12:00 noon

Ends: Friday 13 December

Intermediate Arabic (L110.01)

Beginners' Arabic is a prerequisite. Additional information is available.

Costs: Room rent \$2 per week. Supply own refreshments

Venue: Cook CH Rm 2

Starts: Tuesday 5 February from 10:00 am - 12:00 noon

Ends: Tuesday 10 December

Intermediate French (no longer elementary!) (L114.01)

A continuing course for people who want to retrieve the French they have previously learned from wherever it lurks in their brains. Starting from the premise that participants have completed Hugo's "French in 3 Months" or otherwise reached this level, we practise listening, speaking, and reading using a variety of materials.

Costs: Will depend on numbers - approx \$30 per term to cover costs of room etc

Venue: Urambi Village Community Centre, Crozier Cct, Kambah

Starts: Tuesday 26 February from 12:00 pm - 2:00 pm

Ends: Tuesday 26 November

Intermediate German (L014.08)

A continuing class for those who have mastered the basics of the language and enjoy speaking and reading in German. Some grammar revision and extension is done, and we read articles and short stories etc from a variety of sources. Active class participation is expected.

Costs: Room hire, coffee and photocopying costs.

Venue: Uniting Church, Curtin

Starts: Tuesday 12 February from 10:00 am - 12:00 noon

Ends: Tuesday 3 December

Japanese II (intermediate) (L037.11)

Japanese conversation, writing, reading and culture. Knowledge of Hiragana is essential

Costs: Membership of Southern Cross Club and photocopying costs.

Venue: Southern Cross Club, Woden

Starts: Friday 8 February from 2:00 pm - 3:30 pm

Ends: Friday 22 November

Japanese III (advanced) (L105.01)

Japanese conversation, writing, reading and culture. Knowledge of Hiragana is essential

Costs: Membership of Southern Cross Club and photocopying costs.

Venue: Southern Cross Club, Woden

Starts: Monday 11 February from 2:00 pm - 3:30 pm

Ends: Monday 25 November

Latin Reading (L116.01)

This Course is designed to strengthen fluency in reading Latin. This will involve expansion of vocabulary and close analysis of grammatical constructions encountered in the readings. We will commence about half way through the text set out below and finish it before going on to other readings.

Costs: Membership of The Canberra Southern Cross Club, Woden

Venue: Southern Cross Club, Woden

Starts: Monday 4 February from 10:00 am - 12:00 noon

Ends: Monday 9 December

Latin Stage One (L064.08)

Stage One Latin is open to participants who have had no knowledge or limited knowledge of Latin grammar and syntax. It is envisaged that the course will run for two years, progressing according to competency levels. The aim is to take students to a level where they can read original Latin text from various authors.

Costs: Membership of the Southern Cross Club.

Venue: The Canberra Southern Cross Club, Woden

Starts: Monday 4 February from 10:00 am - 12:00 noon

Ends: Monday 16 December

Latin Stage Two (L117.01)

This is a 2nd year level course in reading Latin. Participants are expected to have some knowledge of Latin grammar and syntax at intermediate level (for clarification please contact course leader above). The course will conclude when the group completes book 3 of the text below. The group will then join a reading group for straightforward translation from various Latin authors.

Costs: Membership of The Canberra Southern Cross Club, Woden

Venue: Southern Cross Club, Woden

Starts: Monday 4 February from 10:00 am - 12:00 noon

Ends: Monday 9 December

Let's sing in Spanish (L062.07)

This is an informal monthly meeting to sing popular Spanish songs that have been learnt during U3A course "Improving Your Spanish Through Songs" (March to May). The main objectives are to reinforce the melody and lyrics of the songs we have learnt and to have fun. The only requisite to participate is to be willing to sing in Spanish.

Costs: Printing, refreshment and venue rent costs

Venue: Weston Creek Community Centre

Starts: Tuesday 4 June from 10:00 am - 12:00 noon

Ends: Tuesday 3 December

Marugoto Japanese - (Friday group) (L112.01)

This course provides partially self-guided, basic Japanese conversation and grammar development with an emphasis on learning through listening to spoken Japanese (via audio clips) whilst reading the relevant text books (two per level). This year, the course will finish Marugoto Level A1 and cover level A2 (parts 1 & 2) (refer www.marugoto.org for more details) and continues on from L090.03 (NHK Easy Japanese) in 2018.

Costs: \$25 per term (including some print-outs, basic morning tea and room rent)

Venue: Flynn Rm 1

Starts: Friday 1 February from 10:00 am - 12:00 noon

Ends: Friday 13 December

Marugoto Japanese - Elementary (Monday Catch-up class) (L113.01)

This course provides a tutorial/catch-up session for those enrolled in the Friday Marugoto Japanese course. This course will cover Marugoto Levels A1 and A2-1 (refer Marugoto.org for more details) and continues from L102.01 (NHK Easy Japanese Catch-up in 2018)

Costs: \$25 per term (including some print-outs, basic morning tea and room rent)

Venue: Cook CH Rm 2

Starts: Monday 21 January from 10:00 am - 12:00 noon

Ends: Monday 9 December

Reading Latin (L091.03)

This Course is designed to strengthen fluency in reading more challenging Latin. This will involve expansion of vocabulary and close analysis of difficult grammatical constructions encountered in the readings. To assist knowledge of syntax, the course will also include translation exercises from English to Latin.

Costs: Membership of Southern Cross Club, Woden.

Venue: Southern Cross Club, Woden

Starts: Monday 4 February from 10:00 am - 12:00 noon

Ends: Monday 9 December

Music (M) discipline area

Advanced beginner recorder (M097.02)

This course is a continuation of the beginner recorder course of 2018. New members who have some experience playing either C or F recorders are welcome. Must be able to read music and know basic recorder fingering for their instrument (soprano, alto, tenor or bass)

Costs: Room rent photocopying

Venue: Cook Meeting Room

Starts: Thursday 7 February from 10:00 am - 12:00 noon

Ends: Thursday 12 December

Brindabella Orchestra (M010.11)

We are a friendly inclusive group of amateur musicians who enjoy playing a range of orchestral music. We aim to present three Sunday afternoon concerts a year. We welcome all enquiries and can accommodate more players in most of the instrumental sections. Please refer to website www.brindabellaorchestra.net for more information.

Costs: \$75 per year or \$30 per concert term.

Venue: Weston Neighbourhood Hall

Starts: Saturday 2 February from 9:30 am - 12:00 noon

Ends: Saturday 7 December

Classical Music Since 1900 (M086.06)

This course explores changes in classical music during the 20th and 21st centuries. Together we look at key works by important composers including several from Australia. Participants are encouraged to contribute and/or prepare presentations, but this is not a requirement for attending the course

Costs: \$5 to cover morning tea and other incidentals.

Venue: Private home in Deakin

Starts: Wednesday 6 February from 10:00 am - 12:15 pm

Ends: Wednesday 3 April

Con Brio U3A (M040.10)

A choir for women, singing music ranging from light classical through music theatre, jazz, folk and pop, usually in 2-3 part harmony, accompanied and acapella. We are a friendly lot. No audition but some ability to read music is useful. We perform 2-3 times a year

Costs: Approx. \$40 per semester to cover room rent and purchase of music

Venue: Yarralumla Uniting Church

Starts: Wednesday 6 February from 12:15 pm - 1:45 pm

Ends: Wednesday 4 December

Conchordia Choir (M012.11)

Conchordia is a friendly, fun-loving women's choir, singing two and three part harmony, rehearsing weekly during school terms. (There are no choir rehearsals during school holidays.) Choir performances from time to time at various venues are optional to a choir member. Further information available.

Costs: \$35.00 per term (payable at beginning of each term) for hall hire and purchase of sheet music.

Venue: Kippax Uniting Church, Holt.

Starts: Wednesday 6 February from 1:30 pm - 3:00 pm

Ends: Wednesday 18 December

Discovering and Enjoying Classical Music. (M029.11)

Our enjoyment of classical music is enhanced by combining listening and learning. This year our subjects will be an in-depth look at the music of two great French composers, Debussy and Ravel, Spanish music through the ages, the Piano, its history and music, and The Classical Style - its origins and evolution : Haydn, Mozart & Beethoven. No special knowledge is required and you need bring only your enthusiasm for learning more about classical music.

Costs: \$40 per 8 week term to cover rent, & refreshments.

Venue: Wesley Music Centre, 22 National Circuit, Forrest

Starts: Tuesday 19 February from 2:00 pm - 4:00 pm

Ends: Tuesday 3 December

From Notes to Music - Recorder Ensemble Playing (M101.02)

This course is for experienced recorder players interested in further developing their ensemble playing techniques. Emphasis is given to transforming notes on the page to music - paying attention to phrasing, learning to hear other parts and contributing to the sound of the ensemble as a whole. Players who can play the tenor and/or bass recorder are welcome.

Costs: Room Rent, Photocopying.

Venue: St. David's Church Hall, Red Hill.

Starts: Friday 8 February from 9:45 am - 12:00 noon

Ends: Friday 13 December

Guitar Play Along (M073.08)

Guitar play along session. The group comprises guitarists at experienced beginner/intermediate level. We play a variety of music from classical, folk, country, and popular songs. The group decides cooperatively on the play list for coming sessions. We play songs from Hal Leonard (see below) and many songs taught by Justin Sandercoe (justinguitar.com) and other music suggested by group members.

Costs: Room rent (\$2pp/pw) and refreshments (maybe 50c pp/pw)

Venue: Hughes CC Rm 2

Starts: Wednesday 6 February from 1:00 pm - 3:00 pm

Ends: Wednesday 18 December

Harmonia Monday U3A Choral Studies. (M013.10)

Harmonia Monday is a 4 part (S,A,T,B) choir singing sacred and secular music conducted by Oliver Raymond OAM and Sheila Thompson OAM. We meet on Mondays at the Yarralumla Uniting Church Hall between 9.45 and 12 noon. We have a few vacancies in all parts but new members are expected to be able to read music and have some previous choral experience. We give a concert at the end of each semester.

Costs: \$30 per semester covers hall hire, all music and morning tea

Venue: Yarralumla Uniting Church

Starts: Monday 4 February from 9:30 am - 12:00 noon

Ends: Monday 2 December

Intermediate Recorder Orchestra (M006.11)

Progressive recorder ensemble playing with careful tuition and guidance in a friendly supportive group. All recorder sizes from soprano to bass. Mainly Early Music, Baroque, International Folk and contemporary music. All skills develop, participants are encouraged to stay on and play in the Advanced Recorder Orchestra which meets immediately after this one in Hall 1.

Costs: Membership of Woden Seniors Club and room rent

Venue: Woden Seniors Club

Starts: Wednesday 6 February from 12:15 pm - 2:00 pm

Ends: Wednesday 4 December

Introduction to Chromatic Harmonica (M108.01)

An introduction to the chromatic harmonica (mouth organ), for complete beginners. The focus will be on scale practice, playing simple folk and other tunes, basic music theory and reading off standard written music. Participants should commit to regular practise during the course.

Costs: Membership of Vikings Club Erindale required (\$5).

Venue: Vikings Club Erindale

Starts: Thursday 9 May from 1:00 pm - 3:00 pm

Ends: Thursday 27 June

Introduction to Harmonica (M107.03)

An introduction to harmonica (mouth organ), for complete beginners: focusing on playing simple folk, children's and other tunes; and basic music theory. Regular practise during the course is essential, as is internet access.

Costs: Membership of Vikings Club Erindale required (\$5).

Venue: Vikings Club Erindale

Starts: Thursday 28 February from 1:00 pm - 3:00 pm

Ends: Thursday 11 April

Introduction to Tremolo Harmonica (M050.10)

An introduction to the tremolo harmonica (mouth organ). They are very popular throughout Asia, have a mellower sound and only need light breath! Do your brain (and lungs) a big favour by learning this easy new skill. For complete beginners. Computer access essential.

Costs: Membership of Vikings Club Erindale required (\$5).

Venue: Vikings Club Erindale

Starts: Thursday 11 July from 1:00 pm - 3:00 pm

Ends: Thursday 22 August

Jazz Appreciation Group (JAG) (M056.09)

Members are encouraged to make presentations on jazz topics, such as jazz musicians including singers, bands, styles, and eras etc. However, this is not a requirement. A program is prepared and circulated for each term. Knowledge of jazz is desirable but not necessary. JAG has been operating since 2010.

Costs: Membership of the Raiders Weston Club (\$5) plus \$2 for tea and coffee.

Venue: Raiders Weston Club, Liardet St, Weston, ACT

Starts: Thursday 7 February from 10:00 am - 12:00 noon

Ends: Thursday 19 December

Modern Folk Songs Singalong (M106.03)

A gathering on the first and third Wednesday of each month to sing and talk about modern folk songs from the 50s and 60s. Additional information is available.

Costs: Room rent - \$2 per person per session.

Venue: Flynn Room 4

Starts: Wednesday 7 August from 10:00 am - 12:00 noon

Ends: Wednesday 4 December

Modern Folk Songs Singalong (M106.04)

A gathering on the first and third Wed of each month to sing and talk about modern folk songs from the 50s and 60s

Costs: Room rent - \$2 per person per session.

Venue: Flynn Room 2

Starts: Wednesday 6 February from 10:00 am - 12:00 noon

Ends: Wednesday 5 June

Music Appreciation (M021.11)

For those who enjoy listening to music, mainly classical, and would like to discover more about its background. A wide range of music is covered and members' participation is welcome and encouraged. No previous music education is required, just an interest in listening and enjoyment! The course runs through the year and can be joined at any time. To get a speedy reply send an email to both convenors just in case one of us is away.

Costs: Club membership and \$10 to cover costs for the year

Venue: Belconnen Soccer Club, Hawker

Starts: Wednesday 6 February from 1:30 pm - 3:30 pm

Ends: Wednesday 27 November

Music Makers (M054.10)

We're a friendly group of singers and instrumentalists who meet fortnightly to play a repertoire of popular songs chosen by group consensus - blues, pop, swing, country, folk, gospel etc. We're keen to recruit new members who play or are learning any instrument and singers with a good sense of rhythm. Develop your musical skills and enjoy the camaraderie of playing/singing with a band. Occasional performances. The ability to read music is an advantage but not essential.

Costs: Room rent plus refreshment

Venue: Hughes CC Rm 3

Starts: Friday 1 February from 1:30 pm - 4:00 pm

Ends: Friday 13 December

Musical Theatre Appreciation (M005.11)

Each week we will present a DVD or PowerPoint presentation of a show from Musical Theatre (from 1930's to today), Operetta (including Gilbert & Sullivan) and accessible Opera. Group discussion will follow each showing. Each year a guest speaker will be featured from the Canberra musical theatre scene. There will be opportunities to join musical theatre outings during the year in Canberra and Sydney. Attendance can be for the whole year or individual term(s)

Costs: \$25 per term plus \$15 per term for postage if class notes can't be emailed. \$5 pa for Irish Club membership

Venue: Canberra Irish Club, Weston Creek

Starts: Monday 4 February from 10:15 am - 1:00 pm

Ends: Monday 2 December

Popular Music Pt 2 (M093.06)

Artists Of Our Time; Covers genres of popular, jazz, gospel, rock'n'roll et al. Course is run on a personal level where I recall performances I have attended or rely on moving moments in my life. Participation is encouraged and all that is required is a passion for this form of entertainment. I offer clips from YTube, DVDs, CDs and refer to bios and discographies as sources.

Costs: \$21 to cover room rent, refreshments and costs borne by the presenter

Venue: Cook CH Rm 3

Starts: Wednesday 2 October from 10:00 am - 12:30 pm

Ends: Wednesday 20 November

Popular Music Pt1 (M093.05)

Artists Of Our Time; Covers genres of popular, jazz, gospel, rock'n'roll et al. Course is run on a personal level where I recall performances I have attended or rely on moving moments in my life. Participation is encouraged and all that is required is a passion for this form of entertainment. I offer clips from YTube, DVDs, CDs and refer to bios and discographies as sources.

Costs: \$21 to cover room rent, refreshments and costs borne by the presenter

Venue: Cook CH Rm 3

Starts: Wednesday 17 April from 10:00 am - 12:30 pm

Ends: Wednesday 5 June

Recorder Orchestra (M007.11)

Come and join our friendly group of experienced players who enjoy the wide repertoire of orchestral playing. Players are encouraged to try recorders of different sizes. We have all 10 of them, including the huge sub contra bass. Some instruments are available for loan.

Costs: Membership of Woden Seniors Club and room rent.

Venue: Woden Seniors Club

Starts: Wednesday 6 February from 2:00 pm - 4:00 pm

Ends: Wednesday 4 December

Recorder Rondo (M087.05)

A recorder group for players with intermediate skills. The group aims to have fun playing the recorder, enjoy a social cuppa and expand our musical knowledge and playing ability. The music ranges from modern compositions to pieces from the Renaissance. It is arranged for soprano, alto, tenor and bass recorders.

Costs: \$2 Annual Membership of Raiders Club plus a weekly fee of \$2. There is a term contribution of \$5.

Venue: Canberra Raiders Club, 1 Liardet St, Weston

Starts: Thursday 7 February from 10:00 am - 12:00 noon

Ends: Thursday 5 December

Rhythm and Percussion for Fun and Relaxation (M098.02)

Rhythm is the basis of all music and everyone has a natural sense of rhythm. Using techniques of drum circle games and music play-along, participants will learn to play rhythms from around the World. No prior experience is required and the focus is on having fun.

Costs: Room rent \$2 per person per week of the course

Venue: Hughes CC Rm 3

Starts: Friday 29 March from 10:00 am - 12:00 noon

Ends: Friday 29 November

Rock music - its seminal years. From the birth of rock and roll pre-1950 to the punk revolution of the late 1970s. (M109.01)

Each fortnight the course will discuss different aspects of rock music from its roots pre- 1950s through to the punk revolution of the late 1970s. An underlying theme will be examining the influences on particular music styles and artists with accompanying music clips/videos.

Designed to be interactive, participants will be encouraged to talk to their own "music journey" (eg favourite artists/albums/concerts and why) and if interested to run sessions on topics of interest. Resident guest presenters include David Kilby and local musicians (eg Hugh Watson). Intent to also do a few "rockwiz" aspects eg million dollar riff etc. Additional information is available that can be sent to enquirers. .

Costs: \$3 per session includes room rent.

Venue: Flynn Rm 1

Starts: Friday 1 March from 2:00 pm - 4:30 pm

Ends: Friday 15 November

Tremolo Harmonica Practice Group (M102.02)

The Tremolo Harmonica Practice Group follows on from Mike Ilchef's Introduction to the Tremolo Harmonica course. This gives people who have completed that course the opportunity to practise among themselves in an encouraging atmosphere while using Mike's excellent course materials. Squeaky notes expected and accepted!

Costs: Room rent plus small amount for photocopying

Venue: Cook Meeting Room

Starts: Wednesday 6 February from 10:00 am - 12:00 noon

Ends: Wednesday 4 December

U3A Warrani Chorale (M008.10)

Ladies Choir, singing all styles of music. A focus is placed on developing vocal and choral skills. 2-3 performances a year. New singers are welcome, with a basic knowledge of music an advantage.

Costs: Hall hire and music.

Venue: Yarralumla Uniting Church

Starts: Wednesday 6 February from 9:30 am - 12:00 noon

Ends: Wednesday 27 November

Ukulele for beginners (M090.08)

The course is designed for people who would like to play the ukulele but don't know where to start. This easy paced program will give you all the basics - how to tune the strings, most frequently used chords, strumming techniques and how to play a variety of songs. By the end of the course you should be able to confidently play about 20 chords and dozens of songs.

Costs: \$25 for whole course to cover printed notes and room hire

Venue: Hughes CC Rm 2

Starts: Wednesday 24 July from 10:00 am - 12:00 noon

Ends: Wednesday 28 August

Ukulele for beginners (M090.09)

The course is designed for people who would like to play the ukulele but don't know where to start. This easy paced program will give you all the basics - how to tune the strings, most frequently used chords, strumming techniques and how to play a variety of songs. By the end of the course you should be able to confidently play about 20 chords and dozens of songs.

Costs: \$25 for whole course to cover printed notes and room hire

Venue: Hughes CC Rm 2

Starts: Wednesday 16 October from 10:00 am - 12:00 noon

Ends: Wednesday 20 November

Ukulele for beginners (M090.10)

The course is designed for people who would like to play the ukulele but don't know where to start. This easy paced program will give you all the basics - how to tune the strings, most frequently used chords, strumming techniques and how to play a variety of songs. By the end of the course you should be able to confidently play about 20 chords and dozens of songs.

Costs: \$25 for whole course to cover printed notes and room hire

Venue: Hughes CC Rm 2

Starts: Wednesday 13 February from 10:00 am - 12:00 noon

Ends: Wednesday 20 March

Philosophy and Religion (PR) discipline area

A Spirituality for the 21st Century (PR028.02)

Our religious/spiritual views are changing - hopefully to something that will help move us from the destructive paths we are on to a more constructive future. Additional information is available.

Costs: Share of room rent and photocopying.

Venue: Quaker Meeting House, Cnr Condamine & Bent Sts Turner

Starts: Tuesday 12 February from 10:00 am - 12:00 noon

Ends: Tuesday 12 March

Mindfulness, Mandala and Music (PR031.01)

Mindfulness on its own is simply present moment non-judgmental awareness. In this class we will engage our senses in meditative techniques that will include a traditional Buddhist prayer, drawing a mandala and contemplating music, all in a bid to guide the busy mind toward being kind, happy and peaceful to not only ourselves but also to everyone we encounter. No prior experience needed, only a wish to participate and explore in the experience. The class will run with Buddhist themes. Further information is available.

Costs: Room rent \$2 per person per session. Tea/coffee \$5 and art supplies \$10.

Venue: Flynn Room 4

Starts: Thursday 9 May from 10:00 am - 11:30 am

Ends: Thursday 20 June

Political Ideas (PR030.01)

Each week, we will 'unpack' one or more of the key ideas that shape the way people think about and participate in political life. We will look at the ideas of both classical and contemporary thinkers, and some of the continuing debates, about such concepts as: Justice, Freedom, Equality, Democracy, Authority, Obedience, Rebellion, Rights, Identity, Community, Nation and State. Additional information can be provided.

Costs: \$30 for room rent and refreshments.

Venue: Flynn Room 2

Starts: Tuesday 23 July from 9:30 am - 11:30 am

Ends: Tuesday 24 September

Recreational (R) discipline area

Argentine Tango Appreciation (R056.05)

Introduction to Argentine Tango, connection with partner and Tango timing with basic steps. Covers set up and warm-up; Tango appreciation (tutorial); and 'Practica' (dance practice.)

Costs: Membership of Southern Cross Club and miscellaneous expenses.

Venue: Southern Cross Club, Woden

Starts: Saturday 9 February from 9:15 am - 11:00 am

Ends: Saturday 30 November

Developing Cryptic Crossword Skills (R011.09)

An opportunity for those with some knowledge of cryptics to work together in small groups in an informal and relaxed way. No formal tuition is given but assistance in developing skills is provided

Costs: Room rent \$2 per person per session, plus photocopying costs.

Venue: Hughes CC Rm 3

Starts: Friday 1 February from 10:00 am - 12:00 noon

Ends: Friday 6 December

Hand Crafts for One and All (R046.06)

Participants meet to share ideas and expertise in a wide variety of hand crafts and to complete own individual projects. Handcrafts include embroidery (wool, ribbon, silk thread on linen, paper etc), knitting, crochet, quilting, tapestry etc. All skill levels catered for. Complete those unfinished projects or start a new one in pleasant company.

Costs: \$5, membership of the Irish Club.

Venue: Canberra Irish Club, Weston Creek

Starts: Tuesday 5 February from 11:30 am - 1:00 pm

Ends: Tuesday 10 December

Historical Dance (R071.01)

Learn to dance as they did in the 16th, 17th and 18th centuries. From the Elizabethan court to Jane Austen's drawing rooms, these dances are elegant, graceful, stately, serene and sometimes lively. Pavanés, galliards, minuets, the bransle and more! No partner or previous dancing experience required. Further information is available.

Costs: \$35-\$45 per term for room hire and refreshments.

Venue: Yarralumla Uniting Church Hall

Starts: Friday 8 February from 11:00 am - 1:00 pm

Ends: Friday 13 December

Learn Lawn Bowls at Yowani (R029.12)

This course will give you the chance to improve your fitness, learn a new skill and meet new people. Qualified coaches will teach you the basics of Lawn Bowls in a relaxed and friendly atmosphere.

Costs: \$35 payable on the first day.

Venue: Yowani Country Club, Northbourne Avenue

Starts: Thursday 7 March from 10:00 am - 12:00 noon

Ends: Thursday 28 March

Learn to Play Bridge (R051.06)

Come to Canberra Bridge Club and learn to play bridge. Master the basics of the greatest card game of all in a friendly relaxed atmosphere. No previous experience needed.

Costs: \$45 includes text book, room rent and cards.

Venue: Canberra Bridge Club, 6 Duff Pl., Deakin

Starts: Friday 29 March from 10:00 am - 12:30 pm

Ends: Friday 10 May

Learn to Play Golf Croquet (R050.10)

Golf croquet is the fastest-growing version of croquet owing largely to its simplicity and competitiveness. It is easy to learn and play. Qualified club coaches will ensure you are able to play the game with confidence. The fee covers 5 weeks of coaching, afternoon tea, use of equipment and a reduction in the Canberra Croquet Club membership fee if you decide to join. Further information is available.

Costs: \$40 payable in cash at first lesson.

Venue: Canberra Croquet Club, Commonwealth Ave, Yarralumla

Starts: Wednesday 3 April from 1:30 pm - 3:30 pm

Ends: Wednesday 1 May

Mahjong (Northside) - Thursday (R018.10)

Continuing course. Most players are very skilled, but vacancies are available for 3 learners. Vacancies also exist for up to 4 experienced players.

Costs: \$50 for 11 weeks.

Venue: Rainbow Community Centre, Church of the Holy Covenant, Dexter St, Cook

Starts: Thursday 7 February from 9:30 am - 12:30 pm

Ends: Thursday 5 December

Puzzles and Games in January (R072.01)

Do you have time on your hands in the last couple of weeks in January before courses commence? Would you like to join like-minded people for a few hours to play board games, or cards, or do jigsaws? We will have a supply of games and puzzles – all we need is some friends to play with. Come to as many (or few) sessions as you like. Expressions of interest please.

Costs: \$2 for room rent and 50 cents for tea/coffee and biscuits each session.

Venue: Hughes CC Rm 3

Starts: Tuesday 22 January from

Ends: Thursday 31 January

Restorative Yoga (R062.07)

Restorative yoga is a relaxing style of practice to help improve physical, emotional and mental health, to recover from stress, injury and illness using gentle, slow, restorative, recuperative movements and meditation practices. The stretching is passive which eliminates unnecessary straining. Practicing yoga will improve posture and flexibility, enhance circulation and breathing and increase concentration and energy levels. It is highly beneficial to the nervous system. Classes are adapted to participants needs.

Costs: Room Rent.

Venue: Classical Ballet Centre, Cook Community Hub

Starts: Wednesday 13 February from 10:30 am - 12:00 noon

Ends: Wednesday 3 April

Scottish Country Dancing for Beginners (R052.08)

Join us throughout the year for a bit of fun and dancing! This is a course for beginners and not so beginners. Scottish Country Dancing is a very elegant and social dance. You don't need a partner and it is easy to get started even if you have never danced before.

Costs: \$5.00 for room rent and morning tea per class.

Venue: North Canberra Baptist Church, 17 Condamine Street, Turner

Starts: Thursday 7 February from 10:00 am - 12:00 noon

Ends: Thursday 12 December

Social Scrabble (R038.07)

Social Scrabble. No competition. Suitable for all abilities. We meet on Mondays during school terms, except public holidays, giving 39 weeks.

Costs: \$25 per person, payable at the beginning of term. This covers room costs only.

Venue: St James Uniting Church, 40 Gillies St, Curtin

Starts: Monday 4 February from 2:00 pm - 4:00 pm

Ends: Monday 16 December

Tai Chi 101 (Seated) 10:00 am (R068.03)

A beginners' course in Tai Chi, developed by Dr Paul Lam with medical & arthritis experts. Any fitness level is fine. Safe activity emphasised in a supportive environment. It will enhance your quality of life, strengthen your body, generate internal energy & improve your overall health. Many people with chronic conditions enjoy and benefit from seated Tai Chi. If there is any room for doubt, please consult your medical professional.

Costs: \$35 for 10 weekly 1 hour sessions, payable at first session. No casual payments. Room rent. Tea and biscuits provided.

Venue: Flynn Rooms 3 and 4

Starts: Monday 4 February from 10:00 am - 11:00 am

Ends: Monday 15 April

Tai Chi 101 (Seated) 10:00 am (R068.04)

A beginners' course in Tai Chi, developed by Dr Paul Lam with medical & arthritis experts. Any fitness level is fine. Safe activity emphasised in a supportive environment. It will enhance your quality of life, strengthen your body, generate internal energy & improve your overall health. Many people with chronic conditions enjoy and benefit from seated Tai Chi. If there is any room for doubt, please consult your medical professional.

Costs: \$35 for 10 weekly 1 hour sessions, payable at first session. No casual payments. Room rent. Tea and biscuits provided.

Venue: Flynn Rooms 3 and 4

Starts: Monday 29 April from 10:00 am - 11:00 am

Ends: Monday 8 July

Tai Chi 101 (Seated) 10:00 am (R068.05)

A beginners' course in Tai Chi, developed by Dr Paul Lam with medical & arthritis experts. Any fitness level is fine. Safe activity emphasised in a supportive environment. It will enhance your quality of life, strengthen your body, generate internal energy & improve your overall health. Many people with chronic conditions enjoy and benefit from seated Tai Chi. If there is any room for doubt, please consult your medical professional.

Costs: \$35 for 10 weekly 1 hour sessions, payable at first session. No casual payments. Room rent. Tea and biscuits provided.

Venue: Flynn Rooms 3 and 4

Starts: Monday 22 July from 10:00 am - 11:00 am

Ends: Monday 23 September

Tai Chi 101 (Seated) 10:00 am (R068.06)

A beginners' course in Tai Chi, developed by Dr Paul Lam with medical & arthritis experts. Any fitness level is fine. Safe activity emphasised in a supportive environment. It will enhance your quality of life, strengthen your body, generate internal energy & improve your overall health. Many people with chronic conditions enjoy and benefit from seated Tai Chi. If there is any room for doubt, please consult your medical professional.

Costs: \$35 for 10 weekly 1 hour sessions, payable at first session. No casual payments. Room rent. Tea and biscuits provided.

Venue: Flynn Rooms 3 and 4

Starts: Monday 14 October from 10:00 am - 11:00 am

Ends: Monday 16 December

Tai Chi 101 (Standing) 1.00 pm Bronze Class (R069.15)

A beginners' course in Tai Chi, developed by Dr Paul Lam with medical & arthritis experts. Any fitness level is fine. Safe activity emphasised in a supportive environment. It will enhance your quality of life, strengthen your body, generate internal energy & improve your overall health. Many people with chronic conditions enjoy and benefit from Tai Chi. If there is any room for doubt, please consult your medical professional.

Costs: \$35 for 10 weekly 1 hour sessions, payable at first session. No casual payments. Room rent. Cuppa and biscuits provided.

Venue: Flynn Rooms 3 and 4

Starts: Monday 22 July from 1:00 pm - 2:00 pm

Ends: Monday 23 September

Tai Chi 101 (Standing) 11.15 am Bronze Class (R069.21)

A beginners' course in Tai Chi, developed by Dr Paul Lam with medical & arthritis experts. Any fitness level is fine. Safe activity emphasised in a supportive environment. It will enhance your quality of life, strengthen your body, generate internal energy & improve your overall health. Many people with chronic conditions enjoy and benefit from Tai Chi. If there is any room for doubt, please consult your medical professional.

Costs: \$35 for 10 weekly 1 hour sessions, payable at first session. No casual payments. Room rent. Cuppa and biscuits provided.

Venue: Flynn Rooms 3 and 4

Starts: Monday 22 July from 11:15 am - 12:15 pm

Ends: Monday 23 September

Tai Chi 101 (Standing) 11.15 am Platinum Class (R069.12)

A course in Tai Chi, developed by Dr Paul Lam with medical & arthritis experts. Must have completed Tai Chi 101 Bronze, Silver and Gold classes.

Costs: \$35 for 10 weekly 1 hour sessions, payable at first session. No casual payments. Room rent. Cuppa and biscuits provided.

Venue: Flynn Rooms 3 and 4

Starts: Monday 29 April from 11:15 am - 12:15 pm

Ends: Monday 8 July

Tai Chi 101 (Standing) 2.15 pm Bronze Class (R069.16)

A beginners' course in Tai Chi, developed by Dr Paul Lam with medical & arthritis experts. Any fitness level is fine. Safe activity emphasised in a supportive environment. It will enhance your quality of life, strengthen your body, generate internal energy & improve your overall health. Many people with chronic conditions enjoy and benefit from Tai Chi. If there is any room for doubt, please consult your medical professional.

Costs: \$35 for 10 weekly 1 hour sessions, payable at first session. No casual payments. Room rent. Cuppa and biscuits provided.

Venue: Flynn Rooms 3 and 4

Starts: Monday 22 July from 2:15 pm - 3:15 pm

Ends: Monday 23 September

Tai Chi 101 (Standing) 3.30 pm Bronze Class (R069.18)

A beginners' course in Tai Chi, developed by Dr Paul Lam with medical & arthritis experts. Any fitness level is fine. Safe activity emphasised in a supportive environment. It will enhance your quality of life, strengthen your body, generate internal energy & improve your overall health. Many people with chronic conditions enjoy and benefit from Tai Chi. If there is any room for doubt, please consult your medical professional.

Costs: \$35 for 10 weekly 1 hour sessions, payable at first session. No casual payments. Room rent. Cuppa and biscuits provided.

Venue: Flynn Rooms 3 and 4

Starts: Monday 14 October from 3:30 pm - 4:30 pm

Ends: Monday 16 December

Tai Chi for Health (R028.09)

This is a continuing Tai Chi course for participants with experience in Tai Chi. The course includes Tai Chi for Arthritis, the 24 Forms and 73 Forms. A good sense of balance is required.

Costs: \$50 per 10 week course.

Venue: Classical Ballet Centre, Templeton Street, Cook.

Starts: Thursday 7 February from 9:30 am - 10:30 am

Ends: Thursday 12 December

Tai Chi for Health - Advanced Course (R042.06)

This is a continuing intermediate / advanced Tai Chi course, teaching Sun and Yang style Tai Chi. The course includes: Tai Chi for Arthritis, 24 Forms, 73 Forms and 42 Forms.

Costs: \$50 per 10 week course.

Venue: Classical Ballet Centre, Templeton St, Cook

Starts: Friday 8 February from 9:30 am - 10:30 am

Ends: Friday 13 December

Social and Behavioural Sciences (SBS) discipline area

Astrology, Numerology, and Hand Analysis - A 21st Century Perspective (SBS004.09)

This revised course will be taught through a series of PowerPoint slides on key aspects of Astrology, Numerology, and Hand Analysis. It will consider these subjects from historical, scientific and metaphysical perspectives. The course will include case studies to assist participants gain a practical understanding of these subjects. No previous knowledge necessary. Further information is available.

Costs: Basic printing costs. Plus room rent \$2 per person per week.

Venue: Hughes CC Rm 2

Starts: Thursday 14 March from 10:00 am - 12:00 noon

Ends: Thursday 13 June

Birdwatching 2019 (SHE001.11)

A walk looking at the birdlife of the ACT. Learn to identify the birds we see and hear and about the movements of birds in our region. Needed are sturdy footwear, binoculars and a reasonable level of fitness. Meetings are on the first Wednesday of each month.

Costs: Nil.

Venue: Various public places and Nature Reserves in and around Canberra

Starts: Wednesday 6 February from 9:00 am - 11:00 am

Ends: Wednesday 4 December

Canberra Landscapes - their origins and evolution (SHE060.05)

This course will examine the origins of the landscapes around Canberra throughout geological time and the processes that shaped them. There will be three Thursday afternoon classroom sessions at Hughes during late Jan-Feb and three all-day self-drive excursions to places of interest around the city region during late Feb-Mar. Expressions of interest are sought by email only. Additional information is available.

Costs: Room rent \$6 per person. Tea/coffee. Shared passenger/driver fuel costs for self-drive excursions.

Venue: Hughes CC Rm 3

Starts: Thursday 31 January from 2:00 pm - 4:30 pm

Ends: Thursday 14 February

Canberra Mental Health Forum (U3A) (SHE064.05)

The Canberra Mental Health Forum is a community-based advocacy and support group open to anyone who has an interest in working towards better mental health services in our region. We are convened by U3A members who are experienced as mental health carers or have lived experience of mental health. No previous experience or knowledge. Further information is available.

Costs: Room rent \$2 per person per week of the course.

Venue: Cook CH Rm 3

Starts: Tuesday 12 February from 10:00 am - 12:00 noon

Ends: Tuesday 12 November

DNA (SHE061.08)

DNA is always in the news. What is it and how is it important in our lives? We will look at the role DNA plays in reproduction, evolution, medicine, cancer, forensics, epigenetics and genetic engineering. We will see the story of Watson, Crick and the double helix. No prior knowledge is assumed.

Costs: \$10 total for room rent and refreshments.

Venue: Cook CH Rm 1

Starts: Thursday 6 June from 2:00 pm - 4:00 pm

Ends: Thursday 11 July

DNA (SHE061.09)

DNA is always in the news. What is it and how is it important in our lives? We will look at the role DNA plays in reproduction, evolution, medicine, cancer, forensics, epigenetics and genetic engineering. We will see the story of Watson, Crick and the double helix. No prior knowledge is assumed.

Costs: \$10 total for room rent and refreshments.

Venue: Cook CH Rm 1

Starts: Thursday 12 September from 2:00 pm - 4:00 pm

Ends: Thursday 17 October

Fossil Ancestor Sampler (SHE047.07)

An opportunity to see and handle many casts of fossilised skulls of extinct hominin species that lived sometime during the period after our ancestors and the chimpanzees went their separate ways. Supplemented with up-to-date information about human evolution. No previous knowledge required.

Costs: Room Rent \$2 per person per week. \$5 for printed handouts.

Venue: Flynn Rm 1

Starts: Thursday 30 May from 1:30 pm - 3:30 pm

Ends: Thursday 1 August

How Doctors Sometimes Got It Wrong (SHE010.10)

How medicine struggled to gain respectability and status and learnt by the mistakes doctors made. Further information is available.

Costs: Room rent \$2 per person per week, plus 50c per week for notes.

Venue: Cook CH Rm 2

Starts: Thursday 2 May from 10:00 am - 12:00 noon

Ends: Thursday 20 June

In The Moment - A mindfulness meditation course (SHE097.01)

A 6 week course designed to help participants develop a set of mindfulness meditation skills. Each week one skill is explored using experiential meditation exercises and discussion. No prior knowledge of mindfulness is required. The course aims to help participants apply mindfulness skills in everyday life to assist in managing stress and anxiety and enhance wellbeing. Further information is available.

Costs: Room rent \$2 per person per session. Possibly photocopying charge for written material.

Venue: Flynn Rm 1

Starts: Wednesday 1 May from 10:30 am - 12:00 noon

Ends: Wednesday 5 June

Jan Morgan's Trees of the Arboretum Part 1 (SHE091.01)

The course will cover each forest planted at the National Arboretum Canberra, including: how the trees became 'known to science', distributions, descriptions, uses and whether they grow elsewhere in Canberra. This first part includes native trees and 'fossil trees'. The course has 4 parts, which can be taken in any order. Each part is discrete, covering a quarter of the tree species at the National Arboretum Canberra. A list of species is available. There will be a guided walk at the Arboretum and another elsewhere in Canberra.

Costs: Room rent and morning tea (approx. \$20 total.)

Venue: Baptist Church, Groom St, Hughes (Rooms 1 and 2 at the back.)

Starts: Friday 1 February from 9:30 am - 11:30 am

Ends: Friday 15 March

Jan Morgan's Trees of the Arboretum Part 2 (SHE092.01)

Do you know which Arboretum tree is regarded as the most spectacular of the autumn 'brilliant's'? Or which one Charles Darwin thought 'very ugly'? The course has 4 parts, which can be taken in any order. Each part is discrete, covering a quarter of the tree species at the National Arboretum Canberra. A list of species is available. There will be a guided walk at the Arboretum and another elsewhere in Canberra.

Costs: Room rent and morning tea (approximately \$20 total.)

Venue: Baptist Church, Groom St, Hughes (Rooms 1 and 2 at the back.)

Starts: Monday 8 April from 9:30 am - 11:30 am

Ends: Monday 27 May

Jan Morgan's Trees of the Arboretum Part 3 (SHE093.01)

Do you know which tree has a local name that means 'drunken stick'? Or which tree is also known as the 'drunken parrot tree'? The course has 4 parts, which can be taken in any order. Each part is discrete, covering a quarter of the tree species at the National Arboretum Canberra. A list of species is available. There will be a guided walk at the Arboretum and another elsewhere in Canberra.

Costs: Room rent and morning tea (approximately \$20 total.)

Venue: Baptist Church, Groom St, Hughes (Rooms 1 and 2 at the back.)

Starts: Thursday 30 May from 9:30 am - 11:30 am

Ends: Thursday 4 July

Jan Morgan's Trees of the Arboretum Part 4 (SHE094.01)

This part will explore 24 trees of the National Arboretum Canberra, including why they were selected and what makes them of particular interest. The course has 4 parts, which can be taken in any order. Each part is discrete, covering a quarter of the tree species at the National Arboretum Canberra. A list of species is available. There will be a guided walk at the Arboretum and another elsewhere in Canberra.

Costs: Room rent and morning tea (approximately \$20 total.)

Venue: Baptist Church, Groom St, Hughes (Rooms 1 and 2 at the back.)

Starts: Tuesday 23 July from 9:30 am - 11:30 am

Ends: Tuesday 27 August

Life and the Universe (SHE081.03)

Based on one of the 'Great courses of the world' DVDs. This course examines the possibility of and conditions for life to exist in a simple and interesting way. A fascinating course that you will really enjoy. Further information is available.

Costs: Room rent \$2 per person per session, plus photocopying and morning tea.

Venue: Hughes CC Rm 3

Starts: Wednesday 6 February from 10:00 am - 12:00 noon

Ends: Wednesday 27 March

Melanesia, Micronesia & Polynesia: our Pacific Neighbours (SHE050.07)

Pacific Islands are culturally and linguistically diverse, with over 2000 ethnic groups, 1400 languages and a 50,000 year history. They are confronted with rapid changes in technology, environment and society. In this ongoing course, invited specialists and course participants address a broad range of topics. In some sessions, the group views DVDs or discusses books and articles. Sessions may be held at other institutions.

Costs: Room rent, morning tea, gifts for visiting speakers.

Venue: Baptist Church, Groom St, Hughes

Starts: Friday 28 June from 10:00 am - 12:00 noon

Ends: Friday 11 October

Mindful Self-Compassion (SHE087.03)

- Deal more effectively with life's challenges
- Increase resilience to stress, anxiety, depression and pain
- Promote calmness, cultivate inner strength, increase vitality
- Boost feelings of wellbeing, acceptance, kindness and love. Learn mindfulness combined with self-compassion to respond to life's ups and downs more skilfully, deal more effectively with anxiety and depression, improve your relationships and increase your life satisfaction and happiness. Available and accessible to everyone. No prior knowledge required. To apply for enrolment, send email request for pre-enrolment questionnaire/registration form to address below

Costs: \$40 (course materials, refreshments and retreat)

Venue: Hughes CC Rm 3

Starts: Monday 11 February from 10:00 am - 12:30 pm

Ends: Monday 8 April

My Feldenkrazy Ways (SHE099.01)

My Feldenkrazy Ways is a movement class inspired by the Feldenkrais Method. It is for everyone (no matter age or physical condition) who wants to move, think or create better! Participants explore small, slow, gentle movement sequences to learn their muscle habits, oddities and options for change while their bodies do the rest to improve movement, sensation, posture and breathing. For more information please refer to the The Feldenkrais Method on the Australian Feldenkrais Guild website www.feldenkrais.org.au

Costs: Room rental - \$30 for 10 weeks

Venue: Canberra Baptist Church Community Hall, 11 Currie Crescent, Kingston

Starts: Monday 14 January from 7:15 pm - 8:15 pm

Ends: Monday 25 March

Physics and the Universe (SHE089.02)

A quick look at the physical principles that explains the structure of matter and the universe. Physical concepts discussed and used. Mathematics knowledge at high school level an advantage.

Costs: Total fee \$15 per person to cover room rent, refreshments and printing.

Venue: Hughes CC Rm 3

Starts: Tuesday 4 June from 10:00 am - 12:00 noon

Ends: Tuesday 25 June

Practical Electronics (SHE098.01)

Electronics is all around us, everything we 'plug in' or fit a battery to, has electronics. Whether it is a phone, computer, car TV, radio, washing machine, air con, watch, pacemaker (the list is endless!) It's a fascinating world and we don't need to be engineers to understand the basics. It's just like cooking; there are a limited number of 'ingredients' (components) and there are recipes (circuits) and some basic rules. Join us for some hands on interesting 'cooking'. For beginners or those with a little experience.

Costs: \$20 plus \$2 room rent per person per session.

Venue: Cook CH Rm 1

Starts: Thursday 14 February from 2:00 pm - 4:00 pm

Ends: Thursday 18 April

Rare Earths & Battery Metals (SHE039.05)

The Rare Earth metals are quite similar. We will explore the role of the atomic subshells in determining their chemical and physical properties. Eg Powerful permanent magnets now use alloys containing neodymium and boron. Europium and yttrium oxides create the red colours for our television screens. We will also briefly review battery metal technology. A basic understanding of physics and chemistry will help in understanding the more scientific concepts involved. Further information available.

Costs: Room rent

Venue: Hughes CC Rm 3

Starts: Monday 4 February from 10:30 am - 12:00 noon

Ends: Monday 4 February

Sum People Count - Mathematical counting and problem solving (SHE096.01)

Mathematical problem solving and counting techniques which rely on basic numeracy skills but extend these in a challenging way. Excellent for mental agility. Level of difficulty will be matched by those attending.

Costs: Room rent \$2 per person per week. Photocopying - \$1 and refreshments costs.

Venue: Flynn Rm 1

Starts: Tuesday 19 March from 10:00 am - 12:00 noon

Ends: Tuesday 7 May

The Atom Simplified (SHE054.06)

Most people see the word 'atom', or even the words 'atomic physics' and read no further. This course aims to demystify the words and provide a basic understanding of them. It is designed for non-scientists and requires no prior knowledge and does not involve maths. It simply requires a little curiosity. We start with the basic structure of the atom in a historical perspective – how they were discovered, the life and times of the scientists involved and progress to related activities such as radioactivity, fusion, fission. Further information available.

Costs: Room rent \$2 per person per session plus photocopying and tea.

Venue: Hughes CC Rm 3

Starts: Wednesday 17 April from 10:00 am - 12:00 noon

Ends: Wednesday 5 June

The Microbe Hunters (SHE082.03)

How microbes were found to be a major cause of disease and what was done about it.

Costs: Room rent plus photocopying \$2.50 per week.

Venue: Cook CH Rm 2

Starts: Thursday 27 June from 10:00 am - 12:00 noon

Ends: Thursday 1 August

Why is it So? (SHE084.02)

Why Is It So? will present weekly sessions of 2 hours each, headed by a talk from an expert in her or his field, who will then answer questions from the floor. Morning tea will follow, then a short talk by a group member on some entertaining or provocative topic, or a debate on a topic of general interest. The aim of the course is to be informative, participative and social. No special knowledge needed.

Costs: Membership of Harmonie German Club, \$5, plus \$12 for morning tea costs. Payable at start of course.

Venue: Harmonie German Club, 49 Jerrabomberra Ave, Narrabundah

Starts: Thursday 7 March from 10:00 am - 12:00 noon

Ends: Thursday 30 May