



BRIBIE ISLAND U3A INC (BEACHMERE)

Beachmere Community Hall

5 Progress Ave

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[www.bang.org.au/u3a](http://www.bang.org.au/u3a)



# PROGRAM

## U3A BEACHMERE OFFICE

Beachmere Community Hall, 5 Progress Ave



## OFFICE HOURS

Monday to Friday

8.30am till 2.30pm

(Weekdays during School Terms)

0456 685 736

U3A BEACHMERE aims to promote healthy aging by sharing educational, creative and leisure activities provided by our own members. We foster a friendly, stress free environment to learn and socialise with other 3<sup>rd</sup> Agers in our community.

**FEES:**

Annual Membership Fee	\$10
Class Fees, Term One	\$15
Class Fees, Six Week Course	\$10
Workshop Fee	\$ 6

Classes Marked # MAY allow casual attendance at \$3 per class to members. CHECK WITH THE OFFICE FOR CASUAL CAPACITY / AVAILABILITY.

Students MUST be a member of U3A Beachmere, Bribie or Caboolture to participate in classes. Membership Badges must be worn at all times.

SOME CLASSES INCUR ADDITIONAL COSTS FOR MATERIALS. REFER PROGRAM.

**VENUE GUIDE:**

Community Hall	5 Progress Ave
Tennis Courts, Rogers Street Sports Complex	Rogers Street
Drone Field, Rogers Street Sports Complex	Rogers Street
Beachmere Community Lawn Bowls Club	Main Street
Private Home of Tutor	

**ELECTIONS:**

U3A Beachmere is currently co-ordinated by a Steering Committee. It is expected that during February 2019 details will be available advising the date of a meeting of Members and election of Office Bearers and Committee. Please consider standing for a position and ensure U3A Beachmere continues as a campus.

**SOCIAL COMMITTEE:**

A large part of the U3A philosophy is the enrichment of life through social activities. We will be organising bus trips, theatre trips and social events throughout the year. If you are interested, please get involved and help us to provide Social activities for members.

## TERM ONE WORKSHOPS

### BEGINNER MOSAICS – Over two weeks

Total Workshop Fee \$6. Additional Cost \$10 for materials.

Thursday, 21 March 9.00 – 12.00

Complete a small mosaic tile or board using crockery, tile, mirror or other in a choice of simple designs. Learn about the different items that you can use to mosaic with, and the differences and benefits of each. Learn about safety, the basics of mosaic art using a wheeled cutter, how to place and consider colour, depth and design to enhance the project and the use of different adhesives and grouts, and how different colours of grout can change the overall effect.

Thursday, 28 March 9.00 – 11.00

As the adhesive needs to dry completely, the mosaic pieces will be left with the Tutor for the week, when they will then be ready to be grouted.

NEED: Ability to use cutting tool. Week 2 – gloves.

### DRONE FLYING & PHOTOGRAPHY

Workshop Fee \$6

A two-hour Workshop – Date and time to be advised. Details available mid Feb. How to make the most of your drone for photography purposes. Laws, rules, regulations for flying. Tips and tricks.

Additional Workshops may be scheduled during Term One.

## Term One Six Week Class

### MUSIC – INSTRUMENTAL – BEGINNERS

A six week course – Day and time to be advised. Details available mid Feb. Basic theory and practice (notes and chords) for keyboard (piano / xylophone), brass (trumpet / cornet, baritone / euphonium) and recorder (flute).

NEED: An instrument, manuscript paper or book, pen or pencil.

## TERM ONE CLASSES

MONDAY		
TIME / VENUE	TITLE & DESCRIPTION	CONTACT
7.45 – 9.00 Main Hall Community Hall #	GENTLE CHAIR YOGA A gentle stretch and strength, seated yoga class combining balance brain exercises finishing with standing stretch / balance, floor exercises (for those capable) and guided relaxation.  NEED: A stretch or TheraBand.	Carol
9.15 – 10.45 Room One Community Hall	BEGINNER FRENCH Learn beginner French conversation and grammar in a fun learning environment.	Jude
9.30 – 11.00 "The Shed" Community Hall	ABSOLUTE BEGINNER UKULELE Learn the basic ukulele chords, how to hold and strum a uke. Music pages supplied in this easy-going class.  NEED: A Ukulele.	Linda
11.00 – 12.30 Room One Community Hall	BEGINNER GERMAN – CONVERSATION Learn basic German conversation and some language skills and basic history.  NEED: German / English dictionary – but not essential.	Rosemarie
1.00 – 2.30 "The Shed" Community Hall	ABSOLUTE BEGINNER UKULELE Learn the basic ukulele chords, how to hold and strum a uke. Music pages supplied in this easy going class.  NEED: A Ukulele	Linda

**NEW  
CLASS**

### VOLUNTEERS:

All U3A activities operate on a volunteer basis. If you have a few free hours each week, please complete a Volunteer Registration form and see how you can help and support U3A Beachmere.

<b>TUESDAY</b>		
TIME / VENUE	TITLE & DESCRIPTION	CONTACT
9.00 – 11.00 Tennis Courts Rogers Street #	<b>TENNIS FOR BEGINNERS</b> This SIX week class provides an opportunity to learn to play tennis. Racquets and balls supplied or bring your own racquet.  START DATE: Tuesday, 26 FEBRUARY	Warren
9.00 – 10.45 Room One Community Hall #	<b>MIND MATTERS</b> A program for all those actively interested in creating and maintaining their best brain health.	Anna
11.00 – 12.30 Room One Community Hall #	<b>MATHS</b> Research suggests that Maths is one of the most efficient strategies to improve learning, memory, brain plasticity and cognitive performance as we age. This program presents challenges, puzzles, calculations, problem solving activities and fun through mathematical processes.	Anna
1.00 – 2.30 “The Shed” Community Hall	<b>ABSOLUTE BEGINNER UKULELE</b> Learn the basic ukulele chords, how to hold and strum a uke. Music pages supplied in this easy-going class.  NEED: A Ukulele.	Linda

### TUTORS:

Interested in being a Tutor? Remember, a subject taught can be one which you have an interest in or knowledge you can share. You need no qualifications, just a willingness to share your knowledge. If you are interested, and have a few free hours each week, please speak with the Tutor Co-ordinator and see how you can help and support U3A Beachmere.

## WEDNESDAY

TIME / VENUE	TITLE & DESCRIPTION	CONTACT
<p>9.30 – 11.30 “The Shed” Community Hall</p>	<p><b>GENEALOGY – FAMILY HISTORY</b> Traditionally Genealogists trace back from a single individual to their earliest recorded ancestor and record them on a Family Tree, focusing on names and dates. Family Historians, on the other hand, focus on the nuts on the family tree – they each enrich the other. This course helps you to get started on your nutty journey through your family history, then to spread your wings and tell the world why you are who you are.</p> <p>NEED: Notepad and pen. Workbooks can be purchased from Tutor - \$16.</p>	<p>Chris</p>
<p>9.30 – 10.30 Room Two Community Hall</p>	<p><b>SMART PHONE</b> Learn everything you can do on your Smart Phone – load and use Apps, texting/calendars, security, syncing and backups, photography – basic editing, Facebook basics.</p> <p>NEED: Your own Smart Phone</p>	<p>Jen</p>
<p>10.30 – 12.00 Room One Community Hall</p>	<p><b>IPAD</b> How to use your IPAD – from beginning to end.</p> <p>NEED: Your own Ipad</p>	<p>Peter</p>
<p>10.00 – 12.30 “The Shed” Community Hall</p>	<p><b>BEADING &amp; JEWELLERY MAKING</b> <u>All the basics of beading and jewellery making – what materials to use and what tools are required and how to put it all together. Create a beaded necklace, bracelet, ear rings or something else.</u></p> <p>NEED: Can purchase tools and materials from Tutor as required.</p>	<p>Diane</p>

TERM ONE  
 CLASS FULL  
 NAMES ACCEPTED  
 FOR WAITLIST

## THURSDAY

TIME / VENUE	TITLE & DESCRIPTION	CONTACT
<p style="text-align: center;">9.00 – 11.00 Room One Community Hall</p>	<p><b>ITALIAN FOR BEGINNERS</b> This class is ideal for beginners. Largely based on conversational language learning and related grammar rules.</p>	<p style="text-align: center;">Anna</p>
<p style="text-align: center;">9.00 – 10.30 Tutor's Home 633 Beachmere Rd</p>	<p><b>ORCHID GROWING</b> This SIX week class provides a basic guide to growing different orchids correctly.  NEED: Can purchase plants and materials as required from Tutor. START DATE: Thursday, 7 FEBRUARY</p>	<p style="text-align: center;">David or Di</p>
<p style="text-align: center;">10.00 – 11.00 Room Two Community Hall #</p>	<p><b>GRIEF, LOSS, TRAUMA</b> This SIX week class is a group discussion with privacy as a priority, discussing the common causes and signs of grief and loss as they apply across life events as well as strategies to allow recovery in a personal and respectful way. A discussion about the manifestations of traumatic impacts on people and processes for relieving some of these overwhelming symptoms.</p>	<p style="text-align: center;">Dennis</p>
<p style="text-align: center;">10.00 – 12.00 "The Shed" Community Hall</p>	<p><b>QUILTING FOR BEGINNERS</b> Designed for those who wish to learn to quilt using their home sewing machines. There is a special emphasis on using tools and techniques designed for older sewers or those who have difficulties with stiff joints and limited strength. It teaches "quilt as you go" methods and easy machine techniques.  NEED: Sewing Machine, fabric, tools. First week nothing required. An additional fee of \$10 will be payable at the start of each year (or part year for Terms 2,3,4) for "Test and Tag" for each electrical lead used in the class. All leads must be compliant.</p>	<p style="text-align: center;">Chris</p>
<p style="text-align: center;">1.00 – 2.30 "The Shed" Community Hall</p>	<p><b>TABLETS (Android)</b> How to use your Android Tablet – from beginning to end. NEED: Your own Tablet.</p>	<p style="text-align: center;">Peter</p>

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FRIDAY		
TIME / VENUE	TITLE & DESCRIPTION	CONTACT
<p>9.00 – 11.00 Main Hall Community Hall #</p>	<p><b>MEDITATION</b> Guided meditation to find stillness and peace and become connected with your higher self. Healing will be received as, through meditation, Chakra's will "open up" and energy will flow. Will include breathing exercises, mindfulness, a brief talk prior and discussion time afterwards if needed. Meditation is important for peace, happiness and bliss, relaxation, getting in touch with your intuition, clarity of thought, concentration, healing and may assist to lower blood pressure. Meditation can be seated on a chair or lying down or seated on the floor.  START DATE: Friday, 8 FEBRUARY NEED: Mat or cushion, pen, paper, water.</p>	<p>Teresa</p>
<p>9.45 – 11.00 Bowls Club Main Street #</p>	<p><b>BEGINNER LAWN BOWLS</b> Learn to play lawn bowls in a fun and friendly atmosphere.  NEED: Flat shoes or socks. Additional cost each week of \$5 green fees. Lawn bowls provided.</p>	<p>Bob or Dawn</p>
<p>2.00 – 3.30 Main Hall Community Hall #</p>	<p><b>SPANISH DANCING</b> Learn arm and foot movements and steps which will be put together in a dance to Spanish orchestral or guitar music.  NEED: Enclosed shoes. No joggers or thongs.</p>	<p>Dorothy</p>

DISCLAIMER: This program was correct at the time of printing.

*U3A Beachmere gratefully acknowledges the sponsorship and support of Bribie U3A.*

