



Beachmere Community Hall
5 Progress Ave
PO Box 103
Beachmere Qld 4510

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u3a@bang.org.au
www.bang.org.au/u3a



PROGRAM

U3A BEACHMERE OFFICE

Beachmere Community Hall, 5 Progress Ave



OFFICE HOURS

Monday to Thursday

8.30am till 2.30pm

Friday 8.30am till 11.30am

(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 3rd Agers in our community.

FEES:

Annual Membership Fee	\$10	(\$5 terms 3 and 4)
Class Fees, Term Two	\$15	
Class Fees, Short 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 Island 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
Clayton Park Stage	Moreton Terrace
Beachmere Community Lawn Bowls Club	Main Street
Private Home of Tutor	

ELECTIONS:

U3A Beachmere will hold its inaugural Annual General Meeting on Friday, 10 May at 9.30am in the Main Hall, Beachmere Community Hall. The Steering Committee encourages all members to nominate for a position. It is only through the assistance and involvement of members that our U3A can continue. Please consider standing for a position and ensure U3A Beachmere continues as a campus.

SOCIAL COMMITTEE:

Our Social Committee has been very active with a number of events, activities and outings organised. Keep your eye on your emails, the U3A noticeboard and check in at the office for up to date details.

TERM TWO WORKSHOPS

FACEBOOK BASICS – Tuesday, 30 April, 1pm till 3pm
Workshop Fee \$6.

This two-hour Workshop will show and teach you how to set up your Facebook account on either your Smartphone or your laptop. Learn how to set your security, post photos, how to comment and some Facebook etiquette. You will need to bring your own Apple or Android phone or laptop/tablet.

SMARTPHONE BASICS – Tuesday, 14 May, 1 pm till 3pm
Workshop Fee \$6.

This two-hour Workshop will show and teach you some of the things you can do on your Smartphone – load and use Apps, texting/calendars, security, syncing and backups, photography – basic editing. You will need to bring your own Apple or Android phone.

BEGINNER DRAWING – Wednesday, 22 May 10am till Noon.
Workshop Fee \$6.

Join one of Beachmere's "fabulous" artists, Doreen Howes, for a two-hour Beginner Drawing Workshop in pencil. It's an introduction (or a refresher) to the basics of having fun with tone and texture. All equipment supplied.

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 find out how you can help and support U3A Beachmere.

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.

TERM TWO CLASSES

MONDAY		
TIME / VENUE	TITLE & DESCRIPTION	TUTOR
10.00 – 11.30 Room One Community Hall #	<p>SCRABBLE / CANASTA Course Fee \$ 15</p> <p>Learn and play Scrabble or Canasta and some other card and board games as the term progresses.</p> <p>Class Dates: Mondays, 29 April till 24 June</p>	The U3A Team
11.00 – 1.00 Room Two Deck Community Hall	<p>ART – GO GO VAN GOGH! Course Fee \$20</p> <p>This is a Short Course of three classes, each of two hours duration. Inspired by van Gogh learn about his work, drawing methods, brush stroke styles and choice of colours that can produce a similar effect.</p> <p>Class Dates: 13 May, 20 May, 27 May</p> <p>NOTE: This Short Course has a higher fee as it includes art materials including paint, art paper, brushes, pencils and charcoal.</p>	Jane
11.00 – 1.00 Room Two Deck Community Hall	<p>ART – YOU CAN KANDINSKY! Course Fee \$20</p> <p>This is a Short Course of three classes, each of two hours duration. Inspired by Kandinsky, learn about his work, drawing methods, brush stroke styles and choice of colours that can produce a similar effect.</p> <p>Class Dates: 3 June, 10 June, 17 June</p> <p>NOTE: This Short Course has a higher fee as it includes art materials including paint, art paper, brushes, pencils and charcoal.</p>	Jane
1.00 – 2.00 "The Shed" Community Hall #	<p>ABSOLUTE BEGINNER UKULELE Course Fee \$15</p> <p>Learn the basic ukulele chords, how to hold and strum a uke. Music pages supplied in this "easy going" class.</p> <p>Class Dates: Mondays, 29 April till 24 June</p> <p>NEED: A Ukulele</p>	Linda

NOTE: Public Holiday, Monday, 6 May

TUESDAY

TIME / VENUE	TITLE & DESCRIPTION	TUTOR
9.00 – 10.30 The Stage, Clayton Park #	<p style="text-align: right;">Course Fee \$10</p> <p>WALKING GROUP</p> <p>Keep fit and explore Beachmere’s history through planned, relaxed walks in a small group. TWO x FIVE week short course.</p> <p>NEED: Good health and walking shoes.</p> <p>Course One: Tuesdays, 23 & 30 April, 7, 14, 21 May</p> <p>Course Two: Tuesdays, 28 May, 4, 11, 18, 25 June</p>	Karen
9.00 – 10.45 Room One Community Hall #	<p style="text-align: right;">Course Fee \$15</p> <p>MIND MATTERS</p> <p>A program for all those actively interested in creating and maintaining their best brain health, including cognitive training and mentally stimulating fun activities.</p> <p>Class Dates: Tuesdays, 23 April till 25 June</p>	Anna
10.00 – 12.00 “The Shed” Community Hall #	<p style="text-align: right;">Course Fee \$15</p> <p>MUSIC – BEGINNER INSTRUMENTAL</p> <p>Basic theory and practice (notes and chords) for keyboard, brass and recorder (flute). Bring any instrument and let’s make some music.</p> <p>Class Dates: Tuesdays, 23 April till 25 June</p> <p>NEED: An instrument, manuscript paper or book.</p>	Ian
11.00 – 12.30 Room One Community Hall #	<p style="text-align: right;">Course Fee \$15</p> <p>MATHS</p> <p>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.</p> <p>Class Dates: Tuesdays, 23 April till 25 June</p>	Anna
11.00 – 1.00 Room Two Community Hall #	<p style="text-align: right;">Course Fee \$10</p> <p>BOOK CLUB</p> <p>A discussion group, meeting once a month, for those who love reading and enjoy sharing their interest with other “bookworms”. Books generally organised through Tutor and the Library.</p> <p>Class Dates: 30 April, 28 May, 25 June</p> <p>NEED: Bring your Ipad/tablet or smartphone.</p>	Kerry
1.00 – 2.30 “The Shed” Community Hall #	<p style="text-align: right;">Course Fee \$15</p> <p>UKULELE FOR FUN</p> <p>Now we can play ... let’s learn and sing some more songs.</p> <p>Class Dates: Tuesdays, 23 April till 25 June</p> <p>NEED: A Ukulele, your song folder and the Uke songbook (\$10 from office).</p>	Linda
1.00 – 3.30 Tutor’s Home	<p style="text-align: right;">Course Fee \$15</p> <p>BEADING & JEWELLERY MAKING</p> <p>A term of classes in just one month. 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.</p> <p>Class Dates: 30 April, 7 May, 14 May, 22 May, 29 May</p> <p>NEED: Can purchase tools and materials from Tutor as required.</p>	Diane

WEDNESDAY		
TIME / VENUE	TITLE & DESCRIPTION	TUTOR
9.00 – 10.30 Main Hall Community Hall #	<p>DO-IN GENTLE EXERCISE Course Fee \$15</p> <p>DO-IN is the Japanese art of self-massage. The series of exercises aims to activate energy flow in each area of the body and to harmonise functions of various organs, glands and systems, using application of pressure, patting, stretching and massage. Classes finish with guided meditation.</p> <p>Class Dates: Wednesdays, 24 April till 26 June</p> <p>NEED: A mat and towel.</p>	Marta
9.30 – 11.30 Room One Community Hall	<p>GENEALOGY – FAMILY HISTORY Course Fee \$15</p> <p>This class is an extension of Term One or you will need some experience in Family History. This course focuses on “Outcasts, Immigrants and ANZACs”.</p> <p>Class Dates: Wednesdays, 24 April till 26 June</p> <p>NEED: Notepad and pen. Workbooks can be purchased from Tutor - \$16.</p>	Chris
1.30 – 3.00 Main Hall Community Hall #	<p>DANCE FOR FUN Course Fee \$15</p> <p>Spanish dance, Charleston, Jazz, Tap. Have fun whilst moving to great music. Enclosed shoes – small heel ok – no joggers / thongs.</p> <p>Class Dates: Wednesdays, 24 April till 26 June</p>	Dorothy

CHANGE OF ADDRESS / TELEPHONE / EMAIL

Update your details at the U3A office or email u3a@bang.org.au.

Newsletters and Term Programs are emailed to each member wherever possible, which saves us the considerable cost of postage. If you are not receiving your Newsletters or Program updates by email, and have an email address, (check your spam folder first) advise or update your email address at the office or by emailing u3a@bang.org.au with the details.

THURSDAY		
TIME / VENUE	TITLE & DESCRIPTION	TUTOR
9.00 – 11.00 Room One Community Hall	<p>INTERMEDIATE ITALIAN Course Fee \$15</p> <p>This conversational language class is an extension class for Term One students and for those with some grasp of the language.</p> <p>Class Dates: Thursdays, 2 May till 27 June</p> <p>NEED: A copy of Italian For Beginners \$22 from U3A office.</p>	Anna
10.00 – 12.00 "The Shed" Community Hall	<p>QUILTING FOR BEGINNERS Course Fee \$15</p> <p>Extension class for Term One students and those with some experience of machine quilting. Build skills on basic quilting knowledge and techniques. 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.</p> <p>Class Dates: Thursdays, 2 May till 27 June</p> <p>NEED: Sewing Machine, fabric, tools. First week nothing required.</p>	Chris
1.00 – 2.30 Room One Community Hall #	<p>IPAD Course Fee \$15</p> <p>How to use your IPAD – bring your problems and your questions to each class and we work through the answers.</p> <p>Class Dates: Thursdays, 2 May till 27 June</p> <p>NEED: Your own Ipad</p>	Peter

NOTE: Public Holiday, Thursday, 25 April

FRIDAY		
TIME / VENUE	TITLE & DESCRIPTION	TUTOR
9.00 – 10.30 Main Hall Community Hall #	<p>GENTLE CHAIR YOGA Course Fee \$15</p> <p>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.</p> <p>Class Dates: Fridays, 26 April till 28 June</p> <p>NEED: A latex band, towel, water bottle and a Yoga mat (optional for floor exercise)</p>	Carol
9.45 – 11.00 Bowls Club Main Street #	<p>BEGINNER LAWN BOWLS Course Fee \$10</p> <p>Learn to play lawn bowls, or improve your game, in a fun and friendly atmosphere in this SIX WEEK class commencing Friday, 26 April. 9.45am for a 10am start. Suitable for beginners or as an extension for Term One bowlers.</p> <p>Class Dates: Fridays, 4 May till 7 June</p> <p>NEED: Flat shoes or socks. Additional cost each week of \$5 green fees. Lawn bowls provided.</p>	Bowls Club Team
9.30 – 11.00 "The Shed" Community Hall #	<p>BASIC COMPUTER KNOWLEDGE Course Fee \$15</p> <p>Learn some basis computer knowledge to ensure you buy the right computer, whether it's your first or an upgrade. Learn the difference between Apple and Microsoft and the pros and cons. Physical considerations, size, weight, memory, storage, security, online purchasing, identity theft, social media and passwords as well as on/off/reset and some common terms. Then learn or hone your skills on your laptop - email, word processing and spreadsheets.</p> <p>Class Dates: Fridays, 26 April till 7 June</p> <p>NEED: Laptop / Notebook.</p>	Chris

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

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

