



Beachmere Community Hall
5 Progress Ave
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Beachmere Qld 4510

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www.bang.org.au/u3a



PROGRAM

U3A BEACHMERE OFFICE

Beachmere Community Hall, 5 Progress Ave



OFFICE HOURS *

Monday, Tuesday, Thursday

8.30am till 2.30pm

Wednesday & 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 Three	\$15	
Class Fees, Short Course	\$10	
Workshop Fee	\$ 8 / \$ 6 / \$ 4	

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
Private Home of Tutor	

*** OFFICE HOURS:**

The ongoing operation of U3A Beachmere is only possible due to our dedicated group of wonderful volunteers. Every endeavour is made to open the Office during stated designated hours, but on some occasions or due to cancellation of classes, this may not always be possible. Should you find the Office closed please leave a message on the phone, email or Facebook.

SOCIAL COMMITTEE:

Get involved with our social outings and meet some more like minded members. Keep your eye on your emails, the U3A noticeboard and check in at the office for up to date details.

TERM THREE WORKSHOPS

BEGINNER DRAWING– Monday, 22 July 10am till Noon.

Workshop Fee \$6.

This Workshop was a “sell out” last term, so we know it’s going to be even more popular in Term Three. 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.

SMARTPHONE BASICS – Tuesday, 30 July, 12.15pm till 2.15pm

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.

SPACE RACE – Monday, 5 August 12.15pm till 2.15pm.

Workshop Fee \$4.

Join Juri Linins on a tour from the early race to be the first to put a manned craft into space through to the first moon landing and subsequent space missions. This two hour presentation is an overview of a term long subject exploring various space craft and implications of living and travelling in space.

BEGINNER MOSAICS – Over two weeks

Total Workshop Fee \$8. Additional Cost \$10 for materials.

Thursday, 8 August 9.00am – 1.00pm

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, 15 August 10.00am – Noon

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.

TERM THREE WORKSHOPS

DRONE FLYING & PHOTOGRAPHY – Thursday, 8 August

Community Hall 12.15pm to 2.15pm then 2.30pm at Drone Field

Workshop Fee \$6

How to make the most of your drone for photography purposes. Laws, rules, regulations for flying. Tips and tricks. Kick off in the classroom (12.15pm to 2.15pm) and then move on to Beachmere's very own Drone Field (2.30pm) for practical demonstration and instruction.

MILLINERY AND HAT MAKING – Over Two weeks

Total Workshop Fee \$8. Additional Cost \$20 for materials.

Thursday, 22 August and Thursday, 29 August 12.15pm till 2.15pm

In these two 2 hour Workshops learn about and make a Hat, Fascinator or Sun Hat. Learn about patterns, flowers, netting, feathers for summer or winter, formal or racewear. Bring your own fabric or accessories if you wish.

BEGINNER WATERCOLOUR – Monday, 26 August 10am till Noon.

Workshop Fee \$6. Additional cost \$5 for materials.

Join our "fabulous" artist Doreen Howes in a Beginner Watercolour Workshop. Have fun with watercolours. Numbers are limited.

HISTORY OF POWERED FLIGHT – Monday, 2 September, 12.15pm till 2.15pm.

Workshop Fee \$4.

Join Juri Linins once again, this time as he outlines the key events throughout the development of powered flight.

TERM THREE CLASSES

MONDAY		
TIME / VENUE	TITLE & DESCRIPTION	TUTOR
10.30 – 12.00 Room One Community Hall #	<p>DO-IN GENTLE EXERCISE Course Fee \$15</p> <p>DO-IN is the Japanese art of self-massage techniques combined with other simple, gentle and natural movements (exercises) along with breathing techniques. It's a form of dynamic meditation when body and mind are connecting, and it aims to activate energy flow in the body and to harmonise functions of organs, glands and systems using application of acupressure, patting, stretching and massage. DO-IN offers a wide variety of exercises that can be practised anytime and anywhere once movements are learned. Classes finish with a guided meditation.</p> <p>Class Dates: Mondays, 15 July till 16 Sept excl Ekka Holiday, Monday, 12 Aug</p> <p>NEED: A yoga mat and towel/blanket.</p>	Marta
12.15 – 2.15 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, 15 July till 16 Sept excl Ekka Holiday, Monday, 12 Aug</p>	The U3A Team
12.45 – 2.15 "The Shed" Community Hall #	<p>BEGINNER UKULELE Course Fee \$15</p> <p>Learn the basic ukulele chords, how to hold and strum a uke. Also suitable for beginners wishing to improve. Music pages are supplied in this "easy going" class with no pressure and lots of fun.</p> <p>Class Dates: Mondays, 15 July till 16 Sept excl Ekka Holiday, Monday, 12 Aug</p> <p>NEED: A Ukulele</p>	Linda

NOTE: Ekka Holiday, MBRC area, Monday, 12 Aug

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.

TUESDAY

TIME / VENUE	TITLE & DESCRIPTION	TUTOR
<p>9.00 – 10.30 The Stage, Clayton Park #</p>	<p>HISTORY & NATURE WALK Course Fee \$10</p> <p>Explore Beachmere’s history through planned, relaxed walks in a small group. TWO courses each of FIVE weeks. Participants should attend the first session for their pre-walk “briefing”.</p> <p>NEED: Good health and walking shoes.</p> <p>Course One: Tuesdays, 16, 23 & 30 July, 6 & 13 August</p> <p>Course Two: Tuesdays, 20 & 27 Aug, 3, 10, 17 Sept</p>	<p>Karen & Eric W</p>
<p>9.00 – 11.00 Room One Community Hall #</p>	<p>MIND MATTERS Course Fee \$15</p> <p>A gathering of like-minded people interested in discovering how physical exercise, mental exercise, meditation and good nutrition can improve one’s overall health and well-being.</p> <p>Class Dates: Tuesdays, 16 July till 17 Sept</p>	<p>Anna</p>
<p>10.30 – 12.00 Room Two Community Hall #</p>	<p>MUSIC – BEGINNER GUITAR Course Fee \$15</p> <p>Always wanted to play that guitar sitting in the corner? This is your chance to learn from the very beginning. Bring your guitar and let’s make some music.</p> <p>Class Dates: Tuesdays, 16 July till 17 Sept</p> <p>NEED: A guitar, manuscript paper or book.</p>	<p>Ian</p>
<p>11.00 – 1.00 Main Hall Community Hall #</p>	<p>BOOK CLUB Course Fee \$10</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: Tuesday, 30 July and 27 Aug and Friday, 20 Sept</p> <p>NEED: Bring your Ipad/tablet or smartphone.</p>	<p>Kerry</p>
<p>12.45 – 2.15 “The Shed” Community Hall #</p>	<p>UKULELE FOR FUN Course Fee \$15</p> <p>For ukulele players - have fun playing and improve your skills.</p> <p>Class Dates: Tuesdays, 16 July till 17 Sept</p> <p>NEED: A Ukulele, your song folder and the Uke songbook (\$10 from office).</p>	<p>Sandra</p>

WEDNESDAY

TIME / VENUE	TITLE & DESCRIPTION	TUTOR
<p>9.30 – 11.30 Room One Community Hall</p>	<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 term focuses on Image, Place and Time. Photographs, maps, newspapers and objects help us to place our ancestors in time and space. This term we will explore;</p> <ul style="list-style-type: none"> • how to ‘read’ old photographs and images and estimate a date from the type of photograph, the fashions, the objects and surroundings of the photograph subject. 	<p>Chris</p>

	<p>WEDNESDAY - GENEALOGY – FAMILY HISTORY cont</p> <ul style="list-style-type: none"> • How to use maps and the built environment to understand how and where our ancestors lived. • How to use objects to understand the workplace and the technology our ancestors used in their daily life and at work and play. • What newspapers can tell us about life in our family 'places' and the impact that local, national and international events had on the decisions that they made and the places to which they travelled or moved. <p>Class Dates: Wednesdays, 17 July till 18 Sept NEED: Notepad and pen. Workbooks can be purchased from Tutor - \$16.</p>	
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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 Terms One and Two students or for those with some grasp of the language.</p> <p>Class Dates: Thursdays, 18 July till 19 Sept 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>Beginners are welcome as well as those with some experience of machine quilting. Learn or build skills on basic quilting knowledge and techniques for those using their home sewing machines. 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, 18 July till 19 Sept NEED: Sewing Machine, fabric, tools.</p>	Chris
1.00 – 2.00 Room Two Community Hall #	<p>IPAD - HELP DESK Casual Fee \$3 per session</p> <p>Personal, or small group, session on how to use your IPAD – bring your problems and your questions for personal tuition.</p> <p>Class Dates: Thursdays BY APPOINTMENT ONLY. Bookings required by Tuesday prior. NEED: Your own Ipad</p>	Peter

FRIDAY		
TIME / VENUE	TITLE & DESCRIPTION	TUTOR
9.00 – 10.30 Tutor's Home 635 Beachmere Rd	<p>ORCHID GROWING Course Fee \$10</p> <p>This SIX week class provides a basic guide to growing different orchids correctly.</p> <p>NEED: Can purchase plants and materials as required from Tutor.</p> <p>Class Dates: Fridays, 16 Aug to 20 Sept</p>	David & Di
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, 19 July till 20 Sept</p> <p>NEED: A latex band, towel, water bottle and a Yoga mat (optional for floor exercise)</p>	Carol

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

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 or once a Term, please speak with the Tutor Co-ordinator for more information.

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.

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

