

Dorrigo Plateau U3A – Third Term Schedule – July to September 2016

[Second edition]

On-Going Workshops

<i>Title</i>	<i>Details</i>	<i>Tutor</i>	<i>Venue</i>	<i>Day & Time</i>
<i>Apple Users' Group</i>	Apple users get together to learn more about their computers, iPads, iPhones, etc., and get help with problems, sharing tips and tricks. There will be a small agreed fee if a visiting expert is invited to come.	To register for this workshop: contact Di Clarke at 6657 8266 or Gwen Hanna at 6657 8251	Hickory House Dorrigo	First Saturday of alternate months. 1pm TO 3pm Next session: August 2016
<i>Spanish for Advanced Students</i>	Rigoberto Briones aims to make these sessions lively and enjoyable with Spanish movies and Spanish visitors to the class. This is his 4 th year of presenting this course. At Christmas, the class enjoy an end of year lunch at a local restaurant	To register for this workshop: contact Rigoberto at 0425 820 958	Hickory House Dorrigo	Classes run all year round in school terms on Thursdays. 11am. to 12pm Exceptions to these times are duly communicated to all students
<i>Introductory Spanish</i>	Barbara Dwyer and Jenny Hawkins conduct tuition in Spanish for beginners.	To register for this course contact: Jenny Hawkins at 0438 613 09	Club Room Heritage Hotel	<i>Classes run all year round in school terms on Thursdays.</i> Thursdays 9am – 10am

<i>Cards for Fun</i>	Deb Edwards leads a fun session playing different card games with very little competition but lots of laughter in a very relaxed atmosphere.	To register for this workshop: contact Deb Edwards on 0432 542 224	The Food Angel Cafe	Wednesdays at 1 pm
<i>Tai Chi for Fun and Health</i>	Carol Hartman has taught Tai Chi for over 15 years. With benefits for health, well-being, movement and balance, Tai Chi helps strengthen your own personal sense of self. U3A members may attend five sessions free of charge. Wear loose clothing.	To register for this course contact: Carol Hartman at 6657 2609 [after hours]	Dorrigo Recreation Ground. [Soccer field] [If wet weather, then in the CWA hall]	11am Fridays

Short Sessions and Workshops

<i>Bridge for Beginners and Improvers</i>	Caroline Brauhart leads three sessions to get involved in this interesting card game to keep the marbles rolling Maximum participants: 5 Minimum participants: 3	To register for this session contact: Caroline Brauhart on 6657 2325	228 Tyringham Road Dorrigo 2453	Six sessions: Mondays 7pm 18 th July; 25 th July; August 1 st September 5 th ; 12 th ; 19 th
<i>Basic Preventatism</i>	Brian Magrath will be describing the basic concepts of Preventatism; a defence mechanism against the ravages of stress. Stress has been shown to be involved with depression, cancer and diabetes among other disorders, and Preventatism combats stress. Maximum participants: 10 Minimum participants: 4	To register for this session contact: Brian at 6657 8068 or Preventatist@gmail.com	Club room, Heritage Hotel	Single session: Tuesday 19 th July 2016 3pm to 5pm

<p><i>The New Five Forces of Nature</i></p>	<p>Warren Brisley will talk about the existing "Four Fundamental Forces", and their place in the truly weird world of quantum mechanics, and on that basis we could discuss the possible importance of the discovery of a fifth. No mathematics is needed, beyond the belief that $1/x$ can be written as x^{-1}</p> <p>Maximum participants: 12 Minimum participants: 4</p>	<p>To register for this session: Contact Warren Brisley at 0432 040 310 or email wbandml@gmail.com</p>	<p>The Club Room Heritage Hotel Dorrigo</p>	<p>Single session: July 27th 2pm – 4pm</p>
<p><i>The Buzzing of the Bees</i></p>	<p>Greg Mulder a local beekeeper, and will be discussing what bees mean to human society, their habits and needs, and how honey is produced and distributed.</p> <p>Maximum participants: 12 Minimum participants: 4</p>	<p>To register for this session contact: Greg Mulder at 6657 5385</p>	<p>Club room Heritage Hotel Dorrigo</p>	<p>Single session: Tuesday August 9th 10am to 12pm</p>
<p><i>Basic water and soldering skills</i></p>	<p>Bob Murcott will present a discussion and practical session about basic water devices and soldering methods. This is a joint Dorrigo Plateau U3a and Dorrigo men's Shed session.</p> <p>Need to bring safety spectacles or similar and wear sensible workshop clothing.</p> <p>Maximum participants: 6 Minimum participants: 2</p>	<p>To register for this workshop: Contact Bob Murcott at 6655 8614 or email robertmurcott@bigpond.com</p>	<p>Men's Shed Dorrigo 23a Myrtle Street Lane, Dorrigo</p>	<p>Single session: Friday 12th August 10am to 12.30pm</p>
<p><i>Is religion needed today?</i></p>	<p>A discussion led by Glennis Johnston concerning a journey from institutional religion towards genuine spirituality.</p> <p>Maximum participants: 10 Minimum participants: 4</p>	<p>To register for this session: Contact Glennis Johnston at 0427 338 008</p>	<p>Fernbrook Lodge 4705 Waterfall Way Dorrigo</p>	<p>Single session: Thursday 25th August 2016 10.30am to 12pm</p>

<i>Painting and Drawing</i>	<p>Four classes weekly, led by Louise Stanton involving a choice of painting and drawing experience.</p> <p>Please note – Maximum participants: 8 Minimum participants: 4</p>	<p>To register for this workshop: Contact Louise Stanton on 6657 2328 or email withy12@bigpond.com</p>	<p>69 Kurrajong Street Dorrigo</p>	<p>Four sessions: Mondays 29th August 2016 to Monday 19th September. 10am -12pm</p>
<i>Making Preparations</i>	<p>Emillie Reynolds, from Reynolds & Reynolds Legal Services in Bellingen, will discuss: the important legal steps necessary in succession planning for families, for example: Power of Attorney, Wills, contacts made when someone dies, and so on.</p> <p>Maximum participants: 30 Minimum participants: 6</p>	<p>To register for this session: Contact Wendy Davison at 6657 8068</p>	<p>Club Room Heritage Hotel Dorrigo</p>	<p>Single session: Monday 5TH September 10am to 12pm</p>

<p><i>INTERESTED?</i></p>	<p>Some other sessions are being looked at for your future interest; among them:</p> <p>Learning Lawn Bowls;</p> <p>Boules or Petanque,</p> <p>Archery</p> <p>Croquet;</p> <p>Chess.</p>	<p><i>The committee would like to hear from you if you think that you could be interested in having a go at one of these events, so please tell us?</i></p>
<p><u>Please Note:</u></p> <p><u>You will need to show your membership card at any session you attend.</u></p> <p>You must be a current member of U3A to attend any of these workshops or sessions. Membership application forms can be downloaded from U3A site at destinationdorrigo.com, dorrigo.com., or are available from the Dorrigo Library and Visitor Information Centre in Dorrigo.</p> <p>Your receipt and membership card will be available later from the Library</p> <p>Please book early – workshops and sessions will be cancelled a week ahead if not sufficient numbers.</p> <p>To book into a workshop or session please use the contact shown.</p> <p>Please advise your tutor if you have booked into a session but are then unable to attend.</p> <p>Once a member, you can join any workshop or session on the Dorrigo schedule.</p>		