



Programme of Short Courses and Interest Groups

1st Semester 2020

February to July 2020

Prior booking is essential for all courses (Phone or email)

Attendance is for U3A members only. Please wear your membership cards.

Visitors may be allowed to attend a specific session on a once off basis provided all members have been accommodated. An additional R5 fee per visitor applies.

We welcome suggestions for additional interest/small groups.

Monday				
Name	Group	Day and time	Contact Nos.	Venue
Wally Smith Association for Monitoring and Advocacy of Government Pensions (AMAGP)	<i>Making meaning of our lives in the 3rd Age</i> Calling all GEPF pensioners. The Association for Monitoring and Advocacy of Government Pensions (AMAGP) regards itself as a "watchdog" of government pensions. It is a non-profit organisation, run by a group of volunteers. Wally is one of those volunteers. He will talk about the current state of the GEPF and answer questions that have been bothering members relating to the security of our pensions and other issues.	First Monday in the month. 2 March 10:00 – 11:00	Enquiries Penny Mackrory 011 440 1942 Book with Margie Dolgoy 011 887 7366	Rotary Hall Randjes Estate Members: R5.00 Non-members: R10.00
Anthea Jeffery Head of Policy Research, Institute of Race Relations	The NHI will supposedly provide 'free' quality healthcare to all South Africans. However, the country lacks the resources to implement it properly. It is also intended to put an end to medical schemes and to establish the NHI Fund as the sole (and state-run) medical aid for the entire country. The NHI Fund will also be solely responsible for paying for all health goods and services. This will open the door to corruption, late payments, and shortages in all practices and health facilities, both private and public. This will have many negative effects for many people, including pensioners. There are far better means of achieving	First Monday in the month. 4 May 10:00 – 11:00	Enquiries Penny Mackrory 011 440 1942 Book with Margie Dolgoy 011 887 7366	Rotary Hall Randjes Estate Members: R5.00 Non-members: R10.00

	universal health coverage – and these should be pursued instead.			
Penny Mackrory Numbers are limited. Topics are determined by the participants in the group.	<i>Making meaning of our lives in the 3rd Age.</i> Death Café This group provides an opportunity to speak about death, the impact it has on how we live and the choices we make that enable us to live life more fully. <i>The U3A Joburg East Death Café is currently applying for registration with the International Death Café Organisation.</i>	Second Monday of every month. Time 10:00 – 11:00 10 February 9 March 6 April * (the 2 nd Monday is Family day 11 May 8 June	011 440 1942	510 Carlingford Randjes Estate Members: R5.00 Non-members: R10.00 <i>Note this is not a counselling or bereavement support group.</i>
Pauline Hanna (Note that this is not bereavement counselling)	<i>Making meaning of our lives in the 3rd Age.</i> Bereavement Support Group The purpose of the bereavement support group is to support members who have lost loved ones to come to terms with their passing by providing a safe space to talk about their feelings, challenges and concerns. It provides an opportunity to blow off steam and really say the sometimes unsayable. The only proviso for this group is confidentiality.	Third Monday of the month. 15:00 to 16:00 17 February 16 March 20 April 18 May 15 June.	011 786 8725	336 Carlingford Randjes Estate Members: R5.00 Non-members: R10.00
Maggie Holliday <i>Please contact Maggie Holliday if you are interested in participating in this group.</i>	The U3A Theatre Club This semester we are extending the group and trying something different. A series of four voice and other workshops.	Fourth Monday of the month at 16:00 – 17:00 24 February 23 March No workshop in April – Freedom Day 25 May 22 June	011 440 6832	Rotary Hall Randjes Estate Members: R5.00 Non-members: R10.00
Tuesday				
Name	Group	Day and time	Contact Nos.	Venue
Rick Horwitz and Colleen Loopuyt <i>Participants supply their own materials.</i>	Art workshops For people interested in drawing and painting together. There is no formal teaching but participants learn from each other.	1 st , 3 rd and 4 th Tuesdays of the month from 9:00 – 12:00. Starts 4 February 2020 The group does not break in July.	Colleen Loopuyt 011 440 5628 Rick Horwitz 011 440 0542	11 Resthaven Randjes Estate Members: R5.00 Non-members: R10.00
Coral Wilder For more	Time-2-Travel <i>“The real voyage of discovery consists not in</i>	Fourth Tuesday of the month. 10:30-12:00	083 450-9148 coralwilder@gmail.com	Rotary Hall Randjes Estate

<p>information or to reserve a place please call or mail:- Coral</p> <p><i>If you (or someone you know) would like to share your travel adventure with our group, call Coral.</i></p>	<p><i>seeking new landscapes, but in having new eyes.”</i> <i>Marcel Proust</i></p> <p>Fuel your wanderlust to destinations both local and international and sometimes simply to a new way of seeing. We live in a wonderful world that is full of beauty, charm and adventure. Let our tour guide share those with you in the good company of your fellow travellers.</p>	<p>25 February 24 March 28 April 26 May 23 June</p> <p>Topics will be mailed out monthly. They include:</p> <ul style="list-style-type: none"> 🚩 The Silk Road – from Europe to China 🚩 Footsteps of Moses – 40 years in 40 minutes. 🚩 Namibia 		<p>Members: R5.00 Non-members: R10.00</p>
Wednesday				
<p>Jill Trill</p> <p>Please be seated before 2pm.</p>	<p>Cool Classics</p> <p><i>(If you want information on what Jill has planned for a specific day, either text her at 083 267 5075, check email or check the boards.)</i></p>	<p>First and third Wednesday of the month. 5 and 19 February 4 and 18 March 1 and 15 April 6 and 20 May 3 and 17 June Starts promptly at 14:00.</p>	<p>Leave a text message with name and number on 083 267 5075</p>	<p>Owl and Guinea Fowl, Randjes Estate</p> <p>Members: R5.00 Non-members: R10.00</p>
<p>Coral Wilder</p> <p>Pictures, metaphors and personal narratives are windows into our hearts.</p> <p>For more information or to reserve a place please call or email:- Coral.</p>	<p>Conversation Café For Conversations that Matter</p> <p>Join our small group for a relaxing, enjoyable few hours where we will engage in and share meaningful conversations around topics that matter. We will reflect on and contemplate a variety of themes including:</p> <ul style="list-style-type: none"> • People and places and their impact on your life. • Poems, movies, books and music that made an impression on you. • Rituals you have followed. • Words or ideas and how you understand them. • That and more. 	<p>Third Wednesday of the month. 10:30-12:30</p> <p>19 February 18 March 22 April (4th Wednesday to accommodate Passover) 20 May 17 June</p>	<p>083 450-9148 coralwilder@gmail.com</p>	<p>Rotary Hall Randjes Estate</p> <p>Members: R5.00 Non-members: R10.00</p>
<p>Carol Alexander</p>	<p>Randjes Birders of U3A Joburg East</p>	<p>Last Wednesday of the month. Time: 9:00 26 February 25 March 29 April 27 May 24 June</p>	<p>011 440 3104 083 408 1493</p>	<p>708 Carlingford</p> <p>Members: R5.00 Non-members: R10.00</p>

Thursday				
Name	Group	Day and time	Contact Nos.	Venue
Jill Traill	" The Great Gatsby " by Scott Fitzgerald followed by the film with Redford and Farrow. Participants are required to buy the novel and read it in advance.	Thursday mornings at 10:00. 6 February 13 February 20 February 27 February	Call 083 267 5075 or text to book and Jill will contact you.	Venue: Jill's house 137 East Randjes Estate. Members: R5.00 Non-members: R10.00
Jill Traill	U3A Film Society We will be watching that old favourite, "The Thornbirds" to begin the year and then the brilliant documentary, "Chernobyl".	Thursday afternoons at 14:00. Starts: 6 February	011 786 6162 or leave a text message with name and number on 083 267 5075	Rotary Hall Randjes Estate Members: R10.00 Non-members: R15.00
Friday				
Andrew Domanski <i>No previous experience of Plato is necessary. The less you know the better! The classes run throughout the year without a break. We close in December.</i>	<i>Philosophy discussion group: Plato for everyday living.</i> <ul style="list-style-type: none"> We read translations of various texts. There is an opportunity for discussion and interaction throughout. Application to our own lives features strongly in our conversations. 	Weekly on Fridays 10:30 - 12:00 February: 7, 14, 21, 28 March: 6, 13, 20, 27 April: 3, 17, 24 May: 8, 15, 22, 29 June 5, 12, 19, 26 <i>Tea at 10:15. Starts promptly at 10:30</i>	011 646 6566	306 Carlingford (Liz Lane's house) Members: R5.00 Non-members: R10.00