



**Programme of Virtual Short Courses and Interest Groups
2nd Semester 2020 - June to December 2020**

Join us on line using zoom for the remainder of 2020 or until such time as it is possible for our members to meet face to face in Joburg East.
Note that prior booking via WhatsApp or email is essential for all courses so that we can send you the links for the virtual meetings.

<p align="center">Joining a zoom group on line</p> <p>You need access to the Internet and sufficient data capability to join the meeting (a rough estimate is 1 gig).</p> <p>You can participate in the virtual groups using one of the following:</p> <ul style="list-style-type: none"> ▪ A Windows Laptop or Desktop ▪ A Mac with Windows equivalent capability ▪ An iPad ▪ A Smartphone (Apple or Android) <p><i>U3A Joburg East has purchased a licence to use zoom so each group will run for the length of time agreed by the group.</i></p>	<p align="center">How to download zoom</p> <p>Note: You may like to download zoom before your first meeting. This is one of many ways to do this.</p> <ol style="list-style-type: none"> 1. Click on this link or copy and paste it into google search. http://zoom.us/download 2. You will then see two options:- <ul style="list-style-type: none"> • Zoom Client For Meetings AND • Zoom Plugin for Microsoft outlook 3. Click on the blue box marked DOWNLOAD on ZOOM CLIENT FOR MEETINGS, that's option one. 4. On the left side bottom of your screen you will now see "ZoomInstaller" 5. Click on that. 6. A box will appear on your screen. 7. Click on "RUN" 8. WAIT 9. Now you should get a whole Zoom page on your screen. It has four blocks with various options. 10. You should be installed. <p>Alternatively the first time you click on the link in an invitation to a zoom meeting zoom will install itself.</p> <ul style="list-style-type: none"> ▪ WAIT - it will take a little while ▪ Follow the installation prompts ▪ When prompted, enter the meeting ▪ Make sure that the Video and Microphone are both on ▪ You should now be able to see and hear other participants (and yourself)
<p align="center">Joining a Meeting.</p> <ul style="list-style-type: none"> ▪ Decide on the group that you would like to join. ▪ Contact the facilitator (see the programme below for contact details) and 	<p align="center">Meeting Invitations</p> <p>Your invitation will look something like this:</p> <ul style="list-style-type: none"> ▪ Maxine Liebenberg is inviting you to a scheduled Zoom meeting.

<p>indicate that you would like to join the group. Email or what's app giving your name, email address and cell number to the facilitator.</p> <ul style="list-style-type: none"> ▪ Confirm your attendance at least 1 week prior to the session. The facilitator will liaise with Maxine, our zoom expert to arrange for you to receive an invitation. ▪ Maxine, will email you an invitation to the group with the link to the session on the day of the meeting. 	<ul style="list-style-type: none"> ▪ Topic: U3A East Birding Group ▪ Time: Jun 24, 2020 02:00 PM Harare, Pretoria ▪ Join Zoom Meeting https://us02web.zoom.us/j/81404948355?pwd=YUZ1VHBUVHY2eXA2TUtoM09YTjJkdDZ09 ▪ Meeting ID: 814 0494 8355 ▪ Password: 385052 this is different for every meeting. ▪ Click on the link and you will be admitted to the waiting room. ▪ The facilitator will admit you to the meeting at the advertised time.
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Monday				
Name of facilitator	Group	Day and time	Contact details	
Penny Mackrory 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 talk about death, the impact it has on how we live and the choices we make that enable us to live life more fully.	Second and fourth Monday of every month. Time 14:00 – 15:00 8 and 22 June 2020 13 and 27 July 2020 24 August 2020 14 September 2020 12 and 26 October 2020 9 and 23 November 2020	082 669 4297 Please send an email to pennymac@icon.co.za , with your first name, surname and email address and we will put you on our invitation list.	The U3A Joburg East Death Café has applied for registration with the International Death Café Organisation. <i>Note this is not a counselling or bereavement support group.</i>
Robin Phillips	Zoom for absolute beginners	Monday 29 June 2020 10:00 to 11:00	Book by sending an email to pennymac@icon.co.za by 25 June 2020. Please indicate your first name, surname and email address and we will put you on our invitation list.	This workshop will cover the basics that you need to know to participate in zoom meetings and webinars.
Tuesday				
Name of facilitator	Group	Day and time	Contact details	
Andrew Pearce <i>Andrew and his team run computer workshops for U3A Johannesburg. Members from Joburg East are welcome to join them.</i>	Computer workshops	Every Tuesday 10:00 to 11:00	Please send an email to andrewpearce4477@gmail.com , with your first name, surname and email address and the fact that you are a member of U3A Joburg East and Andrew will add you to his distribution list. You will then receive the Johannesburg Branch programme as it	Robin, Simon and Andrew plan a few weeks ahead and have a general idea of the whole programme. See the section on Computer workshops offered by U3A Johannesburg for an idea of what they are planning.

			is developed and the Zoom connections and the material.	
Yonatan Taylor	Meditation An ultra-simple technique and method of teaching it.	4 sessions in July at 16:00 – 17:00 Tuesday 7 July 2020 1. Introduction and explanation of what meditation is and what it does, as well as isn't and doesn't. Tuesday 14 July 2020 2. Putting meditation into practice. Giving the mantra and guiding the first short meditation with discussion after. Thursday 16 July 2020 at 16:00 3. Follow up check with questions and discussions. Thursday 23 July 2020 at 16:00 4. Not a session, but a state where in text and WhatsApp Yonatan will create, check in and find out how it's going. Thereafter 5. In perpetuity any questions, problems, etc., can be addresses one on one as required.	Text, sms or WhatsApp Yonatan on 083 377 2040 by 3 July 2020 if you would like to participate. Please indicate your first name, surname, email address and we will put you on our zoom invitation list.	Yonatan's technique is a simplified version of TM.
Laura Sher	Talking about books	First Tuesday of each month from 14:00 to 15:00 7 July 2020 4 August 2020 1 September 2020 6 October 2020 3 November 2020	0823223816 . Please send an email to lsheer@icon.co.za , with your first name, surname and email address and we will put you on our invitation list.	Participate in a discussion of books you have read and would like to share and get an idea of what people are reading. Bring your own tea and coffee.
Wednesday				
Name of facilitator	Group	Day and time	Contact details	
Coral Wilder	Viktor Frankl:-Life and Times Join our interactive discussion	Second Wednesday of the month. 10:30-12:30 12 August 2020	083 450-9148 coralwilder@gmail.com Please indicate your first name,	Viktor Frankl was an Austrian neurologist and psychiatrist, and a Holocaust survivor. Frankl was the

	on the life, times and work of Viktor Frankl.	9 September 2020 14 October 2020 11 November 2020	surname, email address and we will put you on our invitation list.	founder of logotherapy (literally "healing through meaning") a meaning-centred school of psychotherapy. He is most noted for his best-selling book <i>Man's Search for Meaning</i> based on his experiences in various Nazi concentration camps.
Coral Wilder Pictures, metaphors and personal narratives are windows into our hearts.	Conversation Café For Conversations that Matter Join our small group for a relaxing, enjoyable few hours where we will engage in and share meaningful conversations around topics of interest that matter.	Third Wednesday of the month. 10:30-12:30 17 June 2020 15 July 2020 19 August 2020 16 September 2020 21 October 2020 18 November 2020	083 450-9148 coralwilder@gmail.com Please indicate your first name, surname, email address and we will put you on our invitation list.	
Carol Alexander	Randjes Birders of U3A Joburg East	Last Wednesday of the month. 14:00 to 15:00 24 June 2020 29 July 2020 26 August 2020 30 September 2020 28 October 2020 25 November 2020	011 440 3104 083 408 1493 Please send an email to sithanda@iafrica.com with your first name, surname and email address and we will put you on our invitation list.	The subjects we are going to discuss will be selected at our first or second meeting.
Tami Hammerschlag <i>The course aims to provide a forum for creative engagement with self-expression. You will be encouraged to draw from the world around you, as well as to experiment with memory. You will have free choice as to the form and content of your writing; poetry, fiction, memoir, time.</i>	Writing from Self / Writing from Other <i>The Syllabus is subject to change depending on the response from the group. The group is limited to no more than 10 participants.</i>	Every second Wednesday in August and September at 3.00 - 4.30 PM JHB time Session One: 5 August Building a Safe Space. Writing from Self. The Scars on the Body. Session Two: 19 August 2020 Writing from character. Voice and Description. Session Three: 2 September 2020	Please send an email to tamihammerschlag@icloud.com with your first name, surname and email address and we will put you on our invitation list.	Participants will be asked to allocate some time for creative writing between sessions, and to share material. Recommended Reading. Anne Dillard <i>A Writer's Life.</i>

		<p>Writing from story. Plot, back story and the future.</p> <p>Session Four: 16 September 2020</p> <p>Looking through the Keyhole. Imagination and Memory.</p>		
Thursday				
Name of facilitator	Group	Day and time	Contact details	
Yonatan Taylor	<p>Meditation continued</p> <p>An ultra-simple technique and method of teaching it.</p>	<ol style="list-style-type: none"> 1. See Tuesday 7 July 2020. 2. See Tuesday 14 July 2020 <p>Thursday 16 July 2020 at 16:00</p> <ol style="list-style-type: none"> 3. Follow up check with questions and discussions. <p>Thursday 23 July 2020 at 16:00</p> <ol style="list-style-type: none"> 4. Not a session, but a state where in text and WhatsApp Yonatan will create, check in and find out how it's going. <p>Thereafter</p> <ol style="list-style-type: none"> 5. In perpetuity any questions, problems, etc., can be addressed one on one as required. 	<p>Text, sms or WhatsApp Yonatan on 083 377 2040 by 3 July 2020 if you would like to participate.</p> <p>Please indicate your first name, surname, email address and we will put you on our zoom invitation list.</p>	Yonatan's technique is a simplified version of TM.
Sara Evian	Kabbalah	<p>First Thursday of the month starting in August 11:00 to 12:00</p> <ol style="list-style-type: none"> 1. 6 August 2020 2. 3 September 2020 3. 1 October 2020 4. 5 November 2020 5. 3 December 2020 	<p>082 339 3565</p> <p>Please send an email to saraevian@gmail.com with your first name, surname and email address and we will put you on our invitation list.</p>	Sara has been studying Kabbalah and Chassidic Philosophy for 35 years. Her interest is in delving into the depths of mystical teaching and through this, gaining an understanding of the psyche of the soul. She is co-author of the book, Beloved of the Soul
Ian Crowther	<p>This year's worst verse.</p> <p><i>Ian writes poetry and has written a number of poems about COVID – 19 and other subjects that are a poetic, historical record of life in our time.</i></p>	<p>Second Thursday of the month starting in September 10:00 to 11:00</p> <p>10 September 2020</p> <p>Poetry readings about COVID 19, mainly humorous and relevant to</p>		

		today's lockdown. 8 October 2020 Poetry readings on other topics. 12 November 2020 Poetry readings on other topics. 10 December 2020 Poetry readings on other topics.		
Ray Sher	Conversations about gerotranscendence - getting over getting old. <i>Aging can be a challenging time for us. What we thought we knew - we no longer know. What we thought was important is not. It can be tumultuous, it can be confusing, OR It can be the Time of Our Life! Let's find out ...</i>	Third Thursday of the month starting in August 11:00 to 12:00 20 August 2020 17 September 2020 15 October 2020' 19 November 2020 17 December 2020	082 710 2120 Please send an email to sher.raphael@gmail.com with your first name, surname and email address and we will put you on our invitation list.	Raphael's focus is finding meaning of the second half of life. He is concerned and curious about the <i>disconnect</i> between the theories of aging and his own experience. In these conversation sessions, we may consider the possibility of age as potential, not pathology.
Friday				
Name of facilitator	Group	Day and time	Contact details	
Andrew Domanski <i>No previous experience of Plato is necessary. The less you know the better!</i>	<i>Philosophy discussion group:</i> Plato for everyday living. 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 5, 12, 19 and 26 June 3, 10, 17, 24 and 31 July 7, 14, 21 and 28 August 4, 11, 18 and 25 September 2, 9, 16, 23 and 30 October 6, 13, 20, 27 November 2020	011 646 6566 Please send an email to domanski.andrew22@gmail.com with your first name, surname and email address and we will put you on our invitation list.	Bring your own tea or coffee

Sadly, Bereavement Support Group, Art workshops, Time-2-Travel, Cool Classics, U3A Film Society and Jill's other workshops and talks will not be available on line. We look forward to their return once we move to the new normal post COVID 19.

We note with sadness the passing of Maggie Holiday who ran the U3A Theatre Club. She will be sadly missed and fondly remembered by her friends.

We will constantly add new courses as we find facilitators who are willing to share their expertise. We have a music course in the pipeline, details to be announced later.