



## Programme of Short Courses and Interest Groups 1st Semester 2021 February to June 2021

Website: <http://www.u3ajoburgeast.co.za>

Join us on line using zoom 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.**

We are delighted that four of our small groups will be able to meet face to face from January/February 2021.

*In this document*



Denotes that this is a virtual course on zoom (limit 98 people on a first come first served basis)



Indicates a small group of 6 to 8 people that meets face to face

We will constantly add new courses as we find facilitators who are willing to share their expertise.

### Joining a zoom group on line

**You need access to the Internet** and sufficient data capability to join the meeting (a rough estimate is 1 gig).



You can participate in the virtual groups using one of the following:

- A Windows Laptop or Desktop
- A Mac with Windows equivalent capability
- An iPad
- A Smartphone (Apple or Android)

### Zoom Meeting Invitations



Your invitation will look something like this:



- Maxine Liebenberg is inviting you to a scheduled Zoom meeting.
- 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 zoom room which opens 15 minutes before each session.
- Please join the session fifteen minutes before the advertised time so that the session can start promptly at the advertised time.




Monday				
Name of facilitator	Group	Day and time	Contact details	
<p><b>Beckie Tobias chairperson of U3A Joburg East</b></p> <p><b>Format:</b></p> <ul style="list-style-type: none"> <li>Welcome and introduction of speaker.</li> <li>Presentation.</li> <li>Answers to questions or comments posted in the chat room.</li> <li>Vote of thanks.</li> </ul> 	<p><b>The Monday lecture</b></p> <p><i>Lectures on zoom of the kind usually presented at our monthly U3A Joburg East meetings.</i></p> <p><i>See the Schedule of Monday virtual lectures for the first semester 2021</i></p>	<p><b>Second Monday of the month</b> Time 10:30 – 11:45 <b>Check in time in the zoom room 10:15</b></p> <p>8 February 2021 8 March 2021 12 April 2021 10 May 2021 14 June 2021</p> <p><b>Booking is essential as we can only accommodate 98 people on our zoom licence.</b></p>	<p>Please send an email to <a href="mailto:clivemax@netactive.co.za">clivemax@netactive.co.za</a> with your first name, surname and email address and Maxine will send you an invitation to the lecture.</p>	<p>See the schedule of Monday virtual lectures emailed to you or the U3A Joburg East website <a href="http://www.u3ajoburgeast.co.za">http://www.u3ajoburgeast.co.za</a></p>
<p><b>Penny Mackrory</b></p> <p>Topics are determined by the participants in the group.</p> 	<p><b>Death Café</b></p> <p>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.</p>	<p><b>Fourth Monday of every month.</b> Time 14:00 to 15:00 <b>Check in time in the zoom room 13:45</b></p> <p>22 February 2021 29 March 2021 (22 is a public holiday). 26 April 2021 24 May 2021 28 June 2021</p> <p><b>Topic for 22 February:</b></p> <ul style="list-style-type: none"> <li>Living Wills and Advanced Directives – what can go wrong and how can we avoid the problems.</li> <li>Difficulties when someone is dying and has a Living</li> </ul>	<p>082 669 4297</p> <p>Please send an email to <a href="mailto:pennymac@icon.co.za">pennymac@icon.co.za</a>, with your first name, surname and email address and we will put you on our invitation list.</p>	<p>The U3A Joburg East Death Café is registered with the International Death Café Organisation.</p> <p><i>Note this is not a counselling or bereavement support group.</i></p>





		<p>Will. Personal experiences.</p> <p><b>Topic for 29 March:</b></p> <ul style="list-style-type: none"> <li>Talking to family members and friends about your wishes/Living Will.</li> <li>Where do we wish to spend our last days? Options – how do we decide?</li> </ul> <p><b>Topic for 26 April:</b></p> <ul style="list-style-type: none"> <li>Realistic and emotional responses when someone is dying.</li> </ul>		
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**Tuesday**

Name of facilitator	Group	Day and time	Contact details	
<p><b>Andrew Pearce</b></p> <p><i>Andrew and his team run computer workshops for U3A Johannesburg Branch. Members from Joburg East are welcome to join them.</i></p> 	<p><b>Computer workshops</b></p>	<p><b>Every Tuesday 10:00 to 11:00</b> Starts 8 February 2021</p>	<p>Please send an email to <a href="mailto:andrewpearce4477@gmail.com">andrewpearce4477@gmail.com</a>, 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 is developed and the Zoom connections and material.</p>	<p>Robin, Simon and Andrew have a general idea of the whole programme and plan a few weeks ahead. You will be notified of the programme by Andrew from Johannesburg Branch each week.</p>
<p><b>Rick Horwitz and Colleen Loopuyt</b></p> <p><i>Booking essential as the group can only accommodate 8 people.</i></p> 	<p><b>Art workshops</b></p> <p>For people interested in drawing and painting together. There is no formal teaching but participants learn from each other. <i>NB participants supply their own materials.</i></p>	<p><b>Tuesdays from 9:00 – 12:00.</b></p> <p>The group does not break in July</p>	<p>Indicate your interest or sign up for the group by texting Colleen on 082 552 0932 or emailing her on <a href="mailto:colandpiet@gmail.com">colandpiet@gmail.com</a></p> <p>Please include your first name, surname, email address and cell number and she will contact you.</p>	<p><b>Note that this is a face to face session</b></p> <p><b>Venue:</b> Randjes Estate</p> <p>Colleen will let members of the group know how to find the venue.</p>

Name of facilitator	Group	Day and time	Contact details	
<p><b>Yonatan Taylor</b></p> 	<p><b>Meditation</b> An ultra-simple technique and method of teaching it.</p>	<p>Tuesdays and 1 Thursday Time: 11:30 to 12:30</p> <p><b>Session 1 6 April 2021</b> Introduction and explanation of what meditation is and what it does, as well as isn't and doesn't.</p> <p><b>Session 2 NB Thursday 8 April 2021</b> <i>Putting meditation into practice. Giving the mantra and guiding the first short meditation with discussion after.</i></p> <p><b>Session 3 13 April 2021</b> Follow up check with questions and discussions.</p> <p><b>Session 4 20 April 2021</b> Not a session, but a state where in text and WhatsApp Yonatan will create, check in and find out how it's going.</p> <p><b>Thereafter</b> In perpetuity any questions, problems, etc., can be addressed one on one as required.</p>	<p>Indicate your interest or sign up for the course by texting Coral on 083 450 9148 or emailing her on <a href="mailto:coralwilder@gmail.com">coralwilder@gmail.com</a></p> <p>Please include your first name, surname, email address and cell number and she will put you on our zoom invitation list.</p>	<p>Yonatan's technique is a simplified version of TM.</p> <p>This is a repeat of Yonatan's 2020 course which was very well received.</p>
<p><b>Laura Sher</b></p> 	<p><b>Talking about books</b></p>	<p><b>First Tuesday of each month from 14:00 to 15:00</b></p> <p>2 February 2021 2 March 2021 6 April 2021</p>	<p>0823223816 .</p> <p>Please send an email to <a href="mailto:ls her@icon.co.za">ls her@icon.co.za</a>, with your first name, surname and email address and we will put you on our invitation list.</p>	<p>Participate in a discussion of books you have read and would like to share and get an idea of what people are reading.</p> <p>Bring your own tea and coffee.</p>

		4 May 2021 1 June 2021		
<b>Wednesday</b>				
<b>Name of facilitator</b>	<b>Group</b>	<b>Day and time</b>	<b>Contact details</b>	
<b>Coral Wilder</b>  Pictures, metaphors and personal narratives are windows into our hearts.  	<b>Conversation Café For Conversations that Matter</b>  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.	<b>Second Wednesday</b> of the month. 10:30-12:30  10 March 2021 14 April 2021 12 May 2021 9 June 2021 14 July	083 450-9148 <a href="mailto:coralwilder@gmail.com">coralwilder@gmail.com</a>  Please indicate your first name, surname, email address and cell number and Coral will be in contact with you.	<b>Note that this is a face to face session</b>  <b>Venue:</b> 12 Fouchee Avenue Morninghill  <b>Booking essential as the group can only accommodate 8 people</b>
<b>Pauline Hanna</b>  	<b>Bereavement Support Group</b> <i>(Note that this is not bereavement counselling)</i>	<b>Third Wednesday</b> of the month. 15:00  20 January 2021 17 February 2021 17 March 2021 21 April 2021 19 May 2021 16 June 2021 – youth day will you still meet	078 000 9159  Indicate your interest or sign up for the group by texting Pauline or emailing her on <a href="mailto:john.hanna@anglicanjoburg.org">john.hanna@anglicanjoburg.org</a>  Please include your first name, surname, email address and cell number and she will contact you.	<b>Note that this is a face to face session</b>  <b>Venue:</b> Randjes Estate  Pauline will tell you where the group will meet each month.  <b>Booking essential as the group can only accommodate 8 people</b>
<b>Coral Wilder</b>  	<b>Viktor Frankl:-Life and Times</b>  Join our interactive discussion on the life, times and work of Viktor Frankl.	<b>Third Wednesday</b> of the month. <b>10:30-12:30</b>  17 March 2021 21 April 2021 19 May 2021 23 June 2021 21 July 2021	083 450 9148 Indicate your interest or sign up for the course by texting Coral on or emailing her on <a href="mailto:coralwilder@gmail.com">coralwilder@gmail.com</a>  Please include your first name, surname, email address and cell number and she will put you on our zoom invitation list.	<b>Viktor Frankl</b> was an Austrian neurologist and psychiatrist, and a Holocaust survivor. Frankl was the founder of logotherapy a meaning-centred school of psychotherapy (literally "healing through meaning"). 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.

Name of facilitator	Group	Day and time	Contact details	
<b>Carol Alexander</b>  and 	<b>Randjes Birders of U3A Joburg East</b>	<b>Last Wednesday of the month.</b> 9:00 to 13:00  27 January 2021 24 February 2021 31 March 2021 28 April 2021 26 May 2021 30 June 2021	011 440 3104 083 408 1493  Please send an email to <a href="mailto:gogocarolwendy@gmail.com">gogocarolwendy@gmail.com</a> . with your first name, surname, cell phone number and email address and she will put you on our invitation list.	The group goes on Birding outings in summer, autumn and spring, weather permitting, and meets on zoom in winter and in inclement weather.
Thursday				
Name of facilitator	Group	Day and time	Contact details	
<b>Ray Sher</b> 	<b>Conversations about gerotranscendence - getting over getting old.</b> <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>	<b>Third Thursday of the month</b> <b>11:00 to 12:00</b>  18 February 2021 18 March 2021 15 April 2021 20 May 2021 17 June 2021	082 710 2120  Indicate your interest or sign up for the course by texting Ray or emailing him on <a href="mailto:sher.rafael@gmail.com">sher.rafael@gmail.com</a>  Please include your first name, surname, email address and cell number and we will put you on our zoom 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.
<b>Jill Traill</b> 	<b>Excerpts from A History of the World in 100 Objects</b> Written and presented by Neil MacGregor, erstwhile curator of the British Museum.  <i>This is the most brilliant, clever and original book which in the words of one critic 'liberates the imagination'. The last sentence is 'for your information'.</i>	<b>Four consecutive Thursdays</b> <b>10:00.</b> 5 February 2021 12 February 2021 19 February 2021 26 February 2021  <i>Please check your diaries before you book and ensure that that you are able to attend all 4 meetings.</i> <b>Notes will not be available.</b>	To book please call Jill Traill at 083 267 5075 or leave a text message and she will get back to you.	<b>Note that this is a face to face session</b>  <b>Venue:</b> Jill's house 137 East Randjes Estate.  <i>Booking essential as numbers are limited to 6 people on a first come first served basis</i>

Name of facilitator	Group	Day and time	Contact details	
<p><b>Yonatan Taylor</b></p> 	<p><b>Meditation</b> An ultra-simple technique and method of teaching it.</p>	<p><i>See Tuesday's programme for sessions 1, 3 and 4</i></p> <p><b>Thursday</b> <b>Time: 11:30 to 12:30</b></p> <p><b>Session 2 Thursday 8 April 2021</b> Putting meditation into practice. Giving the mantra and guiding the first short meditation with discussion after.</p>	<p>Indicate your interest or sign up for the course by texting Coral on 083 450 9148 or emailing her on <a href="mailto:coralwilder@gmail.com">coralwilder@gmail.com</a></p> <p>Please include your first name, surname, email address and cell number and she will put you on our zoom invitation list.</p>	<p>Yonatan's technique is a simplified version of TM.</p> <p>This is a repeat of Yonatan's 2020 course which was very well received.</p>
<p><b>Karen Denton</b> <i>It is said that the eyes are the window to the soul. They reflect our health in so many ways, and are affected by almost everything we do. But how much do we actually know about our eyes ...</i></p> 	<p><b>You, Your Health, and Your Eyes</b></p> <p>Topics will include, but are not limited to,</p> <ul style="list-style-type: none"> <li>You Don't Know What You Don't Know</li> <li>The Ageing Eye and What You Should Be Doing ...</li> <li>Diabetes and You</li> <li>Why Don't Those Meds Work for Me? Is Prescribing Today a Shot in the Dark?</li> </ul>	<p><b>First Thursday of the month 10:30 to 11:30</b></p> <p><b>1 April 2021</b> <b>6 May</b> <b>3 June</b> <b>5 August</b> <b>2 September</b> <b>7 October</b> <b>4 November</b></p>	<p>Indicate your interest or sign up for the course by texting Karen on 0813112255 or emailing her on <a href="mailto:karen@retinasa.org.za">karen@retinasa.org.za</a></p> <p>Please include your first name, surname, email address and cell number and she will put you on our zoom invitation list.</p>	<p>Karen holds qualifications in General Nursing, Midwifery, Operating Theatre, Nursing Administration, Nursing Education, Psychiatric Nursing, and has a Degree in Psychology. . She has more than 30 years of experience in Diabetes Education. She is currently the Lead Educator with Retina SA.</p> <p><i>Participants can decide on the topics for future talks.</i></p>
<b>Friday</b>				
Name of facilitator	Group	Day and time	Contact details	
<p><b>Andrew Domanski</b> <i>No previous experience of Plato is necessary. The less you know the better!</i></p> 	<p><i>Philosophy discussion group:</i> <b>Plato for everyday living.</b> We read translations of various texts. There is an opportunity for discussion and interaction throughout. Application to our own lives</p>	<p>Weekly on Fridays 10:30 - 12:00</p> <p>29 January 2021 5, 12, 19, and 26 February 2021 5, 12, 19 and 26 March 2021 2, 9, 16, 23 and 30 April 2021 7, 14, 21 and 28 May 2021 4, 11, 18 and 25 June 2021,</p>	<p>011 646 6566</p> <p>Please send an email to <a href="mailto:domanski.andrew22@gmail.com">domanski.andrew22@gmail.com</a> with your first name, surname cell phone number and email address and he will put you on our invitation list.</p>	<p>Bring your own tea or coffee</p>

	features strongly in our conversations.			
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