



Programme of Short Courses and Interest Groups 2nd Semester 2021 July to November 2021

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

Join us online using Zoom or face to face in Joburg East.

Note that prior booking via WhatsApp or email is essential for all courses so that we can:

- **register you with the group and send you the links for the virtual meetings,**
- **ensure that our face to face groups are COVID compliant,**
- **inform you should the planned session be changed or cancelled due to prevailing Covid conditions. Groups may swap from face to face session to Zoom sessions as Covid restrictions dictate.**

In this document:



Denotes that this is offered as a virtual course on Zoom on a first come first served basis.



Indicates a small group of 6 to 8 people that meets face to face unless current Covid conditions require that it be cancelled or offered on Zoom.

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

Joining a Zoom group online

You need access to the Internet and sufficient data 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




Contact the facilitator to register with the group. The Facilitator will keep you informed of arrangements for the group in the light of Covid restrictions.

Your invitation will look something like this:




- Name of the facilitator e.g. Coral Wilder is inviting you to a scheduled Zoom meeting





To join a Zoom meeting:





- Your facilitator will send you the Zoom link e.g.
<https://us02web.zoom.us/j/3999338487?pwd=bENSUEINMEIQIBSZEkzczFva3Bpdz09>
Meeting ID: 399 933 8487
Passcode: kens123
- 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.	
NAME OF FACILITATOR	GROUP	DAY AND TIME	CONTACT DETAILS	VENUE
Monday				
Helen Popplewell, chairperson of U3A Joburg East. Format: <ul style="list-style-type: none"> Welcome and introduction of speaker. Presentation. Answers to questions or comments posted in the chat room. Vote of thanks. 	The Monday lecture <i>Lectures on Zoom of the kind usually presented at our monthly U3A Joburg East meetings.</i>	Second Monday of the month Time 14:00 to 15:15. Check in time in the zoom room 13:45 TUESDAY 10 August 2021 (Tuesday as Monday is a holiday). 13 September 2021 11 October 2021 8 November 2021	It is not necessary to book as we will be using the SA license which can accommodate 500 people on a first come first served basis.	See the Schedule of Monday virtual lectures for the second semester 2021 emailed to you or on the U3A Joburg East website http://www.u3ajoburgeast.co.za
Penny Mackrory Topics are determined by the participants in the group.  Booking essential as the group can only accommodate 8 people	Death Café Talking about death is good for life. 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.	Fourth Monday of every month. Time 11:00 to 12:00 Check in time in the zoom room 10:45 23 August 2021 27 September 2021 25 October 2021 22 November 2021	WhatsApp Penny on 082 669 4297 Or send an email to pennymac@icon.co.za , with your first name, surname and email address if you would like to participate in this group. <i>Note that this is not a counselling or bereavement support group.</i>	The U3A Joburg East Death Café is registered with the International Death Café Organisation. Venue: Randjes Estate Highlands North 2192 Contact Penny to find out the venue as the unit number will change each month.
Tuesday				
Andrew Pearce 	Computer workshops <i>Andrew and his team run computer workshops for U3A Johannesburg Branch. Members from Joburg East are welcome to join them.</i>	Every Tuesday with the exception of the third Tuesday of the month. 10:00 to 11:00 6,13, & 27 July 3, 10, 24 August 7, 14, 28 September 5, 12, 26 October	Please send an email to andrewpearce4477@gmail.com , with your first name, surname and email address and Andrew will add you to his distribution list. You will then receive the Johannesburg Branch programme, the Zoom link	You will be notified of the programme by Andrew from Johannesburg Branch each week. 7 September is the first day of the Jewish New Year. Andrew will decide whether the course will happen on that day.

		2, 9, 23, 30 November	and material.	
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NAME OF FACILITATOR	GROUP	DAY AND TIME	CONTACT DETAILS	VENUE
Tuesday continued				
Rick Horwitz and Colleen Loopuyt <i>Booking essential as the group can only accommodate 6 people.</i> 	Art workshops 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>	Tuesdays from 9:00 – 12:00. The group does not break in July.	Indicate your interest or sign up for the group by texting Colleen on 082 552 0932 or emailing her on colandpiet@gmail.com Please include your first name, surname, email address and cell number and she will contact you.	Venue: Craft's Corner Randjes Estate
Wednesday				
Coral Wilder Pictures, metaphors, and personal narratives are mirrors on our world, windows into our hearts. They open our imagination and tap into our creativity where we find inspiration.   If it is impossible to meet face to face. <i>Booking essential as the group can only accommodate 8 people</i>	Conversation Café 'For Conversations that Matter.' Join our intimate group for a relaxing, enjoyable hour where we engage in meaningful conversations around topics of interest that matter. Some examples include: - <ul style="list-style-type: none"> • The rituals of our lives. • How well are we listening? • Do we have free choice or the illusion of free choice? • Loneliness: a curse or a gift? • Finding meaning in the second half of life. • Stories verses speculations. • Learning in later life. • And much more. 	Second Wednesday of the month. 10:30-12:30 11 August 2021 <i>8 September 2021 No Session as it is the 2nd day of the Jewish New Year.</i> 13 October 2021 10 November 2021	WhatsApp Coral on 083 450-9148 or email her on coralwilder@gmail.com Please indicate your first name, surname, email address and cell number and Coral will contact you.	Venue: A venue at Randjes Estate once lock down is over Or 12 Fouchee Avenue Morninghill Bedfordview <i>Contact Coral to find out where the venue will be as it is subject to change depending on current Covid regulations.</i>

NAME OF FACILITATOR	GROUP	DAY AND TIME	CONTACT DETAILS	VENUE
Wednesday continued				
Pauline Hanna  Booking essential as the group can only accommodate 8 people	Bereavement Support Group <i>(Note that this is not bereavement counselling)</i>	Third Wednesday of the month. 15:00 – 18:00 18 August 2021 15 September 2021 20 October 2021 17 November 2021	Contact Pauline 078 000 9159 Indicate your interest or sign up for the group by texting Pauline or emailing her on john.hanna@anglicanjoburg.org Please include your first name, surname, email address and cell number and she will contact you.	Venue: Randjes Estate Pauline will tell you where the group will meet each month.
Carol Alexander  	Randjes Birders of U3A Joburg East	Last Wednesday of the month. 9:00 to 13:00 25 August 2021 29 September 2021 27 October 2021 24 November 2021	Contact Carol on 011 440 3104 or 083 408 1493 Or send an email to gogocarolwendy@gmail.com 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				
Ray Sher Getting over getting old. 	Conversations about Gerotranscendence 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...	Third Thursday of the month 11:00 to 12:00 21 October 2021 18 November 2021	Ray 082 710 2120 Indicate your interest or sign up for the course by texting Ray or emailing him on sher.raphael@gmail.com 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 in 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.

NAME OF FACILITATOR	GROUP	DAY AND TIME	CONTACT DETAILS	VENUE
Thursday continued				
Jill Traill  <i>Booking essential as numbers are limited to 6 people on a first come first served basis.</i>	Tony and the !Xóǀ Bushman. As the group is limited to 6 people to be COVID compliant Jill will run the course twice.	Two consecutive Thursdays 10:00. Course 1 2 and 9 September 2021 Course 2 16 and 23 September 2021	To book please call Jill Traill at 083 267 5075 or leave a text message and she will get back to you. <i>Please check your diaries before you book and ensure that that you are able to attend both meetings.</i>	Venue: Jill's house 137 East Randjes Estate. Note the 16 September is Rosh Hashanah.
Karen Denton 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 know about our eyes ... 	You, Your Health, and Your Eyes Topics will include, but are not limited to, <ul style="list-style-type: none"> You Don't Know What You Don't Know The Ageing Eye and What You Should Be Doing ... Diabetes and You Why Don't Those Meds Work for Me? Is Prescribing Today a Shot in the Dark? 	First Thursday of the month 10:30 to 11:30 5 August 2021 2 September 2021 7 October 2021 4 November 2021	Indicate your interest or sign up for the course by texting Karen on 0813112255 or emailing claudette@retinasa.org.za Please include your first name, surname, email address and cell number and she will put you on our Zoom invitation list.	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. <i>Participants can decide on the topics for future talks.</i>
Friday				
Andrew Domanski No previous experience of Plato or Socrates is necessary. The less you know the better  	Philosophy discussion group. '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 conversation.	Weekly on Friday 15:00 to 16:30 2, 9, 16, 23, 30 July 2021 6, 13, 20, 27 August 2021 3, 10, 17 September 2021 1, 8, 15, 22, 29 October 2021 5, 12, 19, 26 November 2021.	Please send an email to domanski.andrew22@gmail.com with your first name, surname cell number and email address and he will put you on our invitation list. (Phone number: 011 646 6566)	Randjes Estate when we can meet face to face again.