



Programme of Short Courses and Interest Groups January to 30 June 2022

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

Many activities, including the monthly speaker, are still only on Zoom, but there are also small group meetings of 6 to 8 people that meet face to face in a safe environment.



or



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 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)

For Zoom courses, prior booking via WhatsApp or email is essential so that we can send you the links for the virtual meetings. There is a limit of 98 people on a first come first served basis.

Zoom Meeting Invitations

Your invitation will look something like this:

Coral Wilder is inviting you to a scheduled Zoom meeting.

Topic:



Join Zoom Meeting




[https://us02web.Zoom.us/j/3999338487?pwd=bENSUEINMEIQIBSZEKzczFva3Bpdz09](https://us02web.zoom.us/j/3999338487?pwd=bENSUEINMEIQIBSZEKzczFva3Bpdz09)





Meeting ID: 399 933 8487



Passcode: kens123



- N.B. THE ABOVE IS AN EXAMPLE. YOU WILL BE INVITED BY EITHER YOUR COURSE COORDINATOR OR CORAL WILDER SO NAME AND CODES WILL CHANGE.
- 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				
Facilitator	Group	Day and time	Contact details	Venue
<p>Helen Popplewell chairperson of U3A Joburg East</p> <p>Format:</p> <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 	<p>The Monday lectures</p> <p>Lectures on Zoom of the kind usually presented at our monthly U3A Joburg East meetings.</p> <p>See the schedule of speakers and topics emailed to you or on the U3A website http://www.u3ajoburgeast.co.za</p>	<p>Second Monday of the month</p> <p>14:00 to 15:15. Check-in time in the Zoom room 13:45</p> <p>14 February 14 March 11 April 9 May 13 June</p>	<p>Shortly before each lecture, you will receive a notification together with a link to the lecture.</p> <p>Notifications will also be sent to U3A branches countrywide.</p>	<p>Zoom Room</p> 
<p>Penny Mackrory</p> <p>Topics are determined by the participants in the group.</p> <p>The U3A Joburg East Death Café is registered with the International Death Café Organisation.</p> <p>Note: this is not a counselling or bereavement support group.</p>	<p>Death Café</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>Last Monday of the month</p> <p>11h00-12h00</p> <p>31 Jan: What to look for in a good frail care facility 28 Feb: Aquamation 28 March 25 April 30 May 27 June</p>	<p>To book please send an email or contact to pennymac@icon.co.za, with your first name, surname and email address and we will put you on our invitation list.</p> <p>For more details call Penny on 082 669 4297</p>	<p>Randjes Estate</p> <p>To be advised on booking</p> 

TUESDAY				
Facilitator	Group	Day and Time	Contact Details	Venue
<p>Andrew Pearce</p> <p>Andrew and his team run computer workshops for U3A Johannesburg Branch. Members from Joburg East are welcome to join them.</p>	<p>Computer workshops</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 each week.</p>	<p>Every Tuesday</p> <p>10:00 to 11:00</p> <p>Starts February 2022</p>	<p>To book please email andrewpearce@global.co.za</p> <p>Please include your first name, surname and email address and the fact that you are a member of U3A Joburg East. Andrew will add you to his distribution list.</p>	<p>Zoom Room</p> 
<p>Rick Horwitz and Colleen Loopuyt</p> <p>Booking essential as the group can only accommodate 8 people.</p>	<p>Art workshops</p> <p>For people interested in drawing and painting together. There is no formal teaching, participants learn from each other.</p> <p>Note: participants supply their own materials.</p>	<p>Every Tuesday</p> <p>9:00 – 12:00.</p> <p>Starts February 2022</p> <p>The group does not break in July</p>	<p>Sign up for the group by texting Colleen on 082 552 0932 or emailing colandpiet@gmail.com</p> <p>Please include your first name, surname, email address and cell number and Colleen will contact you.</p>	<p>Randjes Estate</p>  <p>Direction to venue from Colleen.</p>
<p>Andrew Domanski</p> <p>No previous experience of Plato is necessary. The less you know the better!</p> <p>This is a joint meeting with the U3A Johannesburg branch.</p>	<p>Plato for Everyday Living</p> <p>Philosophy study group: We read Plato's dialogues in translation. There is opportunity for discussion and interaction throughout. Application of Plato's teachings to our own lives features strongly in our conversations.</p>	<p>Every Tuesday</p> <p>10:30 – 12:00</p>	<p>To register please email Andrew domanski.andrew22@gmail.com with your first name, surname, cell phone number and email address and he will put you on our invitation list.</p> <p>Or contact Andrew on 011 646 6566</p>	<p>Zoom Room</p> 

WEDNESDAY				
Facilitator	Group	Day and Time	Contact Details	Venue
Carol Alexander	Randjes Birders of U3A Joburg East The group goes on Birding outings in summer, autumn and spring, weather permitting, and meets on Zoom in winter and in inclement weather.	Last Wednesday of the month 9:00 – 13:00 23 February 30 March April (Group to decide on a date) 25 May 29 June	011 440 3104 083 408 1493 Please 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.	 zoom AND 
Margaret Rawicz Journey with Margaret as she followed in the footsteps of Moses. Going on such a spiritual journey transformed her life and she returned with a sense of closeness to God.	Spiritual Journey The Exodus Route of Moses From Egypt she will take us along her route through to the mountain from which Moses looked over the Holy Land before he died. Gain more insight into the physical, spiritual, and emotional circumstances of the lives of the Israelites.	First Wednesday of the month 10h30 – 11h30 2 March 6 April 4 May 2 June	To register text Coral on 083 450-9148 or email her on coralwilder@gmail.com Please include your first name, surname, email address and cell number and we will put you on our Zoom invitation list.	Zoom Room 
Pauline Hanna	Bereavement Support Group Note: This is not bereavement counselling	Third Wednesday of the month 15:00 – 18:00 16 February 16 March 20 April 18 May 15 June 2022	To sign up for the group text Pauline on 078 000-9159 or email her on john.hanna@anglicanjoburg.org Please include your first name, surname, email address and cell number and she will contact you.	Randjes Estate  Pauline will tell you where the

			Booking essential as the group can only accommodate 8 people	group will meet each month.
Avril Rubenstein Dr Avril Rubenstein is the long-serving chair of the Johannesburg Musical Society. A musician herself – she won the UNISA Overseas Scholarship and - studied under Prof. Enrique Barenboim in Tel Aviv for two years – she also holds a Ph.D. in English Literature.	Unravelling Musical Mysteries A path towards understanding music through the exploration of connections between art, literature, music, and poetry, with a focus on the growth of sonata form.	Second Wednesday of the month 11h00 – 12h30 13 April 11 May 8 June	To sign up for the course text Coral on 083 450-9148 or email coralwilder@gmail.com Please include your first name, surname, email address and cell number and we will contact you.	Private House  Address and directions on registration.
THURSDAY				
Name of Facilitator	Group	Day and Time	Contact details	Venue
Ray Sher	Conversations about gerotranscendence Getting over getting old. 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 17 February 2022 17 March 2022 28 April 2022 (21 April is Passover) 19 May 2022 23 June 2022	Sign up for the course by texting Ray on 082 710-2120 or email him on sher.rafael@gmail.com Please include your first name, surname, email address and cell number and we will put you on our Zoom invitation list.	Zoom Room 

<p>Jill Traill</p>	<p>Tony and the !Xoo Bushman</p> <p>Fascinating insights into the work of Jill's late husband, Tony Traill</p>	<p>Two Thursdays at 10:00</p> <p>10 February 24 February</p> <p>Notes will not be available.</p>	<p>To book call/text Jill Traill at 083 267 5075</p> <p>Booking essential as numbers are limited to 6 people on a first come first served basis</p>	<p>Randjes Estate, 137 East</p> 
<p>Karen Denton</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>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 ...</p>	<p>You, Your Health, and Your Eyes</p> <p>Topics will include, but are not limited to,</p> <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? • Fake News or Science? How to Choose ... • Love Your Eyes • You, Research, and Your Eyes 	<p>First Thursday of the month</p> <p>10:30 to 11:30</p> <p>3 February 3 March 7 April 5 May 2 June</p>	<p>To sign up for the course text Karen on 0813112255 or email her on karen@retinasa.org.za</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>Participants can decide on the topics for future talks</p>	<p>Zoom Room</p> 

<p>Andrew Domanski</p> <p>This is a joint meeting with the U3A Johannesburg branch.</p>	<p>Plutarch Study Group</p> <p>Plutarch, a Greek, was the foremost biographer of the ancient world. He was also an essayist and a priest at the temple of Apollo in Delphi. He wrote the Parallel Lives, a series of paired biographies of illustrious Greeks and Romans, and the Moralia, a collection of essays.</p>	<p>Every Thursday</p> <p>10h30 – 12h00</p> <p>No previous experience or knowledge of the subject is required</p>	<p>011 646-6566</p> <p>To sign up for the course email Andrew on domanski.andrew22@gmail.com</p> <p>Please include your first name, surname cell phone number and email address and he will put you on our invitation list.</p>	<p>Zoom Room</p> 
<p>Gilly Southwood</p> <p>Gilly lives in Cape Town. She is a storyteller, story practitioner, educator, and facilitator. She is passionate about using the power of traditional and personal stories to create spaces and processes that invite reflection and exploration.</p>	<p>Hidden Treasures</p> <p>Traditional stories carry timeless, deep wisdom</p> <ul style="list-style-type: none"> • Listen to and explore a wisdom tale from around the world. • Make a deeper connection with yourself and the diverse world around you through the power of story. • Connect with story through creative processes. 	<p>Four Thursday Sessions</p> <p>10h00 – 12h30</p> <p>17 March 31 March 14 April 28 April</p> <p>No previous experience of storytelling is needed.</p>	<p>To sign up for this course WhatsApp Gilly on 082 872 4512 or send an email to gilly@cybersmart.co.za</p> <p>Please include your first name, surname, cell phone number and email address and she will put you on our invitation list.</p> <p>Space limited to 12 participants.</p> <p>Bring to session: Journal, stationery, candle, matches and refreshments</p>	<p>Zoom Room</p> 