



Programme of Short Courses and Interest Groups  
February 2024 – June 2024

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

Join us face to face, or online using Zoom.

We will constantly add new courses or activities 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)

#### 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=bENSUEIBSZEkzczFva3Bpdz09>

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 meeting in good time so that the session can start promptly at the advertised time.

**MONDAY**



| Name of facilitator  | Group  | Day and time  | Contact details/bookings   | Venue  |
|--|--|---|--|--|
| <p><b>Coral Wilder</b></p> <p>The U3A Joburg East Death Café is registered with the International Death Café Organisation.</p> <p><b>This is not a counselling or bereavement support group.</b></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>Last Monday of the month</b></p> <p>26 February<br/>25 March<br/>29 April<br/>27 May<br/>24 June<br/><b>10h30-11h30</b></p>                                   | <p>To book please send an email to <a href="mailto:coralwilder@gmail.com">coralwilder@gmail.com</a> with your first name, surname and email address and we will put you on our invitation list.</p> <p>Or call Coral on 083 450-9148</p> | <p>RJM Hall,<br/>Randjes Estate</p>           |
| <p><b>Stanley Peskin</b></p> <p>Stanley was a senior lecturer – Films and narrative - Wits English department. He wrote film, ballet and opera reviews for <i>The Star</i>, <i>Pretoria News</i> and the <i>Mail and Guardian</i></p>  | <p><b>Opera Appreciation Group</b></p> <p>This program will begin with Stephen Sondheim’s <b>Passion</b>, followed by discussion.</p>  | <p><b>Monday afternoons on the following dates:</b></p> <p>Starting on the 15 February and continuing every second week from there.</p> <p><b>10h00 – 11h30</b></p> | <p>To book please call Stanley on 072 240-2997</p>   | <p>Rotary Hall,<br/>Randjes Estate</p>        |
| <p><b>Dr Pam Heller-Stern</b></p> <p>Pam was a lecturer in literature at Wits English Department</p> <p>Come and enjoy a creative journey through writing techniques and structure, how to stimulate interest and draw the reader into your story, how to condense your text, article, review, etc, or writing for a particular sector of readers, and more.</p> | <p><b>Creative Writing for Everyone (Including beginners)</b></p> <p>Pam will guide you step-by-step as you unlock your creative self and put it into words. You will write about your ancestors, family tales, fiction, short stories and poetry.</p> | <p>February – 12 and 19<br/>March – 11 and 18<br/>April – 15 and 22<br/>May – 13 and 20<br/>June – 10</p> <p><b>10h30 – 12h30</b></p>                               | <p>To book or for more information please call Pam on 083 496-4746</p> <p>Email - <a href="mailto:drpam@mweb.co.za">drpam@mweb.co.za</a></p>   | <p>Randjes Est<br/>Address on booking.</p>  |

**TUESDAY**



| Name of Facilitator   | Group   | Day and Time                                      | Contact Details/bookings  | Venue   |
|---|---|---|---|---|
| <p><b>Andrew Pearce</b></p> <p>Andrew and his team run computer workshops for U3A on Zoom. Members from Joburg East are welcome to join them on-line.</p>                                 | <p><b>Computer workshops</b></p> <p>Participants will be notified of the programme as it is developed.</p>  | <p><b>Weekly</b></p> <p><b>10:00 to 11:00</b></p> | <p>To book please email <a href="mailto:andrewpearce@global.co.za">andrewpearce@global.co.za</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.</p> <p><b>BOOKING ESSENTIAL</b></p> | <p>Zoom Room</p>                                       |
| <p><b>Andrew Domanski</b></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 members.</p> | <p><b>Plato for Everyday Living</b></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.</p> | <p><b>Weekly</b></p> <p><b>10:30 – 12:00</b></p>  | <p>To register please email Andrew on <a href="mailto:domanski.andrew22@gmail.com">domanski.andrew22@gmail.com</a></p> <p>Or contact Andrew on 011 646 6566</p>   | <p>St Francis Church,<br/>46 Tyrone Ave, Parkview</p>  |

Tuesday is also the day for our monthly speaker, 10 am in the RJM hall, Randjes, on the second Tuesday of each month. See separate schedule for details of each speaker.



**WEDNESDAY**

| Name of Facilitator  | Group   | Day and Time   | Contact Details/bookings   | Venue  |
|--|---|--|--|--|
| <p><b>Stanley Peskin</b></p> <p>Stanley was a senior lecturer – Films and narrative - Wits English department. He wrote film, ballet and opera reviews for <i>The Star</i>, <i>Pretoria News</i> and <i>Mail and Guardian</i>.</p> | <p><b>Literature Appreciation Group</b></p> <p>You will read and discuss works of literature beginning with <b>To the Lighthouse</b> by Virginia Woolf.</p>   | <p><b>Weekly</b></p> <p><b>Every Wednesday at 10h00</b></p>  | <p>To book call Stanley on 072 240-2997</p>  | <p><b>Randjes Estate</b><br/>Venue to be advised on booking.</p>  |
| <p><b>Richard Dancer</b></p> <p>Richard Dancer has for many years been exposed to the works of well-known Swiss psychoanalyst Carl Jung. Here he reflects on how he has absorbed many of Jung's concepts into his own life.</p>    | <p><b>Living with Jung</b></p> <p>Discover and identify the helpful messages we receive from the universe by exploring the wonderful world of dreams and archetypes. Start the journey to discover your own individual character.</p> | <p><b>Starting on 31 January and continuing every second week.</b></p> <p><b>11h30 – 12h30</b></p> | <p>To book please call Richard on 082 901-8927</p> <p>Email <a href="mailto:dancer.re@gmail.com">dancer.re@gmail.com</a></p> | <p><b>Randjes Estate</b><br/>Address on booking</p>              |

**THURSDAY**

| Name of Facilitator   | Group   | Day and Time  | Contact details/bookings   | Venue   |
|---|---|---|--|---|
| <p><b>Andrew Domanski</b></p> <p>This is a joint group with members from the U3A Johannesburg branch.</p>   | <p><b>Plutarch Study Group</b></p> <p>Plutarch, a Greek, was the foremost biographer of the ancient world.</p>  | <p><b>Weekly</b></p> <p><b>10h30 – 12h00</b></p>  | <p>To sign up for the course email Andrew on <a href="mailto:domanski.andrew22@gmail.com">domanski.andrew22@gmail.com</a></p> <p>Or call 011 646-6566.</p> | <p>St Francis Church,<br/>46 Tyrone Ave, Parkview</p>  |
| <p><b>Karen Denton + Retina S.A. Team</b></p> <p>The Covid Pandemic had a devastating effect for all of us. Had?</p> <p>Many of us are unaware of the ongoing issues that arose from even mild Covid infections. The good news is that there is a lot we can do to curtail or even prevent some of the most common of these problems.</p> <p>Join the RetinaSA Team to learn why and how you, your friends, and families can ensure a healthier tomorrow.</p> | <p><b>Eye Education, awareness and Information</b></p> <p>Karen and her team will present four topics relating to eye education and awareness, how it works what can go wrong, and what you can do. They will also leave time to address your individual questions.</p> | <p><b>March 7</b><br/><b>April 4</b><br/><b>May 2</b><br/><b>June 6</b></p> <p><b>10h00-11h30</b></p> | <p>To sign up for the course email Helen on <a href="mailto:ianpopp@gmail.com">ianpopp@gmail.com</a></p> <p>Or Call 083 226 1622</p>                       | <p>RJM Hall, Randjes Est</p>                           |

FRIDAY

| Name of Facilitator  | Group   | Day and Time  | Contact details/bookings  | Venue  |
|--|---|---|---|--|
| <p><b>Mary Hazelton</b></p> <p>Originally inspired by Andrew Domanski's Plato course, this group is working through the history of philosophy in self-help mode.</p> | <p><b>The History of Philosophy</b></p> <p>Having rushed through a quick overview of important philosophers down the centuries, we are now looking at living philosophers and their views on present-day issues, with a focus on Justice.</p> | <p><b>Every second Friday</b><br/>11h00-12h30</p> <p>Starting Friday Jan 19, then Feb 2, Feb 18, etc.</p> | <p>To book your place call Mary on 083 473-0219 or email her <a href="mailto:onmaryhazelton@gmail.com">onmaryhazelton@gmail.com</a></p> | <p>306 Carlingford, Randjes Estate, for 6 people; simultaneously on Zoom for others.</p>   |