



MID YEAR THANK YOU LUNCH

Organiser: Susan Smalldon 0403 857 600
Venue: Auchendarroch House, Mt Barker
Day: Wednesday 10th July (once only)
Time: 12:30pm – 2:30pm

Shake off those winter blues with good food, warm company and some fun. A two course lunch (vegetarian & GF options) to thank our Course Presenters & Organisers. **COST** \$21 for meal (subsidised) and buy own drinks from the bar if wanted. Payment upon enrolment.

Enrolments close 30th June.

ART & CRAFTS

Card Making

Presenter: Janet Hemsley, 0428 844 097
Venue: Private Address, Mt Barker
Day: 2nd & 4th Tuesday (excl school holidays)
Time: 1:30pm – 3:30pm
Start: 23rd July – 10th December

Create two cards per session using card, paper, stickers, punches and dies. \$8:00 each session to cover the cost of materials, payable on the day.

Guided Tours of the Art Gallery

Organiser: Cheryl Oliver, 0438 823 185
Venue: Art Gallery SA, North Terrace, Adelaide
Day: 4th Monday, including school holidays
Start: 14th July – 25th November
Time: 1:20pm – 2:30pm
Cost: \$10 fee at time of enrolment

Meet at 1:20pm in the foyer near restaurant via the back entrance. Trained gallery guides will lead a tour of a current exhibition or a selection of works from the Gallery's collection. Note: the Gallery now requires entrance fees to be paid in advance.

Painting and Drawing

Organiser: Margaret Campbell, 0456 752 623
Venue: The Oak, 409 Mt Barker Rd, Bridgewater
Day: 2nd & 4th Friday including school holidays
Start: 19th July – 13th December
Time: 10:00am – 12:00pm

If you enjoy playing with pencils and paint, come and join us! This is not a teaching class – everyone brings along their own materials to use. But ... we provide lots of friendly chatter along with supportive motivation and encouragement

GENERAL INTEREST

Astronomy – An Introduction

Presenter: Les Laub, leslaub@ace.net.au
Venue: Coventry Library, Stirling
Day: Monday 26th Aug (five sessions)
Time: 10:30am – 12:30pm

The fascinating world of astronomy! Areas to be explored over the five weeks include the ancient philosophers and prophecies, how astrology arose as a superstition and pseudo-science and how astronomy was (and still is in some religions) suppressed, what science tells us about the universe and how matter came to be created, how old is the moon and is there life on other planets. **NOTE:** Participants are expected to attend every session.

Fauna of Thailand

Presenter: Suzanne Arbon, 0437 389 059
Venue: St Paul's Community Centre, Hahndorf
Day: Friday 18th October
Time: 10:30am – 12:30pm (once only)
 A look at some of the magnificent birds of Thailand and a few iconic animals.

Film Club (Hahndorf)

Presenter: Frank Robertson, 0418 448 654
Venue: St Paul's Community Room, 6 English St
Day: 1st Thursday, excl school holidays
Time: 1:30pm – 3:30pm
Start: 1st August – 5th December

An opportunity to see films no longer readily available. Frank, an avid film buff and font of knowledge will present a wide range of classic films in a friendly, relaxed environment. Join us on the adventure -

Financial Matters

Presenter: Fred Guilhaus, fguilhaus@gmail.com
Venue: The Oak, 409 Mt Barker Rd, Bridgewater
Day: 1st & 3rd Wednesday (excl school holidays)
Time: 10:00am – 12:00pm
Start: 17th July – 4th December

We cover world geopolitics as it affects the global and particularly the Australian economy. A desire to know more about the share market and basic economics is a prerequisite. Includes active discussion surrounding Australia's economy and particular investments in shares, bonds, and real estate and an understanding how interest rates and government policies affect personal wealth preservation in an uncertain and volatile world.

Road Safety with SA Police

Organiser: Susan Smalldon, 0403 857 600
Venue: St Paul's Community Room, Hahndorf
Day: Thursday 22nd Aug (once only)
Time: 10:30am – 12:00pm

Aimed at older road users, this session will include road rules, the 'fatal five', pedestrian safety, fitness to drive, motorised wheelchairs, crash statistics, personal property securities register and reporting to police. (Presented in conjunction with St Pauls Retirement Living.)

The Internet in Byte Sized Bits with Mike Sussex

Organiser: Susan Smalldon, 0403 857 600
Venue: St Paul's Community Room, Hahndorf
Day: Friday 27th September (once only)
Time: 10:30am – 12:30pm

Ever wondered how the internet actually works? We use it all the time; it is ubiquitous and pretty much essential to our everyday lives: from chatting with friends to online banking, the internet powers them all. It's way more than a search engine. Discover how it works and how it does more than you think.

The Global Search for Meaning

Presenter: Fred Guilhaus, fguilhaus@gmail.com
Venue: The Oak, 409 Mt Barker Rd, Bridgewater
Day: 2nd & 4th Wednesday (excl school holidays)
Time: 10:00am – 12:00pm
Start: 24th July – 11th December

In the midst of disruption and political conflict the level of anxiety has accelerated, particularly for the young. Mental health issues abound. We shall look at comparative religions, philosophy, Carl Jung and Freud, Jordan Peterson & modern philosophers.

HEALTH & FITNESS

Circle Dancing (Mount Barker)

Presenter: Valerie Pullan, 0414 245 552
Venue: Town Hall, 34 Gawler St, Mt Barker
Day: Tuesdays (weekly excl school holidays)
Time: 10:00am – 12:00pm
Start: 23rd July – 10th December

Together in Dance - experience the well-being benefits of gentle dance in this welcoming and relaxed environment. Together we enjoy learning dances from around the world, listening to truly uplifting music, a laugh and a chat during the break.

Circle Dancing (Crafers)

Presenter: Valerie Pullan, 0414 245 552
Venue: Ann Jolly Hall, 1 Epiphany Place, Crafers
Day: Thursdays (weekly excl school holidays)
Time: 1:30pm – 3:00pm
Start: 25th July – 12th December

Together in Dance - experience the well-being benefits of gentle dance in this welcoming and relaxed environment. Together we enjoy learning dances from around the world, listening to truly uplifting music, a laugh and a chat during the break.

Step in Time (Mount Barker)

Presenter: Marisa Ala Dea, 0417 145 432
Venue: Town Hall, 34 Gawler St, Mt Barker
Day: 1st & 3rd Monday (excl school holidays)
Time: 1:30pm – 3:00pm
Start: 5th August – 2nd December

Easy to learn dance steps and routines to a varied selection of popular music from the Fabulous 50's, Psychedelic 60s and Sensational 70s.

Take a trip down memory lane as we move and groove to the songs and rhythms that rocked our socks off those years ago! No partners or previous dance experience needed and all welcome for a fun and friendly time.

LANGUAGES

Intending NEW language students please contact the Presenter prior to enrolling to ascertain your level

French 4 & French 6 with Helen

Presenter: Helen Hughes, 0407 720 168
Venue: Mt Barker Community Centre, Dumas St
Day: Tuesdays (weekly excl school holidays)
Time: 2:30pm – 4:30pm
Start: 23rd July – 10th December

French 4 - An intermediate course of continuing study; grammar, geography, history, culture and current affairs. **Texts:** Schaum French Grammar, A New French Course Pt 3 by Horan and Wheeler (Science Press)

French 6 - Ongoing revision of grammar as well as new points; enhancing geography, history and culture, awareness of current affairs. **Texts:** Schaum French Grammar, A New French Course Pt 4 by Horan and Wheeler (Science Press), Communications & Communique by David Sprake

French for Fun with Jan & Laurel

Presenter: Jan de Weerd, 0419 802 780
Venue: Ann Jolly Hall, 1 Epiphany Place, Crafers
Day: Thursdays (weekly excl school holidays)
Time: 10:00am – 12:00pm
Start: 25th July – 12th December

Our emphasis is on the fun of learning the French language and exploring it through song, music, film, internet and multimedia. The venue is fully set up with WiFi and screening facilities, making each lesson varied and stimulating.

We work with 2 texts, "Easy French, Step by Step" and "French Experience 1," CD's and text.

LEISURE & TRAVEL

DIG (Down in The Garden)

Organiser: Suzanne Arbon, 0437 389 059
Venue: St Paul's Community Centre, Hahndorf
Day: 3rd Thursday (excluding school holidays)
Time: 10:00am – 12:00pm

Various presenters share their knowledge and passions for all things garden.

Aug 15 *Richard Harman*, Wholesale Florist Business
Sep 19 *September session cancelled*
Oct 17 *Lianne Healey's Hills Garden Visit*
Nov 21 *Heritage roses then lunch at Auchendarroch*

Duplicate Bridge (Stirling)

Presenter: Trevor Waters, 0493 115 092
Venue: Pinoak Tiers, Stirling
Day: Tuesday weekly (excl school hols)
Time: 1:00pm – 4:00pm
Start: 23rd July – 10th December

Recent research has found that playing bridge improves brain function and has a significant positive effect on wellbeing. New experienced players welcome but please note this is not a teaching course. Results are distributed by email each week.

Games, Games, Games

Presenter: Geoff Edwards, 0475 404 892
Venue: St Paul's Community Room, Hahndorf
Day: 2nd & 4th Wednesdays (excl school hols)
Time: 10:00am – 12:00pm
Start: 24th July – 11th December

Come along and play board games, cards, pool and darts. Bring a game you wish to play and perhaps teach others to play. A social gathering where you can find someone to play a game you love or learn one you haven't had the opportunity to play in the past.

Mah Jong – Mount Barker

Presenter: Ron Allott, 0403 533 480
Venue: Mt Barker Community Centre, Dumas St
Day: Mondays (weekly excl school hols)
Time: 10:00am – 12:00pm
Start: 22nd July – 9th December

Beginners very welcome. Join in, have fun – no scoring

Mah Jong – Stirling

Presenter: Marjolijn Haraghey, 0403 989 817
Venue: Hillside Gardens, Heathfield
Day: Fridays (weekly incl school hols)
Time: 2:00pm – 4:00pm
Start: 26th July – 13th December

We play the Western version of Mah Jong and supply course notes to assist players in extending their repertoire. This is an ongoing course and, while beginners are very welcome, enrolments for learners accepted only at the beginning of Semester to accommodate the tuition schedule.

Travel

Organiser: Suzanne Arbon, 0437 389 059
Venue: St Paul's Community Centre, Hahndorf
Day: 3rd Thursday (excluding school holidays)
Time: 1:30pm – 3:30pm

Various presenters show and tell about their travels, recent or not, overseas and local.

20/6 Jill Bowden – Brazil
15/8 Kathy Read – Norway & Denmark
19/9 Suzanne Arbon – Namibia
17/10 Loraine Gager – Sri Lanka
21/11 Janet Hemsley - China

LITERATURE & HISTORY

Adventures in Crime Fiction (Aldgate)

Presenter: Merrilie Rowley, 0400 268 214
Venue: CFS, 21 Strathalbyn Road, Aldgate
Day: 4th Monday (incl public holidays)
Time: 2:00pm – 3:30pm
Start: 22nd July – 27th November

The reading list includes some "oldies, but goodies", but also seeks to introduce newer crime writers and a range of cultures to the reader. Members source their own books to read prior to each session.

Jul 22nd - 13 Hours - Deon Meyer
Aug 26th - Sixth Lamentation - William Brodrick
Sep 23rd - Devil in Blue Dress - Walter Mosely
Oct 28th - Lonely Hearts - John Harvey
Nov 25th - All the Hidden Truths - Claire Askew

Appreciating Poetry

Presenter: Jackie Mussared, 0417 842 694
Venue: Coventry Library, Stirling
Day: 1st & 3rd Wednesday (excl school hols)
Time: 1:30pm – 3:30pm
Start: 7th August – 4th December

We now use the internet to listen to poets and/or actors read poems. We look at the techniques poets use as this gives us greater understanding of their work. We also explore their life and times and both classical and modern poets are included.

Book Group (Aldgate)

Presenter: Merrilie Rowley, 0400 268 214
Venue: CFS, 21 Strathalbyn Road, Aldgate
Day: 2nd Monday (incl public holidays)
Time: 2:00pm – 3:30pm
Start: 8th July – 9th December

An enthusiastic group who enjoy reading and discussing a wide range of literary fiction. The list of books encompasses authors from diverse cultures, hopefully guaranteeing lively discussion and broadening our literary knowledge. Members source and read the books prior to each session.

Jul 8 - Limberlost -Robbie Arnott
Aug 12 - Shadow of the Wind - Carlos Ruis Zafon
Sep 9 - Five Bells, Gail Jones
Oct 14 - Flight Behaviour - Barbara Kingsolver
Nov 11 - The Colony - Audrey Magee
Dec 9 - Do Not Say We Have Nothing - M Thien

Creative Writing

Presenter: Tony Rogers, 0402 414 150
Venue: Library, Dumas Street, Mount Barker
Day: Thursdays (weekly excl school holidays)
Time: 2:00pm – 3:30pm
Start: 25th July – 11th December

Creative writing is a way of expressing yourself, entertaining others and of sharing one's experiences. You can pretend anything you want and help your readers do the same. If you have stories and ideas you would like to put on paper, come and get some hints - you may find it is more fun than you expected. If you are already a keen writer, then share your ideas.

Family History – Ancestors & Others

Presenter: Jacki Mussared, 0417 842 694

Organiser: Gail Edwards, 0438 840 673

Venue: The Oak, 409 Mt Barker Rd, Bridgewater,

Day: 2nd & 4th Thursdays (excl school holidays)

Time: 9:30am – 12:00pm

Start: 25th July – 12th December

This course has the goal of improving members' research skills in genealogy and social history through the sharing of experiences and knowledge. The talks include research techniques, useful websites and organising your family history materials.

Literature

Presenter: Nina Chicco, 8339 3775

Venue: St Paul's Community Room, Hahndorf

Day: Wednesdays fortnightly (excl school hols)

Time: 2:00pm – 4:00pm

Start: 24th July – 11th December

We started the year with '1984' by George Orwell - a chilling account of a society controlled by "Big Brother". Chilling because it was published in 1949 but predicts so much that occurs in our society today. Also studied through the year: 'Cold Comfort Farm' by Stella Gibbons, 'My Cousin Rachel' by Daphne du Maurier, 'Persuasion' by Jane Austen and 'The Machine Stops' by E.M. Forster - a short story written in the 1930's depicting a society which is sustained and governed by machines to the point where their religion is that of the machine.

Early Adelaide Railways with Peter Fehlberg

Organiser: Dave Fenwick, 0419 817 941

Venue: St Paul's Community Room, Hahndorf

Day: Friday 22nd November (once only)

Time: 10:30am – 12:00pm

The history of the first three railway stations in Adelaide 1868 – 1930 and development of the locomotives and rolling stock.

Extreme Adventure with Sue Garforth

Organiser: Susan Smalldon, 0403 857 600:

Venue: St Paul's Community Room, Hahndorf

Day: Friday 30th August (4 weekly sessions)

Time: 10:30am – 12:30pm

A look at the glory days of adventuring. Before computers, satellite navigation, radio communication, helicopter rescues etc. We follow the intrepid explorers of the 19th and early 20th centuries to the North Pole, Antarctica, Mt Everest, and finish with the stories of little boats on the high seas.

Madge & Bibs and the Advanced School for Girls

Organiser: Susan Smalldon, 0403 857 600:

Venue: St Paul's Community Room, Hahndorf

Day: Thursday 31st October (once only)

Time: 10:30am – 12:30pm

Quirky and fascinating – a real treat! An old box with handwritten letters from the late 19th century was the catalyst for Rob George's new documentary telling the story of Adelaide's Advanced School for Girls and the far-reaching impact it had on the lives of more than just its students. Screening followed by Q&A with Rob.

Tuan Child & the Australian Connection

Presenter: Dave Fenwick, 0419 817 941

Venue: St Paul's Community Room, Hahndorf

Day: Friday 15th November

Time: 10:30am – 12:30pm

Darwin predicted that the ancestors of humans would be found in Africa and so it was. The scientific footing was provided by an Australian. The description of how this came about is explored and then some comparative anatomy is discussed, leading to the conclusions.

When Sydney Went Mad with Sue Garforth

Organiser: Susan Smalldon, 0403 857 600:

Venue: St Paul's Community Room, Hahndorf

Day: Friday 1st November (once only)

Time: 10:30am – 12:30pm

An inglorious era in the history of Sydney; the late 1940s and early 50s. A time of post war decadence, rat plagues, corrupt cops, disgruntled women and murder.

MUSIC

For the Love of Folk Music

Presenter: Graeme Taylor, 0417 989 114

Venue: St Paul's Community Room, Hahndorf

Day: Mondays (weekly excl school holidays)

Time: 9:30am – 11:30am

Start: 22nd July – 9th December

Do you enjoy folk music? Do you play an instrument? Can you read music or play by ear? Start off the week in a fun and interesting way with a like-minded group. BYO instrument and music stand - tin whistle, accordion, mandolin, violin, recorder, flute, bodhran ... New members please contact Graeme before enrolling

Music for Sharing

Organiser: Richard Knott, 0458 830 407

Venue: Private Home, Bridgewater

Day: 4th Monday (excl school holidays)

Time: 2:00pm – 4:00pm

Start: 22nd July – 25th November

Bring your own CDs or tapes and introduce your own music from classical to rock. New members very welcome.

Ukulele and Song

Presenter: Geoff Edwards, 0475 404 892

Venue: Bridgewater Uniting Church

Day: Thursdays (weekly excl school holidays)

Time: 10:00am – 12:00pm

Start: 25th July – 12th December

An informal gathering of ukulele strummers from beginners to more advanced. Play and sing in a friendly environment. There will be a spare uke or two you can try, but if you just like to sing you are also welcome.

OUT & ABOUT

Cummins House Tour & Devonshire Tea

Organiser: Dorothy Whiterod, 0438 526 464
Venue: Cummins House, 23 Sheoak Ave Novar Gardens
Time: 10:00am – 12:00pm
Day: Tuesday 29th October (once only)
Cost: \$15 to be paid when enrolling

Historic Cummins House was built in 1842 for Sir John and Elizabeth Morphett. Join us for a tour to learn more about Adelaide's early days. Plants for sale on the day. Cost includes tour and Devonshire tea.

Come Lunch with Me (1)

Organiser: Geoff Edwards, 0475 404 892
Venue: Various cafes and restaurants
Day: 1st Wednesday (excl school hols)
Time: 12:30pm – 2:30pm
Start: 7th August – 4th December

Relax over lunch at different venues in the Adelaide Hills suggested and chosen by the members when they meet.

Come Lunch with Me (2)

Organiser: Margo Poirier, 0423 249 000
Venue: Various cafes and restaurants
Day: 1st & 3rd Wednesday (excl school hols)
Time: 12:30pm – 2:30pm
Start: 7th August – 4th December

Relax over lunch at different venues in the Adelaide Hills suggested and chosen by the members when they meet. We will eat at cafes and hotels that are reasonably priced and selected for good food and conversation.

Come Try Pétanque

Organiser: Lianne Healey, 0448 306 440
Venue: Adelaide Hills Pétanque Club, Stirling
Day: Thursday 24th October (once only)
Time: 1:30pm – 3:30pm

The rules of pétanque are easily and quickly learned, it is fun, accessible and requires no fancy equipment or special clothing. Tuition, boules, enjoyment and afternoon tea all provided in a relaxed environment at the Adelaide Hills Petanque Club. Come along and see what it is all about.

Not Just a Wine Tasting

Organiser: Susan Smalldon, 0403 857 600
Venue: Mordrelle Wines, Hahndorf
Day: Friday 25th October (once only)
Time: 12:30pm – 2:30pm
Fee: \$30 (incl lunch & wine tasting)

Meet Hahndorf winemaker Martin Moran who moved to the Adelaide Hills from Argentina to make wine from the heart. Martin will lead us in a wine 'master class' followed by the opportunity to taste an extensive range of award-winning boutique wines. He will share with us his family's story, including that of the beautiful wine labels. Lunch platter with a difference included.

Wednesday Wetland Walkers

Organiser: Janet Hemsley, 0428 844 097
Venue: Laratinga Wetlands, Mount Barker
Day: Wednesdays (weekly incl school hols)
Time: 8:30am – 9:30am
Start: 24th July – 11th December

Meet in the Bald Hills Road car park and walk around Laratinga Wetlands at your own pace choosing short or longer options. (Walk takes 30 to 45 minutes at a steady pace.) Enjoy good company and an optional coffee afterwards in the BBQ area.

NOTE: Commencing 8:30am during daylight saving, 9:00am rest of the year and coffee van conveniently located nearby in the car park.

POSITIVE AGEING with U3A ADELAIDE HILLS

Activities promoted by U3A are beneficial to the physical and mental health and wellbeing of its members.



Make new friends
Revel in new learning opportunities
Enjoy different experiences
Meet like-minded people

JOIN US? – We look forward to welcoming you

Go to our website, click the [Become a Member](#) button and follow the prompts to join, pay membership fee and enrol in activities of your choice.

ALREADY A MEMBER?

Go to the website, click the [Member Login](#) button and follow the prompts to enrol in activities of your choice.

Web: www.u3aadelaidehills.com
Email: u3a.ahills@gmail.com