

## UNIVERSITY OF THE THIRD AGE FALSE BAY COURSE LIST - JANUARY 2015

**U3A FALSE BAY GENERAL MEETINGS ARE HELD ON THE THIRD WEDNESDAY 09h30 for 10h00 AT FISH HOEK CIVIC CENTRE**

January 21st	Dr. Eleanor Hutchings	"Shoreline" SABC TV Series
February 18th	Jackie Clayton	"Erotic Passions in Art"

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go to <https://sites.google.com/site/u3afbay>. For Cape Town, <https://sites.google.com/site/u3actown>

National website, <https://sites.google.com/site/u3asafrica>

Please contact Course Leaders for times and venues. Please wear your name tags to courses and meetings. New Courses and where entries have been changed are in emboldened.

Course	Course Leader	Phone No.	Email	Week	Time	Area
<b>MONDAY</b>						
<b>Environmental Topics Group</b>	Linda Pollard	021 794 6654	poll@mweb.co.za	1st	10h00 for 10h15	Constantia Place
Monday Bridge Group	Paul Bolton/Olivia Plowden	021 782 2506	psbolton@mweb.co.za plowden@telkomsa.net	every	09h30 to 11h30	Trafalgar Place, Fish Hoek
Pot Luck Lunch Club	Cynthia Romain	021 782 6741		1st	12h30 for 13h00	Glencairn
PASSION Knitting Circle	Jilla Benneyworth	021 794 6243	jillab@iafrica.com	Last	10h00	Constantia
Natural Sciences	<b>Carel van der Merwe</b>	<b>021 689 5101</b>	<b>supervan@iafrica.com</b>	2nd	10h30	Meadowridge Library
Flat Earth Walks	Partridge Gardner	021 701 2929	partridge.gardner@lineone.net	Every	09h00	Cape Peninsula
Mountain Mondays	Peter Gibbard	021 715 4553	gibbard@netactive.co.za	Every	08h00	Cape Peninsula
Creative Writing Group	Eugenie Gunston	021 782 2345	egunston@telkomsa.net	1st & 3rd	09h45 - 12h00	Muizenberg
<b>TUESDAY</b>						
Basic Drawing and Painting Course	Veronica Vincent	021 782 2996		bi-weekly	afternoon	Fish Hoek
Fun with Numbers	Alison Kitto	021 787 0126	kitto@icon.co.za	1st	10h00	Noordhoek Manor
Spanish Conversation	Farida Dollie	021 785 7507		Every	<b>11h00</b>	Capri Village
Couch Travellers	Elfi Tomlinson	021 788 7842	elfitom@gmail.com	1st	15h00	Kalk Bay
Cookery Demonstrations	Renee Campbell	021 788 6553	reneec@live.co.za	2nd	11h00 - 14h30	Marina da Gama
Historical Walks	Helen Robinson	021 797 9600	wynberg@webafrica.org.za	3rd	10h00	Various
Beginners Astronomy - by appointment	Wolf Lange	021 785 3713		1st, 3rd	P.M. or A.M. by arrangement	Fish Hoek
Tai Chi - Beginners	Illona Bradley	021 788 1262		Every	12h15 - 13h15	Meadowridge Library
Tai Chi - Intermediate	Illona Bradley	021 788 1262		Every	13h15 - 14h15	Meadowridge Library
Tai Chi - Advanced	Illona Bradley	021 788 1262		Every	14h30 - 15h30	Meadowridge Library
Italian Conversation	Fiorella Park	021 785 1262		1st & 3rd	14h00	Sun Valley
Peninsula Mountain Wanderers	Jim Doyle	021 713 3288	jimdoyle5678@gmail.com	Every	07h30 / 08h30	Cape Peninsula
Wine Appreciation	Ank Gowans	021 788 7731	agowans@beckman.com	2nd	A.M.	Various

Flying Tortoises	Norman Reynolds / Brian Moore	021 785 3593 / 021 782 3386	norgrey2013@gmail.com / jennyandbrian@telkomsa.net	Every	08h00	Cape Peninsula
Cape Mountains for the Curious and Adventurous	Tony Heher	021 794 5730	tony.heher@gmail.com	Every	Varies	Cape Peninsula
<b>WEDNESDAY</b>						
<b>Non-fiction Book Group</b>	Janine Bjorkman	021 785 3707	janinebjorkman@gmail.com	4th	10h00	Capri
<b>Practical Stargazing for Beginners</b>	Wolf Lange	021 785 3713		Every from Jan.	15h00 to 16h00	Fish Hoek
<b>Craft Group</b>	Shelley de Klerk	021 788 7327	shellbee@jafrika.com	4th	09h30 - 12h30	Lakeside
Sunshine Walking Group	Walter Behr / David Brookes	078 759 4524 / 083 442 7783	moon.n.sunshine@gmail.com	Every	09h00 most weeks	Cape Peninsula
	<a href="#">Click on link to visit site</a>		<a href="https://sites.google.com/site/sunshinewalkinggroup/home">https://sites.google.com/site/sunshinewalkinggroup/home</a>			
Beginners Bridge	Gerald Jefftha	081 270 5966	gjefta@yahoo.co.uk	Every	13h30	Fish Hoek
Cook & Eat Lunch Club	Partridge Gardner	021 701 2929	partridge.gardner@lineone.net	2nd	11h30 - 14h30	Lakeside
Muizenberg Memoir Group	Esme Goldblatt	021 709 0394 / 072 418 0394	esmegoldblatt9@gmail.com	1st	10h00 - 12h00	Muizenberg
<b>Writing for Fun Workshops - Suspended until January, venue closed.</b>	Jo Boyle	021 788 9519	jo.boyle5@gmail.com	2nd	10h00 - 12h00	Muizenberg
Wine Appreciation - WAG3	Rentia Hildebrand	021 794 3431	rentiahildebrand@gmail.com	2nd	A.M.	Various Wine Farms
Creative Writing Projects	Jo Boyle	021 788 9519	jo.boyle5@gmail.com	<b>Quarterly 4th</b>	09h30	Muizenberg
Hiking for the Moderately Fit Early Birds	<b>John and Gail Hallett</b>	<b>021 671 3384</b>	john.hallett@webmail.co.za	Every	Early starts	Various
Fynbos Rambles - Nature Walks	Sheila Robinson	021 782 0773	shejohn@telkomsa.net	Every	09h30	Various
Pleasures of Music	Peter Joubert	021 788 1310	tonipeter@telkomsa.net	2nd, 4th	10h00 - 12h00	Marina da Gama
<b>Creative Voice</b>	<b>Betty Salmon</b>	<b>021 782 2873</b>		<b>2nd, 4th</b>	<b>14h00</b>	<b>Fish Hoek</b>
<b>THURSDAY</b>						
CAMEO (Come and Meet Each Other) Group	Doreen Maree / Penny Thornewill	021 701 4071 / 021 797 8551	doreenm@iburst.co.za / jempen@mweb.co.za	1st	Varies	Various
An Afternoon of Opera &/or Ballet	Renee Penso	021 787 0316		Monthly	14h00 - 17h00	Fish Hoek
Bird-watching for Beginners - Part 2. (Only for those who've completed Part 1).	Heather Howell	021 710 5475	howellh@telkomsa.net	3rd	A.M.	Lakeside
Chess for Beginners and Advanced Players	Wolf Lange	021 785 3713		Every	A.M or P.M. by arrangement	Fish Hoek
Line & Folk Dancing	Elfi Tomlinson	021 788 7842	elfitom@gmail.com	Every	15h00 - 16h00	Kalk Bay Community Centre
Sharing Poetry - your own or a favourite	Cynthia Romain	021 782 6741		Last	14h30	Glencairn
Tai Chi - Beginners	Illona Bradley	021 788 1262		Every	08h45 - 09h45	Fish Hoek Activity Hall
Tai Chi - Advanced	Illona Bradley	021 788 1262		Every	11h30 - 12h30	Fish Hoek Activity Hall

<b>FRIDAY</b>						
Writing for Activism and Publication	Geri Goldblatt	021 709 0853	ger.ggoldblatt@gmail.com	1st	10h00	Marina da Gama
Songololo Stompers Hiking Group - moderate dog friendly walks of 3 - 4 hours	Arthur and Frances Smith	021 782 4228	atsmith0001@gmail.com	Every	08h15 /09h00 - 12h00	Cape Peninsula
Slowly Up The Hills Walking Group	Peter Rickards / Nancy Murray	021 788 9469 / 021 783 3233	peteric@telkomsa.net / nanmur@telkomsa.net	Every	09h00	Cape Peninsula
The World of Ballet	Dennis Davey	021 712 1314	profdad@eject.co.za	2nd	09h15	Bergvliet
The World of Opera	Dennis Davey	021 712 1314	profdad@eject.co.za	1st & 4th	09h15	Bergvliet
Classic Drama Series	Paul & Aroon Spencer	021 761 6121	spinks@thespencers.co.za	1st & 3rd	09h30 - 12h00	Constantia Place
Mountain Meanders - Mountain hiking for the reasonably fit	<b>Allen Lang</b> <b>Tim Cronin</b>	<b>021 689 5030</b> <b>021 715 5380</b>	<b>allen1951@intekom.co.za</b> <b>tim@croninsa.co.za</b>	Every	Varies	Cape Peninsula
Lunch Club	Jenny Knapp	021 788 1239	knapp@ananzi.co.za	3rd	12h00 - 12h30	Cape Peninsula
Wacky Walkers - 4 to 5 hour moderate hikes	Fi Skennerton / Suzanne Wilson-Smith	021 785 4174 021 789 0136	fi-fishhoek@mweb.co.za wilsonsmith@yebo.co.za	Every	08h00	Cape Peninsula
<b>SATURDAY</b>						
Painting with Acrylics	Philip Glazer	021 715 2095	pglazer@telkomsa.com	2nd	09h30 -11h30	Meadowridge Library
Chamber Music Ensemble	John Fritz	021 788 9744	rjf1@mweb.co.za	2nd & 4th	10h00 - 12-noon	Oranjezicht
Deutscher Klub	Elfi Tomlinson	021 788 7842	elfitom@gmail.com	2nd	10h00 - 12h00	Kalk Bay
Moonshine Walking Group	Walter Behr / David Brookes	078 759 4524 / 083 442 7783	<b>moon.n.sunshine@gmail.com</b>	Every month	Sunset	Various
	<a href="#">Click on Link for Site</a>		<a href="https://sites.google.com/site/moonshinewalking/home">https://sites.google.com/site/moonshinewalking/home</a>			
<b>SUNDAY</b>						
Spanish Conversation for Beginners	Dita Bullen	021 786 3852			By arrangement	Simon's Town
<b>HIKING GROUPS - For further information on the hiking groups, go to u3aCTwalking@googlegroups.com &amp;/or https://sites.google.com/site/u3actwalking/home/news.</b>						
<b>U3A FALSE BAY COMMITTEE</b>						
Chairman :	Rose Morris	021 786 1765	rosmor@mweb.co.za			
Member :	Peter Rickards	021 788 9469	peteric@telkomsa.net			
Secretary :	Nic Marais	082 622 0493	nic_marais@yahoo.com			
General Meeting Secretary :						
Treasurer :	Ann Buys	021 715 5606	annbuys@gmail.com			
Membership Secretary :	Mary Shears	021 782 5222	shears@telkomsa.net			
Speaker Seeker :						
Course Coordinator	Norman Reynolds	021 785 3593	norgrey2013@gmail.com			
Email Officer :	Elfi Tomlinson	021 788 7842	elfitom@gmail.com			
Media Liaison :	Arthur Smith	021 782 4228	atsmith0001@gmail.com			