

Course/Activity	Description
A HISTORY OF NEW ZEALAND	This course will commence with the arrival and settlement of the Maori peoples from around the 1200s onwards. It will look at their origins and culture. With the arrival of European colonists from around the 1800s onwards and the interactions between these two ethnic nations. Also concerns NZ's relationships with Australia, particularly our ANZAC tradition forged at Gallipoli in World War One and other connections since then. PowerPoint, notes and DVD's.
ARCHAEOLOGY SCIENCE	World's Great Archaeological Discoveries Series II - Take a fascinating trip back in time using colour Power Point presentations and video. The tutor presents a NEW series of interesting archaeological discoveries from Europe, Africa, Middle East and the Americas. The latest research on such topics as Tracing our ancient migrations using mt DNA, a NEW hominin species found in South Africa; Rapanui; King Solomon's Mines and Princess Xiahe from the Silk Road, are only part of the journey. PDF notes supplies. Just bring tablet and trowel.
BI-CENTENNIAL OF THE FOUNDING OF THE MORETON BAY CONVICT SETTLEMENT AT REDCLIFFE & BRISBANE FROM 1824-1842	As can be seen from the title of this course, it commemorates the founding of the Convict Settlement at Redcliffe and Brisbane over the years of 1824-25. It would be under the jurisdiction of the Governor of NSW but under the authority of the various commandants of the Settlement, known as Morton Bay from 1824-42. It will include a survey of the convicts as well. The course will be taught using PowerPoint, notes and DVD's.
BITCOIN - SOMETHING THE KIDS DREAMT UP??	The greatest mystery of this century! The greatest lost treasure of all times!! Orjust something the kids dreamt up? Bitcoin - the first cryptocurrency and uniquely different from all those that followed - it is cultural and historical phenomena evolving before our eyes. Yet this is NOT a financial presentation. Your facilitator is a local actor and playwright who will take you on an entertaining journey across many other diverse fields such as Philosophy, Ethics, Cryptography, the Arts, Economic History and Theory, International Banking, Human Psychology and much more - all in an interesting, amusing and easy to understand format. Many questions will be posed and discussed including - Why do governments borrow money? Why do we have inflation? Is money broken? - and, if it is, could this be a reason for many of the ills in the world today? Come along, laugh, learn and amaze your kids and grandkids with your new found knowledge and wisdom.
COMPUTER FAMILY HISTORY	Will suit beginners and those who have started the journey. This is a 'hands on course' where you will learn how to use the internet and your computer/tablet to get the best information about your ancestors and their way of life, and how to best record and store it. During the course you will learn how to: effectively use the 5 major family history websites; use computer family history software; be familiar with DNA results to find your cousins/ancestors; effectively use Google Search for family history; use AI - (Artificial Intelligence) to help your progress; use effect methodology for finding and recording family data; find your ethnicity and the country your ancestors are from; use maps to show where your ancestor travelled and lived.
DIGITAL PHOTO EDITING	Learn basic photo editing skills to enhance and improve your photographs. Participants need to have a laptop with an external mouse and be prepared to install stand-alone approved free software. (Gimp https://www.gimp.org/ and FastStone https://www.faststone.org/FSIVDownload.htm)

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EARLY SETTLER FAMILIES OF CROWS NEST & RAVENSBOURNE REGION	A little is known of the First Nations people who lived in the area or passed through en route to the Bunya Festivals. Timber getters and pastoralists were the first Europeans for whom records exist. They were followed in the 1880's by many small farmers; sixth generation descendants of some of these still live in the area. This course will cover various sources of information - 19th & 20th century official and newspaper records, plus photographs and anecdotes - that give us an idea of the isolation and challenges these people faced, also the strong community spirit that developed. It is desk-based, but there will be opportunity for some excursions.
EATING FOR HEALTH - NUTRITION FOR LIFE	Workshops will run for 1-2 hours and cover such topics as: What are macro and micro nutrients and why should we care. Understanding food labels and how to shop. Common health issues and how food and herbs can help to manage them. And more! Simple practical workshops will be included.
INDONESIA: THE HISTORY OF AN ISLAND NATION	This course offers a comprehensive journey through time, exploring the people and events, challenges and growth of our closest South-East Asian neighbour, the Republic of Indonesia. This Nation of 17,508 islands has been shaped by its geographic position, its natural resources, a series of human migrations and contacts, wars and conquests, as well as by trade, economics and politics, creating, in one united modern nation, a diversity of cultures, religions, ethnicities, and languages. <u>Course Content:</u> Pre-history, Island Kingdoms, The Spice Islands and Trade, The Dutch Colonialism, British and Japanese Occupation, The Journey to Independence; Merdeka! The threat of Communism; the roles of Sukarno and Suharto; West Irian, East Timor and the Bali Bombing. Structured notes and audio-visual support. Queries and input from participants are valued (time allowing!)
INTRODUCTION TO EARLY INDIAN PHILOSOPHY	This course will look at the six orthodox schools of Indian philosophy. They are regarded as 'orthodox' because they relate to the Vedas, the Indian equivalent of the Bible or the Koran. The six schools are: Nyāyā; Vaiśeṣika (Vaishesika); Sāṃkhya (Sankhya); Yoga; Pūrva Mīmāṃsā; Uttara Mīmāṃsā (Vedānta). In addition we will touch upon three heterodox schools: Cārvāka, Jainism and Buddhism especially the latter's ethical teachings. These schools were not based on the Vedas. Each class will be of 1 and a half hours duration. The class will be encouraged to relate the contents to their knowledge of the western philosophic tradition.
LINE DANCING - BEGINNERS	Dancing for fun, exercise and enjoyment. It is beneficial for mind and body and no partner is required. Open for males and females. A reasonable level of fitness is required. This class is for beginners only. Enquiries more than welcome!
NATURE JOURNALLING	Participants will learn and practice a range of art and written nature journalling skills ultimately developing individual styles. A way to enjoy nature and find release from depression and anxiety.
SPANISH FOR TRAVELLING	Thinking about travelling to Spain or the many Spanish-speaking countries in Latin America, then this one-year course is for you. It is designed for those with no or little Spanish ability, but wish to be able to understand and speak basic Spanish with the locals.
SWITCHED ON THINKING	Loosely based upon Craig, Andreatta and Taylor's Publication "Switched on Thinking". This course sets out to encourage and foster thinking abilities and techniques, so that you have a well informed and balanced opinion. Much learning is from practical applications and games.

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TAI CHI, MODIFIED YANG STYLE - ADVANCED	This is an advanced Tai Chi class that focuses on the internal feeling. Instruction will be given, but some tai chi experience is necessary. The class will be structured around foundation exercises and sets, in a relaxed atmosphere and teaching style.
THE ISLES OF THE EVENING: Northwards, beyond the Pillars of Hercules	The subject of this course is the cultural development of the peoples of the Northern Atlantic. Britain and Ireland will undergo extensive examination. The chronological parameters of investigation are delineated by the Wurm Glaciation and the Norman Conquest. Along the way a plethora of wondrous structures, inspirational scholars, gifted artists, powerful warriors, intrepid navigators and eccentric characters will emerge from the mist. The coherence of the course will stem from the interrogation of primary sources, both archaeological and literary. There are no course prerequisites. Just bring a sense of curiosity, wit and wonder.
THE WEDNESDAY STROLL PATROL	A new walking group for those who prefer shorter leisurely walks of approximately 2 kilometres. The walks will be restricted to Toowoomba Parks with stable pathways, seats to rest, toilets and shady areas. Ideal for those who can no longer manage longer walks, or for those wanting to improve their fitness. Lots of opportunities to chat and socialise with like-minded people. Group will be limited to 25 people. Bring a picnic morning tea - an occasional visit to a Cafe depending on Group preferences.
TOOWOOMBA FOG JUG BAND	Attention all advanced musos. If you are an EXPERIENCED player of any of the following instruments; electric, acoustic or lap steel guitar, mandolin, mouth organ, fiddle, drums or washboard, we want to hear from you. We will be playing blues, roots, country and jug music, suitable for grey nomad functions and our own enjoyment. Amplifiers and mikes welcome. If you are interested in playing with this group, please email or phone the convenors before enrolling. Limited number of places available.
UKULELE FOR FUN - BEGINNERS <u>ONLY</u>	Learn to play ukulele from the start. You will need a uke (not a toy). Music sheets will be provided. Class Fee: There will be a cost to members to cover the venue hire, payable to the tutor.
WRITING BOOK BASICS - CROWS NEST	This course is suitable for potential authors of novels, children's books, memoirs and non-fiction. We will be outlining the self-publishing process from beginning to end. For those interested in children's books, we will also cover how to create engaging illustrations. Don't be daunted. Tuition and encouragement will be readily available from a self-published author of several books.
WRITING LIMERICKS	For those with a sense and appreciation of the wonder of words, of the fun of rhyme, and of storytelling in a single verse of five lines (rhyming AABBA), Writing Limericks will give you a chance to express your creativity and imagination, and, most likely, your sense of humour.

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YOGA & AYURVEDA - ANCIENT MEDICINE FOR MODERN TIMES	Ayurveda is a science of self-healing and a natural medicine system. Yoga is a science of spiritual healing. Together they connect the mind and the body by helping you to use what you already know about your health and wellbeing to maintain your health on a daily basis. This course covers the fundamental principles of both sciences which includes gentle yoga postures, breathing practice, meditation and an understanding of how your individual constitution can affect your long-term health. Ayurveda is an ideal practice for those interested in maintaining their health through diet and lifestyle. Learn how to make food your medicine. What to bring: Yoga mat. Yoga asanas are suitable for beginners. Note: If you are unable to get down on the floor, do not be deterred as most exercises can be adapted to sitting in a chair.