

U3A in Toowoomba Inc



THE UNIVERSITY OF THE THIRD AGE

COURSE BOOK

2025

Postal Address

P O Box 404
Drayton North Qld 4350

Location

Philharmonic Performance Complex
7 Matthews Street Harristown
Toowoomba Qld 4350

Office Hours

Monday to Friday
9:00am to 4pm during term time
(Closed 12:30 to 1:00)

Phone: 4687 7659

Email: info@u3atoowoomba.au

On our WEBPAGE you will find a wealth of information, such as a list of courses, FAQs, calendars, contact details, previous newsletters, policies and procedures (including our constitution), and much more.

To keep up-to-the-minute on activities and events, please like/follow us on Facebook. There's a link on our webpage and the QR code below



Web Address: u3atoowoomba.au

Facebook: facebook.com/toowoombau3a



PRESIDENT: Penny Protheroe - 0415 529 772

VICE PRESIDENT AND NEWS COORDINATOR: Judy McWilliam - 0414 495 857

SECRETARY: Leanne Ploetz - 0418 291 341

TREASURER: Julie Grant - 0417 651 717

ASSISTANT TREASURER AND ASSETS MANAGER: Jennie Thomas - 0417 586 979

TUTOR LIAISON OFFICER: Marie Kajewski - 0448 176 481

ASSISTANT TUTOR LIAISON OFFICER: Janelle Connolly - 0434 724 146

MEMBERSHIP SECRETARY: Michelle Pullinger - 0419 640 925

INFORMATION & COMMUNICATION TECHNOLOGY COORDINATOR/WEBMASTER: Carlo Bertoldi - 0423 595 466

POLICY MANAGER, RISK MANAGEMENT, COMPLAINTS OFFICER, SPONSORSHIPS: Rod Pullinger – 0427 272 804

COURSE BOOK / NEWSLETTER COMMITTEE: info@u3atoowoomba.au

EDITOR: Penny Protheroe - 0415 529 772

PUBLICATIONS COMPILER: Tom Fusae - 0408 981 334 **PROOFREADER:** Jennie Thomas

CROWS NEST COORDINATOR: Penny Protheroe - 0415 529 772

PITTSWORTH COORDINATOR: Inge Gajczak - 07 4693 1915 / 0457 877150

U3A FACEBOOK PAGE - ADMINISTRATORS : Penny Protheroe, Graham Moore, Anna Carson

U3A/UNISQ PARTNERSHIP LIAISON OFFICER: Bruce Arthur - 0408 934 764

ARCHIVIST/GRANTS OFFICER: Joyclyn Mauger / **PHOTOGRAPHER:** Dianne Turner

OFFICE ADMINISTRATOR: Kelly Kelleher

PATRON: Rhonda Weston AM

All members of the Management Committee are Volunteers and are elected from the financial members of U3A in Toowoomba Inc.



Back Row : Marie Kajewski, Tom Fusae, Carlo Bertoldi, Janelle Connolly, Michelle Pullinger, Rod Pullinger

Front Row : Judy McWilliam, Leanne Ploetz, Penny Protheroe, Julie Grant, Jennie Thomas

In This Issue

Management Committee Contact Details - inside front cover	1
In This Issue	2
Hede Byrne and Hall	3
U3A Calendar 2025	4
Toowoomba Cruise and Travel	5
Fees and Payments	6
From the President / Tutor Information and Training	7
Tutor Profiles	8
Tutor Profiles	9
News	10
Course Index 2025	11,12
Course Description for each day of the week	13—30
Out and About with U3A	31
Tutors' Appreciation Lunch Photos	32
U3A The Team	33
Friends of U3A	34

New Interests - New Friends



Toowoomba - Roma - Warwick



At Hede Byrne & Hall Lawyers, our team of trusted, professional lawyers are committed to providing you with quality and timely advice in all areas of law. With over 35 years' of experience delivering quality service and results, Hede Byrne & Hall Lawyers are the local professionals you can trust.

Wills and Estate Planning

If you have recently retired then your will should reflect the changes in your superannuation, or business assets.

If you don't have a will, or if your will is not up to date, then the law may decide what happens with your assets.

That might bring about an undesirable result, and may cause costly disputes and angst within your family.

Your will is intended to deliver certainty to you and your family.

We can help you with all of your estate planning needs from a simple will and power of attorney to the more complex testamentary trusts, binding death benefit nominations for your superannuation entitlements, or an effective tailored succession plan for family businesses following retirement or death.

Get in touch with Jon Wiedman to find out how we can assist you.

We can also provide you with expert advice in the following areas:

- Family Law
- Dispute Resolution
- Employment Law
- Commercial & Business Law
- Leasing and Franchise Law
- Criminal Law
- Personal Injury
- Land, Gas & Mining
- Property Law & Conveyancing
- Rural Property & Agribusiness



W www.hede.com.au
E hedemail@hede.com.au

T 07 4637 6300
F 07 4638 2378



"Kensington"
126 Russell Street
PO Box 1055
Toowoomba QLD 4350



98 McDowall Street
PO Box 182
Roma QLD 4455
T 07 4622 1944
F 07 4622 1956



Lvl 1, 9/91 Grafton Street
PO Box 59
Warwick QLD 4370
T 07 4637 6380
F 07 4638 2378

January	Monday	13	Tutors RSVP for “Tutor Information Day” to: tutorliaison@u3atoowoomba.au
	Tuesday	28	Tutor Information Morning - Bookings essential Toowoomba Office open 9:00am - 4pm
	Wednesday	29	TOOWOOMBA Open Morning 9:00am - 11.30am Toowoomba Office open 9:00am - 4pm
	Thursday	30	CROWS NEST Open morning 9.30 - 11.30am Toowoomba Office open 9:00am - 4pm
	Friday	31	PITTSWORTH Open Morning 9.30am - 11.00am Toowoomba Office open 9:00am - 4pm
February	Monday	3	1st Term starts
March	Monday	10	Tutors start collating names for Term 2
	Friday	21	Newsletter Deadline
	Monday	31	Tutor deadline for submitting names for Term 2
April	Friday	4	1st Term ends (making this a 9 week Term) Tutor deadline for returning Term 1 Attendance Sheets and Income/Expenditure form (if applicable) to the Office.
	Wednesday	23	AGM - Meeting and Certificate Presentation
	Monday	28	2nd Term starts
	Monday	2	Tutors start collating names for Term 3
June	Friday	13	Newsletter Deadline
	Monday	23	Tutor deadline for submitting names for Term 3
	Friday	27	2nd Term ends (making this a 9 week Term) Tutor deadline for returning Term 2 Attendance Sheets and Income/Expenditure form (if applicable) to the Office.
	Tuesday	1	U3A Showcase
July	Tuesday	15	Tutor Information Morning—Bookings essential
	Monday	21	3rd Term starts
	Monday	25	Tutors start collating names for Term 4
August	Monday	1	Tutors start collating names for Term 4
	Friday	5	Newsletter Deadline
	Monday	15	Tutor deadline for submitting names for Term 4
	Friday	19	3rd Term ends (making this a 9 week Term) Tutor deadline for returning Term 3 Attendance Sheets and Income/Expenditure form (if applicable) to the Office.
October	Monday	13	4th Term starts
November	Friday	7	Course Book Deadline
	Monday	10	Tutors start collating names for Term 1, 2026
December	Monday	1	Tutor deadline for submitting names for Term 1, 2026
	Friday	5	4th Term ends (making this an 8 week Term) Tutor deadline for returning Term 4 Attendance Sheets and Income/Expenditure form (if applicable) to the Office.



Toowoomba Cruise & Travel

ABOUT US

At Toowoomba Cruise & Travel, our team of travel experts are here to create unforgettable, full-service itineraries around the world and within Australia. For more than 35 years, we have been roaming the continents and delving deep into the remote corners of the world, to uncover some of the world's most exotic places and authentic experiences.



Luxury Cruises



Huge savings

GET IN TOUCH

P: 07 4592 8085

E: admin@tcatravel.com.au

W: toowoombacruisetravel.com.au

A: 7/12 Prescott Street, Toowoomba



FEEES AND PAYMENT OPTIONS

MEMBERSHIP FEES 2025

Renewal of Membership	\$55.00
New Membership	\$65.00

PAYMENT OPTIONS

PREFERRED:

PAY ONLINE AT OUR WEBSITE: u3atoowoomba.au

On our website, you will see two large green buttons, one “New Member Registration” and the other “Existing Member Renewal”. Click/tap on the appropriate one and follow the prompts and pay your membership fees securely online via your Debit or Credit Card. Receipt will automatically be emailed to you. The website also includes a menu option for “Member Portal” for existing members to pay your Membership Renewal. You can also print your Member Badge from the Member Portal.

OTHER OPTIONS:

- **DIRECT TRANSFER TO OUR HERITAGE BANK ACCOUNT** U3A in Toowoomba Inc. BSB: 638070 Account: 8770239 Enter your Name in Reference Line so we can track your payment. Checking takes many hours by our Treasurer who is a volunteer.
- **IN PERSON AT THE OFFICE DURING OPENING HOURS EFTPOS, CHEQUE or CASH** (No change given). See office opening hours listed below.

OFFICE HOURS

For those wanting to pay in person, our office at the Philharmonic Performance Complex will open in January, from 9:00am to 4:00pm on the following dates for both renewals and new membership enrolments:

January 2025—Tuesday 28, Wednesday 29, Thursday 30, Friday 31

COMMUNICATIONS DURING TERM BREAKS

Phone message indicates office is closed between Term 1 & 2 and between Term 3 & 4

Phone is diverted to office mobile between Term 2 & 3 and from the end of Term 4 and the start of Term 1 next year. Committee members are rostered to answer the office mobile phone over these breaks. The office email will be monitored.



Web Address: u3atoowoomba.au

Facebook: facebook.com/toowoombau3a



CLASS ENROLMENT OPTIONS

PREFERRED:

If you are able to access the internet on one of your devices:

Go to our website u3atoowoomba.au

Select CLASSES from the main menu.

Browse through all classes being offered.

See which classes have vacancies.

Enrol in classes you are interested in. (Most classes require you to contact the tutor prior to enrolling).

TO ENROL IN A CLASS

Click/tap on the “Enrol now” button.

You will be asked if you are a U3A Toowoomba member.

If you answer YES, it will ask you for your registered email address to identify you.

If you answer NO, it will allow you to enter your details, join U3A Toowoomba and pay your membership fee.

For existing members, who have already made use of the online Member Portal, select “MEMBER PORTAL” from the main menu, log in: You can:

View classes you are enrolled in.

Browse all classes being offered.

Enrol in other classes.

OTHER OPTIONS:

Alternatively, if you do not have internet access, you can enrol in classes by contacting the tutor listed in the Course Book, but please note particulars can change throughout the year, after the Course Book has been printed.

COST OF CLASSES

Most U3A Toowoomba classes have a “per term” fee to cover leasing of premises and cost of materials. Please refer to the online class list for details.

From The President

Connections: New Interests – New Friends, our motto. How amazing are the connections you make at U3A: discovering shared life experiences, unknowingly being at the same events at the same time, shared childhood experiences, career paths, family connections as well as values and attitudes.

Have you ever asked of those you meet in classes/groups, 'What did you do in your working life or how is it you chose to join this group?' Start a conversation showing a genuine interest in the other person. 'New Interests – New Friends'. What fascinating stories others have to tell. Worth a try. We are all connected through U3A.

2025 'Snippets'. Course Book before Christmas - enjoy! 22-24 new classes, total of 140 classes offered this year in Toowoomba/Pittsworth/Crows Nest, 6 new Tutors/Leaders, new initiative - Foundation Members of the new 'Friends of U3A' like roving ambassadors/U3A supporters and helpers, a new U3A Brochure and Booklet to spread the good U3A story, planned participation in the Toowoomba Carnival of Flowers, continued connections with UniSQ, AGM in April – nominations for Management Committee 14 days before, Showcase rescheduled to mid-year, Different plan for Tutor Appreciation. Great year ahead.

I extend to all members of the Management Committee, Tutors and Volunteers my sincere thanks for being prepared to give generously of your time and skills. Without you there is no U3A. To our Office Administrator, we value your friendly attitude, your skill and your willingness to help. New Year resolution ; 'As a Tutor I will read my emails.' Thank you, Team.

Penny Protheroe B.A.(U.Q), Dip.Ed, (Syd.), Grad.Dip. Teach.-Librarian(Q.U.T.) Cert. 11 Floristry.

Tutor Information and Training

Become a Tutor

If you have a hobby, interest or some expertise in any field and wish to share it with others, here is your chance. You don't need to be a trained teacher - just enjoy introducing the topic to others. Become a tutor now, they are the backbone of U3A. Without tutors there is no U3A.

U3A is an abbreviation of The **University of the Third Age**.

Tutors Information Day - Tuesday, January 28, 2025

The day begins at 9am and concludes early afternoon. A cuppa and Lunch will be provided.

Venue: U3A in Toowoomba Inc. Philharmonic Performance Complex, 7 Matthews Street Toowoomba

Training for Volunteers is a vital component of successful management for a Not-for-Profit organization.

All Tutors will be sent an invitation by email. New Tutors are particularly encouraged to attend. Returning Tutors, you are welcome as there are organizational changes.

For all Tutors it is important to know how our U3A operates.

What does the day include?

- Information about U3A in general, and U3A in Toowoomba Inc. which includes Crows Nest and Pittsworth branches.
- Vital information about workplace health and safety and risk management.
- Our policies and procedures including the introduction of Member Wizard.
- Use of technology as an organizational tool.
- Practical details about 'paperwork' a Tutor needs to complete to comply with current legislation and for Insurance.
- How 'Tutoring' works in the U3A environment.
- How to approach and deal with difficult class participants.

**To attend this Information Day on the 28th of January, you need to book in by Wednesday 10th January
email : tutorliaison@u3atoowoomba.au**



THE UNIVERSITY OF THE THIRD AGE

MARIE KAJEWSKI PROFILE

EXERCISE FOR THE WELL- MEANING TUTOR AND TUTOR LIAISON OFFICER



I was brought up on a Dairy Farm at Southbrook, where my 3 sisters and I attended Southbrook State Primary School. Later, my family moved to the outskirts of Toowoomba, and we attended Harristown State High School.

After completing High School, I worked in the office at Defiance Flour Mills. My first job was working the switch board and at the time of my leaving, I was Secretary to Pat O'Brien, the Managing Director. I've always loved sport, representing State Teams in vigoro and netball, as a teenager. I also enjoyed playing tennis and going to country dances.

After my marriage in 1972, my husband and I took over his family farm at Acland, where we brought up our 3 children, who attended Acland State School. I was involved in committees and coaching various sports and activities to country kids. Those were busy days managing 900 acres (600 acres of cultivation), cattle and pigs. I was involved in the tractor work, drove the harvest trucks, helped with cattle work and fed over 200 squealing pigs using a bucket and barrow every morning and afternoon of the week. This was my life for 19 years. I loved it, although the mood was frantic at times, especially at planting & harvest time.

Like all farmers, we went through our share of droughts so during one of those long droughts, I applied for part-time work. My first job was just 10 hours a week at Kulpi State School as a Teacher Aide, then further down the track I secured the role of Admin Officer at Kulpi SS and Bowenville SS, 18 years in total.

In 2008, the Acland Coal Mine bought out all the farms in the district. I decided it was time for a new chapter in my life, so I bought a home in Toowoomba, still doing some part-time work travelling to both schools. I fully retired in 2011,



lending a helping hand with my 5 beautiful grandchildren, as we do when we retire.

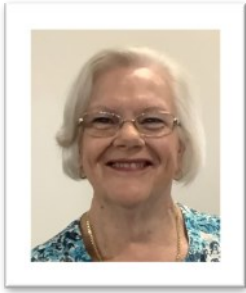
In 2012, I joined the Taoist Tai Chi Society. I became a qualified volunteer instructor in 2014 and taught classes each week for the next 8 years. I was also the Treasurer and International Workshop Registrar.

After Covid, it was time for another chapter of what life had to offer, and I found U3A. I love my regular aqua exercise, ukulele class and an occasional mahjong session, as well as tutoring my own exercise class on a Monday morning, who are a happy little group and an absolute delight to teach. They start my week off on a perfect note. I also lead a Tai Chi class outside of U3A at the Drayton Hall once a week, another happy group. Each year I hope to try something different at U3A. This year it was Extra Terrestrial. Currently I volunteer as the *Tutor Liaison Officer* for U3A Toowoomba, which is challenging, but I enjoy learning new things and meeting new people.

In my spare time, I take photos of old buildings and relics and collect antique bric-a-brac. I call myself a "collecto-holic". My collections are neatly and nicely displayed, but none-the-less, could be a nightmare to my kids when I depart this world.



JUDY MCWILLIAM SWIMMING PROFILES



JUDY MCWILLIAM TUTOR

Judy has been the long time Tutor coordinator for the Swimming and Aqua Aerobics classes. Meet some of her valued assistants.



SUE BERTHELSEN

I became a member of U3A in 2012, enrolling in Irene Earsman's Aqua Aerobics classes at Harristown High School with Jean Phillips as tutor. When Jean decided to cut back on her classes to two days a week, I took over her other two days, having to learn the exercises as well as conduct a class of over 40 members.

After Jean retired in 2020 because of Covid, I was asked to be the Aerobics Tutor on Tuesdays and Thursdays when David Bradford resumed classes at Concordia College in 2021. I have really enjoyed having fun with all the members who attend on a weekly basis.

My other interests are Singing for Fun with U3A, watching grandkids playing sport, jigsaws, crosswords, knitting and crocheting



ROSE MCGUIRE

I joined U3A in 2005 when most classes were held at Village on the Downs. I enrolled in Digital Photography and German, then in the Swimming Group a year later, after enjoying both swimming and Aqua Aerobics with Terry Zropf, then Irene Earsman and David Bradford until 2020, we returned to the pool in 2021 after Covid when I was asked to be 2IC to Judy McWilliam at Concordia College.

I've enjoyed several classes over the years including Pilates, Tai Chi and Yoga. Memoir Writing was an introduction to Family History Stories "Weaving a Family Tapestry". I also enjoyed my German classes with a superb linguist Allan Langdon. When Rhonda Weston organized U3A to be ambassadors at Wellcamp Airport I enrolled immediately and stayed with the program until Covid stopped all flights in 2020.

As 2IC for the Swimming and Aqua Aerobics I really enjoy my swimming twice a week with wonderful social interaction with other members.

Since retiring to Toowoomba from Glenn Innes I've had much enjoyment with all my activities.



ROSALIE TRIM

I joined U3A in Feb 2018. My first courses were Family History and Aqua Aerobics. The Aerobics was conducted by Jean Phillips then Sue Berthelsen and Sue Doyle. I was a stand-in instructor for these Tutors when the need arose. I eventually became a full time tutor after Sue Doyle resigned.

It was decided in 2022 after our enforced lay off in 2020, to open up a Saturday class as there was an increase in interest to join Aqua Aerobics on a Tuesday and Thursday, Numbers were increasing beyond our expectation. I was asked to jump back into the Tutor role again which I thoroughly enjoy. Sue Berthelsen and I work closely interacting with each other's classes. Members enjoy the warm pool environment with lots of laughter and enthusiasm.

NEWS



SEW AND SHARE LADIES HELP WITH BRIGHT BAGS

Noelene Ingleton, our Tutor has been leading this group for 8 years now and really enjoys sharing her knowledge. Wednesday's class is always a lot of fun. Good friendships are made as each member contributes to the class. Thank you, Noelene you are *appreciated*.

Thanks also to Jane Rosenthal for sharing the photos and for asking Linda to tell her story.

What a wonderful contribution, Linda.

"My Name is Linda Scheffe. I've been a member of the Sew & Share group for many years, so I thought I knew the girls well enough to ask for help.

I am a Lion of 22 plus years, now belonging to the Lions

Club of Toowoomba Wilsonton. Our District holds a Convention in different areas of our zones every year on the October long weekend. The organising committee asked all Lions clubs to consider helping a young volunteer group called BRIGHT BAGS QLD who have only been together about 2 years. They help kids in need, from birth to age 17 from all walks of life in all situations; DV related to foster care, homelessness etc.

I asked my Lions Club if they would donate towards this project. They came to the party with \$500. I shopped for items on the list over a period of a few days. Getting things like toothbrushes & paste, hairbrushes, clothes, & my favourite baby clothes. They were so cute.

Secondly, I thought of the 'Bright Bags'. The bags are made by caring people all over the state. So, I asked "MY GIRLS" if they would make me just one bag. Nursery ones are 60x60 cm & the others are 48x48cms. So, over a couple of weeks, my last count is around 50. The girls made all these beautiful bags in their own time at home & brought them along to me on Wednesday afternoons. I have been blown away by their generousness. They should also be thanking me, as it's given them a chance to declutter some of their stash!"

Linda Scheffe



RAMBLING WRITERS

Rambling Writers is a small group of people who enjoy writing stories of no more than 1000 words, either true or not-so-true.

The group has been in existence for 8 years or so and still has several original members. We meet on Friday afternoons for 2 hours and in that time we share our weekly story based on a topic provided by one of the members. The topic invariably evokes something from our past, either happy, sad or funny which we can write about. Or, we can just write something on the topic

which is not true or has been embellished somewhat. We don't mind, we are not judgemental. We just enjoy putting to use that vast amount of words and knowledge we have acquired over a lifetime, and using our memory by remembering things we've done, people we've known or current things happening in the world or within our own life. We have several clever writers in the group, but most of us are pretty good at spinning a yarn, regardless of what the topic might be.

To keep our minds active we will often, if time permits, have a ten minute impromptu quiz or story type activity, and we also enjoy a chat and a cup of tea and biscuit.

Sue Smith



SING A SONG OF SIXPENCE

Our family at Village Court Gardens premiered their new Around The World program to great acclaim last Friday : The ladies looking pretty wearing their U3A colour necklaces and the gentlemen scrubbed up well too : The group returns to Village Court Gardens in December with their Christmas program

Jeanette Zeller

INDEX

Classes/Groups in Toowoomba, Crows Nest and Pittsworth

As a Member you are welcome to book into classes in all 3 areas depending on class space.
If you are considering enrolling in a class for the first time, please contact the tutor before doing so.

Course	Page
APPLE DEVICES	13
APPLE DEVICES	13
APPLE IPAD - BEGINNERS	13
AQUATIC EXERCISE GROUP - SATURDAY	30
AQUATIC EXERCISE GROUP - THURSDAY	23
AQUATIC EXERCISE GROUP - TUESDAY	16
ARCHAEOLOGY SCIENCE GREAT DISCOVERIES	23
ARCHERY - TARGET ARCHERY	24
ART BOTANICAL ART	16
ART MULTIMEDIA	28
ART PASTEL DRAWING	21
ART PENTEL DRAWING	18
ART WEDNESDAYS	20
ART WONDERS OF WATERCOLOUR	23
BADMINTON	24
BIRDING	16
BITCOIN SOMETHING THE KIDS DREAMT UP?	13
BOOK CLUB A - MODERN AUSTRALIAN WRITERS - 1ST MONDAY OF MONTH	13
BOOK CLUB B - MODERN AUSTRALIAN WRITERS - 3RD MONDAY OF MONTH	13
BOOK DISCUSSION GROUP - 1ST TUESDAY OF MONTH	16
CARDS 500	16
CARDS BOLIVIA	27
CARDS BRIDGE FOR BEGINNERS	20
CARDS CANASTA	24
CHRISTIANITY AND FEMINISM	24
COMPUTER FAMILY HISTORY - NEW	24
COMPUTER SKILLS MADE EASY	13
CRYPTIC CROSSWORDS	13
CRYPTIC CROSSWORDS - ALTERNATE MONDAYS - PITTSWORTH	14
DANCE SOCIAL DANCING - OLD TIME/NEW VOGUE	30
DANCING CIRCLE DANCING	24
DANCING LINE DANCING - BEGINNERS (NOTE CHANGE OF DAY)	18
DANCING LINE DANCING - PITTSWORTH	26
DANCING SCOTTISH COUNTRY DANCING	26
DISCUSSION GROUP ROUND TABLE	15

Course	Page
DIVERSE CONVERSATIONS	14
EXERCISE FOR THE WELL MEANING	14
EXTRA-TERRESTRIAL CONTACT TODAY/PAST	27
EXTRA-TERRESTRIAL DISCUSSION GROUP	17
GATEBALL	17
GEOLOGY AN INTRODUCTION	20
GOLF CROQUET - FRIDAY	27
GOLF CROQUET - WEDNESDAY	20
HEALTH EATING FOR HEALTH - NUTRITION FOR LIFE	17
HISTORY CONVICT SETTLEMENT MORTON BAY	20
HISTORY EARLY SETTLER FAMILIES OF CROWS NEST & RAVENSBOURNE	16
HISTORY OF AN ISLAND NATION INDONESIA	22
HISTORY OF MODERN JAPAN FROM THE 1600s - 1990s	21
HISTORY OF NEW ZEALAND	25
HISTORY OF THE 20TH CENTURY (NEW CLASS)	17
HISTORY STEELE RUDD ON THE DARLING DOWNS	19
HISTORY THE ISLES OF THE EVENING	29
INVESTOR'S FORUM	21
KNITTING & CROCHET	14
LANGUAGE CHINESE - MANDARIN	16
LANGUAGE FRENCH - BEGINNERS	17
LANGUAGE FRENCH - CONVERSATION	17
LANGUAGE FRENCH - INTERMEDIATE	27
LANGUAGE GERMAN FOR BEGINNERS	25
LANGUAGE GERMAN INTERMEDIATE / ADVANCED CONVERSATION & WRITING	25
LANGUAGE ITALIAN - ONGOING STUDY	21
LANGUAGE ITALIAN FOR BEGINNERS	25
LANGUAGE JAPANESE FOR BEGINNERS	21
LANGUAGE SPANISH - CONVERSATION	19
LANGUAGE SPANISH FOR TRAVELLING	19
LAWN BOWLS - LINDSAY STREET	25
LAWN BOWLS - VICTORIA STREET	17
LEAD LIGHTING - BEGINNERS	25
LEAD LIGHTING - CONTINUING	25

Course	Page
LUNCH GROUP - 1st & 3rd Tuesday	18
LUNCH GROUP A - LUNCH IN THE COUNTRY	26
LUNCH GROUP B - 3rd Friday of Month	28
LUNCH GROUP C	28
LUNCH GROUP D - PITTSWORTH	28
LUNCH GROUP E	28
MAHJONG	18
MAHJONG BEGINNERS	14
MAHJONG FOR FUN	26
MATHS ENJOYING MATHEMATICS - INTERMEDIATE	24
MATHS PUTTING BASIC MATHS TO USE FOR ADULTS	17
MEDITATION SILENT	19
MOVIE CINEMA OUTING/LUNCH GROUP	30
MOVIE GROUP	28
MUSIC CHAMBER SINGERS	27
MUSIC DINKY DI BUSH BALLADS AND COUNTRY	24
MUSIC GUITAR - JAM SESSION - ADVANCED	28
MUSIC GUITAR FOR BEGINNERS	28
MUSIC GUITAR FOR FUN	14
MUSIC SING A SONG OF SIXPENCE	29
MUSIC SING-A-LONG SINGERS	22
MUSIC SINGING FOR FUN	19
MUSIC SINGING FOR FUN - ALTERNATE WEDNESDAY - PITTSWORTH	22
MUSIC SYMPHONIC SOUNDS - ALTERNATE THURSDAYS	26
MUSIC TOOWOOMBA FOG JUG BAND - NEW	15
MUSIC UKULELE FOR FUN - ADVANCED	19
MUSIC UKULELE FOR FUN - CROWS NEST	26
MUSIC UKULELE FOR FUN - INTERMEDIATE	20
MUSIC UKULELE FOR FUN - PITTSWORTH	30
MY WARDROBE	29
NATURE JOURNALLING	26
PHILOSOPHY INTRODUCTION TO EARLY INDIAN	21
PHILOSOPHY DISCUSSION GROUP	18
PHOTO BASIC EDITING	20
PHOTO DIGITAL PHOTO EDITING (NEW)	16
PHOTOGRAPHY EXPLORE WITH YOUR CAMERA	18
PHOTOGRAPHY FOR FUN	18
PHOTOGRAPHY IMPROVE YOUR PHOTOGRAPHY	21
PICKLEBALL at GLENNIE - FRIDAY	29
PICKLEBALL at GLENNIE - MONDAY	14
PICKLEBALL at GLENNIE - WEDNESDAY	22
POTTERY - AFTERNOON	18
POTTERY - MORNING	18
QUILTING FOR ADVANCED BEGINNERS	29
SCRABBLE	22
SEW AND SHARE	22

Course	Page
SHAKESPEARE - A PLAYWRIGHT FOR HIS TIME & OURS	26
SHIBASHI QIGONG	19
SWIMMING - THURSDAY	26
SWIMMING - TUESDAY	19
SWITCHED ON THINKING	14
TAI CHI	15
TAKE CHARGE OF YOUR LIFE	22
TENNIS - AFTERNOON	15
TENNIS - MORNING	15
TRAVEL CLASS	19
WALKING GROUP - THURSDAY	27
WALKING GROUP WEDNESDAY WANDERERS	23
WALKING THE WEDNESDAY STROLL PATROL	23
WALKING TRACK AND TRAIL WALKING GROUP	15
WEATHER A LAYMAN'S LOOK	20
WINDOWS 11 AND MICROSOFT OFFICE 365	30
WRITERS GREEN CHICKEN	25
WRITERS RAINBOW	29
WRITERS RAMBLING	29
WRITING BOOK BASICS - CROWS NEST	15
WRITING LIMERICKS	15
WEAVING FOR BEGINNERS	20
YOGA & AYURVEDA - ANCIENT MEDICINE FOR MODERN TIMES	23

Other courses that may be offered in 2025

LEATHERCRAFT & BRAIDING This course will include a variety of options depending on interest & experience	Term 3 Please contact - Penny Protheroe
SUDOKU It a very easy way to solve this puzzle	Term3 Dianne Turner
TAI CHI - MODIFIED YANG STYLE This is an Advanced class that focuses on the internal feeling. Instruction will be given but some Tai Chi experience is needed. The class will be structured around foundation exercises and sets.	Terms 1,2,3,4 Marie Kajewski
UKULELE FOR FUN - BEGINNERS Learn to play from the start	Terms 1,2,3,4 Keith Lawrence
POEMS Voice/Read your favourite to a like minded group	Terms 2 and 4 Michael Rooke

Monday

<p style="text-align: center;">APPLE IPAD - BEGINNERS</p> <p>Been given a new iPad? Have you had an iPad for some time and it's all still a mystery? Come and learn to use it with these easy lessons!</p>	<p style="text-align: center;">Term: 1 The Lab, PPC Weekly on Monday 9:00 AM - 10:15 AM Liz Kennedy</p>
<p style="text-align: center;">APPLE DEVICES</p> <p>Learning about using Apple devices, iPads, iPhones, Macbooks, Watches. Covering subjects like, but not only, Security, Banking, Camera, Photos, Scanning and filing documents, Word Processing, iCloud storage, and much more. Each lesson will have a leading subject followed by a period of time for students' Q&As.</p>	<p style="text-align: center;">Term: 1 The Lab, PPC Weekly on Monday 10:45 AM - 12.00PM Liz Kennedy</p>
<p style="text-align: center;">APPLE DEVICES</p> <p>Learning about using Apple devices, iPads, iPhones, Macbooks, Watches. Covering subjects like, but not only, Security, Banking, Camera, Photos, Scanning and filing documents, Word Processing, iCloud storage, and much more. Each lesson will have a leading subject followed by a period of time for students' Q&As.</p>	<p style="text-align: center;">Term: 3 The Lab, PPC Weekly on Monday 9:00 AM - 10:15 AM Liz Kennedy</p>
<p style="text-align: center;">BITCOIN - SOMETHING THE KIDS DREAMT UP??</p> <p>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.</p>	<p style="text-align: center;">Terms: 1 & 2 NEW The Studio, PPC Weekly on Monday 9AM - 11AM Peter Bevan</p>
<p style="text-align: center;">BOOK CLUB A - MODERN AUSTRALIAN WRITERS - 1ST MONDAY OF THE MONTH</p> <p>We will meet on the first Monday of the month. Dates may vary with Public Holidays. We will continue to explore many more new and well-known, modern Australian writers. Where possible, the books are available through the Toowoomba Library, second-hand bookshops or members may wish to purchase their own copies.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Private Residence Monthly 1st week of month on Monday 9:30 AM - 11:30 AM Michele McGill</p>
<p style="text-align: center;">BOOK CLUB B - MODERN AUSTRALIAN WRITERS - 3RD MONDAY OF THE MONTH</p> <p>We will meet on the third Monday of the month. Dates may vary with Public Holidays. We will continue to explore many more new and well-known, modern Australian writers. Where possible, the books are available through the Toowoomba Library, second-hand bookshops or members may wish to purchase their own copies.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Private Residence Monthly 3rd week of month on Monday 9:30 AM - 11:30 AM Michele McGill</p>
<p style="text-align: center;">COMPUTER SKILLS MADE EASY</p> <p>Tips, tricks and discussions to get more out of your devices. This is an unstructured class which attempts to meet the requirements of attendees as presented in each class.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Crows Nest Community Centre Fortnightly on Monday 9:30 AM - 11:30 AM AM Graham Moore</p>
<p style="text-align: center;">CRYPTIC CROSSWORDS</p> <p>A fun group, where beginners will learn the basic cryptic crossword decoding skills and experienced solvers will be challenged to more difficult puzzles, individually and in discussion with others.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Austral Room, PPC Weekly on Monday 2:00 PM - 4:00 PM Rhonda Duck</p>

Monday

<p style="text-align: center;">CRYPTIC CROSSWORDS - ALTERNATE MONDAYS - PITTSWORTH</p> <p>The aim is for participants to experience the pleasing satisfaction of successfully solving a variety of cryptic puzzles and crosswords and to enjoy the social contact. Cost: A small cost to students to cover venue rent and class materials. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Pittsworth Pioneer Village Weekly on Monday 4:00 PM - 5:00 PM Scotia McCawley</p>
<p style="text-align: center;">DIVERSE CONVERSATIONS</p> <p>Unrestricted worldly current events, with the weekly plan to keep member's selected topics moving so that all participate. Cost: \$20 per term per member, providing sufficient members, to cover room rental, coffee, tea and cookies. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Venue To Be Advised Weekly on Monday 1:30 PM - 3:30 PM John Humphreys</p>
<p style="text-align: center;">EXERCISE FOR THE WELL MEANING</p> <p>Do you find yourself always meaning to exercise but don't get around to it? If so, this class could get you up and going. The exercises are easy single moves based on the gentle art of tai chi, using the body's own weight for balance and strength. They can be performed in a small space, anytime or even sitting on a chair.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Monday 9:30 AM - 10:30 AM Marie Kajewski</p>
<p style="text-align: center;">GUITAR FOR FUN</p> <p>This course is for those with a knowledge of basic chords and who like to belt out a song. Three books are required to be purchased, covering a wide and diverse genre. It is aimed at leaving each session with a smile on your face and a song in your heart.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Austral Room, PPC Weekly on Monday 11:30 AM - 1:30 PM Ian Harding</p>
<p style="text-align: center;">SWITCHED ON THINKING</p> <p>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.</p>	<p style="text-align: center;">Terms: 1,2,3,4 NEW Studio, PPC Weekly on Monday 11:30 AM - 1:30 PM John Newport</p>
<p style="text-align: center;">KNITTING & CROCHET</p> <p>We are a 'chat and do' group! Helping and encouraging each other, we make articles for our families and a variety of charities. There is no tutelage, so come and share your work and techniques.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Studio, PPC Weekly on Monday 2:00 PM - 4:00 PM <u>Jennie Thomas</u></p>
<p style="text-align: center;">MAHJONG - BEGINNERS</p> <p>Learn Mahjong in a friendly relaxed environment. This class is suitable for beginner to intermediate level. Please bring your own set of tiles if you have one. Mondays excluding Christmas break, commencing 9.30am for voluntary assistance in setting up of tables, ready for a 10am start. Cost: \$5 per member per attendance which includes tea or coffee and biscuits at group break around 11.30-12 noon. Payable to tutor. Close of session is 1.00-1.15pm.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Toowoomba Bowls Club Weekly on Monday 10:00 AM - 1:00 PM Diane Van Zeeland</p>
<p style="text-align: center;">PICKLEBALL at GLENNIE - MONDAY</p> <p>Pickleball is a paddle sport you can learn in minutes and play for a lifetime. It brings together elements of tennis, badminton and ping pong to create a sport that's fun for all ages and skill levels, but gets fast paced and exhilarating at competitive levels. It's played on a half-sized tennis court, and so, has a lower impact than tennis and is easier on the body. It focuses on quick reflexes rather than powerful serves or running speed. These differences open pickleball up to a greater range of players. Whether you are competitive or just want to get involved in something fun, social and active, pickleball is for you! Played at The Glennie School, Clive Berghofer Sports Centre, 39-45 Vacy Street, Newtown, every Monday, Wednesday and Friday from 9.30 – 11.30am. Parking and entry is via the pool entrance. No equipment necessary, besides good sports shoes and a water bottle.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Glennie School, Clive Berghofer Centre, 39-45 Vacy St, Newtown. Weekly on Monday 9:30 AM - 11:30 AM Wendy Davies</p>

Monday

<p style="text-align: center;">ROUND TABLE DISCUSSION GROUP</p> <p>Start the week with a little brain awakening. Come and join the interactive round table discussion group on Monday mornings. There is no set agenda, members bring various topics of interest to them. Any topic can bring a very lively discussion, or not! All that is asked is that you bring with you - tolerance. Topics can be varied. New members can join anytime during the terms, as there is no curriculum.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Austral Room, PPC Weekly on Monday 9:00 AM - 11:00 AM David Nicholls</p>
<p style="text-align: center;">TAI CHI</p> <p>Tai Chi involves gentle movements which are fluid and graceful. It can be practiced by people of all ages. It's good for your general wellbeing and can help improve fitness, flexibility, relaxation, circulation, and good balance. It strengthens the body and mental concentration and assists with all aspects of health, therefore allowing you to enjoy your lifestyle.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Monday 11:00 AM - 1:00 PM Lucy White</p>
<p style="text-align: center;">TENNIS - AFTERNOON</p> <p>A fun afternoon of social doubles tennis. Fun and fitness with a little healthy competition. Afternoon Tea and a chat included. New players welcome. Cost: \$5 - \$7 per session to cover court hire and afternoon tea. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Holy Name Courts Weekly on Monday 12:30 PM - 4:00 PM Peter Bright</p>
<p style="text-align: center;">TENNIS - MORNING</p> <p>An enjoyable morning of social tennis emphasising fun and fitness. Suitable for beginners to intermediate level. Court hire Cost: \$7 per week. Morning Tea: Coffee, Tea, Biscuits included.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Holy Name Courts Weekly on Monday 8:00 AM - 12 noon Maureen Dunn</p>
<p style="text-align: center;">'TOOWOOMBA FOG' JUG BAND - NEW</p> <p>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.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Monday 1.30PM - 3.30PM Bruce Arthur</p>
<p style="text-align: center;">TRACK AND TRAIL WALKING GROUP</p> <p>Track and trail walking along existing walkways in parks, in and around the Toowoomba to Crows Nest regions, including Mt Peel, Redwood Park, Ravensbourne National Park etc. Walking will require a reasonable level of fitness. Morning tea and water must be carried. Includes time to allow for a picnic lunch. Group size will be limited.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Weekly on Monday 7:30 AM - 1:00 PM Allan Crichton</p>
<p style="text-align: center;">WRITING BOOK BASICS - CROWS NEST</p> <p>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.</p>	<p style="text-align: center;">Terms: 1,2,3,4 TBA Monthly on a Monday - 9.00AM - 11.00AM Lexia Machin</p>
<p style="text-align: center;">WRITING LIMERICKS</p> <p>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.</p>	<p style="text-align: center;">Terms: 1 & 3 The Lab, PPC Weekly on Monday 2.30PM-3.30PM. Michael Rooke</p>

Tuesday

<p style="text-align: center;">AQUATIC EXERCISE GROUP - TUESDAY</p> <p>Aqua Aerobics. Enjoy gentle exercise in a warm and friendly pool environment. Cost: A charge to cover pool fees. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Concordia Aquatic Centre Weekly on Tuesday 6:45 AM - 7:30 AM Judy McWilliam</p>
<p style="text-align: center;">BIRDING</p> <p>Discover the diverse birdlife of the Crows Nest / Toowoomba / Lockyer Valley regions. Expect 40+ species each outing. Learn identification skills and when and where to find particular species. Requirements: binoculars, walking shoes, hat, water bottle, morning tea. Outings are usually 3-4 hours duration. Held fortnightly.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Fortnightly on Tuesday 7:30 AM - 11:30 AM Michael Atzeni</p>
<p style="text-align: center;">BOOK DISCUSSION GROUP - 1ST TUESDAY OF MONTH</p> <p>Our enthusiastic group of 15 will be reading and discussing books of various genres from different countries and different eras, fiction and non-fiction. As the CAE in Melbourne is no longer sponsoring book groups, it is yet to be decided how we will source our books. If you are considering enrolling in this class for the first time, please contact the tutor before doing so, however there are no vacancies at present.</p>	<p style="text-align: center;">Terms: 1,2,3,4 City Bowls Club Monthly 1st week of month on Tuesday 1:30 PM - 3:00 PM Desley Smith</p>
<p style="text-align: center;">BOTANICAL ART</p> <p>We are a self-help group with varying levels of experience who enjoy botanical drawing and painting. PLEASE NOTE - some experience in botanical art is necessary.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Toowoomba Art Society Weekly on Tuesday 1:00 PM - 3:30 PM Jane Dalby</p>
<p style="text-align: center;">CARDS - 500</p> <p>Learn to play this challenging game of strategy and teamwork. Experienced players welcome also. Some knowledge of 500 would be helpful. How many players - 4 at a table.</p>	<p style="text-align: center;">Terms: 3 & 4 Club Toowoomba Weekly on Tuesday 7:30 AM - 11:30 AM Neil Maher</p>
<p style="text-align: center;">CHINESE - MANDARIN</p> <p>Interested in learning the language that has more native speakers than any other in the world, with nearly a billion users? This fascinating language originated in northern China and is the official language in that country as well as one of the four official languages of Singapore. It is also recognised as one of the six official languages of the United Nations.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Dr Price Rooms Weekly on Tuesday 3:00 PM - 4:30 PM Lucy White</p>
<p style="text-align: center;">EARLY SETTLER FAMILIES OF CROWS NEST & RAVENSBORNE REGION</p> <p>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.</p>	<p style="text-align: center;">Terms: 1,2 Crows Nest Community Centre Tuesday 9:00 AM - 10:30 AM Ian Eustace</p>
<p style="text-align: center;">DIGITAL PHOTO EDITING (NEW)</p> <p>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)</p>	<p style="text-align: center;">Term 1 TBA Tuesday, once a fortnight: 9.30AM - 11.30AM Paul Knie</p>

Tuesday

<p style="text-align: center;">EATING FOR HEALTH - NUTRITION FOR LIFE</p> <p>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.</p>	<p style="text-align: center;">Term 1 NEW Crows Nest Community Centre Tuesday 1.30pm Lyn Wetzig</p>
<p style="text-align: center;">PUTTING BASIC MATHS TO USE FOR ADULTS</p> <p>Contrary to a general perception that maths seems to have a disconnect with the real world, this course will try at all times to relate its content to the world around us. Minimal theory only will be necessary to effect this aim. Hopefully, the mysterious aura which surrounds it will be replaced by an enjoyment by clients who may find themselves using maths more frequently. A calculator is advisable in the ability it has to deal with realistic and current 2025 data.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Toowoomba Historical Society Weekly on Tuesday 9.45 AM - 11:00 AM Noel Lipp</p>
<p style="text-align: center;">EXTRA-TERRESTRIAL DISCUSSION GROUP</p> <p>This course is a companion to the Extra-Terrestrial Contact Past & Present course held on Friday afternoons. It will be based on similar subject matter to the Friday class. Unlike the Friday class, however, the Tuesday class will not have a tightly structured presentation format following a defined subject path. It will follow the needs and interests of the class members. Members will nominate topics (in advance) that they would like to cover and they and other class members will be invited to contribute by way of presentations (formal or informal), stories and discussion points. There will also be videos to watch with plenty of time allocated to discussion of the video content matter. The tutor will act as co-ordinator and facilitator for these activities, but it will be the class members who will drive the course and subject matter.</p>	<p style="text-align: center;">Terms: 1,2,3,4 The Lab, PPC Weekly on Tuesday 11:30 AM - 1:30 PM Carlo Bertoldi</p>
<p style="text-align: center;">FRENCH - BEGINNERS</p> <p>This course aims to develop basic skills in understanding and communicating in French by introducing a range of basic vocabulary, grammar and sentence patterns. A supportive and interactive approach is used to encourage the development of conversational skills and a gradual increase in the active use of French during class time. The course is suitable for both new and for continuing participants.</p>	<p style="text-align: center;">Terms:1,2 The Lab, PPC Weekly on Tuesday 2:00 PM - 4:00 PM Sheila Scott Power</p>
<p style="text-align: center;">FRENCH - CONVERSATION</p> <p>Members of this relaxed class need to have average skills in speaking and listening in French. The class is conducted in French. All members contribute to improving and encouraging one another. Many interesting topics are discussed in French.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Austral Room, PPC Weekly on Tuesday 9:00 AM - 11:00 AM Cheryl Feeney</p>
<p style="text-align: center;">GATEBALL</p> <p>An action packed game played between two teams of 5 players each, on a half croquet lawn. All equipment supplied. A quick and easy game to learn. Cost: A small charge to students to cover venue and morning tea. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Croquet Club Weekly on Tuesday 8:30 AM - 11:00 AM Sandra Reynolds</p>
<p style="text-align: center;">HISTORY OF THE 20TH CENTURY (NEW CLASS)</p> <p>This discussion group will examine and discuss the major historical events from the twentieth century. A short primer will be sent out prior to each class, summarising the major events of the period and outlining points for discussion and debate. Possible topics may include: Pre WW1; The First World War; The Between Years; The Second World War; The Cold War and the 1960's; 1970's; 1980's; 1990's.</p>	<p style="text-align: center;">Terms 2,4 Studio, PPC Weekly on Tuesday 2.00PM - 3.30PM Julie Pigdon</p>
<p style="text-align: center;">LAWN BOWLS - VICTORIA STREET</p> <p>Learn to play lawn bowls with a qualified coach in a friendly atmosphere. Lawn Bowls is a sport for all people, regardless of age, gender, ability, ethnicity, or background. Bowls are supplied. You will need a hat, water and flat-soled shoes.</p>	<p style="text-align: center;">Terms: 1,2,3,4 City Bowls Club Weekly on Tuesday 1:00 PM - 3:00 PM Bill Tedford</p>

Tuesday

<p style="text-align: center;">LINE DANCING - BEGINNERS (NOTE CHANGE OF DAY)</p> <p>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!</p>	<p style="text-align: center;">Terms: 1,2,3,4 NEW St Pauls Lutheran Church Hall Weekly on Tuesday 9.00 AM - 11.00 AM Bev English bevenglish@outlook.com 0409 482 542</p>
<p style="text-align: center;">LUNCH GROUP - 1st & 3rd Tuesday</p> <p>A great group of diverse people who meet to dine and chat.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Monthly 1st, 3rd week of month on Tuesday 11:45 AM - 2:00 PM Charmaine Ryan</p>
<p style="text-align: center;">MAHJONG</p> <p>Mahjong is an Ancient Chinese game played for fun and friendship. New members welcome, as well as members wanting to learn.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Austral Room, PPC Weekly on Tuesday 2:00 PM - 4:00 PM</p>
<p style="text-align: center;">PENTEL DRAWING</p> <p>This course is for artists who can work in this genre on their own. We have a very friendly and knowledgeable group of inspired artists.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Studio, PPC Weekly on Tuesday 11:30 AM - 1:30 PM Judy McWilliam</p>
<p style="text-align: center;">PHILOSOPHY DISCUSSION GROUP</p> <p>"A philosophical Discussion Group" - Discussion will be centred on all issues Philosophical. Philosophical questions, philosophical thoughts, philosophical ideas, philosophical concepts, the life and times of the great Philosophers and the relevance of all this to the modern world. Prior knowledge is not necessary, just come to join in the discussion..</p>	<p style="text-align: center;">Terms: 1,2,3,4 Studio, PPC Weekly on Tuesday 9:15 AM - 11:00 AM Margaret Easton</p>
<p style="text-align: center;">PHOTOGRAPHY - EXPLORE WITH YOUR CAMERA</p> <p>Get the most out of your camera. Modern cameras are capable of so much more and many features never get used. This general interest course is designed for people who want to improve their photography skills while exploring various parks and locations around Toowoomba. Come along and enjoy the company of others with the same interest. Bring whatever equipment you like, including cameras, flashes and tripods etc. Expeditions will last about 2 hours. This class deals with the operation of cameras that offer manual shutter and aperture settings and is less suitable for phone users.</p>	<p style="text-align: center;">Terms: 2, 3 (only) Various Locations Weekly on Tuesday 9:30 AM - 11:30 AM Paul Knie</p>
<p style="text-align: center;">PHOTOGRAPHY FOR FUN</p> <p>Many of us feel different about going out alone to take photos, whether we're unsure or feel unsafe by ourselves or such. This photography group is for those who want to go out with other people to take photos. We travel around Crows Nest and the Toowoomba region by car pool, and endeavour to not make it too strenuous. We usually - depending on time- stop for a coffee, either BYO or at a coffee shop. Cameras, mobile phones etc (or whatever you use to take photos with) are welcome.</p>	<p style="text-align: center;">Terms: 2,4 Various Locations Weekly on Tuesday 1:30 PM - 3:30 PM Lyn Wetzig</p>
<p style="text-align: center;">POTTERY - AFTERNOON</p> <p>Learn a range of basic techniques, including slip casting, press moulding, hand and wheel work, glaze decoration and firing. Cost: \$3 per session plus additional charges for material & firing.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Private Residence Weekly on Tuesday 1:30 PM - 4:30 PM Peter Bright</p>
<p style="text-align: center;">POTTERY - MORNING</p> <p>Learn a range of techniques, including slip casting, press moulding, hand and wheel work, glaze decoration and Raku firing. Cost: \$3 per session plus additional charges for material & firing.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Private Residence Weekly on Tuesday 8:30 AM - 11:30 AM Peter Bright</p>

Tuesday

<p style="text-align: center;">SHIBASHI QIGONG</p> <p>Shibashi Qigong is a set of 18 energy enhancing exercises that coordinate slow movements with breathing and concentration. Traditional Chinese medicine believes these exercises can cultivate health and energy throughout the body. It is a gentle and flowing routine, both deeply relaxing and easy to do.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Tuesday 9:00 AM - 10:00 AM Linda Fea</p>
<p style="text-align: center;">SILENT MEDITATION</p> <p>Silent meditation as a life skill. Brief readings on Silent Meditation, Practice with sitting and walking meditation, sharing and discussion of Practice. Common benefits include increased calmness and contentment, improved concentration, focus on the present moment and changes in self-understanding. New learners and those with experience welcome.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Tuesday 12 noon - 1:30 PM Bob Knight</p>
<p style="text-align: center;">SINGING FOR FUN</p> <p>Singing for Fun is just that. A class of friendly folk gather to sing a wide range of songs, just for the love of it. New challenging songs added from time to time. You're welcome to join us.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Tuesday 2:00 PM - 4:00 PM Anna Carson</p>
<p style="text-align: center;">SPANISH FOR TRAVELLING</p> <p>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.</p>	<p style="text-align: center;">Terms: 1,2,3,4 NEW The Lab, PPC Weekly on Tuesday 9:00 AM - 10:30 AM Steve Walker</p>
<p style="text-align: center;">SPANISH - CONVERSATION</p> <p>This fun and interactive class is suitable for those with a good, intermediate level of Spanish. The focus will be to improve your confidence and ability to converse in Spanish. Classes are fun, interactive and informative.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Austral Room, PPC Weekly on Tuesday 11:30 AM - 1:00 PM Steve Walker</p>
<p style="text-align: center;">'STEELE RUDD' ON THE DARLING DOWNS</p> <p>My Australian family ancestors, besides having a neighbourly connection with the Tom Davis family, most of them would have had an early meeting with the famous book of Arthur Hoey Davis's 'On Our Selection' (pub. 1899). Having in early life immersed myself in the latter book, I have found much in the other 23 books that most readers including those who would be supporters of 'On Our Selection' who would not have ventured beyond the blockbuster. I came across sidetracks that fork off the main 'OOS' highway leading to some really interesting experiences that 'Steele Rudd' lived out. The findings surprised, even fascinated me to think that SR had such high-reaching encounters from those he had as a 16 year old leaving the old selection in 1880.</p>	<p style="text-align: center;">Terms: 2,3,4 Toowoomba Historical Society Weekly on Tuesday 11:30 AM - 12:45 PM Noel Lipp</p>
<p style="text-align: center;">SWIMMING - TUESDAY</p> <p>Stroke swimming at your own pace for competent swimmers. Cost: A charge to cover pool fees. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Concordia Aquatic Centre Weekly on Tuesday 5:45 AM - 6:30 AM Judy McWilliam</p>
<p style="text-align: center;">TRAVEL CLASS</p> <p>Come and join us as we share our travel experiences with photos and presentations.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Seventh-day Adventist Hall Weekly on Tuesday 9:30 AM - 11:30 AM Irene Bridgeman</p>
<p style="text-align: center;">UKULELE FOR FUN - ADVANCED</p> <p>A class for students who can play and want to continue having fun playing the ukulele. Class Fee: There will be a cost to members to cover the venue hire, payable to the tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Seventh-day Adventist Hall Weekly on Tuesday 1:00 PM - 2:00 PM Marita Rayner</p>

Tuesday

<p style="text-align: center;">UKULELE FOR FUN - INTERMEDIATE</p> <p>This class is for participants who can play a ukulele but not ready for the advanced class. There is no beginners class at present. Class Fee: There will be a cost to members to cover the venue hire, payable to the tutor.</p>	<p>Terms: 1,2,3,4 Seventh-day Adventist Hall Weekly on Tuesday 11:00 AM - 12 noon Marita Rayner</p>
<p style="text-align: center;">WEAVING FOR BEGINNERS</p> <p>How is cloth made? After skins went out of fashion, every item of clothing, bedding, curtains, rugs etc was made wool, cotton or flax, spun and woven into cloth. This course will introduce you to the history of cloth and the basics of weaving. Simple looms such as cardboard looms or frame looms will be used and in this beginning class we will learn tapestry weaving.</p>	<p>Term 3 Community Centre Crows Nest Fortnightly on Tuesdays 1:30 Start Lyn Wetzig</p>

Wednesday

<p style="text-align: center;">A LAYMAN'S LOOK AT THE WEATHER</p> <p>A simple look at the basic components of "Weather". From Temperature and Humidity, Air Pressure and Wind to how these, with energy from the sun generate the daily, weekly and annual weather. Includes some simple hands-on construction.</p>	<p>Term: 2 Austral Room, PPC Weekly on Wednesday 2.00PM - 3.30PM Dougal Johnston</p>
<p style="text-align: center;">AN INTRODUCTION TO GEOLOGY</p> <p>Starting from the beginning. Take Elements and combine to make Minerals. How Minerals define Rocks and make the World.</p>	<p>Term: 3 Austral Room, PPC Weekly on Wednesday 2.00PM - 3.30PM Dougal Johnston</p>
<p style="text-align: center;">ART - WEDNESDAYS</p> <p>Come and join us on Wednesday mornings for a few hours of learning and fun. Beginners, experienced artists and all levels in between are welcome. Individual help will be given if needed as you work on your own reference material. Come and enjoy an atmosphere of friendship and creativity in the Art Gallery in the lovely town of Pittsworth. Class Fee: A small fee to cover venue costs.</p>	<p>Terms: 1,2,3,4 Pittsworth Art Gallery Weekly on Wednesday 9:00 AM - 1:30 PM Cecelia Krieg</p>
<p style="text-align: center;">BASIC PHOTO EDITING - EVERY 3RD WEDNESDAY OF THE MONTH</p> <p>Basic photo editing using Photoshop elements. Learn how to use the most important tools. Learn the importance of selections and layers. Bring your own laptop. Fees: \$5 per attendance to cover rent, electricity, printing and morning tea. Payable to tutor.</p>	<p>Terms: 1,2,3,4 Pittsworth Function Centre Monthly, every 3rd Wednesday 9:30 AM - 11:30 AM Inge Gajczak</p>
<p style="text-align: center;">BRIDGE FOR BEGINNERS</p> <p>Bridge is the most interesting card game. It is made up of bidding and playing and both of these aspects are challenging. It is this challenge that has players coming back for more and more. You can learn Bridge at the Toowoomba Bridge Club. The classes will teach bidding, declarer play and defence. Teaching will be conducted by one of our experienced teachers. Players will be able to move into other sessions held at the club as their experience and skills grow.</p>	<p>Terms: 1,3 Bridge Club Weekly on Wednesday 8:45 AM - 10:45 AM Dave Roberts</p>
<p style="text-align: center;">BI-CENTENNIAL OF THE FOUNDING OF THE MORETON BAY CONVICT SETTLEMENT AT REDCLIFFE & BRISBANE FROM 1824-1842</p> <p>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.</p>	<p>Terms: 1,2 Austral Room, PPC Weekly on Wednesday 11:30 AM - 1:30 PM John Pryce-Davies</p>
<p style="text-align: center;">GOLF CROQUET - WEDNESDAY</p> <p>Easy to learn game, using a full croquet lawn. All equipment supplied. Cost: A small charge to cover venue and morning tea. Payable to tutor.</p>	<p>Terms: 1,2,3,4 Croquet Club Weekly on Wednesday 8:15 AM - 10:45 AM Paul Reynolds</p>

Wednesday

<p style="text-align: center;">A HISTORY OF MODERN JAPAN FROM THE 1600s - 1990s</p> <p>This course will survey the modern period of Japan's history from the Tokugawa Shogunate (1600-1867), through the Meiji Restoration of 1868 and subsequent eras down to the 1990s. It will include the era when Japan established an empire through East and Southeast Asia which led in turn to its involvement in World War 2 (1939-45). With post war occupation and reconstruction it would become a leading economic power in the world today. PowerPoint, notes and DVDs.</p>	<p style="text-align: center;">Terms: 3,4 Austral Room, PPC Weekly on Wednesday 11:30 AM - 1:30 PM John Pryce-Davies</p>
<p style="text-align: center;">IMPROVE YOUR PHOTOGRAPHY - EVERY 2ND WEDNESDAY OF THE MONTH</p> <p>Knowing your camera. Getting out of the Automatic mode. Learn about Aperture, Shutter Speed and ISO. How to take good photographs and much more. Fees: \$5 per attendance to cover rent, electricity, printing and morning tea. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Pittsworth Function Centre Monthly 2nd Wednesday of the month 9:30 AM - 11:30 AM Inge Gajczak</p>
<p style="text-align: center;">INVESTOR'S FORUM</p> <p>The Investor's Forum suits serious investors who wish to network with like minded participants. The programme consists of guest speakers from all facets of investing with information provided that may influence investing decisions. No personal advice is given. Our members are encouraged to share their knowledge and experiences. Members join at the beginning of the year to gain the full benefit of the Forum.</p> <p>Cost: A one-off annual fee of \$80, to cover the venue hire and outgoings, is payable at the beginning of the year to the tutor. Please contact by email if you wish to join our group.</p>	<p style="text-align: center;">Terms: 1,2,3,4 HumeRidge Church Weekly on Wednesday 9:30 AM - 11:30 AM Crystal Wenham</p>
<p style="text-align: center;">INTRODUCTION TO EARLY INDIAN PHILOSOPHY</p> <p>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); Saṃkhya (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.</p>	<p style="text-align: center;">Terms: 1,2 The Lab, PPC Weekly on Wednesday 2:00 PM - 4:00 PM Francis Mangubhai</p>
<p style="text-align: center;">ITALIAN - ONGOING STUDY</p> <p>Ongoing study of Italian language (reading, writing and speaking) in a non-threatening setting.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Studio, PPC Weekly on Wednesday 2:00 PM - 4:00 PM Luca Ferrerio</p>
<p style="text-align: center;">JAPANESE FOR BEGINNERS</p> <p>This course is elementary level and suitable for who have learnt Japanese language before. In our class, we will keep learning new sentence patterns as well as learning Japanese culture and fun facts.</p>	<p style="text-align: center;">Terms: 1,2,3,4 The Lab, PPC Weekly on Wednesday 11:30 AM - 1:30 PM Jun Doherty</p>
<p style="text-align: center;">PASTEL DRAWING</p> <p>An introduction to the basic skills of pastel drawing and ongoing tutoring to help students develop their own styles.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Wednesday 9:00 AM - 11:00 AM Stephen Jones</p>

Wednesday

<p style="text-align: center;">INDONESIA: THE HISTORY OF AN ISLAND NATION</p> <p>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. Course Content: 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!)</p>	<p style="text-align: center;">Terms: 1,2,3,4 NEW Studio, PPC Weekly on Wednesday 9:00 AM - 11:00 AM Glynne Hilton</p>
<p style="text-align: center;">PICKLEBALL at GLENNIE - WEDNESDAY</p> <p>Pickleball is a paddle sport you can learn in minutes and play for a lifetime. It brings together elements of tennis, badminton and ping pong to create a sport that's fun for all ages and skill levels, but gets fast paced and exhilarating at competitive levels. It's played on a half-sized tennis court, and so, has a lower impact than tennis and is easier on the body. It focuses on quick reflexes rather than powerful serves or running speed. These differences open pickleball up to a greater range of players. Whether you are competitive or just want to get involved in something fun, social and active, pickleball is for you! Played at The Glennie School, Clive Berghofer Sports Centre, 39-45 Vacy Street, Newtown, every Monday, Wednesday and Friday from 9.30 – 11.30am. Parking and entry is via the pool entrance. No equipment necessary, besides good sports shoes and a water bottle.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Glennie School, Clive Berghofer Centre, 39-45 Vacy St, Newtown. Weekly on Wednesday 9:30 AM - 11:30 AM Wendy Davies</p>
<p style="text-align: center;">SCRABBLE</p> <p>Join us for a fun game with words. New members are welcome. No experience is necessary. Tuition provided if required.</p>	<p style="text-align: center;">Terms: 1,2,3,4 The Studio, PPC Weekly on Wednesday 11:30 AM - 1:30 PM Marie Annis-Brown</p>
<p style="text-align: center;">SEW AND SHARE</p> <p>We have class projects with plenty of time to complete your own UFOs (un-finished -objects) in a friendly class. There is always time for a chat over coffee. Sewing machines are available. You will be surprised what you can do in our class!</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Wednesday 2:00 PM - 4:00 PM Noeleen Ingleton</p>
<p style="text-align: center;">SING-A-LONG SINGERS</p> <p>We are not a professional group of singers. We require people like you who would like to join a friendly and jovial group to do some singing and enjoy the social morning. If it's a variety of songs you would like to sing, then this is for you and everyone is welcome. Cost: There will be a cost to members for venue rental and materials needed. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Seventh-day Adventist Hall Weekly on Wednesday 9:30 AM - 11:30 AM Joyce Ridgway</p>
<p style="text-align: center;">SINGING FOR FUN - ALTERNATE WEDNESDAYS - PITTSWORTH</p> <p>Join a friendly group of people to sing a variety of songs from the genres of Musical Theatre, Pop and Golden Oldies. Class Fee: Small cost to members to cover the venue hire, payable to the tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Pittsworth Senior Citizens Rooms Fortnightly on Wednesday 1:30 PM - 3:30 PM Cheryl Fowler</p>
<p style="text-align: center;">TAKE CHARGE OF YOUR LIFE</p> <p>A series of workshops based on Dr Bill Glasser's book "Take Charge of Your Life" an exploration of internal motivation psychology. It will assist the participant to: Gain effective control over painful feelings and to choose more helpful thinking behaviours. Become more self-accepting and less critical of others. Learn specific techniques for resolving conflict with others and inside self. Add happiness and connect better in important relationships. Please note: There will be a \$25 per term fee payable to the tutor for materials and venue expenses.</p>	<p style="text-align: center;">Terms: 3, 4 Toowoomba City Library Weekly on Wednesday 4:00 PM - 5:30 PM Cecily Bisshop</p>

Wednesday

<p style="text-align: center;">THE WEDNESDAY STROLL PATROL</p> <p>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.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Weekly Term 1 & 4 - 8AM start; Term 2 & 3 - 9AM start. Anna Carson</p>
<p style="text-align: center;">WEDNESDAY WANDERERS WALKING GROUP</p> <p>We are a friendly group who enjoy walking and talking. We walk between 5 and 5.5kms through the parks and shady streets of Toowoomba, Highfields and occasionally other localities a short drive from Toowoomba. We regularly have around 25 members on our walks. We start at 8am in Terms 1 & 4 and 9am in Terms 2 & 3. Morning tea is always a highlight, where the conversations continue and coffee and cakes are enjoyed.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Weekly on Wednesday 9:00 AM - 11:00 AM Sheila Donaldson</p>
<p style="text-align: center;">WONDERS OF WATERCOLOUR</p> <p>A class for beginners, or further advanced, to study different aspects of art such as composition and colour. Learn from one another and develop in the Wonders of Watercolour.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Austral Room, PPC Weekly on Wednesday 9:00 AM - 11:00 AM Ngaire Sorrensen</p>
<p style="text-align: center;">YOGA & AYURVEDA - ANCIENT MEDICINE FOR MODERN TIMES</p> <p>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.</p>	<p style="text-align: center;">Terms: 1,2. Playhouse, PPC Weekly on Wednesday 11.30AM - 1.30PM Robyn Pigozzo</p>

Thursday

<p style="text-align: center;">AQUATIC EXERCISE GROUP - THURSDAY</p> <p>Aqua Aerobics. Enjoy gentle exercise in a warm and friendly pool environment. Cost: A charge to cover pool fees. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Concordia Aquatic Centre Weekly on Thursday 6:45 AM - 7:30 AM Judy McWilliam</p>
<p style="text-align: center;">ARCHAEOLOGY SCIENCE</p> <p>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 DNS, 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.</p>	<p style="text-align: center;">Terms: 1,2 Austral Room, PPC Weekly on Thursday 9:00 AM - 11:00 AM Bruce Arthur</p>

Thursday

<p style="text-align: center;">ARCHERY - TARGET ARCHERY</p> <p>Both men and women enjoy this activity. You don't have to be strong or really fit but the exercise is an excellent addition to daily activity which we follow up with a coffee and biscuit. The archery takes place using either your own equipment or Toowoomba Company of Archers equipment. Full instruction is provided to assist in rapid learning and ongoing development. The Archery shooting line now has a shade cover to improve our comfort over summer.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Charlton Archery Range Weekly on Thursday 10:00 AM - 11:30 AM Allan Crichton</p>
<p style="text-align: center;">BADMINTON</p> <p>We have community players as well as U3A members. A very friendly group; we enjoy coffee and lunch sometimes. Players must join the PCYC at a very small annual cost and weekly playing fees are paid directly to the PCYC. Learn and play badminton for fun, fitness and enjoyment. To join this class you must have a current membership for the PCYC.</p>	<p style="text-align: center;">Terms: 1,2,3,4 PCYC Weekly on Thursday 8:30 AM - 10:30 AM Andy Trim</p>
<p style="text-align: center;">CANASTA</p> <p>Canasta is a card game played with 2, 3, 4 or 6 players. If you are new to the game we will teach you, otherwise enjoy playing with experienced and friendly group of players.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Ballymore Room, Club Toowoomba Weekly on Thursday 12 noon - 4:00 PM Judy McWilliam</p>
<p style="text-align: center;">CHRISTIANITY AND FEMINISM</p> <p>We will continue looking at the place of women in various eras of history, comparing this to what was happening for women in the Christian church, and leading up to the struggle for women's ordination which is ongoing. From time to time we will consider aspects of feminist theology, and reflect on more of the amazing illuminations of Hildegard von Bingen.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Private Residence Weekly on Thursday 1:30 PM - 3:00 PM Marie Cameron</p>
<p style="text-align: center;">CIRCLE DANCING</p> <p>Circle Dancing is a blend of folk and meditative dance. We dance to music from many countries, celebrating the seasons, nature, the earth, the diversity of different cultures etc. We enjoy the movement of dance. Great for the body, mind and spirit.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Thursday 9:30 AM - 11:00 AM Michael Rooke</p>
<p style="text-align: center;">COMPUTER FAMILY HISTORY - NEW</p> <p>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.</p>	<p style="text-align: center;">Terms: 1,2 The Lab, PPC Weekly on Thursday 9:00 AM - 11:00 AM Rick Aindow</p>
<p style="text-align: center;">DINKY DI BUSH BALLADS AND COUNTRY</p> <p>The focus is on Aussie songs and Country ballads. A non professional group who loves making weird and wonderful sounds with bush style instruments, percussion, kitchen items or something odd. If you can beat in time, whistle, sing, play kazoo, spoons, mouth organ, fiddle, accordion, or add something different, you are welcome to hop on board the band wagon and join our fun loving group. Cost: There will be a cost to members for venue rental and materials. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Seventh-day Adventist Hall Weekly on Thursday 12:30 PM - 2:30 PM Joyce Ridgway</p>
<p style="text-align: center;">ENJOYING MATHEMATICS - INTERMEDIATE</p> <p>Rediscover the joy of Mathematics. With an emphasis on real life applications, those mathematical skills and concepts that may have been forgotten are reviewed and applied. Some new mathematical topics and associated principles not previously encountered are also featured. Class members need their own scientific calculator. A fee is required at the beginning of each term, payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Toowoomba Historical Society Weekly on Thursday 9:15 AM - 10:45 AM Carolyn Roberts</p>

Thursday

<p style="text-align: center;">GERMAN FOR BEGINNERS</p> <p>A beginners class continuing on from Term 4, 2024. Learn pronunciation through the alphabet, numbers and colours (German has some funny double letter sounds). Basic grammar, like the fact that all nouns have genders. The course is going to be flexible, but with the emphasis on speaking and writing (which helps with reading). Students will be able to write and speak short sentences e.g. introductions - shopping – ask for directions. There will be opportunity for students to add to the course, based on their interest. Handouts will be available.</p>	<p style="text-align: center;">Terms: 1 (thereon TBA) Studio, PPC Weekly on Thursday 11:30 AM - 1:30 PM Karin Decker</p>
<p style="text-align: center;">GERMAN INTERMEDIATE/ADVANCED CONVERSATION & WRITING</p> <p>In 2025 we will continue to work together speaking, listening, reading and writing on topics of interest to the group. This will involve working with various text types, for example, articles on current issues, information on aspects of life in the German-speaking countries, literary and song texts. During our working with these texts, we will discuss and further our knowledge of the structure of the German language.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Studio, PPC Weekly on Thursday 9:00 AM - 11:00 AM Rod Wilson</p>
<p style="text-align: center;">GREEN CHICKEN WRITERS</p> <p>Members' individual, approx. 1000 words/week autobiographies - ongoing or new beginning, with helpful critiques after sharing.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Private Residence Weekly on Thursday 9:30 AM - 11:30 AM John Humphreys</p>
<p style="text-align: center;">A HISTORY OF NEW ZEALAND</p> <p>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 DVDs.</p>	<p style="text-align: center;">Terms: 1,2 The Lab, PPC Weekly on Thursday 11.30AM - 1.30PM John Pryce-Davies</p>
<p style="text-align: center;">ITALIAN FOR BEGINNERS</p> <p>Introduction to reading, writing, listening, speaking and understanding this beautiful romance language. The course includes grammar, sentence structure, conjugation of verbs, tenses and pronunciation. You will learn how to utilise the power of artificial intelligence in the translators available on your mobile phone. Suitable for first timers and those who have completed an introductory course previously. Please bring writing materials, notebook and be prepared to purchase a copy of Collins Easy Learning Italian Grammar.</p>	<p style="text-align: center;">Terms: 1,2,3,4 The Lab, PPC Weekly on Thursday 2:00 PM - 4:00 PM Errol Klibbe</p>
<p style="text-align: center;">LAWN BOWLS - LINDSAY STREET</p> <p>Learn Lawn Bowls at Toowoomba Bowls Club, 40 Lindsay Street, East Toowoomba, opposite Botanic Gardens. Please bring a hat, flat shoes (no heels), water bottle. Cost: \$25 per term for hire of club equipment. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Toowoomba Bowls Club Weekly on Thursday 2:30 PM - 4:30 PM Diane Van Zeeland</p>
<p style="text-align: center;">LEAD LIGHTING - BEGINNERS</p> <p>The course is conducted over two terms, during which students are introduced to the fundamentals of lead lighting, through the completion of a number of projects. All tools are supplied. Students pay for the cost of project materials (approximately \$50 for each project). Intake for new members is Terms 1 and 3.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Thursday 2:00 PM - 4:00 PM Cathy Brown</p>
<p style="text-align: center;">LEAD LIGHTING - CONTINUING</p> <p>The continuing class builds on the foundations of the beginners class. We welcome back our continuing leadlighters and new graduates from last year's beginners class. Students work on their own projects, try more advanced techniques and share ideas with their peers. Access to this class is gained on completion of the Beginners course. We look forward to another year of learning and sharing ideas, interesting projects and conversations.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Thursday 11:30 AM - 1:30 PM Cathy Brown</p>

Thursday

<p style="text-align: center;">LINE DANCING - PITTSWORTH</p> <p>A fun time - if you enjoy movement in good company, then this is the group for you. Cost: A small cost to students to cover venue. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 To Be Advised Weekly on Thursday 4:00 PM - 5:30 PM Barb Vines</p>
<p style="text-align: center;">LUNCH GROUP A - LUNCH IN THE COUNTRY</p> <p>A friendly gathering, to share stories and enjoy country ambience over a good meal. 3 lunches each term, always on a Thursday. Be prepared to travel. Open to all U3A members. Come and enjoy.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Weekly on Thursday 12:30 PM Penny Protheroe</p>
<p style="text-align: center;">MAHJONG FOR FUN</p> <p>Games of Mahjong stimulate the brain as well as being fun and making new friends. We do not score. New players will be coached. Experienced and new players welcome. It is not necessary to have your own set of tiles. Fees: There will be a small cost to members to cover the venue rent. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Bridge Club Weekly on Thursday 8:45 AM - 12 noon Sheila Donaldson</p>
<p style="text-align: center;">NATURE JOURNALLING</p> <p>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.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various parks, gardens. First and Third Thursday of the Month 9.30AM - 11.30AM Rosalie Eustace</p>
<p style="text-align: center;">SCOTTISH COUNTRY DANCING</p> <p>We dance a variety of dances each term from 300 years ago to dances devised in recent times. Beginners are welcome in Term 1, 9:15 - 10:45 with intermediate dancers. 10:45 - 12:00 is for experienced dancers interested in more complex dances. Fees: There will be a small cost to members to cover the venue rent. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Greek Orthodox Community Hall Weekly on Thursday 9:00 AM - 12 noon Margaret Connell</p>
<p style="text-align: center;">SHAKESPEARE - A PLAYWRIGHT FOR HIS TIME & OURS</p> <p>In this class, specific plays are studied and discussed. As well, where possible, we view different productions of the plays. Discussion is both lively and insightful. Whether you are familiar with the works of Shakespeare or merely recognise his name, you should enjoy this class and learn how relevant his words are in today's world. The Plays to be studied will be advised. If you are considering enrolling in this class for the first time, please contact the tutor before doing so.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Austral Room, PPC Weekly on Thursday 11.30AM - 1.30AM Peter Bevan</p>
<p style="text-align: center;">SWIMMING - THURSDAY</p> <p>Stroke swimming at your own pace for competent swimmers. Cost: A charge to cover pool fees. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Concordia Aquatic Centre Weekly on Thursday 5:45 AM - 6:30 AM Judy McWilliam</p>
<p style="text-align: center;">SYMPHONIC SOUNDS - ALTERNATE THURSDAYS</p> <p>Listening to and discussing Classical Music in a relaxed, social setting. This year the topic will be instruments-solo and with an orchestra. Cost: There will be a small charge to cover venue costs. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Crows Nest CWA Hall Fortnightly on Thursday 10:00 AM - 12 noon Ken Johnson</p>
<p style="text-align: center;">UKULELE FOR FUN - CROWS NEST</p> <p>From Beginners to Advanced players. We use U3A Ukulele music books and recorded music to play and sing to. Our favourite tunes as well as some challenging ones. All for fun - come along. Cost: \$20 each term to cover venue costs. 4 x music books - \$100. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Crows Nest Community Centre Weekly on Thursday 1:00 PM - 3:00 PM Ian Harding</p>

Thursday

<p style="text-align: center;">WALKING GROUP - THURSDAY</p> <p>We are a friendly group who enjoy walking and talking in our beautiful city and surrounding areas. Walks are about 5kms long. Relaxing over a coffee after the walk is fun but optional. 8am start Terms 1 and 4. 9am start Terms 2 and 3</p>	<p>Terms: 1,2,3,4 Various Locations Weekly on Thursday 9:00 AM - 11:00 AM Anna Carson</p>
---	---

Friday

<p style="text-align: center;">BOLIVIA - CARD GAME</p> <p>For four to six players. Learn to play this challenging game of strategy and teamwork. Experienced players welcome. Some knowledge of Canasta would be helpful.</p>	<p>Terms: 1,2,3,4 Private Residence Weekly on Friday 1:00 PM - 3:00 PM Shirley Stevenson</p>
<p style="text-align: center;">CHAMBER SINGERS</p> <p>Songs in a variety of different styles, including Contemporary, Stage and Screen, Traditional and Classical are chosen to keep choral singing alive into our senior years. All levels of ability are welcome whether you are a seasoned chorister or a novice. You do not need to be able to read music, nor do you need to have a strong voice, but the ability to sing in tune is preferable. All arrangements are in three or four-part harmony. Depending on your vocal range and experience you will join the Sopranos, Altos, Tenors or Basses. Performances are limited to daytime and usually in fourth term, singing the repertoire learnt throughout the year.</p>	<p>Terms: 1,2,3,4 Austral Room, PPC Weekly on Friday 11:30 AM - 1:00 PM Sue Rutter</p>
<p style="text-align: center;">EXTRA-TERRESTRIAL CONTACT TODAY AND IN EARTH'S ANCIENT PAST AND THE IMPACT ON CIVILISATION, RELIGION AND OUR UNDERSTANDING OF LIFE</p> <p>This course explores evidence from around the world indicating that Earth has been visited by advanced extra-terrestrial beings both today and throughout history. We will explore modern day sightings of UFOs and stories of encounters with extra-terrestrials, and review what has been happening in the US over the last few years in terms of ET disclosure. We will also explore significant evidence that our planet's ancient civilisations were aided and influenced by extra-terrestrial visitors. Almost every past civilisation has stories of visitors from the heavens, who came and taught them culture, agriculture, animal husbandry, astronomy and the construction of buildings and cities. The influence of these visitations has shaped religious beliefs and cultures. Other areas that we will explore include unexplained mysteries, ancient civilisations, religion, spirituality, life, consciousness and reality. Course delivery is by formal presentation and group discussion. This course is restarting from the beginning in 2025.</p>	<p>Terms: 1,2,3,4 The Lab, PPC Weekly on Friday 1:50 PM - 3:50 PM Carlo Bertoldi</p>
<p style="text-align: center;">FRENCH - INTERMEDIATE</p> <p>Participants require a sound knowledge and understanding of basic French vocabulary and grammar (2-3 years). Theme based texts, written in French, provide activities for the ongoing development of listening, speaking, reading and writing skills and includes grammatical exercises and cultural information. Participants will also have opportunities to practise their conversational skills in a collaborative and supportive environment.</p>	<p>Terms: 1,2 Austral Room, PPC Weekly on Friday 2:00 PM - 4:00 PM Sheila Scott Power</p>
<p style="text-align: center;">GOLF CROQUET - FRIDAY</p> <p>Easy to learn game, using a full croquet lawn. All equipment supplied. Cost: A small charge to cover venue and morning tea. Payable to tutor.</p>	<p>Terms: 1,2,3,4 Croquet Club Weekly on Friday 8:15 AM - 10:45 AM Paul Reynolds</p>

Friday

<p style="text-align: center;">GUITAR - JAM SESSION - ADVANCED</p> <p>Must be able to play all Open Chords and Barre Chords. This is an advanced class where we play and sing in a band setting, with drums and bass guitar accompanying us. We enjoy playing and singing a variety of genres of music including Rock & Roll (60's to 90's), Folk, Country and some Jazz songs.</p> <p>Cost: Students pay \$25 per term to cover venue costs. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Seventh-day Adventist Hall Weekly on Friday 10:00 AM - 12 noon Joy Farquharson</p>
<p style="text-align: center;">GUITAR FOR BEGINNERS</p> <p>This course is to teach basic guitar skills so that you can play and sing along to popular songs. You will learn to tune the instrument, how to play popular chords and strum along to accompany singing, how to follow a chord chart and how to look after the instrument. No previous experience necessary.</p>	<p style="text-align: center;">Terms: 1,2,3,4 To Be Advised Weekly on Friday 1:00 PM - 3:00 PM Lindsay Morrison</p>
<p style="text-align: center;">LUNCH GROUP B - 3rd Friday of Month</p> <p>An informal group meeting for lunch once per month. Various venues.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Monthly 3rd week of month on Friday 12 noon - 2:00 PM Wendy Robertson</p>
<p style="text-align: center;">LUNCH GROUP C - 3rd Friday of Month</p> <p>We attend lunch at various restaurants around Toowoomba each month January through to November.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Monthly 3rd week of month on Friday 12 noon - 2:00 PM Dianne Turner</p>
<p style="text-align: center;">LUNCH GROUP D - PITTSWORTH - 3rd Friday of each month</p> <p>Members meet socially for lunch at a venue designated by the Tutor once a month during term. All members from other U3A courses are most welcome. RSVP the Wednesday before for catering purposes and carpooling arrangements, if necessary, when travelling outside of Pittsworth.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Monthly 3rd week of month on Friday 12 noon - 2:00 PM Lyndall Madden</p>
<p style="text-align: center;">LUNCH GROUP E - 3rd Friday of Month</p> <p>Enjoy lunch and social interaction at various restaurants, cafes, pubs and clubs.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Monthly 3rd week of month on Friday 12 noon - 2:00 PM Veronica Luck</p>
<p style="text-align: center;">MOVIE GROUP - First Friday of Month</p> <p>We attend a movie and lunch on the first Friday of each month - February through to December.</p>	<p style="text-align: center;">Terms: 1,2,3,4 To Be Advised Monthly 1st week of month on Friday 10:00 AM - 2:00 PM Dianne Turner</p>
<p style="text-align: center;">MULTIMEDIA</p> <p>The members in our group are free to choose any medium to work with - pencil, oil, watercolour, acrylic etc. If a member has a problem there is usually someone in the group who can help them out.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Friday 11:30 AM - 1:30 PM Ken Matuszczak</p>

Friday

<p style="text-align: center;">MY WARDROBE</p> <p>The class would include talking with each person to establish their needs, and what they need help with, for example, unfinished garments that may need help finishing, or beginning a garment. Learn how to read a pattern and lay it on your fabric, how to cut out, all important marking, to help with construction of garment, help fitting the pattern to your shape and size before cutting into fabric, or just simply hints and tips for hemming, zips, buttonholes. Bringing your own machine would help as we all know our own machines, we do offer help to carry the machine in and back to your car for you. As Christmas is almost upon us, I thought it may be nice to include toys to the class. I would be happy to help with them, any other ideas you have please just ask, I will be happy to try to help.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Friday 2:00 PM - 3:30 PM Patricia McCallum</p>
<p style="text-align: center;">PICKLEBALL at GLENNIE - FRIDAY</p> <p>Pickleball is a paddle sport you can learn in minutes and play for a lifetime. It brings together elements of tennis, badminton and ping pong to create a sport that's fun for all ages and skill levels, but gets fast paced and exhilarating at competitive levels. It's played on a half-sized tennis court, and so, has a lower impact than tennis and is easier on the body. It focuses on quick reflexes rather than powerful serves or running speed. These differences open pickleball up to a greater range of players. Whether you are competitive or just want to get involved in something fun, social and active, pickleball is for you! Played at The Glennie School, Clive Berghofer Sports Centre, 39-45 Vacy Street, Newtown, every Monday, Wednesday and Friday from 9.30 – 11.30am. Parking and entry is via the pool entrance. No equipment necessary, besides good sports shoes and a water bottle.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Glennie School, Clive Berghofer Centre, 39-45 Vacy St, Newtown. Weekly on Friday 9:30 AM - 11:30 AM Wendy Davies</p>
<p style="text-align: center;">THE ISLES OF THE EVENING: Northwards, beyond the Pillars of Hercules</p> <p>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.</p>	<p style="text-align: center;">Terms: 1,2,3,4 NEW Austral Room, PPC Weekly on Friday 9:00 AM - 11:00 AM Owen Wheatley</p>
<p style="text-align: center;">QUILTING FOR ADVANCED BEGINNERS</p> <p>Building on our basic skills, we will work on new projects with more advanced blocks and designs. Two sewing machines are available. Members will need to supply their own materials, thread and basic tools, and preferably their own sewing machine.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Playhouse, PPC Weekly on Friday 9:00 AM - 11:00 AM Michele McGill</p>
<p style="text-align: center;">RAINBOW WRITERS</p> <p>Writing is fun and brings back many memories. Each week we have a topic on which we write a story of approximately 1000 words. It is good to record these stories for future generations to enjoy.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Studio, PPC Weekly on Friday 9:00 AM - 11:00 AM Jill Cory</p>
<p style="text-align: center;">RAMBLING WRITERS</p> <p>Rambling Writers is a small group of people who enjoy writing stories of no more than 1000 words, either true or not so true. We share our weekly story based on a topic provided by one of the members. Topics evoke something from our past, either happy, sad or funny which we can write about. We just enjoy putting to use the vast amount of words and knowledge we have acquired over our lifetime.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Studio, PPC Weekly on Friday 2:00 PM - 4:00 PM Susan Smith</p>
<p style="text-align: center;">SING A SONG OF SIXPENCE</p> <p>A cosy, friendly fun group, sitting around the piano - as we did growing up - singing beloved melodies from 1880 through to 1980.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Studio, PPC Weekly on Friday 11:30 AM - 1:30 PM Jeannette Zeller</p>

Friday

<p style="text-align: center;">SOCIAL DANCING - A MIXTURE OF OLD TIME/NEW VOGUE</p> <p>This course may not suit Beginners. This session offers two hours of dancing to recorded music and the opportunity to socialise and make new friends. Dances are varied and include Pride of Erin, Gypsy Tap, Evening 3 Step, Merrilyn, Carousel etc. You MUST have a partner and you will also need to have had previous Old Time dancing experience or be a capable "self-learner" as we do not teach but do offer guidance. Fees: There will be a small cost to members to cover the venue rent. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Drayton Hall Weekly on Friday 2:00 PM - 4:00 PM Diane & Ron</p>
<p style="text-align: center;">TOOWOOMBA CINEMA OUTING AND LUNCH GROUP</p> <p>Like minded people gather to watch, enjoy, then review a movie, over lunch. Group meets on the 4th Friday of the month.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Various Locations Monthly on 4th Friday of month - 10:00 AM - 2:30 PM approx. Marie Kruger</p>
<p style="text-align: center;">UKULELE FOR FUN - PITTSWORTH</p> <p>Ukulele classes for beginners to intermediate. All you need is a ukulele, song sheets provided. A morning of music, fun and great company. Cost: A small cost to students to cover venue costs. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 The Grange Village Weekly on Friday 9:00 AM - 10:30 AM Trish Arnold</p>
<p style="text-align: center;">WINDOWS 11 AND MICROSOFT OFFICE 365</p> <p>Bring your own Windows 11 laptop and charger. If you have a Windows 10 laptop, I recommend you upgrade to Windows 11. It is advisable to also have Microsoft Office 365, otherwise you will be greatly inconvenienced. This course is for people who have had some experience with Windows and Microsoft 365. The aim is to extend your use of Windows and the Microsoft 365 suite (Word, Excel, PowerPoint, Outlook, OneNote, OneDrive). There may be a loaner laptop available.</p>	<p style="text-align: center;">Terms: 1,2,3,4 The Lab, PPC Weekly on Friday 9:00 AM - 11:00 AM Jeff Martens</p>

Saturday

<p style="text-align: center;">AQUATIC EXERCISE GROUP - SATURDAY</p> <p>Aqua Aerobics. Enjoy gentle exercise in a warm and friendly pool environment. Cost: A charge to cover pool fees. Payable to tutor.</p>	<p style="text-align: center;">Terms: 1,2,3,4 Concordia Aquatic Centre Weekly on Saturday 6:45 AM - 7:30 AM Judy McWilliam</p>
---	--



Thank you to our supporters, who by advertising with us, have helped make this publication possible.

SOLICITORS, HEDE BYRNE & HALL and TOOWOOMBA CRUISE AND TRAVEL

**Out and About with U3A
 New Interests - New Friends**



Pianist - Heather Loveday, Tutor – Anna Carson **Singing for Fun**

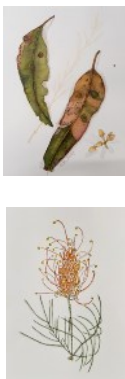
Pittsworth Ukulele with Trish Arnold



Photography Toowoomba with Paul Knie

Scottish Dancing
with Margaret Connell

Ukulele Crows Nest with Ian Harding



Botanical Art with Jane Dalby
Tutor & Margie Bramston

Some members of **'Lunch in the Country'**
group at Rudd's Pub Nobby

Art Pittsworth with Cecelia Kreig



BIRDING with Mick Atzeni & Philippa Harvey

Thursday Walkers
with Anna Carson

Track and Trail Walkers
with Allan Crichton

Tutors Appreciation Lunch 2024



Penny Protheroe and Marie Kajewski recognising and thanking two long standing Tutors, Helen Forster and Ed Wiley for their years of dedicated volunteer work lecturing hundreds of U3A members



Averil Hawthorne and Hazel Fusae both members of the "Friends of U3A" Group



Guest Speaker Professor (USQ) Geoff Slaughter with our President Penny Protheroe and Assistant Treasurer Jennie Thomas

"Joy and the Pacemakers" Led by Guitar Tutor Joy Farquharson



Round Table discussions U3A style

Bruce Arthur Tutor, and Len Harding looking over the newly released **U3A Strategic Plan**



Noel Lipp tutor, Diane Bradford, Mary Ondrus

- LEFT**
- Rod Pullinger
 - Averil Hawthorn
 - Michelle Pullinger
 - Lyn Wetzig tutor
 - Penny Protheroe

Appreciating Tutors: They share their knowledge, their skills, their experiences and their patience. They create an encouraging environment where curiosity thrives and where age is never a barrier to discovering something new.

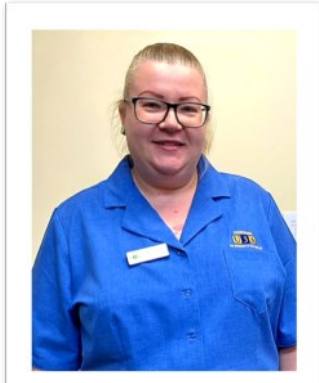
The Team



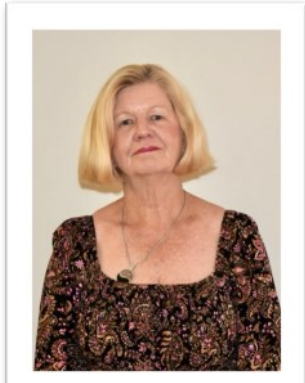
Coordinator Crows Nest
 Penny Protheroe



Coordinator Pittsworth
 Inge Gajczak



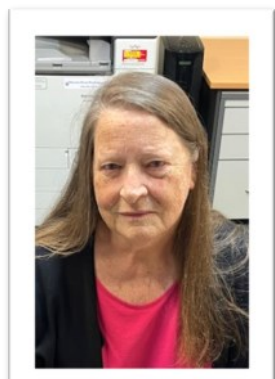
Office Administrator
 Kelly Keleher



Archivist and Grants Officer
 Joyclynn Mauger



Course Book and Newsletter
 Tom Fusae, Marie Kajewski, and Penny Protheroe



Proofreader
 Jennie Thomas



Photographer
 Dianne Turner



Facebook
 Penny Protheroe, Graham Moore and Anna Carson



**U3A/UNISQ
 Partnership Liaison Officer**
 Bruce Arthur

Join the TEAM
Catering Coordinator
NEEDED for 2025
We need 2 volunteers to
help us enjoy a cuppa

U3A - New Interests - New Friends

Friends of U3A

This will be a group of supporting Members who will be officially acknowledged as a part of 'The Team' and listed as 'Friends of U3A' in the Course Book and other publications. It is anticipated that you will be available to assist at the PPC on some busy days in January and the first week of each term; a group that your Committee and the Office Administrator know are willing and committed to help at various events. You will need to be supportive and promote U3A programs with other Members and your own networks. You are not a decision-making body but free to make recommendations to

the Management Committee. We are seeking 8-10 members. Be encouraged please and offer your help. You will be supported and appreciated. Contact: Penny. president@u3atoowoomba.au We appreciate and thank these members for volunteering to become our Foundation Members of 'Friends of U3A'. They enjoy what U3A has to offer for them and want to give back by helping.

Penny Protheroe



AVERIL HAWTHORNE

I was born in England and lived there until I was 16 when my parents moved to Northern Ireland. I graduated as a dentist there in 1974 and moved to Papua New Guinea at the end of 1975, remaining there for 6 years when I moved to Queensland with my husband. I have lived on my farm at Boodua since 1990 having worked in Redcliffe, Woodford, Chinchilla and Dalby before joining a practice in Toowoomba. I now work part time at the Toowoomba hospital supervising UQ students. I have been a horse fanatic since childhood,

now I rarely ride but judge show jumping competitions some weekends. My mother joined U3A in 1980 when she retired and was surprised to find there was no U3A on the Redcliffe Peninsular when they moved there in 1987. She established the Redcliffe U3A. Hence my interest in U3A. I joined U3A about 3 years ago and have been to classes with Bruce, civilisation, Kaylene, Psychology, Pilgrims and Paladins with Owen. All interesting and enjoyable. I would like to assist with welcoming new members to Toowoomba U3A.



BARBARA HODSON

When I retired I moved to the beautiful Lockyer Valley. My days are spent seeking out local art galleries or exploring the latest local coffee shops. In 2019 I commenced "Italian for Beginners" before moving on to "Italian - Ongoing Study" at U3A Toowoomba in 2024. I have a passion for problem solving and the drive to meet any challenge. My professional career, in tourism, hospitality and event management, involved transforming ideas into successful campaigns.

I am a long-standing member of Queensland Ballet Alumni and Queensland Ballet Friends, and consider myself a "balletomane", as well as a dedicated travel enthusiast, capturing moments and memories one country at a time. I also enjoy the arts, yoga, reading and funny pet moments with my gorgeous Corgi. Life has taught me to seek out opportunities and to make every opportunity count. I am looking forward to supporting the future vision for the U3A Community in the Toowoomba Region, as a Foundation Member of the "Friends of U3A".



HAZEL FUSAE

Moved from Brisbane to Toowoomba in 1974 and has been a U3A member since 2012 attending many classes over these years and enjoys working with U3A members and Tutors.

GLENDA FECHNER

Glenda enjoys her U3A time as a member of the 'Chamber Singers' and 'Exercise for the Well Meaning'. She recently moved to Toowoomba, and is keen to meet other Members and wants to help wherever she can

