

## Management Committee

**PRESIDENT:** Penny Protheroe

**VICE PRESIDENT:** Judy McWilliam

**SECRETARY:** Anna Carson

**TREASURER:** Julie Grant

**TUTOR COORDINATOR:** Judy McWilliam

**MEMBERSHIP OFFICER:** Michelle Pullinger

**Carlo Bertoldi:** Information and Communication Technology Coordinator/Webmaster.

**Warren Dutton:** Assistant Treasurer, Asset Manager, Grants Officer.

**Nicola Stidever:** Assistant Secretary, Policy Manager.

**Janelle Connolly:** Assistant Tutor Coordinator.

**Rod Pullinger:** Risk Management, Complaints Officer, Sponsorships.

**COURSE BOOK / NEWSLETTER COMMITTEE:** info@u3atoowoomba.au

Editor: Penny Protheroe

Compiler: Tom Fusae, Proofreader: Anna Carson

**CROWS NEST COORDINATOR:** Penny Protheroe

**PITTSWORTH COORDINATOR:** Inge Gajczak

**PATRON:** Rhonda Weston AM

**U3A FACEBOOK PAGE - Administrators :**

Penny Protheroe, Anna Carson, Graham Moore

**U3A/UNISQ PARTNERSHIP LIAISON OFFICER:** Bruce Arthur

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

**OFFICE ADMINISTRATOR:** Patricia (Trish) Barrett

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



Back Row: Julie Grant, Carlo Bertoldi, Rod Pullinger, Warren Dutton, Janelle Connolly,  
Front Row: Anna Carson, Penny Protheroe, Michelle Pullinger



Absent from group photo,  
Judy McWilliam  
and  
Nicola Stidever

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# 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



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126 Russell Street  
PO Box 1055  
Toowoomba QLD 4350



98 McDowall Street  
PO Box 182  
Roma QLD 4455  
T 07 4622 1944  
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Lvl 1, 9/91 Grafton Street  
PO Box 59  
Warwick QLD 4370  
T 07 4637 6380  
F 07 4638 2378

## CALENDAR 2024

DATES	
January 2nd - Tuesday	Mail out Course Book
January 10th to 12th and 15th to 19th	Open Office Daily - Week days from 9am to 11.30 am
January 16th - Tuesday	Tutor Orientation - Bookings essential.
January 19th - Friday	Early Bird Discount Ceases
January 22nd - Monday	<b>TOOWOOMBA</b> Open Morning 9.00 to 11.30am
January 23rd - Tuesday	<b>CROWS NEST</b> Open morning 9.30 to 11.30am
January 24th - Wednesday	<b>PITTSWORTH</b> Open Morning 9.30 to 11.00am
January 29th - Monday	<b>1st Term starts</b>
<b>March 15th - Friday</b>	<b>Newsletter Deadline</b>
March 28th - Thursday	<b>1st Term ends</b> (making this a <b>9</b> week Term)
April 22nd - Monday	<b>2nd Term starts</b>
<b>June 7th - Friday</b>	<b>Newsletter Deadline</b>
June 21st - Friday	<b>2nd Term ends</b> (making this a <b>9</b> week Term)
July 15th - Monday	<b>3rd Term starts</b>
<b>Aug 30th - Friday</b>	<b>Newsletter Deadline</b>
Sept 13th - Friday	<b>3rd Term ends</b> (making this a <b>9</b> week Term)
Oct 8th - Tues	<b>4th Term starts</b> (Oct 7th is Monday King's birthday)
<b>Oct 25th - Fri</b>	<b>COURSE BOOK DEADLINE</b>
Nov 29th - Fri	<b>4th Term ends</b> (making this an 8 week Term)
June 24th	AGM
Dec 3rd	U3A Showcase

### Public Holidays 2024 Toowoomba

News Years Day	1st January	Easter Sunday	31st March	Labour Day	6th May	Christmas Eve	24th Dec
Australia Day	26th January	Easter Monday	1st April	Show Day Tmb	19th April	Christmas Day	25th Dec
Good Friday	29th March	ANZAC Day	25th April	King's Birthday	7th October	Boxing Day	26th Dec

## Fees and Payment Options

### MEMBERSHIP FEES 2024

New Membership \$65.00

Early bird Membership renewal if paid before 19 January 2024 \$55.00

Membership Renewal after 19 January 2024 \$65.00

**'A' IS THE PREFERRED METHOD OF PAYMENT.** Less work for Office Admin. and Volunteers.

#### A. PAY ONLINE AT [u3atoowoomba.au](http://u3atoowoomba.au) - Website.

Website will include a link to the 'Member Portal' to pay your Membership Renewal securely online via your Debit or Credit Card. Receipt will automatically be emailed to you.  
New name badges will not be issued in 2024. ***Please keep your 2023 badge.***

#### B. OTHER OPTIONS

##### 1. 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.

##### 2. IN PERSON AT THE OFFICE DURING OPENING HOURS

EFTPOS, CHEQUE or as a LAST RESORT CASH (No change given).

See office during 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 11:30am on the following dates for both renewals and new membership enrolments:

**Wednesday 10<sup>th</sup> to Friday 12<sup>th</sup> January 2024**

**Monday 15<sup>th</sup> to Friday 19<sup>th</sup> January 2024**

## Open Mornings

#### THESE OPEN MORNINGS ARE AN OPPORTUNITY FOR YOU TO:

- Investigate the many courses U3A in Toowoomba Inc. has to offer
- Meet the Tutors and collect information
- Join U3A in Toowoomba Inc. and enrol for classes

#### TOOWOOMBA - MONDAY 22 JANUARY 2024

9:00 - 11:30am (Tutors in from 8:30am) - Philharmonic Performance Complex

#### CROWS NEST - TUESDAY 23 JANUARY 2024

9:30 - 11:30am - Community Centre

#### PITTSWORTH - WEDNESDAY 24 JANUARY 2024

9:30 - 11:00am - Pittsworth Function Centre, 42 Hume Street, Pittsworth



## From The President

Have you ever been given a complex jigsaw puzzle or put together a 'flatpack' from enclosed instructions? The overall picture you have in front of you looks great and definitely worth the effort. You start off and discover both activities have many complexities and the 'instructions' can be aspirational to say the least.

Accepting the position of President of U3A in Toowoomba Inc. at the AGM in June has been somewhat like a new jigsaw puzzle. Working out all the puzzle pieces: some slip in easily, others hidden in the dark, some are 'roadblocks'. A good team is needed.

I extend to all members of the Management Committee my sincere thanks for stepping up and becoming invested in the many aspects of the management of our U3A. In the 6 months we have, to list a few; appointed our past President Rhonda Weston AM as our Patron, carried out a review of management roles, reviewed our insurances resulting in SportsCover being taken out for Archery, Swimming and Walking in National Parks, surveyed Tutors about their technology and equipment needs for forward budgeting and possible Grants, focused on our Tutors and classes by updating activities on our Website and Facebook, held a stall at the Seniors Expo featuring a video about our U3A, presented in December a successful Showcase of Music, Arts and Crafts. The most complex, deeply researched and seriously considered are changes to Membership Renewal and class organization through 'Member Wizard' the on line program, to make us more universally accountable. Our Office Administrator and Committee have been involved in these discussions. A foundation for future planning.

"See it, Own it, Solve it, Do it!" Management Team, Volunteers all, what a super job.

**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 16<sup>TH</sup> January, 2024.

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, you need to book in by Wednesday 10<sup>th</sup> January by email to :**

**[info@u3atoowoomba.au](mailto:info@u3atoowoomba.au)**

## HOW DO I JOIN A CLASS?

To join any class in Toowoomba, Crows Nest, Pittsworth,  
you must first be a Member of U3A in Toowoomba Inc.

All new and continuing 'students' need to enrol in the class/classes of choice.  
There are class limits as stated by Tutors.

- A. **FOR ALL CLASSES HELD AT THE *PHILHARMONIC PERFORMANCE COMPLEX* (PPC) TOOWOOMBA**  
**\$25.00 per person per term for each course** you are enrolled in payable no later than the second week of term.  
Students who advised Tutors they were continuing, your name will be entered for you.  
Please pay term fees as requested.

Members selecting new classes, contact the Tutor. See Course Book listings.

### METHOD.

1. Go to the [u3atoowoomba.au](http://u3atoowoomba.au) - website
  - Find the link to '**Member Portal**' and select your class/classes.
  - Enrol in the class or classes online.
  - Options to securely pay \$25 per class online with your debit or credit card.
2. **Hand payment to your Tutor.** Cheque or Cash (only exact money) – Please place your payment in an envelope. On the outside, write your name, your membership number and the course you are paying for. **This is not the preferred option** as it is time consuming for the office administrator and volunteers. **Cash is problematic for us and the Auditors.**

- B. **FOR ALL CLASSES HELD AT OTHER VENUES OUTSIDE THE *PHILHARMONIC PERFORMANCE COMPLEX* (PPC) INCLUDING TOOWOOMBA, CROWS NEST AND PITTSWORTH.**

### METHOD.

- Contact the Tutor to enrol. See Course Book listing.

**PAYMENT:** Tutors encouraged to ask for fees per term not weekly.

- Fees vary.
- Payment for most groups would be by cash or cheque. If paying a term fee place it in an envelope clearly marked with your name and the name of the class. Some groups have an option to pay into a bank account.

**TUTOR PAYS FOR THE VENUE AND REQUESTS A RECEIPT FOR THE PAYMENT MADE**  
**Tutor keeps the receipts.**

## Insurance

U3A in Toowoomba Inc. holds Public Liability Insurance with QBE in the amount of \$20,000,000  
The age limit for claims under our Personal Accident policy is 100 years.



### **Penny Protheroe - President/Crows Nest Coordinator**

Born a Sydney girl. My mother, 'Jill' Frizzell, travelled from their cattle/sheep property north of Roma to be with her mother Ruth Scouller (McWhirter), who lived opposite Royal Sydney Golf Club. My sister, brother and I were all brought up as country kids with horses, bikes, pet lambs, dogs, cats, birds, kangaroos, pigs and 2 emus as well as 'helping' with country jobs. Our homes were the freehold grazing properties owned by our parents a distance from rural towns of Southbrook, Roma, Dirranbandi (2), St. George, and Longreach. In my university days we lived at "Talgai Homestead", Allora, a significant historical homestead which my parents restored.

We were all bundled off to boarding school. I started at Glennie Preparatory School, 'Smithfield' at the age of five and a half! My paternal grandparents had a dairy farm near Southbrook so 'outings' and free weekends were spent there. For high school, NEGS (New England Girls' School), Armidale, then onto the University of Queensland to study for an Arts Degree.

After completing my B.A. I headed to Sydney where I shared a unit on the water at Rose Bay with a Qld friend. Independence meant work. First job was with P&O Shipping in public relations. I applied to teach at St. Catherines School, Sydney and taught high school there for 4 years before leaving to study for a Diploma of Education. At this time, I met and married my Chilean husband. So began my nearly 42 years in education as a classroom teacher, Teacher- Librarian, Deputy, and Principal: State and private schools in N.S.W, Qld, Cambridgeshire, UK, and as a Parent-Literacy Officer in Tasmania. Whilst living in Cambridge we travelled widely with long visits to Egypt and Greece. Short stays at schools in UK, U.S.A, and Europe enriched my education experience. In Toowoomba, I was Deputy and later Principal of Glennie Memorial School. As Principal I was awarded a Bi-Centenary medal for services to the education of isolated children.

I met my second husband, and a combined career of teaching and farming began. We owned two commercial flower farms: "The Farm", on the Bay Islands, Redlands, and "Flat Top", producing Australian Native flowers/foilage, Proteas, and cattle north of Crows Nest. I decided to study at TAFE for a Certificate in Floristry. I loved doing floristry especially, weddings, wreaths & large displays.

The island years were the boating years. We frequently sailed our 4-berth catamaran on the waterways from Moreton Island to the Gold Coast. Later adventuring to the Great Sandy Straits and waterways to Tasmania. Busy days of fishing, sailing, and exploring beaches, returning home to tie up at our jetty and get on with my life of teaching fulltime, floristry and farming. Looking back now, I am amazed that as well as farming and study I travelled, with our youngest daughter, every day to the mainland where I was a teacher- librarian full time! Car, water bus, car in all weathers.

We moved to live on our farm north of Crows Nest. Don had built the house with timber all sourced from the property. The house had spectacular views to the east as far as the Maleny Range. It was a very difficult decision to move into Crows Nest in 2021. It was time. Farming is hard work! 'Not to mention bushfires'! In the big fires of 2019, we were told to evacuate our farm 3 times. We stayed to defend. If we had left, we would have lost everything. (Had an escape route.) On the outskirts of Crows Nest where we now live, we have lots of space on our semi-rural plot, nice views to the Pechey Hills, good neighbours, and cattle across the road. Different life.

Joining U3A and starting a program in Crows Nest as a branch of Toowoomba in 2017 certainly kept me busy off farm. Class offerings grew to 15 in 2022. I was invited to join the Management Committee as Vice President and later Grants Officer. Tentative at first to 'step up'. I am so pleased I did as I have met some delightful U3A members who live in Toowoomba. Easy to become entrenched within your own community and friendship groups. It is enriching to straddle the divide between country and city. (and lots of driving!) I accepted the position of President at the AGM in June 2023 as our U3A is an amazing organization to the credit of volunteer Tutors and our faithful members.

Penny Protheroe





## Inge Gajczak - Profile

Pittsworth Coordinator  
Tutor: Photography.

I was born in Germany and moved to Australia in November 1996 to start life with my Australian partner. We

made home in Tambo, a little town in Central Western Queensland where we lived for almost 20 years. In December 2014 we moved to wonderful Pittsworth, where we enjoy the life closer to the 'Big Smoke'.

I have always enjoyed photography and still do. The wide Australian Inland with its natural beauty is so exciting and there are also enormous, unexpected moments to be captured.

Being out in the nature is very important to me, especially when Mother Nature creates fascinating scenery and scary moods. I love close-up shots, using the zoom lens, but also love looking for macro shots of flowers and insects. Walking with open eyes and realising the magic of nature completes a day of happiness and joy. Taking pictures to capture the moment anywhere in the world is a kind of meditation and very rewarding to me.

Since my arrival in Australia in 1996, I finished a study of Freelance Photography, successful in 1997, and received a Diploma as a Freelance Photographer.

Since then, I have been involved in taking photographs for many businesses and councils such as:

- Maningrida Community in Arnhem Land
  - Aerial photographs for Thargomindah Shire, Tambo businesses, Golf Club and Stock Show in Tambo.
  - Tambo's local Newspaper "The Grassland Whisperer"
  - Brochures to be published in Tambo's Council Departments
  - Country Life, Women's Weekly, Longreach Leader, Charleville Western Times
  - Several Travel Magazines
  - Tambo Organisations and Clubs and Tambo Shire Council
  - Designed and developed booklets for Tambo Shire Council
  - Portrait, Wedding, Landscape and Aerial Photographs
- In the years 2010 and 2012, a group of people came up with the idea to produce a nude calendar – one year

the ladies, the next time the gents - with proceeds going to the Royal Flying Doctor Service. I was honoured to take the spectacular shots of wonderful and sometimes weird subjects never seen in Tambo before.

In December 2014, I moved to Pittsworth with my spouse and still enjoy taking photographs. I was involved with ABC OPEN for many years and in Toowoomba I met producer Ben Tubas when he was organising the photographic exhibition 'Faces of Toowoomba'. I was pleased to get involved to take portrait photographs to be exhibited in Sept/October 2015 around the CBD.

In 2016 I became a member of U3A and holding classes to teach how to 'Improve your Photography' ever since. 2020 seemed to be the right time to found 'Happy Snappers of the Downs', a group for keen photographers to join. We decided to create a calendar "Pittsworth shows its beauty" which was proudly funded by Toowoomba Regional Council's Community Grant Program. The following year, I designed and developed a booklet for Pittsworth Pioneer Village, showing images taken in the village. In 2022 I was involved in the design and chief photographer of the sign at Pittsworth Centenary Park.

I really enjoy taking photos, sharing them with friends and the rest of the world, and hope to bring some pleasures and happiness to people's lives. If I am not out taking photos, I am delivering workshops in photography as well as in photo-editing. I also love designing and compiling photography books as a memory and reference of my travels.



Donating the proceedings from the Pittsworth Calendar to Life Flight



## Paul Knie - Profile

### Tutor Photography

Paul's first interest in photography was stimulated by his father who had documented his years in New Guinea in the 1950s. Hundreds of colour slides were viewed whenever the opportunity arose, and this occurred often enough as the family did not possess a television. In the 1960s, while living in Brisbane, Paul would venture over to the neighbour's house to view the important programs of the day. This included, Superman, The Three Stooges and man's first landing on the moon. His first camera was made of plastic, it took 120 format film and Paul processed the film in the family bathroom.

Over the years, many cameras and a few thousand photographs were accumulated as Paul's interest grew into a profession. This complemented his existing trade as graphic artist and offset printer. In 2015 he qualified his interest by attaining a Diploma in Photoimaging. Then, focusing mainly on commercial work, he contracted for numerous businesses in the region and events operated by cinemas, schools and the city council. Paul's photographs have also featured in printed publications and he has been successful in a number of photographic competitions. Currently, Paul is semi-retired and still does some graphic layout and design. His volunteer work with U3A is rewarding him with the opportunity to meet other interesting people and mutually share knowledge.



## Lyn Wetzig Tutor Photography - Profile

I remember growing up with photographs - my dad and my mother's parents had many photos of their early lives and hundreds of slides (remember them?) of their missionary lives in New Guinea. Slide nights were a popular thing before we have TV. Somehow, dad and mum made them interesting.

I bought a little camera when I was in my teens and took photos of our annual camping trips, various pets, people, scenery and anything that moved. I just snapped away for years, even after I was married and we did a bit of travelling.

My brother is an artist, and his interest in photography and his lovely photographs fanned my husband's and my interest. We bought bigger cameras and joined the Redlands Camera Club (Brisbane) where we learned so much from various workshops, outings, and the monthly competitions. We were awarded 1<sup>st</sup> and

2<sup>nd</sup> place in the B grade competitions and were moved into the next grade. During this time, my brother invited us to Toowoomba for the Open House weekends, and we all won several places in the Open House Photography competitions. After we moved to Crows Nest, I still love taking photos and, after tutoring for a few years with U3A on food and herbs (as a qualified nutritionist/herbalist), Penny suggested that I start a photography group, which has been running for a couple of years now.

**TOOWOOMBA**



THE UNIVERSITY OF THE THIRD AGE

## New Interests - New Friends

## Changes to our Course Book and Newsletter Compiler



### Farewell Trudy Graham – Welcome Aboard Tom

Since 2010, Trudy Graham has been working quietly behind the scenes compiling our U3A Course Book and Newsletters. A member of U3A in Toowoomba since 2009, Trudy has held the portfolios of Membership Secretary and Vice President and tutored computer classes.

In 2017, Trudy relocated to the Noosa Hinterland but being an absolute trouper, she continued her membership of U3A Toowoomba and continued to compile our Newsletters and Course Book remotely.

This 2024 Course Book will be the last one with input from Trudy. Now on the Queensland U3A Network committee, Trudy will part ways with Toowoomba U3A but continue to share her talent through her role as Marketing Officer for Queensland Network.

Our heartfelt thanks Trudy for your enormous contribution to U3A in Toowoomba over the past 14 years. You are a treasure, and we will miss you.

Over the last few months, Trudy has been passing on her expertise as Course Book Compiler to Tom Fusae who has generously agreed to step into Trudy's shoes.



### Tom Fusae - Profile Course Book Compiler Tutor Apple Devices

After graduating in Mechanical Engineering from Canterbury University NZ, I held a number of positions. Initially in the Kaingaroa Logging Co NZ, Evans Deakin in Brisbane, moving to the Department of Transport Brisbane City Council during the interesting period when Trams were removed and replaced by the current Bus system of public transport.

From Brisbane I learnt a new engineering section was to be opened in the Department Primary Industries in Toowoomba. I was one of 4 engineers to found this group. This proved to be a very interesting time interacting with Australian Agricultural Industries and farmers

providing machinery and design advice in areas of modern farm mechanisation.

Then creating a new local manufacturing company, Agridry in 1979 to design manufacture and market agricultural grain and seed dryers which were to be sold in all areas of Australian and some overseas countries. I travelled and saw a lot of Australia, S.E. Asia and China in those busy days. This business continues to produce grain drying equipment in Toowoomba.

Selling this business led again to beginning a new business Venture Sales, manufacturing recreational 5th Wheeler vans under the brand "Venture".

Currently enjoying U3A in Toowoomba as the Newsletter and Course Book compiler. During the earlier part of this year and in past years Tutoring in all things Apple, computers that is! I like the challenge of keeping up with the new technologies as they have developed over the years.

# Index to Courses

**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.***

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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.

Make <https://u3atoowoomba.au> your homepage.

To keep up-to-the-minute on activities and events, please like/follow us on Facebook.

There's a link on the webpage, or you will find us at - <https://www.facebook.com/toowoombau3a>



# Course Description

## for Each Day of the Week Beginning Monday

### Monday

<p><b>APPLE IPAD - BEGINNERS</b></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>Liz Kennedy</p>	<p>Term:1 MONDAY 9:00 - 10:15 PPC The Lab</p>
<p><b>APPLE DEVICES</b></p> <p>A course of learning about APPLE DEVICES what they do and how they can be useful to you. Includes iPhones, iPads, Apple Watches, Macbooks Email, word processing, calendars, photos, text messages, music, banking, Contacts and many other applications will be discussed.</p>	<p>Liz Kennedy</p> <p>Tom Fusae</p>	<p>Terms:1 and 3 MONDAY 10:30—12:30 PPC The Lab</p>
<p><b>AUSTRALIAN HISTORY AND ITS "EXCEPTIONALISM"</b></p> <p>Each session is divided up into 6 subjects/topics. Each of the topics will run for a number of weeks, across terms and semesters. A detailed course structure is available from the Tutor. The modular format allows participants to attend one, or multiple sessions of their choice. If they choose all 6, this "exceptional" history will take in all of 2024. The course starts at the beginning of our land, through settlement, expansion, federation and all of the 20th century modernity, onto what might be our future. This will showcase people and events never, or little heard of, but who have contributed so much to our exceptional history.</p>	<p>Graham Blackman</p>	<p>Terms:1 2 3 4 MONDAY 2:00 - 4:00 PPC The Lab</p>
<p><b>BOOK CLUB A - MODERN AUSTRALIAN WRITERS - 1ST MONDAY OF THE MONTH</b></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>Michele McGill</p>	<p>Terms:1 2 3 4 MONDAY 9:30 - 11:30 TBA / Ask tutor</p>

## Monday

<b>BOOK CLUB B - MODERN AUSTRALIAN WRITERS - 3RD MONDAY OF THE MONTH</b> 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.	Michele McGill	Terms:1 2 3 4 <b>MONDAY</b> 9:30 - 11:30 TBA / Ask tutor
<b>TAI CHI</b> 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.	Lucy White	Terms:1 2 3 4 <b>MONDAY</b> 11:00 - 1:00 PPC Playhouse
<b>COMPUTER SKILLS - FORTNIGHTLY</b> Tips, tricks and discussions to get more out of your devices. This is an unstructured class which attempts to meet the requirements of the class as presented in each class.	Graham Moore	Terms:1 2 3 4 <b>MONDAY</b> 9:30 - 11:30 Crows Nest Community Centre
<b>STORIES OF LIFE - FORTNIGHTLY</b> What written legacy are you leaving for your family? Stories of soldiers in your family? Stories of your adventures? The purpose of this group is to encourage one another to write stories, share stories and ideas in a relaxed atmosphere. Workshops with published authors.	Barbara McKay	Terms:1 2 3 4 <b>MONDAY</b> 9:30 - 11:30 Crows Nest Community Centre  <b>NEW</b>
<b>CRYPTIC CROSSWORDS</b> 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.	Rhonda Duck	Terms:1 2 3 4 <b>MONDAY</b> 2:00 - 4:00 PPC Austral Room
<b>DISCUSSION GROUP A</b> Unrestricted, generally worldly, current events, with the weekly plan to keep member's selected topics moving so that all participate.	John Humphreys	Terms:1 2 3 4 <b>MONDAY</b> 1:30 - 3:30 TBA / Ask tutor
<b>EXERCISE FOR THE WELL MEANING</b> Exercise for the well meaning is based on the gentle tai chi art, using the body's own weight for balance and strength. The feel-good exercises are designed for the person who finds themselves in an "always meaning to exercise" frame of mind and can be performed in a small space, anytime and even sitting on a chair.	Marie Kajewski	Terms:1 2 3 4 <b>MONDAY</b> 9:00 - 10:00 PPC Playhouse  <b>NEW</b>

## Monday

<p><b>GUITAR FOR FUN</b></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>Ian Harding</p> <p>David Mathers</p>	<p>Terms:1 2 3 4 MONDAY 11:30 - 1:30 PPC Austral Room</p>
<p><b>IT'S RIGGED (A RIP OFF) ALL THE WAY</b></p> <p>Based loosely on Murray &amp; Frijters book "Rigged", this course seeks to explain how 'the rich get far richer while the poor get even poorer!' It will have an historic as well as an economic component. No-it's not 'just the way things are', it's a deliberate strategy and there are remedies. Come and see for yourself.</p>	<p>John Newport</p>	<p>Terms:1 2 3 4 MONDAY 11:30 - 1:30 PPC Studio</p> <p><b>NEW</b></p>
<p><b>KNITTING &amp; CROCHET</b></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>Jennie Thomas</p>	<p>Terms:1 2 3 4 MONDAY 2:00 - 4:00 PPC Studio</p>
<p><b>LINE DANCING</b></p> <p>Dancing for fun, exercise, and enjoyment. Beneficial for mind and body. No partner required. Open for males and females. A reasonable level of fitness is required. Morning progresses from Beginners through to Intermediate and Advanced levels.</p>	<p>Bev English</p> <p>Liz Watson</p>	<p>Terms:1 2 3 4 MONDAY 8:30 - 1:30 St Pauls Lutheran Church</p>
<p><b>MAHJONG - BEGINNERS</b></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.</p>	<p>Diane Van Zee-land</p> <p>Cherryl Gilchrist Gai Mitchell</p>	<p>Terms:1 2 3 4 MONDAY 10:00 - 1:00 Toowoomba Bowls Club</p>
<p><b>MONDAY DISCUSSION GROUP B</b></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 any-time during the terms, as there is no curriculum.</p>	<p>Tom Denham</p> <p>Margaret Watts</p>	<p>Terms:1 2 3 4 MONDAY 9:00 - 11:00 PPC Austral Room</p>

## Monday

<p><b>PICKLEBALL - MONDAY</b></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 lower impact than tennis and 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!  <i>To join this class you must have a current membership for the PCYC</i></p>	<p>Dan Blackburn</p> <p>Roslyn Yorkston</p>	<p>Terms:1 2 3 4  <b>MONDAY</b>  8:30 - 11:00  PCYC James St</p>
<p><b>CRYPTIC CROSSWORDS - ALTERNATE MONDAYS</b></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.</p>	<p>Scotia McCawley</p> <p>Ann Garland</p>	<p>Terms:1 2 3 4  <b>MONDAY</b>  4:00 - 5:00  Pittsworth  Pioneer Village</p>
<p><b>PSYCHOLOGY/BEHAVIOURAL SCIENCE</b></p> <p>The aim of this course is to merge rigorous science with a broad human perspective. The principles and processes of psychology will remain sensitive to the participants' interests while also conveying the inquisitive compassionate and sometimes playful spirit in which psychology can be approached.</p>	<p>Karlene Coombes</p>	<p>Terms:2 3 4  <b>MONDAY</b>  9:00 - 11:00  PPC Studio</p>
<p><b>TABLE TENNIS</b></p> <p>Suitable for beginners to advanced players. Players need to have their own table tennis bat.</p>	<p>Dennis Bateman</p> <p>Mike Berry</p>	<p>Terms:1 2 3 4  <b>MONDAY</b>  12:00 - 4:00  TTTA Hall 82A  Herries St</p>
<p><b>TENNIS - AFTERNOON</b></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.</p>	<p>Dan Blackburn</p> <p>Sue Doyle</p>	<p>Terms:1 2 3 4  <b>MONDAY</b>  12:30 - 4:00  Holy Name  Courts West St</p>
<p><b>TENNIS - MORNING</b></p> <p>We play fun, social tennis with the emphasis on fun. If you would like to get outside in the fresh air and get a bit fitter, come and join us. If you have not played tennis for a while-that is ok; suitable for beginners to intermediate. We will help you get back into the game. We play every Monday during the year. Morning Tea, Coffee and Biscuits provided.</p>	<p>Maureen Dunn</p> <p>Angela Mollison</p>	<p>Terms:1 2 3 4  <b>MONDAY</b>  8:00 - 12:00  Holy Name  Courts West St</p>
<p><b>TRACK AND TRAIL WALKING GROUP</b></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>Allan Crichton</p>	<p>Terms:1 2 3 4  <b>MONDAY</b>  7:30 - 1:00  TBA / Ask tutor</p> <p><b>NEW</b></p>

## Tuesday

<b>AQUATIC EXERCISE GROUP - TUESDAY</b> Aqua Aerobics. Enjoy gentle exercise in a warm and friendly pool environment.	Judy McWilliam	Terms:1 2 3 4 <b>TUESDAY</b> 6:45am Concordia Aquatic Centre
<b>PENTEL DRAWING</b> This course is for advanced artists who can work in this genre on their own. Limited spaces.		Terms:1 2 3 4 11:30 - 1:30 Studio PPC
<b>AUSTRALIAN GOVERNMENT AND DEMOCRACY</b> An exploration of Australian Government, covering both the Federal Government and its relationships with the various states and territories. Starting with the constitution of the Commonwealth of Australia, the roles, functions and responsibilities of the Parliament, Cabinet, Ministers and the various government departments will be discussed. The ways that these several parts of government operate in theory and practice will be covered, as well as how laws are made in Australia. The course will not cover contemporary political issues; it is intended only to give a familiarity with how our Nation is governed with the intention of helping attendees understand Australian government processes.	David Villiers	Term:2 Times to be advised Crows Nest Community Centre
<b>BOOK DISCUSSION GROUP - 1st Tuesday of Month</b> Our enthusiastic group of 15 read and discuss books of various genres from a list chosen by our members. Class sets of books with discussion notes and questions are hired from the College of Adult Education in Melbourne. Cost: \$89 - \$127	Desley Smith Yvonne Lewis	Terms:1 2 3 4 <b>TUESDAY</b> 1:30 - 3:00 City Bowls Club
<b>BIRDING - MONTHLY</b> 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. 30th Jan, 27th Feb and 26th Mar	Michael Atzeni	Terms:1 <b>TUESDAY</b> 7:00 30th January 27th February 26 March
<b>BOTANICAL ART</b> 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 as there is no teacher.	Jane Dalby Andy Yates	Terms:1 2 3 4 <b>TUESDAY</b> 1:00 - 3:30 Art Society Godsall St
<b>CARDS - 500</b> An enjoyable morning of cards. If you are new to the game of 500, we will teach you, otherwise enjoy playing with very experienced players. New members welcome.	Jeannine Andrews Bruce French	Terms:1 2 3 4 <b>TUESDAY</b> 7:30 - 11:30 Contact Tutor for venue.
<b>CHINESE - MANDARIN</b> 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.	Lucy White	Terms:1 2 3 4 <b>TUESDAY</b> 3:00 - 4:30 Dr Price Rooms Little St



## Tuesday

<b>EXTRA-TERRESTRIAL DISCUSSION GROUP</b> 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 new 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.	Carlo Bertoldi	Terms: 1 2 3 4 11:30—1:30
<b>EARLY SETTLER FAMILIES OF CROWS NEST &amp; RAVENSBOURNE REGION - 1ST &amp; 3RD TUESDAY</b> 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 - both official records, plus photographs and anecdotes - that give us an idea of the isolation and challenges these people faced. It is desk-based, but there will be opportunity for some excursions.	Ian Eustace	Terms:1 2 1st and 3rd TUESDAY 9:00 - 10:30 Crows Nest Community Centre  <b>NEW</b>
<b>ENJOYING MATHEMATICS—BASIC</b> Maths can be enjoyable! This course will make you feel more confident in Maths, explain how it works, realise the real world applications. Enjoy the company of like minded people.	Noel Lipp	Terms:1,2,3,4 TUESDAY 10:00 - 11:15am Tba Historical Soc. Lindsay St
<b>FORAGING IN YOUR BACKYARD...FOOD, HERBS &amp; USEFUL WEEDS - FORTNIGHTLY</b> Today, most of us get our food and medicines from supermarkets and chemists, but what if that weed you're about to pull up could be used as either or both? Did you know that as late as World War II, herbs and weeds were gathered from hedgerows and gardens and used in hospitals in the UK? In this class, you will learn how to identify and use locally growing weeds and common herbs in your everyday kitchen. Lyn is a qualified nutritionist and herbalist. Cost: \$30 ( course includes workshops and runs for 4 lessons)	Lyn Wetzig	Terms:1 3 TUESDAY 1:30 - 2:30 Crows Nest Community Centre
<b>PHOTOGRAPHY GROUP - FORTNIGHTLY</b> Many of us feel diffident 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.	Lyn Wetzig	Terms:2 4 TUESDAY 1:30 - 3:30 TBA/ASK TUTOR
<b>PENTEL DRAWING</b> This course is for advanced artists who can work in this genre on their own. Limited spaces.	Judy McWilliam	Terms:1 2 3 4 11:30 - 1:30 Studio PPC

## Tuesday

<b>FRENCH - BEGINNERS</b> 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.	Sheila Scott Power	Terms:1 2 3 4 TUESDAY 2:00 - 4:00 PPC The Lab
<b>FRENCH CONVERSATION</b> 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.	Cheryl Feeney  Desley Smith	Terms:1 2 3 4 TUESDAY 9:00 - 11:00 PPC Austral Room
<b>GATEBALL</b> 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.	Sandra Reynolds  Paul Reynolds	Terms:1 2 3 4 TUESDAY 8:30 Croquet Club Cnr Arthur & Lindsay Sts
<b>LAWN BOWLS - VICTORIA STREET</b> Learn to play lawn bowls with a qualified coach in a friendly atmosphere. Bowls are supplied. You will need a hat, water and flat-soled shoes.	Kerry Gleeson	Terms:1 2 3 4 TUESDAY 1:00 - 3:00 City Bowls Club
<b>MAHJONG</b> Mahjong is an Ancient Chinese game played for fun and friendship. New members welcome, as well as members wanting to learn.	Jan Fox	Terms:1 2 3 4 TUESDAY 2:00 - 4:00 PPC Austral Room
<b>MINDFUL LIVING</b> Mindful Living is an eight-week program to practice mindfulness in everyday life. Awareness of the present moment enhances gratitude, acceptance, and helps to quieten mental chattering. Practising being in the here-and-now, as well as some formal meditation, assists with understanding and managing anxiety, depression and overthinking. New students are prioritised each term. It's a small group and former students are welcome if there is availability. Effectiveness depends on the willingness and ability to practice between sessions.	Janine Hills	Terms:1 3 TUESDAY 2:00 - 3:30 PPC Studio
<b>PHILOSOPHY - THEN AND NOW</b> The course will investigate the origins of western philosophic thought while defining what constitutes a philosophic question. Investigations will follow into the life and times of the great thinkers and the relevance of their contributions to 'the now'. Philosophic concepts will be introduced where appropriate. Issues inviting comment and open group discussion will be introduced during the course with no prior knowledge of the subject assumed. If time permits, the contributions of eastern philosophic traditions will be introduced for discussion.	Ian Kennedy	Terms:1 2 3 4 TUESDAY 9:00 - 11:00 PPC Studio <b>NEW</b>

## Tuesday

<b>SPANISH - CONTINUING</b> This class is for those with a good basic understanding of Spanish who wish to improve their skills to an intermediate level. Classes are fun, interactive and informative.	Steve Walker	Terms:1 2 3 4 <b>TUESDAY</b> 9:00 - 10:30 PPC The Lab
<b>SPANISH - CONVERSATION</b> 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.	Steve Walker	Terms:1 2 3 4 <b>TUESDAY</b> 11:30 - 1:00 PPC Austral Room
<b>SWIMMING - TUESDAY</b> Stroke swimming at your own pace for competent swimmers.	Judy McWilliam	Terms:1 2 3 4 <b>TUESDAY</b> 5:45am Concordia Aquatic Centre
<b>TRAVEL CLASS</b> Come and join us as we share our travel experiences with photos and presentations.	Irene Bridgeman  Mick O'Mara	Terms:1 2 3 4 <b>TUESDAY</b> 9:30 -11:30 SDA Hall, 669 Greenwattle St
<b>LUNCH GROUP F - 1st &amp; 3rd Tuesday</b> A great group of diverse people who meet to dine and chat.	Gloria Lee	Terms:1 2 3 4 <b>TUESDAY</b> 11:45 Ask Tutor
<b>UKULELE FOR FUN - ADVANCED</b> A class for students who can play and want to continue having fun playing the ukulele.	Marita Rayner  David Rayner	Terms:1 2 3 4 <b>TUESDAY</b> 1:00 - 2:00 SDA Hall, 669 Greenwattle St
<b>UKULELE FOR FUN - INTERMEDIATE</b> A class for those who have completed the beginners class but are not ready for the advanced class yet.	Marita Rayner  David Rayner	Terms:1 2 3 4 <b>TUESDAY</b> 11:00 - 12:00 SDA Hall, 669 Greenwattle St
<b>YOGA WITH ROS</b> The aim of this course is to enable participants to develop a self-yoga practice to enhance movement, strength and well-being. The classes will incorporate gentle supported movements along with breath awareness, balance and mindfulness. All participants must supply their own equipment.	Ros Ferguson	Terms:1 2 3 4 <b>TUESDAY</b> 10.30 - 11.30 PPC Playhouse

## Tuesday

<b>PHOTOGRAPHY - EXPLORE WITH YOUR CAMERA</b> 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.	Paul Knie	Terms:2 <b>TUESDAY</b> 9am TBA / Ask tutor
<b>BASIC PHOTO EDITING - 1ST AND 3RD TUESDAY OF THE MONTH</b> 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.	Inge Gajczak	Terms:1 2 3 4 <b>TUESDAY</b> 9:30 - 11:30 Pittsworth Art Gallery 45 Short St Pittsworth <b>NEW</b>
<b>IMPROVE YOUR PHOTOGRAPHY- 2ND AND 4TH TUESDAY OF THE MONTH</b> Knowing your camera. Getting out of the Automatic mode. Learn about Aperture, Shutter Speed and ISO. How to take good photographs and much more.	Inge Gajczak	Terms:1 2 3 4 <b>TUESDAY</b> 9:30 - 11:30 Pittsworth Function Centre 42 Hume St
<b>POTTERY - AFTERNOON</b> Learn a range of basic techniques, including slip casting, press moulding, hand and wheel work, glaze decoration and firing.	Peter Bright	Terms:1 2 3 4 <b>TUESDAY</b> 1:30 - 4:30 Pete's Place
<b>POTTERY - MORNING</b> Learn a range of techniques, including slip casting, press moulding, hand and wheel work, glaze decoration and Raku firing.	Peter Bright	Terms:1 2 3 4 <b>TUESDAY</b> 8:30 - 11:30 Pete's Place
<b>SHIBASHI QIGONG</b> Shibashi Qigong is a set of 18 energy enhancing exercises that co-ordinate 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, that is both deeply relaxing and is easy to do.	Linda Fea Vicki Graham	Terms:1 2 3 4 <b>TUESDAY</b> 9:00 - 10:00 PPC Playhouse
<b>SILENT MEDITATION</b> 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.	Bob Knight Michael Smith	Terms:1 2 3 4 <b>TUESDAY</b> 12:00 - 1:30 PPC Playhouse
<b>SINGING FOR FUN</b> 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.	Barry Lotz	Terms:1 2 3 4 <b>TUESDAY</b> 2:00 - 4:00 PPC Playhouse

## Wednesday

<b>AUSTRALIAN INDIGENOUS HISTORY</b> This course will look at the history of Indigenous people of Australian pre Captain Cook to the present. Tutorials will be presented in various formats:- DVDs, notes, movies and guest speakers.	Veronica Luck	Terms:1 2 WEDNESDAY 2:00 - 4:00 PPC Austral Room
<b>BRIDGE FOR BEGINNERS</b> 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.	Dave Roberts	Terms:1 3 WEDNESDAY 8:45 Bridge Club Stuart St.
<b>EASTERN EUROPE FROM 1945 UNTIL 2015</b> At present, news presentations have been featuring the Ukraine/Russia war, which will also be traced, particularly the background to this present -day conflict. This course will also survey the Communist capture & domination of this part of Europe from 1945 until the fall of Communist regimes from 1989. Overall, this course aims to gain a better understanding of this lesser-known part of the world.	John Pryce-Davies	Terms:2 4 WEDNESDAY 11:30 - 1:30 PPC Austral Room  <b>NEW</b>
<b>LOCAL HISTORY DISCUSSION GROUP - FORTNIGHTLY</b> Delving into Crows Nest history with some guests. Discussion using a variety of resources, including historical newspapers and photos, as well as local knowledge.	Sue Plant	Terms:1 WEDNESDAY 1:30 - 3:00 Crows Nest Community Centre <b>NEW</b>
<b>GOLF CROQUET - WEDNESDAY</b> Easy to learn game, using a full croquet lawn. All equipment supplied.	Paul Reynolds Sandra Reynolds	Terms:1 2 3 4 WEDNESDAY 8:15 Croquet Club Cnr Arthur & Lindsay Sts
<b>INVESTORS' FORUM</b> The Investors' Forum aims to create a learning environment to provide information on current or topical issues that may influence investing decisions. Guest speakers from all areas of investing are invited to share their knowledge. The Forum encourages members to do their own research - no personal advice is given. This year the Forum will operate during the U3A Terms, however members are encouraged to join at the beginning of the year, and follow our investing journey for the year. A one-off fee of \$80 to cover the venue hire and outgoings, is payable at the beginning of the year.	Crystal Wenham Paul Wenham	Terms:1 2 3 4 WEDNESDAY 9:30 - 11:30 Humeridge Church 461 Hume St Middle Ridge



## Wednesday

<b>ITALIAN - ONGOING STUDY</b> Ongoing study of Italian language (reading, writing and speaking) in a non-threatening setting.	Luca Ferrerio	Terms:1 2 3 4 WEDNESDAY 2:00 - 4:00 PPC Studio
<b>WALKING GROUP- WEDNESDAY</b> We will do walking in the neighbourhoods of Highfields, Crows Nest, Goombungee and bush walks through the National Parks. We are open to suggestions for areas not mentioned. First and Third Wednesday each month. Terms 1 and 4 - 8am start; Terms 2 and 3 - 9am start	Gabrielle McLennan	Terms:1 2 3 4 WEDNESDAY 8:00 TBA/ASK TUTOR
<b>JAPANESE FOR BEGINNERS</b> This course is best suited for participants who have learnt a little Japanese before, but everyone is welcome. We focus on conversation skills with grammar. Monthly language exchange Zoom meeting with Takatsuki Sister-City.	Jun Doherty	Terms:1 2 3 4 WEDNESDAY 11:30-1:30 PPC The Lab
<b>ORIGINS OF THE BIBLE</b> A study of Matthew's Gospel using modern research in History, Archaeology and Linguistics. Non-sectarian and not a spirituality course. Bible and notes supplied.	Ted Hanlon	Terms:1 2 3 4 WEDNESDAY 2:00 - 4:00 St. Patrick's, Neil Street
<b>PASTEL DRAWING</b> An introduction to the basic skills of pastel drawing and ongoing tutoring to help students develop their own styles.	Stephen Jones  Allan Crichton	Terms:1 2 3 4 WEDNESDAY 9:00 - 11:00 PPC Playhouse
<b>PEOPLE OF THE RAJ - A SOCIAL HISTORY</b> A social history looks at the way people lived in the past. This series of talks provides an in-depth look at the lives of British men, women and children living in India during the last, turbulent 100 years of British Rule (The RAJ), from the 1850s to Independence from Britain in 1947. A time when British men outnumbered British women three to one. Topics to be covered: Class structure in the Colonial environment; Society and its expectations; Cultural dos and don'ts; The White Man's Burden; Social Life and Leisure; Clashes between caste and class; the impact of distance from 'home'; the 'fishing fleet' and other activities; and much more... The course content will be supported with hand-outs, authentic images and DVDs.	Glynne Hilton	Terms:1 2 WEDNESDAY 9:00 - 11:00 PPC Studio  <b>NEW</b>

## Wednesday

<p><b>PICKLEBALL - WEDNESDAY</b></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 lower impact than tennis and 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!</p> <p><i>To join this class you must have a current membership for the PCYC</i></p>	<p>Dan Blackburn</p> <p>Jo Otto</p>	<p>Terms:1 2 3 4 WEDNESDAY 8:30 - 11:00 PCYC James St</p>
<p><b>ART - WEDNESDAYS</b></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.</p>	<p>Cecelia Krieg</p>	<p>Terms:1 2 3 4 WEDNESDAY 9:00 - 1:30 Pittsworth Art Gallery 45 Short St Pittsworth</p>
<p><b>SINGING FOR FUN - ALTERNATE WEDNESDAYS</b></p> <p>Join a friendly group of people to sing a variety of songs from the genres of Musical Theatre, Pop and Golden Oldies.</p>	<p>Cheryl Fowler</p> <p>Cecelia Krieg</p>	<p>Terms:1 2 3 4 WEDNESDAY 1:30 Pittsworth Senior Citizens Rooms</p>
<p><b>REGAIN YOUR BRAIN</b></p> <p>Whether you are experiencing "senior moments" or would simply like to boost your memory and cognitive ability, this course will be of interest. We will watch a series of 12 interviews with world's leading experts at the cutting edge of discoveries in brain health. They will present us with ideas and evidence on how to maintain our brains, or, in some cases even reverse damage. Topics will include new discoveries about the brain, exercise, nutrition, sleep, stress, mental stimulation, hormones and social connections. After watching each video we will allow approximately half an hour for discussion.</p>	<p>Eileen Munro</p>	<p>Terms:1 WEDNESDAY 11:30 - 1:30 PPC Studio</p>
<p><b>SCRABBLE</b></p> <p>Join us for a fun game with words. New members are welcome. No experience is necessary. Tuition provided if required.</p>	<p>Marie Annis-Brown</p>	<p>Terms:1 2 3 4 WEDNESDAY 11:30 - 1:30 PPC Playhouse</p>
<p><b>SEW AND SHARE</b></p> <p>Welcome to 2024. This year we have decided to change it up. We will still have some class projects, but we will also have time to do our own projects as we all have UFO's (un-finished objects) to complete. We will have lots of time to share knowledge; help is always available and of course there is always plenty of chat and social time over a coffee. Sewing machines are available and you will be surprised with what you can do in our class.</p>	<p>Noeleen Ingleton</p> <p>Jane Rosenthal</p>	<p>Terms:1 2 3 4 WEDNESDAY 2:00 - 4:00 PPC Playhouse</p>

## Wednesday

<p><b>SHAKESPEARE - A PLAYWRIGHT FOR HIS TIME &amp; OURS</b></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.</p> <p>2024 Plays: Terms 1 &amp; 2 Hamlet; Terms 3 &amp; 4 The Merchant of Venice.</p>	Helen Forster	<p>Terms:1 2 3 4 WEDNESDAY 9:00 - 11:00 PPC The Lab</p>
<p><b>SING-A-LONG SINGERS</b></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.</p>	Joyce Ridgway	<p>Terms:1 2 3 4 WEDNESDAY 9:30 - 11:30 SDA Hall, 669 Greenwattle St</p>
<p><b>THE VIETNAM WAR &amp; AUSTRALIA'S INVOLVEMENT</b></p> <p>Being an ally of the USA through the ANZUS alliance, involved Australia in this war between 1965-73. At the height of our contribution in the late 1960s, we had 3 military battalions along with naval &amp; air force units, involving around 8000 troops (alongside the half-million US military) as well as Vietnam's &amp; others Asian forces. The anti-war protest movement will also be surveyed, in both the US &amp; Australia. The final victory of Communist forces in 1975 will be assessed.</p>	John Pryce-Davies	<p>Terms:1 3 WEDNESDAY 11:30 - 1:30 PPC Austral Room</p> <p><b>NEW</b></p>
<p><b>WEDNESDAY WANDERERS WALKING GROUP</b></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 &amp; 4 and 9am in Terms 2 &amp; 3. Morning tea is always a highlight, where the conversations continue and coffee and cakes are enjoyed.</p>	<p>Sheila Donaldson</p> <p>Barbara Luther</p>	<p>Terms:1 2 3 4 WEDNESDAY 8:00 - 11:00 Ask Tutor</p>
<p><b>WONDERS OF WATERCOLOUR</b></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>	Ngaire Sorrensen	<p>Terms:1 2 3 4 WEDNESDAY 9:00 - 11:00 PPC Austral Room</p>

## New Interests - New Friends

## Thursday

<b>AQUATIC EXERCISE GROUP - THURSDAY</b> Aqua Aerobics. Enjoy gentle exercise in a warm and friendly pool environment.	Judy McWilliam	Terms:1 2 3 4 <b>THURSDAY</b> 6:45am Concordia Aquatic Centre
<b>ARCHERY - TARGET ARCHERY</b> 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.	Allan Crichton	Terms:1 2 3 4 <b>THURSDAY</b> 10:00 - 11:30 Archery Range Charlton
<b>AUSTRALIA'S PACIFIC ISLAND NEIGHBOURS</b> As the title indicates, this course aims to better understand our various island nations in the Pacific. Starting with our near neighbours Papua New Guinea & extending through the various island groups, we finally reach Easter Island with its strange stone statues. In essence, a survey of the Pacific's ethnic peoples of the Melanesians, the Polynesians & the Micronesians.	John Pryce-Davies	Terms:1 3 <b>THURSDAY</b> 11:30 - 1:30 PPC The Lab  <b>NEW</b>
<b>BADMINTON</b> 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. <i>To join this class you must have a current membership for the PCYC</i>	Andy Trim	Terms:1 2 3 4 <b>THURSDAY</b> 8:30 PCYC James St
<b>CANASTA</b> 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 very experienced players.	Charlie Russell Judy McWilliam	Terms:1 2 3 4 <b>THURSDAY</b> 12:00 - 4:00 Ballymore Room, Club Toowoomba 331-339 Hume Street
<b>CHRISTIANITY AND FEMINISM</b> In 2024 we will continue looking at the place of women in the Christian church in more recent times, and at those women who, by their lives and work, challenged patriarchal attitudes and values. A particular focus will be the movement towards ordaining women in most denominations. Later, we will look at the ways in which feminists have done theology.	Marie Cameron Diane Hillyard	Terms:1 2 3 4 <b>THURSDAY</b> 1:30 - 3:00 Ask Tutor
<b>CIRCLE DANCING</b> 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.	Michael Rooke	Terms:1 2 3 4 <b>THURSDAY</b> 9:00 - 11:00 PPC Playhouse

## Thursday

<p><b>COMPUTER-BASED FAMILY HISTORY</b></p> <p>This is a "hands-on" structured course. You will learn: where you can get information for free, how to write a family tree book to give to family, how to conduct basic DNA research, how to use AI for genealogy, how to use Google for family history, how to use in-depth research methods, how to deep-dive into the 5 popular family history websites. Using desktop software Family Tree Maker 2019 you will learn how to make sense of and record DNA matches and where to find and research UK and European records. You will need your own laptop/tablet.</p>	<p>Rick Aindow</p>	<p>Terms:1 THURSDAY 9:00-11:00 PPC The Lab</p>
<p><b>CRADLES OF CIVILIZATION</b></p> <p>From the Fertile Crescent to Mohenjo Daro. From Pre-Dynastic Egypt to the Yellow R. From Catal Hoyuk (Anatolia) to Ancient Keftiu (Crete). This course covers the first cities on Earth to emerge from hunter-gathering into the Neolithic Revolution. The Tutor will use some of his on-line UDEMY lectures (USA on-line University) to describe this major shift in human settlement patterns on Earth.</p>	<p>Bruce Arthur</p> <p>Dinah Leigh-Smith</p>	<p>Terms:1 2 THURSDAY 9:00 - 11:00 PPC Austral Room</p> <p><b>NEW</b></p>
<p><b>LUNCH GROUP A - LUNCH IN THE COUNTRY</b></p> <p>A friendly gathering, once a month, to share stories and enjoy country ambience over a good meal. Be prepared to travel. Open to all U3A members. Come and enjoy.</p>	<p>Penny Protheroe</p>	<p>Terms:1 2 3 4 THURSDAY 12 Noon Ask Tutor</p>
<p><b>SYMPHONIC SOUNDS - ALTERNATE THURSDAYS</b></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.</p>	<p>Ken Johnson</p> <p>Sally Johnson</p>	<p>Terms:1 2 3 4 THURSDAY 10:00 - 12:00 Crows Nest CWA Hall</p>
<p><b>DINKY DI BUSH BALLADS AND COUNTRY</b></p> <p>Weird instruments (hand made or bought) make up this bush band. We are a small but enthusiastic group. Love to have different created sounds, percussion etc. What sounds great for this style is Kazoo, mouth organ, wobble board or Didgeridoo, gumleaf or comb player, spoons, bottles or similar. Male singers or whistlers are required as well. We look forward to another year filled with fun.</p>	<p>Joyce Ridgway</p>	<p>Terms:1 2 3 4 THURSDAY 12:30 - 2:30 SDA Hall, 669 Greenwattle St</p>
<p><b>EFFECTIVE WRITTEN COMMUNICATION SKILLS</b></p> <p>Effective written communication skills- Bah! Who needs them? YOU need these: writing that is 'to the point' without technical errors - not relevant say some, until you have to read a note, a letter, or an article and are driven crazy by the errors. This course focuses on making your text, note, or letter a joy to read. It is a practical course-come and see.</p>	<p>John Newport</p>	<p>Terms:1 2 THURSDAY 9:00 - 11:00 PPC Studio</p> <p><b>NEW</b></p>



## Thursday

<b>ENJOYING MATHEMATICS - INTERMEDIATE</b> 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.	Carolyn Roberts	Terms:1 2 3 4 <b>THURSDAY</b> 9:15 - 10:45 Toowoomba Historical Society, Lindsay St
<b>GAINING CONFIDENCE IN OILS</b> Students will explore the potential of oil paint using a range of techniques and subject matter. Suitable for beginners to intermediate.	Catherine Ketton  Angela Dakin	Terms:1 2 3 4 <b>THURSDAY</b> 1:00 - 4:00 Art Society Godsall St
<b>GREEN CHICKEN WRITERS</b> Members' individual, approx. 1000 words/week autobiographies - ongoing or new beginning, with helpful critiques after sharing.	John Humphreys	Terms:1 2 3 4 <b>THURSDAY</b> 9:30 - 11:30 TBA / Ask tutor
<b>GUITAR - INTERMEDIATE GROUP</b> There is no formal teaching in this class. Several different members will take you through mastering chords, finger picking, basic music and singing theory. Good acoustic guitar and music stand required.	Lee Wellington	Terms:1 2 3 4 <b>THURSDAY</b> 2:00 - 4:00 PPC Austral Room
<b>HEALTHY WEIGHT FOREVER</b> The modern diet is not just killing us, but robbing us of years of vitality as well. What has gone so wrong? Do you want to regain your health, vitality and waistline with practical & useful, evident-based information? Join us to learn what has gone so wrong with the modern diet and how we can get back to eating nourishing food while losing those excess pounds consistently, without feeling hungry. YES! Really! It's easier than you think when you have the right information and work WITH your body and not AGAINST it. Even Type 2 diabetes can be reversed in many cases.	Vicki Grinham	Terms:1 2 3 4 <b>THURSDAY</b> 11:30-1:30 PPC Studio
<b>ITALIAN FOR BEGINNERS</b> Introduction to reading, writing, listening, speaking and understanding this beautiful romance language. The course includes grammar, conjugation of verbs, tenses and pronunciation. Suitable for first timers and those who have completed an introductory course previously. Please bring writing materials, notebook and be prepared to purchase a dictionary and/or Collins Easy Learning Italian Grammar.	Errol Klibbe	Terms:1 2 3 4 <b>THURSDAY</b> 2:00 - 4:00 PPC The Lab
<b>LAWN BOWLS - LINDSAY STREET</b> Learn the art of lawn bowls while enjoying an active healthy hobby and making new friends. All equipment supplied. Bring water, hat, sunscreen and flat shoes.	Diane Van Zeeland  Tony Irvin	Terms:1 2 3 4 <b>THURSDAY</b> 2:30 - 4:30 Toowoomba Bowls Club

## Thursday

<p><b>LEAD LIGHTING - BEGINNERS</b></p> <p>The course is conducted over two terms, during which students are introduced to the fundamentals of leadlighting, through the completion of a number of projects. All tools are supplied. Students pay for the cost of project materials-\$40 for each project. Intake for new members is Terms 1 and 3.</p>	<p>Cathy Brown Cheryl Fielding</p>	<p>Terms:1 2 3 4 THURSDAY 2:00 - 4:00 PPC Playhouse</p>
<p><b>LEAD LIGHTING - CONTINUING</b></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>Cathy Brown</p>	<p>Terms:1 2 3 4 THURSDAY 11:30 - 1:30 PPC Playhouse</p>
<p><b>MAHJONG FOR FUN</b></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.</p>	<p>Cherryl Gilchrist Julie Robertson</p>	<p>Terms:1 2 3 4 THURSDAY 8:45 - 12:00 Bridge Club Stuart St.</p>
<p><b>PITTSWORTH - LINE DANCING</b></p> <p>A fun time - if you enjoy movement in good company, then this is the group for you.</p>	<p>Barb Vines Cheryl Cameron</p>	<p>Terms:1 2 3 4 THURSDAY 4:00 - 5:30 Ask Tutor</p>
<p><b>SCOTTISH COUNTRY DANCING</b></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.</p>	<p>Margaret Connell</p>	<p>Terms:1 2 3 4 THURSDAY 9:00 -12:00 Greek Orthodox Community Hall</p>
<p><b>SPAIN AND THE SPANIARDS</b></p> <p>An exploration of the over 2000 year development of the Spanish ethos. How history moulded the social, political and economic character of 21st Century Spain. Basques, Celts, Greeks, Carthaginians, Romans, Christian, Visigoths, Moors, Reconquista, Inquisition, Jews, Colonialism, Enlightenment, Republicanism, Socialism, Civil War and perhaps now Constitutional Monarchy.</p>	<p>Edwin Willey</p>	<p>Terms:1 THURSDAY 11:30 - 1:30 PPC Studio</p>

## Thursday

<b>SWIMMING - THURSDAY</b> Stroke swimming at your own pace for competent swimmers.	Judy McWilliam	Terms:1 2 3 4 <b>THURSDAY</b> 5:45am Concordia Aquatic Centre
<b>TOPICS IN GEOLOGY</b> First week of each Term: 'Wild rocks - Pet rocks'. Then a course in Mineralogy leading to Petrology.	Edwin Willey	Terms:1 2 3 4 <b>THURSDAY</b> 2:00 - 4:00 PPC Studio
<b>WALKING GROUP - THURSDAY</b> 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	Anna Carson	Terms:1 2 3 4 <b>THURSDAY</b> 8:00 - 11:00 Ask Tutor
<b>SEW EASY—BE CRAFTY</b> Fun and relaxed classes for beginners and those with more sewing and craft experience. Try your hand at applique, embroidery, patchwork, quilting, knitting, crochet, and even basic dressmaking. Bring along your unfinished projects. Fabric, craft books and sewing machine are available for class members' use	Anne - Marie Villiers	Terms:1 2 3 4 <b>THURSDAY</b> Fortnightly 9:00 - 11:00 Crows Nest Community Centre <b>NEW</b>
<b>UKULELE FOR FUN</b> 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.	Ian Harding	Terms:1 2 3 4 <b>Thursday</b> 1:00 - 3:00 Crows Nest Community Centre

## Friday

<b>BOLIVIA - CARD GAME</b> 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.	Shirley Stevenson	Terms:1 2 3 4 <b>FRIDAY</b> 1:00 TBA / Ask tutor
<b>CHAMBER SINGERS</b> This group is for those who enjoy singing in a choir in three and four part harmony. Four or five songs of various styles are introduced each term from folk, popular, jazz and classical arrangements. We welcome new and continuing Sopranos, Altos, Tenors and Basses.	Sue Rutter  Helen Morris	Terms:1 2 3 4 <b>FRIDAY</b> 11:30 - 1:00 PPC Austral Room

## Friday

<b>TOOWOOMBA CINEMA OUTING AND LUNCH GROUP</b> Like minded people gather to watch, enjoy, then review a movie, over lunch. Hoping to establish a car pool, for members to travel together.	Marie Kruger  Kim Watkins	Terms:1 2 3 4 FRIDAY 8:30 Ask Tutor
<b>EXTRA-TERRESTRIAL CONTACT TODAY AND IN EARTH'S ANCIENT PAST AND THE IMPACT ON CIVILISATION AND RELIGION AND OUR UNDERSTANDING OF LIFE</b> 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. 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 2024 and will run for the entire year.	Carlo Bertoldi	Terms:1 2 3 4 FRIDAY 1:50 - 3:50 PPC The Lab
<b>FRENCH INTERMEDIATE</b> 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.	Sheila Scott Power	Terms:1 2 3 4 FRIDAY 2:00 - 4:00 PPC Austral Room
<b>LUNCH GROUP B - 3rd Friday of Month</b> An informal group meeting for lunch once per month. Various venues.	Hazel Fusae  Wendy Robertson	Terms:1 2 3 4 FRIDAY 12:00 Ask Tutor
<b>LUNCH GROUP C - 3rd Friday of Month</b> We attend lunch at various restaurants around Toowoomba each month January through to November.	Dianne Turner	Terms:1 2 3 4 FRIDAY 12 noon Ask Tutor
<b>LUNCH GROUP E - 3rd Friday of Month</b> Enjoy lunch and social interaction at various restaurants, cafes, pubs and clubs.	Veronica Luck	Terms:1 2 3 4 FRIDAY 12 noon Ask Tutor

## Friday

<b>LUNCH GROUP D - PITTSWORTH - 3RD FRIDAY OF EACH MONTH</b> 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 car-pooling arrangements, if necessary, when travelling outside of Pittsworth.	Lyndall Madden 0439-325-102  Ros Scotney	Terms:1 2 3 4 FRIDAY 12:00 Ask Tutor
<b>GOLF CROQUET - FRIDAY</b> Easy to learn game, using a full croquet lawn. All equipment supplied.	Paul Reynolds  Sandra Reynolds	Terms:1 2 3 4 FRIDAY 8:15 Croquet Club Cnr Arthur & Lindsay Sts
<b>GUITAR - JAM SESSION - ADVANCED</b> 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.	Joy Farquharson  Sue Byrne	Terms:1 2 3 4 FRIDAY 10:00 - 12:00 SDA Hall, 669 Greenwattle St
<b>GUITAR FOR BEGINNERS</b> 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.	Lindsay Morrison	Terms:1 2 3 4 FRIDAY 1:00-3:00 Ask Tutor
<b>MOVIE GROUP - First Friday of Month</b> We attend a movie and lunch on the first Friday of each month - February through to December.	Dianne Turner  Jude Hodgson	Terms:1 2 3 4 FRIDAY  Ask Tutor
<b>MULTIMEDIA</b> 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.	Ken Matuszczak	Terms:1 2 3 4 FRIDAY 11:30 - 1:30 PPC Playhouse
<b>PICKLEBALL - FRIDAY</b> 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 lower impact than tennis and 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! <i>To join this class you must have a current membership for the PCYC</i>	Dan Blackburn  Wendy Davies	Terms:1 2 3 4 FRIDAY 8:30 - 11:00 PCYC James St

## Friday

<p><b>PILGRIMS and PALADINS: EUROPE EMERGES</b></p> <p>This year P&amp;P will introduce class members to the people and forces that shaped Mediterranean culture during the 11th, 12th and 13th Centuries. Exotic characters you will encounter include Otto III, Gregory VII, Anna Comnena, Eleanor of Aquitaine, Baldwin the Leper, Richard the Lionheart, Saladin, the Pied Piper and Frederick II of Hohenstaufen. The variety in the characters spreads across at least 6 standard deviations! Central to our activities will be the interrogation of primary sources, both literary and archaeological. There are no course prerequisites. Just bring a sense of curiosity, wit and wonder.</p>	Owen Wheatley	<p>Terms:1 2 3 4 FRIDAY 9:00 - 11:00 PPC Austral Room</p>
<p><b>UKULELE—PITTSWORTH</b></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.</p>	<p>Trish Arnold</p> <p>Cecelia Krieg</p>	<p>Terms:1 2 3 4 FRIDAY 9:00 - 10:30 Pittsworth - The Grange Village</p>
<p><b>QUILTING FOR ADVANCED BEGINNERS</b></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>	Michele McGill	<p>Terms:1 2 3 4 FRIDAY 9:00 - 11:00 PPC Playhouse</p>
<p><b>RAINBOW WRITERS</b></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>Jill Cory</p> <p>Irene Bridgeman</p>	<p>Terms:1 2 3 4 FRIDAY 9:00 - 11:00 PPC Studio</p>
<p><b>RAMBLING WRITERS</b></p> <p>Writing is fun. It brings back many memories and is a great way of sharing those memories. It is important to record these for future generations to enjoy.</p>	<p>Irene Bridgeman</p> <p>Susan Smith</p>	<p>Terms:1 2 3 4 FRIDAY 2:00 - 4:00 PPC Studio</p>
<p><b>SING...SING A SONG OF SIXPENCE</b></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>	Jeannette Zeller	<p>Terms:1 2 3 4 FRIDAY 11:30 - 1:30 PPC Studio</p>
<p><b>SOCIAL DANCING - A MIXTURE OF OLD TIME/NEW VOGUE</b></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.</p>	<p>Diane</p> <p>Ron</p>	<p>Terms:1 2 3 4 FRIDAY 2:00 - 4:00 Drayton Hall</p>

## Friday

<b>TABLE TENNIS - ADVANCED</b> An enjoyable activity for experienced players.	Evan Zropf  Ernst Heijnen	Terms:1 2 3 4 FRIDAY 8:00 - 12:00 TTTA Hall 82A Herries St
<b>WINDOWS 11 AND MICROSOFT OFFICE 365</b> 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.	Jeff Martens	Terms:1 2 3 4 FRIDAY 9:00- 11:00 PPC The Lab

## Saturday

<b>PICKLEBALL - SATURDAY</b> 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 lower impact than tennis and 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! <i>To join this class you must have a current membership for the PCYC</i>	Dan Blackburn  Ben Blackburn	Terms:1 2 3 4 SATURDAY 8:30 - 12:00 PCYC James St
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## Times As Per Flight Schedules

<b>AIRPORT WELLCAMP AMBASSADORS</b> We assist and chat to air bound travellers as well as visitors to our wonderful airport. A small amount of training is provided in Orientation, Airport Induction and Travel. Learn what goes on behind the scenes and be informed early of upcoming events.	David Weston	Terms:1 2 3 4 As per schedule Wellcamp Airport
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## New Interests - New Friends



## Expressions of Interest - Contact the Tutor

<b>SUDOKU</b> Expressions of Interest to hold a class in Term 2. This will be a one term class teaching my method. It is a very easy way to solve this puzzle, which can be puzzling. Contact Tutor if interested.	Dianne Turner	Term: 2 TBA Ask tutor
<b>"STEELE RUDD" - THE LIFE AND TIMES</b> Having spent a third of my life on the same property as Arthur Hoey Davis and having similar interests, I feel a certain rapport with this Australian author. His interest in farming, family and writing is also my passion.	Noel Lipp	Terms: 2,3 TUESDAY 11:30 - 12:45am Tba Historical Soc. Lindsay St
<b>WALKING NETBALL</b> Just like Netball but <b>NO running or Jumping!</b> Not competitive. A lot of us have not played since school! We play 4x15 minute quarters.	Wendy Robertson  Cathy Murtagh  Liz Kusay	Terms: 1 2 3 4 Wednesday 10:30 - 12:00 Highfields Cultural Centre Gym
<b>PICKLE BALL - TUESDAY</b> In addition to the Monday, Wednesday. Friday and Saturday games, another Pickle Ball session at the PCYC is proposed for <b>Tuesdays</b> , if you are interested contact Dan Blackburn. <i>To join this class you must have a current membership for the PCYC</i>	Dan Blackburn	Terms: 1 2 3 4 Tuesdays 8:30 - 11:00 PCYC

## New Interests - New Friends



Accommodation is fully booked.

The organising committee are investigating billeting.

Mark the date in your diary and watch for further news on the U3A Network Qld Website U3A Network State Conference 2024 – Beaudesert – U3A Network Queensland ([u3aqlld.au](http://u3aqlld.au))



## U3A Activities



Lyndall Madden, with her Pittsworth lunch group welcomed U3A members from Crows Nest 'Lunch in the Country'. Bottle Brush Cafe offered a lovely garden setting.



Photography in Pittsworth and Crows Nest, Art in Toowoomba, Technology in Crows Nest



Everyone is looking forward to the Christmas Light lesson, when Geni & Stewart will bring heaps of Christmas lights to decorate the classroom for practicing 'How to photograph Christmas lights.' Thank you very much for doing this from all of us, Geni & Stewart.. Pittsworth



## U3A Activities



Ukulele Crows Nest



Walking group Toowoomba



Archery Toowoomba



Line Dancing Toowoomba



## Tutors Appreciation Lunch



To the Left,  
President Penny  
Protheroe with  
Guest speaker  
Belinda Sanders.



To the Right, Our  
Patron Rhonda  
Weston AM with  
her Husband  
David and Trish  
Barrett.



Tutors enjoying  
each other's  
company.



A hot Lunch enjoyed by all.

### "A Wisdom of Tutors"

Thanks to our witty member Chaseley Lamerton who suggested this very apt collective noun for our tutors.

Because that is what our tutors are - wise, knowledgeable, passionate, and so generous with their time.





## Tutors Appreciation Lunch



Appreciation



Michael - Poet Extraordinaire



Music by Joy and the Pacemakers



Hazel, Tom and  
Lyndall

Tutors meeting  
other Tutors for  
the first time.



Some well known U3A committee faces at the Lunch



## The Team



**Coordinator Crows Nest**  
Penny Protheroe



**Coordinator Pittsworth**  
Inge Gajczak



**Office Administrator**  
Trish Barrett



**Course Book and Newsletter**  
Tom Fusae, Anna Carson and Penny Protheroe



**Catering Girls**  
Alice Gegg and Shandra Baker



**Facebook**  
Penny Protheroe, Graham Moore and Anna Carson



**Archivist**  
Joyclyn Mauger



**Photographer** Dianne Turner



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

## **"ALL THE WAY WITH U3A"**

**by Michael Rooke**  
**U3A 2023 Tutors Appreciation Lunch**

*It's time for a commercial break  
(president Penny doesn't even know);  
I'm here for some promotion  
with these items here on show -*

*WD40 and RP7  
most of you are sure to know,  
they're the thing you turn to  
when that motor just won't go.*

*Yes, when a hinge is squeaky  
or a spark plug just won't spark,  
you can pretty much rely on these  
to unstick that part.*

*Now the small print of those lubricants  
boasts all their applications...  
but i'd like to point out here  
that they have their limitations.*

*On a Toowoomba morning, perhaps cold and still  
half dark,  
when YOUR joints are feeling rusty and YOUR zest  
for life won't spark,  
when YOUR joie de vivre is sluggish (maybe old age  
settling in)  
I have right here the very thing that'll take you for  
a spin.*

*Yes, for anyone who's feeling  
that their life is in a rut,  
U3A is the very thing  
that'll get your life unstuck!*

*It'll lubricate the memory!  
Enliven social skills!  
Establish a weekly routine!  
Maybe vanish mental ills!*

*Exercise and swimming groups  
will keep you on the move;  
guitar and ukelele  
will get you in the groove.*

*Crosswords and scrabble  
will get your brain cells whirring,  
and classes in history  
will get your interest stirring.*

*Computer groups and art and craft  
like painting, drawing, sewing,  
language and writing groups will get  
creative juices flowing.*

*Religion, archery, finance, health,  
the list goes on and on...  
and where would we all be  
without dance and song?*

*U3A's unique ingredients  
are known to all of you -  
and unlike WD40 and RP7  
it is both an oil AND a glue.*

*In our fragmented society,  
with increasing isolation,  
U3A is an ideal way  
to make social connection.*

*In every class, camaraderie  
can get smiles and laughing going.  
Yes - for turning rusting brain cogs  
you can't beat third age learning.*

*So here's to the committee  
that is not so often seen,  
but it's a vital ingredient  
that works behind the scene.*

*And Trish there in the office  
does more than I'll ever know;  
she's the all-round fixer-upper  
that keeps things on the go!*

*So here's to all the tutors here,  
to your dedication and your toil  
that makes Toowoomba's U3A  
truly the "good oil!"*

*U3A's ingredients are priceless -  
they're a unique recipe,  
essential to the well-being  
of this growing, and ageing, city.*

*WD40 and RP7 may be the very thing  
for motors that won't start;  
but U3A is for where it matters most  
- a community of heart!*