



LIST OF COURSES, GROUP ACTIVITIES, TOURS AND OUTINGS

September 2015

Co-ordinators: Jessie Algie & Leonie Munro Tel: 031 2082610/ Email Jessie: Jessie.algie@gmail.com OR Leonie: mun2mun@absamail.co.za				
SUBJECT	TIME	LEADER	CONTACT NO:	VENUE
MONDAYS				
Bridge for Fun: Some knowledge necessary	Weekly at 09:30	Cornelia Buys Val Blamire	0312053932 / 0837753932 0314694994	British Heritage Society's Annex. Berea Bowling Club.
TUESDAYS				
Cooking Demonstration: Bring your own eating utensils. Cost R25.00	First Tuesday of every Month at 09:30 for 10:00	Norma Cloete Or Thiru Pillay	031 201 9316/ 082 920 2986 031 564 5079	Glenwood Presbyterian Church Hall
Topical Debate	Every 2 nd and 4 th Tuesdays of every Month at 10:00	Kathrine Fenton-May	031 337 2902 kathrine@iafrica.com	Musgrave
WEDNESDAYS				
General Meetings of U3A – Durban: All U3A Members are urged to attend. Invited guest speakers at all meetings plus updates of all matters pertaining to U3A Durban including badge collection, payments and all types of enrolments	At 09:00 for 09:30 on the first Wednesday of Feb, April; June; August; October. NB: December (Picnic/lunch) in a venue to be announced in lieu of a meeting.	The Committee	Chairman: 031 205 5029 Vice Chairman: Treasurer: 031 201 7443 Minute Secretary: 031 261 7868 Members Secretary : 031 2082610 Editor: 0312613079 Courses/Events: 031 2082610/ 2060329 Badges: 031 2082610/ 2017443 Speakers: Publicity:	Glenwood (formerly Frere Road) Presbyterian Church Hall - entrance in Evans Rd.
Informal Coffee Mornings All U3A members are invited to enjoy some refreshments, (R10.00), socialise, and be informally entertained by something if you are lucky!	At 10:00 on the first Wednesday of March; May; July; September and November	The Committee and anybody who wants to have a time to shine! (Committee Terms and Conditions apply of course!)	Refer above	Glenwood (formerly Frere Road) Presbyterian Church - Ross Dow Hall
Minds Alive! Individual presentations and discussions augmented by outside speakers	Weekly at 14:00	Bill Chalmers	031 701 6521	Bergthiel Museum
Yoga: Learn the basics of Yoga	Weekly at 08:30-10:00	Norma Cloete	031 201 9316/ 082 920 2986	Berea-Theosophical Society Hall
THURSDAYS				
Société D'All Sorts Discussions, Cards, Games, Books, Crosswords, Sudoku, Hobbies, Photography, Computer, Scrabble, Quizzes, Anything and Everything	Every 2 nd and 4 th Thursday 09:00 for 09:30 to 13:00	Ester Fryer	081 415 6969	Musgrave Library (old Buxton's centre, now called Glenwood Village)".
Chi Kung (Tai Chi) Chinese exercises suitable for Seniors	09:30 – 10:30	Boston Iyer	031 262 0032 072 522 5446	Reservoir Hills Library
FRIDAYS				
SATURDAYS				
Social Tennis (including beginners). Best for 4 or more participants	Mornings	Mike Howes	031 202 1071 mmhowes@telkomsa.net	Windsor Tennis Club

BY ARRANGEMENT OR PERIODIC EVENTS

Croquet – Golf and Association Croquet	Tuesdays and Thursdays at 14:00	Angela Thistlewaite	031 205 5029 083 661 2953 athistle@telkomsa.net	Berea Bowling Club
Dancing with Ramola. To suit a group	Mornings.	Ramola Naidoo	031 262 4029	Musgrave Library
Day trips to places of interest	Periodic: suggestions are welcomed	John Kippin	083 628 7694	To be advised in the newsletters and on the notice board
* The Ageless Body * The Ageless Mind	Open (One off session)	Lily Ramdas-Naidoo	031 337 2309 083 450 8864	Where convenient
Barathanatyam Indian Classical Dance	Open	Lily Ramdas-Naidoo	031 337 2309 083 450 8864	Where convenient
The Outdoor Group: tree identification or just a relaxing afternoon spent in lovely natural surroundings	Check the announcements on the notice board at every meeting	Jill Seldon	031 209 3977 j.seldon@telkomsa.net	Variety of venues to be advised in advance

TOURS AND OUTINGS : BY ARRANGEMENT