

U3A Helderberg

Courses and Activities for 2010

Note 1. Please contact the Course/Group Leader directly, for more information.

Note 2. TBA = To be announced.

Note 3. Course Coordinators: Tony and Robin Searle 021 856 2233 email: tsearle@metroweb.co.za

ARTS and CRAFTS:

COURSE	Day Time	Venue	Course leader	Contact No.	Contact Email	Comments
Splash out with colour	2 x Tuesdays per mth -09.30	Som. West Library Hall. Enter at back parking lot	Una Newland	021 852 1250	unanewland@mweb.co.za	

CULTURAL:

Armchair Travel - South	Monthly on Last Tuesday 14.30 - 16.30	At Members homes	Anne Lind	021 856 3393	lindanne@lantic.net	No vacancies left
Armchair Travel – North	Monthly on 1 st Thursday 14.30 – 16.30	At Members homes	Adrienne Wedepohl	021 855 0224	awed@pixie.co.za	
Current Affairs and Media CLUB	Fridays 14.00 for 14.15	Africana Room Somerset West Library	Peter Ford	021 852 3678 072 470 2856	peter@classicford.co.za	Few Vacancies
Current Affairs and Media FORUM	Fridays, TBA 14.00 for 14.15	Library Hall Somerset West Library	Peter Ford	021 852 3678 072 470 2856	peter@classicford.co.za	See Notice Brd And Newsletter for details
Film Club	Monthly on Last Tuesday Feb to April 18.30 May to Nov 14.00	Golden Eye R44 Rd between S'West & Stellenbosch	Genevieve Faure	021 852 3685	gfaure@mweb.co.za	Titles on Notice Board.
Makers of History	Monthly on 2 nd Thursday 14.15 – 16.00	TBA	Bernard Bishop	021 886 4703	bbishop@telkomsa.net	
Music Appreciation	Thursdays except 1 st Thurs of each mth 10.00–12.00	3 Heritage Manor Heritage Park Somerset West	Henry Weber	021 852 7357	hweber1@absamail.co.za	
Music – Stars of The Big Band Era	Every Monday 10.00 – 12.00	Allenwood Lounge Helderberg Village	Frank Estment	021 855 0961	estment@telkomsa.net	
Theatre Group	Monthly. See Notice Board for dates/times	See Notice Board for venues	Jan Bentley	021 851 5446 082 647 7980	manadwyn@mweb.co.za	Bus transport is arranged

COURSE	Day Time	Venue	Course leader	Contact No.	Contact Email	Comments
Afrikaans - Beginners - Intermediate	Tuesdays 10.30 – 11.30 Mondays 11.00 – 12.00	62 Aerodrome Road Strand As above	Marietjie Uys	021 854 8795 073 444 2221	muys@telkomsa.net	
Afrikaans Conversation	1 st & 3 rd Fridays 11.00 - 12.00	93 Oldenham Rd. Somerset West	Marietjie Uys	021 854 8795 073 444 2221	muys@telkomsa.net	
Afrikaanse Leeskring	Last Monday 15.00	At Members homes	Rita Braasch Jeanette Kruger	021 853 3950 021 856 3232	gbraasch@amobia.co.za bkruger@iafrica.com	
English Conversation	Mondays 14.00 - 15.00	57 Gordon Rd. Somerset West	Pixie Norval	021 850 0265	imn@snowisp.com	
French -Basic -Intermediate	Thursdays 13.30 – 14.45 15.00 – 16.15	Africana Room, Somerset West Library	Jean Mayes	021 850 0366	davidjeanmayes@gmail.com	
German Conversation -Beginners -Intermediate	Mondays 14.00 - 15.00 15.00 - 16.00	Africana Room, Somerset West Library Africana Room	Gudrun Lück Fred Conradie	021 852 1551 021 852 6339	luck@wam.co.za fgcon@mweb.co.za	
Let's speak German	Tuesdays 10.30 – 11.30	Africana Room, Somerset West Library	Amanda Wilson Christl Riggert	021 856 2247 073 611 2305 084 395 0026	ricwilson@absamail.co.za	
Italian - Basic	First 3 Thursdays each month TBA	23 Milnerton St Gordon's Bay	Connie Batchelor (Maccioni)	021 856 3592 082 262 7155	tofavila.bea@gmail.com	
Spanish Conversation -Intermediate	Fridays 11.00 – 12.30	At Members homes	Fred Conradie	021 852 6339 082 576 6599	fgcon@mweb.co.za	Need prior knowledge of Spanish
Xhosa (with grammar) -Advanced Xhosa -Beginners	Mondays 14.00 – 15.15 15.30 – 16.30 Fridays 10.00 – 11.00	37 Miller St Gordon's Bay	Gaynor Sellick	021 856 2611	csellick@mweb.co.za	

LITERATURE:

U3A Book Club - Gordons Bay	3 rd Thursday/mnth 14.30 – 16.30	At Members homes	Glen du Toit	021 856 4812	glenjos@mweb.co.za	Fully subscribed
U3A Book Club - Somerset West	3 rd Monday/mnth 14.30 – 16.30	At Members homes	Lorraine Carter	021 852 0679	lcarter123@mweb.co.za	Fully subscribed
Reading Club	3 rd Thursday/mnth 14.30	At Members homes	Genie Mc Lachlan	021 852 6295 082 851 1297	emclachlan@telkomsa.net	
Poetry for pleasure	Monthly on: 3 rd Monday 14.30 – 16.30	At Members homes	Jeanine Knight Nan Green Pat Van Zyl	021 851 6216 021 852 3309	nangr@telkomsa.net	

OUTDOOR and ENVIRONMENTAL:

COURSE	Day Time	Venue	Course leader	Contact No.	Contact Email	Comments
Exploring the countryside			Facilitator needed Contact Tony Searle	021 856 2233		
Hiking Grade 1 (easy walk) Grade 2 (easy hike) Grade 3 (challenging)	Every 2 nd Tues 08.00 – 13.00 Every other Tues 08.00 – 13.00	TBA TBA	Nell Whiteside Yolanda de Villiers Philip Fourie Theo Mastenbroek	0218562654 0218519911 0784456217 0828996742	wownell@telkomsa.net ydevil@absamail.co.za pdfourie@sun.ac.za tjj@icon.co.za	
Planet Earth - A History	Tuesdays 14.00 – 16.00	Mike Woods Environmental Education Centre Helderberg Nature Res.	Andreas Groenewald.	021 852 8831	mweec@telkomsa.net	Course runs from 06 April to 28 September
Croquet	Tues:10.00-11.30 Wed: 15.00-16.30	Radloff Park Somerset West	Susan Crole	021 851 5553	secretary@croquet.org.za	Cost R10/session

PHYSICAL and WELLBEING:

Remedial Yoga First 5 sessions free First 5 sessions free	Mondays 8.30 - 10.00 Tues & Fridays 08.30 – 10.00	Helderberg Village Estate, Somerset West 7 Mountain Rd. Gordons Bay	Mari Fouche	021 856 5815	mari.f@vodamail.co.za	
Bodyboarding for Old Fogies and Toppies	Depends on the weather and tides	Strand Beach	Alison Conradie	021 856 2662 082 413 5714	alisonmary@icon.co.za	Waiting for summer !

SKILLS:

Bridge	TBA	8 Boase St Somerset West	Alma Kriek	021 852 0725	alma10@eject.co.za	By arrangement
Computer Literacy -2010: Elective Courses: - Excel - Powerpoint - Publisher	8 weeks 4 weeks 4 weeks	Computer Laboratory Hendrik Louw Primary School	Brian Thorne - Facilitator Tony Searle -Tutor	021 852 6863 021 856 2233	thornebp@telkomsa.net tsearle@metroweb.co.za	Starts: Excel: 16 July Pow'point: 5 Aug Publisher:17 Aug
Eclectic Cooking – Meals with a Difference (Men & Women)	Alternate Tuesdays 10.00	13 Cayman Beach Faure Marine Drive Gordon's Bay	Alison Conradie	021 856 2662 082 413 5714	alisonmary@icon.co.za	
Creative writing workshop - How to be at ease with words	Sat 27 March 9.30 – 13.00	A private home in Somerset West - will be announced	Dorian Haarhoff	021 855 3937 082 873 6802	dorianh@pixie.co.za	All Welcome ! Bring writing materials

COURSE	Day Time	Venue	Course leader	Contact No.	Contact Email	Comments
Introduction to Digital Photography	Mondays 09.30 – 12.00	57 Gordon Road Somerset West	Ian Norval	021 850-0265	imn@snowisp.com	
Money Matters	Monthly on: Last Monday 10.30 – 12.00	Methodist Church Coronation Ave, S'West	Linda Godlonton	021 852 7395	lcgod@telkomsa.net	
Psychology Understanding Human Behaviour	Alternate Fridays 10.00 – 11.00	72 Drommedaris St. Gordon's Bay	Judy Henry	021 856 4020	judy@henry.org.za	Course commences on 14 May
Videography	Every 1 st Tues and 3 rd Friday 10.00 – 12.00	17 Reiger Ave Land en Zeezicht Somerset West	Ken Lightfoot Mike Reynolds	021 852 5142 082 474 8787 079 515 7235	footrest@iafrica.com bumiker@bimail.co.za	
Geomagnetism	Every Tuesday 17.30 – 19.00	Allenwood Hall, Helderberg Village, Somerset West	Adrienne Wedepohl	021 855 0224	awed@pixie.co.za	Starts on 21 Sept. 2010

SOCIAL:

Pub Lunch	Monthly during 2 nd week 12.30	See Notice Board at monthly General Mtg. for Venue/Date	Robin Searle	021 856 2233	rsearle@metroweb.co.za	
Scrabble	Monthly on: Last Monday 14.15 – 16.30	Vonke House, Lourensford Rd Somerset West	Edwin Newland	021 852 1250	eduna@mweb.co.za	
Wine and Dine	Monthly – usually last Thursday 12.00	Always at different wine estates which have restaurants	George Hoskison	021 881 3060 083 763 0819	george1@mweb.co.za	R10 – R15 for tasting 6-8 wines
Chess	TBA	TBA	Ida Serfontein	021 855 4877	idas@telkomsa.net	

COMMUNITIES OUTREACH:

U3A Community Outreach	Wednesdays & Thursdays 14.00 - 17.00	Hector Peterson Library, Lwandle	Rosemary Sundgren	021 8512734 072 094 5120	sundgren@telkomsa.net	Members bring donations to monthly mtgs
Lwandle Adult Literacy Project	Alternate Tuesdays	Llwandle Community Hall (opposite library)	Aletta Van der Watt	021 8525530 0832704842	aletta@boma.co.za	

NOTE: We would welcome any ideas and volunteers to start new Groups.