

# U3A Helderberg

## Courses and Activities for 2012

Revision 01 Jan. 2012

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

Note 2. TBA = To be announced.

Note 3. Course Coordinators: Robin Searle 021 856 2233 email: [rsearle@telkomsa.net](mailto:rsearle@telkomsa.net)

Ken Lightfoot 021 852 5142 email: [footrest@iafrica.com](mailto:footrest@iafrica.com)

### ARTS and CRAFTS:

<b>COURSE</b>	<b>Day Time</b>	<b>Venue</b>	<b>Course leader</b>	<b>Contact No.</b>	<b>Contact Email</b>	<b>Comments</b>
<b>Splash out with colour</b>	2 nd & 4 <sup>th</sup> Tuesdays of the month @ 09.30	Som. West Library Hall. Enter at back parking lot	Una Newland	021 852 1250	<a href="mailto:unanewland@mweb.co.za">unanewland@mweb.co.za</a>	

### CULTURAL:

<b>Armchair Travel - South</b>	Monthly on Last Tuesday 14.30 - 16.30	At Members homes	Anne Lind	021 856 3393	<a href="mailto:lindanne@lantic.net">lindanne@lantic.net</a>	Fully subscribed
<b>Armchair Travel – North</b>	Monthly on 1 <sup>st</sup> Thursday 14.30 – 16.30	At Members homes	Adrienne Wedepohl	021 855 0224	<a href="mailto:awed@pixie.co.za">awed@pixie.co.za</a>	Fully subscribed
<b>Current Affairs and Media CLUB</b>	Fridays 14.00 for 14.15	Africana Room Somerset West Library	Peter Ford	021 852 3678 072 470 2856	<a href="mailto:peter@classicford.co.za">peter@classicford.co.za</a>	Few Vacancies
<b>Current Affairs and Media FORUM</b>	Fridays, TBA 14.00 for 14.15	Library Hall Somerset West Library	Peter Ford	021 852 3678 072 470 2856	<a href="mailto:peter@classicford.co.za">peter@classicford.co.za</a>	See Notice Brd And Newsletter
<b>Film Club</b>	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	<a href="mailto:gfaure@mweb.co.za">gfaure@mweb.co.za</a>	See Notice Board at U3A Mtgs for titles
<b>Makers of History</b>	Monthly on 2 <sup>nd</sup> Thursday 14.15 – 16.00	4 Villa Rosa Blair Lane Somerset West	Bernard Bishop	021 886 4703	<a href="mailto:bbishop@telkomsa.net">bbishop@telkomsa.net</a>	
<b>Music Appreciation</b>	Thursdays except 1 <sup>st</sup> Thurs of each mth 10.00–12.00	3 Heritage Manor Heritage Park Somerset West	Henry Weber	021 852 7357	<a href="mailto:hweber1@absamail.co.za">hweber1@absamail.co.za</a>	
<b>Who's Afraid of Classical Music?</b>	Mon: 1.30-3.30 Wed. 1.30-3.30 Fri. 10.00-12.00	54 Nagua Bay Faure Marine Drive Gordon's Bay	Helen Crawford	021 8563072 082 6733916	<a href="mailto:helenmary@imagnet.co.za">helenmary@imagnet.co.za</a>	
<b>The Big Band Era Genesis and Legacy</b>	Every Monday 10.00 – 12.00	Allenwood Lounge Helderberg Village	Frank Estment	021 855 0961	<a href="mailto:estment@telkomsa.net">estment@telkomsa.net</a>	
<b>Theatre Group</b>	Monthly. See Notice Board for dates/times	See Notice Board for venues	Jan Bentley	021 851 5446 082 647 7980	<a href="mailto:manadwyn@mweb.co.za">manadwyn@mweb.co.za</a>	Bus transport is arranged

<b>COURSE</b>	<b>Day&amp;Time</b>	<b>Venue</b>	<b>Course leader</b>	<b>Contact No.</b>	<b>Contact Email</b>	<b>Comments</b>
<b>Afrikaans - Beginners Advanced</b>	TBA	30 Woodlands Gardens Smuts Ave S/West 62AerodromeRd Strand	Pat van Zijl Marietjie Uys	021 8523309 021 8548795	<a href="mailto:muys@telkomsa.net">muys@telkomsa.net</a>	All classes start at beginning. Feb.
<b>Afrikaans Conversation</b>	TBA	L9Gholf St Greenways Strand	Manie Ackermann	021 8534320	<a href="mailto:muys@telkomsa.net">muys@telkomsa.net</a>	
<b>Afrikaanse Leeskring</b>	Last Monday 15.00	At Members homes	Rita Braasch Lenie Fourie	021 853 3950 021 856 3232	<a href="mailto:gbraasch@amobia.co.za">gbraasch@amobia.co.za</a>	
<b>English Conversation for Foreigners</b>	Mondays 14.00 - 15.00	57 Gordon Rd. Somerset West	Pixie Norval	021 850 0265	<a href="mailto:pixie@snowisp.com">pixie@snowisp.com</a>	
<b>French -Basic -Intermediate</b>	Thursdays 13.30 – 14.45 15.00 – 16.15	Africana Room, Somerset West Library	Jean Mayes	021 850 0366	<a href="mailto:davidjeanmayes@gmail.com">davidjeanmayes@gmail.com</a>	Starting in March 2012
<b>German Conversation -Beginners -Intermediate</b>	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	<a href="mailto:luck@wam.co.za">luck@wam.co.za</a> fgcon@mweb.co.za	
<b>Kaffeeklatsch</b>	Tuesdays 10.30 – 11.30	Oak Leaf Restaurant Main Rd. S/West	Amanda Wilson Christl Riggert	021 856 2247 073 611 2305 084 395 0026	<a href="mailto:ricwilson@absamail.co.za">ricwilson@absamail.co.za</a>	
<b>Italian - Informal, Basic Conversation</b>	1 <sup>st</sup> three Thurs of the month 2.30-3.30	23 Milnerton St. Gordon's Bay	Connie Batchelor	021 856 3592 082 262 7155	<a href="mailto:tofavila.bea@gmail.com">tofavila.bea@gmail.com</a>	
<b>Spanish Conversation -Intermediate</b>	Fridays 11.00 – 12.30	At Members homes	Fred Conradie	021 852 6339 082 576 6599	fgcon@mweb.co.za	Need knowledge of Spanish
<b>Xhosa (with grammar) -Advanced Xhosa -Beginners</b>	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:

<b>U3A Book Club - Gordons Bay</b>	3 <sup>rd</sup> Thursday/mnth 14.30 – 16.30	At Members homes	Glen du Toit	021 856 4812	<a href="mailto:glenjos@mweb.co.za">glenjos@mweb.co.za</a>	Fully subscribed
<b>U3A Book Club - Somerset West</b>	3 <sup>rd</sup> Monday/mnth 14.30 – 16.30	At Members homes	June Teuchert	021 852 5196	<a href="mailto:juneteu@cybersmart.co.za">juneteu@cybersmart.co.za</a>	Fully subscribed
<b>Reading Club</b>	3 <sup>rd</sup> Thursday/mnth 14.30	At Members homes	Genie Mc Lachlan	021 852 6295 082 851 1297	<a href="mailto:emclachlan@telkomsa.net">emclachlan@telkomsa.net</a>	
<b>Poetry for pleasure</b>	Monthly on: 3 <sup>rd</sup> Monday 14.30 – 16.30	At Members homes	Nan Green Pat Van Zijl	021 851 6216 021 852 3309	<a href="mailto:nangr@telkomsa.net">nangr@telkomsa.net</a>	

**OUTDOOR and ENVIRONMENTAL:**

<b>COURSE</b>	<b>Day Time</b>	<b>Venue</b>	<b>Course leader</b>	<b>Contact No.</b>	<b>Contact Email</b>	<b>Comments</b>
<b>Hiking</b> Grade 1 (easy walk) Grade 2 (easy hike) Grade 3 (challenging) Grade 4 Difficult	Every 2 <sup>nd</sup> Tues  Every Tues	TBA  TBA	Maggie Riley Donald Reid  Theo Mastenbroek	0721771087 0722707972  0828996742	<a href="mailto:Maggieandalvan@gmail.com">Maggieandalvan@gmail.com</a> <a href="mailto:Donald.reid@telkomsa.net">Donald.reid@telkomsa.net</a>  <a href="mailto:tji@icon.co.za">tji@icon.co.za</a>	
<b>Planet Earth a paleontological journey-</b>	Tuesdays: 14.00-16.00	<b>Mike Woods Environmental Education Centre</b> Helderberg Nature Res.	Andreas Groenewald.	021 852 8831	<a href="mailto:mweec@telkomsa.net">mweec@telkomsa.net</a>	Comm 3 <sup>rd</sup> April Until Dec.
<b>Croquet</b>	Mon. & Thurs afternoons. <u>Phone to arrange</u>	Somerset West Croquet Club Radloff Park Somerset West	Ann Wilson	021 8527810 0725421054	<a href="mailto:ann.wilson@telkomsa.net">ann.wilson@telkomsa.net</a>	Free coaching in how to have fun with golf croquet

**PHYSICAL and WELLBEING:**

<b>Remedial Yoga</b> 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 082 926 5750	<a href="mailto:mari.f@vodamail.co.za">mari.f@vodamail.co.za</a>	
<b>Bodyboarding for Old Fogies and Toppies</b>	Depends on the weather and tides	Strand Beach	Celia Hanson	021 8531303 082 787 8272	<a href="mailto:hanson.celia@gmail.com">hanson.celia@gmail.com</a>	

**SKILLS:**

<b>Computer Literacy Foundation, Basic and Comprehensive Levels Elective Courses:</b> - <i>Excel</i> - <i>Powerpoint</i> - <i>Publisher</i>	ALL levels: 12 weeks  8 weeks 4 weeks 4 weeks	Computer Laboratory Hendrik Louw Primary School Piet Retief St. Strand	Allen Job - Admin Tony Searle -Tutor  Bertie Richardson Tutor Les Wilson (Excel) Mary Birch	021 8500833 021 856 2233  021 852 0727 021 855 3079 021 8523904	<a href="mailto:allen.job@telkomsa.net">allen.job@telkomsa.net</a> <a href="mailto:tonysearle@telkomsa.net">tonysearle@telkomsa.net</a>  <a href="mailto:bertie.r@telkomsa.net">bertie.r@telkomsa.net</a>  <a href="mailto:les@wilson.st">les@wilson.st</a>	<b>Next Course April /May2012</b>
<b>Creative writing workshop - How to be at ease with words</b>	Wed 4 <sup>th</sup> April 09.30-13.00	A private home in Somerset West - will be announced	Dorian Haarhoff	082 873 6802	<a href="mailto:dh53@mweb.co.za">dh53@mweb.co.za</a>	<b>All Welcome !</b> Bring writing materials

COURSE	Day Time	Venue	Course leader	Contact No.	Contact Email	Comments
<b>Introduction to Digital Photography</b>	Mondays 09.30 – 12.00	57 Gordon Road Somerset West	Ian Norval	021 850-0265	<a href="mailto:imn@snowisp.com">imn@snowisp.com</a>	Feb 4 week Basic course Mar: 12 week Advanced course.
<b>Money Matters</b>	Monthly on: Last Monday 10.30 – 12.00	Methodist Church Coronation Ave, S*West	Linda Godlonton	021 852 7395	<a href="mailto:lcgod@telkomsa.net">lcgod@telkomsa.net</a>	
<b>Psychology Understanding Human Behaviour</b>	Wed; 10.00- 11.30	72 Drommedaris St. Gordon's Bay	Judy Henry	021 856 4020	<a href="mailto:judy@henry.org.za">judy@henry.org.za</a>	Starting 14 <sup>th</sup> March
<b>Understanding the Economy</b>	Wednesdays: 14.00-16.00	Somerset West Library Hall	Philip Mohr Facilitator: Peter Ford	021 8523678	<a href="mailto:peter@classicford.co.za">peter@classicford.co.za</a>	Fully subscribed
<b>Videography</b>	1 <sup>st</sup> &3 <sup>rd</sup> Thursdays	17 Reiger Ave Land en Zeezicht Somerset West	Ken Lightfoot  Mike Reynolds	021 852 5142 082 474 8787 079 515 7235	<a href="mailto:footrest@iafrica.com">footrest@iafrica.com</a>  <a href="mailto:bumiker@bimail.co.za">bumiker@bimail.co.za</a>	

**SOCIAL:**

<b>Lunch Club</b>	Monthly during 2 <sup>nd</sup> week 12.30	See Notice Board at monthly General Mtg. for Venue/Date	Robin Searle	021 856 2233	<a href="mailto:rsearle@telkomsa.net">rsearle@telkomsa.net</a>	
<b>Scrabble</b>	Monthly on: Last Monday 14.15 – 16.30	Vonke House, Lourensford Rd Somerset West	Elinor Scott	021 852 4974	<a href="mailto:scottem@mweb.co.za">scottem@mweb.co.za</a>	
<b>Wine and Dine</b>	Monthly – usually last Thursday 12.00	Always at different wine estates which have restaurants	Rudi Schats	021 847 1707 082 899 7069	<a href="mailto:schatsrw@yebo.co.za">schatsrw@yebo.co.za</a>	R10 – R15 for tasting 6-8 wines
<b>Chess</b>	11.30 Mondays	Strand Library Hall	Ida Serfontein	021 855 4877	<a href="mailto:idas@telkomsa.net">idas@telkomsa.net</a>	
<b>Bangers &amp; Mash</b>	TBA	See Notice Board at Monthly General Mtg. for venue & date.	Marie Ogiela	021 8551507	<a href="mailto:g.ogiela@telkomsa.net">g.ogiela@telkomsa.net</a>	Simple meal & conversation

**COMMUNITY OUTREACH:**

<b>U3A Community Outreach</b>	Wednesdays 14.30 - 16.30	Hector Petersen Library, Lwandle	Pippa Uphill-Brown	021 851 8699	<a href="mailto:pippaub@vodamail.co.za">pippaub@vodamail.co.za</a>	Members bring donations to monthly mtgs
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