



CAPE TOWN

UNIVERSITY OF THE THIRD AGE : COURSE LIST June/July 2017

CAPE TOWN GENERAL MEETINGS at 09h30 for 10h30 at the Baxter Theatre on the last Thursday of the month, open to non-members

29 June: AGM+ Laurine Platzky: *Spatial Integration in a Post-Apartheid City*

27 July: Prof Tim Noakes: TBA

31 August: Prof Peter Johnston: TBA

√ Please contact course co-ordinators for times and venues √ Please wear your name tags to courses and meetings §New courses #Fully-subscribed courses

Course	Co-ordinator	Ph (021)	E-mail	Week	Time	Area
MONDAY						
Armchair Travel	Alan Dunnell	531 5604	alan.dunnell@gmail.com	3 rd	10h00	Meadowridge Library
§ Current Political Topics	Gordon Metter	794 4432	mettergd@mweb.co.za	1 st , 3 rd	14h00 – 16h00	Rosebank
Enhancing our Senior Years	Grace Smith	681 2684	grace@kingsley.co.za	2 nd	10h00	Woodside Village
Environment Topics	Linda Pollard	794 6654	poll@mweb.co.za	1 st	10 for 10h15	Constantia Place
Film Study Group	Michael Welch Clyde Broster	712 5017 531 9322	samantha@samanthabernhardi.com brost@iafrica.com	2 nd , 4 th	14h30	Constantia Place
Flat Earth Walks	Partridge Gardner	701 2929	partridge.gardner@lineone.net	every	09h00	Cape Peninsula
French Conversation	Winnie Thomson	448 4057	wthomson@telkomsa.net	every	11-12h30	Rondebosch Library
German Conversation	Silvia Skorge	787 0103	sskorge@zsd.co.za	every	09h30	Tokai
Mountain Mondays (reasonably energetic hiking)	Jack Dunwoody	797 5199	dunwoodyj@intekom.co.za	every	08h00	Cape Peninsula
Natural Sciences	Ken Buchanan	671 1033	buchanankj2@gmail.com	2 nd	10h00 for 10h30	Meadowridge Library
Nature Photography	Jenny Morkel	071 6174602	naturephotographyu3a@gmail.com	2 nd	09h00	South Peninsula
Non-fiction Book Club	Marcia Raymond	526 7489	marciaraymond3@gmail.com	3 rd	09h30	Woodside Village
Opera on DVD	Val Christoffersen	532 7542	valc@pine-wood.co.za	1 st	13h45-16h45	Pinelands
Photography for Amateurs	Wouter van Warmelo	788 2987	vwwouter@mweb.co.za	1 st & last	10h00	Cape Peninsula
Social Scrabble (call between 6 & 7 pm)	Nadia Harris, Rosemary Ulrick	799 8928	nadia.harris306@gmail.com	1 st , 3 rd	14h30	Norfolk Place
Qi Gong (moving meditation)	Ruth Kirby	794 0365	ruthk@xystal.co.za	every	08h30-09h45 Adv 10h15-11h30 Beg	Constantia
Writing for Everyone	Susan Kilfoyle	788 8322	susan.kilfoyle6@gmail.com	1 st	10h00-12h30	Southern Suburbs
TUESDAY						
Basic Xhosa - 8 session course	Jen Pennink	530 0308	jpennink@telkomsa.net	every	09h30 for 10h00	Pinelands
Bridge for Improvers	Peter Lawson	797 4493	lawsonp@telkomsa.net	every	14h00	Wynberg
Cape mountains for the curious and adventurous	Tony Heher	794 5730	tony.heher@gmail.com	every	Various	Cape Peninsula
Classical Music in Depth	Mike Wolfson	674 4867	mwolfson@mweb.co.za	1 st	10h00	Constantia Place
Flying Tortoises - Fairly Easy Hikes	Norman Reynolds	785 3593	norgrey2013@gmail.com	every	Varies	Cape Peninsula
Gardening in Small Spaces	Jill Lawson	797 4493	jilllwsn@gmail.com	2 nd , 4 th	10h00	Wynberg
Knitwits	Mary Debrick	531 4783	marter@mweb.co.za	2 nd	14h00 - 16h30	Southern Suburbs
Literature Study Group	Vivien Jones	532 7412	vivjones@telkomsa.net	4 th	14h30	Woodside Village
Local History	Helen Robinson	797 9600	wynberg@webafrica.co.za	3 rd	10h00	Various
Meditation - home sessions	Linda Sealy	671 4543	zinziljs@iafrica.com	Alt	10h00 - 12h00	Rondebosch
Music Appreciation	Tony Plummer	797 7806	pleydells@worldonline.co.za	4 th	10h00	Norfolk Place
Peninsula Mountain Wanderers	Jim Doyle	7133288	jimdoyle5678@gmail.com	every	08h15	Cape Peninsula
Research for Fun	Faith Ludwig	552 3409	odette@kingsley.co.za	1 st	10h30	Milnerton
Vocal - opera/opera, oratorio	Virginia Oosthuizen	438 9970	-	2 nd	10h30	Camps Bay
Walking Meditation	Linda Sealy	671 4543	zinziljs@iafrica.com	Alt	10h00 - 12h00	Kirstenbosch
Wine Appreciation - Group 1	Ank Gouws	788 7731		2nd	09h00 / 10h00	Various
Yoga	Colleen Mawhinney	082 4635109	colleen.mawhinney@gmail.com	every	09h30-11h00	Plumstead Scout Hall
Your Health	Dr Dudley Werner	797 3205	idw@mweb.co.za	4 th	10h00	Pinelands Library

WEDNESDAY						
Birdwatching for Beginners – Part 1 from 10/8 – 28/9	Heather Howell	713 0853	howellh@telkomsa.net	every	14h00 -16h30	Various
Enhancing our Senior Years	Grace Smith	681 2684	grace@kingsley.co.za	3 rd	10h00	Woodside Village
FUNDamentals of Mentoring & Coaching	John Paisley	685 8371	john@procoaching.co.za	2 nd , 4 th	17h00 - 19h00	Rondebosch
Fynbos Ramblers - nature walks, various leaders	Sheila Robinson Claire McCarthy	782 0773 7891334	sheijohn@telkomsa.net kandcmccarthy@telkomsa.net	every	09h30.May - Aug 09h00 March - Dec	Various
Fun with Numbers	Alison Kitto	787 0126	kitto@icon.co.za	2 nd	11h00	Rondebosch
German Conversation	Erika Targett	689 2241		every	10h00	Rondebosch
Hiking for Moderately Fit Early Birds	John & Gail Hallett	671 3384	john.hallett@webmail.co.za	every	early start	Various
Interfaith Issues	Mohammed Kagee	794 7681	mskagee@iafrica.com	1 st	14h30	Constantia
Investing and Trading in Financial Markets	Pieter Coetzer	552 8935	pietercoetzer@afrihost.co.za	1 st , 3 rd	10h30 – 12h00	Rosebank
Pleasures of Music	Peter Joubert	788 1310	tonipeter@telkomsa.net	2 nd , 4 th	10h00	Marina da Gama
Qi Gong (moving meditation)	Ruth Kirby	794 0365	ruthk@xrystal.co.za	every	10h00 – 11h15 Adv	Constantia
Spanish Conversation	Farida Dolley	785 7507	faridah@axess.co.za	2 nd	14h00 – 15h00	Noordhoek
Tai Chi	Lambert Kriedemann	683 9955	lambertkriedemann@gmail.com	every	11h00 – 12h00	Bergvliet
Wine Appreciation, Group 2	Partridge Gardner	701 2929	partridge.gardner@lineone.net	3 rd	10h30	Various
Wine Appreciation, Group 3	Rentia Hildebrand	794 3431	rentiahildebrand@gmail.com	2 nd	am	Various
Wine Appreciation, Group 4	Peter Krige	794 6009	peterkrige@vodamail.co.za	3 rd	10h30	Various
THURSDAY						
Art Topics	Eve Dunnell	531 5604	eve.dunnell@gmail.com	1 st	10h00	Meadowridge Library
Astrology – A Basic Course	Gill Markovitz	424 0004	gillbm@mweb.co.za	1 st , 3 rd	10h00	Norfolk Place
Birdwatching for Beginners – Part 2	Heather Howell	713 0853	howellh@telkomsa.net	3 rd		Various
Cameo Lunch Club	Doreen Maree	701 4071	doreenm@iburst.co.za	1 st	11h45	Various
Chess for Beginners & Others	Colin Flude	082 926 5291	colinflude35@gmail.com	every	09h30	Rosebank
Current Affairs	Theo Shippey	531 1092	shippey@mweb.co.za	2 nd	10h00	Woodside Village
History Study Group	Cherril Charman	715 0888	cjcharman@hotmail.co.za	3 rd	14h30	Pinelands Library
Qi Gong (moving meditation)	Ruth Kirby	794 0365	ruthk@xrystal.co.za	every	10h15-11h30 Beg	Constantia
Talmud Tales (4 sessions)	Rabbi Greg Alexander	082 9025702	ravgreg@templeisrael.co.za	2 nd	12 noon – 13h15	Temple Israel, Wynberg
FRIDAY						
Advanced Xhosa (Step Two - 8 sessions)	Jen Pennink	530 0308	jpennink@telkomsa.net	every	09h30 for 10h00	Pinelands
British Classic DVD Showings	Paul & Aroon Spencer	761 6121	spinks@thespencers.co.za	1 st , 3 rd	09h30	Constantia Place
Italian Conversation	Elena Piatti	083 243 2214	piattielena@mweb.co.za	every	11h00	Claremont
Lunch Club	Jenny Knapp	788 1239	knapp@ananzi.co.za	3 rd	12h00 for 12h30	Cape Peninsula
Mind your Language (6 week course)	Maureen Archer	685 3385	archer.mairi@gmail.com	every	14h30 – 16h30	Rondebosch
Mountain Meanders	Allen Lang	689 5030	allenlang001@gmail.com	every	Various	Cape Peninsula
Non-fiction Book Club and Discussion Group	Sandra Griffiths	790 2043	sandrag@iafrica.com	3 rd	10h00	Southern Suburbs
Songololo Stompers	Arthur and Frances Smith	782 4228	atsmith0001@gmail.com	every	Various	Cape Peninsula
Up the Hills Slowly	Brian Moor	782 3386	slowlyupthehills@gmail.com	every	09h00	Peninsula
World of Opera	Judy Pretorius	712 5577	judypretorius@gmail.com	2 nd , 4 th	09h15	Bergvliet
World of Ballet	Carole Wild	712 3983	carolew@global.co.za	1 st	09h15	Bergvliet
SATURDAY						
Chamber Music Ensemble	Maureen Blumberg	788 5593	maureen.blumberg@gmail.com	2 nd , 4 th	10h00 - 12h00	Kenilworth
Circle Dancing (Beginners)	Brenda Shear	686 4668	-	every	16h00	Plumstead
(Advanced)	Maxine Wood	788 5711	-		16h00	
Painting with Acrylics	Philip Glazer	532 7565	pglazer@telkomsa.net	2 nd	09h30 -11h30	Meadowridge Library

U3A Cape Town * PO Box 785 Howard Place, 7450 * Tel (Chairman) 021 531 5604 (Administrator) 021 532 7522 * Email u3a.ct@sybaweb.co.za * Website: <http://www.u3a-ct.org.za>
U3A False Bay 021 785 1900 * U3A Tygerberg 021 976 0457 * U3A Atlantic Seaboard Tel/Fax 021 462 2482 * U3A Blaauwberg 084 505 5450 * U3A Athlone 021 642 2567