



# UNIVERSITY OF THE THIRD AGE : COURSE LIST FEBRUARY 2019

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

## 28 February: Sue Hollingsworth, storyteller from Bristol

√ 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
<b>MONDAY</b>						
Armchair Travel	Alan Dunnell	681 2705	alan.dunnell@gmail.com	3 <sup>rd</sup>	10h00	Tokai Estate
Environment Topics	Linda Pollard	794 6654	poll@mweb.co.za	1 <sup>st</sup>	10h00 for 10h15	Tokai Estate
Expand Your Mind – Enrich Your Life	Grace Smith	685 0161	grace@kingsley.co.za	3 <sup>rd</sup>	10h00	Woodside Village
Film Study Group	Kath Green & John McFarlane	531 2650	kathgreenct@yahoo.co.uk	2 <sup>nd</sup>	14h00	SASNEV, Pinelands
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	
German Conversation	Silvia Skorge	787 0103	sskorge@zsd.co.za	every	09h30	Tokai
Mountain Mondays (reasonably energetic hiking)	Jack Dunwoody	797 5199	jackdunwoody48@gmail.com	every	08h00	Cape Peninsula
Natural Sciences	Ken Buchanan	671 1033	buchanankj2@gmail.com	2 <sup>nd</sup>	10h00 for 10h30	Tokai Estate
Nature Photography	Jenny Morkel	071 6174602	naturephotographyu3a@gmail.com	2 <sup>nd</sup>	09h00	South Peninsula
Non-fiction Book Club	Marcia Raymond	526 7489	marciaraymond3@gmail.com	3 <sup>rd</sup>	09h30	Woodside Village
Opera on DVD	Val Christoffersen	532 7542	valc@pine-wood.co.za	1 <sup>st</sup>	13h45-16h45	Pinelands
Photography for Amateurs	Wouter van Warmelo	788 2987	vwouter@mweb.co.za	1 <sup>st</sup> & last	10h00	Cape Peninsula
Political Discussions	Hanns Bohle	790 3151	hannsb@telkomsa.net	1 <sup>st</sup> & 3 <sup>rd</sup>	14h00	Kenilworth
Quest for Happiness	Leonard Suransky	433 1940	leosur@gmail.com	2 <sup>nd</sup> & 4 <sup>th</sup>	14h00	Norfolk Place
Qi Gong (moving meditation)	Ruth Kirby	794 0365	ruthk@xystal.co.za	every	08h30-09h45 Adv 10h15-11h30 Beg	Constantia
Social Scrabble (call between 6 & 7 pm)	Rosemary Ulrick & Eileen Gibbin	674 2971		1 <sup>st</sup> , 3 <sup>rd</sup>	14h30	Norfolk Place
Southern Scribes	Susan Kilfoyle	788 8322	susan.kilfoyle6@gmail.com	1 <sup>st</sup>	10h00-12h30	Southern Suburbs
<b>TUESDAY</b>						
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 – 16h00	Wynberg Chelsea
Cape mountains for the curious and adventurous	Tony Heher	794 5730	tony.heher@gmail.com	every	Various	Cape Peninsula
Flying Tortoises - Fairly Easy Hikes	Norman Reynolds	785 3593	norgrey2013@gmail.com	every	Varies	Cape Peninsula
§ Gardening in Small Spaces	Jill Lawson	797 4493	jillwsn@gmx.com	3 <sup>rd</sup>	10h15 for 10h30	Wynberg Chelsea
Knitwits	Brenda Shear	686 4668	brendashere@telkomsa.net	2 <sup>nd</sup>	14h00 - 16h30	Southern Suburbs
Literature Study Group	Geraldine Goldblatt	709 0853	ger.ggoldblatt@gmail.com	4 <sup>th</sup>	14h30	Woodside Village
Local History	Helen Robinson	797 9600	wynberg@webafrica.co.za	3 <sup>rd</sup>	10h00	Various
Meditation - home sessions	Linda Sealy	671 4543	zinziljs@iafrica.com	Alt	10h00 - 12h00	Rondebosch
Peninsula Mountain Wanderers	Glynis Blankenberg	788 8067	glynb53@gmail.com	every	08h15	Cape Peninsula
Research for Fun	Faith Ludwig	552 3409	odette@kingsley.co.za	1 <sup>st</sup>	10h30	Milnerton
Vocal - opera/operetta, oratorio	Virginia Oosthuizen	438 9970	-	2 <sup>nd</sup>	10h30	Camps Bay
Walking Meditation	Linda Sealy	671 4543	zinziljs@iafrica.com	Alt	10h00 - 12h00	Kirstenbosch
Wine Appreciation - Group 1	Ank Gouws	788 7731		2 <sup>nd</sup>	09h00 / 10h00	Various
Yoga	Colleen Mawhinney	082 4635109	colleen.mawhinney@gmail.com	every	09h30-11h00	Plumstead Scout Hall
Your Health	Dr Dudley Werner	685 3286	idw@mweb.co.za	4 <sup>th</sup>	10h00	Pinelands Library

<b>WEDNESDAY</b>						
Astro-topics	Maciej Soltynski	712 9931	maciej.soltynski@gmail.com	4 <sup>th</sup>	10h30	Tokai Estate
# Birdwatching for Beginners – Part 1	Heather Howell	713 0853	howellh@telkomsa.net	every	14h00 -16h30	Tokai Estate
Computer Solutions	Alan Caulfield	802 6806	alcaul@gmail.com	3 <sup>rd</sup>	10h00	Tokai Estate
Expand Your Mind – Enrich Your Life	Grace Smith	685 0161	grace@kingsley.co.za	3 <sup>rd</sup>	10h00	Woodside Village
FUNDamentals of Mentoring & Coaching	John Paisley	685 8371	john@procoaching.co.za	2 <sup>nd</sup> , 4 <sup>th</sup>	17h00 - 19h00	Rondebosch
Fynbos Ramblers - nature walks, various leaders	Lidia Fornasari Claire McCarthy	782 6446 7891334	lidforna@gmail.com kandcmccarthy@telkomsa.net	every	09h30	Various
Fun with Numbers	Alison Kitto	787 0126	kitto@icon.co.za	2 <sup>nd</sup>	11h00	Rondebosch
German Conversation	Erika Targett	681 2722	erikatargett@gmail.com	every	10h00	Woodside Village
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	muskagee@iafrica.com	1 <sup>st</sup>	14h30	Constantia
Pleasures of Music	Peter Joubert	788 1310	tonipeter@telkomsa.net	2 <sup>nd</sup> , 4 <sup>th</sup>	10h00	Marina da Gama
Qi Gong (moving meditation)	Ruth Kirby	794 0365	ruthk@xrystal.co.za	every	10h00 – 11h15 Adv	Constantia
Tai Chi	Lambert Kriedemann	683 9955	lambertkriedemann@gmail.com	every	10h30	Bergvliet
Wine Appreciation, Group 2	Partridge Gardner	701 2929	partridge.gardner@lineone.net	3 <sup>rd</sup>	10h30	Various
Wine Appreciation, Group 3	Rentia Hildebrand	794 3431	rentiahildebrand@gmail.com	2 <sup>nd</sup>	am	Various
Wine Appreciation, Group 4	Sorella van Hoogstraten	072 5652925	sorella@mweb.co.za	3 <sup>rd</sup>	Varies	Various
<b>THURSDAY</b>						
Birdwatching for Beginners – Part 2	Heather Howell	713 0853	howellh@telkomsa.net	3 <sup>rd</sup>		Various
Cameo Lunch Club	Doreen Maree	701 4071	doreenm@iburst.co.za	1 <sup>st</sup>	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	1 <sup>st</sup>	10h00	Woodside Village
History Study Group	Cherril Charman	715 0888	cjcharman@hotmail.co.za	3 <sup>rd</sup>	14h30	Tokai Estate Retirement Complex
Qi Gong (moving meditation)	Ruth Kirby	794 0365	ruthk@xrystal.co.za	every	10h15-11h30 Beg	Constantia
Third Age Hatha Yoga	Julie Padmore	855 2940	phoenix1@mweb.co.za	every	09h00	Tokai Library
<b>FRIDAY</b>						
Advanced Xhosa (Step Two - 8 sessions)	Jen Pennink	530 0308	jpennink@telkomsa.net	every	09h30 for 10h00	Pinelands
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 <sup>rd</sup>	12h00 for 12h30	Cape Peninsula
Mountain Meanders	Allen Lang	689 5030	allenlang001@gmail.com	every	Various	Cape Peninsula
Mysterious China – Ancient and Modern	Liz Linsell	788 3414	linsell@absamail.co.za	4 <sup>th</sup>	11h00 – 12h15	Marina da Gama
Non-fiction Book Club and Discussion Group	Sandra Griffiths	790 2043	sandrag@iafrica.com	3 <sup>rd</sup>	10h00	Southern Suburbs
Songololo Stompers	Arthur and Frances Smith	782 4228	atsmith0001@gmail.com	every	Various	Cape Peninsula
Slowly Up the Hills Walking Group	Brian Moore Norman Reynolds	782 3386 709 0683	jennyandbrian@telkomsa.net norgrey2013@gmail.com	every	09h00	Peninsula
Understanding Classical Music – an in-depth look	Mike Wolfson	674 4867	mwolfson@mweb.co.za	3 <sup>rd</sup>	10h00	Anchusa
World of Opera	Judy Pretorius	712 5577	judypretorius@gmail.com	2 <sup>nd</sup> , 4 <sup>th</sup>	09h15	Anchusa
World of Ballet	Carole Wild	712 3983	carolew@global.co.za	1 <sup>st</sup>	09h15	Anchusa
<b>SATURDAY</b>						
Chamber Music Ensemble	Marc Burman	076 5288470	marcbur@gmail.com	2 <sup>nd</sup> , 4 <sup>th</sup>	10h00 - 12h00	Kenilworth
Circle Dancing (Beginners) (Advanced)	Brenda Shear Maxine Wood	686 4668 788 5711	- -	every	16h00 16h00	Plumstead
Painting with Acrylics	Philip Glazer	531 2289	glazer.gp@gmail.com	2 <sup>nd</sup>	09h30 - 11h30	TBA

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