

U3A Cape Town ZOOM COURSE LETTER No.7 November 2020

"If you're getting a little bored with the sameness and solitariness of lockdown I can offer you something great to break the ennui -- on Thursday 29 October at 10 am we are holding our second monthly General "Baxter" Meeting on Zoom, with well-known political analyst Daniel Silke addressing us on a subject that couldn't be more topical - "The U.S. Elections", taking place 5 days later. It'll be first-come first-served, with the first 100 allowed into the Zoom Room, and all others applying being sent the recording a couple of hours later, for downloading. Save the date for our next (and last for the year) monthly General "Baxter" Meeting on 26 November, with cartoonist Zapiro (Jonathan Shapiro) on the topic " Careful - this pen is loaded ! "

We are experimenting with something new, as always, with a joint course of Political Discussions with another U3A based in Essex, U.K. (Watch this space for the date !) "

Go well and safely. Sylvia

Arthur Clarke has posted two updated versions on "Estate Planning" and "Financial Planning for Seniors" on the U3A Cape Town website.

Pleasures of Music: Peter Joubert, <tonipeter@telkomsa.net>, 2nd @ 4th Wednesday, Marina da Gama
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Bridge for Absolute Beginners: Linda Rose, <lj50rose@gmail.com>, every Thursday beginning 8 October, Green Point
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Please find, study, join and enjoy what U3A CT can offer over the internet during the pandemic. (This invitation is open to all U3A members anywhere in South Africa and further afield.)

U3A Virtual Baxter meeting on Thursday 29 October at 10.00: Daniel Silke: The Elections in the United States

U3A CT Science course on Monday 2 November at 10.30: Dr. Ian Glass: "Bicentenary of the Cape Observatory"

U3A CT Birding with Heather on Wednesday 18 November at 10.00: A bird talk on Albatrosses

U3A CT Better Hearing on 19 November at 10.00: Francis Slabber- Hearing and the Brain

U3A CT History Study Course on Thursday 19 November at 14.00: Prof W.R. Nasson: " Reflections on the life & times of A.G. "Sailor" Malan 1910 -1963"

U3A CT Armchair Travel Course on Monday 16 November at 10.00: Elmara Willis: Alaska

U3A CT Environ Course on Monday 23 November at 10.00: Silje Bentsen University of Bergen: Fire and its role in human evolution (<https://www.uib.no/en/sapieence>)

U3A CT U3A Virtual Baxter meeting on Thursday 26 November at 10.00: Zapiro: Careful - this pen is loaded

Please note: If you have attended a group before you don't need to register again. A Zoom link will automatically be emailed to you prior to the meeting. If you want to join a group as a new participant, email the course coordinator to be added to the list.

There are also a couple of groups that are using WhatsApp for their meetings:-

Third Age Hatha Yoga, an audio version, led by Julie Padmore at 083 954 9171 or <phoenix1@mweb.co.za>.

French Conversation on Mondays at 11.00, led by Winnie Thomson at 021-448 4057 or <wthomson@telkomsa.net>

Various Quizzes are being sent out, queries to Stefan Pretorius at 082 443 9903 or <stefanpretorius877@gmail.com>

Crossword puzzles are sent out twice a week by Jack Dunwoody, contact Stefan Pretorius at 082 443 9903 or stefanpretorius877@gmail.com

U3A Zoom Meetings, the courses highlighted in pink are closed groups

	Week 1	Week 2	Week 3	Week 4
Monday am	Natural Science buchanankj2@gmail.com	Southern Scribes susan.kilfoyle6@gmail.com	Armchair Travel hannsb@telkomsa.net	Environment desmondandlinda@icloud.com
Monday am		Conscious Ageing post Covid-19 grace@kingsley.co.za		Conscious Ageing post Covid-19 grace@kingsley.co.za
Monday pm	Political Discussion hannsb@telkomsa.net		Political Discussion hannsb@telkomsa.net	
Monday pm	TED Circles grace@kingsley.co.za		TED Circles grace@kingsley.co.za	
Tuesday am	(Photography) hannsb@telkomsa.net		Telling Stories Memoirs sally@cranswickcc.com	Photography hannsb@telkomsa.net
Tuesday pm	Exco			Literature Study ger.ggolblatt@gmail.com
Wednesday am	Non-fiction Book Club marciaraymond3@gmail.com	Prejudice & Discrimination leosur@gmail.com	Birding with Heather hannsb@telkomsa.net	Prejudice & Discrimination leosur@gmail.com
Wednesday pm				
Thursday am	Current Affairs leosur@gmail.com		Better Hearing with The Hearing Clinic hannsb@telkomsa.net	Virtual Baxter Meeting
Thursday am				
Thursday pm	Wine Appreciation Group with sorella@mweb.co.za		History Study with Cherril hannsb@telkomsa.net	
Friday am	Ballet/ Dance sorella@mweb.co.za		Opera with Dennis sorella@mweb.co.za	
Friday pm			Approaching Death with Jenni Sharkey stefanpretorius877@gmail.com	
Saturday am				

Hiking Groups

Now that we have moved to lockdown level 2, most hiking groups have started hiking again, albeit with the necessary precautions. If you enjoy the outdoors and would like to take advantage of the spectacular scenery that we are so fortunate enough to have while at the same time getting fresh air, exercise and good company, why not look for a hiking group that suits your fitness level? There are more than 10 hiking groups that cater for all levels from short flat walks to strenuous hikes.

To find out about the type of hike undertaken by each group, have a look at the following link. Please contact the hike leaders for more information.

[U3A Hiking Groups](#)

Group Name	Leader(s)	Phone (021)	Email	Day
Mountain Mondays	Jack Dunwoody	7 975 199	jackdunwoody48@gmail.com	Monday
Cape mountains for the curious and adventurous	Martyn Trainor	7 862 605	martyn@worldonline.co.za	Tuesday
Flying Tortoises	Norman Reynolds	7 853 593	norgrey2013@gmail.com	Tuesday
Peninsula Mountain Wanderers	Glynis Blankenberg	7 888 067	glynb53@gmail.com	Tuesday
Fynbos Ramblers	Lidia Fornasari Claire McCarthy	782 6466	lidforna@gmail.com kandcmccarthy@telkomsa.net	Wednesday
Hiking for Moderately Fit Early Birds	John & Gail Hallett	6 713 384	john.hallett@webmail.co.za	Wednesday
Sunshine Walking Group	Walter Behr George Sly	787 594 524 836 607 545	moon.n.sunshine@gmail.com	Wednesday
Friday Amblers	Tim Cronin	7 155 380	tim@croninsa.co.za	Friday
Mountain Meanders	Allen Lang	6 895 030	allenlang001@gmail.com	Friday
Slowly Up the Hills Walking Group	Brian Moore Norman Reynolds	7 823 386 7 090 683	jennyandbrian@telkomsa.net norgrey2013@gmail.com	Friday
Songololo Stompers	Arthur and Frances Smith	782 4228	atsmith0001@gmail.com	Friday
Wacky Walkers	Barry Hildebrand	7 943 431	barry.hildebrand@gmail.com	Friday
Moonshine Walking Group	Walter Behr George Sly	787 594 524 836 607 545	moon.n.sunshine@gmail.com	Full Moon