



Tai Chi Qigong for Health

Please wear comfortable clothing, supportive shoes, and a ready smile. [NOTE: Tai Chi with Kathie: A prerequisite for this course is some experience with Tai Chi for Memory and/or Tai Chi for Arthritis Part 1]
Cost: \$15

Twinkling Toes with Maureen Mulready. Experienced or beginners welcome to join an active dance class – mostly tap. The class will consist of warm-ups, mastering new and old steps, combinations and routines. Tap or solid-soled shoes needed. Fun and fitness guaranteed!
Cost: \$15

Mah Jong with Marion Rattray and Marie Stuart. This charming game from China has become very popular in Australia. Learning the basics is easy, but becoming a champion requires skill, strategy, courage – and luck!
Cost: \$15

What's in the News? with Brian Cowling. An informal group discussion on what's happening locally, nationally and world-wide. Please note change of day for Term 1 only!
Cost: \$15

Writing Club with Helen Hedley and Patricia Thornton.
Life is a collection of stories and we all have so many buried away. Join us in sharing our love of writing (and reading). We have a vibrant and talented group of writers who have already proudly produced two anthologies. Writing pieces can include anecdotes, verse, interesting (even strange or unusual) facts. This self-help group support each other as we share our efforts in a weekly open forum. Come along and enjoy the stimulation and discussion that stories can generate.
Our group has grown in numbers since its inception and in order to maintain the supportive nature of the group we may have to limit new members. However, if our limit is reached, we intend keeping a waiting list.
Cost \$15

Table Tennis with Laurie Gilbert
Here is your chance to get fit and enjoy yourself.
Cost: \$15

First Wednesday Book Club. with Brian Cowling
A book club with a difference - you select your own book, then review it for everyone else! (Two meetings in 1st term)
Cost: \$4

Fine Art History and Appreciation with Peter Clarke
The first course this term is presented by William Kloss; *Great Artists of the Italian Renaissance*. The second course is by Catherine Scallen, titled *The Art of the Northern Renaissance*. If you are interested in European Renaissance art, these two courses should be worth the time. Cost: \$15

Music for Pleasure (A Gathering of Music Lovers) with Janet Granger and Peter Clarke. The Opera in Berry (Cosi fan Tutti) is included in this course. Cost: \$15

The War in the Air with Dr John McCarthy.
1: Learning while Fighting 1914-1918.
2: The Air Wars: Theory and Practice 1918-1945.
3: Who Won the Battle of Britain?
4: The Strategic Air Offensive against Germany and Japan: Success or Failure? 5: Defensive Air/Did the Bombers Always Get through? 1939-1945
6: Vietnam: The Air War and the Art of the Possible.
7: The Triumph of Air Power; The Gulf War.
8: From 1914 to the F35 - the Future of War in the Air.
Cost: \$15