

U3A TAWA Programme January to December 2025

Welcome to U3A Tawa for another year of relaxed, enjoyable learning and recreational experiences with interesting people.

- This booklet contains information on the activities being offered this year. These may be full year, half year or held on specific dates.
- **It is important that you retain this booklet for the full year.**
- Full information on Semester 2 activities will be added in the “June Supplement”. The supplement will fit inside this booklet.
- If you wish to learn a little more about the activities listed come along to the AGM at the Tawa Bowling Club on Monday 13th January 2025. Or you could contact the leader or coordinator of the activity(s) you are interested in.
- **You can make your course selections on the website** which has upto date information – www.u3atawa.org.nz
- If you cannot enrol online, please complete the Course Selection Form in the centre of this booklet and post it in the U3A White Box in the Library on or before **Tuesday 21st January 2025**.

- You **must** enrol each year for the courses you wish to attend, as we need to ensure that venues are a suitable size for each group.

- If you enrol after 21st January 2025 you must **also** contact the Coordinator of each course directly.

**U3A TAWA PROGRAMME A - Z
January to December 2025**

For more information on courses and activities please visit
www.u3atawa.org.nz or contact the Coordinator

ART GROUP (ART)

RUNS ALL YEAR

Leader: Margaret Herbert 232 6828 / 027 232 6828
herbertmi@xtra.co.nz

Coordinator: Alison Bayly 027 437 9215
wiseowlalison@gmail.com

Calling all people who are interested in art, please come to share your skills and interests with the art group. You will be very welcome as we are a very sociable group. We want to encourage everyone with or without an ability to sketch or paint to come along to give art a go. We have a wide range of equipment available. You may prefer to work on your own project which would be inspiring to the group.

Every Thursday 10.00am to noon.

Starts: February 13th

Venue: Tawa Community Centre

BOOKS 1 (BK1)

RUNS ALL YEAR

Coordinator: Faith Delaney 232 6730

Members talk about the books they have been reading. No set book. Books are frequently shared. The discussion about a book often triggers wider discussion on topical issues.

2nd Monday of the month @ 10am. Starts:
February 10th

Venue: Member's home

BOOKS 2 (BK2)

RUNS ALL YEAR

Leader/Coordinator: Sally Horan 232 6006
horanps@xtra.co.nz

As Books 1, above

4th Monday of the month @ 10am.

Starts: February 24th

Venue: Members' homes

BOTANY (BOT)

RUNS ALL YEAR

Leader: Richard Herbert 027 445 5942

herbert.r@xtra.co.nz

Coordinator: Helen Roper 027 696 3150 gandhroper@gmail.com The aim is to enable group members to study and learn about the many types of New Zealand and exotic flora, especially trees. The Botany group encompasses people with a wide variety of botanical skills and a wish to identify new specimens while exploring rich native ecosystems including native bush, swamp areas and coastal zones like estuaries. The Wellington area provides excellent opportunities for botany study both in the field and in imaginative indoor study facilities such as Te Papa. Every effort is made to balance out the more demanding outdoor venues with easier to visit ones.

2nd Monday of the month @ 9.30am.

Starts: February 10th

Venue: Meet at Davies Street/Luckie Street car park, Tawa

CHOIR (CHR) (U3A SINGERS)

RUNS ALL YEAR

Leader: Jancis Potter 232 3915 / 027 635 4733

jancispotter@gmail.com Coordinator: Gail Milner

027 417 4422

milner_family@xtra.co.nz

Over 25 voices sing a wide variety of music. Some popular songs arranged for mixed choir, some serious choral works like Opera Choruses or Oratorios. Some Folk Songs, songs from Musicals and Films and some popular songs. Some are challenging, others are really simple. There's always going to be a good selection that you will enjoy. Mondays, weekly @ 1.15p.m.

Starts: February 10th

Venue: Tawa Union Church

COMPUTER CHATTER (CMP)**RUNS ALL YEAR**

Leader: Ray Walker 027 622 8066
ray.walker@hotmail.co.nz

If you are interested in computer technology and related topics, you are welcome to join this discussion group. You don't need to be a technology expert to join this group! It is an opportunity for you to learn from others in the group. There is a discussion subject for each meeting. At the start of the meeting a presentation takes place followed by a group discussion on the subject matter. There is usually time to discuss other matters and help each other with problems we may be having with our computing devices. 4th Thursday of the month @10.00am

Starts: February 27th
Venue: Tawa Union Church (TBC)

CRYPTIC CROSSWORD SOLVING (CRS)**RUNS ALL YEAR**

Coordinator: John Bolland 232 6126 / 021 264 0941
bollywelly@gmail.com

Have more fun and exercise your brain with cryptic clues! Easy to learn how to work them out as they follow patterns. Bring a pen! Experienced puzzlers welcome!

2nd Wednesday of the month @ 2.00pm

Starts: February 12th
Venue: Tawa Union Church

CURRENT AFFAIRS (CAF)**RUNS ALL YEAR**Coordinator: Helen Roper 027 696 3150 gandhroper@gmail.com

This group examines and reflects on political events and social trends in NZ and around the world. Topics are chosen by the group and the leader then promotes discussion on each of those topics. Everyone who wishes to speak is always accorded the opportunity. Coffee and tea are served both before and after the session.

1st Wednesday of the month @ 10am

Starts: February 5th

Venue: Tawa Union Church Hall

DISCUSSION GROUP (DIS)**RUNS ALL YEAR**Leader: Digby Gudsell 232 6110 gudsells@usnet.co.nz

Coordinator: Lola Gudsell 232 6110 gudsellco@gmail.com A small group, meeting to have a discussion on proposed topics of community interest after enjoying a simple morning tea.

2nd Wednesday of the month @ 10am.

Starts: February 12th

Venue: Member's Home

ENGLISH CIVIL WARS 1640-1660 (ECW)**3 SESSIONS, SEMESTER 1**

Leader/Coordinator: Dave Smith 232 5084 / 021 991 404

dogsnake33@gmail.com

The 18th century is known for the US war of Independence and the French Revolution. Less well appreciated is the fact that England beheaded its King and set up a Republic a century BEFORE that. It is a fascinating story that ended with the Stuart monarchy being restored after just a few years. The events of that turbulent period contain many of the elements that eventually led to monumental changes for Britain and the World. There will be three sessions, and liberal use will be made of the Simon Schama [BBC] film *A History of Britain*.

Mondays, fortnightly at 10am.

Starts: May 5th

Venue: Tawa Union Church Lounge

FILMS ON DVD (FSD)

RUNS ALL YEAR

Coordinator: Dave Smith 232 5084 / 021 991 404

dogsnake33@gmail.com

Watch and discuss a wide range of films, old and new. Limit of 6 people plus coordinator.

Tuesdays, fortnightly @ 2pm

Starts: February 11th

Venue: Member's home

FLAX WEAVING (FLW)

TBA

Leader: Clare Smith

keleasmith@icloud.com

Coordinator: Judith Havill 027 319 8235

judith.havill@gmail.com

A beginner and intermediate class teaching techniques of Raranga (flax weaving).

Will be on consecutive Tuesday mornings, 10.00am - noon.

Starts: TBA

Venue: Member's home

HEALTH ISSUES (HLT)

RUNS ALL YEAR

Coordinators: Gillian George 021 231 4240

gillian.george3a@gmail.com

Sally Horan 232 6006 / 027 439 2721 horanps@xtra.co.nz

Topical health issues, followed by your questions. Two talks per semester at 10.30am on Tuesday mornings.

Dates: March 11th, May 6th, 2 sessions in Aug & Oct (all TBC)

Venue: Tawa Union Church Lounge

INVESTMENT (INV)**1 SESSION**

Coordinator: Dave Smith 232 5084 / 021 991 404

dogsnake33@gmail.com

The world of money investment is a fast changing one. The recent change in the US Presidency may well herald a new era in world investment patterns. The firm Jardens has on several occasions provided us with speakers who will share their up to date research on the many forms of suitable money options accessible in local and world markets. This is a purely educational session and is in no way a form of advice on investing. However, it is based on some very high level business analysis that is made available to Jardens clients. Many older folk have, in the past, only invested in standard bank products like term investments when others exist that may be more lucrative as economic times ebb and flow. (The last time Jardens ran a session for us it was clear that term investments WERE indeed the best option. That may now have changed. Let's see.)

Date: Wednesday March 19th

Venue: Tawa Union Church Lounge

KEEP-FIT CLASSES (KFT)**RUNS ALL YEAR**

Tutor: Mark Anderson 027 458 8674 Coordinator:

David Bray 021 0297 4430

david9bray@gmail.com

Tutor Mark Anderson gives specific advice as required and leads members in exercises to improve cardio, strength and flexibility. Mark ensures the exercises are safe and tailored to your specific needs. Only U3A members are present during the agreed times so most attendees know each other well. A warm and supportive atmosphere is always maintained. Runs throughout the year. NB - **\$9 per half hour**

Times available: Mondays 1.30-2.00pm

Thursdays 2-2.30pm

Fridays 1-1.30pm

Venue: Revolve Fitness, Tawa Mall, Tawa

KNITTING TOGETHER (KNT)**RUNS ALL YEAR**

Coordinator: Gillian George 021 231 4240

gillian.george3a@gmail.com

A friendly group who get together each month to knit, share knitting skills and patterns, and have a good chat!

1st Tuesday of the month, 2.00 - 3.30pm

Starts: February 4th

Venue: Members' homes

LITERATURE (LIT)

SEMESTER 2

Leader: Mary-Lynn Boyes 232 2815 / 022 465 6433 Coordinator:

Valerie Saxton 232 7303 / 021 166 3373

valerie.m.saxton@gmail.com

Subject to be advised

Two consecutive Wednesdays @ 1.30pm

Dates: TBA

Venue: Tawa Library

MECCANO (MEC)

RUNS ALL YEAR

Leader: Max George

max.george3a@gmail.com

Coordinator: Gillian George 021 231 4240 gillian.george3a@gmail.com

This group is extremely popular, and it is not just restricted to the guys!

Novices are welcome as all models to build are provided whether they are large or small. Numbers are limited

2nd and 4th Mondays of the month, 9.30am – 11.30am

Starts: February 10th

Venue: Member's Home

MOVIE GROUP (MOV)

RUNS ALL YEAR

Coordinator: Pat Hammond 027 335 0038

exlibrarypat52@gmail.com

Come along and see some good films and enjoy a free cuppa courtesy of the cinema. Suggestions of upcoming films you would like to see are welcomed. We rideshare to the venue if you wish to do so.

3rd Wednesday of the month @ 10.30am

Starts: February 19th

Venue: Lighthouse Cinema, Pauatahanui

MUSIC PERFORMANCE GROUP (MPG)

RUNS ALL YEAR

Coordinator: Jay Smith 027 461 2866 (prefers texts)

23verdant@gmail.com

Members perform short items to each other. You don't have to be a virtuoso – just interested in giving yourself a reason to practise something ready to perform for others to enjoy. There is a wide range of abilities, and everyone is very supportive of the other performers. Room for more if you'd like to join us.

1st Thursday of the month @ 2.00pm

Starts: March 6th

Venue: Tawa Union Church Lounge

NEW BOOKS IN THE LIBRARY (NBL)

RUNS ALL YEAR

Coordinator: Rosemary Nourse 027 337 8922

rosemary.nourse@gmail.com

U3A Tawa enjoys enormous cooperation from the Tawa Library staff. We receive 6-week loans on books new to the library, then read and discuss them. Other members of the group can then take them as long as there are no reserves on it in the library system. Members are encouraged to widen their range of reading and write reviews, which are then featured on the library's "New Books" shelves. Tea and coffee are provided by the library.

2nd Thursday of the month @ 10.10am

Starts February 13th Venue: Tawa Library

OUTINGS WITH PORIRUA U3A (OWP)

RUNS ALL YEAR

Coordinator: Bill Gebbie 027 677 0180

billnmary@xtra.co.nz

Porirua U3A often organise one-off day trips to events and various places of interest, and Tawa U3A members are always welcome to join them. If you would like to be added to Bill's contact list please enrol in the usual way so that we can then pass on your contact details to Bill. When & Where: As advised

PETANQUE (PET)

RUNS ALL YEAR

Coordinator: Jane de Waal 027 364 1272

janevharvest@xtra.co.nz

We play on the petanque court at Aotea Park next to Aotea Lagoon, which is a lovely location. There are weather related notifications each week from our coordinator. Tea, coffee, biscuits and playing equipment are provided.

Weekly, Fridays, 10.00am – noon

Starts: February 7th

Venue: Aotea Park

PIANO PLUS (PNP)

TBA

Coordinator: Jancis Potter 232 3915 / 027 635 4733

jancispotter@gmail.com

A house Concert of Chamber Music. Jancis and Chris will be joined by friends Barbara (violin) and Jane (cello) to play Piano Trios and other Chamber music .

Date: TBA

Venue: Member's home

PIANO RECITAL (PNO)

1 EACH SEMESTER

Coordinator: Jancis Potter 232 3915 / 027 635 4733

jancispotter@gmail.com

Jancis and Chris will present another recital of piano music. Solos, duets and works for 2 pianos. Refreshments will be served at the conclusion of the recital.

Tuesday, 10.00am - 12 noon

Date: March 18th & September 9th

Venue: Member's Home

PRESIDENCY OF HARRY TRUMAN (PHT)**3 SESSIONS**

Coordinator: Dave Smith 232 5084 / 021 991 404

dogsnake33@gmail.com

Truman was an obscure politician from Missouri. Nobody thought for a moment he would ever be president of the USA. The great FDR chose him as Vice President in 1944 but had hardly ever met him. FDR had no plans for dying but he did just that three months after being inaugurated for the fourth time. That left Truman faced with the task of pulling together the post-war world with no high-level experience whatsoever. He had not even been told about the atomic bomb - but he was the man who later ordered that it be used on Japan. Later there was the Cold War, The Marshall Plan, the creation of Israel, the Korean War, military desegregation, the dismissal of General MacArthur and the McCarthy hearings. Across three sessions we will examine the startlingly pressured Truman years; the commendably factual biopic film *Truman* that stars Gary Sinise can be shown in a separate session for those who haven't seen it.

Mondays, fortnightly @ 10.00am

Starts: March 3rd

Venue: Tawa Union Church Lounge

QUIZ (QUZ)**2 SESSIONS, SEMESTER 1**

Leader/Coordinator: Pat Hammond 027 335 0038

exlibrarypat52@gmail.com

Come along and pit your wits against other quiz addicts. Teams of 4 to 6, but if you don't have a team just come along and join in with an existing team.

Wednesdays @ 1.30pm

Dates: April 30th & June 25th

Venue: Tawa Union Church

RAMBLERS (RBS)**RUNS ALL YEAR**

Coordinator: Shirley Williamson 232 6746 jdwskw@actrix.gen.nz If you wish to join a friendly walking group, this is it. We enjoy urban and bush walks all over Wellington, Hutt and Kapiti. We carpool (donation to

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the driver) or use our Gold Cards. Wear suitable clothing, shoes and a hat. Bring lunch and water. Every Thursday @ 10am

Starts: January 30th

Venue: Davies Street/Luckie Street car park

READING SHAKESPEARE (RSH)**3 SESSIONS, SEMESTER 1**

Coordinator: Dave Smith 232 5084/ 021 991 404

dogsnake33@gmail.com

Shakespeare plays were made for acting but reading them aloud in a group is much preferable to reading them silently and alone. We will read The Tempest this semester over three sessions. There will be two further plays in Semester 2; dates for those will be announced in the mid-year supplement. Thursdays @ 2.00pm

Starts: April 3rd

Venue: Tawa Union Church

REDUCE RUBBISH, REUSE, RECYCLE (RRR)**2 SESSIONS**

Leader/Coordinator: Ray Walker 027 622 8066 ray.walker@hotmail.co.nz.

There will be 2 sessions on this topic. The aim of this course is to help participants reduce their carbon footprint by adhering to the principles of the 3 Rs (Reduce, recycle and Reuse).

Two Wednesdays @ 2.15pm

Dates: May 7th; session in September TBA

Venue: Tawa Community Centre (TBC)

SCIENCE, TECHNOLOGY & US (SCI)**RUNS ALL YEAR**

Coordinators: David Wratt 232 9950

wrattds@gmail.com

Peter Woods 029 462 2408

pandbwoods@outlook.com

This course will help you understand more about the science and technology affecting our lives. Each monthly session will address the science or technology behind a specific topic, through a presentation with plenty of time for questions and discussion. Topics addressed in 2024 included: What is Science?; Artificial Intelligence (AI); Matariki; Why things Stay Up (Engineering); Earthquakes in New Zealand; A Structural Engineer's Perspective on Earthquakes and the Christchurch Rebuild; Black Holes; Greenhouse Gases and Future Climate; Genetic Modification.

4th Wednesday of the month at 10.30am

Starts: March 26th

Venue: Tawa Union Church Hall

SCRABBLE (Jointly with Porirua U3A)**RUNS ALL YEAR**

Contact: John Bolland 232 6126 / 021 264 0941

bollywelly@gmail.com

We have been invited to join Mana U3A members in their Scrabble games. It's good for keeping the brain active! Contact John for more details and to enrol. Fridays, fortnightly at 10am

Starts: January 17th

Venue: Tawa Community Centre

SCRAPBOOKING/CARDS (SCB)**RUNS ALL YEAR**

Joint Leaders: Barbara Russell 232 5831 / 021 049 3599

barb.david@xtra.co.nz

Shirley Taylor 027 611 9373

Join our friendly group to learn techniques to display your photos in an interesting and lasting way. Every Friday, 10.00am - 12 noon

Starts: February 7th

Venue: Tawa Community Centre

SPIRITUAL DISCUSSIONS (SPD)

RUNS ALL YEAR

Coordinator: Digby Gudsell 232 6110

gudsells@usnet.co.nz

Open to discussions on Christian views on many issues and your questions. Variety of Biblical topics. Encouragement and exploration. The importance of a spiritual perspective.

3rd Tuesday of the month @ 10.00am

Starts: February 18th

Venue: Member's home

TABLE TENNIS (TTN)

RUNS ALL YEAR

Coordinators: John Bolland 232 6126 / 021 264 0941

bollywelly@gmail.co.nz

Tim Davin 027 204 9536 davinfamily49@gmail.com Join this group of enthusiastic players on a Thursday morning for your exercise for the day.

Every Thursday @ 9.30

Starts: January 16th

Venue: Tawa Community Centre Hall

TAI CHI (TCM) (jointly with Porirua U3A)

RUNS ALL YEAR

Leader: Mercedes Godinez

Coordinators: Jeanette Satterthwaite 027 348 7475

jsatterthwaite26@gmail.com

Michael Lynch 022 616 8066

m.lynch@xtra.co.nz

Mercedes teaches contemporary forms using the Yang style. All exercise movements done in a session have health benefits. Repetitions are normal in Tai Chi to improve movement. These are relaxed, controlled movements which help improve fitness and flexibility and reduce the risk of joint injury.

NB - \$4.00 per session

Every Friday at 10.00am

Starts: February 14th

Tawa Union Church Hall

Where: **TAWA HIKERS (THS)**

RUNS ALL YEAR

Coordinator: Allan Johnson 021 138 1233 nzsharall@gmail.com This friendly group who enjoy bush walking is suitable for people whose fitness level is moderate to fit. We have weekly walks in the Wellington region ranging from 9-14kms. You will need to bring your lunch for all our walks. We carpool with a koha for the driver. Wear suitable clothes for hiking, hiking shoes or boots, walking poles if required and a jacket for all walks.

Every Thursday @ 9am for a 9.15am departure. Starts:

January 9th

Venue: Tawa Rugby Club, Lyndhurst Road

TAWA HISTORY (TWH)**2 SESSIONS**

Speaker: David Parsons, from Tawa Historical Society Coordinator:

Alison Bayly 027 437 9215

wiseowlalison@gmail.com

Topics are yet to be decided – any suggestions would be very welcome.

Two Mondays at 10am

Dates: April 7th & October 6th

Venue: Tawa Union Church Lounge

TAWA-LINDEN WALKERS (TLW)**RUNS ALL YEAR**

Coordinator: Allan Johnson 021 138 1233 nzsharall@gmail.com We are a friendly walking group who enjoy urban and bush walking. You will receive our programme of weekly walks in the Wellington region when you join the group. We meet on a Tuesday at Tawa Junction, Wellington Beds end of the car park, 9.00am for a 9.15am departure. We carpool, and a koha to the driver is indicated in the programme. You need to bring a drink (preferably water) and something to eat for morning tea and lunch on the lunch days which are indicated in the programme. Wear suitable clothing e.g. walking shoes or boots, walking poles if required and a jacket for all walks. Every Tuesday @ 9.00am

Starts: January 7th

Venue: Tawa Junction, Wellington Beds end of the carpark

THEATRE VISITS (THV)**RUNS ALL YEAR**

Leader/Coordinator: Alison Bayly 027 437 9215

wiseowlalison@gmail.com

Our local theatres offer a brilliant range of productions. Most months I'll email you with suggestions and ask for expressions of interest. After I've made a provisional booking I will ask you to pay into the U3A theatre account, which is then transferred to the appropriate theatre: Circa, Mana Little Theatre, Gryphon, Khandallah Arts Theatre, Kapiti Playhouse or Hutt Repertory.

TRAVEL ADVENTURES (TRA)**RUNS ALL YEAR**

Coordinators: Carole Naylor 233 8032

carole46naylor@gmail.com Geoff Marshallgmarsh360@gmail.com

Each month a member shares a 'slide show' of their holiday.

2nd Friday of the month @ 10.00am

Starts: February 14th

Venue: Tawa Union Church Lounge

UKULELE STRUM (UKU)**RUNS ALL YEAR**

Coordinator: Malcolm Haddon 021 114 8852

mdhaddon@gmail.com

More songs with another chord to add to your repertoire. This is an immensely popular group who find it a most enjoyable way to make music together without needing a great deal of study.

Every Friday @ 1.00 - 2.30pm

Starts: January 31st

Venue: Tawa Community Centre

WHAT I'M READING (WIR)**RUNS ALL YEAR**

Coordinator: Dave Smith 232 5084/ 021 991 404
dogsnake33@gmail.com

1st Thursday of the month @ 10am – NB Limit of 7 people

Starts: March 6th

Venue: TBA

WRITE IT! (WIT)**RUNS ALL YEAR**

Coordinator: Coordinator: Alison Bayly 027 437 9215
wiseowlalison@gmail.com

A meeting to share your writing with others. Be inspired to continue your Family History, Memoir, Short Story, Novel or Poem. Usually one of the members suggests a theme for the following meeting for those willing to accept the challenge. Writing is limited to 500 words to allow reading time to be shared.

Tuesdays, fortnightly @ 1.00pm

Starts: February 4th

Venue: Tawa Community Centre, Boardroom entrance