

Kapiti Coast U3A



Interest Groups

June 2020

Books & Literature

An Afternoon with Books;

We simply love to read and want to share the pleasure with other readers. Our range is wide; our brief is flexible, and we meet in member's homes, carpooling from Raumati through to Ohau. Our group welcomes the stimulus new members bring.

Leader & Convenor Anne Southern 06 364 5688 annesouthern10@gmail.com

Timing: February – December (the second Thursday of each month) 2.00pm – 4.00pm

Location: Members' homes – Maximum 12

Contemporary NZ Poetry 1950 -2019

Close examination of NZ poets and poetry from the middle of 20th Century to present day. Reading and discussion of individual poets as well as different styles of poetry.

Leader Gill Ward 902 1718

gillward@gmail.com

Timing: Monthly – 4th Tues 10am-Noon

Location: 73 Rosetta Road, Raumati South

The course is currently full. Maximum 10

Games

Mah Jong – Waikanae

A social group of Mah-Jong enthusiasts of varying expertise. Tuition can be arranged for beginners.

Leader: Janet Suter 293

4271 janetsuter@xtra.co.nz

Convenor: Marylyn Watling 293 8615

Timing: Beginning of March to the end of October.

Weekly, Thursdays 1.30-4.30pm.

Location: Presbyterian Hall, Ngaio Road, Waikanae

Maximum 30

Mah Jong – Paraparaumu

A social group of Mah-Jong enthusiasts. Please contact us if you wish to join as we have a few spaces or to be added to the waiting list.

Leader Patricia Kelly 0274 95 9398

Convenor Patricia Kelly 0274 95

9398 pat12kelly@gmail.com

Timing: January – December, Weekly Thursday 1.15 to 4.30pm

Location: Paraparaumu Community Centre, Ngahina St – Maximum: 20

Cost: \$4.00 a session to cover room hire

Scrabble

This is a small social group where there are plenty of opportunities to improve one's game. As the venue is small the number of players is restricted.

Leader & Convenor: Doris Marino 905 3929

Timing Ongoing (weekly) – Friday 1.30pm to 4.30pm

Location: Cameo Pop-in Centre, Waikanae

The course is full at present, but ring to get on the waiting list

Gardening

Garden Time

Are you a keen gardener? Would you enjoy sharing planting and landscaping ideas, and discussing soil and composting issues with other enthusiasts? We are a small informal group who meet once a month at members' homes. We include visits to garden centres, public gardens and places of mutual interest. Normally no charge, but excursions or speakers may incur a charge for petrol, entry fees, or guest speakers. There may also be a little walking.

Leader Denise Direen 027 2727

488 denisedireen@gmail.com

Convenor: Marilyn Wilson 04 299

1063 wilsonjsmn@gmail.com

Timing: First Wednesday of each month: 10:00 – Noon

Location: Members' homes and various locations

Membership: We are full at present but contact Marilyn to get on the waiting list

Gardens of Britain

Three Friday afternoons sharing DVDs from the UK, chiefly National Trust properties.

Leader / Convenor: Anne Wall 293 5000

Time: 2pm – 4.15pm.

Dates: Friday 14th, Friday 21st and Friday 28th February

Location: Waikanae

Maximum: 7

Kapiti Coast U3A Garden Group

Do you like gardening? Talking about gardening? Sharing plants, books, ideas? Visiting other gardens? This is a small, informal group of enthusiasts who meet monthly to visit a garden a nursery or meet at each other's homes for morning tea. No charge but visits away may incur costs, ie. petrol, entry fee, light lunch. Some walking involved.

Convenor 1: Julia Deck 293

3296 decknz@outlook.com

Convenor 2: Chris Blackler 904 3323

Timing: 3rd Tues of the month, 10:00 – Noon

approx. Dependent on travel

Locations vary –

Maximum 15 Course is currently full, but we do have a waiting list

General Interest

Current Affairs Discussion Group

The group meets and discusses local, national and world issues. Sometimes a visitor with special knowledge is invited to attend and assist with the discussion. At most other times, discussion is initiated by members of the group. This has proven to be highly successful. It is the format most meetings will follow in 2020.

Leader: Fred McCausland 293

6271 cathandfred@xtra.co.nz

Convenor: Alex MacDonald 905

5291 a.o.armadale@gmail.com

Timing: 10:00 to 11:30 on the 2nd Wed of each month from March – November

Have Your Say

A friendly discussion group airing views on matters local, national, international and ethical.

Leader & Convenor: Anne Wall 293 5000

Timing 1st & 3rd Thursdays of the month 10:00 to 12:00 First meeting is Thursday 20th Feb 2020

Location: Waikanae

Currently no vacancies but there is a waiting list.

Kaleidoscope

This group meets on a Monday morning and has a programme of speakers through out the year. For all the details about what Kaleidoscope is and how to enrol go to [this link](#).

Music

Understanding Music

This discussion group considers a wide range of music with an emphasis on its cultural context and uses. In the first session we will review the broad perspective and our discussions last year, and consider topics for 2020. These may include:

- Some composers' Art (classical) Music in the twentieth century
- creating music (drawing on David Byrne's book How Music Works)
- minimalist music (drawing on Alex Ross's book The Rest is Noise)
- Film music
- recent scientific research into music

Leader Roger Palmer 020

41662273 Roger.Palmer30@gmail.com

Timing: 1st Thursday of the month starting on 5 March 2:00 to 3:30 pm

Please email or phone Roger with any questions or to let him know you will attend.

Location 7 Saint Vincent Way, Waikanae

Cost: Gold coin donation for refreshments

Travel

U3A Travel Group

We are travellers who come together to give presentations on our trips. You can still come along without giving a travel presentation if you are just interested in learning about other cultures/countries. Our presentations cover a wide range of places in the world. Members are responsible for organizing their own presentations in any format they choose (Power Point, Word, etc). We do have access to a video projector if required.

Leader Alison Maysmor 04 297 1058 / 021 034 6472

alisonmtraveller@gmail.com

Timing: 10:00am 3rd Friday of each month – first Meeting Friday 21 February

Venue: 11 Fytfield Place, Paraparaumu

Presentation for first meeting TBA (email to be sent round before-hand)

Location: Course members' homes

Wellbeing

Actively Coping with Cancer

This course is for people who have been affected by cancer, have cancer or may be supporting someone with cancer. It comprises learning Tai Chi Qi Gong – easy gentle exercises with stress management and mind body health and healing principles. Suitable for people still having treatment, for those in recovery or remission
Leader: Christine Lenk Texts only please to 021 126 7883

Convenor: Jan Goodall 299 3979

Timing: Course dates for 2020 still to be fixed but anyone interested can contact Jan or Christine

Location: Uniting Church Hall, Weka Rd, Raumati Beach

Cost: The programme is subsidised by the KCDC Community Grants Scheme and participants can contribute \$5 or koha per session

Be Fit for life

Stretching, strengthening and mobility exercises – suits all ages. Maintain your independence and regain your confidence. Get rid of those aches and pains or at the very least be in control of them. Learn how to increase your general fitness (cardio), balance, strength and flexibility (stretching) so that you can enjoy your daily activities. Alan Hynson (a qualified professional trainer) will teach you how to improve your physical abilities so you can more easily manage such tasks as getting up from a gardening session, standing on a stool to change a light bulb or turning your head to reverse while driving. Alan is also expert at pre-op conditioning and post-op recovery, so that confident safe movement is restored. Alan has a particular interest in working with U3A age group. Sessions will commence with an introductory talk and participants will be assessed and grouped according to needs. Depending on progress and interest, participants will be introduced to exercises utilising gym equipment if and as appropriate.

Leader & Convenor: Alan Hynson 021 932

674 alan@hynson.co.nz

Timing: Weekly, Monday & Wednesday: 10:00 – 10:45

Tai Chi Qigong – Paekakariki

Gentle easy exercises to music for balance, energy, relaxation, breathing and enhanced health. Beneficial also for: arthritis, coordination, circulation, blood pressure, cardiac conditions, mobility restrictions, stress and many other chronic conditions. Exercises can be done standing or sitting. Currently the course is full but contact Christine to let her know you are interested.

Leader: Christine Lenk Text only please to 021 126 7883

Convenor: Eleanor Dawidowski 292 8225

Timing: Fridays in Summer 10:00 to 11:00 in Winter 11:00 to 12:00

Location: St James Church Hall, Ocean Road, Paekakariki

Cost: \$8 per session negotiable

Tai Chi Qigong – Waikanae

This course uses gentle Chinese exercises to strengthen the muscles and bones of the body, improve breathing and encourage stability. One leaves each session with a happy and energized feeling. As you will be guided through the exercises, no previous experience is necessary, and one can join at any time during the year.

Leader Jean White 293

1030 jeanied131@gmail.com

Convenor: Kath Minnis 904 6916

Timing: Wednesdays from 8 January to 16

December You can start any Wednesday.

Please arrive on time, as there are often notices given at the start of the class and a short relaxation.

Location Presbyterian Hall, Ngaio Road, Waikanae – Max 50

The class is at capacity now, but there is a waiting list. If you are interested in having your name added to this list, please contact either Kath or Jean

Cost: Twice a year there is a charge to cover hall hire. Participants will be advised of the cost before the start of each half-year. Currently it is \$25 per half year)

Please pay the correct amount to the Convenor in cash only, in an envelope with your name, telephone number and e-mail address on it, at the start of the semester or whenever you join the class.

Zumba Gold with Anna

Join us for Fitness Fun and Friendship. Zumba Gold is perfect for the active older adult, beginner or anyone recovering from injury who still wants to get a fun, safe, low impact workout. It builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves. Exercises can be modified to individual needs.

Leader Anna Burns 021 024 30430 [Facebook: Anna Burns Enrich]

Email: annaburns.enrich@gmail.com

Location & Timing:

Paraparaumu Memorial Hall: Mondays 11am,

Wednesdays 10am, Thursdays 11am

Te Horo Village Hall: Mondays and Fridays 9.30am

Classes run all year-round including school holidays.

Cost: \$5 Per class for U3A members