

# Kapiti Coast U3A



## Interest Groups

January 2021

### 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 format is flexible – sometimes we all read the same title, other times we talk about books we have read and on other occasions we choose a theme. The group decides as the year moves on what format to use. We encourage carpooling from Raumati through to Ohau.

Leader: Anne Southern: Ph 06 364 5688,

Em: [annesouthern10@gmail.com](mailto:annesouthern10@gmail.com)

Timing: February – December, 2nd Thursday of each month

2.00pm – 4.00pm

Location: Members' homes

Maximum 12

#### Book Club #2

We are a group of people who enjoy reading and meet once a month to talk about books that they have read recently.

Leader: Sue Hodgson Ph 04 293 1191

Em: [hodgsonsp@xtra.co.nz](mailto:hodgsonsp@xtra.co.nz)

Timing: February to December, 2nd Friday of each month, 2:00pm – 4:00pm.

Location: Members' homes

This Group is currently full.

#### Beach Book Club (New)

We are creating a third book club group. It will meet in member's homes in the Kapiti area. Members will determine the format of how the club will work at its first meeting in 2021. If you are interested please contact Jackie at the details below:

Leader: Jackie Johnson Ph 027 458 9531

Em: [johnsonjackie602@gmail.com](mailto:johnsonjackie602@gmail.com)

Timing: February to December, 1st Monday of each month, starts 1 February, 2:00pm

Location: Members' homes

#### 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 Ph 902 1718

Em: [gillward@gmail.com](mailto:gillward@gmail.com)

Timing: Monthly – 4th Tuesday of each month, 10:00am-Noon

Location: 73 Rosetta Road, Raumati South

The course is currently full. Maximum 10

#### John Betjeman, His Life and an Appreciation of His Poetry

Three Friday afternoons visiting some DVDs about the Poet's life, his interests around Britain and his poetry.

Leader: Anne Wall Ph 293 5000.

Em: [anne.belvedere@gmail.com](mailto:anne.belvedere@gmail.com)

Timing: Friday 12th, 19th, 26th February, 2:00pm to 4:30pm.

Venue: Waikanae.

Maximum 7

#### Latin Literature in Translation

Leader: Maurie Dean Ph 293 8844

Em: [marmaudean@gmail.com](mailto:marmaudean@gmail.com)

Convenor: Mary Oldham: Ph 902 0108

Em: [maryfionaoldham@gmail.com](mailto:maryfionaoldham@gmail.com)

Timing: Alternate Tuesdays, 2.00pm to 4.00pm

Location: Course members' homes

Maximum 12

Cost: Copying charges \$15 for the full course

## Games

### Chess (New)

Are you interested in a Chess Group ? Doesn't matter whether you are a beginner or approaching Grandmaster status this could be for you. A meeting will be held on Monday 15 February and the details about format, where and when to meet etc will be discussed. Players of all grades will be welcomed. Contact Don if you are interested

Leader: Don Mathieson Ph 904 1260

Em: [dlmsbm@hotmail.com](mailto:dlmsbm@hotmail.com)

Timing: To be confirmed

Location: To be confirmed

### Mah Jong – Paraparaumu

A social group of Mah-Jong enthusiasts. Please contact us if you wish to join.

Leader: Patricia Kelly Ph 027 495 9398

Em: [pat12kelly@gmail.com](mailto:pat12kelly@gmail.com)

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

Location: Paraparaumu Community Centre, Ngahina St

This group is full for 2021.

Cost: \$4.00 a session to cover room hire

### Mah Jong – Waikanae

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

Leader: Janet Suter Ph 293 4271

Em: [janetsuter@xtra.co.nz](mailto:janetsuter@xtra.co.nz)

Convenor: Marylyn Watling Ph 293 8615

Timing: March to October, Weekly, Thursdays 1.30-4.30pm.

Location: Presbyterian Hall, Ngaio Road, Waikanae

Maximum 30

### 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. There are a limited number of vacancies for the start of 2021.

Leader: Doris Marino Ph 905 3929

Em: [doris.marino15@gmail.com](mailto:doris.marino15@gmail.com)

Timing February to December, every Friday 1.30pm to 4.30pm

Location: Cameo Pop-in Centre, Waikanae

## Gardening

### Garden Time

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 Ph 027 2727 488

Em: [denisedireen@gmail.com](mailto:denisedireen@gmail.com)

Convenor: Marilyn Wilson Ph 04 299 1063

Em: [wilsonjsmn@gmail.com](mailto:wilsonjsmn@gmail.com)

Timing: February to December, 1st Wednesday 10:00 – Noon

Location: Vary.

Garden Time put out a regular Newsletter. You can download / read a copy from [this link](#)

### 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.

Leader: Chris Blackler Ph 904 3323

Em: [chrisblackler45@gmail.com](mailto:chrisblackler45@gmail.com)

Co Leader Susan Dodds, Ph 022 303 7120

Timing: February – December, 3rd Tuesday, 10:00 – Noon .

Dependent on travel

Locations vary

### **National Trust Gardens of Britain**

Enjoy DVDs narrated by Alan Titchmarsh from the UK National Trust.

Leader: Anne Wall Ph 293 5000

Em: [anne.belvedere@gmail.com](mailto:anne.belvedere@gmail.com)

Timing: Three Fridays 12th March, 19th March & 26th March, 2pm – 4.15pm.

Location: Waikanae

Maximum: 7

## **General Interest**

### **Current Affairs**

The group meets and discusses local, national and world issues. Discussion is initiated by members of the group. This has proven to be highly successful. It is the format most meetings will follow in 2021.

Leader: Fred McCausland Ph 293 6271

Em: [cathandfred@xtra.co.nz](mailto:cathandfred@xtra.co.nz)

Convenor: Alex MacDonald Ph 905 5291

Em: [a.o.armadale@gmail.com](mailto:a.o.armadale@gmail.com)

Timing: March – November, 2nd Weds 10:00 to 11:30

### **Family Stories and Histories (New)**

This is a small writing group of members who would like to record funny, interesting, heartfelt memories to go alongside their genealogy. Write your story and keep it to 500 words or less than 5 minutes spoken. Expand your story at your leisure for future generations.

First Topic: "Best Holiday I had as a child"

Leader: Noeline Wagener Ph 04 – 2125886

Em: [noelinewagener@outlook.com](mailto:noelinewagener@outlook.com)

Timing: February to December, 3rd Wednesday, 10:15 to 11:45

Location: 2 Mahia Lane, Waikanae

### **Have Your Say**

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

Leader: Anne Wall Ph 293 5000

Em: [anne.belvedere@gmail.com](mailto:anne.belvedere@gmail.com)

Timing February to December 1st & 3rd

Thursdays, 10:00 to 12:00

Location: Waikanae

### **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](#)

### **New Zealand Constitutional Affairs (New)**

A discussion group that will discuss constitutional issues in NZ. Topics will include:

- The Treaty of Waitangi in historical context. The meanings and significance of the two versions of the treaty. (English and Maori language)
- What does the Treaty mean for New Zealanders today as a multi-cultural nation?
- Honouring the Treaty in the 21st century.
- The special status of the Tangata Whenua.
- Future possible changes in NZ Constitutional arrangements
- Should we remain a Constitutional Monarchy or become a Republic?
- NZ's place in the world given the geo-political changes since World War Two
- Challenges NZ may face in the future with its alliances as a trading nation, its foreign policy and defence arrangements.
- Further topics arising and generated by from the above discussion.

Leader: Peter Hodgson Ph 293 1191

Em: [hodgsonsp@xtra.co.nz](mailto:hodgsonsp@xtra.co.nz)

Timing: March to July 3rd Thursday 2:00pm to 4:00pm First meeting is Thursday 18 March 2021

Location: 2 Papawai Grove, Waikanae

### **Philosophical Discussion**

We look at questions which have interested thinkers throughout the ages. While we will be looking at some of their thoughts, the main thrust of this course is to discuss the questions ourselves. Members suggest topics and briefly introduce them, if necessary, with the help of the leader. Topics for discussion in 2021 will be advised. 2020 Topics included:

- Works of Rene Descartes
- Capitalism
- Social Structure/Biculturalism
- Sentience
- Existence
- Silence
- Basic Terms of Social Science

- Philosophy of Music
- Language
- What is Fact?
- Persuasion

Leader: Pat Belgrave: Ph 022 302 1006 or 04 212 5606

Em: [pandpbelgrave@outlook.co.nz](mailto:pandpbelgrave@outlook.co.nz)

Timing: February to December, 2nd Thursday, 2:00 to 4:00, but this can vary to suit the wishes of the leader and group members.

Location: Member's homes where possible.

Cost: Afternoon tea \$2 and occasional photocopying costs.

### **T4U – Time to Get to Know Your U3A Neighbours**

T4U are meetings to meet your U3A neighbour. Members bring individual topics to be discussed by the group

Leader: Lyn Bennett Ph 904 1170

Em: [ljbennett@outlook.co.nz](mailto:ljbennett@outlook.co.nz)

Timing: February to December, Weekly on a Tuesday at 2:00pm

Location: Contact Lyn for the weekly location.

## **Music**

### **Understanding Music**

Music is pervasive in our New Zealand lives. When it is not the focus of our entertainment, it accompanies it as part of the background on television, videos, streaming and other media. Movies and drama without music are very rare. It is part of the wallpaper of retail and many other commercial premises. It is used for advertising purposes. Music also has vital roles in traditions, customs and ceremonies. And it is regarded as a form of art.

This group discusses our use of music with the aim of understanding it and its significance to our pakeha culture.

Leader: Roger Palmer Ph 020 4166 2273

Em: [roger.palmer.30@gmail.com](mailto:roger.palmer.30@gmail.com)

Timing: February to June and then July to December, 1st Thursday, 2:00 to 4:00 pm

Location: Waikanae

Cost: Gold coin donation for refreshments.

Please contact Roger to join the group or make an enquiry.

### **Music & Musings**

Three afternoons relaxing with a mix of light classical music and poetry. Nothing too highbrow!!

Leader: Anne Wall Ph 293 5000.

Em: [anne.belvedere@gmail.com](mailto:anne.belvedere@gmail.com)

Time: Friday 14th, 21st & 28th May. 2:00 to 4:15

## **Travel**

## **Up To Here**

### **U3A Travel Group**

We are travellers who come together to give presentations on our trips. 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).

Leader Alison Maysmor Ph 04 297 1058 / 021 034 6472

Em: [alisontraveller@gmail.com](mailto:alisontraveller@gmail.com)

Timing: February to December, 2nd Wednesday 1:30pm

Venue: 11 Fytfield Place, Paraparaumu

## **Wellbeing**

### **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](mailto:alan@hynson.co.nz)

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

### **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 when space becomes available.

Leader Jean White Ph 293 1030

Em: [jeanied131@gmail.com](mailto:jeanied131@gmail.com)

Convenor: Vicki Bunch Ph 904 3756

Em: [vbunch@gmail.com](mailto:vbunch@gmail.com)

Timing: Every Wednesday 6 January to 13 December 2021. 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 exercise.

Location Presbyterian Hall, Ngaio Road, Waikanae  
Maximum: 50

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

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. Payment is to be made by online banking to our bank account – details will be supplied at your first meeting

### **Walking Group**

This group meets weekly for a 1-1.5 hour walk with morning tea, either in a cafe or in a park or in homes if near the start of the walk.

Leader: Maureen Robb Ph 4 9342038

Em: [maureenrobb76@gmail.com](mailto:maureenrobb76@gmail.com)

Timing: Every Tuesday at 10:00am – location announced to members beforehand.