





<b>THURSDAY</b>	
<p><b>The Time of your Life</b></p> <p>This is a three session course. The first session looks at the demography of aging, and discusses what “old” means in various cultures and to various individuals; the process of aging and what contributes to successful aging. The second session looks at memory and how important it is in our lives; the impact of memory loss and very briefly at Alzheimer’s Disease. Most of this session is spent on the importance of capturing memories and various ways we can do this, looking at famous diarists, letter writers, memoirs etc. The third session discusses the importance of creativity in our old age and highlights research which is being done, with examples of older people who are encouraged to be creative in old age and those who continue to have a satisfying and fulfilling creative life.</p> <p>Dates: 8, 15 &amp; 22 August      Time: 09:30 for 10:00 until 12:00      Cost R10 per session</p>	<p>Rae Labuschagne 012 007 1704 083 255 3772 <a href="mailto:raelab@telkomsa.net">raelab@telkomsa.net</a></p> <p>4 Eldoraigine Retirement Estate, 458 Willem Botha St; Eldoraigine</p>
<p><b>Introduction to Wine Appreciation</b></p> <p>Each session will include an input session with a Power Point presentation and a tasting of two wines. We will look at how to assess wine objectively, score wines at wine tasting, read wine labels, select wines off a wine list, mature and store wine and pair wine with food. The input sessions will include a bit of the history of wine, winemaking techniques and an explanation of the term ‘terroir’.</p> <p>Dates: 12, 19, 26 September and 3 October. Time: 09:30 for 10:00 start; 12:00 end. Cost R40 for each of the first 3 sessions and R50 for the last session which includes a food and wine pairing.</p>	<p>Glyneth de Jager 083 263 4384 <a href="mailto:dejager.glyn@gmail.com">dejager.glyn@gmail.com</a></p> <p>24 Wedgewood Villa, 278 Jean Ave, Die Hoewes, Centurion</p>
<p><b>Creative Writing Workshop</b></p> <p>This inspirational workshop for aspiring writers focuses on memoirs. It will include sharing excerpts from books, getting to know the habits/eccentricities of some famous authors and looking at guidelines from popular writers. Exercises and optional homework assignments are included. The three sessions are structured as follows:</p> <ol style="list-style-type: none"> <li>1. Does truth spoil a good story? We examine the way some authors have handled fact and fiction. Do we have a duty to fulfil our readers’ expectations? How form complements content.</li> <li>2. Finding our way back home. Techniques to evoke memories. Researching the past.</li> <li>3. Making our mark. Ways of recording memories for posterity. Blogging. Self-publication. Photobooks. Journals. Museums and collections. Participants to bring writing tools. Venue is the home of Barbara Gilmour.</li> </ol> <p>A maximum of 6 people can be accommodated.</p> <p>Dates: 15, 22 and 29 August. Time: 09.30 for 10.00 start until 12.00. Cost: R10 per session.</p>	<p>Lynn Sly      083 276 5672 <a href="mailto:buccy54@gmail.com">buccy54@gmail.com</a></p> <p>Barbara Gilmour 083 407 8474</p> <p>316 Hay Street, Brooklyn</p>
<p><b>Basic Computer Skills</b></p> <p>Covering desktop, icons, start menu and taskbar; right and left click; creating, naming and organizing files and folders; saving files; backups (and synchronising); using the internet and emails; copy and paste; ‘Undo’!</p> <p>Note that this is for Windows users only (not for users of Apple computers which function differently). Bring your laptop if you have one.</p> <p>Dates: 3, 10 &amp; 17 October. Time 08:15 for 08:30 to 11:00. Cost R30 per session (includes cost of venue).</p>	<p>Yvonne Shapiro 012 329 0791 083 268 2763 <a href="mailto:yshapiro@telkomsa.net">yshapiro@telkomsa.net</a></p> <p>340 Malherbe St, Capital Park</p>

<p><b>Flanders &amp; Swann: famous British musical satirists of the 1960s</b></p> <p>In response to requests, Richard offers this repeat session of a selection from the pairs' recorded music.</p> <p>Date: 28 November. Time: 09:30 for 10:00 start until about 11.00. Cost R10.</p>	<p>Richard Clark 012 460 8407 082 850 6613</p> <p><a href="mailto:ricclark@telkomsa.net">ricclark@telkomsa.net</a></p> <p>341 Main Street, Waterkloof</p>
<b>FRIDAY</b>	
<p><b>How language use is able to expose criminals like the UNAbomber: the science of Forensic Linguistics</b></p> <p>This is a three session course.</p> <p>Dates: 2, 16 and 23 August (full) and 1, 8 &amp; 15 November (almost full).</p> <p>Time 09:30 for 10:00 until 12:00. Cost: R10 per session plus extra for photo stated material.</p>	<p>Gus de Villiers 012 331 2355 082 772 4967</p> <p><a href="mailto:gusdev@outlook.com">gusdev@outlook.com</a></p> <p>688 11<sup>th</sup> Ave; Wonderboom South</p>
<p><b>Satire and the Funny Bone</b></p> <p>This three session course will explore a variety of satirical texts from Chaucer to Trevor Noah. Members who have already signed up will be contacted to confirm the dates of their sessions.</p> <p>Dates: to be confirmed. Cost R10 per session.</p>	<p>Verna Brown 012 804 8248 072 437 6210</p> <p><a href="mailto:kvbrown@mewb.co.za">kvbrown@mewb.co.za</a></p> <p>18 Manor Ridge, 60 Carol Ave., Lynnwood Manor</p>
<p><b>The British New Wave Cinema</b></p> <p>This series of 10 films, produced from 1959 to 1961, has much in common with the French Nouvelle Vague Cinema and incorporates the so-called 'kitchen sink' genre. The course is based on showings of and discussions on four of the 10, such as the classic Look back in Anger starring Richard Burton and Claire Bloom. The new directors and actors will be considered as well.</p> <p>Dates: 6, 13, 20 &amp; 27 September      Time: 09.30 for 10.00      Cost R10 per session.</p>	<p>Karen Batley 012 341 2338 082 415 6650</p> <p><a href="mailto:batley@wol.co.za">batley@wol.co.za</a></p> <p>276 Berea Street, Muckleneuk</p>
<p><b>Mandala Drawing for Beginners</b></p> <p>Mandala Drawing for Beginners consists of 2 workshop sessions. The first is an introduction and background to mandalas and the second is a practical session. Cost R10 per session plus R15 if you want the Photostatted information.</p> <p>Dates: 1 &amp; 22 November      Time: 09:15 for 09:30 until 12:15</p>	<p>Jannie van Alphen 061 471 4217</p> <p><a href="mailto:valphenic@mweb.co.za">valphenic@mweb.co.za</a></p> <p>710B Orkney Cres, Faerie Glen</p>
<p><b>Introduction to Origami</b></p> <p>Origami is the art of paper folding. Its principles are used by NASA when they design equipment that has to be as small as possible during the launch of a space rocket, but has to "open up" in space.</p> <p>In this introductory session course participants will start with the basics of traditional origami to enable them to join the Origami Interest Group where they will have the opportunity to explore some alternative folding procedures.</p> <p>Dates: 19 July and 23 August (the Friday before the Origami Interest Group meets – dates are provisional).</p> <p>Time: 09:30 for 10:00 to 12:30      Cost R10 per session plus R30 (approx.) for materials.</p>	<p>Helga Nordhoff 012 804 9000 072 239 2048</p> <p><a href="mailto:helga@qwerty.co.za">helga@qwerty.co.za</a></p> <p>100 Wildevy Ave, Lynnwood Manor</p>

<b>Friday – continued</b>	
<p><b>Making your own Christmas Baubles (for beginners)</b></p> <p>These are similar to the Easter Eggs which featured in the Jacaranda Journal but with a Christmas theme.</p> <p>Date: 15 November      Time: 09:15 for 09:30 until 12:15      Cost R10 plus R50 to cover materials.</p>	<p>Jannie van Alphen 061 471 4217 <a href="mailto:valphenjc@mweb.co.za">valphenjc@mweb.co.za</a> 710B Orkney Cres, Faerie Glen</p>
<p><b>Puzzles and Patterns for Pleasure</b></p> <p>Playing with shapes and numbers can be fun and entertaining. In this course participants will explore the geometry and symmetry hidden in some traditional puzzles e.g. the Tangram. They will get to know numbers in a totally different way and learn to solve puzzles like the Magic Square and explore the logic in some well-known riddles similar to the River Crossing Puzzle.</p> <p>Dates; 6, 13, 20 September. Note that these are provisional dates. Time: 09:45 for 10:00 until 12:30      Cost R10 per session plus extra for materials.</p>	<p>Helga Nordhoff    012 804 9000 072 239 2048 <a href="mailto:helga@qwerty.co.za">helga@qwerty.co.za</a> 100 Wildevy Ave, Lynnwood Manor</p>
<b>Days / dates still to be determined</b>	
<p><b>An Introduction to Memory</b></p> <p>This is a one session introduction to different types of memory. All participants will be encouraged to join in the discussions. Should there be enough interest the talk may, at a later stage, be extended to look at topics like abnormal memory, problem areas in our understanding of memory, and consolidation of memory. Group maximum: 6.</p>	<p>Retha Viljoen    012 329 3090 <a href="mailto:rviljoen@webafrica.org.za">rviljoen@webafrica.org.za</a> 36 Buffels Road, Rietondale</p>
<p><b>Drawing for Dummies 2</b></p> <p>Converting 2-dimensional line into 3-dimensional form. This once-off session is only for members who have completed Drawing for Dummies 1. As regards the date, we will wait for warmer weather i.e. the end of August. Those who sign up will be contacted.</p>	<p>Gill Udal            082 578 4192 <a href="mailto:gillmudal@gmail.com">gillmudal@gmail.com</a> 16B Iris Lane, Irene</p>
<p><b>Going off the grid!</b></p> <p>What does this mean? How much does solar cost? Which are the best options e.g. a solar or heat pump geyser? Lithium ion or lead acid batteries? We have recently converted our Irene home to be virtually independent of Eskom. We can show you the system, give you a breakdown of costs and benefits and can possibly arrange for an installer to be present to answer additional questions. Please contact Gill preferably by email or WhatsApp.</p>	<p>Gill Udal            082 578 4192 <a href="mailto:gillmudal@gmail.com">gillmudal@gmail.com</a> 16B Iris Lane, Irene</p>
<p><b>Martin Luther</b></p> <p>We look at the political, social and religious world of Martin Luther, some key personalities involved in the events of the time, the personality of the man and the legacy of the Reformation outside of the church sphere. We also deconstruct some of the historical myths that grew up around these events. A maximum of 8 people can be accommodated at a time.</p> <p>This is a 2 session course. Dates to be confirmed      Time 14:30 to 16:00.      Note: this is an afternoon sessions.</p>	<p>Johan Brink            012 807 8822 083 399 9661  <a href="mailto:johanbrink@lantic.net">johanbrink@lantic.net</a></p>
<p><b>Meteorite impacts, meandering rivers, wonder holes and other interesting features of our landscape</b></p> <p>We look at and discuss some of the interesting features of our landscape, revealed by Google Earth. This is a one session course which will take place from 14:30 to approximately 16:00. Note: this is an afternoon sessions. A maximum of 8 people.</p>	<p>Equestria Retirement Village, 229 Meerlust Avenue</p>