



U3A Pretoria: Courses for the first half of 2026

Please phone or email the presenter to attend any of the courses or join any of the interest groups. Otherwise, put your name on the lists available in the Skuilkrans Hall at the AGM or any of the quarterly meetings. Any further details regarding dates, days and times can be obtained from the presenter.

NOTE: When you sign up for a course, PLEASE write your details CLEARLY for the course presenter or co-ordinator. AND write the dates down in your diary immediately!

Please remember that once you have registered to attend any course you are obliged to attend all sessions, unless it is absolutely impossible to do so. In that case, make your apologies to the course leader as soon as possible.

You are also requested to switch your cell phone to silent during all U3A presentations.

Course fees are R30 per session, payable to the course leader, plus the cost of any materials provided. In some cases, there may also be a venue fee. **Please pay all course fees at the first session.**

U3A Course Overview 2026/1

Monday	Tuesday	Wednesday	Thursday	Friday	Days/dates unsure
History: a short course A new course is being prepared; details will be provided later	Origami 101		Introduction to Wine	Unravelling the Coffee Bean	A Puzzling Affair: Puzzles and Patterns for Pleasure
Medieval Food: From field to factory				A Man of Integrity: John Proctor In "The Crucible" by Arthur Miller	
Glass Slippers and other Fabulous Footwear: a history of Cinderella					
Weird English: Fun and Facts					
Any U3A member wishing to present a course is invited to do so. Please contact the course coordinator, John Kap, for details and the necessary information					John Kap 072 299 7976 johnkapo8@mweb.co.za

Name of Course or Topic	Presenter Contact Details
MONDAY	
History: a short course The current short course is being completed with the last of the groups. A new course is being prepared; details will be provided of the topic, dates and times as soon as the course is ready. Dates: To be communicated. Time: 09:30 for 10:00 to 12:00 Cost: R30 per session	John Lambert 012 460 5089 lambertb@mweb.co.za 191 Milner St, Waterkloof
Medieval Food: From Field to Factory A very brief look at how medieval Europe's changing diet, especially the increase of available protein, shaped population and productivity. Seating limited. Date: Monday, 9 March Time: 13:30 to 15:30 (Refreshments from 13:00) Cost: R30 per person	Shelley Browning 082 445 1008 shelley@transforum.co.za Venue: 33 Monterama, 68 Skool Street, La Montagne.
Weird English: Fun and Facts This 2-session course explores how language shapes our world. We'll discover what shaped English, uncover the odd and weird rules of English and its crazy spelling, and make sense of tricky silent letters. Along the way, we'll explore how 'others' communicate, from ancient cuneiform to modern emojis, and examine the fascinating connection between the brain and language. Finally, we'll step in the court to see how forensics—crime and language—reveals the hidden power of words in real life. Date: Monday 9 and 16 March Time: to be decided Cost: R30 per session	Gus de Villiers 082 772 4967 gusdev@outlook.com Venue: Skuilkrans Chapel

MONDAY continued	
Glass Slippers and other Footwear: a history of Cinderella Date: Details to be announced once the presenter has an indication of the number of interested members. Time: to be announced Cost: R30 per session	Cheryl Gibbs 076 194 2311 cherylandmikeg@gmail.com Venue: to be decided
TUESDAY	
Origami 101 (3 sessions) An introduction to Origami, a papercraft that uses mainly folding to create useful and decorative objects. Dates: Tuesday 13, 20 & 27 May Time: 9:30 for 10:00 to 12:00 Cost: R30 per session	Cheryl Gibbs 076 194 2311 cherylandmikeg@gmail.com Venue: to be decided
THURSDAY	
Introduction to Wine This course comprises 3 sessions and looks at how to assess wine, mature wine, wine styles and pairing wine with food. It includes a bit of the history of wine and touches on production. Dates: Thursday 12, 19 & 26 March Time: 09:30 for 10:00 till 12.30 Cost: R50 per session for the first 2 sessions; R 70 for the 3rd session, which includes food samples.	Glyneth de Jager 083 263 4384 dejager.glyn@gmail.com 24 Wedgewood Villas, 278 Jean Avenue, Die Hoewes, Centurion

FRIDAY	
Unravelling the Coffee Bean This 3-session course examines where coffee comes from and how it ends up as a liquid. Different coffee-growing regions and countries are explored as well as the different types of coffee, the terroir and harvesting process. Lastly, we uncover coffee roasting, grinding and the different types of brewing, with a practical coffee appreciation at the end. A maximum of 6 persons can be accommodated. Dates: 3 consecutive Fridays, dates still to be determined Time: 10:00 to 12:00. Cost: R30 per session.	Martin Bester 082 347 7531 mbbesmar@gmail.com Venue: No 3 Casarene, 546 Serene Street, Garsfontein, Pretoria.
A Man of Integrity: John Proctor In “The Crucible” by Arthur Miller What does a man do when he is falsely accused? How does he fight for his life against the odds? What can sustain him when under threat? [A knowledge of the play will be helpful but is not necessary to appreciate the moral dilemma that it presents.] Dates & Times: will be provided	John Kap 072 299 7976 johnkapo8@mweb.co.za Venue: to be decided
Days / dates still to be determined	
A Puzzling Affair - Puzzles and Patterns for Pleasure 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, learn to solve puzzles like the Magic Square and explore the logic in some well-known riddles similar to the ‘River crossing puzzle’. Dates and Time: Probably late April/May/June, but will be determined by participants Cost: R90 (R30 per session) plus R60 for material; total R150 Participants: This course is already fully booked!	Helga Nordhoff 072 239 2048 helga@qwerty.co.za 100 Wildevy Ave, Lynnwood Manor