



## PORIRUA (MANA) U3A INTEREST GROUPS FOR 2023

[www.u3amana.org.nz](http://www.u3amana.org.nz)

"Wisdom is not a product of schooling, but of the lifelong attempt to acquire it" - Albert Einstein



### Book Discussion 1

- When: 2nd Tuesday. Beginning February 2023
- Time: 10am
- Venue: Each meeting is held at the home of a member who acts as host and leads the discussion.
- In addition to studying two or three selected titles in detail, we try to cover a wide range of topics and authors in different genres during the year. If interested please give Lesley a call.
- Co-ordinator: Lesley Harrison
- Telephone: (04) 234 1677 Email: lesleymargaret@hotmail.com



### Book Discussion 2

- When: 2nd Thursday April - November
- Time: 1:30pm
- Venue: Each meeting is held at the home of a member.
- Members read and talk about the book they have read according to the month's genre. This introduces members to a wide variety of titles and authors. If this sounds like you please join us.
- Co-ordinator: Carolyn Rait
- Telephone: (04) 234 7422 Email: carolyn.rait@gmail.com Cellphone: 021 121 0218



### Bridge

- When: Weekly Mondays
- Time: 9:30am
- Venue: Plimmerton Croquet Club rooms, Ulric Street, Plimmerton Industrial Estate.
- The group plays social bridge and no bridge experience is necessary. Prospective players can just turn up or contact Ian.
- Co-ordinator: Ian Fowler
- Telephone: (04) 233 0045 Email: idnfowler@hotmail.com Cellphone: 027 343 2443



## Creative writing

When: Every 3rd Wednesday  
Time: 10am  
Venue: We take turns to meet in each other's house

The aim of this group is to write for enjoyment and the sharing of stories with others. A focus for our writing is decided at each meeting and can include 'Anniversary', 'A Trump story', 'Maps', or an 'ABC' mystery. Sometimes we explore the intricacies of writing poetry. At other times we write about our own experiences or explore writing fiction. We share our stories at the meeting. At times members of the group share past stories. We enjoy our time together over a cup of tea or coffee and something to eat.

As we meet at each other's house, this group is limited to 10 people. If there is a need, an overflow creative writing group is to be formed, meeting on the 1st Wednesday of each month for an additional 10 people.

Co-ordinator: Christine Healy  
Telephone: (04) 236 8573 Email: candjhealy@xtra.co.nz



## Film Group at the Lighthouse

When: 3rd Saturday  
Time: Varies according to session times.  
Venue: The Lighthouse, Pauatahanui.

Members are advised of the decision on timing, the Thursday or Friday prior. We have coffee afterwards to look at few reviews and discuss the film.

Co-ordinator: Rae Collins  
Telephone: (04) 234 7476 Email: rae.collins@xtra.co.nz



## Garden

When: 4th Wednesday  
Time: 10:30am. Times may vary slightly.  
Venue: Various Gardens or St Mary's Anglican Church Whitby

We are a friendly group some of whom are long-time gardeners with a lot of knowledge which they happily share, whilst others, like me, are new gardeners. We visit gardens and discuss all things gardening with the owners in the summer. From May-August we meet at St Mary's Anglican Church Whitby and have morning tea, a guest speaker, benching, a swap table and sometimes a raffle. We have a small charge of \$3 per month which we use to buy a small gift for the garden owners, and to pay for the hall. Please come and "try us out".

Co-ordinator: Kay Phillips  
Telephone: 027 975 8569 Email: 46nanakay@gmail.com



## Mahjong

When: Wednesdays, weekly  
Time: 1:30-3:30pm  
Venue: Plimmerton Croquet rooms, Ulric Street.

There is a small fee of \$3.50 per session to cover the room hire. This is a social group suitable for both experienced and new players. Lessons will be held throughout the year. If you are interested in joining us please ring Barbara or Irene on 234 1036

Co-ordinator: Barbara Watson  
Telephone: 021 328 072 Email: bckjwatson@gmail.com



## Making Memories

When: Monthly from March - November  
 Date and Time: To be set by members.  
 Please contact Kay if you are interested.

The intent is to create a series of memories, for children, grandchildren, or just ourselves. Our members make memories based on a single photo of their own that each person chooses each fortnight. The memory may be written, discussed, or recorded on audio or video. Members can choose a starter question, use a given template, or simply describe the memory to others. Afternoon tea is provided. No cost other than own materials.

Co-ordinator: Kay Phillips  
 Telephone: 027 975 8569 Email: 46nanakay@gmail.com



## Play Reading

When: 2nd Friday, May-September  
 Time: 10am  
 Venue: TBC

Our tutor, Pat Knight, has sourced a varied range of reading material for us, covering comedy, short skits, Oscar Wild etc. A small charge is made towards photocopying as required. This ensures a copy of the current reading for each person's use. We begin with coffee or tea. This group is not at all serious and we have a lot of fun. Acting experience is not necessary.

Co-ordinator: Pat Knight  
 Telephone: (04) 233 6634 Email: patknight@xtra.co.nz



## Science

When: Mondays, fortnightly beginning 20 Feb 2023  
 Time: 10am  
 Venue: Combined Church, Mana Ave, Titahi Bay.

There is a small fee of approximately \$5 to cover hall hire. We begin with a cuppa and a great assortment of biscuits and a friendly catch up. Our venue has a large TV screen, so Colin brings our programme on a USB. We have a selection of documentaries, 15 minute TED Talks or snippets from YouTube. They vary from the solar system to bacteria; crows; dung beetles to mushrooms; women in science to healthy looking cats running around the ruins of Chernobyl and anything in between. Discussions can get lively. Everyone is welcome. You do not need a science background to enjoy this group. The group has been meeting since 1991. New members are welcome.

Co-ordinator: Joan Conroy  
 Telephone: (04) 236 7756 Email: joancon@xtra.co.nz



## Scrabble

When: Fridays, Fortnightly.  
 Time: 10am  
 Venue: The scrabble group meets once a fortnight at a member's home.

After a cuppa (including an assortment of delicious cake or biscuits) and a catch up, we make up two teams and play one (or sometimes two) games. It doesn't matter whether you've played scrabble a lot or only occasionally; we always have fun, and come away having spent a great morning together. Contact Bill if you're interested in joining our group.

Co-ordinator: Bill Gebbie  
 Telephone: 027 6770 180 Email: [billnmary@xtra.co.nz](mailto:billnmary@xtra.co.nz)

## Tai-Chi



When: Weekly on Fridays  
Time: 10am - 11am  
Venue: Tawa Union Church, Elena Place, Tawa

These classes will be led by an experienced Tai Chi instructor, catered for seniors across both Tawa and Mana U3A.  
Tai Chi helps to improve balance, flexibility, and overall health both mental and physical. This results in better sleep quality, improved blood circulation and cognitive functions, reducing stress and anxiety.  
There is a donation of \$2 to \$5 from each attendee, per session, to cover the hire fee of the hall.

Co-ordinator: Michael Lynch  
Telephone: 022 606 8066 Email: m.lynch@xtra.co.nz

## These Changing Times



When: Thursdays, fortnightly. Beginning March - November 2023  
Time: 10am - Noon  
Venue: Meeting at a member's home.

We discuss a range of topical issues from history, to science, to education both local and abroad. We also discuss topical issues, nominated before each meeting by a member of the group. Issues are agreed on prior to the next meeting with a person or persons selected to lead the discussion. Research material may be required or sent out depending on the topic. Discussions are both interesting and lively.

Co-ordinator: Michael Lynch  
Telephone: 022 606 8066 Email: m.lynch@xtra.co.nz

## walking



When: Mondays March - Dec 2023  
Time: 9:30am  
Venue: We meet at a specified place each week. This changes as we alter our route for interest.

The walks are at a steady pace but not too brisk. We sometimes split into two groups to accommodate pace. Walks are usually 40 mins- 1 hour. No cost.  
After each walk those who wish, gather at a local cafe for a drink and chat.

Co-ordinator: Kay Phillips  
Telephone: 027 975 8569 Email: 46nanakay@gmail.com