

ENROLMENT FORM

Please indicate the course, activities and events for which you wish to enrol and send this form to **Kiama Lions Club Inc.**, P.O. Box 161, Kiama, NSW 2533 with your cheque or Money Order made out to Kiama Lions Club Inc. Accepted applicants will receive a receipt in the mail. Applicants for a course that has been filled will have their payments returned. The Kiama Lions Club regrets that no refunds can be made to enrolled applicants who later wish to cancel their enrolment.

The club cannot accept telephone or faxed inquiries. Email inquiries can be made to kls@kiamalions.com.

The Kiama Lions Club reserves the right to cancel any course for any reason without explanation. In the event of a course cancellation, all payments will be fully refunded.

Some courses may fill up quickly, so consider other options by writing 1, 2 or 3 in the box against the courses of your choice, 1 being your first preference.

COURSE/ACTIVITY COST MATERIALS FEE

- Let the people sing _____\$50
- Acting for Fun _____\$50
- Writing for Performance. ____\$50
- Beginner Watercolours\$50
- Drawing & Sketching _____\$50
- Family History _____\$50
- Life Writing _____\$50
- Beginning Bridge\$50
- Internet Secrets _____\$50
- Quilting and Patchwork ____\$50
- Calligraphy _____\$50
- Writing for Clarity\$50
- Knitting & Crochet _____\$50
- Basic Woodworking ____\$50

Indicate the following with a ____

- Hot Topics\$50
- Welcome Reception ____ \$0
- Barbecue and Film Night . . . \$15
- Saturday Lunch _____\$5

TOTAL: _____\$_____

Name:

Address: Ph no:

Email address:

I enclose cheque/money order for \$..... in payment of my course fee, and where relevant, lunch and event costs.

Signed: _____

There will be a charge for materials for the art and craft courses from between \$10 and \$20 depending on the nature of the course. This payment will be due on Registration.

KIAMA LIONS SENIORS WEEKEND SCHOOL FRIDAY 19TH – SUNDAY 21ST MARCH 2010

The weekend will provide seniors with a wide range of hands-on courses. All tutors are experts in their fields. Except for Hot Topics, which is a series of eight lectures and/or demonstrations, all the courses provide guided, practical work and participants will acquire a variety of skills. Because so much practical work is involved and to maximise individual attention, all courses, except for 'Let the People Sing' (20) Bridge (16) and 'Hot Topics' (50), will be limited to 15 participants. Intended participants are, therefore, advised to enrol early as places will be allocated on a first come, first served basis.

Costs have been kept to the minimum in order to make the Weekend School accessible to seniors on limited incomes. The cost of each course is \$50, plus an additional materials cost in some cases.

Kiama is an ideal location for such a School. Apart from its scenic beauty and tourist attractions, there are excellent and many accommodation facilities.

Accommodation can be arranged through the Kiama Tourist Bureau 02 4232 3322.

As well as the courses, there will be two social functions for participants: a welcoming reception on Friday 19th at 5pm and a barbecue and film night hosted by the Kiama Lions Club at the Kiama Surf Club, overlooking spectacular Surf Beach on Saturday 20th at 6.30pm.

All courses will run from 9.30am to 4.30pm on Saturday with an hour for lunch (provided, if required) and from 9.30am to 12.30pm on Sunday.

All courses will be held at Kiama High School except for Family History which will be conducted at the Kiama Family History Centre. For course participants who do not have their own transport, low cost community transport will be available to and from the course venue.

All participants will receive, on registration, an information kit including discount vouchers for selected local shops and restaurants. The value of these vouchers, if used, far exceeds the cost of the course.

The Kiama Lions Club Inc. is a not-for-profit, registered charitable organisation and all profits from the Weekend School will be donated to local charities.



Sun...Sea...Surf Seniors School

Friday 19th Sunday 21st March 2010



Enjoy beautiful surf beaches, great restaurants, wineries and escarpment walks while exercising the cerebral senses for fun and fulfillment. Kiama Lions Club Inc. is running a weekend school for seniors with a great mix of courses to educate and excite.



MAIN COURSES: Note - Courses will only be held if minimum numbers are reached.

HOT TOPICS: A range of additional short, informative courses will be on offer.

SAVING A LIFE

Based on the St John's Ambulance training manual, this course shows how to recognize the signs and symptoms of stroke and heart attack, and the steps to take to render first aid that could save a life. There will be practical demonstrations on a manikin, and an opportunity to ask questions.

GREY NOMADS

Planning, preparations and problems presented by a group of experienced grey nomads who have done it all many times.

VOLUNTEERING

There are so many worthwhile organisations that need the help of volunteers. This session will examine how to become a 'volunteer'.

REAL ESTATE

Buying and selling a house, whether to live in or as an investment property, can be fraught with pitfalls. In this presentation an experienced real estate agent will provide a list of things to look for, to do and not to do.

MANAGING MONEY

Whether one has a pension, a self or organisation-managed superannuation fund there are many things people ought to be aware of, as the recent financial crisis has so graphically demonstrated. In this presentation, experienced money managers will survey the possibilities, including the pros and cons of reverse mortgages.

AGED CARE FACILITIES

Deciding where to spend one's last years can be one of the most important decisions one can make. In this presentation an expert in retirement living will examine the various facilities offered by retirement villages and aged care facilities, some of which offer far more value for money than others.

WILLS & PROBATE

A badly written will can create insuperable problems for intended beneficiaries. In this presentation an expert in wills and probate will guide participants through the legalities and potential problems.

GOOD HEALTH TIPS

Preventative medicine is as important as treatment for a medical ailment. In this talk an experienced GP will outline the steps that every retiree can take to stay active and healthy.

ACCOMMODATION PACKAGES

There are various types of accommodation available in Kiama ranging from B&B, hotels, motels to caravan parks and cabins. The Tourist Information Centre telephone 02 4232 3322 can also assist with bookings at B&B establishments. Kiama Cove Motel telephone 02 4232 3000 is offering special three-day packages to Kiama Lions Seniors School attendees.



ACTING FOR FUN

Robert Ketton

Gain an insight into how professional actors go about building a character and how they remember the words! Discover how your life experience can be used to help portray an exciting range of heroes and villains. Tutor is Robert Ketton, former Senior Lecturer in Acting in the Theatre Program of the University of Southern Queensland.

WRITING FOR PERFORMANCE Ken Methold

Professional novelist, screenwriter and playwright Ken Methold will introduce course members to the many kinds of writing for performance – comedy scripts for amateur concerts, social club functions, one-act plays, plays for children, radio plays and serials, theatre restaurant pieces, and short film scripts.

WRITING FOR CLARITY Graeme Henderson

After more than 20 years in country newspapers, Graeme Henderson has learnt much about writing simple, clear, easy to read prose that is simultaneously informative and entertaining. Find out how to forestall editors changing your precious copy. These techniques can be applied in all fields of writing including letters, reports, speeches, newsletters, press releases and presentations.

LIFE WRITING

Rae Luckie

This introduction to life writing is suitable for beginning as well as more experienced writers interested in writing family history, autobiography, memoir or fiction. Based on the premise that 'everyone can write', creative writing techniques and resources are used to inspire creativity. Individual needs are taken into account in the first session and the workshop adjusted specifically for the participants.

INTERNET SECRETS

To Be Advised

The internet is the most exciting development in human communication since the invention of printing. There is, literally, nothing you cannot find out by 'surfing the net'. More than this, by having your own 'blog', web page, or entry on such sites as Facebook you can be in immediate communication with friends and relations world wide. Access to computers will be provided.

BEGINNER WATERCOLOURS Irene Wortley

Some art forms are very expensive and beyond the budget of most retirees. This is not the case with water colour painting which can be enjoyed using only the cheapest water colour sets available in the 'dollar' shops. The basic skills of this delightful pastime can be quickly mastered, and this course will provide the essential instruction.

DRAWING & SKETCHING Kerry Suttonberg

At one time, learning to draw was as popular a skill as playing the piano, but then the appeal of instant photography made it something of a minority pastime. Now the satisfaction from creating something personal with pencil and paper is such that sketching is enjoying a revival. This course will introduce attendees to the essentials.

QUILTING & PATCHWORK Ann Robson

This course will enable students to produce a sample of one or more methods that they can take home and refer to in the future to create a piece of quilting and or patchwork. Sessions will cover the techniques, choosing materials and patterns, demonstrations and practice.

FREEFORM KNITTING & CROCHET

Annette Hoskins

Incorporate every stitch you've ever learnt, together with the exciting colours and variety of yarns available today, mix in a little imagination and you've found the key to the fascinating technique of freeform. Allow colour, texture and form to lead the way with intuition, spontaneity and the sheer joy of doing as your guide, freeform can take you on a fascinating journey.

BASIC WOODWORKING

Tool Maintenance & Wood Carving John Unwin

Winner of many awards for wood carving, and leader of the Kiama Wood Carvers, John Unwin is one of the districts most highly regarded craftsman. In this course, John, and other local wood carvers, will introduce participants to the essential skills and routines of the craft. All tools and materials will be provided.

FAMILY HISTORY

Ray Thorburn

One of the most popular activities for people with a little time on their hands is researching their family history. It is an activity available to everyone but one needs to know how to go about it. The Kiama Family History Centre is one of the finest in the country and experienced researchers there will guide course members through the most efficient methods of investigating their ancestry.

LET THE PEOPLE SING

Angela Quinn

Singing is not only a pleasant form of recreation but also an extremely healthy activity. Over the weekend, Angela Quinn, an experienced music teacher, will provide participants with an introduction to choral singing. The group will practise a number of songs and experience the joys of being part of a choir.

CALLIGRAPHY

Ros Ralph

Calligraphy is one of the most accessible artistic activities available. The only materials required are a calligraphy pen – available for a few dollars from the various 'dollar shops', – a writing pad, a bottle of ink and a cheap manual. By the end of this course you will be able to produce handwriting that is an art form in itself and a pleasure to read.

BEGINNING BRIDGE

Gwen Hinchliffe

Bridge is a stimulating fun game for all ages. It keeps the brain active for the elderly, yet Australia has featured in World Youth Championships for under 21s. It can be enjoyed in a social situation or in club competitions. This course will cater for the absolute beginner, so come and learn the basics. By the end of the weekend participants will be able to add it to their repertoire of leisure activities.