

# Mind *Ventures*

BULLETIN

LEARNING + LEISURE FOR MATURE-AGE PEOPLE

AUG 07

## Ideas, Places and Other People...

Welcome to those who are reading a *MindVentures* newsletter for the first time; and hello again to those who have taken part in one or more programs in the past.

The words that appear above are ones we use rather a lot when talking about *MindVentures*. But they serve as a good description of what we do.

Our aim is to provide formats – ‘short breaks with a difference’ and one-day courses – in which people can explore different subjects and places, and listen to the expert and entertaining presenters we source. And at the same time enjoy the company of a small group of other people who share a similar outlook on life.

Why focus on older people? (We variously use the terms ‘mature-age’ and ‘retired and semi-retired’ though we’re still not sure what the best descriptor is! In practice, however, while there’s a considerable age range, most of the participants in *MindVentures* are in their 60s and 70s.)

The main reason is that we want to expand the opportunities available to those who may have moved to the stage of life where the demands of family or employment are reducing, and who value the chance to enrich their lives.

Recent *MindVentures* one-day courses have ranged over a wide variety of topics. We’ve explored subjects as diverse as Middle East politics, Shakespeare and architecture while programs coming up cover Queensland history and politics, the physiology of personal fitness, music and Islam.

For those who like to travel, recent short breaks have been held in places including Charters Towers, Lennox Head, Heron Island and Longreach. Destinations where programs are scheduled later this year and in early 2008 include Boonah, Armidale, the Atherton Tableland, Maryborough and Cooktown (via the Daintree National Park).

If any of the programs currently on offer captures your interest you can get further details about costs and what will be included by contacting us or visiting the website (see details on this page) or returning the form enclosed.

We hope there’s something here that can – in the words of one our regular participants – make your life more interesting.

Best wishes  
Bill Richmond

### SUMMARY OF PROGRAMS COMING UP

Short Breaks with a Difference	
AUG	SR500 – Exploring the Scenic Rim of South-East Queensland: Boonah
SEP	AD501 – Springtime in New England: Armidale
NOV	GF503 – Among the Jacarandas: Grafton
FEB	TB506 – The Garden City: Toowoomba
APR	AT507 – Exploring the Atherton Tableland: Yungaburra
MAY	MB508 – Heritage Maryborough
JUL	CK509 – Travelling North: Cooktown
One-day Courses	
AUG	QP499 – Queensland History and Politics
SEP	HM502 – The Physiology of Personal Fitness
NOV	MU504 – Music, Music
MAR	IS505 – Islam: Principles and Practice

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July 2007 – local Charters Towers architect, Fergus Tait, with a *MindVentures* group in the Stock Exchange Building.

## PROGRAMS COMING UP...

### Short Breaks with a Difference

Longer programs, generally of three days/four nights, providing an insight into the environment and the people of the region in which they are based. The cost of each program includes a stimulating program of presentations and field visits, all meals and the support throughout of a MindVentures host, in addition to high quality accommodation (twin share, with single accommodation generally available at an additional cost). And yes, (as always) we'll celebrate each day's activities with a get-together and a few drinks before dinner each night.

- SR500 – EXPLORING THE SCENIC RIM OF SOUTH-EAST QUEENSLAND: BOONAH (\$775)** 12-16 AUGUST (2007)  
(Enrolments closed)
- AD501 – SPRINGTIME IN NEW ENGLAND: ARMIDALE (\$755)** 7-11 SEPTEMBER
- GF503 – AMONG THE JACARANDAS: GRAFTON (\$730)** 7-11 NOVEMBER
- TB506 – THE GARDEN CITY: TOOWOOMBA (\$785)** 18-22 FEBRUARY (2008)
- AT507 – HUB OF THE ATHERTON TABLELAND: YUNGABURRA (\$835)** 2-6 APRIL  
ex Cairns... transport provided
- MB508 – HERITAGE MARYBOROUGH (\$765)** 6-10 MAY
- CK509 – TRAVELLING NORTH: COOKTOWN (from \$985)** 8-12 JULY  
ex Cairns, travelling via coast road through Daintree National Park, returning by inland route

Details of accommodation and transport in Information Sheets on each program

### One-day Courses

One-day programs, held in the congenial surroundings of the University of Queensland's Women's College and led by expert presenters, which allow you to explore a wide range of subjects in the company of a small group of people who enjoy learning and discussion.

These programs are on the third Saturday of each month (unless otherwise indicated). The cost for each is \$99, which includes a substantial buffet lunch and refreshments. A saving on this price can be made by subscribing.

- QP499 – QUEENSLAND HISTORY AND POLITICS** 18 AUGUST (2007)  
Survey the past few decades with presenters who have an intimate knowledge of the people, events and issues that have played a major role in Queensland history and politics. Keynote presenter in this day's program will be Dr Paul Reynolds from the University of Queensland.
- HM502 – THE PHYSIOLOGY OF PERSONAL FITNESS** 15 SEPTEMBER  
Presentations and demonstrations focusing on the ways in which personal fitness and functional capability can be maintained and enhanced in the context of the ageing process. Program will be coordinated by Tim Henwood of the UQ School of Human Movement Studies.
- MU504 – MUSIC, MUSIC (SUNDAY) 18 NOVEMBER**  
Includes attendance at a concert of the Brisbane Philharmonic Orchestra preceded by a meeting with Professor Phillip Bracanin (one of whose works the orchestra will perform) and discussions with members of the orchestra's community.
- IS505 – ISLAM: PRINCIPLES AND PRACTICE** 15 MARCH (2008)  
Explores the philosophical basis of Islam (including a female perspective) with visit to the Kuraby Mosque and meeting with the imam, Dr Mohamad Abdalla (who is also the Director of the Griffith University Islamic Research Unit).

### NEW BROCHURE

One of the new MindVentures brochures is enclosed with this newsletter.

To help us spread the word about MindVentures could you pass it on to a friend or acquaintance who may be interested – or perhaps just subtly leave the brochure somewhere it may be seen?

There's plenty more too if you know of anyone or a group who may be interested in what MindVentures offers.

### SUBSCRIBE

You can select individual 'short breaks' or one-day courses as a location or subject appeals and other commitments permit.

However, if you intend to participate in several programs a subscription of \$267 entitles you to attend three one-day courses in a two-year period (normal cost \$99 each) plus claim a discount of \$30 on any one of the longer programs during this period.

See the enclosed form.

### WE'RE OFTEN ASKED...

***Do I need any special qualifications or background to participate in a MindVentures program?***

The answer is: emphatically no! – other than simply to be interested in the subject or location of a program and to get pleasure from keeping your mind active and meeting people.

If you wish to discontinue your association with MindVentures and not receive information about programs in the future please let us know and we'll take you off the mailing list.