

News from Bathurst U3A

16 Jan 2017, 6 p.m.

U3A is about to kick off another excellent year of activities.



GREAT OUTDOORS: The Bathurst U3A Geocaching group checking their co-ordinates at Sunny Corner.

U3A president Sue Doolan says U3A offers lots of activities to keep your mind and body active.

But more importantly, she says, it offers the opportunity to meet with others with similar interests and outlook on life and the friendships made through U3A are “pure gold”.

There are more than 40 different activities facilitated by volunteers, including:

- Getting It All Down by James McBryde (they published a book, which is available for purchase at Books Plus).
- Bonsai Buddies by Dianna Baillie (they often have trips to Mayfield Garden, Cowra Japanese Gardens, and Sydney bonsai displays).

- Table Tennis by Nada Hribernik (much mirth and frivolity is heard on Friday mornings at the Guide Hall).
- Music Appreciation by Fiona Thompson (whose participants are spoilt by first-class live performances).
- Philosophy by Brian Sherman (involving much interesting discussion).

For a full list of courses, please visit <http://bathurst.u3anet.org.au>.

Pixie Lincoln, our very active vice president, says it is the social aspect of U3A that keeps its members returning year after year.

Come along to our social lunch at the King's Hotel on Friday, January 20 at midday to catch up with old friends and meet new members.

Please ring Pixie on 6334 3863 by this Wednesday if you plan to go.

A new course this year is Technology and Science by Steve Howes.

Steve says participants will find out about the basic workings of some modern technology, and will also hear about some living scientists and their work.

Chris Stopford facilitates the Yoga class, where no experience is necessary.

If you would like to know more about U3A, come along to the enrolment day this Wednesday, January 18 from 10am-noon at the Senior Citizens' Centre in Russell Street.

Facilitators, please remember your meeting at CSU, R31 on Tuesday, January 17 from 2-3.30pm.