

<b>Aqua Aerobics</b> Bob Henry 6331 2773	Friday 12:00PM - 12:45PM <i>Dedicated To Fitness (DTF)</i>	Enjoy low impact gentle exercises in a shallow swimming pool to help reduce your blood pressure; improve your muscle endurance and cardiovascular health. The buoyancy and resistance of the water provides a safe way to exercise and limits the chance of falls or suffering injuries which can occur doing land based exercises. The cost is \$5 per visit and the gym provides a social cuppa after the class.
<b>Armchair Travel</b> Doug Fulton 6337 1274	Tuesday 10:30AM - 12:00PM <i>The Old Evans Shire Council Chambers</i>	Travelling is fun. Come and sit back and enjoy where others have been.
<b>Art Attack Friday</b> Paul Martensz 0427 896 945	Friday 01:00PM - 04:00PM <i>Room 31, CSU</i>	Practice, improve and share skills in a variety of art media - including watercolour, acrylics, charcoal, pencil.
<b>Art Attack Wednesday</b> Jennifer Edmonds 6337 4834	Wednesday 01:00PM - 04:00PM <i>Room 31, CSU</i>	Practice, improve and share skills in a variety of art media - including watercolour, acrylics, charcoal, pencil.
<b>Bonsai Buddies</b> Dianna Baillie 8209 3313	Tuesday 10:00AM - 12:00PM <i>Walmar Sports Field Hall</i>	You will develop the skills and knowledge to keep your little trees alive and beautiful.
<b>Chess</b> Josef Buchta 6334 2541	Friday 01:30PM - 03:00PM <i>Panthers</i>	All participants improve their skills and have an enjoyable time and social interaction.
<b>Conversational Spanish</b> Manuel Pro 0434832118	Wednesday 11:30AM - 01:00PM <i>Panthers</i>	In Conversational Spanish, participants will be able to improve their conversational skills, learn general grammar principles, and increase their knowledge of Spanish culture and life style. In the Beginners class, participants will be able to correctly ...
<b>Craft</b> Dorothy Butler 6331 2265	Tuesday 02:00PM - 04:00PM <i>Seymour Centre</i>	Providing beginners with required skills, and additional skills to more advanced students. I think we inspire others to take risk in their work.
<b>Craft Collective</b> Margaret Connoley 6332 6701	Thursday 10:00AM - 12:00PM <i>Church of Hope</i>	Bring along a new project and learn some new skills in friendly surroundings. Limit 20.
<b>Creative Writing</b> Jenny Maclennan 0407 412 929	Tuesday 10:15AM - 12:00PM <i>Panthers</i>	A structured writing class with a term focus and weekly assignments.
<b>Crime Fiction Week 1</b> Libby Tink 6331 0769	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	Discover a variety of Crime Fiction and participate in a discussion of these books with others in the group. Normal term dates do not apply. Week 1: Libby Tink; Week 2: Jennifer Short.
<b>Crime Fiction Week 2</b> Jennifer Short 6331 6942	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	Discover a variety of Crime Fiction and participate in a discussion of these books with others in the group. Normal term dates do not apply. Week 1: Libby Tink; Week 2: Jennifer Short.
<b>Cryptic Crosswords on Monday</b> Lesley Carroll 6334 3054	Monday 02:15PM - 03:45PM <i>Macquarie Care</i>	A group for people who enjoy solving cryptic crosswords with others. An understanding of how cryptic clues work would be helpful.
<b>Cryptic Crosswords Thursday</b> Lesley Carroll 6334 3054	Thursday 02:00PM - 03:30PM <i>Home of Lesley Carroll</i>	A group for people who enjoy solving cryptic crosswords with others. An understanding of how cryptic clues work would be helpful.
<b>Current Affairs</b> Lindsay Cox 0429 916 618	Monday 10:15AM - 11:45AM <i>Panthers</i>	Discussion group on current politics: international, national, local.
<b>Discover Recorders</b> Kay Campbell 6332 3000	Tuesday 12:30PM - 01:00PM <i>Bathurst Baptist Church</i>	Little or no experience required. Easy techniques in breathing, finger placement and basic. Note: reading is covered.
<b>Drama</b> Petah Burns 6334 4208	Friday 02:00PM - 03:30PM <i>Bathurst Library Meeting Room</i>	Hone your comedic talents with Oscar Wilde's enduringly witty Victorian satire "The Importance of Being Earnest", 'a verbal opera', in Semester 1; then tickle your funny bone in Semester 2 with 'the funniest farce ever written', "Noises Off" by Michael Frayn, both comedies shamelessly entertaining!
<b>First Aid &amp; Health for Seniors</b> Michael Maher 6368 5977	Thursday 10:00AM - 12:00PM <i>Seymour Centre</i>	To help people render help and assistance with confidence in trauma or medical emergencies.
<b>Geocaching</b> Lesley Buchan 6337 4161	Wednesday 09:30AM - 04:00PM <i>Bathurst Library Foyer</i>	All equipment and instruction provided. A great outdoor activity finding 'treasure' using a GPS and computer.

<b>German</b> Jenny MacLennan 0407 412 929	Thursday 10:15AM - 11:45AM <i>Panthers</i>	The course for those who know some German. We cover all language aspects, from basic grammar to reading current online headlines.
<b>Getting it all Down</b> Sue Jones 6332 3463	Thursday 10:00AM - 12:00PM <i>Bathurst Baptist Church</i>	The most precious gifts you can leave your family are your memories. Write and share your stories with a supportive group. This is not a how-to-write class.
<b>Intermediate Tai Chi</b> Lorraine Griffin 0435 786 485	Thursday 02:30PM - 03:30PM <i>Dedicated To Fitness (DTF)</i>	Continue to improve your tai chi by applying the principles of Tai Chi to the practise of previously learned sets. Learn new sets and qigong exercises. Cost \$5 per class.
<b>Iron Age+Roman Britain</b> Carla Archer 6331 4326	Tuesday 10:00AM - 11:30AM <i>Room 31, CSU</i>	Iron Age Britain - The Celts and their culture trives and artifacts; impact of Rom 41BC - 43AD and occupation of Rome to AD410; Rome regions and culture.
<b>Just Write</b> Wendy Casey 6358 0403	Wednesday 10:00AM - 12:00PM <i>Seymour Centre</i>	To be part of a cohesive and trusting group who share what they have written whether it is fact, fiction, life stories or poetry. Our mission is to "Just Write".
<b>Lapidary</b> Paul Martensz 0427 896 945	Tuesday 09:00AM - 12:00PM <i>Eglinton Old Fire Shed</i>	Learn about gems and minerals and how to polish them with to make simple jewellery.
<b>Lawn Bowls</b> Gordon Adams 6331 5274	Monday 10:00AM - 12:00PM <i>Community Bowling Club</i>	A strategic, challenging and fun sport which combines the games of curling, darts, pool, golf & bocce to exercise our minds, bodies and socialise. Learn a simple and inexpensive game which is suitable for all age groups. Please wear flat, solid shoes and a hat.
<b>Literature</b> Jennifer Short 6331 6942	Monday 02:15PM - 03:45PM <i>Room 31, CSU</i>	Term 1: Great Expectations, David Copperfield, Bleak Houses, Hard Times. Term 2: Kim, The Riddle of the Sands, The Secret Agent, Under Western Eyes. Term 3: TBC. Term 4: Short Stories.
<b>Mah Jong</b> Judith Henderson 6331 5101	Monday 10:00AM - 12:00PM <i>Bathurst Neighbourhood Centre</i>	Mahjong is a game played by up to 4 people using numbered tiles. Mahjong is mostly a game of strategy with an element of chance. Group members enjoy the opportunity to learn together.
<b>Memorable Movies</b> Allison Aspden 6332 3036	Friday 01:45PM - 04:00PM <i>Panthers</i>	Are you a film buff? Come and enjoy some great movies from years past. The film program has something for all members including all genres.
<b>Metaphysics</b> Brian Sherman 6331 7219	Friday 10:15AM - 11:45AM <i>Panthers</i>	This is a course for anyone interested in deeper mysteries of life and creation.
<b>Monday Morning Show</b> Jenny Barnes 6331 2770	Monday 10:00AM - 12:00PM <i>Bathurst Library Meeting Room</i>	This is a series of unrelated talks on a variety of subjects of general interest. There's no need to enrol for this course, just come. The course is open to the general public as well as U3A members.
<b>Music Appreciation</b> Fiona Thompson 0478 676 037	Thursday 10:00AM - 11:30AM <i>Bathurst Conservatorium</i>	Listening to recorded and live music with a small amount of relevant information. Each term will offer a different theme.
<b>Philosophy</b> Brian Sherman 6331 7219	Wednesday 01:00PM - 02:30PM <i>Panthers</i>	This is an easy philosophy forum dealing with general everyday questions of life and creation.
<b>Quilting and Craft</b> Sue Cowdroy 6331 8124	Friday 09:30AM - 12:00PM <i>Bathurst Baptist Church</i>	Quilting and Craft provides a venue for happy ladies to share or learn various types of quilting or any material/wool crafts.
<b>Read and Share Week 3</b> Allison Aspden 6332 3036	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	We read and discuss a variety of books - fiction, non-fiction, memoir, poetry. Members are required to acquire their own books. Discussion of set number of books.
<b>Read and Share Week 4</b> Denise Payne 6332 4869	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	We read and discuss a variety of books - fiction, non-fiction, memoir, poetry. Members are required to acquire their own books. Discussion of set number of books.
<b>Rediscover Recorders</b> Kay Campbell 6332 3000	Tuesday 01:00PM - 02:30PM <i>Bathurst Baptist Church</i>	For experienced players who can read music. A collaborative effort keeping pace with player ability to play classic, popular or sacred pieces.
<b>Revitalise and Step</b> Pixie Lincoln 6334 3863	Tuesday 11:30AM - 12:30PM <i>Dedicated To Fitness (DTF)</i>	11-11:30 Step class: especially suited for beginners. High Energy. 11:30-12:30 Revitalise: A low impact workout designed for all fitness levels. Cost \$5. Enjoy social interaction while getting fit.

<b>Revitalise Thursday</b> Pixie Lincoln 6334 3863	Thursday 11:30AM - 12:30PM <i>Dedicated To Fitness (DTF)</i>	11-11:30 Step class: especially suited for beginners. High Energy. 11:30-12:30 Revitalise: A low impact workout designed for all fitness levels. Cost \$5. Enjoy social interaction while getting fit.
<b>Singing for Pleasure</b> Marie O'Donnell 6332 1819	Monday 12:30PM - 02:30PM <i>Bathurst Baptist Church</i>	Learning to sing as a unit, improving one's voice and breathing and creating a better singing voice while enjoying the benefit of singing and company of like minded people.
<b>Spanish for Beginners</b> Manuel Pro 0434832118	Wednesday 10:00AM - 11:30AM <i>Panthers</i>	In Conversational Spanish, participants will be able to improve their conversational skills, learn general grammar principles, and increase their knowledge of Spanish culture and life style. In the Beginners class, participants will be able to correctly ...
<b>Stitch and Chat</b> Rhonda Henry 6331 2773	Friday 10:00AM - 12:00PM <i>Bathurst Neighbourhood Centre</i>	Stitch, knit or crochet with a group of like-minded members who love to chat.
<b>Stretch and Flex</b> Ann Mader 0408 973 376	Monday 08:30AM - 09:15AM <i>Dedicated To Fitness (DTF)</i>	Understand fitness principles through practical exercises, including Yoga. Cost \$5 per visit.
<b>Table Tennis</b> Bob Henry 6331 2773	Friday 10:00AM - 12:00PM <i>Walmar Sports Field Hall</i>	Table Tennis allows us all to enjoy a low-injury risk sport which keeps us agile, fit and flexible without overtaxing our joints. It helps us to improve our mental alertness, eye-hand coordination and general fitness. A great way to get a cardiovascular workout in a relaxed social setting.
<b>Tai Chi for Health</b> Lorraine Griffin 0435 786 485	Thursday 12:30PM - 02:00PM <i>Dedicated To Fitness (DTF)</i>	Learn up to 3 short Tai Chi for Health programs and several qigong exercises. The gentle, slow movements improves flexibility, balance and muscle strength, calms the mind and improves breathing. Cost is \$5 per class.
<b>Tai Chi for Health</b> Lorraine Griffin 0435 786 485	Monday 12:30PM - 02:00PM <i>Dedicated To Fitness (DTF)</i>	Learn up to 3 short Tai Chi for Health programs and several qigong exercises. The gentle, slow movements improves flexibility, balance and muscle strength, calms the mind and improves breathing. Cost is \$5 per class.
<b>Writing your own Story</b> Peter Hodgson 6332 3021	Monday 11:00AM - 01:00PM <i>Panthers</i>	To provide a supportive environment in which to write the story of your own life or of your family.
<b>Yoga</b> Christine Stopford 6359 5211	Wednesday 10:30AM - 12:00PM <i>Bathurst Library Meeting Room</i>	Gentle stretching combined with deep breathing enables each participant to feel relaxed and revitalised at class end. No experience required. Bring rug, mat and pillow.