

Courses to keep your mind and body active

ALAN TAYLOR 27 May 2017, 9 a.m.



SERIOUS FUN: University of the Third Age members are deep in concentration during their weekly chess session.

IF you thought that the University of the Third Age was about Degrees, Diplomas and Certificates, you were wrong.

U3A offers a variety courses for over 50s and the classes and activities are absolutely informal, with no exams or awards and the courses are designed for participation, fun and the opportunity for social interaction.

U3A's Term Two is well under way with a full calendar of activities to exercise the mind and/or body and lift the spirit.

Book Clubs, Bridge, Chess, Cryptic Crosswords, Current Affairs and Philosophy are among the range of courses to get the brain working. Lawn Bowls, Table Tennis, Tai Chi , Modern Dance and Yoga are some of the

classes to get the body moving.

Other activities include Bonzai, Music Appreciation, Singing, Woodcraft and Wood Carving, Memorable Movies and a range of Craft and Writing classes.

But who's counting?

FRIDAY morning Table Tennis is played in an atmosphere of fun and friendship.

Each week 16 enthusiasts get together for exercise and cordiality.

Class leader Nada Hribernik says that while participants are engaged in learning to play the game, the maelstrom of hilarity frequently gets in the way of remembering the score or whose turn it is to serve. Nada insists it's all about exercise and enjoyment; scores are never recorded and players are not graded in any way.

Some members have consequently joined the Bathurst Table Tennis Association, and one regular U3A player, Bob Henry is now on the Committee of the Bathurst Table Tennis Association.

Chess: Serious fun

ON Friday afternoons the U3A Chess group get together for serious fun, sweating over hot chess boards in a game based on medieval battles.

Chess requires concentration and there's not a lot of chat till after each game where analysis and post mortems dissect the game before a new battle begins.

One member, Peter Winter, manages to transition from the raucous laughter of Friday morning Table Tennis to the good natured moaning and groaning at Friday afternoon Chess.

After 90 minutes of Chess warfare, players get together for conversation and socialising with a coffee or two.

Course leader Joe Buchta says that maintaining mental agility is so important after we turn 50, and Chess is a great way to do this. Novice players are encouraged to join in as everyone tries to improve their standard of play.

Our current affair

THE Monday morning U3A Current Affairs group holds lively discussions about local, state, national and international issues.

Course leader Lindsay Cox selects a wide variety of topics each week and up to twenty five members engage in animated discussions.

The group is a mix of men and women of various political persuasions, and Lindsay's role of Leader also extends to Moderator.

Lindsay says the group's political stances are balanced between left and right wing and everything in between, leading to serious and lively interaction and there's no shortage of participation.

For more information about Bathurst U3A, visit bathurstu3a.com or call the Secretary, Sue Lasky on 6331 6968