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| Aqua Aerobics Bob Henry 6331 2773 | Thursday 11:30AM - 12:30PM <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. |
| Art Attack Friday Jennifer Edmonds 6337 4834 | Friday 01:00PM - 04:00PM <i>Room 31, CSU</i> | For artists, who create their own paintings with encouragement from other students. |
| Art Attack Wednesday Jennifer Edmonds 6337 4834 | Wednesday 01:00PM - 04:00PM <i>Room 31, CSU</i> | For artists, who create their own paintings with encouragement from other students. |
| Bonsai Buddies Thursday Dianna Baillie 8209 3313 | Thursday 10:00AM - 12:00PM <i>Home of Dianna Baillie</i> | We will continue to explore the world of Bonsai. Beginners are welcome as well. |
| Bonsai Buddies Tuesday Dianna Baillie 8209 3313 | Tuesday 10:00AM - 12:00PM <i>Home of Dianna Baillie</i> | We will continue to explore the world of Bonsai. Beginners are welcome as well. |
| Chess Josef Buchta 6334 2541 | Friday 01:30PM - 03:00PM <i>Panthers</i> | We will teach novices and improve the skills of others. |
| Craft Dorothy Butler 6331 2265 | Tuesday 02:15PM - 03:45PM <i>Room 31, CSU</i> | The course will provide beginners with required skills or improve the skills of others |
| Craft Collective Margaret Connoley 6332 6701 | Thursday 10:00AM - 12:00PM <i>Church of Hope</i> | Bring along your current craft project or why not learn a new one? Members enjoy sharing their skills. |
| Creative Calligraphy Kimberley Cole 0410 558 133 | Wednesday 02:00PM - 03:30PM <i>Seymour Centre</i> | Discover the art of beautiful writing. Learn an ancient calligraphy alphabet called UNCIAL. With some practice you will enjoy adding a creative lettering style to your hand written messages. Cost \$8 for pen and paper. |
| Creative Writing Jenny Maclennan 0407 412 929 | Tuesday 10:15AM - 11:45AM <i>Crago Mill Café</i> | A structured writing class, with term assignments, based on 600 words or so per week, to be read to the class. It still has plenty of room for your interests – literary, poetic, humorous, dramatic, sci-fi – or whatever you do. No critiquing, only warm acceptance by all. |
| Crime Fiction Week 1 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: Jenny Walker. |
| Crime Fiction Week 2 Jenny Walker 0438 317 848 | 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: Jenny Walker. |
| Cryptic Crosswords on Monday 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 is necessary. |
| Cryptic Crosswords Thursday Lesley Carroll 6334 3054 | Thursday 02:30PM - 04:00PM <i>Home of Lesley Carroll</i> | A group for people who enjoy solving cryptic crosswords with others. An understanding of how cryptic clues work is necessary. |
| Current Affairs Lindsay Cox 0429 916 618 | Monday 10:15AM - 11:45AM <i>Panthers</i> | Discussion group on current politics: international, national, local, you. |
| Discover Recorders Kay Campbell 6332 3000 | Tuesday 12:30PM - 01:00PM <i>Bathurst Baptist Church</i> | An introduction to recorder playing for people who have little or no experience in playing them. |
| French Lorraine Ryan 6358 0042 | Tuesday 10:00AM - 11:30AM <i>Panthers</i> | Participants with a basic knowledge of French will improve their listening, speaking and reading skills. Grammar and writing skills will also be addressed. The course is not suitable for absolute beginners or very advanced students. |
| Geocaching Lesley Buchan 6337 4161 | Wednesday 10:00AM - 03:00PM <i>Bathurst Library Foyer</i> | All equipment and instruction provided. A great outdoor activity finding 'treasure' using a GPS. |
| German Jenny Maclennan 0407 412 929 | Thursday 10:15AM - 11:45AM <i>Panthers</i> | Our German class is made up of (almost) beginners, native speakers, and those in between. You will study grammar, reading and speaking the language. Purchase of books is required. Call the Facilitator to find out what to purchase. |

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| Getting it all Down James McBryde 6358 0002 | Thursday 10:00AM - 12:00PM <i>Bathurst Baptist Church</i> | A fun way to record your personal reminiscences and reflections. |
| Just Write Wendy Casey 6358 0403 | Wednesday 10:00AM - 12:00PM <i>Seymour Centre</i> | Just write, whether it is poetry, fact, fiction or your life story. Join a group of like-minded people who enjoy writing. |
| Lawn Bowls Gordon Adams | Monday 10:00AM - 12:00PM <i>Community Bowling Club</i> | An introduction to Lawn Bowls. Please wear flat, solid shoes and a hat. |
| Learn to Play Bridge Bob Dillon | Wednesday 02:00PM - 04:00PM <i>Bathurst Bridge Club</i> | Enjoy learning to play Bridge. |
| Literature Joan Phillips 6332 4576 | Monday 02:15PM - 03:45PM <i>Room 31, CSU</i> | A miscellaneous collection of short stories including Irish Author Colm Toiein. |
| Mah Jong Judith Henderson 6331 5101 | Monday 10:00AM - 12:00PM <i>Bathurst Neighbourhood Centre</i> | Learn to play this game of strategy and calculation. The game is played with a set of 144 tiles based on Chinese characters and symbols. It is similar to the card game "Rummy". |
| Metaphysics Brian Sherman 6331 7219 | Friday 10:15AM - 11:45AM <i>Panthers</i> | Investigate the mysteries of life and creation. |
| Mi Chi Healing Nada Hribernik 0418 688 498 | Thursday 10:00AM - 11:30AM <i>Seymour Centre</i> | Relax, create, paint with guided imagery and music. A holistic art approach, combining symbolism, designing and painting. Bring own materials. Watercolours or acrylic paints plus brushes etc, 300gsm Pad or canvas. Maximum size: 42cm x 29cm. |
| Music Appreciation Fiona Thompson 0478 676 037 | Thursday 10:00AM - 11:30AM <i>Bathurst Conservatorium</i> | This term the focus of Music Appreciation will be famous works for Choir and Orchestra: Oratorio, Requiem, Cantata and Mass and so on. We will be listening to Handel, Mozart, Brahms, Mendelssohn, Britten to name a few composers. I plan to select some outstanding recordings of the best choirs, orchestras and conductors with occasional solo vocal examples as appropriate! As always there will be live performances, this time by local singers of their own choice from this rich genre of music. If anyone has a request for a particular choral work, or a choir or soloist, please let me know by mobile or email! Look forward to seeing everyone again! |
| New Kingdom, Egypt Carla Archer 6331 4326 | Tuesday 10:00AM - 11:30AM <i>Room 31, CSU</i> | Including Tutankhamen among others. |
| Philosophy Brian Sherman 6331 7219 | Wednesday 01:00PM - 02:30PM <i>Panthers</i> | A general discussion on Philosophical topics to increase understanding of the world we live in. |
| Quilting and Craft Sue Cowdroy 6331 8124 | Friday 09:00AM - 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. |
| Read and Share Week 3 Allison Aspden 6332 3036 | Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i> | Book discussion groups held on 3rd and 4th Tuesdays. Reading group members will need to source their own reading copies. |
| Read and Share Week 4 Denise Payne 6332 4869 | Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i> | Book discussion groups held on 3rd and 4th Tuesdays. Reading group members will need to source their own reading copies. |
| Rediscover Recorders Kay Campbell 6332 3000 | Tuesday 01:00PM - 02:30PM <i>Bathurst Baptist Church</i> | For people who can already play one or more sizes of recorder. |
| Revitalise on Tuesdays Pixie Lincoln 6334 3863 | Tuesday 11:30AM - 12:30PM <i>Dedicated To Fitness (DTF)</i> | A very entertaining low impact exercise class to increase our strength and burn calories. Group exercises are performed with music using a combination of aerobics, circuit training, weights and steps. Excellent for all levels of fitness. The cost is \$5 per visit and the gym provides a social cuppa after the class. Alternatively U3A members can exercise in the gym, and expert D2F trainers can demonstrate the equipment if required. |

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| Revitalise Thursday Pixie Lincoln 6334 3863 | Thursday 11:30AM - 12:30PM <i>Dedicated To Fitness (DTF)</i> | A very entertaining low impact exercise class to increase our strength and burn calories. Group exercises are performed with music using a combination of aerobics, circuit training, weights and steps. Excellent for all levels of fitness. The cost is \$5 per visit and the gym provides a social cuppa after the class. Alternatively U3A members can exercise in the gym, and expert D2F trainers can demonstrate the equipment if required. |
| Singing for Pleasure Marie O'Donnell 6332 1819 | Monday 12:00PM - 02:00PM <i>Bathurst Baptist Church</i> | Improve your voice, learn to sing as a unit, and experience the joy of singing. |
| Social Scrabble Anne Ford 0427 592 051 | Thursday 01:30PM - 03:30PM <i>Bathurst Library Meeting Room</i> | Beginners and more advanced players are invited to play for fun. Bring a set if you can. |
| Spanish Manuel Pro 0434832118 | Wednesday 10:15AM - 11:45AM <i>Panthers</i> | The Spanish class has been meeting for some time, but we always welcome anyone with an interest in the language. As a beginner, you will be helped and you will hardly notice you don't speak Spanish. Purchase of a book required. |
| Stitch and Chat 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. |
| Stretch and Flex 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. |
| Table Tennis Nada Hribernik 0418 688 498 | Friday 10:00AM - 11:30AM <i>Walmar Sports Field Hall</i> | Join a small group of enthusiasts to have some fun and get some exercise as well. Limit of 16. |
| Tai Chi on Mondays Lorraine Griffin 6331 6018 | Monday 12:30PM - 02:00PM <i>Dedicated To Fitness (DTF)</i> | Gentle, slow exercise promoting improved flexibility and muscle strength. Cost \$5 per class. |
| Tai Chi on Thursdays Lorraine Griffin 6331 6018 | Thursday 12:30PM - 02:00PM <i>Dedicated To Fitness (DTF)</i> | Gentle, slow exercise promoting improved flexibility and muscle strength. Cost \$5 per class. |
| Writing your own Story Peter Hodgson 6332 3021 | Monday 01:00PM - 02:30PM <i>Panthers</i> | Everyone has a story to tell. Share yours with others who want to listen. |
| Yoga 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. |