



Bathurst U3A

bathurst.u3anet.org.au

TERM 2, 2017

MONDAY, MAY 1 – FRIDAY, JUNE 9

U3A (University of the Third Age) offers low cost educational courses to retired people. There are no entry requirements, no examinations and no awards. The love of learning motivates both learners and the volunteer tutors.

Membership is open to anyone over 50 years of age and costs \$30 annually. Membership entitles people to enrol in as many courses as they can fit into their busy lives. Social activities are also important.

Courses are organised into four six-week terms and all activities are held during the day. Classes are not held in school holidays. Between terms, members often meet and enjoy a lunch together at a local restaurant and other social activities are held during the term.

Interested? There is more information on our website or you can phone the Secretary or President.

Contact:
Secretary
Sue Lasky
0428 886 968

President
Lindsay Cox
0429 916 618

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Do you want to improve your physical health and well-being but don't know where to start? Charles Sturt University (CSU) is conducting a research study that provides free health coaching to improve and increase physical activity in your day to day life as well as addressing the risk of falls as you get older.

If you are interested please contact Pixie Lincoln 6334 3863 and sign up for a presentation by Dr James Wickham and Shona Manning (Balance and falls prevention physiotherapist) from CSU. This will be held on a date before term starts

Course Information

Monday

STRETCH AND FLEX Ann Mader 0408 973 376	9.30 – 10.15 <i>Dedicated to Fitness</i>	Understand fitness principles through practical exercises, including Yoga. Cost \$5 per visit.
LAWN BOWLS Gordon Adams 6331 5274	10 – 12 <i>Community Bowling Club</i>	An introduction to Lawn Bowls. Please wear flat, solid shoes and a hat.
CURRENT AFFAIRS Lindsay Cox 0429 916 618	10.15 – 11.45 <i>Panthers</i>	Discussion group on current politics: international, national, local, you.
SINGING FOR PLEASURE Marie O'Donnell 0408 371 092	12.30 – 2.30 <i>Harmonikos</i>	Improve your voice, learn to sing as a unit, and experience the joy of singing.
TAI CHI MONDAY Lorraine Griffin 6331 6018	12.30 – 1 <i>Dedicated to Fitness</i>	Gentle, slow exercise promoting improved flexibility and muscle strength. Cost \$5 per class.
WRITING YOUR OWN STORY Peter Hodgson 6332 302	1 – 2.30 <i>Panthers</i>	Everyone has a story to tell. Share yours with others who want to listen.
WOOD CARVING Ern Muller 6334 4616	1 – 4 <i>Seymour Centre Men's' Shed</i>	Participants will complete some exercises before carving an article of their choice. Please supply your own timber. Cost \$20.
LITERATURE Jennifer Short 6331 6942	2.15 – 3.45 <i>Room 31 CSU</i>	Class members are asked to read these three books in preparation for the term "Brave New World"; "Nineteen Eighty-Four" and "The Handmaid's Tale".

Tuesday

OLD & MIDDLE KINGDOMS, EGYPT Carla Archer 6331 4326	10 – 11.30 <i>Room 31, CSU</i>	Review the first 3000 years of human history and civilisation in the Valley of the Nile River.
REVITALISE TUESDAY Pixie Lincoln 0402 116 367	11.30 – 12.30 <i>Dedicated to Fitness</i>	A low impact workout designed for all fitness levels. The cost is \$5 per visit.
REDISCOVER RECORDERS Kay Campbell 0404 641 254	1 – 2.30 <i>Bathurst Baptist Church</i>	For people who can already play one or more sizes of recorder.
CRAFT Dorothy Butler 6331 2265	2.15 – 3.45 <i>Room 31 CSU</i>	The course will provide beginners with required skills or improve the skills of others
READ AND SHARE Allison Aspden 6332 3036 Denise Payne 6332 4869	2 – 3.30 <i>Neighbourhood Centre</i>	Book discussion groups held on 3 rd and 4 th Tuesdays. Reading group members will need to source their own reading copies.

Wednesday

GEOCACHING Lesley Buchan 6337 4161	10 – 3 <i>Library Foyer</i>	All equipment and instruction provided. A great outdoor activity finding 'treasure' using a GPS.
PHILOSOPHY Brian Sherman 6331 7219	1 – 2.30 <i>Panthers Macquarie Rm</i>	A general discussion on Philosophical topics to increase understanding of the world we live in.
ART ATTACK WEDNESDAY Jennifer Edmonds 6337 4834	1 - 4 <i>Room 31 CSU</i>	For artists, who create their own paintings with encouragement from other students.
MODERN DANCE Ann Mader 0408 973 376	2 – 3.30 Guide Hall	Take part in modern creative dance for fun and fitness. Cost \$5 per class.
LEARN TO PLAY BRIDGE Bob Dillon 6331 8414	2 – 4 <i>Bridge Club, Mitre Street</i>	Enjoy learning to play Bridge.

Thursday

MUSIC APPRECIATION Fiona Thompson 6331 6622	10 – 11.30 <i>Conservatorium</i>	Strings Through the Ages – an exploration of the history of stringed instruments.
BONSAI BUDDIES CONTINUING Dianna Baillie 0421 271 689	10 – 12 <i>5 Country Way, Abercrombie</i>	We will continue to explore the world of Bonsai. Beginners are welcome as well.
REVITALISE THURSDAY Pixie Lincoln 0402 116 367	11.30 – 12.30 <i>Dedicated to Fitness</i>	See Tuesday. You may choose Aquarobics or use the gym equipment. Cost \$5 per class.
TAI CHI Lorraine Griffin 6331 6018	12.30 – 1 Beginners <i>Dedicated to Fitness</i>	Please see the description for Monday.
SCRABBLE Anne Ford 0427 592 051	1.30 – 3.30 <i>LMR</i>	Beginners and more advanced players are invited to play for fun. Bring a set if you can.
MEMORABLE MOVIES Allison Aspden 6332 303	2.15 – 4 Room 31 CSU	Do you want to indulge in seeing great movies from bygone years? Come along to this session.

Friday

INTRODUCTION TO WOODWORK George Ballard 0427 030 599	9 – 10.30 <i>Central Tablelands Woodcraft Dorman Place, Kelso</i>	Participants will gain skills in measuring, using hand tools and finishing timber by planing, sanding, staining or oiling. All must wear covered shoes or boots. Cost for materials is \$20.
STITCH 'N' CHAT Rhonda Henry 6331 2773	10 – 12 <i>Neighbourhood Centre</i>	Stitch, knit or crochet with a group of like-minded members who love to chat.
METAPHYSICS Brian Sherman 6331 7219	10.15 – 11.45 <i>Panthers</i>	Investigate the mysteries of life and creation.
ART ATTACK FRIDAY Jennifer Edmonds 6337 4834	1 – 4 <i>Room 31 CSU</i>	See Wednesday.
CHESS Joe Buchta 6334 2541	1.30 - 3 <i>Panthers</i>	We will teach novices and improve the skills of others.

Code of Conduct

One of the delightful things about U3A is the friendliness and attitude of our members. But just occasionally we see behaviours that disrupt classes and make our volunteer tutors' job more difficult. So we have decided to introduce a Code of Conduct for our members. It simply sets out what is expected of members in class.



job

- Be polite and respectful to tutors and other class members.
- Respect class 'ethos' and working arrangements.
- Refrain from discussion of political, racial or religious matters (unless raised by the tutor).
- Ensure a tutor can teach by carrying out personal business outside the classroom.
- Inform the tutor if discontinuing a course.
- Send an apology to the tutor if unable to attend a class.
- Turn off mobile phones in class.

When you sign your enrolment form you will also be signing to say you agree to abide by our Code of Conduct.

Enrolment Form

Please fill in your details and then choose your courses. Most courses are free if you are a member.

Last Name _____ First Name _____ Phone _____

Address _____

_____ Postcode _____

Email Address

Amount enclosed: \$30.00

Please tick if you require a receipt

If you require a receipt, please enclose a stamped, self-addressed envelope

Please tick if you would like to receive your Newsletter by **email**?

I am over 50 years of age and agree to abide by the Code of Conduct

(Signature)

Please list the courses you have chosen. For Revitalise, Tai Chi, Cryptic Crosswords and Art Attack please specify the course **and** the day(s) you wish to attend.

Forms with payment may be posted to The Treasurer, Bathurst U3A, PO Box 1332, Bathurst 2795 **OR** placed in an **envelope** marked Treasurer, Bathurst U3A and delivered to The Neighbourhood Centre, 96 Russell Street (formerly BINC).

Enrolments for Term 2 close on Friday April 21. If you enrol after that date you **MUST** contact our Enrolment Officer, Sally Fulton before going to class: 6331 5760 or salkenful@internode.on.net.

Some of our classes have a limit on numbers. You will be informed if you are placed on a waiting list for a class.

Assume your application is successful unless otherwise notified.