

Archery for Seniors Lynette Vidler 0422 829 921	Monday 01:00PM - 03:00PM <i>Bathurst Archery Club</i>	A fun introduction to archery for people of all abilities. Cost \$5. All equipment provided.
Art Attack Friday Paul Martensz 0427 896 945	Friday 01:00PM - 04:00PM <i>CSU Room 143</i>	Participants can work on art projects of their choice in a relaxed atmosphere in which advice can be given when requested.
Bonsai Buddies Dianna Baillie 0466 955 946	Tuesday 10:00AM - 12:00PM <i>Bathurst Bushrangers Club</i>	Create and maintain beautiful little trees in a supportive, fun-filled environment. Changes to normal terms: Term 2 finishes on May 30; Term 3 runs from Aug 1 to Sep 8; Terms 1 and 4 as normal.
Chess John Schache 0417 681 399	Friday 01:30PM - 03:00PM <i>Bathurst Panthers</i>	Join us for a game (or two) of chess with coffee and a chat afterward. All are welcome, whether beginner of grandmaster.
CIRCL Mobility Karen Granger 0417 066 515	Tuesday 04:15PM - 05:00PM <i>Healthworld Fitness Club</i>	CIRCL Mobility is a movement class for everyday life, staying independent for longer, through breathing, movement & flexibility. Bring a mat or use gym mats supplied. \$7 per class.
CIRCL Mobility Karen Granger 0417 066 515	Wednesday 10:30AM - 11:15AM <i>Healthworld Fitness Club</i>	CIRCL Mobility is a movement class for everyday life, staying independent for longer, through breathing, movement & flexibility. Bring a mat or use gym mats supplied. \$7 per class.
Craft Collective Dorothy Butler 6331 2265	Thursday 10:00AM - 12:00PM <i>CSU Room 143</i>	A group who enjoy working together, doing whatever type of craft they wish to, such as crochet, embroidery or knitting
Crime Fiction Week 1 Libby Tink 6331 0769	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	Discover a wide variety of crime fiction. Each month the group reads the books by a different author. Normal term dates do not apply.
Crime Fiction Week 2 Jennifer Short 6331 6942	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	We read different books by a specific author each month, February to November. At each meeting, one member shares an author biography with the group. Afterwards, we socialise at a local café.
Current Affairs Stuart Pearson 0414 893 033	Monday 10:15AM - 11:45AM <i>Bathurst Panthers</i>	Come to Current Affairs to discuss local, state, national and world current events.
Discussion Group on Int and Nat Affairs Kevin O'Meara 0435 834 265	Monday 02:00PM - 03:30PM <i>Bathurst Panthers</i>	Life will not be the same after the pandemic. Economic consequences will be varied. A discussion group on how these changes will affect you.
English Country Dancing Karin Smith 0431 821 615	Thursday 10:30AM - 12:00PM <i>Bathurst Baptist Church</i>	This is the style of dancing in Jane Austen Movies. We will have live music and all the dances will be taught and called. It won't be too strenuous.
Getting It Down 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 friendly, supportive group. This is not a how-to write class.
Just Write Wendy Casey 0417 576 385	Wednesday 10:00AM - 12:00PM <i>CSU Room 143</i>	Our group is for people who like to "just write" in whatever genre they wish: life stories, fiction, poetry or more. We discuss each other's stories, have short programmes to improve our writing techniques and ideas for those suffering writers block.
Learn to play Lawn Bowls Paul Rodenhuis 0408 449 211	Friday 04:00PM - 05:30PM <i>Greens on William (BCCC)</i>	Learn the basics of this simple yet challenging game, which is probably the most inclusive of all sports.
Mah Jong Anthony Wells 0447 260 511	Monday 10:00AM - 12:00PM <i>Bathurst Panthers</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.
Memorable Movies Allison Aspden 0422 280 610	Friday 01:45PM - 04:00PM <i>Bathurst Panthers</i>	A variety of film experiences. Some Art films shown. Some 1950's, 1960's, 1970's and contemporary films.
Metaphysics and Mysteries Brian Sherman 6331 7219	Friday 10:15AM - 11:45AM <i>Bathurst Panthers</i>	Metaphysical and New Age topics as well as mysteries of the past and present.
Philosophy Brian Sherman 6331 7219	Wednesday 01:00PM - 02:30PM <i>Bathurst Panthers</i>	An interactive, fun class discussing everyday philosophical topics of interest.

Read and Share Week 3 Allison Aspden 0422 280 610	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	An opportunity to read a large genre of books (sometimes memoirs, short stories, or novels). Meets monthly Feb to Nov. Members need to acquire their own books.
Read and Share Week 4 Denise Payne 0421 510 042	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	We will read and discuss a wide variety of literature -- novels, memoirs, non-fiction and poetry. Our reading list was compiled by 2022 group. People need to acquire their own books. Meets monthly from Feb to Nov.
Rediscover Recorders Pamela Aked 0422 446 494	Tuesday 01:00PM - 02:30PM <i>Bathurst Baptist Church</i>	For recorder players with the most basic music reading skills and a little experience. Bring along a descant, treble, tenor, or bass recorder to enjoy playing in an easy-going ensemble. Classical, contemporary, early music, folk, pop, etc.
Revitalise Thursday Bev (D2F) 6332 4000	Thursday 11:45AM - 12:30PM <i>Dedicated To Fitness (DTF)</i>	Affiliated course, tailored to U3A needs by an external provider; a mature age class for the young at heart. A low impact workout designed for all levels of fitness. A combination of resistance, cardio, core and flexibility. (45 mins)
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Spanish Speaking Club Manuel Pro 6331 4389	Wednesday 10:15AM - 12:15PM <i>Bathurst Panthers</i>	This course is open to people who have completed "Conversational Spanish". We cater for speakers at all levels. The aim of the course is to provide an opportunity for participants to maintain and improve their Spanish language skills.
Starters Friday Bev (D2F) 6332 4000	Friday 08:15AM - 08:45AM <i>CityFit</i>	A 30 min circuit class to help you begin your fitness journey. A gentle introduction to exercise where you will learn correct technique and be advised on how to ease into your new exercise program.
Starters Monday Bev (D2F) 6332 4000	Monday 08:15AM - 08:45AM <i>CityFit</i>	A 30 min circuit class to help you begin your fitness journey. A gentle introduction to exercise where you will learn correct technique and be advised on how to ease into your new exercise program.
Stitch 'N' Chat Rhonda Henry 0488 045 538	Friday 10:00AM - 12:00PM <i>Bathurst Panthers</i>	A like-minded group who love to share and improve their craft skills, and who also love a chat. Venue: Piper room at Panthers.
Table Tennis Friday Alan Hyatt 0447 666 869	Friday 10:00AM - 11:30AM <i>Bathurst Baptist Church</i>	Table tennis is an excellent game for senior exercise and is great fun and very sociable. We have players of all ability from beginners up, so why not come along and have a go!
Table Tennis Tuesday Alan Hyatt 0447 666 869	Tuesday 02:00PM - 03:30PM <i>Bathurst Baptist Church</i>	Table tennis is an excellent game for senior exercise and is great fun and very sociable. We have players of all ability from beginners up, so why not come along and have a go!
The Rise and Fall of the Third Reich Germany Carla Archer 0427 006 590	Tuesday 02:30PM - 04:00PM <i>Bathurst Panthers</i>	A review of the impact of WWI on Germany and the consequent rise of the National Socialist German Workers' Party, NAZIs and Hitler and his policies including the Final Solution
Ukulele Singalong Karin Smith 0431 821 615	Tuesday 10:00AM - 11:30AM <i>CWA Hall</i>	We sing songs from the 60's and 70's and some others. Beginners are welcome.
Walking Group Kaye Price 0417 850 263	Tuesday 08:00AM - 09:30AM <i>Rear of MacDonalds Carpark</i>	We will aim to walk 4-5 kms in about an hour. Be surprised where your feet will take you. As Hippocrates said: "walking is the best medicine"
Yoga Marilyn Zapel 6337 2635	Thursday 09:00AM - 10:00AM <i>Bathurst Uniting Church Hall, William St</i>	Affiliated course, tailored to U3A needs by an external provider. Weekly fee \$6 is paid directly to the provider. Gentle yoga that can be adapted to anyone. Term ends Apr 27, then Term 2 and 3 merge from 1 Jun to 7 Sep
Zumba Toning Karen Granger 0417 066 515	Tuesday 05:00PM - 05:45PM <i>Healthworld Fitness Club</i>	Zumba Toning follows the Zumba dance format, with the addition of small hand weights. Bring your own or use gym weights supplied. \$7 per class.
Zumba with Karen Thursday Karen Granger 0417 066 515	Thursday 05:30PM - 06:30PM <i>Healthworld Fitness Club</i>	Zumba improves balance, confidence and coordinaton. Move your mind, body and soul. Dance for fun and fitness. Any level, easy to follow. Bring water and shoes with smooth soles. Follow on Facebook also. \$7 per class.
Zumba with Karen Wednesday Karen Granger 0417 066 515	Wednesday 09:15AM - 10:15AM <i>Healthworld Fitness Club</i>	Zumba improves balance, confidence and coordinaton. Move your mind, body and soul. Dance for fun and fitness. Any level, easy to follow. Bring water and shoes with smooth soles. Follow on Facebook also. \$7 per class.