

Course	Time	Description
Archery for Seniors Lynette Vidler 0422829921	Monday 1:00pm - 3:00pm Bathurst Archery Club	A fun introduction to archery for people of all abilities. Cost \$5. All equipment provided.
Art Attack Friday Paul Martensz 0427896945	Friday 1:00pm - 4:00pm CSU Room 143	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 0466955946	Tuesday 10:00am - 12:00pm Bathurst Bushrangers Club	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 0417681399	Friday 1:30pm - 3:00pm Bathurst Panthers	Join us for a game (or two) of chess with coffee and a chat afterward. All are welcome, whether beginner or grandmaster.
CIRCL Mobility Tuesday Karen Granger 0417066515	Tuesday 4:15pm - 5:00pm Healthworld Fitness Club	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 Wednesday Karen Granger 0417066515	Wednesday 10:30am - 11:15am Healthworld Fitness Club	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 63312265	Thursday 10:00am - 12:00pm Bathurst Panthers	A group who enjoy working together, doing whatever type of craft they wish to, such as crochet, embroidery or knitting. Held in the Atrium at Panthers.
Crime Fiction Week 1 Libby Tink 63310769	Tuesday 2:00pm - 3:30pm Bathurst Neighbourhood Centre	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 63316942	Tuesday 2:00pm - 3:30pm Bathurst Neighbourhood Centre	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 0414893033	Monday 10:15am - 11:45am Bathurst Panthers	Come to Current Affairs to discuss local, state, national and world current events.
Discussion Group on Int and Nat Affairs Kevin O'Meara 0435834265	Monday 2:00pm - 3:30pm Bathurst Panthers	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 0431821615	Thursday 10:30am - 12:00pm Bathurst Baptist Church	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 0400171833	Thursday 10:00am - 12:00pm Bathurst Baptist Church	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 0417576385	Wednesday 10:00am - 12:00pm CSU Room 143	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 0408449211	Friday 4:00pm - 5:30pm Greens on William (BCCC)	Learn the basics of this simple yet challenging game, which is probably the most inclusive of all sports.
Mah Jong Anthony Wells 0447260511	Monday 10:00am - 12:00pm Bathurst Panthers	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 0422280610	Friday 1:45pm - 4:00pm Bathurst Panthers	A variety of film experiences. Some Art films shown. Some 1950's, 1960's, 1970's and contemporary films.
Metaphysics and Mysteries Brian Sherman 0439924323	Friday 10:15am - 11:45am Bathurst Panthers	Metaphysical and New Age topics as well as mysteries of the past and present.

Course	Time	Description
Philosophy Brian Sherman 0439924323	Wednesday 1:00pm - 2:30pm Bathurst Panthers	An interactive, fun class discussing everyday philosophical topics of interest.
Read and Share Week 3 Allison Aspden 0422280610	Tuesday 2:00pm - 3:30pm Bathurst Neighbourhood Centre	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 0421510042	Tuesday 2:00pm - 3:30pm Bathurst Neighbourhood Centre	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 0422446494	Tuesday 1:00pm - 2:30pm Bathurst Baptist Church	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) 63324000	Thursday 11:45am - 12:30pm Dedicated To Fitness (DTF)	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)
Revitalise Tuesday Bev (D2F) 63324000	Tuesday 11:00am - 11:45am Dedicated To Fitness (DTF)	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)
Spanish Speaking Club Manuel Pro 0434832118	Wednesday 10:15am - 12:15pm Bathurst Panthers	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) 63324000	Friday 8:15am - 8:45am CityFit	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) 63324000	Monday 8:15am - 8:45am CityFit	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 0488045538	Friday 10:00am - 12:00pm Bathurst Panthers	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 0447666869	Friday 10:00am - 11:30am Bathurst Baptist Church	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 0447666869	Tuesday 2:00pm - 3:30pm Bathurst Baptist Church	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 Ger Carla Archer 0427006590	Tuesday 2:30pm - 4:00pm Bathurst Panthers	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 0431821615	Tuesday 10:00am - 11:30am CWA Hall	We sing songs from the 60's and 70's and some others. Beginners are welcome.
Walking Group Kaye Price 0417850263	Tuesday 8:00am - 9:30am Rear of MacDonalds Carpark	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 0450696510	Thursday 9:00am - 10:00am Bathurst Uniting Church Hall, William St	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 0417066515	Tuesday 5:00pm - 5:45pm Healthworld Fitness Club	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.

Course	Time	Description
Zumba with Karen Thursday Karen Granger 0417066515	Thursday 5:30pm - 6:30pm Healthworld Fitness Club	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 0417066515	Wednesday 9:15am - 10:15am Healthworld Fitness Club	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.