

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.
Canasta 5 Christina Keightley 0434414829	Friday 10:00am - 12:00pm Bathurst Panthers	Canasta 5 (card game) is played to the old rules with the exception that, you only pick up 5 cards from the discarded pile, instead of picking up the whole discarded pile. This makes it much fairer to the other players.
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.
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.
Creative Writing Graham West 0414568416	Wednesday 10:00am - 12:00pm CSU Room 143	"Let your mind wander". Develops a new ending to an everyday event. Learn to write short fictional stories and share them with friendly supportive group.
Crime Fiction Week 1 Libby Tink 0419632260	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	The 1st term book, available at U3A January enrolment day. One book each month by a specific author. Each month a member shares an author biography, afterwards we socialise at a cafe.
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.
English Country Dancing Karin Smith 0431821615	Thursday 10:00am - 12:00pm Bathurst Baptist Church	Just bring yourself and be prepared to have fun learning dance steps to English Country Dances with a live band. Like on Pride and Prejudice but more relaxed. Fun, laughter and brain stimulation guaranteed.
Family History Research Jan Page 0428833745	Wednesday 10:00am - 12:00pm Senior Citizens Centre	Are you interested in learning more about your family origins? Come along to this course. A variety of instructors from Bathurst Family History Group will teach participants. Held in the Family History Room: enter the Senior Citizen Centre via the back entrance. Term 1 only.
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.
In Depth Discussion of Topical Subjects Kevin O'Meara 0435834265	Monday 2:00pm - 3:30pm Bathurst Panthers	In depth group discussion on National and International Affairs.
Introduction to Lapidary Paul Martensz 0427896945	Thursday 9:00am - 12:00pm Eglington Old Fire Shed	Learn about basics of gems, rocks, minerals & how to cut, grind & polish suitable materials to produce cabochons. For insurance, participants will need to join the Lapidary & Collectors Club. Term 1 only.
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.

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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 Rob McDonald 0491757754	Friday 1:45pm - 4:00pm Bathurst Panthers	Screening and discussion of interesting films. The only course requirement is an interest in feature films from a wide range of genres, periods, countries and perspectives.
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.
Morning Tea Thursday Jasmine Sonter 0429323121	Thursday 10:00am - 11:30am Gunthers Lane Cafe	A social group who meet for Morning Tea. Open to the general public wanting to know more about Bathurst U3A Membership and Courses. Term 1 only.
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 Dianne Thurling 0427323357	Tuesday 2:00pm - 3:30pm Bathurst Neighbourhood Centre	We'll read a wide variety of books from memoirs, short stories to novels and historical novels. Our reading list has been compiled by the 2023 group. People need to acquire their own books. Meets monthly from Feb to Nov.
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 2023 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 Jennifer Calvert 0428637648	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!
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.

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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"
World War II as seen through the movies. Carla Archer 0427006590	Tuesday 2:00pm - 4:00pm Bathurst Panthers	Be enthralled by the drama and intrigue of Films of World War II.
Yoga 11am Marilyn Zapel 0450696510	Thursday 11:00am - 12:00pm 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
Yoga 9am 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 - 6:00pm 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.
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.