

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| Starters Monday 08:15 - 08:45 CityFit | Walking Group 08:00 - 09:30 Rear of MacDonalds Carpark | Zumba with Karen Wednesday 09:15 - 10:15 Healthworld Fitness Club | Yoga 9am 09:00 - 10:00 Bathurst Uniting Church Hall, William St | Starters Friday 08:15 - 08:45 CityFit |
| Mah Jong 10:00 - 12:00 Bathurst Panthers | Bonsai Buddies 10:00 - 12:00 Bathurst Bushrangers Club | Spanish Speaking Club 10:15 - 12:15 Bathurst Panthers | Craft Collective 10:00 - 12:00 Bathurst Panthers | Stitch 'N' Chat 10:00 - 12:00 Majellan Bowling Club |
| Current Affairs 10:15 - 11:45 Bathurst Panthers | Ukulele Singalong 10:00 - 11:30 CWA Hall | Philosophy 13:00 - 14:30 Bathurst Panthers | Getting It Down 10:00 - 12:00 Bathurst Baptist Church | Table Tennis Friday 10:00 - 11:30 Bathurst Baptist Church |
| Archery for Seniors 13:00 - 15:00 Bathurst Archery Club | Revitalise Tuesday 11:00 - 11:45 Dedicated To Fitness (DTF) | | English Country Dancing 10:00 - 12:00 Bathurst Baptist Church | Canasta 5 10:00 - 12:00 Bathurst Panthers |
| In Depth Discussion of Topical Subjects 14:00 - 15:30 Bathurst Panthers | Rediscover Recorders 13:00 - 14:30 Bathurst Baptist Church | | Revitalise Thursday 11:45 - 12:30 Dedicated To Fitness (DTF) | Metaphysics and Mysteries 10:15 - 11:45 Bathurst Panthers |
| | Read and Share Week 4 14:00 - 15:30 Bathurst Neighbourhood Centre | | Zumba with Karen Thursday 17:30 - 18:30 Healthworld Fitness Club | Art Attack Friday 13:00 - 16:00 CSU Room 143 |
| | Read and Share Week 3 14:00 - 15:30 Bathurst Neighbourhood Centre | | | Chess 13:30 - 15:00 Bathurst Panthers |
| | Crime Fiction Week 2 14:00 - 15:30 Bathurst Neighbourhood Centre | | | Memorable Movies 13:45 - 16:00 Bathurst Panthers |
| | Crime Fiction Week 1 14:00 - 15:30 Bathurst Neighbourhood Centre | | | Learn to play Lawn Bowls 16:00 - 17:30 Greens on William (BCCC) |
| | Table Tennis Tuesday 14:00 - 15:30 Bathurst Baptist Church | | | |
| | World War II as seen through the movies. 14:00 - 16:00 Bathurst Panthers | | | |
| | CIRCL Mobility Tuesday 16:15 - 17:00 Healthworld Fitness Club | | | |
| | Zumba Toning 17:00 - 18:00 Healthworld Fitness Club | | | |

| 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. |
| 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. |
| 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. |
| 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 Graham West 0414568416 | 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. |
| Philosophy Brian Sherman 0439924323 | Wednesday 1:00pm - 2:30pm Bathurst Panthers | An interactive, fun class discussing everyday philosophical topics of interest. |

| Course | Time | Description |
|---|---|---|
| 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 Majellan Bowling Club | A like-minded group who love to share and improve their craft skills, and who also love a chat. |
| 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. |
| 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 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. |

| 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. |