

**SAM U3A**  
**Scone Aberdeen Muswellbrook University of the 3<sup>rd</sup> Age**

**Term 4 Calendar/Timetable 2017**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>October 9</b> Croquet 9-11 Trivia 1.30-3 Exercise with Anne 3-4	<b>October 10</b> Sussing out Sydney Cryptic Crosswords 1.30-3 Meditation/Yoga 2-3	<b>October 11</b> Line Dancing 1-2 Mah-jong 2-4	<b>October 12</b> Introduction to PowerPoint 9.30-10.30 Study Group 2.00-3.30	<b>October 13</b> Silk Painting 11.30-1	<b>October 14</b>
<b>October 16</b> Croquet 9-11 Trivia 1.30-3 Exercise with Anne 3-4	<b>October 17</b> Cryptic Crosswords 1.30-3 Meditation/Yoga 2-3	<b>October 18</b> Brain Games 12.30-2 Mah-jong 2-4	<b>October 19</b> Introduction to PowerPoint 9.30-10.30 Study Group 2.00-3.30	<b>October 20</b> Silk Painting 11.30-1	<b>October 21</b>
<b>October 23</b> Croquet 9-11 Trivia 1.30-3 Exercise with Anne 3-4	<b>October 24</b> Meditation/Yoga 2-3	<b>October 25</b> Line Dancing 1-2 Mah-jong 2-4	<b>October 26</b> Introduction to PowerPoint 9.30-10.30 Study Group 2.00-3.30	<b>October 27</b> Public Speaking 12-1 Silk Painting 11.30-1 Matinee Movies 1.30-3.30	<b>October 28</b>
<b>October 30</b> Croquet 9-11 Trivia 1.30-3 Exercise with Anne 3-4	<b>October 31</b> Cryptic Crosswords 1.30-3 Meditation/Yoga 2-3	<b>November 1</b> Brain Games 12.30-2 Mah-jong 2-4	<b>November 2</b> Study Group 2.00-3.30	<b>November 3</b> Silk Painting 11.30-1	<b>November 4</b>
<b>November 6</b> Croquet 9-11 Trivia 1.30-3 Exercise with Anne 3-4	<b>November 7</b> Indian Cooking 11-2 Cryptic Crosswords 1.30-3 Meditation/Yoga 2-3	<b>November 8</b> Line Dancing 1-2 Mah-jong 2-4	<b>November 9</b> Study Group 2.00-3.30	<b>November 10</b> Silk Painting 11.30-1	<b>November 11</b> Garden Group 10-12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November 13</b> Croquet 9-11 Trivia 1.30-3 Exercise with Anne 3-4	<b>November 14</b> Sussing out Sydney Cryptic Crosswords 1.30-3 Meditation/Yoga 2-3	<b>November 15</b> Travel Tales 11-12 Brain Games 12.30-2 Mah-jong 2-4	<b>November 16</b> Study Group 2.00-3.30	<b>November 17</b> Public Speaking 12-1 Silk Painting 11.30-1 Matinee Movies 1.30-3.30	<b>November 18</b>
<b>November 20</b> Croquet 9-11 Trivia 1.30-3 Exercise with Anne 3-4	<b>November 21</b> Cryptic Crosswords 1.30-3 Meditation/Yoga 2-3	<b>November 22</b> Line Dancing 1-2 Mah-jong 2-4	<b>November 23</b> Study Group 2.00-3.30	<b>November 24</b> Silk Painting 11.30-1	<b>November 25</b>
<b>November 27</b> Croquet 9-11 Trivia 1.30-3 Exercise with Anne 3-4	<b>November 28</b> Indian Cooking 11-2 Meditation/Yoga 2-3	<b>November 29</b> Travel Tales 11-12 Brain Games 12.30-2 Mah-jong 2-4	<b>November 30</b> Study Group 2.00-3.30	<b>December 1</b>	<b>December 2</b>
<b>December 4</b> Croquet 9-11 Trivia 1.30-3 Exercise with Anne 3-4	<b>December 5</b> Indian Cooking 11-2 Cryptic Crosswords 1.30-3 Meditation/ Yoga 2-3	<b>December 6</b> Line Dancing 1-2 Mah-jong 2-4	<b>December 7</b> Study Group 2.00-3.30	<b>December 8</b>	<b>December 9</b>
<b>December 11</b> Croquet 9-11 Trivia 1.30-3 Exercise with Anne 3-4	<b>December 12</b> Cryptic Crosswords 1.30-3 Meditation/Yoga 2-3	<b>December 13</b> Brain Games 12.30-2 Mah-jong 2-4	<b>December 14</b> Study Group 2.00-3.30	<b>December 15</b>	<b>December 16</b> END TERM 4

Scone Aberdeen Muswellbrook Sydney

**PLEASE NOTE: some classes will end earlier in the run-up to Christmas. Ask your leader for end dates.**

## SAM U3A Term 4, 2017. Course descriptions.

*Make new friends, learn new skills, acquire new knowledge*

Activity	Venue/ Time	Information on activity	Contact Person
Brain Games	Uniting Church Hall Muswellbrook 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays of the month 12.30-2	A mix of games and activities aimed at stimulating your grey cells. We cover trivia, word games, math puzzles, among other things, in a non-competitive and fun way.	Anne Mason 6543 4047
Croquet	Scone Croquet Club Mondays 10-12	Learn the deceptively simple art of croquet. Easy to learn, but can be devious and surprisingly ruthless.	Leonie O'Keefe 6543 4348
Cryptic Crosswords	Scone Uniting Church Druery Room Tuesdays 1.30-3.30	How to decode those cryptic clues. How do crossword setters think? Not held 4 <sup>th</sup> Tuesday of the month.	Jacqui Druery 6545 1429
Exercise with Anne	Uniting Church Hall Muswellbrook Mondays 3-4	Based on the popular Balance and Bones, but with more upbeat music. Participants need their own weights. This will alternate with Anne's circuit exercises. Both develop bone strength, flexibility and co-ordination.	Anne Mason 6543 4047
Garden Group	Saturday 10-12 approx	For all those interested in seeing others gardens, talking plant problems, and successes. Check website for meeting venues and dates.	Anne Mason 6543 4047
Indian Cooking	Uniting Church Hall Muswellbrook 1 <sup>st</sup> Tuesday of month 11-2	Cost \$20 for ingredients. Places now available for this popular course. Please let Arti know if attending the Tuesday (a week) before class, as she needs to buy ingredients.	Arti Trasi 0449 035 535 6543 0014
Line Dancing	Uniting Church Hall Muswellbrook Wednesday 1-2	Beginner dances only. Led by Anne Mason. Held fortnightly. 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays of month.	Anne Mason 6543 4047
Introduction to PowerPoint	Barbie's place 3 Thursdays	Bring your laptop with PowerPoint and some images/photos already installed, and learn how to do a PowerPoint presentation. Dates: October 12 <sup>th</sup> , 19 <sup>th</sup> , and 26 <sup>th</sup> .	Barbara Turvey 6543 3401
Mah-jong	Uniting Church Hall Muswellbrook Wednesdays 2-4	Learn this intriguing, ancient Chinese board game. No experience necessary. All welcome.	Janet Griffiths 6543 5025
Matinee Movies	Uniting Church Hall Muswellbrook 2 Fridays 1.30-3.30	We'll screen a choice of good DVDs on 27 Oct and 17 Nov, the same days as Public Speaking.	Eryl Carter 0418 495 906

Activity	Venue/ Time	Information on activity	Contact Person
Movie Appreciation Group (MAG)	Muswellbrook workers Club Mostly Tuesdays	Depends on suitability of films. Check emails/texts/website for dates and times of upcoming movies	Sue O'Neill 6543 4296
Meditation/Yoga	Uniting Church Hall Muswellbrook Tuesdays 2-3	De-stress with meditation, yoga, and possibly ... some laughter therapy.	Arti Trasi 0449 035 535 6543 0014
Pop Up Activities	When they occur	An opportunity to attend local events with a group. These could include movies at Singleton or Scone; conservatorium concerts; library activities. If you hear of an event members may be interested in, let Leonie know. Check <a href="http://sam.u3anet.org.au">http://sam.u3anet.org.au</a> for info.	Check the website
Public Speaking	Uniting Church Hall Muswellbrook 2 Fridays 12-1	Practise speaking in public in a supportive atmosphere. Meet 27 <sup>th</sup> Oct and 17 <sup>th</sup> Nov. *Please RSVP by previous Thursday if coming to ensure speakers have an audience.	Graham Turvey 6543 3401
Silk Painting	Aberdeen Library Fridays 11.30-1	Colouring with silk printing techniques. Many applications. Email <a href="mailto:libertylibb@hotmail.com">libertylibb@hotmail.com</a> or phone for more details.	Elizabeth Birch 6543 7770
Study Group	Uniting Church Hall Muswellbrook Thursdays 2-3.30	Studying and discussing a book of the bible. You don't have to be a biblical scholar to attend.	Richard Moors 6543 1168
Sussing out Sydney	Meet at station 2 <sup>nd</sup> Tuesday of month	Trips to visit various Sydney landmarks using Opal and Seniors cards. Meet at Muswellbrook station at 6.15am. 10 Oct: Sydney Eye Hospital \$10. 14 Nov: Rembrandt Exhibition, Art Gallery of NSW \$21 conc. For more details see the website <a href="http://sam.u3anet.org.au">http://sam.u3anet.org.au</a> <b>PLEASE NOTE: Numbers are capped, so get in early, especially for the Rembrandt exhibition.</b>	Barbara Turvey 6543 3401
Travel Tales	Uniting Church Muswellbrook Wednesday 11-12	An opportunity to share travel tips, travel tales and highlights, travel books/ websites with other travellers (or those planning trips). 15 <sup>th</sup> and 29 <sup>th</sup> Nov.	Pauline Williams 0409 570 036
Trivia	Uniting Church Hall Muswellbrook Mondays 1.30-3	Give your general knowledge a workout. Like pub trivia, but without the alcohol and less competitive. Heaps of fun.	Terry Cox 6541 4641