

SAM U3A Timetable 4th term 2016

Scone, Aberdeen, Muswellbrook University of the Third Age
 Make new friends, learn new skills, acquire new knowledge

E: samu3ambk@gmail.com

W: <http://sam.u3anet.org.au/>

P: Leonie 6543 4348 or Sue O'Neill 6543 4296 / 0438 481 216

Registration: Contact group leaders to join the class(es) of your choice



Cost: \$25 pa entitles you to attend as many classes as you want throughout the year. Pay at *Hunter Mutual* in Scone or Muswellbrook. You need to pay your subscription before you attend classes.

4th Term dates: Monday 10 Oct – Friday 16 Dec. SAM U3A operates in school terms. Classes start in Week 1 unless otherwise specified.

TIME	COURSE	DESCRIPTION	LEADER	VENUE
Monday 9 – 11am	CROQUET	Warning: can be addictive, & at higher levels, absolutely ruthless! \$20 for half year membership + \$3 ea week.	Don Gardiner 6545 2356	Scone Croquet Club
Monday 11am – 12 noon	FREE CHOICE BOOKCLUB	Bring your own choice of book to tell others about: favourites, classics, childhood books, recent reads, or fiction/non-fiction.	Carolyn Carter 0412 468 308	Uniting Church Hall Kingdon St Scone Carterredbank47@gmail.com
Monday 1.30 – 3pm	TRIVIA	Give your general knowledge a workout. Like pub trivia but without the alcohol. Heaps of fun.	Terry Cox 6541 4641	Uniting Church Hall Bridge St Muswellbrook
Monday 3 – 4pm	BALANCE & BONES	An exercise program aimed at increasing flexibility, balance, co-ordination & bone strength. Participants are asked to provide their own hand weights.	Anne Mason 6543 4047	Uniting Church Hall Bridge St Muswellbrook
Tuesday 11am – 12 noon	LEARN SUDOKU	Sudokus are logic puzzles that are popular worldwide. Get tips on completing them. Will be held November 8,15,22,29.	Julie Fibbins 0468 402 422	Uniting Church Hall Bridge St Muswellbrook
Tuesday 11am – 2pm <i>1st Tuesday each month</i>	INDIAN COOKING	This popular course will be held on the first Tuesday of each month, so get in early to register. You'll need to pay \$20 for ingredients.	Arti Trasi 6543 0014 0449 035 535	Uniting Church Hall Bridge St Muswellbrook
Tuesday 1.30 – 3.30pm	CRYPTIC CROSS- WORDS	How to decode those cryptic clues? How do crossword setters think? NB: not held 4 th Tuesday of the month.	Jaci Druery 6545 1429	St Andrews Uniting Church Scone
Tuesday 2 – 3pm	MEDITATION & YOGA	Enjoy serenity, flexibility and strength with this peaceful practice. Maybe there'll be a bit of laughter therapy too. Ph: 0449 035 535	Arti Trasi 6543 0014	Uniting Church Hall Bridge St Muswellbrook

TIME	COURSE	DESCRIPTION	LEADER	VENUE
Wednesday 6.10am – 7.40pm	SUSSING OUT SYDNEY: EXCURSIONS	Monthly trips to visit various Sydney landmarks using Opal & Senior cards. Meet Muswellbrook station for 6.30am train. See website for details of upcoming excursions & costs. Next dates: Oct 26, Nov 30. http://sam.u3anet.org.au/	Barbara Turvey 6543 3401	Muswellbrook station & Sydney. Alternatives offered for those who don't want to walk a lot.
Wednesday 1.30 – 3pm <i>Not Wed 9th November</i>	BRAIN GAMES	A mix of trivia, word games, number activities, logic puzzles & whatever takes our fancy. Fun, non-competitive brain stimulation.	Anne Mason 6543 4047	Uniting Church Hall Kingdon St Scone
Wednesday 3 – 4pm	BALANCE & BONES	An exercise program aimed at increasing flexibility, balance, co-ordination & bone strength. Participants are asked to provide their own hand weights.	Anne Mason 6543 4047	Uniting Church Hall Kingdon St Scone
Wednesday 4.30 – 6pm	KNOW YOUR IPAD/TABLET PART 2	OK: you learnt the basics in Part 1. Now it's time to move forward & learn what else you can do with your iPad/tablet.	c/-Leonie O'Keefe 6543 4348	Upper Hunter Community Health Services Building QEII Muswellbrook
Thursday 9.30 – 11.30am	BASIC INTRO TO IPADS & TABLETS PART 1	Come along and learn how to use an iPad or tablet in a gentle, supportive environment. Also good for those who are thinking of getting an iPad/tablet.	c/-Leonie O'Keefe 6543 4348	Upper Hunter Community Health Services Building QEII Muswellbrook
Thursday 1.30 – 3pm	LISTEN & DISCUSS	Study and discuss the final book of the Bible: Revelations.	Richard Moors 6543 1168	Uniting Church Hall Bridge St Muswellbrook
Friday 9 – 11am	YESTERDAY TODAY	An interactive look at 150 years of local history. Bill will lead a few walks & guide you through fascinating reference sources according to your historical interests.	Bill Spicer 6542 5325	Uniting Church Hall Bridge St Muswellbrook
Friday 11 – 1pm	SILK PAINTING	Learn intriguing new processes for colouring silk. Pay \$15 1 st session for materials.	Elizabeth Birch 6543 7770	Aberdeen Library
Once a month	MOVIE APPRECIAT- ION GROUP	Join other movie lovers and go for a coffee after to discuss. See details at http://sam.u3anet.org.au/	Sue O'Neill 6543 4296	Muswellbrook Workers Club
Wed 9 th Nov only 1.30 – 2.30pm	LINE DANCING	For one time only, a chance to exercise mind and body with simple dance steps. If it takes your fancy you might like to try more with Pam's regular classes.	Pam Smith c/- Anne Mason 6543 4047	Uniting Church Hall Bridge St Muswellbrook