

SAM U3A Term 3, 2020 Course Descriptions

*Make new friends
Learn new skills
Exercise your mind & body*

Activity	Venue & time	Information	Contact
Croquet	Scone Croquet Club Mondays 10-12	The croquet club is beside the Uniting Church Hall, Kingdon St Scone, behind the tennis courts.	Pauline Clark 6543 4839
Exercise for Strength & Mobility	Uniting Church Hall MbK Mondays 3-4	Participants will need their own weights. Develop bone strength, flexibility and co-ordination to upbeat music.	Anne Mason 6543 4047
Games Galore	Uniting Church Hall MbK Fri 1.30-3.30	Join in playing a variety of card/board games. Play old favourites, learn new games. Bring along your favourite game to play.	Anne Mason 6543 4047
Line Dancing	Uniting Church Hall MbK Wednesdays 12.30-1.45.	Dancing is a great activity for seniors. Beginners welcome, simple dances, and it's not just country music! Three sessions for more advanced learners	Anne Mason 6543 4047
Mah-jong	Uniting Church Hall M'bk Weds 2-4	Regular players only this term.	Pauline Clark 6543 4839
Podcasts	Uniting Church Hall MbK 10-11 Some Tuesdays	21st July - Big Adventures Pt 1 - a woman's solo journey across the Sahara Desert. 28th July - Big Adventure Pt 2- continues. 4th August - Good People of Ireland- Hannah Kent. 11th August - Dinosaur Fields- South Western Qld. 18th August - Bryan Brown. 25th August - Deep Time Dreaming- Australia's Prehistoric past.	Pauline Williams 0409 570 036
Popup Activities		Attend local events with a group. Could be movies, conservatorium concerts, or library events etc. If you know of an event members might be interested in, let Anne M or Sue know.	Sue O'Neill 6543 4296
Silk Painting	Dartbrook Rd Aberdeen Fridays 10-12	Learn how to create interesting colours and patterns with a variety of simple silk painting techniques. Held at Elizabeth's home.	Elizabeth Birch 6543 7770
Trivia	Uniting Church Hall MbK Mondays 1.30-3	Test your general knowledge in a fun, non-competitive environment. Participants work in teams and we don't really care about the scores.	Pauline Clark 6543 4839
\$25 pa to join. Attend as many activities as you want.	Joining fee can be paid at any branch of the Regional Australia Bank (Scone, Muswellbrook, Denman). New members can find enrolment forms there too. OR: make a direct deposit online. Regional Australia Bank BSB: 932000. Account number: 735303. Add your name to the description with the word FEES.		
SAM U3A is committed to staying COVID safe. Please stay home if you have symptoms.		<ul style="list-style-type: none"> • Social distancing • Hand sanitiser • Own equipment 	

NETWORK NEW SOUTH WALES

