


SAM U3A Term 1, 2022

Course Descriptions & Contacts

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

Activity	Venue & time	Information	Contact
Create w Liz	Dartbrook Rd Aberdeen Fridays 10-12	This term Liz is offering a wide variety of creative crafts.	Elizabeth Birch 6543 7770
Croquet	Scone Croquet Club Mondays 9-11	The croquet club is beside the Uniting Church Hall, Kingdon St Scone, behind the tennis courts.	Pauline Clark 6543 4839
Current Events with a Cuppa	Uniting Church Hall MbK 1 st Friday/month	Bring your lunch and a drink as we discuss what's going on in the world. 1 st Friday of the month: 3 rd March and 7 th April.	Eryl Carter 0418 495 906
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. Wear a mask.	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! Sessions for more advanced learners in weeks 2,4,6,8 &10 from noon – 12.30. Wear a mask.	Anne Mason 6543 4047
Mah-jong	Uniting Church Hall M'bk Weds 2-4	Beginners OK, but please attend weekly.	Pauline Clark 6543 4839
Pickleball	PCYC M'bk Tuesdays 12-1	Increase your fitness with this fun and not too demanding game. \$7 equipment hire.	Anne Hearn 0413 662 951
Podcasts	Uniting Church Hall MbK Tuesdays 10-11	8 th Feb: Women's Summer Series 15 th Feb: The Trailblazer – Wendy Harmer 1 st Mar: The Life of Anna Meares 8 th Mar: Kitty Flanagan's Unlikely Path to Comedy.	Pauline Williams 0409 570 036
Popup Activities	Attend local events with a group. Could be movies, conservatorium concerts, or library events, walks etc. If you know of an event members might be interested in, let Anne M or Sue know.		Sue O'Neill 0438 481 216
Sussing Out Sydney		Details TBA closer to the time.	Barbie Turvey 0424 033 444
Trivia	Uniting Church Hall MbK Mondays 1.30-2.45	Test your general knowledge in a fun, non-competitive environment. Participants work in teams and we don't really care about the scores. Bring a flask of tea to chat over.	Pauline Clark 6543 4839
Ukele	Uniting Church Hall MbK Fri 11.30-12.30	Beginner classes in this popular instrument. Sing along to favourite songs new and old.	Pat Wattus 0413 536 246
\$25 per year for any and all activities.			
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 	
PLEASE NOTE		Masks must be worn indoors including during physical activities.	