

SAM U3A Course descriptions

2nd term 2022

Activity	Venue/time	Information	Contact
Art Gallery	Mbk Art Gallery	Every term we aim to visit the latest exhibition at our local gallery. This term it's Tue 31 st May at 2pm.	Anne Mason 6543 4047
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 10-12	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 each month	Bring your lunch and a drink as we discuss what's going on in the world. 1 st Friday of the month. 6 th May, 3 rd June & 1 st July. 12.30-1.30 before Games.	Eryl Carter 0418 495 906
Exercises 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.	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	26 th April: A Magical Life – Arthur Coughlan 3 rd May: How Indigenous Elders Read the Stars 10 th May: Love, Grief and Discipline – Working Dogs.	Pauline Williams 0409 570 036
Popup Activities	So far, two events are scheduled. 1) A visit to Plants on Main, Scone, including morning tea at their new cafe. Sat 14 th May 10am. 2) Foxes Cafe, Saturday 4 June 10am. 45 Haydon Street, Murrurundi. Medical museum, old wares and 1950's style morning tea. Museum entry \$5.		Vicki Riddy 0417 204 391
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 before we begin.	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
https://sam.u3anet.org.au \$25/year for any and all activities		COVID safety. We disinfect all surfaces, provide hand sanitiser and practise social distancing. Don't attend if you are unwell or have been in contact with COVID.	