

## SAM U3A Course descriptions

4<sup>th</sup> 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 29 <sup>th</sup> Nov 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 9-11	The croquet club is beside the Uniting Church Hall, Kingdon St Scone, behind the tennis courts.	Anne Hearn 0413 662 951
Current Events with a Cuppa	Uniting Church Hall Mbk 1 <sup>st</sup> Friday each month	Bring your lunch and a drink as we discuss what's going on in the world. 1 <sup>st</sup> Friday of the month. 4 <sup>th</sup> Nov and 2 <sup>nd</sup> Dec 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.	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	Continuing players only.	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	11 <sup>th</sup> Oct: Maggie Beer: From Bankstown to the Barossa. 25 <sup>th</sup> Oct: Greatest Air Race: London to Melbourne 1934. 1 <sup>st</sup> Nov: The Flying Vet from Outback Queensland.	Pauline Williams 0409 570 036
Popup Activities	Annual General Meeting will be held Wed 16 <sup>th</sup> Nov at 10.30 Uniting Church Hall Muswellbrook.		Anne Mason 6543 4047
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
Ukulele	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
<a href="https://sam.u3anet.org.au">https://sam.u3anet.org.au</a> \$25/year for any and all activities		<b>COVID safety.</b> 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.	

**NB:** Barbie is aiming to do a **Sussing Out Somewhere** Tuesday 15<sup>th</sup> or 22<sup>nd</sup> Nov. Watch email for news.