


SAM U3A Course descriptions

1st term 2023

| 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 TBA. | Anne Mason 6543 4047 |
| Create w Liz | Dartbrook Rd Aberdeen Fridays 10-12 | Liz offers 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 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. 3 rd Mar 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 1,3,5,7 and 9 from noon – 12.30. | Anne Mason 6543 4047 |
| Mah-jong | Uniting Church Hall M'bk Weds 2-4 | Beginners welcome but be prepared to 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 ch | Uniting Church Hall Mbk Tuesdays 10-11 | Tue 21 Feb: Pink Diamond Heist: Argyle Intrigue Tue 28 Feb: Last Keeper of Boston (Lighthouse) | Pauline Williams 0409 570 036 |
| Popup Activities | Keep an eye out for Barefoot Bowls, Sussing Out Somewhere, a meeting to organise Term 2. | | 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 |
| https://sam.u3anet.org.au \$30/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. |  |

<https://sam.u3anet.org.au>