


SAM U3A Course descriptions

4th term 2023

Activity	Venue/time	Information	Contact
AGM	Uniting Church Hall Mbk 11	There'll be a planning meeting for 2024 Wednesday 15 Nov at 11am. All members welcome.	Anne Mason 6543 4047
Art Gallery	Mbk Art Gallery 11-11.30	Every term we aim to visit the latest exhibition at our local gallery. This term it's Tues 7 November.	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 10-12	The croquet club is beside the Uniting Church Hall, Kingdon St Scone, behind the tennis courts.	Anne Hearn 0413 662 951
Current Affairs with a Cuppa	Uniting Church Hall Mbk 1 st Fridays	Bring lunch and a drink to chat about what's happening in the world 12.30-1.30 the first Friday of the month: 3 Nov & 1 Dec.	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. Weeks 1-3 and 10.	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! Every second week: more advanced dances starting at 12, beginning Week 1.	Anne Mason 6543 4047
Lunch	3 Fridays	Friday lunch at the Thai over the road is popular so this term there will be 3: 20 Oct, 17 Nov & 15 Dec (which is the final U3A day of the year).	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
Popup Activities	Keep an eye out other activities and outings. Suggestions welcome.		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 drink to chat over before we begin.	Pauline Clark 6543 4839
Ukulele	Uniting Church Hall Mbk Fri 11-12	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.	

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