



4th Term 2018

October		November		December	
Mon AM	Sessions in red are either new courses or sessions with a major change in time			Mon AM	Discussion Group [G] 10.00am
1 PM				3 PM	Buddhist Discussion [G] 11.30am to 1pm Fibre and Textile Craft [G] 2.00pm to 4pm
Tue AM	Games [W] 9am - 12noon			Tue AM	Games [W] 9am - 12noon
2 PM				4 PM	Guest Speaker [B+A] 1.30 to 3pm - Ronnie Nichols
Wed	(committee 1pm before each Cuppa&C)			Wed	YOGA (W) 9.30 to 11am
3	Cuppa and Chat [W] 2.30pm			5	Christmas Party Cuppa & C [W] 2.30pm
Thu AM		Thu AM	1st Nov WALK - 9am Raymond Terrace	Thu AM	6th Dec WALK - 10 am Soldiers Point
Fri AM	Balance & Bones [W] 9.30am	Fri AM	Balance & Bones [W] 9.30am	Fri AM	Balance & Bones [W] 9.30am
5 PM		2 PM	Computers [W] 1.30pm	7 PM	
Mon AM		Mon AM	Discussion Group [G] 10.00am Buddhist Discussion [G] 11.30am to 1pm	Mon AM	Fourth Term ends 7th December
8 PM		5 PM	Fibre and Textile Craft [G] 2.00pm to 4pm	10 PM	
Tue AM	Games [W] 9am - 12noon	Tue AM	Games [W] 9am - 12noon	Tue AM	Games [W] 9am - 12noon
9 PM		6 PM	No Speaker today - MELBOURNE CUP	11 PM	
Wed AM		Wed AM	YOGA (W) 9.30 to 11am	Wed AM	See our website at: http://portstephens.u3anet.org.au/
10 PM		7	AGM plus Cuppa and Chat [W] 2.30pm	12 PM	
Thu AM	Fourth Term starts October 15th	Thu AM	Astronomy [G] 10.30am	Thu AM	
11 PM		8 PM	Music for Pleasure [G] 1.30pm	13 PM	
Fri AM	Balance & Bones [W] 9.30am	Fri AM	Balance & Bones [W] 9.30am Poetry Reading [G] 11.00am	Fri AM	Balance & Bones [W] 9.30am
12 PM	Books Non fiction [G] 2.00pm to 3.30pm	9 PM	Books-Non fiction [G] 2.00pm to 3.30pm	14 PM	Books-Non fiction [G] 2.00pm to 3.30pm
Mon AM	Discussion Group [G] 10.00am Buddhist Discussion [G] 11.30am to 1pm	Mon AM	Brain Games [G] 10.00am French Language [G] 11.30am to 1pm	Mon AM	
15 PM	Fibre and Textile Craft [G] 2.00pm to 4pm	12 PM	Fibre and Textile Craft [G] 2.00pm to 4pm	17 PM	
Tue AM	Games [W] 9am - 12noon	Tue AM	Games [W] 9am - 12noon	Tue AM	Games [W] 9am - 12noon
16 PM		13 PM	Writing for Pleasure [G] 1.30pm	18 PM	
Wed AM	Lawn Bowling Soldiers Pt - 10.00am to noon Trip to Parliament Sydney 7.10am	Wed AM	YOGA (B) 9.30 to 11am Ancient History [B] 11am to 12.30pm - Americas	Wed AM	Lawn Bowling Soldiers Pt - 10.00am to noon
17		14 PM		19 PM	
Thu AM	18th Oct WALK - 9am Barry Park Wildflowers	Thu AM	15th Nov WALK - 9am Salamander Bay	Thu AM	
Fri AM	Balance & Bones [W] 9.30am	Fri AM	Balance & Bones [W] 9.30am Short Stories [G] 11am	Fri AM	Balance & Bones [W] 9.30am
19 PM	Books & Reading [G] 1.30pm	16 PM	Books & Reading [G] 1.30pm	21 PM	Books & Reading [G] 1.30pm
Mon AM	Brain Games [G] 10.00am French Language [G] 11.30am to 1pm	Mon AM	Discussion Group [G] 10.00am Buddhist Discussion [G] 11.30am to 1pm	Mon AM	CHRISTMAS DAY Please take care and seek medical advice if necessary before any strenuous activity. Note that Games, Lawn Bowling, Books & Reading, Books Non-fiction, Balance & Bones and Cuppa & Chat continue through the term breaks. 
22 PM	Fibre and Textile Craft [G] 2.00pm to 4pm	19 PM	Fibre and Textile Craft [G] 2.00pm to 4pm	24 PM	
Tue AM	Games [W] 9am - 12noon	Tue AM	Games [W] 9am - 12noon	Tue AM	
23 PM	Writing for Pleasure [G] 1.30pm	20 PM		25 PM	
Wed AM	YOGA (B) 9.30 to 11am Ancient History [B] 11am to 12.30pm - Americas	Wed AM	YOGA (W) 9.30 to 11am Lawn Bowling Soldiers Pt - 10.00am to noon	Wed AM	
24 PM	Short Stories [G] 2pm	21 PM		26 PM	
Thu AM	Astronomy [G] 10.30am	Thu AM	Astronomy [G] 10.30am	Thu AM	
25 PM	Music for Pleasure [G] 1.30pm	22 PM	Music for Pleasure [G] 1.30pm	27 PM	
Fri AM	Balance & Bones [W] 9.30am Poetry Reading [G] 11.00am	Fri AM	Balance & Bones [W] 9.30am Poetry Reading [G] 11.00am	Fri AM	
26 PM		23 PM	Computers [C] 1.30pm	28 PM	
Mon AM	Buddhist Discussion [G] 11.30am to 1pm	Mon AM	Brain Games [G] 10.00am French Language [G] 11.30am to 1pm	Mon AM	
29 PM	Fibre and Textile Craft [G] 2.00pm to 4pm	26 PM	Fibre and Textile Craft [G] 2.00pm to 4pm	31 PM	
Tue AM	Games [W] 9am - 12noon	Tue AM	Games [W] 9am - 12noon		
30 PM		27 PM	Writing for Pleasure [G] 1.30pm		
Wed AM	YOGA (W) 9.30 to 11am	Wed AM	YOGA (B) 9.30 to 11am Ancient History [B] 11am to 12.30pm - Americas		
31 PM		28 PM	Short Stories [G] 2pm		
	All sessions without an explicit end-time are for one hour	Thu AM	Christmas Lunch 12 Noon at Saltwater Rest. Fingal Bay		
		29 PM			
		Fri AM	Balance & Bones [W] 9.30am		
		30 PM			
				Next Term starts early February	