

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>2 August</b> Brain Games <b>Group A</b> [SD] 9.30-10.30am Tai Chi [W] 10.30-11.30 (Beg) Tai Chi [W] 11.30-12.30 (Exp)	<b>3 August</b> Cryptic Crosswords [SD] 1.00-3.00 pm PowerPoint [B] 1.30-2.30pm	<b>4 August</b> Healthy Aging for Seniors [W] 1 – 2pm	<b>5 August</b> Walk – Bagnalls Beach to Fly Point 9.30am	<b>6 August</b> Balance & Bones [W] 9.15-10.15am
<b>9 August</b> Brain Games <b>Group B</b> [SD] 9.30-10.30am Tai Chi [W] 10.30-11.30 (Beg) Tai Chi [W] 11.30-12.30 (Exp)	<b>10 August</b> Cryptic Crosswords [G] 1.00-3.00 pm	<b>11 August</b> Discussion[B] 10-11 am Short Stories [B] 2-3pm	<b>12 August</b>	<b>13 August</b> Balance & Bones [W] 9.15-10.15am Poetry [G] 11.30-12.30am
<b>16 August</b> Brain Games <b>Group A</b> [SD] 9.30-10.30am Tai Chi [W] 10.30-11.30 (Beg) Tai Chi [W] 11.30-12.30 (Exp)	<b>17 August</b> Cryptic Crosswords [SD] 1.00-3.00 pm	<b>18 August</b> Bowling [SP] 10-12pm Healthy Aging for Seniors [W] 1 – 2pm	<b>19 August</b> Tanilba House Day Trip – 10am – 3pm (TBC)	<b>20 August</b> Balance & Bones [W] 9.15-10.15am Books & Reading [B] 1.30-2.30pm



Please see your program for course leader’s contact details to register for courses. Also contact the course leaders if you do not wish to stay enrolled in a course – allowing other interested members to take your place.





# PS Third Age Learning – Term 3 Program Planner – 2 August – 10 September 2021

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>23 August</b> Brain Games <b>Group B</b> [SD] 9.30-10.30am Tai Chi [W] 10.30-11.30 (Beg) Tai Chi [W] 11.30-12.30 (Exp)	<b>24 August</b> Cryptic Crosswords [G] 1.00-3.00 pm <b>U3A COMMITTEE MEETING [B] 3pm -4.30pm</b>	<b>25 August</b> Discussion Grp [B] 10-11 am Short Stories [W] 2-3pm PowerPoint [B] 1.30-2.30pm	<b>26 August</b> Walk – Newcastle Foreshore/Coastal Walk <b>9.00am</b>	<b>27 August</b> Balance & Bones [W] 9.15-10.15am Poetry [G] 11.30-12.30am
<b>30 August</b> Brain Games <b>Group A</b> [SD] 9.30-10.30am Tai Chi [W] 10.30-11.30 (Beg) Tai Chi [W] 11.30-12.30 (Exp)	<b>31 August</b> Cryptic Crosswords [SD] 1.00-3.00 pm	<b>1 September</b> Healthy Aging for Seniors [W] 1 – 2pm	<b>2 September</b>	<b>3 September</b> Balance & Bones [W] 9.15-10.15am
<b>6 September</b> Brain Games <b>Group B</b> [SD] 9.30-10.30am Tai Chi [W] 10.30-11.30 (Beg) Tai Chi [W] 11.30-12.30 (Exp)	<b>7 September</b> Cryptic Crosswords [SD] 1.00-3.00 pm	<b>8 September</b> Discussion Grp [B] 10-11 am Short Stories [B] 2-3pm	<b>9 September</b> Walk – Wildflower Walk 9.30am	<b>10 September</b> Balance & Bones [W] 9.15-10.15am Poetry [G] 11.30-12.30am
<b>13 September</b>	<b>14 September</b>	<b>15 September</b>	<b>16 September</b> <b>DAY TRIP – ART GALLERY OF NSW 8.00am – 5.30am</b> Meet at Salamander Bay Shopping Centre Bus Stop	<b>17 September</b>

All sessions without an explicit end-time are for one-hour duration.

Please seek medical advice if necessary, before joining any physical activity.

Start of Term 4 2021 is Tuesday 5 October.