

FRIDAY AFTERNOON

BOOKS & READING

REGISTRATIONS ESSENTIAL

To register, please email the convenor or the Secretary

1.30 - 2.30pm Boronia Room 20/8 (limit of 20 people)

3rd Friday of the month throughout year

Share the reading experience with friends.



TERM 3 — 2021

Term Starts: Monday 2 August
Term Ends: Friday 10 September

**DUE TO COVID 19
RESTRICTIONS, BOOKINGS
ARE ESSENTIAL.**

SUNDAY

A group from our U3A enjoy The New York Metropolitan Opera in HD or productions from The National Theatre, London, at Scotty's Cinema Raymond Terrace on a Sunday (repeated Wednesday). For more details see our weekly email or local 'Examiner' newspaper.

Highlights

Poetry, Healthy Aging for Seniors,
Exercises, Bowling,
Cryptic Crosswords,
Discussion,
Walks, Tai Chi,
Short Stories.

PLEASE NOTE: Many of our regular programs are on hold due to COVID 19 restrictions and will resume as soon as possible.

Membership

Annual fee is \$40 for new members, covering all sessions.

No exams or written assignments!
All sessions held at:

TOMAREE LIBRARY & COMMUNITY CENTRE
Salamander Bay

Sessions are only conducted when the Library Centre is open (i.e. not on public holidays)

Enquiries:

secretary@portstephens.u3anet.org.au

Website:

www.portstephens.u3anet.org.au

TERM DATES FOR 2021

Term 3: 19-July to 10-Sept

Term 4: 5-Oct to 3-Dec

Port Stephens Third Age Learning
c/o Neighbourhood Centre,
P.O. Box 68, 7 Community Close,
SALAMANDER BAY NSW 2317



U3A COMMITTEE - contact

Email: secretary@portstephens.u3anet.org.au

MONDAY MORNING

BRAIN GAMES with our QuizMaster

REGISTRATIONS ESSENTIAL

To register, please email the convenor or the Secretary

9.30-10.30am Sun Dew Room (limit of 12 people)

Please meet in library foyer prior to class. To be escorted to this room.

Due to room numbers restriction Brain Games will be split into Groups A & B:

Group A: 2/8, 16/8 & 30/8

Group B: 9/8, 23/8 & 6/9

Come along and test out your trivia knowledge, work your way through puzzles and those pesky logic problems, keeping mentally fit and challenging those brain muscles with verbal, numerical and spatial quizzes. There's no competition but plenty of fun in trying!

TAI CHI with Tai Chi - Chi Gong Instructor.

REGISTRATIONS ESSENTIAL

To register, please contact the convenor or the Secretary

Every week during term

BEGINNERS 10.30-11.15am in Waratah Room (limit of 20 people)

EXPERIENCED 11.30-12.30pm in Waratah room (limit of 20

people)

Tai Chi is good for balance and arthritis. Please do not wear all black. You must have sandshoes or joggers on your feet. We always start with a warm-up and finish with a cool down. Come and join us.

MONDAY AFTERNOON

FRENCH SPEAKING with our French native speaker

REGISTRATIONS ESSENTIAL

To register, please email the convenor or the Secretary

This class is for those with some good knowledge of French. A class to gain practise in speaking the French language. For every class we will have a new subject for discussion or dialogue. Let have a little fun at the same time.

PLEASE NOTE: This class is on hold due to COVID 19 restrictions but the convenor would like to be in touch with those who have registered. She will provide some activities for you to complete so that you can continue to practise speaking the French language.



PORT STEPHENS THIRD AGE LEARNING 25TH ANNIVERSARY CELEBRATION



We invite you to come along and celebrate this major milestone by enjoying:

A Delicious High Tea where honoured guests, past presidents, leaders and all those who have contributed to the development of our U3A will be invited. Watch a video of our activities and be a winner in a major raffle with prizes.

Where: Soldiers Point Bowling Club

When: Wednesday 6th October 2021 at 2pm

Cost: \$20.00 pp due by Wednesday 1 September

Spaces limited so please email u3aportstephens4@gmail.com to register.

FRIDAY MORNING

BALANCE and BONES

REGISTRATIONS ESSENTIAL

To register, please email the convenor or the Secretary

9.15 am - 10.15am PLEASE NOTE NEW START TIME in Waratah Room (limit of 20 people)

Every Friday throughout the term.

This is an exercise program designed for active, mature-aged, mobile participants at all fitness levels. A fun, easy workout aimed at increasing flexibility, balance, coordination and bone strength.

EXPLORING POETRY

REGISTRATIONS ESSENTIAL

To register, please email the convenor or the Secretary

11.30 am - 12.30pm Gynea Lily Room (limit of 7 people)
2nd & 4th Fridays - 13/8, 27/8 & 10/9

Poets Laureate of Britain - This term we will continue with Poets Laureate with stimulating discussion of the times, their lives and works.

Poets will be Robert Bridges (1913-1930), Cecil Day-Lewis (1968-1972), Sir John Betjeman (1972-1984) and Andrew Motion (1999-2009).



U3A WALKS PROGRAM - TERM 3 2021

Please bring water and wear a hat and comfortable shoes.



Walk 1: 22 July – BOULDER BAY ROAD TO BIG ROCKY

Time: 9.30am

All walkers meet and commence walk from Boulder Bay Road, near the treatment works, Fingal Bay to sign on.

Harder Walk: Follow tracks through Tomaree National Park to Big Rocky and return along same route.

Casual Walk: Walk along Boulder Bay Road towards Fingal Bay and up to Barry Park lookout. You may wish to stop at coffee shop for morning tea break before returning to cars.

LUNCH: TBA – at own expense.

Walk 2: 5 August – BAGNALLS BEACH TO FLY POINT

Time: 9.30am

All walkers meet to commence walk at Bagnalls Beach carpark.

Harder Walk: walk along track (Bartlett Cycleway), past Dutchman's Beach Reserve, over Bridle Path towards d'Albora Marina. Continue past Marina to Fly Point and return.

Casual Walk: Enjoy a leisurely walk along track (Bartlett Cycleway), past Dutchman's Beach Reserve, over Bridle Path towards d'Albora Marina and return.

LUNCH: TBA — at own expense.

Walk 3: 19 August – NEWCASTLE FORESHORE/ COASTAL WALK

Time: 9.00am

Meet at Salamander Bay Shopping Centre carpark (opposite Library) and carpool to Stockton Ferry Terminal to catch ferry to Queen's Wharf, Newcastle (departs every 20mins). From here we will proceed to Nobby's Head, Nobby's Surf Club, then follow Shortland Esplanade Walkway, before cutting back to harbour foreshore esplanade. A shorter option will be offered for casual walkers.

LUNCH: TBA – at own expense.

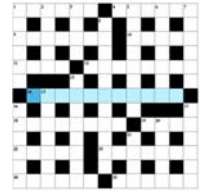
Walk 4: 9 September – WILDFLOWER WALK

Time: 9.30am

All walkers to meet at carpark near Fingal Bay Sports Club. The walk will follow fire trails and tracks in the adjoining Tomaree National Park – a good opportunity to view the beauty of the spring wildflowers! A shorter version will be offered for casual walkers.

LUNCH: TBA – at own expense

TUESDAY AFTERNOON



CRYPTIC CROSSWORDS *with our crossword king*

REGISTRATIONS ESSENTIAL

To register, please *email* the convenor or the Secretary

1.00-3.00 pm Gynea Lily Room—10/8 & 24/8 (*limit of 7 people*)

Sun Dew Room 3/8, 17/8, 31/8, 7/9 (*limit of 12 people*)

Please meet in library foyer prior to class to be escorted to Sun Dew Room.

Usually every Tuesday (includes term breaks)

Work with friends and challenge yourself to solve crosswords in a great social and mental workout. We use a variety of compilers to keep our brains agile so there is always something new.

If cryptic crosswords are a mystery to you we will help you learn the basics so you can unlock the secrets of these clever puzzles. Find clues hidden in anagrams, double meanings, homophones, and more. Warning! Cryptic crosswords are addictive. Numbers will be limited to 8 this term.

NEW CLASS

POWERPOINT *with PowerPoint PuppetMaster*

REGISTRATIONS ESSENTIAL

To register, please *email* the convenor or the Secretary

1.30—2.30pm Boronia Room (*limit 20 people*)

Tuesday 3/8 & Wednesday 25/8

Feel like you have something to say? Tell your life story? Or run a course "Covid masks vs. Ned Kelly's helmet ...discuss"?

PowerPoint is your key. Two workshop sessions – Basics and Become an Expert.

Hands-on using your own laptop or tablet, you'll need the PowerPoint app.

There are two key things to remember PPT is easy and PPT is a powerful sophisticated communication tool. And in workshop mode you'll learn from your neighbour too!



WEDNESDAY MORNING

DISCUSSION GROUP *with the ChatMaster*

REGISTRATIONS ESSENTIAL

To register, please *email* the convenor or the Secretary

10.00-11.00am Boronia Room (*limit 20 people*)

Usually 2nd & 4th Wednesdays - 11/8, 25/8 & 8/9

You have thoughts, beliefs, opinions and points of view. Join us and contribute to the lively one-hour discussion on current issues and the technology revolution.



LAWN BOWLING GROUP

10.00am - 12pm Soldiers Pt Bowling Club

3rd Wednesday throughout the year

Everyone is welcome, whether a regular player or beginner. If you would like to join our lawn-bowling group please contact the convenor or the Secretary



WEDNESDAY AFTERNOON

HEALTHY AGING FOR SENIORS

REGISTRATIONS ESSENTIAL

To register, please email the convenor or the Secretary

1.00-2.00pm Waratah Room (*limit of 35 people*)

1st & 3rd Wednesdays - 4/8, 18/8 & 1/9

This course that will include issues of healthy ageing in seniors, especially topics related to physical activity, masters sports and healthy ageing. Topics will vary from week to week, including fitness and physical capacities in seniors, sport and physical psychology of senior athletes/participants, sociology of physical activity and sport, injuries in senior athletes, nutrition for seniors involved in sport and physical activity, motor learning in seniors and some interesting topics related to senior athletes such as drugs in sport.



SHORT STORIES

REGISTRATIONS ESSENTIAL

To register, please email the convenor or the Secretary

2.00-3.00pm Boronia Room 11/8, & 8/9, Waratah Room 25/8

(*limit of 12 people in class*)

2nd & 4th Wednesdays

Spend an hour to enjoy discussing great short stories. Stories, chosen by class members, will be available a week before each class and take about 20 minutes to read. Please contact the convenor beforehand so the stories can be emailed to you.



TANILBA HISTORIC HOUSE DAY TRIP

WHEN: Thursday 19 August 2021

TIME: Depart 10.00am, Return 3.00pm

COST: \$45.00pp includes guided Tour of house and explore the gardens, plus a light lunch (Sandwiches and scones with jam and cream + tea, coffee and fruit punch). To be paid prior to trip by Friday 6th August 2021.

Contact narellemann@hotmail.com Money can be left in an envelope clearly labelled to Narelle Mann, at Tomaree Library Neighbourhood Centre.

TRAVEL: Meet at Salamander Bay Shopping Centre Carpark (opposite library) at 10am and carpool from here to travel to Tanilba Bay.



ART GALLERY OF NSW DAY TRIP

WHEN: Thursday 16 September 2021

TIME: depart Salamander Bay Shopping Centre Bus Stop - near McDonalds - at 8.00am (please be at bus stop by 7.45am), returns 5.30pm.

A day trip by coach has been organised to visit Art Gallery of NSW, Sydney. The trip includes payment for a guided tour of ARCHIE 100 Exhibition (commencing at 12.00pm) and access to Archibald 2021 Exhibition which you can wander through at your own pace. Other free exhibitions can also be viewed if desired.

COST: \$60 pp includes bus travel, guided tour of ARCHIE 100 Exhibition and self-guided tour of Archibald 2021 (\$25 pp concession included in your payment).

Morning tea and lunch - own expense.

Please pay by **Wednesday 25 August** or contact the organiser or the Secretary to arrange payment. Money can be left in an envelope clearly labelled to U3A bus trip organizer at Tomaree Library Neighbourhood Centre.



THURSDAY

WALKS

REGISTRATION FOR WALKS NOT ESSENTIAL PRIOR TO EVENT.

Registration will occur on the day of the walk. Walk Leaders (Harder & Casual) will record your name on a roll.

Walk Dates—22 /7, 5/8, 19/8 & 2/9 (see over for more details)

Enquiries: Walks Coordinator (or the Secretary)