

FRIDAY AFTERNOON

BOOKS & READING

TO REGISTER, please contact the convenor
1.30 - 2.30pm Gymea Lily Room
3rd Friday of the month throughout year - 20/5 & 17/6

Share the reading experience with friends.



NON-FICTION READING

TO REGISTER, please contact the convenor

2.00 - 3.30pm Gymea Lily Room
2nd Friday of the month throughout year - 13/5 & 10/6

Non-fiction creates discussion. This is a Discussion Group stimulated by the reading choices of some of those present. Come and join us!



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 or contact our opera buff PT.



Enquiries

Email:

secretary@portstephens.u3anet.org.au



TERM DATES FOR 2022

Term 1: 7 February to 1 April
Term 2: 26 April to 24 June
Term 3: 18 July to 16 Sep
Term 4: 10 Oct to 2 Dec

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



Highlights

Poetry,
Mahjong,
Ancient History,
Healthy Aging for Seniors,
Exercises, Bowling,
Cryptic Crosswords,
Discussion, Walks, Books,
Tai Chi, Brain Games,
Guest Speakers,
Discussion,
Short Stories, Recorder.

- ✓Port Stephens Third Age Learning is an association of people linked by the desire to teach and learn
- ✓Incorporating learning for fun and enjoyment
- ✓Social & intellectual stimulation for retirees
- ✓A variety of interesting sessions and events

TERM 2 — 2022

Term Starts: **Tuesday 26 April**

Term Ends: **Friday 24 June**

Membership

Annual fee is \$40 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#



MONDAY MORNING

BRAIN GAMES with Games Maestra

TO REGISTER please contact the convenor
9.30-10.30am Gynea Lily Room
9/5, 23/5, 6/6, 20/6



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

TO REGISTER, please contact the instructor
Every week during term



BEGINNERS 10.30-11.30am in Waratah room
EXPERIENCED 11.30-12.30pm in Waratah room

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

TUESDAY MORNING

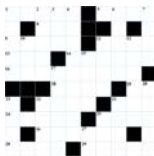
MAHJONG

TO REGISTER please contact the convenor
9.30-12 pm Waratah Room
Every Tuesday (including term breaks)
All players welcome.



CRYPTIC CROSSWORDS with puzzle-master

TO REGISTER please contact the convenor
10.00am -12.00 pm 26/4, 24/5—Gynea Lily,
3/5, 10/5, 17/5, 31/5, 7/6, 14/6—Lilly Pilly Room
21/6—Acacia 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.

THURSDAY AFTERNOON

RECORDER with the music makers

TO REGISTER, please contact the convenor



1.30- 2.30pm Fingal Bay

Every Thursday throughout the year

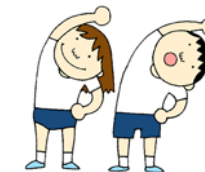
Revive those almost forgotten music skills or learn new ones.

Recorders are a cheap & a simple instrument to play. If you are a beginner don't worry as tuition will be provided. Contact the convenor.

FRIDAY MORNING

BALANCE and BONES

TO REGISTER, please contact the convenor



9.30 am - 10.30am Waratah Room

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, co-ordination and bone strength.

EXPLORING POETRY

TO REGISTER, please contact the convenor

11.30 am - 12.30pm Gynea Lily Room
2nd & 4th Fridays - 29/4, 13/5, 27/5 & 10/6,



Our sessions are interactive and lively, participation is encouraged. Join us in friendly, stimulating discussion and reading of the works of significant American poets and learn about their lives and times. You don't have to be an expert or an academic - just come and enjoy!

Poets: Amanda Gorman; Walt Whitman; Emily Dickenson; Robert Frost.

U3A WALKS PROGRAM - TERM 2 2022

Please bring water and wear a hat and comfortable shoes.

Walk 1: 5th May – SALAMANDER BAY LOOP VIA BLUE LAGOON

Time: 9.30am

All walkers meet at Salamander Bay Shops (opposite the library) and walk on paths towards Tomaree High School, crossing the road at St Philips Christian College children's crossing. Enter Sandpiper Reserve alongside the fire station, skirting the Blue Lagoon (watch for ducks and swans) and then follow fire trails.

PLEASE NOTE: These trails do have a fair amount of sand, some water and rather uneven ground. Return to Salamander shops and cars via Salamander Way. An easier option for our walk will be offered.

LUNCH: TBA - at your own expense.

Walk 2: 19th May – STOCKTON LOOP WALK

Time: 9.30am

Meet at Salamander Shopping Centre car park (opposite library) to sign on and car pool, if necessary. Travel to Stockton Ferry Terminal car park, or vicinity, where all walkers will gather and head towards the breakwater. Casual walkers will turn back when ready while harder walkers will continue to end of breakwater and return.

LUNCH: TBA – at your own expense

Walk 3: 2ND June – FISHERMANS BAY TO KINGSLEY BEACH

Time: 9.30am

All walkers meet at Fisherman's Bay Rd near Dunmore Ave, Anna Bay, where we will follow bush trails to Little Kingsley Beach. Retrace some of trail before branching off to walk along waterfront to end of Pacific St where we pick up the power line trail which brings us back to Fisherman's Bay Rd near the scout hall. An easier option for our walk will be offered.

LUNCH: TBA - at your own expense.

Walk 4: 16th June – TOMAREE HEAD

Time: 9.30am

All walkers meet near the boat launching ramp (just before the Tomaree Lodge entrance) on Shoal Bay Road, Shoal Bay, to sign on.

Harder Walk: We proceed along path towards Tomaree Lodge and walk along path through lodge onto track (Gun Emplacement Rd) that leads to World War 2 Gun Emplacements and return. Walk may extend along pathway and passes by climb to Tomaree Mountain or return back same way and walk out to headland and return to cars.

Casual Walk: After signing on we walk towards the Tomaree Lodge and onto pathway that leads around headland and then return to cars.

LUNCH: TBA at own expense.



GUEST SPEAKERS

1.30 pm —3.00pm Boronia Room/ Waratah



Tuesday 3 May, 17 May & 14 June; and Monday 6 June

TO REGISTER please contact the convenor

Tuesday 3 May: A Cold War tank commander (Boronia Room)

The main focus of the guest speaker will be about his time as a tank commander in Germany during the Cold War.

Monday 6 June: Captain Cromarty (Waratah Room)

Title of Talk: *Captain William Cromarty of Port Stephens: A Rare Bird*

A seasoned mariner, William Cromarty arrived in Sydney to settle in 1822. From the earliest times, he was frequently in Port Stephens and Newcastle. Sir Edward Parry, commissioner of the AACo at Port Stephens, employed Cromarty in various capacities. In this talk, the guest speaker will present previously unknown facts about Cromarty's life and explain why Cromarty was widely regarded as a 'rare bird' in the colony.

The convenor will provide more details about these presentations prior to the event. Please see weekly program reminder emails for more information.



Irukandji Shark & Ray Encounters

+ Lunch Outing

Thursday 26 May from 10am

Meet at Irukandji Shark & Ray Encounters, 2 Jessie Road, ANNA BAY . (Its new location near the Port Stephens Road/ Nelson Bay Road roundabout) Participate in a tour which includes a welcome talk and safety briefing from an experienced guide, followed by a guided tour with the opportunity to feed and pet animals. You can choose to stay on the edges of the pools and stay dry, or go in the water with the sharks and rays. The tour is especially tailored to seniors and has a focus on conservation, teaching an understanding of the natural world and connections with marine animals.

Cost: \$25 OR use your NSW Discover Voucher.

Morning tea available at \$10.00 Tea/coffee w scones, jam & cream.

Lunch: 12.30pm @ 'The Nelson Way Café' located in: The Landmark Nelson Bay, 61B Dowling St, Nelson Bay at own expense.

RSVP: the social secretary by 18 May 2022

WEDNESDAY MORNING

DISCUSSION GROUP

TO REGISTER please contact the convenor

9.30– 10.30am Boronia Room
Usually 2nd & 4th Wednesdays - 27/4, 11/5, 8/6 & 22/06

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



ANCIENT HISTORY with our historian

TO REGISTER please contact the convenor

11.00am -12.30pm Boronia Room
2nd & 4th Wednesdays - 27/4, 11/5, 25/5, 8/6 & 22/6

“Must say I am looking forward to getting back into Ancient History. Before we were so rudely interrupted by Covid, we had completed eight sessions of our Africa and the Mediterranean Series. In view of the long layoff I thought I would use the first session of the term, to provide a brief summary of the matters we have already completed. For the remainder of the term we will be looking at early Mediterranean civilisations, including the Minoans, the Mycenaeans and the Phoenicians. Looking forward to seeing everyone! “



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.



CUPPA & CHAT

Wednesday 4th May* & 1st June
2.30 pm in the Waratah Room

REGISTRATION NOT ESSENTIAL PRIOR TO EVENT.

Registration will occur on the day. Your name will be recorded on a roll
Come and catch up with your U3A mates, hear all the news over a cuppa

WEDNESDAY AFTERNOON

HEALTHY AGING FOR SENIORS

TO REGISTER please contact the convenor

1.00-2.00pm Waratah Room
1st & 3rd Wednesdays - 4/5*, 18/5, 1/6 & 15/6

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.

* *international Star Wars Day*



SHORT STORIES

TO REGISTER please contact the convenor

2.00-3.00pm GyMEA Lilly Room
2nd & 4th Wednesdays - 27/4, 11/5, 25/5, 8/6 & 22/6

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 Peter beforehand so he can email you the stories.



WALKS

REGISTRATION NOT ESSENTIAL PRIOR TO WALKS

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

Walk Dates—5/5, 19/5, 2/6 & 16/6 (see over for more details)

Enquiries: contact the Walks Coordinator

