



# PS Third Age Learning – Term 4 Program Planner – 10 October– 2 December 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>10 October</b> Brain Games [G] 9.30 – 10.30am Tai Chi [W] 10.30-11.30 (Intermed) Tai Chi [W] 11.30-12.30 (Beg&Adv) <b>Learning to Draw [G] 1– 2.30pm</b>	<b>11 October</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Fun with Ukulele [G] 1.30 – 2.30pm	<b>12 October</b> Discussion Grp [B] 9.30 – 10.30am  Short Stories [G] 2-3pm	<b>13 October</b> Flavour of Italy! [B] 1.30 – 2.30pm  Recorder [FB] 1.30pm	<b>14 October</b> Balance & Bones [W] 9.30-10.30am Poetry [G] 11.30-12.30am Non Fiction Reading [G] 1.30 – 3.30pm
<b>17 October</b> Tai Chi [W] 10.30-11.30 (Intermed) Tai Chi [W] 11.30-12.30 (Beg&Adv)	<b>18 October</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Guest Speaker [B] 1.30-3pm	<b>19 October</b> <b>Move It! [W] 9.30 – 10.30am</b> Bowling [SP] 9.30-11.30am Healthy Aging for Seniors [W] 1 – 2pm	<b>20 October</b> Walk – RAYMOND TERRACE – JACARANDA TIME 9.30am  Recorder [FB] 1.30pm	<b>21 October</b> Balance & Bones [W] 9.30-10.30am  Books & Reading [G] 1.30-2.30pm
<b>24 October</b> Brain Games [G] 9.30 – 10.30am Tai Chi [W] 10.30-11.30 (Intermed) Tai Chi [W] 11.30-12.30 (Beg&Adv)  <b>Learning to Draw [G] 1– 2.30pm</b>	<b>25 October</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [B] 10.00-12.00 pm Fun with Ukulele [G] 1.30 – 2.30pm <b>U3A COMMITTEE MEETING [G] 3pm -4.30pm</b>	<b>26 October</b> Discussion Grp [B] 9.30 – 10.30am  Short Stories [G] 2-3pm	<b>27 October</b> Flavour of Italy! [B] 1.30 – 2.30pm  Recorder [FB] 1.30pm	<b>28 October</b> Balance & Bones [W] 9.30-10.30am  Poetry [G] 11.30-12.30am
<b>31 October</b> Tai Chi [W] 10.30-11.30 (Intermed) Tai Chi [W] 11.30-12.30 (Beg&Adv)	<b>1 November</b> MELBOURNE CUP DAY Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm	<b>2 November</b> <b>Move It! [W] 9.30 – 10.30am</b> Healthy Aging for Seniors [W] 1 – 2pm <b>AGM 2.30pm prior to Cuppa &amp; Chat</b> <b>CUPPA &amp; CHAT [W] 2.30-4.00pm</b>	<b>3 November</b> Walk – BIRUBI BEACH 9.30am  Recorder [FB] 1.30pm	<b>4 November</b> Balance & Bones [W] 9.30-10.30am
<b>7 November</b> Brain Games [G] 9.30 – 10.30am Tai Chi [W] 10.30-11.30 (Intermed) Tai Chi [W] 11.30-12.30 (Beg&Adv) <b>Learning to Draw [G] 1– 2.30pm</b>	<b>8 November</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Fun with Ukulele [G] 1.30 – 2.30pm	<b>9 November</b> Discussion Grp [B] 9.30 – 10.30am Ancient History [B] 11.00 – 12.30am Short Stories [G] 2-3pm	<b>10 November</b> <b>HEARTSAFE [B] 10.00am – 12pm</b> Flavour of Italy! [B] 1.30 – 2.30pm Recorder [FB] 1.30pm	<b>11 November</b> Balance & Bones [W] 9.30-10.30am  Poetry [G] 11.30-12.30am NF Reading [G] 1.30-3.30pm





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<b>14 November</b> Tai Chi [W] 10.30-11.30 (Intermed) Tai Chi [W] 11.30-12.30 (Beg&Adv)	<b>15 November</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Guest Speaker [B] 1.30-3pm	<b>16 November</b> Move It! [W] 9.30 – 10.30am Bowling [SP] 9.30 – 11.30am Healthy Aging for Seniors [W] 1 – 2pm	<b>17 November</b> Walk – NEWCASTLE FORESHORE/ COASTAL WALK 9.30am Recorder [FB] 1.30pm	<b>18 November</b> Balance & Bones [W] 9.30-10.30am' Books & Reading [G] 1.30-2.30pm
<b>21 November</b> Brain Games [G] 9.30 – 10.30am Tai Chi [W] 10.30-11.30 (Intermed) Tai Chi [W] 11.30-12.30 (Beg&Adv) Learning to Draw [G] 1– 2.30pm	<b>22 November</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Fun with Ukulele [G] 1.30 – 2.30pm <b>U3A COMMITTEE MEETING [G] 3pm -4.30pm</b>	<b>23 November</b> Discussion Grp [B] 9.30 – 10.30am Ancient History [B] 11.00 – 12.30am Short Stories [G] 2-3pm	<b>24 November</b> Flavour of Italy! [B] 1.30 – 2.30pm Recorder [FB] 1.30pm	<b>25 November</b> Balance & Bones [W] 9.30-10.30am Poetry [G] 11.30-12.30am
<b>28 November</b> Tai Chi [W] 10.30-11.30 (Intermed) Tai Chi [W] 11.30-12.30 (Beg&Adv)	<b>29 November</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Guest Speaker [B] 1.30- 3pm	<b>30 November</b> <b>Christmas Luncheon at Saltwater Restaurant, Fingal Bay 12.00pm</b>	<b>1 December</b> Christmas Walk- BOB CAIRNS RESERVE/ GEORGE RESERVE/ STONEY RIDGE RETURN 9.30am Recorder [FB] 1.30pm	<b>2 December</b> Balance & Bones [W] 9.30-10.30am END OF TERM 4
<b>5 December</b>	<b>6 December</b>	<b>7 December</b> CHRISTMAS PARTY CUPPA & CHAT [W] 2.30-4.00pm	<b>8 December</b>	<b>9 December</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 1 2023 is Monday 6 February 2023.

