



## TERM 4 — 2022

Term Starts: **Monday 10 October**

Term Ends: **Friday 2 December**

### 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,  
Ukulele for Beginners  
Flavour of Italy

### 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

- ✓ 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



## MONDAY MORNING

### BRAIN GAMES

TO REGISTER, please email the quiz maestra  
**9.30-10.30am Gymea Lily Room 10/10, 24/10 7/11, 21/11**

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 our *Chi Gong Instructor*.

TO REGISTER, please contact the instructor  
Every week during term

**INTERMEDIATE** 10.30-11.30am in Waratah room  
**BEGINNER/ADVANCED** 11.30-12.30pm in Waratah room

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

### LEARNING TO DRAW with our artist

TO REGISTER, please email the convenor  
**1.00-2.30pm Gymea Lily Room 10/10, 24/10 7/11, 21/11**

Are you interested in drawing, but not sure whether it is worth the time or effort to try? Drawing has many benefits - it is a great way to relax, reduce stress and express yourself. This is a class for those new to drawing or with some experience. Come along and join this fun group in learning how to sketch and draw.

**NEW!**



## TUESDAY MORNING

### MAH JONG

TO REGISTER, please email the convenor

**9.30-12 pm Waratah Room**  
*Every Tuesday (including term breaks)*

All players welcome.

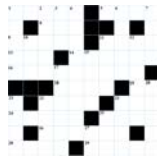


## CRYPTIC CROSSWORDS

TO REGISTER, please email the convenor

**10.00am -12.00 pm Lilly Pilly Room except 25/10 Boronia Room**

*Usually every Tuesday (includes term breaks)*



Work with friends and challenge yourself to solve crosswords in a great social and mental workout.

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.

## TUESDAY AFTERNOON

### FUN WITH A UKULELE—for beginners

*(Class is full)*

TO REGISTER, please email with the facilitator

**1.30-2.30pm Gynea Lily Room**

**2nd & 4th Tuesday - 11/10, 25/10, 8/11, 22/11**

A class with a difference! ...there is no 'teacher'! We will all learn to play this ubiquitous little instrument together. You'll need your own uke - tip... get one from a music store (a good one for as little as \$35), not any other retailer. Either Newcastle or Maitland. No need to be able to read music!



Whatever happens the goal is to have fun learning ... and laughing along the way.



## GUEST SPEAKERS

**Tuesdays 1.30 pm —3.00pm Boronia Room**



TO REGISTER, please email the convenor

**18 October: London-Sydney Marathon Car Rally Navigator**

Our guest was a navigator on the very first London-Sydney Marathon Car Rally, which was at the time, the longest ever car rally in the world. Our guest will tell us of all their challenges in dealing with varying cultures, extreme weather, breakdowns and tough roads. A fascinating story.

## GUEST SPEAKERS continued (Don't forget to register)

**15 November: Photographing Africa**

Our guest is a local photographer from Nelson Bay who is passionate about travelling around Australia and Africa. Our guest will display some of his photography and will talk of his experience in conducting photography tours in various parts of Africa. This will be an inspiring talk and have some interaction.

**29 November: Seniors Rights Service**

Our guest will talk to us about navigating the aged care system and the role of SRS in acting as an advocate to iron out administrative, legal and general rights issues with aged care, especially with federally funded aged care.

## WEDNESDAY MORNING

### DISCUSSION GROUP

TO REGISTER, please email the convenor

9.30– 10.30am Boronia Room

Usually 2nd & 4th Wednesdays - 12/10, 26/10, 9/11, & 23/11

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 email the convenor

**11.00am -12.30pm Boronia Room**

**2nd & 4th Wednesdays - 9/11, & 23/11**

Unfortunately, there will be no Ancient History in October. In the last two sessions, we will finish our look at Sumatra's Srivijaya Civilisation, before returning to Mainland Southeast Asia to investigate two pre-Khmer Civilisations, the Champa and Chenla Kingdoms, and then look at the Khmer people and the wonderful ruins of Angkor Wat and Angkor Thom.



### MOVE IT!

TO REGISTER, please email the convenor

**9.30 am - 10.30am Waratah Room**

**1st & 3rd Wednesdays— 19/10, 2/11 & 16/11**

A light aerobic dance style exercise class for reasonably active seniors aimed at coordination and flexibility improvement. Also aids memory and mood. **Bring light hand weights.**

**NEW!**



## LAWN BOWLING GROUP

9.30—11.30am 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



## WEDNESDAY AFTERNOON

### HEALTHY AGING FOR SENIORS

TO REGISTER, please email the convenor

1.00-2.00pm Waratah Room

1st & 3rd Wednesdays - 19/10, 2/11, & 16/11

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.



### SHORT STORIES

TO REGISTER, please email the convenor

2.00-3.00pm Gynea Lilly Room

2nd & 4th Wednesdays - 12/10, 26/10, 9/11, & 23/11

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 he can email you the stories.



## CUPPA & CHAT



2.30pm — 4pm - 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 and find out all the news.

**Wednesday 2 November**

**AGM will precede the November Cuppa & Chat**

**Wednesday 7 December**



## “HEART SAFE”

presented by volunteers from Hunter Heart Safe

TO REGISTER, please email the secretary (30 people limit)

Thursday 10 November in Boronia Room 10am—12pm

Trained volunteers provide expert hands-only CPR training and how to use Automated External Defibrillators (AEDs).



## THURSDAY MORNING

### WALKS PROGRAM

**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—20/10, 3/11, 17/11 & 1/12**

Enquiries: Walks Coordinator

**Please bring water and wear a hat and comfortable shoes.**



**Walk 1: 20 October – RAYMOND TERRACE – JACARANDA TIME**

**Time: 9.30am**

All walkers will meet at Salamander Bay Shops (opp. Library). Car pool if necessary. Travel to Raymond Terrace & park in Hunter St. at Riverside Park from where we explore the town & enjoy the Jacaranda's in blossom. The hard walkers will follow the road up to Kangaroo Park whilst the casual walkers will enjoy the waterfront.

**LUNCH:** Junction Hotel, Raymond Terrace– at own expense

**Walk 2: 3 November – BIRUBI BEACH**

**Time: 9.30am**

**Harder Walk:** Meet at Robinson Reserve, Fitzroy St, Anna Bay. Follow the footpath eastward to Cemetery Hill then on to Iris Moore Reserve. Some rocky sections to trail. Return via path then onto Shelly and Little beaches before moving to Birubi Beach for a walk along hard sand and return via the clubhouse and back down the path to cars.

**Casual Walk:** After meeting and signing on, your leaders will take you along path as far as cemetery and then return via path and up to Crest for coffee while waiting for harder walkers to return.

**LUNCH:** TBA – at own expense

**Walk 3: 17 November –\_NEWCASTLE FORESHORE/ COASTAL WALK**

**Time: 9.30am**

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: 1 December – CHRISTMAS WALK – BOB CAIRNS RESERVE/ GEORGE RESERVE/ STONEY RIDGE RETURN**

**Time: 9.30am**

Meet at Bob Cairns Reserve (corner of Foreshore Drive & Cooks St, Salamander Bay)  
**Harder Walk:** Walk around Wanda Wanda Head to George Reserve. Walk up through Stoney Ridge Reserve to Diemars Rd and back to start.

**Casual Walk:** Walk to George reserve and return via beach/ shopping centre and then beach.

**LUNCH:** TBA – at own expense

## THURSDAY AFTERNOON

### RECORDER

TO REGISTER, please email 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 should you have any enquiries.



### FLAVOUR OF ITALY

TO REGISTER, please email the convenor

1.30—2.30pm Boronia Room

13/10, 27/10, 10/11 & 24/11

Come along and immerse yourself in everything Italian. Learn about Italian culture, architecture, food, arts, history, language and much more. Also, join in and sing some traditional Italian songs



## FRIDAY MORNING

### BALANCE and BONES

TO REGISTER, please email 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 email the convenor

**11.30 am - 12.30pm Gymea Lily Room**

**2nd & 4th Fridays - 14/10, 28/10, 11/11 & 25/11**

Our sessions are interactive and lively, participation is encouraged. Join us in friendly, stimulating discussion and reading of the works of lesser known, but significant, Australian poets who deserve to be remembered. You don't have to be an academic - just come and enjoy their work, lives and times.



POETS: Emily Mary Barton (1817 - 1909) - Banjo Paterson's grandmother.

Robert D. Fitzgerald (1902 -1987). James McAuley (1917- 1976).

Debs Carling and Frances Paterson.

## FRIDAY AFTERNOON

### NON-FICTION READING

TO REGISTER, please email the convenor

**1.30 - 3.30pm Gymea Lily Room**

**2nd Friday of the month throughout year - 14/10 & 11/11**

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



### BOOKS & READING

TO REGISTER, please email the convenor

**1.30 - 2.30pm Gymea Lily Room**

**3rd Friday of the month throughout year - 21/10 & 18/11**

Share the reading experience with friends.



## 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.**

### CHRISTMAS LUNCHEON

**WEDNESDAY 30 November 2022, 12pm**

**SALTWATER RESTAURANT**

**Level 1, 3 Marine Drive, Fingal Bay 2315**

2 Course Christmas Menu Cost \$40 per Person - Pay on the day

**RSVP:** Wednesday 23 November 2022

Email: [Secretary@portstevens.u3anet.org.au](mailto:Secretary@portstevens.u3anet.org.au)



**2023 Term 1**

**Monday 6 February**

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

