



# TERM 1 — 2023

Term Starts: **Monday 6 February**  
Term Ends: **Friday 31 March**

## Highlights

Poetry, Mahjong,  
Ancient History, Walks  
Bowls, Creative Writing  
Cryptic Crosswords  
Exercises, Books, Tai Chi  
Brain Games, Discussion  
Guest Speakers, Recorder  
Ukulele, Learn to Draw  
Making Sourdough Bread  
Italian, Learn to Play Bridge  
Forensic Crime Solutions  
Community Garden

### Membership

Annual fee is \$40 covering all sessions.

No exams or written assignments!  
Most 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](mailto:secretary@portstephens.u3anet.org.au)

### Website:

[www.portstephens.u3anet.org.au](http://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 Gynea Lily  
Usually 2nd & 4th Mondays - 13/2, 27/2, 13/3 & 27/3

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 Tai 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 sandals or joggers on your feet. We always start with a warm-up and finish with a cool down. Come and join us.



## MONDAY AFTERNOON

### FUN WITH A UKULELE—the three PEAS!!!

*(Class is full)*

1.30-2.30pm Gynea Lily Room

**NOTE—day changed**, now 1st & 3rd **Monday** - 6/2, 20/2, 6/3 & 20/3

This term is all about *The Three Peas*! ...practise, practise, practise, repeat! ... with an occasional guffaw thrown in ... hehehe. As usual, dear class, turn up, tune up, play, sing and larf!

## TUESDAY MORNING

### MAH JONG

To register please email the convenor

9.30-12 pm Waratah Room

Every Tuesday (including term breaks)

All players welcome.



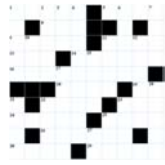
## **CRYPTIC CROSSWORDS**

To register please email the convenor

10.00am -12.00 pm Lilly Pilly Room except 14/2 Gynea Lily 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 AFTERNOONS**

### **LEARNING TO DRAW**

*Class is full!*

To register please email the convenor

1.00-2.30pm Waratah Room - 7/2, 21/2, 7/3 & 21/3

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.



### **GUEST SPEAKERS**

1.30 — 3pm Boronia Room

Tuesday 14/2, 28/2, 14/3 & 28/3

No registration necessary



**14 February:** a Pilot, a Poet and Ponies

The guest speaker is a former commercial helicopter pilot and now lives in rural Dooralong, central coast on a 50-acre farm with 15 rescue ponies and 5 rescue dogs. When not tending to animals she writes poetry and has published 3 books to date. Her U3A talk is about her transition to a quiet farm life, when she discovered a newfound stillness that she did not expect. It became apparent that all 15 horses were communicating with her and had vastly intelligent lessons to communicate. Once she cultivated the skill to really understand their streaming conversation, she learnt that what they had to say was worth listening to.

**28 February:** Tomaree Coastal Walk.

Our guest speaker presented twice to U3A last year and spoke of his experiences as a tank commander and later of his adventures in setting up a presidential guard for the sheik of Abu Dhabi. This time our speaker will tell us all about the progress of the Tomaree Coastal Walk. You will be surprised at how much this has advanced and how well it has been designed. It is remarkable!

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

## **WEDNESDAY MORNING**

### **DISCUSSION GROUP**

To register please email the convenor

9.30—10.30am Boronia Room

Usually 2nd & 4th Wednesdays - 8/02, 22/02, 8/03 & 22/03

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.



### **ANCIENT HISTORY**

To register please email our historian

11.00am -12.30pm Boronia Room

2nd & 4th Wednesdays - 8/02, 22/02, 8/03 & 22/03

This term we will continue our look at the early cultures that developed in Mainland and Maritime Southeast Asia. This will set the scene for our investigation of the magnificent Khmer or Angkor Empire and the wonderful sites of Angkor Wat and Angkor Thom.

From there we will move on to Oceania and examine the arrival and development of the early Palaeolithic people of this Region. We will look at the growth of the Austronesian people in Taiwan, and the beginnings of their migration into Southeast Asia and Melanesia, an event that has become known as the Austronesian Expansion.



### **LAWN BOWLING GROUP**

9.30—11.30am Soldiers Point 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 MORNING

### FORENSIC CRIME SOLUTIONS

*(New Class)*

To register please email the convenor

11.00-12.00pm Waratah Room

1st & 3rd Wednesdays - 15/2, 1/3 & 15/3

Bring out your inner Sherlock Holmes/ Agatha Christie . Come along and solve a crime in small teams . Topics include: ‘ Solve a Homicide’, ‘ Graffiti Crime’ & ‘Forensic Activities’.



## WEDNESDAY AFTERNOON

### CREATIVE WRITING

To register please email the convenor

2.00-3.00pm Gynea Lilly Room

2nd & 4th Wednesdays - 8/2, 22/2, 8/3, & 22,3

Thought that you might like to write but don't know where or how to start and keep it going? Experiment with and explore simple writing forms (prose and poetry) to open your imagination. We will work through a range of stimulations, exercises and examples that will help you get going. Starting with simple forms we will work to writing longer pieces, either as verse, poetry or prose. We will develop a range of writing and editing skills to help you get your ideas across. Share your writing as you like or just do it for yourself.



### CUPPA & CHAT: Wednesday 1 March

**NEW TIME:** 1.30pm — 3pm - Waratah Room

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.



## THURSDAY MORNING

### GROW AND SHARE: COMMUNITY GARDEN GROUP

To register please email the convenor

9am—12pm (includes a cuppa & chat) Every Thursday

LOCATION: Old Main Road, Anna Bay.

WHAT TO BRING:: a positive attitude; any favourite gardening tools, a water bottle and personal protective equipment - gloves, hats, sunscreen, etc

TAKE HOME: Share of the produce.



## U3A WALKS PROGRAM - TERM 1 2023

### **REGISTRATION FOR WALKS NOT ESSENTIAL PRIOR TO EVENT**

Walk leaders will record your name on a roll on the day.

Enquiries: Walks Coordinator

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

### **Walk 1: 16<sup>th</sup> February – CONROY PARK, CORLETTE, TO DUTCHIES BEACH**

**Time: 9.30am**

All walkers meet at the Conroy Park, Corlette.

From Conroy Park we walk along waterfront to Bagnalls Beach, along walking track to Dutchies and return. An easier option for our walk will be offered.

**LUNCH:** Bring along a picnic lunch and folding chair. Enjoy company at Conroy Park. You may wish to purchase a takeaway from Corlette Store, located close by.

### **Walk 2: 2 March – FLY POINT to LITTLE BEACH, ANZAC Park and SURROUNDS**

**Time: 9.30am**

All walkers meet at the Fly Point Rotunda to sign on.

Harder Walk: From Fly Point we walk to Little Beach. Then we follow various shady paths around the area, including a walk through ANZAC Park. On our return trip we walk via Fly Point Native Flora Reserve and back to cars.

Casual Walk: From Fly Point we walk to Little Beach, follow various shady paths around the area to Halifax Park where coffee is available at your own expense. On our return trip we walk up the road to Fly Point.

**LUNCH:** TBA – at your own expense.

### **Walk 3: 16 March – Yuelarbah walking trail, Glenrock State Conservation Area, Newcastle**

**Time: 9.30am**

All walkers meet at Salamander Bay Shopping Centre Car Park (opposite library) to sign on. Car Pool to travel to Yuelarbah Trail Carpark, Burwood Road, Whitebridge. Both walking groups will follow the scenic track which leads along Flaggy Creek, through a rainforest, past two waterfalls and a stopover at Leichhardt's lookout (with excellent views over Glenrock Lagoon) before finishing at Glenrock Beach. Easy walkers will return to carpark after stopping at lookout.

**LUNCH:** TBA - at your own expense.

### **Walk 4: 30 March – 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. A detour to walk along new sections of new Coastal Walking Track may be included.

An easier option for our walk will be offered.

**LUNCH:** TBA - at your own expense.



## THURSDAY AFTERNOON

### RECORDER

To register please email the convenor

2.00– 3.00pm Fingal Bay - Every Thursday throughout the year. Revive those almost forgotten music skills or learn new ones. Recorders are a cheap & 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.



### FUN ITALIAN FOR BEGINNERS

To register please email the convenor

9/2, 23/2 & 23/3. 1.30—2.30pm Gymea Lily & 9/3 - Boronia

These are easy Italian language classes in a fun and friendly environment. Learning a second language will boost your memory, sharpen your mind, and give you an insight into another culture.



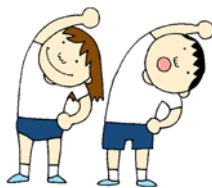
## FRIDAY MORNING

### BALANCE and BONES

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.



### FULL DAY SOURDOUGH WORKSHOP

To register please email the convenor

When: Friday 10th February 8:45am for a 9am - 3pm.

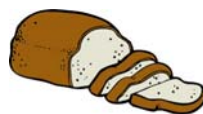
Location: Old Main Road, Anna Bay

Class limited to 5 people.

What to bring: 400g of plain flour, a large mixing bowl, a large colander, two tea-towels, and a spatula.

Participants will take home a shaped loaf ready for baking the following day. Also, participants will be given sour-dough starter and taught how to maintain its health, so they can continue the bread making process indefinitely.

Lunch included: Open sandwiches on fresh-baked sourdough bread. Special dietary requirements or topping preferences, please bring your own.



## EXPLORING POETRY

To register please email the convenors

11.30 am - 12.30pm Gymea Lily Room

Usually 2nd & 4th Fridays -24/2, 10/3 & 24/3

The rise of popular Australian rhymed verse created a national heritage and a special place in Australian literature in the prelude to Federation. These poets and balladists chronicled the moods, passions and emotions of their times and were eagerly read and/or sung for pleasure and entertainment, which we will share with you this term.

Please bring along your favourite poems.

### POETS

Henry C. Kendall (1839 - 1882).

William W.T. Goodge (1862 - 1909).

Will H. Ogilvie (1869 - 1963).



## FRIDAY AFTERNOON

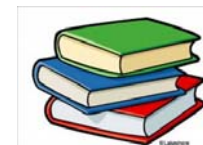
### NON-FICTION READING

To register please email the convenor

1.30 - 3.00pm Gymea Lily Room

2nd Friday of the month throughout year - 10/2 & 10/3

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

3rd Friday of the month throughout year

Share the reading experience with friends.



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#### TERM DATES FOR 2023

Term 1: 6 February to 31 March

Term 2: 24 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

