

FRIDAY AFTERNOON

BOOKS & READING with Kay

For enquiries please email: the convenor

1.30 - 2.30pm Gynea Lily

3rd Friday of the month throughout year - 20/10 & 17/11

Share the reading experience with friends.



TERM 4 — 2023

Term Starts: **Monday 9 October**

Term Ends: **Friday 1 December**

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 Peter.

CHRISTMAS LUNCHEON

WEDNESDAY 29 November 2023 from 12pm

SALTWATER RESTAURANT

Level 1, 3 Marine Drive, Fingal Bay 2315

2 Course Christmas Menu

Cost \$40 per Person

RSVP: Wednesday 22 November 2023



Highlights

Poetry, Mahjong,
Ancient History, Bowling,
Cryptic Crosswords,
Creative Writing,
Discussion, Walks, Books,
Tai Chi, Brain Games,
Guest Speakers, Discussion,
Recorder, Astronomy,
Learn to Draw,
Italian for Beginners,
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:

u3aportstephens4@gmail.com

Website:

www.portstephens.u3anet.org.au

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TERM DATES FOR 2023

Term 1: 6 Feb to 31 Mar
Term 2: 24 April to 23 June
Term 3: 17 July to 15 Sep
Term 4: 9 Oct to 1 Dec

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



- ✓ 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 with Jean

9.30-10.30am Gymea Lily **This Class is full**
2nd & 4th Mondays - 9/10, 23/10, 13/11 & 27/11

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 Marilyn, Tai Chi - Chi Gong Instructor.

TO REGISTER, please contact the convenor

Every week during term

BEGINNER 10.30-11.30am in Waratah room

INTERMEDIATE/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

Non-Fiction Book – READ IT! SHARE IT! DISCUSS IT! with Denis

For enquiries please email: please email the convenor

1.30 - 3.00pm Gymea Lily Room

3rd Monday of the month - 16/10 & 20/11

A 'non-fiction' book—read it, bring it along, share it and discuss it. If you don't have a book come along and join in the discussion. You will be very welcome!



TUESDAY MORNING

MAH JONG with Tricia

For enquiries please email the convenor

9.30-12 pm Waratah Room

Every Tuesday (including term breaks)

All players welcome.



FRIDAY MORNING

GROW AND SHARE: COMMUNITY GARDEN GROUP

with Tanya and Craig.

For enquiries please email the convenor

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

LOCATION: Angophora Paddock, 186 Old Main Road, Anna

Bay. Angophora Paddock is behind Anna Bay Primary School. The driveway is beside the Angophora Paddock signage.

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



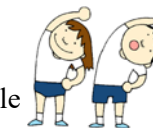
BALANCE and BONES with Judith

For enquiries 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 with Judith & Paul

For enquiries please email the convenor

11.00 am - 12.00pm Gymea Lily Room

2nd & 4th Fridays –13/10, 27/10, 10/11 & 24/11

We will examine some great modern poets who are currently leaving their mark on the local and international poetry scene. Many well-known poems, rich and imaginative, that inspire and challenge, will be discussed.



MAJOR LIVING POETS.

Sarah Holland-Batt (22-12-82 -)

Kevin Hart (1954- }

Paul Kelly- singer songwriter, poet (1955-)

Establishing a national Poet Laureate – bring your suggestions.

THURSDAY MORNING

U3A WALKS PROGRAM - TERM 3, 2023

Sign on when you arrive at walk starting point.

Enquiries: Narelle

Please bring water and wear a hat and comfortable shoes.



Walk 1: 19 October – KOORAGANG WETLANDS (Ash Island)

Time: 9.30am

All walkers park and meet at Salamander Bay Shops (opposite library) to register and carpool to Ash Island. Maps and directions will be available for drivers. Ash Island is about 3 km south of Hexham Bridge and has a range of flat walks – Easy and hard options will be available as we explore the interesting features of the island, which is surrounded by the majestic Hunter River.

LUNCH: TBA – at own expense.

Walk 2: 2 November – BIRUBI BEACH

Time: 9.30am

Another opportunity to walk a section of the new Tomaree Coastal Walk where trails and new viewing platforms have been completed.

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: The Crest – at own expense.

Walk 3: 16 November – LORIKEET RESERVE/ SALAMANDER TOPS/ CORLETTE

Time: 9.30am

All walkers to meet near Lorikeet Reserve (opposite 43 Spinnaker Way, Corlette – park in Spinnaker Way).

Harder Walk: Start from Lorikeet Reserve and take track to Salamander Tops, then up a slope towards Tide and Time Sculpture, Corlette, along tracks back to Lorikeet Reserve.

Casual Walk: Easier option will be available including walks around the reserve and walking trails in the area.

LUNCH: Nelson Bay Bowling Club – at own expense

Walk 4: 30 November – CHRISTMAS WALK - FLY POINT to LITTLE BEACH and return!

Time: 9.30am

Meet at the Fly Point Rotunda & from here walk up walking track along road to Little Beach. Then we follow various shady paths around the area to Halifax Park. On our return trip we walk through Ngioka trails and back to our cars. Easier option will be available for casual walkers.

LUNCH: The Nelson Way – at own expense.

CRYPTIC CROSSWORDS *with Peter*

For enquiries please *email*: the convenor

10.00am -12.00 pm Lilly Pilly 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 *with Nikki*

Class is full!

1.00-2.30pm Waratah Room

Usually 1st & 3rd Tuesday - 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.

GUEST SPEAKERS *with Chris*

For Enquiries please *email* the convenor

1.30-3pm *except 14/11* 12.30—2pm Boronia Room

Tuesday 17/ 10, 31/10 & 14/11

17 October: Greg Ray — Greg is a former journalist with Newcastle Herald, author of several historical books and runs a history blog website called Photo Time Tunnel. Greg will be looking at this region's rich maritime history and some of the classic stories of wrecks and their aftermath.

31 October: Christina Batey, Oz Harvest—Since 2004, Oz harvest has grown to become Australia's leading food rescue organisation, saving surplus food from ending up in landfill and delivering it to charities that help feed people in need. They also have education programs including NEST, a nutrition and health education program, teaching adults easy ways to cook and eat healthily on a budget through a series of practical and fun workshops.

14 November: Mitch Fraser -NSW Fire and Rescue, Salamander Bay. It is estimated that this summer will be very high bushfire risk and Mitch will talk about strategies to deal with this risk. He will also re-emphasise the need to update our smoke alarms.



WEDNESDAY MORNING

MOVE IT! *with Helen*

For enquiries please email the convenor

9.00 am Waratah Room every week

Every week throughout term.

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.



DISCUSSION GROUP *with Chris*

For enquiries please email the convenor

9.30—10.30am Boronia Room

Usually 2nd & 4th Wednesdays - 11/10, 25/10, 8/11 & 22/11

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 *with Ross*

For enquiries please email the convenor

11.00am -12.30pm Boronia Room

2nd & 4th Wednesdays - 11/10, 25/10

There will only be two Ancient History sessions this term, that will complete our series on Oceania and Australia. Originally there was only going to be one session, but I have included an additional session to expand on a couple of items, particularly the question of why the Aboriginal culture did not develop into a Neolithic agricultural society.

For those that haven't heard I will be taking an extended break from presenting, so I would just like to thank everyone for all their support over the many, many years that the Ancient History program has been operating.



ASTRONOMY *with Alan*

For enquiries please email the convenor

11.00am -12.30pm Boronia Room

2nd & 4th Wednesdays - 8/11 & 22/11

We all miss Paul's wonderful 25 years of Astronomy courses so I plan to restart some aspects of astronomy by starting with parts of the incredible history of astronomy this term and into early next year.



LAWN BOWLING GROUP *with Ulrika*

10.00—12.00pm 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

CREATIVE WRITING *with Peter*

For enquiries please email the convenor

2.00-3.00pm Gynea Lily Room

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

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 started. 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.



THURSDAY AFTERNOON

CUPPA & CHAT:

Wednesday 1 November

***NEW TIME:* 2.00pm — 3.30pm - Waratah Room**

Please note: Annual General Meeting will be held prior to Cuppa & Chat



RECORDER *with Maggie & Peter*

For enquiries please email the convenors

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 & a simple instrument to play. If you are a beginner don't worry as tuition will be provided. Contact Maggie should you have any enquiries.



FUN ITALIAN FOR BEGINNERS *with Joyce*

For enquiries please email the convenor

1.30—2.30pm Boronia Room

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

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.

