



# PS Third Age Learning – Term 4 Program Planner – 9 October– 1 December 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>9 October</b> Brain Games [G] 9.30 – 10.30am Tai Chi [W] 10.30-11.30 (BEGINNER) Tai Chi [W] 11.30-12.30 (INTERMEDIATE / ADVANCED)	<b>10 October</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Learning to Draw [W] 1.00 - 2.30pm	<b>11 October</b> Move It! [W] 9.00 – 10.00am Discussion Grp [B] 9.30 – 10.30am Ancient History [B] 11.00 – 12.30am Creative Writing [G] 2-3pm	<b>12 October</b> Italian for Beginners! [G] 1.30 – 2.30pm Recorder [FB] 2pm <b>New Members morning Tea [B] 10am – 11am</b>	<b>13 October</b> Grow Share: Community Garden Group [Angophora Paddock, 186 Old Main Road, Anna Bay] 9-12 Balance & Bones [W] 9.30-10.30am Poetry [G] 11.00-12.00am
<b>16 October</b> Tai Chi [W] 10.30-11.30 (BEGINNER) Tai Chi [W] 11.30-12.30 (INTERMEDIATE / ADVANCED) Non-Fiction Book – Read it! Share it! Discuss it! [G] 1.30 – 3pm	<b>17 October</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Guest Speaker [B] 1.30-3.00pm	<b>18 October</b> Move It! [W] 9.00 – 10.00am Bowling [SP] 9.30-11.30am <b>U3A COMMITTEE MEETING [G] 2pm -3.30pm</b>	<b>19 October</b> Walk – KOORAGANG WETLANDS (Ash Island) Recorder [FB] 2.00pm	<b>20 October</b> Grow Share: Community Garden Group [Angophora Paddock, 186 Old Main Road, Anna Bay] 9-12 Balance & Bones [W] 9.30-10.30am Books & Reading [G] 1.30-2.30pm
<b>23 October</b> Brain Games [G] 9.30 – 10.30am Tai Chi [W] 10.30-11.30 (BEGINNER) Tai Chi [W] 11.30-12.30 (INTERMEDIATE / ADVANCED)	<b>24 October</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Learning to Draw [W] 1.00 - 2.30pm	<b>25 October</b> Move It! [W] 9.00 – 10.00am Discussion Grp [B] 9.30 – 10.30am Ancient History [B] 11.00 – 12.30am Creative Writing [G] 2-3pm	<b>26 October</b> Italian for Beginners! [G] 1.30 – 2.30pm Recorder [FB] 2.00pm	<b>27 October</b> Grow Share: Community Garden Group [Angophora Paddock, 186 Old Main Road, Anna Bay] 9-12 Balance & Bones [W] 9.30-10.30am Poetry [G] 11.00-12.00am
<b>30 October</b> Tai Chi [W] 10.30-11.30 (BEGINNER) Tai Chi [W] 11.30-12.30 (INTERMEDIATE / ADVANCED)	<b>31 October</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Guest Speaker [B] 1.30-3.00pm	<b>1 November</b> Move It! [W] 9.00 – 10.00am <b>AGM 2pm prior to Cuppa &amp; Chat CUPPA &amp; CHAT [W] 2-3.30pm</b>	<b>2 November</b> Walk – BIRUBI BEACH Recorder [FB] 2.00pm	<b>3 November</b> Grow Share: Community Garden Group [Angophora Paddock, 186 Old Main Road, Anna Bay] 9-12 Balance & Bones [W] 9.30-10.30am
<b>6 November</b> Tai Chi [W] 10.30-11.30 (BEGINNER) Tai Chi [W] 11.30-12.30 (INTERMEDIATE / ADVANCED)	<b>7 November</b> MELBOURNE CUP DAY Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Learning to Draw [W] 1.00 - 2.30pm	<b>8 November</b> Move It! [W] 9.00 – 10.00am Discussion Grp [B] 9.30 – 10.30am <b>Astronomy [B] 11.00 – 12.30am</b> Creative Writing [G] 2-3pm	<b>9 November</b> Italian for Beginners! [G] 1.30 – 2.30pm Recorder [FB] 2.00pm	<b>10 November</b> Grow Share: Community Garden Group [Angophora Paddock, 186 Old Main Road, Anna Bay] 9-12 Balance & Bones [W] 9.30-10.30am Poetry [G] 11.00-12.00am

Room Codes: [A] Acacia [B] Boronia [G] Gynea Lily [W] Waratah [LP] Lilly Pilly [FB] Fingal Bay [SP] Soldiers Point





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<b>13 November</b> Brain Games [G] 9.30 – 10.30am Tai Chi [W] 10.30-11.30 (BEGINNER) Tai Chi [W] 11.30-12.30 (INTERMEDIATE / ADVANCED)	<b>14 November</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm <b>Guest Speaker [B] 12.30-2.00pm</b>	<b>15 November</b> Move It! [W] 9.00 – 10.00am Bowling [SP] 9.30 – 11.30am <b>U3A COMMITTEE MEETING [G] 2pm -3.30pm</b>	<b>16 November</b> Walk – LORIKEET RESERVE/ SALAMANDER TOPS/ CORLETTE Recorder [FB] 2.00pm	<b>17 November</b> Grow Share: Community Garden Group [Angophora Paddock, 186 Old Main Road, Anna Bay] 9-12 Balance & Bones [W] 9.30-10.30am' Books & Reading [G] 1.30-2.30pm
<b>20 November</b> Tai Chi [W] 10.30-11.30 (BEGINNER) Tai Chi [W] 11.30-12.30 (INTERMEDIATE / ADVANCED) Non-Fiction Book – Read it! Share it! Discuss it! [G] 1.30 – 3pm	<b>21 November</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm Learning to Draw [W] 1.00 - 2.30pm	<b>22 November</b> Move It! [W] 9.00 – 10.00am Discussion Grp [B] 9.30 – 10.30am <b>Astronomy [B] 11.00 – 12.30am</b> Creative Writing [G] 2-3pm	<b>23 November</b> Italian for Beginners! [G] 1.30 – 2.30pm Recorder [FB] 2.00pm	<b>24 November</b> Grow Share: Community Garden Group [Angophora Paddock, 186 Old Main Road, Anna Bay] 9-12 Balance & Bones [W] 9.30-10.30am Poetry [G] 11.00-12.00am
<b>27 November</b> Brain Games [G] 9.30 – 10.30am Tai Chi [W] 10.30-11.30 (BEGINNER) Tai Chi [W] 11.30-12.30 (INTERMEDIATE / ADVANCED)	<b>28 November</b> Mahjong [W] 9.30-12pm Cryptic Crosswords [LP] 10.00-12.00 pm	<b>29 November</b> Move It! [W] 9.00 – 10.00am <b>Christmas Luncheon at Saltwater Restaurant, Fingal Bay 12.00pm</b>	<b>30 November</b> Christmas Walk- FLY POINT to LITTLE BEACH and return! Recorder [FB] 2.00pm	<b>1 December</b> Grow Share: Community Garden Group [Angophora Paddock, 186 Old Main Road, Anna Bay] 9-12 Balance & Bones [W] 9.30-10.30am <b>END OF TERM 4</b>
<b>4 December</b>	<b>5 December</b>	<b>6 December</b> <b>CHRISTMAS PARTY CUPPA &amp; CHAT [W] 2-3.30pm</b>	<b>7 December</b>	<b>8 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 2024 is Monday 5 February 2024.

