

FRIDAY MORNING (Continued)

EXPLORING POETRY

For enquiries please *email* the convenors

11.30 am - 1.00pm Gymea Lily Room

Usually 2nd & 4th Fridays -9/2, 23/2, 8/3 & 22/3

Poetry communicates thoughts as well as feelings. Current modern Australian women poets present distinctive, enjoyable, well-crafted writing which speaks of our world today. Come and join us this term when we will discuss the following women poets:

- ⇒ Gig Ryan (b.1956 -).
- ⇒ Judith Beveridge (b.1956 -).
- ⇒ Kate Llewellyn (b. 1936 -).
- ⇒ Personal choice of a favourite woman poet - bring a poem to share in last session.



FRIDAY AFTERNOON

BOOKS & READING

For enquiries please *email* the convenor

1.30 - 2.30pm Gymea Lily

3rd Friday of the month throughout year

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** or contact Mr T.



TERM 1 — 2024

Term Starts: Monday 5 February
Term Ends: Thursday 28 March

Highlights

Poetry, Mahjong,
Astronomy,
Exercises, Bowling,
Cryptic Crosswords, Walks, Fiction & Non Fiction Books,
Tai Chi, Brain Games,
Guest Speakers,
Short Stories, Recorder,
Learn to Draw, Chinese, Italian,
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

- ✓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

TERM DATES FOR 2024

Term 1: 5 February to 28 March
Term 2: 29 April to 28 June
Term 3: 22 July to 20 Sep
Term 4: 14 Oct to 6 Dec

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



MONDAY MORNING

BRAIN GAMES

For enquiries please *email* the convenor

9.30-10.30am Gymea Lily

Usually 2nd & 4th Mondays - 12/2, 26/2, 11/3 & 25/3

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 Tai Chi - Chi Gong Instructor.

For enquiries 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 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

Non-Fiction Books – READ IT! SHARE IT! DISCUSS IT!

For enquiries please *email* the convenor

1.30 - 3.00pm Gymea Lily Room

3rd Monday of the month - 19/2 & 18/3

Please bring a book and tell us about the things that interest you. You may wish to write a full review, or discuss some aspects of the content. You may prefer to attend and just listen and enjoy the conversation. We talk and hear about things you won't read in fiction or a newspaper!

READ IT, SHARE IT, DISCUSS IT!



TUESDAY MORNING

MAH JONG

For enquiries please *email* the convenor

9.30-12 pm Waratah Room

Every Tuesday (including term breaks)

All players welcome.



THURSDAY AFTERNOON

RECORDER with M & P

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 the convenors should you have any enquiries.

FUN ITALIAN FOR BEGINNERS

For enquiries please *email* the convenor

Every Thursday afternoon throughout the term

1.30—3pm Gymea Lily except 22 /2 & 21/3 Boronia room



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

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.

U3A WALKS PROGRAM - TERM 1 2024

Sign on when you arrive at walk starting point.

Enquiries: Walks Coordinator

Please bring water and wear a hat and comfortable shoes.



Walk 1: 15th 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: Salamander Tavern, Salamander Bay – at own expense

Walk 2: 29 February – MORPETH HERITAGE WALK

Time: 9.30am

All walkers meet at Salamander Bay Car Park (opposite the library) and car pool to drive to the historical town of Morpeth. We will do an exploratory stroll around the town past historical buildings, etc. There will be time to visit shops, if desired.

LUNCH: at one of local cafes/ restaurants – at your own expense

Walk 3: 14 March – FENNINGHAM ISLAND TRAIL

Time: 9.30am

All walkers meet at Caravan Park (Island Leisure Village) at end of Fenningham Island Road (turn off from Nelson Bay Road). Follow trail along waters edge and through bushland towards Taylors Beach and return.

Easier option available for casual walkers.

LUNCH: The Crest, Birubi Beach - at your own expense.

Walk 4: 28 March – THREE PEAKS WALK

Time: 9.30am

All walkers meet at Fingal Bay Carpark (near Fingal Bay Surf Club).

Harder Walk: From here we will walk along track towards Shoal Bay and enter Tomaree National Park and follow walking tracks passing Wreck Beach, Box Beach, then to Shoal Bay and return via Shoal Bay streets.

Casual Walk: An easier option will be to walk towards Shoal Bay and return and then along track to Fingal Bay.

LUNCH: Saltwater Restaurant, Fingal Bay - at your own expense.

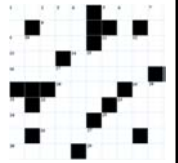
CRYPTIC CROSSWORDS

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. We use a variety of compilers to keep our brains agile so there is always something new. If cryptic crosswords area 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. Numbers are limited.



TUESDAY AFTERNOONS

LEARNING TO DRAW *Class is full!*

For enquiries please *email* the convenor

1.00-2.30pm Waratah Room

1st & 3rd Tuesday — 6/2, 20/2, 5/3 & 19/3

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 13/2, 27/2, 12/3 & 26/3

For enquiries please *email* the convenor

13 February: Peter Lewis-Peter was a cartoonist with the Newcastle Herald for 36 years and has had various other roles such as stage design, dancing and acting. He has great stories and backs them with cartoons he can draw on the spot.

27 February: Kim Wright-Kim spent 50 years as a geologist and consultant to hard rock miners such as Peko Wallsend (now Rio Tinto) and Texaco. He will talk about a dangerous and surreal cave in Mexico which is filled by the largest crystals ever found.

12 March: Rebecca Jaensch, Port Stephens Council-This will be no ordinary council guidance talk. Rebecca will be discussing with us the whole direction of the council's waste re-use and recycling strategy. What happens to our

GUEST SPEAKERS (continued)

26 March: Dr **Wayne O'Connor** -Dr Wayne O'Connor is a senior research scientist in charge of Port Stephens Fisheries at Taylors Beach. He received an Australia Day medal in 2023 for his services. He will speak about the unique marine environment in Port Stephens and the threats it is encountering.

WEDNESDAY MORNING

MOVE IT!

For enquiries please *email* the convenor
9.00 am - 10am every week - Waratah Room

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.

CHINESE MADE EASY *New class!*

For enquiries please *email* the convenor

Every Wednesday during the term 9.30—10.30am
Boronia Room 14/2, 28/2, 13/3 & 27/3
Lilly Pilly Room 21/2, 6/3 & 20/3

Learning a new language is always fun and exciting. If travelling to China, a few key words would be handy. Learning a second language will boost your memory, sharpen your mind, and give you an insight into another culture.

ASTRONOMY

For enquiries please *email* the convenor
11.00am -12.30pm Boronia Room
2nd & 4th Wednesdays - 14/2, 28/2, 13/3 & 27/3

We all miss Paul's wonderful 25 years of Astronomy courses so I plan to continue to cover some aspects of astronomy by looking at the incredible history of astronomy following on from topics we looked at in 2023.



WEDNESDAY AFTERNOON

SHORT STORIES

For enquiries please *email* the convenor

2.00-3.00pm GyMEA Lilly Room
2nd & 4th Wednesdays - 14/2, 28/2, 13/3, & 27/3



Short Stories makes a return in 2024 after a break. Take 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 register with the convenor so he can email you the stories. Numbers are limited.

GROW AND SHARE: COMMUNITY GARDEN GROUP

Please note extra day!!

For enquiries please *email* the convenor

Every Wednesday afternoon 1.30-4pm &/or Friday morning
9am-12 pm



LOCATION: **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

Come one day or both days, stay for as long as you wish - do not need to stay whole session. We always enjoy a cuppa and a chat at the end .

CUPPA & CHAT: Wednesday 7 February & 6 March

NEW TIME: 2.00pm — 3.30pm - Waratah Room

Come and catch up with your U3A mates and find out all the news.



Chance to win great prizes in a raffle.

Normally the first Wednesday of each month including term breaks (except January).