

**OBERON U3A TERM 4 COURSES – 2017 (Term starts on Monday, October 16th and finishes on Saturday, December 9th)**

**N.B. Enrolments need to be in by Friday, October 13th, to [oberonu3a@gmail.com](mailto:oberonu3a@gmail.com) or ring [Sue Arnison on 6336 0439](tel:63360439)**

COURSE /ACTIVITY	DATE	TIME	VENUE	DESCRIPTION	FACILITATOR
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**MONDAY**

<b>Balance ‘n Bones</b> (with earlier option of Latin Dancercise at 8.10am)	Weekly (including school holidays)	8.30am – 9.20am	RSL Club	Balance ‘n Bones is a popular weekly exercise program for mobile participants at all fitness levels. This fun workout can be performed at your own fitness standard and is designed to make you more flexible, have better balance and coordination and build bone strength.	Megan Sovik
<b>Pilates</b>	Weekly (including school holidays)	8.00am – 9.00am	Function Room - Community Centre	Pilates aims to enhance your physical strength, flexibility and coordination, as well as reduce stress, improve mental focus and foster an improved sense of wellbeing. Bring an exercise mat, towel and water. A significant amount of the workout takes place on the floor. <b>(Cost: \$3.50 per session)</b>	Jenn Capel
<b>Fleece, Fibre and Felt</b>	1 <sup>st</sup> Monday of the Month: Oct. 2nd, Nov.6th, Dec. 4th	10 - 30am – 3.00pm	Function Room – Community Centre	If you are interested in learning about, sharing or developing your skills in activities such as spinning, weaving, felt making, dyeing or any other activities associated with the use of wool or alpaca fleece, this group meets monthly and welcomes newcomers. This is not a “class” but members are all happy to share their knowledge.	Lexi Kellam
<b>The Japanese Gardens, Cowra</b>	Nov. 13th	7.30am – approx. 5.00pm	Meet outside the Community Centre	Take a bus trip to Cowra to see the beautiful Japanese Gardens, the War cemetery, the prisoner of war camp site, and the rose gardens at the Information Centre. Bring a packed lunch or be prepared to buy lunch. Morning tea will be provided. Min. 15 – max. 30 people. Cost (bus & entry fees) approx. \$35	Tim & Sue Arnison

**TUESDAY**

<b>Balance ‘n Bones</b> (with earlier option of Latin Dancercise at 8.10am)	Weekly (including school holidays)	8.30am – 9.20am	RSL Club	Balance ‘n Bones is a popular weekly exercise program for mobile participants at all fitness levels. This fun workout can be performed at your own fitness standard and is designed to make you more flexible, have better balance and coordination and build bone strength.	Megan Sovik

<b>Sing-along</b>	Weekly: starts October 17th	10.00am – 11.00am	CTC Conference Room	Join Nancy and others for a weekly sing-along! Nancy plays the electric keyboard and the button accordion – the aim of these sessions is to sing your heart out and have a good time!	Nancy Dennis
<b>Beginners Golf</b>	Weekly: starts Oct. 17th	10.00am – 11.00am	Oberon Golf Club	This is a very basic beginners' course, with hints on grip, stance, club selection and practice at hitting the ball! Clubs and balls can be provided. Wear a hat and sports shoes. (Max. 8 people)	Joan Graham
<b>Food Safari</b>	Fortnightly: Oct. 24th, Nov. 7th & 21st, Dec. 5th	Noon	To be notified	These lunches provide an opportunity to socialise and at the same time meet new people whilst enjoying lunch at some of Oberon's cafes and restaurants. The group also visits other locations outside of Oberon and car pool as necessary.	Barbara Coleman

### WEDNESDAY

<b>U3A Book Club</b> (Max. 8 people)	1 <sup>st</sup> Wednesday of each month: Nov. 1 <sup>st</sup> , Dec. 6th	10.00am - noon	CTC Conference Room	We will start the first session by bringing along a favourite book and sharing it with the group. For the following meetings the group will decide whether to focus on a particular book or continue to share our favourites.	Sue Arnison
<b>Mah Jong</b>	Weekly: starts October 18th	2.00 – 4.00pm	CTC Conference Room	Join the dedicated group of Mah Jong players who pit their wits against each other every Wednesday. New players are most welcome – no experience necessary.	Shirley Arrowsmith
<b>Armchair Travel: Travelling with a purpose</b>	October 25th	3.00pm – 4.30pm	Function Rm- Community Centre	Dr Grace will cover countries in Africa that she has visited for Rotary Australia World Community Service - Uganda, Kenya, Tanzania, D.R.Congo, Ethiopia....	Dr Grace Maano
<b>Photo Techniques</b>	4 sessions: Nov. 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup> .	4.00pm – 5.00pm	CTC Conference Room	This course will provide basic camera knowledge and skills; tips for landscape & portrait photos; composition, photo impact etc; photo copyright; and photo presentation for display. Bring your own camera.	Paul Ferry
<b>Adding colour to your Garden</b>	November 8th	10.00am - noon	To be notified	Share Brenda's tips on how to have a no dig garden and check out her November colours – irises, lavender, mollis azaleas, clematis, lupins, crab apples, poppies and abelias to name some of the many.	Brenda Lyon
<b>Armchair Travel: South India</b>	November 29th	3.00pm – 4.30pm	Function Rm- Community Centre	Join Lyndall and Graeme in seeing the local features while travelling through Tamil Nadu, Ponducherry and Kerala in tropical south India.	Graeme and Lyndall Precians

## THURSDAY

<b>Pilates</b>	Weekly (incl. school holidays)	8.15am – 9.15am	Function Rm - Community Centre	Pilates aims to enhance your physical strength, flexibility and coordination, as well as reduce stress, improve mental focus and foster an improved sense of wellbeing. <b>(Cost: \$3.50 per session)</b>	Jenn Capel
<b>Creative Arts</b> (Max. 10 people)	Weekly: starts Oct. 19th	10.00am – 12.30pm	CTC Conf. Room	This group of enthusiastic artists are always being pushed to extend themselves and develop new skills. New members are welcome.	Mikaela Piper
<b>Poetry &amp; Literature</b> (Max. 9 people)	Fortnightly: Oct. 26 <sup>th</sup> , Nov. 9 <sup>th</sup> & 23 <sup>rd</sup> , Dec. 7th	10.00am – 11.00am	Meeting Room - Community Centre	These sessions will involve a wider range of poetry readings along with a progressive introduction to storytelling. Everyone has a story they would like to pass on to their family. These sessions will assist the writer to tell their story in a way that will connect their family history. It can be fun and full of anecdotes, which within a family situation can be memorable and lasting.	Barbara Coleman
<b>Bridge</b>	Weekly	10.30am – 12.30pm	Activity Rm - Community Centre	This is <u>not</u> a beginners' group – people who know how to play the game are most welcome to enrol.	Lyn Prowse
<b>Table Tennis</b>	Weekly: starts October 19th	2.00pm – approx. 3.00pm	Oberon Indoor Tennis Centre	They say that playing table tennis improves hand-eye coordination, stimulates mental alertness, and improves concentration and tactical strategy. It improves your reflexes, is easy on the joints, and is a great social outlet! What more could you want?	Dietmar Sajowitz
<b>*Computer trouble shooting</b> (Min. cost of \$6.00)	Weekly	1.00pm – 3.00pm	CTC Training Room	Having a problem with your computer? Need some assistance or advice? Drop in. (No need to enrol – just turn up) This is NOT a course – it's individual help with specific computer problems. This is a brilliant service for the Oberon community: make the most of it!	Julie Stott, Shane Evans & Richard Harrowell
<b>Ukulele jam session</b>	Weekly: starts October 12th	4.00pm – 5.00pm	CTC Conference Room	This group is going from strength to strength. New members are welcome to come and join in the fun. Participants will need to bring a ukulele.	Rosalie Manhood

## FRIDAY

<b>Aqua Aerobics</b>	Weekly: start Oct. 20th	8.00am – 9.00am	Oberon Pool	Get fit in Oberon's heated pool! <b>(Cost: \$5 per session)</b>	Sharon Inwood
<b>Beginners' Lawn Bowls</b>	6 sessions: start Oct.20th	10.30am – 11.30am	RSL Club Bowling Green	Participants will be shown the basic skills needed to enjoy the wonderful game of lawn bowls. Wear flat soled shoes, plus a hat and sunscreen. There are some sets of bowls that can be borrowed on the day.	Dietmar Sajowitz

<b>Current Affairs</b> (Max. 14 people)	Fortnightly: Oct. 27 <sup>th</sup> , Nov. 10 <sup>th</sup> & 24 <sup>th</sup> , Dec. 8 <sup>th</sup>	1.30pm – 3.00pm	CTC Conference Room	A vigorous, entertaining and educational Current Affairs Group where all topics you thought were unmentionable are openly discussed.	Graeme Precians
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## SATURDAY

<b>High Tea at Buddens - Rockley</b>	Oct. 28 <sup>th</sup>	Meet at 1.00pm (for 2.00pm at Buddens)	Meet outside the Community Centre	Enjoy an extravagant high tea in the charming historic building c1872 in the Banking Chamber overlooking Rockley Weir. Delicacies include delicious bite size morsels, irresistible elegant mouthfuls of flavour in finger sandwiches, cakes, pastries & scones. Cost \$35. Car pooling will be available.	Host: Deirdre Robertson
<b>*Organising photos on your iPad</b>	Nov. 4 <sup>th</sup>	1.00pm – 3.30pm	CTC training Room	This class will cover using the iPad's camera to take photos and movies; how to download photos from a digital camera to the iPad; how to organise your photos into albums; simple editing; and sharing your photos via email, Messages, and social media.	Maree Arrow
<b>Morning Tea</b>	December 9 <sup>th</sup>	10.00am start	Function Rm - Community Centre	Come & enjoy a cuppa and good company. Have a look at some of the work produced by classes during the year. Family and friends are most welcome. This can also be an opportunity to pay your membership fees if you wish.	

## SUNDAY

<b>Latin Dancing</b>	Weekly: start Oct. 8 <sup>th</sup> and continue to Dec. 3 <sup>rd</sup>	1.00pm – 2.30pm	Oberon RSL Club	This is a continuation of last term's class and is intended for those who have already participated. (N.B. No class on November 19 <sup>th</sup> )	Ivan Shandanski
<b>Bike Riding</b>	Fortnightly: Oct. 15 <sup>th</sup> & 29 <sup>th</sup> , Nov. 12 <sup>th</sup> & 26 <sup>th</sup>	10.00am start	Meeting points will be notified to participants	We explore some of the bike trails around Oberon and will venture further afield now that U3A has taken delivery of its new bicycle trailer. Rides will depend on the experience level of participants who will need to have their own roadworthy bike and a bike helmet. Bring water. What a great way to have fun and stay fit!	Don Capel

**Days to be negotiated**

<p><b>*Broadband for Seniors</b></p>	<p>Available most days but Monday, Wednesday &amp; Thursdays have backup available</p>	<p>Days and times to be negotiated</p>	<p>CTC</p>	<p>The Community Technology Centre has a Broadband for Seniors kiosk where seniors can access online computer training courses and do them at their own pace, over a number of visits. Courses include things like Microsoft Office products (Word, Excel, PowerPoint), Skype, Internet Safety, Internet Banking, Introduction to Computers, the iPad, Android tablets, Keyboard Basics, Social Media, Taking Digital Photos and an Introduction to Windows 7, 8 or 10. You will work mostly on your own but backup will be at hand in case you encounter problems.</p>	<p>Julie Stott</p>
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\*Courses marked with an asterisk are being run in partnership with Oberon’s CTC (Community Technology Centre). They are open to the whole community.

**N.B You need to enrol in all classes** except Thursday computer trouble shooting, which is a drop in, one on one session. If you enrol and then later find out you can’t attend please notify Sue as a courtesy to the volunteers. There is often a waiting list for classes and unexpected vacancies can usually be filled if enough notice is given.

**Enrolments close on Friday October 13th.** You will be notified by email or phone if your enrolment is successful – please record your classes in your diary so you don’t forget because you will not receive reminders! Enrol by emailing [oberonu3a@gmail.com](mailto:oberonu3a@gmail.com) or by phoning **Sue Arnison, on 6336 0439**. Leave a message if necessary.