

## OBERON U3A TERM 1 COURSES – 2023

(Term starts on Monday, February 6th and finishes on Friday, March 31st)

N.B. Enrolments need to be in by **Friday February 3rd, 2023** to [oberonu3a@gmail.com](mailto:oberonu3a@gmail.com) or ring **Denise Harper** on **0400666215**

**Please:**


- ensure you leave your name, phone number and message if you ring Denise and she does not answer
- **enrol or re-enrol in all classes** except the CTC and the Thursday computer trouble shooting class.
- **submit an apology** to your facilitator or Denise if you cannot attend a class you have registered for as there is often a waiting list for classes and unexpected vacancies can usually be filled if enough notice is given.
- **do not turn up at a class without enrolling beforehand!**

You will be notified by email or phone if your enrolment is successful. Please record your classes in your diary so you do not forget because you will **not** receive reminders!

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

<b>Balance ‘n’ Bones</b> (With earlier ZUMBA option commencing 8.10)	Weekly: all year	8.30am – 9.20am	RSL Club	Balance ‘n’ Bones is a popular weekly fitness program (based on a DVD format) covering warm up (low impact aerobics), conditioning exercises seated and standing, cool down and stretch for flexibility and close with 5 minutes relaxation.  Participate in this fun class at your own fitness level.	Megan Sovik
<b>Pilates</b> \$3 per session	Weekly: all year	8.15am – 9.15am	RSL Club	Pilates is a movement based, mind-body workout that encourages physical awareness, as well as inner calm. The focus is on strengthening muscles to support the joints, leading to body symmetry and stability. Much of the workout takes place on the floor. Bring a mat, water, and a towel.	Jenn Capel
<b>Bridge</b>	Weekly: all year	9.00am – 12.00pm	Tennis Club	Bridge players – come along and play with us. You do not need to have a partner with you. We are a friendly, relaxed group and new members are most welcome. If you would like to learn Bridge let Denise know and arrangements can be made.	Lyn Prowse
<b>Fleece, Fibre, Felt &amp; Yarn</b>	1 <sup>st</sup> Monday of each month: February 6, March 6, and April 3	10.00am – 3.00pm	Golf Club	Felt makers, spinners, weavers, and dyers of fleece, other fibres, and yarn, meet twice a month (first Mondays and third Fridays). Sharing skills and knowledge of techniques is the focus of the group. No previous experience is necessary. Members "BYO" lunch and everything needed for their activity. Advice about equipment readily available.	Lynne Webb

<b>Coffee Club</b>	Weekly: all year	10.30am	TBA	Would you like to go out for a coffee (or tea) and a chat on a regular basis? You can join the U3A Coffee Club which will meet TBA. Discuss the problems of the world or just have a relaxed chat amongst friends, it is up to you!	Suzanne Lothian
 <b>Tai Chi for Body Mind Balance</b>  <b>(\$50.00 for the term)</b> Min – 8 people Max – 20 people	Weekly: Starts Feb 6	1.00pm – 2.00pm	RSL Club	<p>The course is gentle, slow rhythmical Tai Chi and Qigong movements. Tai Chi is evidence based for falls prevention and facilitates mental calmness, builds strength, and improves balance, flexibility, and co-ordination. Wear loose comfortable clothing, flat comfortable shoes and bring some water.</p> <p>A term fee of \$50.00 is payable and must be paid to us before Feb 6. There will be no weekly payments accepted. You can direct deposit to:</p> <p><b>Oberon U3A Inc</b>  BSB: <b>882-000</b>  Account No. <b>100084866</b></p> <p><b>Or</b> you can put the money in an envelope and leave it at the craft centre. Ensure you write you name and what activity it is for on the envelope.  You must still register for the class.</p>	Diane Hollebhone

## TUESDAY

<b>Balance 'n' Bones</b> (With earlier ZUMBA option commencing 8.10)	Weekly: all year	8.30am – 9.20am	RSL Club	Balance 'n' Bones is a popular weekly fitness program (based on a DVD format) covering warm up (low impact aerobics), conditioning exercises seated and standing, cool down and stretch for flexibility and close with 5 minutes relaxation. Participate in this fun class at your own fitness level.	Megan Sovik
<b>Food Safari</b>	Fortnightly: Started Jan 24	12.30pm	You will be advised	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 carpool, as necessary.	Collaborative effort!
<b>Learn to play the Recorder!</b>	Weekly: Starts TBA	TBA	TBA	The recorder is a relatively easy instrument to learn, no previous experience necessary. As you progress, discover how enjoyable it is to play in a recorder ensemble. Some recorders will be provided.	Rosalie Manhood
<b>**AGM**</b>	March 7	3.00pm	Masonic Lodge	All members are requested to attend. The meeting will be short, and the afternoon tea will be worth it! A new committee is to be elected if you would like to join the committee. A nomination form can be found at our website → <a href="http://Oberon U3A – Lifelong Learning (u3anet.org.au)"><u>Oberon U3A – Lifelong Learning (u3anet.org.au)</u></a> <b>Please RSVP by emailing <a href="mailto:oberonu3a@gmail.com"><u>oberonu3a@gmail.com</u></a> or ring Denise Harper on 0400666215</b>	Committee

## WEDNESDAY


<b>Heritage Machinery Restoration</b>	Weekly – all year	9.30am - 1.00pm	You will be advised	This group has worked on many items from the Oberon Museum and more projects are under way. These “Rusty Restorers” are an enthusiastic band of workers with a wide range of skills and interests. New members are more than welcome!	Tim Arnison
<b>U3A Book Club</b> (Max 10 people)	1 <sup>st</sup> Wednesday of each month: February 1, March 1, and April 5	10.00am– 12.00pm	RSL Club	Meetings vary between sharing favourite books to ones where the group discusses a pre-determined book.	Sue Arnison
<b>500</b>	Weekly – all year	1.00pm – 4.00pm	RSL Club	Get your brain buzzing again! Come and enjoy a friendly, social game of cards – a chance to meet new people whilst using some grey matter. <b>Note: room at RSL not avail on 15/2, you will be advised further on this</b>	Julie Cutbush
<b>Dyeing Group</b> (Max 10 people)	1 <sup>st</sup> Wednesday of each month February 1, March 1, and April 5	10.00am- 12.00pm	You will be advised	Group discussions and exploration of dyeing practices using natural (not manufactured) dye stuff. Sharing of experiences from individual practice. Some combined workshop activities. Participants will provide their own equipment and dye stuff. Most equipment and dye stuff are cheap and easily obtained.	Lexi Kellam


## THURSDAY

<b>Pilates</b> \$3 per session	Weekly - all year	8.15am – 9.15am	RSL Club	Pilates is a movement based, mind-body workout that encourages physical awareness, as well as inner calm. The focus is on strengthening muscles to support the joints, leading to body symmetry and stability. Much of the workout takes place on the floor. Bring a mat, water, and a towel.	Jenn Capel
<b>Bridge</b>	Weekly - all year	9.00am – 12.00pm	Tennis Club	Bridge players – come along and play with us. You do not need to have a partner with you. We are a friendly, relaxed group and new members are most welcome. If you would like to learn Bridge let Denise know and arrangements can be made.	Lyn Prowse
<b>Computer trouble shooting</b> (Min cost of approx. \$6.00)	Weekly – all year	1.00pm – 3.00pm	CTC – Oberon Visitor Information Centre	Having a problem with your computer? Need some assistance or advice? This is NOT a course – it is individual help with specific computer problems. This is a brilliant service for the Oberon community: make the most of it! <b>No booking is required, this is not a U3A class.</b>	

<b>What's on the Box</b> (Max 8 people)	4 <sup>th</sup> Thursday of each month: February 23 and March 23	1.30pm – 3.00pm	Café Oberon	Would you be interested in getting together with others to discuss what is good on the box? What you have watched, where you streamed it from and some general information on the movie, show or series you have watched and recommend.	Julie Stott
<b>Ukulele Jam Session</b>	Weekly: Starts Feb 2	3.30pm – 5.00pm	RSL Club	This jam session focuses on playing the ukulele for fun and enjoyment. Newcomers are always welcome. Participants will need to bring a ukulele and preferably a music stand (but the latter is not essential). <b>Note: room is not available at RSL on 9/2 and 23/3, you will be advised further on this</b>	Collaborative effort!

## FRIDAY

<b>Morning Walk</b>	Weekly – all year	8.30am	You will be advised	Enjoy walking some of the forest and local walking trails, meeting at 8.30am. The walk usually takes just over an hour.	Sue Arnison
<b>Current Affairs</b> (Max 10 people)	Fortnightly: Feb 10, 24 and Mar 10, 24	1.00pm – 2.30pm	RSL Club	No topic is off limits for this group. Come along and share your thoughts and ideas in a lively, supportive group.	Robyn Ashton
<b>Fleece, Fibre, Felt &amp; Yarn</b>	3 <sup>rd</sup> Friday of the month: Feb 17, Mar 17 and Apr 21	10.00am – 3.00pm	Golf Club	Felt makers, spinners, weavers, and dyers of fleece, other fibres, and yarn, meet twice a month (first Mondays and third Fridays). Sharing skills and knowledge of techniques is the focus of the group. No previous experience is necessary. Members "BYO" lunch and everything needed for their activity. Advice about equipment readily available.	Lynne Webb
 <b>Aqua Aerobics</b> <b>\$5 pay at the door.</b> (Max 20)	Weekly: Started Jan 13 until April	8.00am- 8.45am	Oberon Pool	What a great way to start the day! The water temperature is perfect, and the lessons are fun and provide a particularly good workout.	Sharon Inwood

 <b>Armchair Travel (Iceland)</b>	March 24	3.00pm-4.30pm	Masonic Lodge	Come along and listen to Don and Jenn Capel talk about their trip to Iceland.  Afternoon tea will be provided.	Don and Jenn Capel
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**SUNDAY**

<b>Bike Riding</b>	Weekly	You will be advised	Participants will be advised of meeting point	Join the bike riding group to explore the trails and quieter roads around Oberon. U3A's bicycle trailer allows us to venture further away from home, including an occasional weekend away. All participants need is a roadworthy bicycle, highly visible clothing, a helmet, and water. A great way to have some fun and stay fit. Like all good bike rides we always try to finish up at a café.	Richard Harrowell and Gary Clayton
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**General Disclaimer for Oberon U3A Courses and Activities**

The courses and activities provided by Oberon U3A Inc are intended to be only general in nature and in no way constitute professional advice upon which the participants should rely. The comments and views expressed by course/activity leaders are in no way endorsed by U3A.

Those undertaking any U3A activities should be aware that they participate at their own risk. Many U3A activities involve some element of risk. Bush walking and bike riding, for example, are potentially dangerous activities which require an appropriate level of fitness. By enrolling in a course of this nature, participants consider themselves to have appropriate levels of fitness and mobility.

Oberon U3A Inc, its committee and course/activity leaders do not accept responsibility for any losses, injury or disadvantage suffered by any U3A activity. Anyone enrolling in or participating in a course/activity is deemed to accept this Disclaimer and the limitation of the liability of Oberon U3A Inc, its committee and course/activity leaders.