

CABOOLTURE U3A Inc.

TERM 1 PROGRAM

5 February - 5 April ~ 2019



Office hours

Monday to Thursday – 8.30 am – 2.30 pm

Friday – 9.00 am – 12 noon

“Riverside Cottage”

**Actual Address: Corner William and Short Streets
Caboolture QLD 4510**

**Postal Address: PO Box 1125
Caboolture QLD 4510**

Phone: 0481 757 660

Email: info@cabooltureu3a.org.au

Website: www.cabooltureu3a.org.au

Caboolture U3A Inc aims to promote healthy aging by sharing educational, creative and leisure activities provided by our own members. We foster a friendly, stress free environment to learn and socialise with other 3rd Agers in our community.

Annual Membership Fee - \$10 Class Fees - \$4 per lesson

Venues Guide

| | |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Caboolture Baptist Church | 74 – 92 Grant Road, Morayfield |
| <hr/> | |
| Caboolture Library | The Hub - 4 Hasking St, Caboolture |
| <hr/> | |
| Grant Road Community & Sports Complex | 28 – 44 Grant Road, Morayfield |
| <hr/> | |
| Caboolture Memorial Hall, Supper Room & Main Hall | 61-65 King Street, Caboolture |
| <hr/> | |
| Narangba Community Centre | 227 Mackie Road, Narangba |
| <hr/> | |
| Caboolture Bridge Club | Short Street, Caboolture |
| <hr/> | |
| Riverside Cottage | Corner William & Short Streets, Caboolture (Behind Ambulance Station) |
| <hr/> | |

Please Note: Membership badges are required to be worn to each class

NEW CLASSES

Learning Chinese language – Mandarin

German – Beginners

Line Dancing – Beginners

Creative Crochet

Introducing Colour – Beginners to Advanced

SOCIAL EVENTS

Friday 29 March

Tour de Op Shops- Margate - Bus Trip

Cost \$20. Lunch at your own expense

Payment to be made when booking. Bookings close 22 March

* * * * *

For your diary – Term 2 – Trivia Night –Tuesday 14 May

MONDAY

| Time/Venue | Title & Description | Contact |
|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| 8.45 – 11.45 Riverside Cottage | <p>MACRAME Macrame is simply an art form that uses the tying of different styles of knots and coloured threads to achieve the look you are after. You can make belts, bags, wall decorations, pot plant holders, anything you can imagine as the knots are all basic and easy to do. Beginners welcome</p> <p style="text-align: center;">Kit: \$10</p> | Lyn 0402 554 877 |
| 9.00 - 12.00 Baptist Church | <p>ART GROUP This class will give students an overview of the principles of either acrylics or water colours, give tuition in drawing, colour mixing, brush strokes and techniques.</p> <p>PLEASE CALL THE TUTOR RE VACANCIES</p> | Yvonne 0408 070 345 |
| 10.30 – 12.30 Riverside Cottage | <p>GAMES DAY Cribbage, Rumicub, Triangular Dominos, Sequence and More</p> | Clive 5428 6024 |
| 1.00– 2.30 Caboolture Library | <p>1ST MONDAY BOOK CLUB Enjoy discussing books in our friendly group.</p> | Marian 5496 2919 |
| 9.00 – 12.00 Narangba Community Centre | <p>TABLE TENNIS Great exercise with fun and friendly companions. All equipment supplied.</p> | Josie 0448 832 950 |
| 1.00 – 2.30 Riverside Cottage | <p>GARDENING General Gardening class – pick up tips and tricks for your garden. CLASS FULL</p> | Wendy 0417 606 739 |
| 2.00 – 4.00 Riverside Cottage | <p>TRIVIA Join in the fun and hone your skills as a Trivia expert.</p> | Steve 0417 176 040 |

Real joy comes not from ease or riches, or from the praise of men, but from doing something worthwhile.

TUESDAY

| Time/Venue | Title & Description | Contact |
|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| 9.00 – 10.00 Cab. Memorial Hall Main Hall | LINE DANCING Ongoing Students Come along and join the fun whilst getting lots of gentle exercise. | <i>Gloria</i> 0438 607610 |
| 9.00 – 10.30 Riverside Cottage | DISCUSSION GROUP Challenge your understanding on a wide range of social issues through the sharing of opinions, research and relevant life experiences. | <i>Sue</i> 5330 2888 |
| 9.00 – 10.30 * Bridge Club | THERABAND/GENTLE EXERCISE GROUP Do one or both. Theraband 9.00am to 9.25am Gentle Exercise 9.30am to 10.30am | <i>Joan</i> 5495 8429 |
| 10.00 – 11.00 Caboolture Memorial Hall - Main Hall | LINE DANCING Beginners All Beginners Welcome. | <i>Gloria</i> 0438 607610 |
| 10.00 – 11.30 Cab. Memorial Hall Supper Room | LINE DANCING This class is for students who have been dancing – with some experience | <i>Gail</i> 5400 5893 |
| 10.00 – 12.00 Grant Road | PAINTING WITH ACRYLICS Acrylics are all about spontaneity, working quickly, layering colour on colour, texture and glazing. | <i>Jean</i> 5428 0797 |
| 10.30 – 12.00 Riverside Cottage | INTRODUCTION TO CHINESE LANGUAGE Mandarin | <i>Tom</i> 0432 159 268 |
| 1.00 – 3.00 Riverside Cottage | CANASTA HAND AND FOOT Try this interesting and challenging extension to the regular Canasta game. Beginners Welcome | <i>Desley</i> 5495 1726 |
| 3.00 – 5.00 Riverside Cottage | DARTS Beginners welcome | <i>Heather</i> 0448 457 503 |
| 6.00 – 9.00 Caboolture Memorial Hall – Supper Room | SCOTTISH COUNTRY DANCING This class can help to improve your fitness and mental ability as you have fun and join in the dance. No partner needed. | <i>Bev</i> 0438 283 466 |

WEDNESDAY

| Time/Venue | Title & Description | Contact |
|---------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| 8.00 – 9.30 Grant Road | <p>TAI CHI Advanced, Beginners and Intermediate. A gentle form of Tai Chi based on Dr Paul Lam’s program. Builds strength and balance.</p> | <p><i>Linda</i> 5309 4410</p> |
| 9.00 – 10.00 Cab. Memorial Hall Supper Room | <p>YOGA WITH HELEN You will need to bring a Yoga mat, a Yoga Strap, Block and a cushion to sit on.</p> | <p><i>Helen</i> 5428 7020</p> |
| 9.00 – 11.00 Riverside Cottage | <p>QUIET TIME Have you ever wanted to hit the “pause” button and gain a few minutes of quiet time. This class will provide the opportunity to do just that. A time of gentle reflection, meditation and pondering. The class will include a variety of simple meditations and discussions about how we can be kinder to ourselves. Participants to be seated for all meditations.</p> | <p><i>Sue</i> 5330 2888</p> |
| 9.00 – 11.00 Grant Road | <p>GRAPHITE PENCIL DRAWING, This class is suitable for students who have some experience with pencil drawing.</p> | <p><i>Jean</i> 5428 0797</p> |
| 9.30 – 12.00 Grant Road | <p>CHINESE MAHJONG – EASTERN WESTERN MAH JONG Playing both the Eastern and Western styles of the game. New students welcome.</p> | <p><i>Evelyn</i> 0414308 829 <i>Steve</i> 0417 176 040</p> |
| 11.00 – 1.00 Grant Road | <p>INTRODUCTION TO COLOUR New class suitable for beginners through to more advanced students. Learn how to incorporate colour into your graphite drawings by using watercolour pencils, water soluble pencils, inks and coloured pencils.</p> | <p><i>Jean</i> 5428 0797</p> |
| 11.15. – 12.45 Riverside Cottage | <p>KEYBOARD FOR BEGINNERS Requirements – Good quality Keyboard – Casio, Yamaha, etc. Music book \$20 from Tutor, Earphones and a willingness to practice. CLASS FULL</p> | <p><i>Alan</i> 0457 988 496</p> |
| 1:00 – 3.00 Baptist Church | <p>PATCHWORK AND QUILTING Beginners are taught basics before progressing to more complex challenges. We welcome new students to our happy group!</p> | <p><i>Lesley</i> 0490 012 271</p> |

| | | |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 1.00 – 2.00 Riverside Cottage | GERMAN – BEGINNERS Wishing to learn a foreign language? This one is for you. | <i>Marlo</i> 0412 373 782 |
| 1.15 – 2.45 Grant Road | YOGA – BEGINNERS Introduces new poses as the term progresses. Yoga maintains and improves flexibility, mobility & general well-being. | <i>Robyn</i> 0407 767 798 |
| 3.00 – 4.30 Riverside Cottage | GERMAN – INTERMEDIATE Class continues with reading texts, training, conversation, grammar, dictation and written exercises | <i>Suzanne</i> 5495 7140 |



THURSDAY

| Time/Venue | Title & Description | Contact |
|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 9.00 – 11.00 Grant Road Subject to change | PASTELS AND DRAWING Pastels are very convenient to use and suited to striking landscapes and portraits alike. | <i>Valmay</i> 5497 9120 |
| 9.00 – 12.00 Narangba Community Centre | TABLE TENNIS Great exercise with fun and friendly companions. All equipment supplied. | <i>Josie</i> 0448 832 950 |
| 9.00 – 10.30 Riverside Cottage | CREATIVE CROCHET An opportunity to learn this beautiful craft with easy stitches and projects. For the more experienced, bring along your patterns to share. | <i>Robyn</i> 0428116411 |
| 9.00 – 12.00 Bridge Club | CANASTA A group for players of all levels with the opportunity for new players to learn this enjoyable and challenging card game. | <i>Desley</i> 5495 1726 |
| 10.00 – 12.00 Bridge Club | 500 Join our happy group of players and keep those grey cells active. Beginners most welcome. | <i>Steve</i> 5433 0392 |

| | | |
|-------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| 10.00 – 12.00 Bridge Club | SCRABBLE The classic word game is guaranteed to keep your brain active and your mind healthy. Come join our friendly group of players | Gay 5498 5275 |
| 11.00 – 12.30 Caboolture Neighborhood Centre | FRENCH CONVERSATION – ADVANCED Enhance your communication skills! | Miki 5499 1628 |
| 1.0 – 2.30 Riverside Cottage | FLORAL ART Designing with foliage and flowers. Beginners. CLASS FULL | Wendy 0417 606 739 |

Please Note: Membership badges are required to be worn to each class

| FRIDAY | | |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| 9.30 – 11.30 Riverside Cottage | UKULELE – ADVANCED Friday Jam Session! Sorry, no beginners. | Bev 5495 3236 |
| 4 th Friday of the month | ADVENTURE OUTINGS GROUP - Discover the hidden treasures in the region with the Adventure Group. Activities are designed by the group to visit places in which they are interested. An opportunity to get out and about with friends and enjoy places that you may not have known existed. | Graeme 0422 755 065 |

Disclaimer – This program was correct at the time of printing

Caboolture U3A Inc gratefully acknowledges the generous printing of this program by

Mark Ryan MP

Minister for Police, Fire and Emergency Services

