

CABOOLTURE U3A Inc.

# TERM 2 PROGRAM

23 April – 28 June ~ 2019



## Office hours

Monday to Thursday – 8.30 am – 2.30 pm

Friday – 9.00 am – 12 noon

*During School Terms*

## ***“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](mailto:info@cabooltureu3a.org.au)

Website: [www.cabooltureu3a.org.au](http://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 3<sup>rd</sup> Agers in our community.

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

### **Venues Guide**

Caboolture Baptist Church	74 – 92 Grant Road, Morayfield
Caboolture Library	The Hub - 4 Hasking St, Caboolture
Grant Road Community & Sports Complex	28 – 44 Grant Road, Morayfield
Caboolture Memorial Hall, Supper Room & Main Hall	61-65 King Street, Caboolture
Caboolture Neighbourhood Centre	9 George Street, Caboolture
Narangba Community Centre	227 Mackie Road, Narangba
Caboolture Bridge Club	Short Street, Caboolture
Riverside Cottage	Corner William & Short Streets, Caboolture (Behind Ambulance Station)

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

## **SOCIAL EVENTS**

### **Trivia Night - with a Difference**

**Tuesday 14 May - 7.00pm**

Caboolture Combined Services Club – 21 Hayes Street Caboolture

Fun night – just \$10 entry fee – delicious supper served

Why not make up a team from your class and play for the U3A Trivia Cup?

Teams must comprise a minimum of 50% U3A members.

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## **INFORMATION SESSION**

*SUNSHINE COAST TROPICAL FERNS AND FOLIAGE*

**Monday 27 May at 1.00p.m.**

*Riverside Cottage* – Corner Short and William Streets Caboolture

Learn to propagate - Don't miss out – Book on 0481 757 660

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## **DATE CLAIMER**

**Friday 28 June** – Caboolture U3A Inc Annual General Meeting

# WORKSHOPS

## Learn the basic ins and outs of the iPhone

If you are the proud owner of an iPhone, this is for you

**Saturday 27<sup>th</sup> April – Riverside Cottage – 9.30am – 11.30am**

## Geocaching

This is a hobby/sport/activity for all ages, using either a smart phone with data or a GPS. It can be done in most places at any time and has an element of learning about one's surroundings. For eight to eighty year olds. There are 285 caches within a 16 kms radius of Caboolture. A typical cache is a small waterproof container containing a [logbook](#) and sometimes a pen or pencil. The Geocacher signs the log with their established code name and dates it, in order to prove that they found the cache. After signing the log, the cache must be placed back exactly where the person found it. Larger containers such as plastic storage containers ([Tupperware](#) or similar).

**Saturday 4<sup>th</sup> May – Riverside Cottage – 9.00am – 11.00am**

## Polymer Clay Workshop

Polymer Clay is a versatile art and craft medium being used across the spectrum from buttons to jewellery and sculpture. This workshop is a come and play day for people who have never used polymer clay before. Using hand building we'll be making pieces that can be used as jewellery, key fobs, etc.

**Saturday 25<sup>th</sup> May – Riverside Cottage – 9.00am – 11.00am**

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## NEW CLASSES – all to be booked at Riverside Cottage

### NEEDLEPAINTING

Needlepainting goes by several other names, including thread painting, long and short stitch shading and silk shading. Needlepainting is a technique used for filling areas realistically and for "painting" images with needle and thread. The stitch commonly used in Needlepainting is long and short stitch, although other stitches are sometimes employed to achieve a realistic look to the image. Needlepainting can achieve very fine artistic detail. The technique is sometimes combined with goldwork to good effect.

**Wednesdays from 9am – 11am. Riverside Cottage – Limited numbers. Tutor Marlene 0410 440 809.**

### NEW VOGUE (Sequence) Dancing

The New Vogue dance style is an Australian form of sequence dancing that originated in the 1930's. Since then it has become an important part of the Australian ballroom scene, holding as much importance in social and competition dancing as Latin or International Standard dances.

Dance styles include Waltz, Foxtrot, Quickstep, Cha-Cha, Mambo, Samba, Jive, Rock 'n Roll.

**Must have a PARTNER! Must be FIT. Beginners only.**

**Mondays from 10.00am – 12 noon – Caboolture Memorial Hall (Supper Room)**

Limited numbers, Tutor - Dee 041 779 5277

# JANE AUSTIN 101

An introduction to the life and times and work of this celebrated and much loved author. If you have never read JA or only read something and have always longed to know more, this is the class for you. We will take a look at the novels in terms of plot, characters and major themes. There are only 6 fully completed novels, 1 almost complete and 2 fragments. Apparently “Pride and Prejudice” is the best loved book of all times. I prefer “Persuasion” and Mr. Darcy in a wet shirt never happened.

**Wednesdays 9.00 – 10.00 – Grant Road. Tutor Lana 0409 261 960**

<b>MONDAY</b>		
Time/Venue	Title & Description	Contact
9.00 - 12.00 Baptist Church	<b>ART GROUP</b> 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. New Members Welcome	<i>Yvonne</i> 0408 070 345
10.00 – 12 noon Memorial Hall Supper Room	<b>NEW VOGUE (Sequence) Dancing</b> The New Vogue dance style is an Australian form of sequence dancing that originated in the 1930's. Since then it has become an important part of the Australian ballroom scene, holding as much importance in social and competition dancing as Latin or International Standard dances. Dance styles include Waltz, Foxtrot, Quickstep, Cha-Cha, Mambo, Samba, Jive, Rock 'n Roll. <b>Must have a PARTNER – BE FIT – BEGINNERS ONLY.</b>	<i>Dee</i> 0417 795 277
10.30 – 12.30 Riverside Cottage	<b>GAMES DAY</b> Cribbage, Rumicub, Triangular Dominos, Sequence and More	<i>Clive</i> 5428 6024
1.00– 2.30 Caboolture Library	<b>1<sup>ST</sup> MONDAY BOOK CLUB</b> Enjoy discussing books in our friendly group. <b>Sorry no new members – class full.</b>	<i>Marian</i> 5496 2919
9.00 – 12.00 Narangba Community Centre	<b>TABLE TENNIS</b> Great exercise with fun and friendly companions. All equipment supplied.	<i>Josie</i> 0448 832 950
1.00– 2.30 Riverside Cottage	<b>GARDENING</b> General Gardening class – pick up tips and tricks for your garden. <b>SORRY CLASS FULL</b>	<i>Wendy</i> 0417 606 739
2.00 – 4.00 Riverside Cottage	<b>TRIVIA</b> Join in the fun and hone your skills as a Trivia expert.	<i>Steve</i> 0417 176 040

# TUESDAY

Time/Venue	Title & Description	Contact
9.00 – 10.00 Cab. Memorial Hall Main Hall	<b>LINE DANCING</b> <b>Ongoing Students – Experience Required</b> Come along and join the fun whilst getting lots of gentle exercise. <b>Sorry no new students – class full.</b>	<i>Gloria</i> 0438 607610
9.00 – 10.30 Riverside Cottage	<b>DISCUSSION GROUP</b> 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	<b>THERABAND/GENTLE EXERCISE GROUP</b> 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	<b>LINE DANCING</b> <b>Beginners</b> <b>Sorry – no new students – class full.</b>	<i>Gloria</i> 0438 607610
10.00 – 11.30 Cab. Memorial Hall Supper Room	<b>LINE DANCING</b> This class is for students who have been dancing – with some experience	<i>Gail</i> 5400 5893
10.00 – 12.00 Grant Road	<b>PAINTING WITH ACRYLICS</b> Acrylics are all about spontaneity, working quickly, layering colour on colour, texture and glazing.	<i>Jean</i> 5428 0797
11.30 – 1.00 Riverside Cottage	<b>INTRODUCTION TO CHINESE LANGUAGE</b> Mandarin.	<i>Agnes</i> 0498 967 678
1.30 – 3.30 Riverside Cottage	<b>CANASTA HAND AND FOOT</b> Try this interesting and challenging extension to the regular Canasta game. Beginners Welcome	<i>Desley</i> 5495 1726
6.00 – 9.00 Caboolture Memorial Hall – Supper Room	<b>SCOTTISH COUNTRY DANCING</b> 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

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

# WEDNESDAY

Time/Venue	Title & Description	Contact
8.00 – 9.30 Grant Road	<p><b>TAI CHI</b> 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 – 10.30 Cab. Memorial Hall Supper Room	<p><b>YOGA WITH HELEN</b> You will need to bring a Yoga mat, a Yoga Strap, Block and a cushion to sit on. Experience required – limited vacancy.</p>	<p><i>Helen</i> 5428 7020</p>
9.00 – 10.30 Grant Road	<p><b>JANE AUSTIN 101</b> An introduction to the life and times and work of this celebrated and much loved author. If you have never read JA or only read something and have always longed to know more, this is the class for you. We will take a look at the novels in terms of plot, characters and major themes. There are only 6 fully completed novels, 1 almost complete and 2 fragments. Apparently “Pride and Prejudice” is the best loved book of all times. I prefer “Persuasion” and Mr. Darcy in a wet shirt never happened.</p>	<p><i>Lana</i> 0409 261 960</p>
9.00 – 11.00 Grant Road	<p><b>GRAPHITE PENCIL DRAWING,</b> This class is suitable for beginners who have some experience with pencil drawing.</p>	<p><i>Jean</i> 5428 0797</p>
9.00 – 11.00 Riverside Cottage	<p><b>NEEDLEPAINTING</b> Needlepainting goes by several other names, including thread painting, long and short stitch shading and silk shading. Needlepainting is a technique used for filling areas realistically and for “painting” images with needle and thread. The stitch commonly used in Needlepainting is long and short stitch, although other stitches are sometimes employed to achieve a realistic look to the image.</p>	<p><i>Marlene</i> 0410 440 809</p>
9.30 – 12.00 Grant Road	<p><b>CHINESE MAHJONG – EASTERN WESTERN MAH JONG</b> 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><b>INTRODUCTION TO COLOUR</b> 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><b>KEYBOARD FOR BEGINNERS</b> Requirements – Good quality Keyboard – Casio, Yamaha, etc. Earphones and a willingness to practice. <b>CLASS FULL</b></p>	<p><i>Alan</i> 0457 988 496</p>

1:00 – 3.00 Baptist Church	<b>PATCHWORK AND QUILTING</b> Beginners are taught basics before progressing to more complex challenges. We welcome new students to our happy group!	<i>Lesley</i> 5499 0118
1.00 – 2.00 Riverside Cottage	<b>GERMAN – BEGINNERS</b> Wishing to learn a foreign language? This one is for you.	<i>Marlo</i> 0412 373 782
1.15 – 2.45 Grant Road	<b>YOGA – BEGINNERS</b> 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	<b>GERMAN – INTERMEDIATE</b> 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	<b>PASTELS AND DRAWING</b> Pastels are very convenient to use and suited to striking landscapes and portraits alike. <b>Please phone Tutor re vacancies.</b>	<i>Valmay</i> 5497 9120
9.00 – 12.00 Narangba Community Centre	<b>TABLE TENNIS</b> Great exercise with fun and friendly companions. All equipment supplied.	<i>Josie</i> 0448 832 950
9.00 – 10.30 Riverside Cottage	<b>CREATIVE CROCHET</b> 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	<b>CANASTA</b> 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	<b>500</b> 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	<b>SCRABBLE</b> The classic word game is guaranteed to keep your brain active and your mind healthy. Come join our friendly group of players	<i>Gay</i> 5498 5275

10.00 – 11.30 Caboolture Neighborhood Centre	<b>FRENCH CONVERSATION – ADVANCED</b> Enhance your communication skills!	Miki 54998
1.00 – 3.00 Riverside Cottage	<b>FLORAL ART</b> Designing with foliage and flowers. Beginners. <b>CLASS FULL</b>	Wendy 0417 606 739

## FRIDAY

9.30 – 11.30 Riverside Cottage	<b>UKULELE – ADVANCED</b> Friday Jam Session! Sorry, no beginners.	Bev 5495 3236
4 <sup>th</sup> Friday of the month	<b>ADVENTURE OUTINGS GROUP</b> 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
12.00 – 2.00 Riverside Cottage	<b>DARTS</b> Sorry Class Full	Heather 0448 457 503

***Disclaimer – This program was correct at the time of printing***

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

***Mark Ryan MP***

*Minister for Police, Fire and Emergency Services*

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