

# ACTIVITIES – Term 4, 2017 (Oct 16 – Dec 15)

*U3A Riverland Membership essential to participate*

[www.u3ariverland.org](http://www.u3ariverland.org)

Detailed course and U3A information at [www.u3ariverland.org](http://www.u3ariverland.org)



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Activity	Registration Information <i>Please contact</i>	Venue	Days & Time	Status/Student Requirements
<b>AQUA AEROBICS</b>	Chris Row ckrow1@adam.com.au Mob 0408846570	Therapy Pool "Aqua Flow" Loxton	Chris to advise	<b>New</b>
Chris is offering this activity if there is sufficient interest. Sessions will comprise of a light workout and will be a great way to enjoy the warm water. Sessions be held on one of the following mornings, Monday, Tuesday or Wednesday. The classes will be 1/2 hour and will cater for 4/5 participants. Cost to be finalised shortly.				
<b>ART</b>	Daina Braddock <a href="mailto:dainabraddock@live.com.au">dainabraddock@live.com.au</a>	RSL, 1 Strawbridge St, Berri	<b>Tuesdays</b>	Annual intake complete
There is no continuous intake for art throughout the year. One intake occurs at the beginning of each calendar year at an information session. If you wish to join the art classes after the annual intake, please watch out for the Term 1 schedule in the following year. An annual intake ensures participants are all at a similar level of skills and knowledge and facilitates a class that is easier to manage for the tutor.				
<b>BOARD GAMES</b>	Audrey Atkinson <a href="mailto:a.atkinson50@yahoo.com.au">a.atkinson50@yahoo.com.au</a> Mob: 0457 921 913	Chaffey Community Centre, 86, Nineteenth St, Renmark	<b>Fridays</b> 12.30pm	Continuing <b>with vacancies</b>
<b>BOOK CLUB</b>	Judy Strachan <a href="mailto:renjay1@bigpond.com">renjay1@bigpond.com</a> Mob: 0447 739 112	Renmark Library James Street, Renmark	<b>Every fourth Thursday</b> at 11am	Continuing with <b>no vacancies</b> Hard copy or e-book
<b>DRAWING – IMAGINATIVE &amp; CREATIVE</b>	Murray Goodes Mob 0404 646 545	Berri RSL 1 Strawbridge St Berri	<b>Fridays</b> Commencing <b>October 27</b> , at <b>1.30pm to 3.30pm</b> for five consecutive weeks	<b>Continuing with vacancies.</b> Register with Murray directly
<b>FRENCH CONVERSATION</b>	Helen Simpson <a href="mailto:jsimpson@gmail.com">jsimpson@gmail.com</a>	Berri RSL 1 Strawbridge St Berri	<b>Thursdays</b> 10 - 12 noon	Continuing with <b>no vacancies</b>
<b>SOCK KNIT &amp; NATTER</b>	Di March <a href="mailto:dianamarch35@gmail.com">dianamarch35@gmail.com</a>	<b>Berri</b>	1 x short Info. Session 3-4 knitting sessions	<b>New</b>
Learn to knit some socks and have a natter - Spaces are limited so it is essential to register with Di by <b>Friday October 20</b> . Further details will be given upon registration.				
<b>MAHJONG</b>	Pam Rule <a href="mailto:holdthefort@bigpond.com">holdthefort@bigpond.com</a> Mob 0405 184 411	Barmera Library Chaffey Community Centre - Renmark	<b>Wednesday</b> 2 -4pm <b>Thursday</b> 1 –3pm	Continuing <b>with vacancies</b> – Contact Pam directly
<b>MEDITATION</b>	Murray Goodes Mob 0404 646 545	Berri RSL 1 Strawbridge St Berri	<b>Fridays</b> Commencing <b>October 27</b> at <b>10am to noon</b> for five consecutive weeks	<b>Continuing with Vacancies</b> – register with Murray directly
<b>Meditation:</b> Murray Goodes will guide you in the art of meditation. Learn its benefits for breathing, relaxation, sleep and stress. Meditation is recognised a valuable tool to benefit health and assist in recovery from illnesses.				
<b>MUSIC APPRECIATION</b>	Judy Kelly Mob: 0412 051 824	Berri (contact Judy for details)	Every second <b>Wednesday</b>	Continuing <b>with vacancies</b>

<b>PODCASTS Basic Introduction</b>	Anna Harper <a href="mailto:u3acoursesriverland@gmail.com">u3acoursesriverland@gmail.com</a>	Berri RSL 1 Strawbridge Street	<b>Wednesday October 25 2pm</b> (one session)	<b>New</b>
<p>Podcasts are 'broadcasts' which cover a myriad of interesting topics. They are available from the Internet and all that is required is a listening app. This session will focus on listening to podcasts on devices like smart phones or tablet devices.</p> <p>For this session, it's essential that your portable device can access the internet without Wifi, that you have sufficient internet data, and that your device is capable of installing apps. To help on the day, you might like to bring earphones. This Podcast session will explain what podcasts are, the types available, and will provide guidance on where to access a variety of Podcasts. The duration of the session will depend entirely on the day but should be no more than an hour. It takes literally seconds to download a listening app. If participants wish to listen to a whole podcast and then discuss the topic after with others at the session, we can do that too and stay on a little longer if necessary.</p> <p>Registration is essential as there are essential requirements you will need to resolve prior to attending.</p> <p>If you are unable to attend, and you are familiar with how to down load apps, it may be possible to get you on your way with instructions which can be emailed to you.</p>				
<b>TAI CHI</b>	Helen Cenko hcenko@iinet.net.au Tel 8595 1667	Renmark	Phone for specific details.	Continuing with <b>no vacancies</b>
<p>Please register with Helen if you are interested in participating in a beginner class. If numbers are sufficient, she will consider how such a class can be offered.</p>				
<b>WATER CONFIDENCE</b>	Chris Row ckrow1@adam.com.au Mob 0408846570	Loxton Community Swimming Pool	Proposed for November	<b>Resumes</b> Pool admission 2017/18 swim season prices
<p><b>Water Confidence</b> – Chris Rowe once again is offering over 20 years of experience in improving water confidence to people of varied skill levels. With a Bronze Medallion, supervisor and senior first aid qualifications Chris is willing to help people gain a higher level of confidence in the water and will tailor activities depending on the ability of participants. To commence when the weather warms up this activity will comprise of short sessions over five to six weeks with follow up sessions. All that is required is swimming gear, and the pool admission fee for each individual session</p>				
<b>WRITING FOR ENJOYMENT</b>	Brent Morrell <a href="mailto:bkmorrell@bigpond.com">bkmorrell@bigpond.com</a> Tel: 8586 5235	Chaffey Community Centre, 86, Nineteenth St, Renmark	<b>Every second and fourth Monday</b> 9.30 am – 11.30 am	Continuing <b>with vacancies</b> Writing materials required

*As always, we welcome suggestions for activities, or, potential tutors to run activities. Remember that anyone can tutor, or, simply coordinate a group where participants teach and learn from each other. No formal qualifications are required, just a zest for a topic and for sharing skills and knowledge with like-minded people. Leading an activity needn't be onerous for an individual and can be held weekly, fortnightly, or monthly and can also be one day workshops. Suggestions can be emailed to the course co-ordinator at:*

- [u3acoursesriverland@gmail.com](mailto:u3acoursesriverland@gmail.com)

**Thank you to all our volunteer tutors! U3A is not possible without you!**