


## ACTIVITIES – Term 1, 2018 (29 January - 13 April)



**U3A Riverland current membership is essential to participate in activities**

View further U3A Riverland information at: [www.u3ariverland.org](http://www.u3ariverland.org)

Activity	Registration Information <i>Please contact</i>	Venue	Days & Time	General Info.
<b>AQUA AEROBICS</b>	Chris Row ckrow1@adam.com.au Mob 0408846570	Therapy Pool "Aqua Flow" Loxton	Contact Chris for details	<b>Continuing with vacancies</b> session fees to be advised by Chris
<b>ART</b>	Daina Braddock <a href="mailto:dainabraddock@live.com.au">dainabraddock@live.com.au</a>	RSL club rooms, 1 Strawbridge St, Berri	<b>Tuesdays</b>	<b>Important note below</b>
<p>There will be an art information session on <b>Tuesday 30th January 2018 at 11.00am</b>, at the RSL rooms, followed by lunch at the Berri Golf Club Tavern. If you wish to continue taking part in the art sessions, please come to this session to register your interest. New comers are welcome as this is the only intake of participants for the year. Please put this date in your diaries and let any other interested people know about this.</p>				
<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>BRIDGE FOR BEGINNERS</b>	Brent Morrell <a href="mailto:bkmorrell@bigpond.com">bkmorrell@bigpond.com</a> Tel: 8586 5235 or 0427963386	RSL club rooms, 1 Strawbridge St, Berri	<b>Information Session</b> <b>10.00 am,</b> <b>Friday,</b> <b>10<sup>th</sup> February</b>	<b>NEW</b> refer further details below
<p>We thank Brent for picking up the mantle on this activity and addressing demand for this topic. Bridge is the king of card games. It is intellectually challenging, yet also of great social benefit. We will start at the beginning and, borrowing from renowned teachers, progress to become competent social bridge players, maybe even brilliant. It is proposed to hold this activity at no cost to members on a weekly basis for indeterminate duration. Number of members required for this activity is 3 to 12 and the only prerequisites are membership of U3ARiverland and be able to recognise a pack of cards.</p> <p>If you have previously registered interest for this activity some time ago, please do so again, but refer to Brent as above thank you. As this will be a progressive course, he will be unable to take further enrolments once it starts.</p>				
<b>CROCHET a POPPY for Anzac Day</b>	<b>Marian Woodberry</b> woodduck32@gmail.com	RSL club rooms 1 Strawbridge St Berri	One 2 hour lesson only, some time in March before Anzac Day	<b>New</b> (see note below)
<p>We thank Marian who is offering to give people skills on how to crochet a poppy. These poppies are a lovely tribute for Anzac day and this activity could lead to extra sessions to crochet floral trims on throws or bags etc. This activity will proceed depending on demand and interest. Beginners welcome. No experience necessary. Bring a ball of red and black wool 8ply and a no 4 crochet needle and a black button.</p>				
				
<b>DRAWING – IMAGINATIVE &amp; CREATIVE</b>	Murray Goodes Mob 0404 646 545	RSL club rooms 1 Strawbridge St Berri	Five consecutive weeks	<b>Resumes with vacancies – see note below</b>
<p>Those seeking to participate in Drawing (as above), <b>please register with Murray by the end of January</b>. He will arrange relevant dates to suit the maximum number of people. Even if you have registered last year with Murray, please do so again for this term thank you.</p>				
<b>FRENCH CONVERSATION</b>	Helen Simpson <a href="mailto:isshsimpson@gmail.com">isshsimpson@gmail.com</a>	RSL club rooms 1 Strawbridge St Berri	<b>Thursdays</b> 10 - 12 noon	Continuing with <b>no vacancies</b>

<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	RSL club rooms 1 Strawbridge St Berri	Five consecutive weeks	<b>Resumes with vacancies</b> – see note below
Those seeking to participate in Meditation (as above), <b>please register with Murray by the end of January</b> . He will arrange relevant dates to suit the maximum number of people. . Even if you have registered last year with Murray, please do so again for this term thank you.				
<b>MUSIC APPRECIATION</b>	Judy Kelly Mob: 0412 051 824	RSL club rooms 1 Strawbridge St Berri	Every second <b>Wednesday</b>	Continuing <b>with vacancies</b>
<b>TAI CHI</b>	Helen Cenko hcenko@inet.net.au Tel 8595 1667	Renmark	Phone for specific details.	Continuing with <b>no vacancies</b>
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.				
<b>WATER CONFIDENCE</b>	Chris Row ckrow1@adam.com.au Mob 0408846570	Loxton Community Swimming Pool		<b>Resumes</b> Pool admission 2017/18 swim season prices
<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				
<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)

We have commenced a mailing list for people who are not members of U3A. This will enable them to stay informed of what activities are on offer, and, when an activity arises that they are interested in, they can join at that time. Tell your friends and family, and have them contact us via the email address above.

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