



ACTIVITIES – Term 2, 2018 (30 April - 6 July)
U3A Riverland current membership is essential to participate in activities
 Further information at: www.u3ariverland.org

Activity	Registration Information <i>Please contact</i>	Venue	Days & Time	General Info.
AQUA AEROBICS (Mens and Womens Sessions)	Chris Row christinerow@bigpond.com Mob 0408846570	Loxton Physiotherapy Service 4 Henry street Loxton	Contact Chris for full details Men's group Wednesday & Thursday mid morning or afternoon has been added	Continuing with vacancies \$12.00 for 1/2 hour class
ART	Daina Braddock dainabraddock@live.com.au	RSL club rooms, 1 Strawbridge St, Berri	Tuesdays	One only intake per year - now complete for 2018
BOARD GAMES	Audrey Atkinson a.atkinson50@yahoo.com.au Mob: 0457 921 913	Chaffey Community Centre, 86, Nineteenth St, Renmark	Fridays 12.30pm	Continuing with vacancies
BOOK CLUB	Judy Strachan renjay1@bigpond.com Mob: 0447 739 112	Renmark Library James Street, Renmark	Every fourth Thursday at 11am	Continuing with no vacancies Hard copy or e- book
THE CARD CAFÉ Card Making with a difference!	Sue Drabsch denisdrabsch@hotmail.com	2365 Kingston Road, Loxton	Every Wednesdays commencing May 2 through to and including July 3	NEW \$10 plus \$2 per card. Includes afternoon tea
Beginner to advanced including stamping, die cutting water coloring etc. No previous experience required. Materials supplied				
CROCHET a POPPY for Anzac Day	Marian Woodberry woodduck32@gmail.com	RSL club rooms 1 Strawbridge St Berri	<i>Additional sessions added</i> Wed Mar 28 (as per earlier notice) Wed Apr 4 10am to noon	(see note below)
Learn to crochet a poppy. Beginners welcome. No experience necessary. Those who have mastered the Poppies previously can try their skill on the crocheted flowers. Beautiful craft ideas for bags, teapot cosies, throws, perhaps lamp shades and of course anywhere else that you can think of that would benefit from a floral decoration Bring a ball of red and black wool 8ply and a no 4 crochet needle and a black button.				
Digital Images – the class on learning more about this topic is fully subscribed. No further classes are planned at this stage.				
FRENCH CONVERSATION	Helen Simpson isshsimpson@gmail.com	RSL club rooms 1 Strawbridge St Berri	Thursdays 10 - 12 noon	Continuing with no vacancies
FRIDAY FORUM	Pam: 0405184411 holdthefort@bigpond.com Jan: 0410098369 janjowens@gmail.com Anne: 85821954 ajchase1@bigpond.com	Berri Library	May 4 A Robot In The Kitchen May 25 - topic to be advised June 22 – topic to be advised	Continuing with vacancies

Friday Forums will be an opportunity to expand your perspective through dialogue and debate. Discuss and analyse selected topics relevant to the current concerns of daily living. It will begin at a broad social level and lead to the challenge of questioning our own opinions, expanding our views and perhaps changing our perspectives along the way. It is a bland sort of world when we do not take the time to wonder why we think the way we do, to listen to different voices and ideas and reconsider our certitudes. Friday Forum will take place in a group setting where everyone's ideas are listened to and valued, where information is shared, the onslaught of misinformation from various media sources questioned and the myths of modern living demystified.

MAHJONG	Pam Rule holdthefort@bigpond.com Mob 0405 184 411	Barmera Library Chaffey Community Centre - Renmark	Wednesday 1 -3pm Thursday 1 -3pm	Continuing with vacancies – Contact Pam directly
MUSIC APPRECIATION	Judy Kelly Mob: 0412 051 824	RSL club rooms 1 Strawbridge St Berri	Every second Wednesday	Continuing with vacancies
SOCK KNIT & KNATTER	Di March Dianamarch35@gmail.com	Big River Tavern Berri	Fully subscribed	
WRITING FOR ENJOYMENT	Brent Morrell bkmorrell@bigpond.com Tel: 8586 5235	Chaffey Community Centre, 86, Nineteenth St, Renmark	Every second and fourth Monday 9.30 am – 11.30 am	Continuing with vacancies Writing materials required
SELF DEFENSE	<p>An introduction to defending yourself against a physical attack. Basic, simple self defence classes are now being offered by two volunteer tutors with decades of experience. Regardless of strength, anyone can learn several effective self defence techniques and learn basic skills to prepare and stay safe in confrontational situations. Classes will proceed if there is sufficient interest from members.</p> <p>Please register your interest with the Course Coordinator, Anna Harper:</p> <p>Email: u3acoursesriverland@gmail.com Telephone: 85835169</p>			

We welcome suggestions for activities, or, potential tutors to run activities. Remember that anyone can tutor, or, simply lead a group where participants teach and learn from each other. No formal qualifications are required. 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

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 to subscribe.