



## ACTIVITIES 2018

Terms 3 and 4,

(23 July - 28 September) & (October - 14 December)

U3A Riverland current membership is essential to participate in activities

Further information at: [www.u3ariverland.org](http://www.u3ariverland.org)

Email: u3a [coursesriverland@gmail.com](mailto:coursesriverland@gmail.com) or phone 85835169

Activity	Registration Information <i>Please contact</i>	Venue	Days & Time	General Info.
ART	Daina Braddock <a href="mailto:dainabraddock@live.com.au">dainabraddock@live.com.au</a>	RSL club rooms, 1 Strawbridge St, Berri	Tuesdays	One only intake per year - now complete for 2018
BOARD GAMES	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	Fridays 12.30pm	Continuing with vacancies
BOOK CLUB	Judy Strachan <a href="mailto:renjay1@bigpond.com">renjay1@bigpond.com</a> Mob: 0447 739 112	Renmark Library James Street, Renmark	Every fourth Thursday at 11am	Continuing with no vacancies Hard copy or e-book
BEGINNING GERMAN	<b>INFORMATION SESSION</b> with Carmine Borowski	Berri RSL, 1 Strawbridge Street, Berri <b>(Big Room)</b>	Thursday, July 5, 2.00pm <i>(as previously promoted)</i> Thank you to those who stated they are unable to make this date - we'll keep you posted)	<b>NEW</b>
DRAWING - IMAGINATIVE & CREATIVE	Murray Goodes Mob 0404 646 545	Berri RSL 1 Strawbridge St Berri	<b>Mondays</b> Commencing July 30 <b>1.00pm to 3.00pm</b> for five consecutive weeks	Returning with vacancies. Register with Murray directly
FRENCH CONVERSATION	Helen Simpson <a href="mailto:isshsimpson@gmail.com">isshsimpson@gmail.com</a>	RSL club rooms 1 Strawbridge Street Berri	Thursdays 10 - 12 noon	Continuing with no vacancies
FRENCH RENDEZVOUS	David Bonnar <a href="mailto:debonnaire08@hotmail.com">debonnaire08@hotmail.com</a>	RSL club rooms 1 Strawbridge Street, Berri	Thursdays 1.30 - 3.30pm	Continuing with vacancies

The French Rendezvous group is not suitable for complete beginners. Anyone with an interest in French language and culture who has some basic French conversational skills and wants to be challenged to enhance their ability to converse in a clear and effective manner is encouraged to participate.

**This group would warmly welcome more participants to join. Do you have a friends or family you think might enjoy this activity but are not yet U3A members? Feel free to introduce them to French Rendezvous!**

<b>FRIDAY FORUM</b>	Pam: phone: 0405184411 email: <a href="mailto:holdthefort@bigpond.com">holdthefort@bigpond.com</a>  Jan: phone: 0410098369 email: <a href="mailto:janjowens@gmail.com">janjowens@gmail.com</a>  Anne: phone: 85821954 email: <a href="mailto:ajchase1@bigpond.com">ajchase1@bigpond.com</a>	<b>Berri Library</b> <b>2pm – 4pm</b>	<b>August 17</b> “Yours, Mine, Ours” – the slippery nature of personal data  <b>September 21</b> Topic to be advised  <b>November 16</b> “Is our democracy at risk?”	<b>Continuing with vacancies</b>
---------------------	--	--	--	----------------------------------

Friday Forums are an opportunity to expand your perspective through dialogue and debate. Participants who have attended have enthusiastically stated they have learned much from the interesting discussions and analysis that ensue. Topics relevant to current concerns of daily living are chosen to challenge, question, expand your views and perhaps change your perspective. Make time to wonder why we think the way we do, listen to different voices and ideas and reconsider certitudes. Friday Forums occur in a group setting where everyone's ideas are listened to and valued, and where information is shared. The onslaught of misinformation from various media sources is questioned and myths of modern living are demystified. Reading material for these forums is emailed separately several days before the allocated date.

<b>MAHJONG</b>	Pam Rule <a href="mailto:holdthefort@bigpond.com">holdthefort@bigpond.com</a> Mob 0405 184 411	Bamera Library Chaffey Community Centre - Renmark	<b>Wednesday</b> 1 -3pm  <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>Mondays</b> Commencing July 30 <b>10am to noon</b> for five consecutive weeks	<b>Continuing with Vacancies</b> – register with Murray directly

Participants in Murrays' previous meditation classes report great improvements in their sleep and levels of stress and anxiety. Murray invites you once again to learn a range of science based, proven techniques to help you relax, focus and clear your mind, and improve your sense of well being.

<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>
---------------------------	---------------------------------	---	-------------------------------	----------------------------------

This activity enjoys a wide selection of music for the whole group to explore and those who attend just love this activity. There are opportunities for discussion, and occasionally, even a live performance. **New participants very welcome!**

<b>SOCK KNIT &amp; KNATTER</b>	Di March <a href="mailto:Dianamarch35@gmail.com">Dianamarch35@gmail.com</a>	Big River Tavern Berri	Fully subscribed	
<b>KNIT &amp; KNATTER 2 – more than socks</b>	Marian Woodberry <a href="mailto:Woodduck32@gmail.com">Woodduck32@gmail.com</a> Telephone: 0412 649 766	Berri Big River Tavern	every second <b>Wednesday</b> <b>1pm to 3pm</b>	<b>NEW</b>

**Knit & Knatter 2 – More than socks** is a knitting group for everyone and will cater for beginners or experienced knitters who wish to work on any type of project, including knitting for charities under the guidance of Marian Woodberry.

Spend winter afternoons with a great bunch of knitters who'd be happy to help you start, or continue, your knitting journey. Bring anything at all you'd like to work on, learn from each other and have fun.

Please email or call **Marian** (details above) to obtain the initial start date.

Marian has also kindly offered to car pool from Loxton.

<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
<b>PROPOSED ACTIVITIES</b>				
Listed below are activities which will proceed if sufficient participants engage. Please contact the relevant person shown. Feel free to distribute this schedule among your networks - non-members can be added to our mailing list and join U3A Riverland later if they wish to participate in any of our activities. Once sufficient people enrol, the activities will be tailored to suit the most number of people in terms of day of the week, and frequency.				
<b>BRIDGE</b>	<p>Brent Morrell is once again seeking expressions of interest from those who might enjoy playing this fun and challenging card game. Contact Brent via email on: <a href="mailto:bkmorrell@bigpond.com">bkmorrell@bigpond.com</a> or contact the U3A Course Coordinator Anna Harper 85835169.</p> <p>Why play Bridge? Apparently, Bridge is one of the best ways to practice the "use it or lose it" advice for maintaining mental sharpness in older age. Research has shown that regular bridge playing improves reasoning skills and long- and short-term memory. You'll feel the neurons firing not only while you play, but long after. Many players say that hours after a bridge game, they still feel mentally alert and energized, similar to the "high" that long-distance runners experience after a race. According to studies at the University of California, playing Bridge measurably strengthens the immune system - there's an incentive to start playing!</p>			
<b>BACKGAMMON</b>	Ute Young is keen to start a Backgammon club, so, if you, or, think you may have friends or family who you think might like to participate – feel free to let them know about this potential, brain enhancing activity. Please contact Ute on 0408839430, or email: <a href="mailto:lifeofute@gmail.com">lifeofute@gmail.com</a> Ute			
<b>DON'T BE A VICTIM - STAY SAFE PHYSICALLY</b>	Originally promoted as a basic self-defence class, this drew interest from only three people. Possibly some may have been put off because of the title. This activity is designed to provide simple and effective techniques and confidence in a confrontational situation. You will learn how to stay safe in situations such as theft of personal property or how to ward off a physical attack in a public or home situation. Suitable for anyone regardless of physical strength. Please register your interest with the U3A Riverland Course Coordinator, Anna Harper: Email: <a href="mailto:u3acoursesriverland@gmail.com">u3acoursesriverland@gmail.com</a> Telephone: 85835169			
<b>THE CARD CAFÉ Card Making with a difference!</b>	We were lucky enough to have Sue Drabsch offer card making classes last term for beginners to advanced. Disappointingly, insufficient numbers of people responded. However, there is a possibility that we might be able to entice Sue to provide half, or full day workshops in Berri intermittently, depending on what people want. The workshops would cover stamping, die cutting water coloring etc and no previous experience is required. Materials would be supplied, \$10 plus \$2 per card. Please contact the U3A Course Coordinator via email on <a href="mailto:u3acoursesriverland@gmail.com">u3acoursesriverland@gmail.com</a> or telephone 85835169			
<b>YOGA Gentle and age appropriate</b>	<p>Doreen Aspden has kindly offered to provide yoga instruction. The health benefits of regular yoga practice may include lowering blood pressure, improved posture and circulation and a sense of wellbeing.</p> <p>Gentle and suitable for Seniors to be held at either Moorook or Barmera depending on interest.</p> <p>Doreen is a senior herself and adjusts the exercises and poses including breathing and relaxation to suit our age group.</p> <p>Please contact Doreen on 85412192 if you are interested.</p>			