

SAM U3A

Scone Aberdeen Muswellbrook University of the 3rd Age

Term 2 Calendar Timetable 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ANZAC DAY	April 26 Mahjong 2-4	April 27 I-Pad 9.30-11.30 Study Group 2.00-3.30	April 28 Yesterday /Today 10-12 Public Speaking 12-1 Silk Painting 1.30-3.30 Ex Circuits 3-4	April 29
May 1 Croquet 10-12 Trivia 1.30-3 Moving to Music 3-4 I Pad/ Tablet 4.30-5.30	May 2 Sudoku 10-11 Scone History Walk 10-11 Indian Cooking 11-2 Cryptic Crosswords 1.30-3 Meditation/Yoga 2-3	May 3 Travel Tips 11-12 Line Dancing 1-2 Mah-jong 2-4	May 4 I-Pad 9.30-11.30 Study Group 2.00-3.30	May 5 Yesterday /Today 10-12 Silk Painting 1.30-3.30 Ex circuits 3-4	May 6
May 8 Croquet 10-12 Trivia 1.30-3 Moving to Music 3-4 I Pad/ Tablet 4.30-5.30	May 9 Sussing out Sydney Sudoku 10-11 Cryptic Crosswords 1.30-3 Brain Games 12.30-2 Meditation/Yoga 2-3	May 10 Mah-jong 2-4	May 11 I-Pad 9.30-11.30 Study Group 2.00-3.30	May 12 Yesterday /Today 10-12 Silk Painting 1.30-3.30 Ex Circuits 3-4	May 13 Garden group 10-12 Noriana 261 Yarrowa Rd
May 15 Croquet 10-12 Trivia 1.30-3 Moving to Music 3-4 I Pad/ Tablet 4.30-5.30	May 16 Sudoku 10-11 Scone History Walk 10-11 Cryptic Crosswords 1.30-3 Meditation/ Yoga 2-3	May 17 Line Dancing 1-2 Mah-jong 2-4	May 18 I-Pad 9.30-11.30 Study Group 2.00-3.30 <i>Writing Workshop 10-30- 3</i>	May 19 Yesterday /Today 10-12 Silk Painting 1.30-3.30 Ex circuits 3-4	May 20
May 22 Croquet 10-12 Trivia 1.30-3 Moving to Music 3-4 I Pad/ Tablet 4.30-5.30	May 23 Sudoku 10-11 Brain Games 12.30-2 Meditation/ Yoga 2-3	May 24 Mah-jong 2-4	May 25 I-Pad 9.30-11.30 Study Group 2.00-3.30	May 26 Yesterday /Today 10-12 Public Speaking 12-1 Silk Painting 1.30-3.30 Ex Circuits 3-4	May 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 29 Croquet 10-12 Trivia 1.30-3 Moving to Music 3-4 I Pad/ Tablet 4.30-5.30	May 30 Scone History Walk 10-11 Cryptic Crosswords 1.30-3 Meditation/ Yoga 2-3	May 31 Line Dancing 1-2 Mah-jong 2-4	June 1 I-Pad 9.30-11.30 Study Group 2.00-3.30	June 2 Yesterday /Today 10-12 Silk Painting 1.30-3.30 Ex circuits 3-4	June 3
June 5 Croquet 10-12 Trivia 1.30-3 Moving to Music 3-4 I Pad/ Tablet 4.30-5.30	June 6 Indian Cooking 11-2 Cryptic Crosswords 1.30-3 Brain Games 12.30-2 Meditation/ Yoga 2-3	June 7 Travel Tips 11-12 Mah-jong 2-4	June 8 I-Pad 9.30-11.30 Study Group 2.00-3.30	June 9 Yesterday /Today 10-12 Silk Painting 1.30-3.30 Ex Circuits 3-4	June 10
June 12 Queen's Birthday Long weekend	June 13 Sussing Out Sydney Scone History Walk 10-11 Cryptic Crosswords 1.30-3 Meditation/ Yoga 2-3	June 14 Line Dancing 1-2 Mah-jong 2-4	June 15 I-Pad 9.30-11.30 Study Group 2.00-3.30	June 16 Yesterday /Today 10-12 Silk Painting 1.30-3.30 Ex circuits 3-4	June 17 Possible date for garden group
June 19 Croquet 10-12 Trivia 1.30-3 Moving to Music 3-4 I Pad/ Tablet 4.30-5.30	June 20 Cryptic Crosswords 1.30-3 Brain Games 12.30-2 Meditation/ Yoga 2-3	June 21 Mah-jong 2-4	June 22 I-Pad 9.30-11.30 Study Group 2.00-3.30	June 23 Yesterday /Today 10-12 Silk Painting 1.30-3.30 Ex Circuits 3-4	June 24
June 26 Croquet 10-12 Trivia 1.30-3 Moving to Music 3-4 I Pad/ Tablet 4.30-5.30	June 27 Scone History Walk 10-11 Meditation/ Yoga 2-3	June 28 Line Dancing 1-2 Mah-jong 2-4	June 29 I-Pad 9.30-11.30 Study Group 2.00-3.30	June 30 Yesterday /Today 10-12 Public Speaking 12-1 Silk Painting 1.30-3.30 Ex circuits 3-4	END TERM 2

SAM U3A Term 2 Classes

Make new friends, learn new skills, acquire new knowledge

Activity	Venue/ Time	Information on activity	Contact Person
Brain Games	Uniting Church Hall Muswellbrook 2 nd and 4 th Tuesdays of the month 12.30-2	A mix of games and activities aimed at stimulating your grey cells. We cover trivia, word games, math puzzles, among other things, in a non-competitive, and hopefully, fun way.	Anne Mason 6543 4047
Croquet	Scone Croquet Club Mondays 10-12	Learn the deceptively simple art of croquet. Easy to learn, but can be devious and surprisingly ruthless.	Don Gardiner 65452356
Cryptic Crosswords	Scone Uniting Church Druery Room Tuesdays 1.30- 3.30	How to decode those cryptic clues. How do crossword setters think? Not held 4 th Tuesday of the month.	Jacqui Druery 65451429
Exercise Circuits	Uniting Church Hall Muswellbrook Friday 3-4	Using weights and other simple equipment to strengthen and tone muscles. Participants can adapt exercises to suit their ability and fitness level.	Anne Mason 65434047
Garden Group	1 st meeting for Term April 13 Colleen Oldman's	For all those interested in seeing others gardens, talking plant problems, and successes. Please bring along a plant to swap and any ideas for future meetings. Check website for meeting venues and dates.	Anne Mason 65434047
History Walk of Scone	Tuesdays 10-11 Fortnightly from May 2	Meet in Scone's Campbell's Corner car park. Will not be held if raining.	Betty Pinkerton 65451598
Indian Cooking	Uniting Church Hall Muswellbrook 1 st Tuesday of month 11-2	Cost \$20 for ingredients A popular class with limited places available.	Arti Trasi 0449035535 65430014
Introduction to public speaking.	Uniting Church Hall Muswellbrook 4 th Friday 12-1	Practise speaking in public in a supportive atmosphere. Meet 4 th Friday of the month. April 28 th , May 26 th , June 30 th	Graham Turvey 65433401
Know your iPad/Tablet	Thursdays 9.30-11.30 QE2 Building Mondays 4.30-5.30 Campbell's Corner	Come along and learn how to use an iPad or Tablet in a relaxed and supportive environment. Also good for those who are thinking of getting one. 2 class times	Leonie O'Keefe 65434348
Line Dancing	Uniting Church Hall Muswellbrook Wednesday 1-2	Beginner dances only. Led by Anne Mason. Held fortnightly. 1 st and 3 rd Wednesdays of month	Anne Mason 6543 4047

Activity	Venue/Time	Information on Activity	Contact Person
Mah-jong	Uniting Church Hall Muswellbrook Wednesdays 2-4	Learn this intriguing, ancient Chinese board game. No experience necessary. All welcome.	Janet Griffiths 65435025
Meditation / Yoga	Uniting Church Hall Muswellbrook Tuesdays 2-3	Enjoy serenity, flexibility and strength with this peaceful practice. Maybe there'll be a bit of laughter therapy too	Arti Trasi 0449035535 65430014
Movie Appreciation group (MAG)	Muswellbrook Workers Club Mostly Tuesdays	Time depends on suitability of films. See the website for details. Check emails for upcoming movie dates and times.	Sue O'Neill 65434296
Moving to Music	Uniting Church Hall Muswellbrook Mondays 3.30-4.30	Based on the popular Balance and Bones, but with different music. Aimed at improving co-ordination, balance, bone strength and flexibility. Participants asked to bring own weights if possible.	Anne Mason 6543 4047
Silk Painting	Aberdeen Library Fridays 1.30-3.30	Colouring with silk printing techniques. Many applications. Email libertylibb@hotmail.com or phone for more details.	Elizabeth Birch 65437770
Study Group	Muswellbrook Uniting Church Thursdays 2-3.30	Studying and discussing the Minor Prophets You don't have to be a biblical scholar to attend.	Richard Moors 65431168
Sudoku	Uniting Church Hall Muswellbrook Tuesday 10-11	Sudokus are logic puzzles that are popular worldwide. Get tips on completing them.	Julie Fibbins 0468402422
Sussing out Sydney	Meet at station 2 nd Tuesday of month	Trips to visit various Sydney landmarks using Opal and Seniors cards. Meet at Muswellbrook station at 6.15am For more details see the website http://sam.u3anet.org.au	Barbara Turvey 65433401
Travel Tips	Uniting Church Muswellbrook Wednesday 11-12	Practical ideas to ensure you're ready to make the most of your travel experience. 1 st Wed of the month- May 3 rd , June 7 th	Pauline Williams 0409570036
Trivia	Uniting Church Hall Muswellbrook Mondays 1.30-3.30	Give your general knowledge a workout. Like pub trivia, but without the alcohol and less competitive. Heaps of fun.	Terry Cox 65414641
Writing Workshop	MAY 18 th Scone	Need 12 participants. Contact Carolyn for more details. Cost \$10 Email carterredbank47@gmail.com or phone To be held in CWA rooms but check venue.	Carolyn Carter 0412468308
Yesterday / Today	Uniting Church Hall Muswellbrook Fridays 10-12	An interactive look at our local history. Bill will lead a few walks and guide you through fascinating reference sources according to your historical interests. Meet at church hall.	Bill Spicer 65425325

Website : <http://sam.u3anet.org.au>

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