



GAWLER, SOUTH AUSTRALIA

PROGRAMME TERM 3 2017

Monday 24th July - Friday 29th September

PO Box 1581
GAWLER SA 5118

u3agawler@gmail.com

Chairperson – Coral Gowland 0412 481 015 Secretary/Programmes – Fran Mason 0421 604 670 Treasurer – Peter Adams 0416 110 505
Deputy Chair, Newsletter and Room Bookings – Diane McGough 0407 710 903

All sessions are held at the **Gawler Sport and Community Centre (GSCC)**, Nixon Terrace, Gawler unless otherwise specified.

* TERM 4: 16th Oct – 15th Dec.

* Christmas Party: Wed 13 December

DAY	TIME	ACTIVITY	LEADER (Contact Ph no)	Date(s)	Location
Mon	9.30 start	Ramblers	Mike & Jo Riley - 8284 1126	24/7 7/8 21/8 4/9 18/9	See programme on back
	9.30-11.30	Writing your own Life Story	Pat James - 8522 1064	31/7 14/8 28/8 11/9 25/9	GSCC
	1.30-4.00	Fun-Games afternoon	Joan Collett - 8522 5681	31/7 14/8 28/8 11/9 25/9	GSCC
Tues	9.00-10.00	Chair Dancing	Jacq Lerwill - 8523 5006	Weekly 25/7 – 26/9	GSCC
	10.00–12.00	Fun Fixing Fotos	Helen Turvey – 8280 7035	Weekly 25/7 – 26/9	GSCC
	10.45-11.45	Tai Chi Continuing	Maggie Cope - 8522 1053	Weekly 25/7 – 26/9	GSCC
	12.30-2.00	Ukulele (Gawler Ukes)	Diane McGough – 0407 710 903	Weekly 15/8 – 26/9	GSCC
	2.00-4.00	PLEASE NOTE START DATE Scottish Country Dancing	Jacq Lerwill - 8523 5006	PLEASE NOTE START DATE Weekly 25/7 – 26/9	GSCC
Wed	10.00-12.00	Discussion Group	Mike Riley - 8284 1126	2/8 16/8 30/8 13/9 27/9	GSCC
	10.30-11.30	Intermediate Tai Chi	Sue Stanner - 8522 3377	Weekly 26/7 – 27/9	GSCC
	11.00-12.00	Theatre Group	Linda Johnston - 8252 8525	2 nd August	GSCC
	11.00-12.00	Harmonica	Alan Gill - 0400 459 575	Weekly 26/7 – 27/9	GSCC
	12.30-2.00	The Jam Session	Ann Weiss – 0415 663 041	Weekly 26/7 – 27/9	GSCC
	2.00-3.30	Circle of Life	Linda Johnston – 8252 8525	2/8 16/8 30/8 13/9 27/9	GSCC
Thur	10.30-11.30	Shibashi (Exercise) & Tai Chi Practice	Pauline Barton - 8525 4126	Weekly 27/7 – 28/9	GSCC
	12.30-1.45	Bell Chimers	Joyce Fox – 0421 334 042	Weekly 27/7 – 28/9	GSCC
	1.30-4.30	Scrabble	Daisy Cussans - 8522 4738	Weekly 27/7 – 28/9	GSCC
	7.30-9.00	Book Club with a TWist	Fran Mason – 8523 2844	Aug 10, Sept 14 (2 nd Thursday)	Palamtn Dr, Evanston Pk
Fri	10.00-12.00	Mah Jong	Jenny Young - 8522 4975	Weekly 28/7-18/8; 1/9-29/9	GSCC
	10.00–12.30	Creative Writing	Deanne Lecerf – 0418 662 882	Weekly 28/7-18/8; 1/9-29/9	GSCC
	1.30 – 2.30	Moving Right Along for older drivers (see over for details)	U3A secretary – 0421 604 670	Aug 4 th , 11 th and 18 th	GSCC

COMPUTING HELP DESK: Stan Pedersen (8524 8245) will be available on **Thursdays from 2 pm** in the **Foyer** at GSCC.

Please ring for on-line help or to make appointments to meet him on Thursdays.

U3A Gawler Ramblers/Amblers Timetable, Term 3, 2017

For general enquiries, ring Mike or Jo Riley 8284 1126

Date	Place	Leader(s)	Meet	Comments
24 th July	Variation on Gawler River Walk Easy	Mike 8284 1126	Meet at Gawler Info Centre at 9.30 am	Coffee, etc in Gawler
7 th August	Salisbury Trail (new) Easy	Barbara 8522 1250	Usual Train 9.17 am from Central to Salisbury	Coffee, etc to be decided on after walk
21 st August	Pines Conservation Reserve, Kapunda (new) Easy to Moderate	Angela 0409 694 176 or Kay 0448 693 587	Meet at Gawler Info Centre at 9.30 am CAR POOL	Coffee, etc in Kapunda. Visit Kapunda Museum for those interested
4 th Sept	Linear Path, Paradise to Athelstone (new) Easy	Mike 8284 1126	Usual Train 9.17 am from Central to Elizabeth, then C1 Bus to Paradise	Coffee, etc to be decided on after walk.
18 th Sept	E.H. Coombe Walk (new Gawler walk) Easy	Lesley 8523 7452	Meet at Gawler Info Centre at 9.30 am	Coffee, etc in Gawler

- For train, meet in front carriage – pick up at any station en route.
- When using cars, park at the Gawler Information Centre car park on Lyndoch Road, or for longer walks in the Fasta Pasta carpark across the road. Assemble at Rotunda, Pioneer Park to leave at **9.30 am sharp!**
- Wear strong footwear and appropriate clothing, hats and sunscreen. Carry water or other drink.
- Leaders may modify/change walk to suit conditions (heat, rain, wind, mud etc).
- If you have any doubt about being able to complete a particular walk, consult the leader beforehand.

MOVING RIGHT ALONG SESSIONS

Session 1 (Aug 4th): Older drivers, safer vehicles, fitness to drive and assessments.

Session 2 (Aug 11th): Discussing the lifestyle factors that are affected when retiring from driving, and exploring alternative modes of transport.

Session 3 (Aug 18th): Determine if a motorised mobility scooter is the right choice for you. Explores the rules that apply to scooter users.

