



Activity Information

ART GROUP (Imagine)

Our Art group is very relaxed. Generally, we decide on a medium we would like to learn about and either learn from another group member, Pinterest, YouTube and Google or source an outside artist to come along for a week to teach us. There is an artist or two in the group and these people are always happy to help. Some people love coming because it 'makes' them sit and draw or paint, something they do not find time to do at home. We are soooooo friendly and welcoming and happy, you are welcome to just come along and do your own thing if you would like to. New members welcome.

BELL CHIMERS

Limit 12 members at a time due to the number of chimes available, we are often invited to play for Seniors' Groups, Homes, etc., especially at Christmas time.

BOOK CLUB WITH A twist

The 'twist' is choosing a different genre or topic from a given list each month, for example, an autobiography, a book with a number in the title, or written by a refugee, or set in mediaeval times. Members find their own book to read, then share around the table at the Masons' before a cuppa and cake. Our mascot Aston often shares the table with us. Numbers limited.

CHAIR DANCING

An aerobic form of exercise all done sitting down. Your imagination as well as your body get a good workout, as we 'dance' along to well-known tunes. Also promotes coordination. All welcome.

CRAFT CIRCLE

Bring your own craft (knitting, crochet, hand-quilting, cross stitch, etc) or work together on items which will eventually go to a worthy cause.

CREATIVE WRITING

Members write short stories or poems based on a wide range of topics; prompts allow completely different works to evolve. We then share and discuss.

CRYPTIC CROSSWORD CLASS

A three-week introduction to solving these puzzles, followed by weekly sharing of problems and techniques.

DISCUSSION GROUP

Our Discussion Group meets every alternative Wednesday from 10am-12noon. If you are interested in sharing your views about world and local events and like to talk about ongoing issues, then this group may be for you! We bring issues and topics to the table to discuss but we also have a bit of fun along the way. If you are interested in sharing your opinions with other like minded discussants, we would love to see you!

FRIDAY CRAFT AND LEISURE GROUP

Time 9-11.30am in the studio room at the Gawler Rec centre, we have spaces available, people need to supply their own craft supplies, however there is some available for purchase. At present only instruction is for card/scrapbooking. Other groups are teddy bear making and art, who help each other. We have supplies available for decoupage, if anyone knows how to use this. Anyone is welcome to come and try different craft.

FRIDAY FORAYS

A range of 2-3 activities are spread throughout the term: guest speakers, films, outings, lunches and tours. Choose those that interest you.

FUN BOARD & CARD GAMES

We play old and new games: Chase the Ace; Dog; Rummy-O; Skip-Bo; Uno. Bring your own and share it with us! Newcomers welcome.

HARMONICA

New members welcome. No previous experience required.

"JAM ALONG"

All musical instruments and singers welcome. We play all genres of music and are happy to learn how to play your favourites.

LINE DANCING

Choreographed with a repeated sequence of steps in one or more lines or rows. Good exercise, memory enhancing and SO much fun!

LINE DANCING (*Beginners*)

For those who have never learnt. One term only, then join the main class.

MAH JONG

"Western Game" rules, with endless variations. Experienced and novices both welcome.

MEN'S GROUP

We meet at Café Nova for a coffee, cake and chat. Come and join us.

RAMBLERS

U3A RAMBLERS are people who love the outdoors in the company of like minded others. Our walks vary from 3 to 6 kms and as the name suggests we are Ramblers , not Power walkers ! We have walks in Conservation parks, Beaches, Botanical Gardens and Historical areas. The walks are either locally or further afield, reached by foot, carpooling or public transport. All welcome.

SCRABBLE

An enjoyable way to keep one's mind alert and thinking. New members always welcome.

SJOELEN (DUTCH SHUFFLEBOARD)

Extremely popular Dutch game played either sitting or standing. Good for hand-eye coordination, upper body movement and a bit of competitive spirit. Fun and very addictive!

TAI CHI (Beginners)

This is the time for those who want to learnt Tai Chi to begin, as in Term 2 we change our focus to continuing through the later levels.

TAI CHI (Intermediate)

For those who have already learnt Tai Chi and want to continue. Anyone is welcome to come along to see what Tai Chi is about and join in with the Exercises and Lotus Meditation.

TAI CHI & SHIBASHI

As well as the same Tai Chi exercises taught on Tuesdays, we include Shibashi (formal exercises performed in follow-the-leader style).

UKES & CO LEVEL 1

Next step up from Beginner Ukes. Players of other instruments are welcome to join us as 'support players'.

UNTANGLING THE WEB

Learn to use your digital device, go online for information/training & much more.

WRITE YOUR OWN LIFE STORY

We share short 10 min. talks on an aspect of our own life story, evolving over time into documents to pass on to family.