

ART GROUP (*Imagine*) Run by its members, who take turns choosing/introducing different art mediums, or invite volunteer artists to teach a class.

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 Monthly meetings. The 'twist' is choosing a different genre or topic from a given list each month.

NO VACANCIES

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. Incorporating a Chair Tai Chi session once a month. All welcome.

CHAIR TAI CHI A gentle exercise program that is all done sitting down. Some tai chi movements, focus is on breathing and stretching following DVD instructions.

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

DAYTIME BOOK CLUB. Meets on the 2nd Tuesday of the month and all read and discuss the same book borrowed from the library network.

DISCUSSION GROUP Many and varied topics bring out lively, sometimes spirited, relevant and meaningful discussions and a range of different thoughts and opinions. Newcomers welcome.

FRIDAY CRAFT & LEISURE GROUP Members gather around different tables doing a variety of crafts or activities: teddy bear making, card making, pastel painting, jigsaws, colouring in, knit and crochet, etc. New activities possible based on availability of teacher and/or interested members.

OUTINGS & EVENTS. A range of outings each term, see the program to find out what is happening each Term.

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! All welcome.

HARMONICA New members welcome. No previous experience required.

ITALIAN CONVERSATION FOR INTEREST & TRAVEL.

Developing an interest in Italy, the people, the country & customs. Stretch your mind and become more confident to speak in a language which is not your first.

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

LEARN TO PLAY GUITAR. Come along with your guitar and learn to play or improve your skills with Brian.

LINE DANCING Choreographed with a repeated sequence of steps in one or more lines or rows. Good exercise, memory enhancing and SO much fun! Previous experience necessary. **Call Berlinda before enrolling.**

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

MEN'S GROUP We meet fortnightly at Café Nova for a coffee, cake and chat or occasionally lunch & coffee. No formalities, just an opportunity to have a friendly chat and pass the time of day. A good excuse to put aside those chores, so come and join us.

OUTINGS & EVENTS – Go to a movie with a group of U3A members, come and see what the Women's Group is about, or come up with a suggestion for next term.

PUZZLE POWER Come and join us for fun and learning. Bring your own favourite puzzles or try some of ours. If you get stuck we will unstick you! Exercise your brain and tickle your funnybone :)

RAMBLERS Fortnightly walks of between 3-5 km, 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) Very 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) Learn movements in Tai Chi from beginning in Term 1 and continuing on through the year.

TAI CHI (Intermediate) For those who have already learnt some Tai Chi and wish to continue. Anyone is welcome to come along and see what Tai Chi is all 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 (performed in follow-the-leader style).

UKES & COMPANY Play along with other ukulele players supported by players of other instruments.