



GAWLER, SOUTH AUSTRALIA

ABN 46 772 015 357

NEWSLETTER

PO Box 1581 GAWLER SA 5118

www.u3agawler.org.au

u3agawler@gmail.com

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TERM THREE, 2025: July 21—September 26

CHAIRPERSON'S REPORT



Term 2 has flown by with our usual wide and engaging range of activities. I'd like to thank all of our members, leaders and committee for their efforts in being a positive part of our Gawler U3A, which promotes fun, friendship and learning.

New activities have been the Introduction to Contract Bridge with Arthur Davies and Basic Banjo with Ann Weiss as leader.

Our speakers for Term 2 were also excellent and interesting. Helen Hennessy spoke about the History of Goose Island. It was great to have Anton Noak, a U3A member, there as his family and Goose Island are connected. Lesley Carnogursky gave a very interesting talk about her life living as a young teacher in Aklavik, an Inuit community in Northern Canada. Chocolate lovers were well catered for with Alan Stark's History of Chocolate.

Term 3 promises to have more of interest so check it out online or pick up a printed copy at the Recreation Centre.

In this newsletter you will find information about Gawler U3A merchandise, e.g. jackets, rugby tops, polo shirts, hoodies and headwear, in our colours with our logo. You can simply go to Impress Promotions at Gawler Park, Main North Road, Evanston. There is also information in this newsletter about *Member Wizard*, which is a new data, communication, website and finance system to be introduced. The committee has looked at this closely, researching this through zoom meetings with other U3As, *Member Wizard* itself and other information.

Thanks again for all you do to make Gawler U3A a good place to be.

Libby Clift, Chairperson.

2025 U3A GAWLER COMMITTEE

CHAIRPERSON (+ Asset/Resource Manager; U3A SA Rep): Libby Clift: 0417 876 860

SECRETARY (+ Public Officer; Program Coordinator; Room Bookings)
Jill Richard: 0417 819 498; u3agawler@gmail.com

TREASURER (+ Membership Officer): Stuart Dunk

WEBSITE CO-ORDINATOR: Kim Rainsford (www.u3agawler.org.au)

NEWSLETTER/FACEBOOK: Fran Mason (newsletteru3agawler@gmail.com); 0421 604 670

COMMITTEE MEMBERS:

Lyn Hill, Margaret Raggatt, Jacquie Stapleton, Kathryn Warburton, Rosie Warren

From the Secretary

In the last newsletter I requested that members complete the **social activities questionnaire** after the matter was raised at our AGM in February. 97 responded, with the majority in favour of an end of year **internal celebration**. Twelve members offered to be involved in the planning and organisation of the event. They will be contacted over the coming weeks and a meeting organised for the planning to commence. Thank you to all who took the time to respond, and I am sure that those who are watching and waiting will come along and enjoy what eventuates. Details will be posted in the newsletter published at the end of Term 3.

I would also like to thank those members who come along and enjoy each term's **speakers and outings**. Term 3's program will be published in conjunction with this newsletter. **Term 4** outings are the State Library of S.A. and Lyndoch Lavendar Farm (with associated costs) plus our end of year function – all details to be revealed later.

Some of our members have already purchased a **polo shirt, rugby top or jacket** and we hope that others may also do so. It is a great way to promote U3A Gawler to the wider community when you wear it out and about (and it saves thinking about what to wear when going to your U3A activity). We are also adding a **cap and/or bucket hat** to the collection – these can be ordered by contacting me via email (u3agawler@gmail.com); we will place a bulk order to keep the costs as low as possible – details of the possible costs are in this newsletter.

In closing, I would like to acknowledge **Jan Abel**, Art Group Leader and **Linda Johnston**, leader of Puzzle Power (and previously many other groups) who have both stepped aside for personal reasons, for their valuable contributions to U3A Gawler.

Cheryl Bennett now leads the Art Group and **Jeanette O'Neill** took over Puzzle Power (*which will not continue past Term 2*). I am very grateful to both for making this seamless change from being a member to taking on leadership roles; without that action the groups would have ceased to exist.

In May, **Ann Weiss**, at the request of members, started a Basic Banjo class (already attracting new members—well done Ann!) **Diane McGough** has agreed to take over the Basic Ukulele class from Ann from the start of Term 3. The importance of people taking on **leadership roles** within the organisation is what makes it possible for U3A Gawler to thrive.

Jill Richard, Secretary.

From the Website Coordinator

The committee has decided to adopt **Member Wizard** to manage our membership and financial records and to build a new website. We are working towards having the system operational for 2026.

Member Wizard will enable us to manage our website, handle member renewals and online payments, organise events and activities, archive and store important documents, store financial records and produce reports.

Members will be able to access the system to renew membership, enrol in activities/events, update their personal information and view documents (newsletters, Constitution, etc) and their term program.

There are potential benefits for the committee including easier website management, less time-consuming for the committee, simpler access to records and easier transition to a new committee.

If you would like to get more information about **Member Wizard** you can visit their website at

<https://memberwizard.com.au/>

There is also a video demonstrating the Membership Portal, where members can manage their membership, and see how it works. It is just over 6 minutes, and well worth looking at.

<https://support.memberwizard.au/knowledgebase.php?article=144>

Kim Rainsford, Website Coordinator

From the Editor

With a membership of almost 300 it is unlikely that we know much about the people who help run our great organisation other than their names, unless they lead the group(s) we attend personally. Committee recently decided to use this newsletter as a way to introduce our Leaders and Elected Officers to all of our members. We will include a short biography of two people each term, giving you the opportunity to get to know those in leadership roles much better. Our first two are rather special. Committee Member **ROSIE WARREN** re-joined U3A Gawler relatively recently, but as the co-ordinator of Gawler Neighbourhood House back in 1987 she instigated the first enquiries into forming a U3A group in Gawler (ref Sept '24 Newsletter).

Life Member **MAGGIE COPE** has been associated with U3A Gawler for longer than anyone, teaching Tai Chi on and off from 1989 to 2023, along with other important roles. We are pleased to introduce Rosie and Maggie to a new generation of members.

Gawler U3A Personalities



MAGGIE COPE *taught Tai Chi on and off since 1989 until 2023.*

Chairperson '91-'93. Awarded Life Membership in 2012.

WHERE BORN: Melbourne, Victoria.

CHILDHOOD: Eldest of 5. Began learning piano at the age of 7 and am still playing. Was always a bookworm, even reading in bed under the blankets with a torch.

SCHOOLING: Primary and Secondary school in Melbourne, then to the University of Melbourne where I completed a Bachelor of Music and Diploma of Education.

FAMILY: Married, later divorced. Two children. My daughter Liz is a professional musician—5th generation—specializing in the flute.

CAREER: Taught Music and History in high schools in Victoria, then after moving to Gawler worked in a spiritual Community at Hillier Park, now called Riverdell. Ended up doing accounts, wages, etc. Trained as an astrologer.

RETIREMENT: Had a few years' 'retirement' then began a new career as accompanist for two choirs—having to practice piano again. Now playing for the Probus Choir.

HOW YOU STARTED WITH U3A: Discovered U3A soon after I moved to Gawler. Met up with [then chairperson] Les Kemp and soon began teaching Tai Chi (1989). Also offered Comparative Religion and a Recorder Group.

U3A HIGHLIGHTS: Was on the Committee for 5 years, Chairperson for 3. Went to several U3A Conferences, even one in England at Cambridge University (1992). Also visited a Seniors group in Nanjing, China, which had connections to a U3A group in Melbourne.

[In recent years Maggie has been a member of the Book Club with a Twist as an informed, interesting participant and is currently a respected member ("super scrabbler") of the Scrabble group.]



ROSIE WARREN *started up U3A Gawler in 1988. Current Committee member.*

WHERE BORN: Hobart, Tasmania.

CHILDHOOD: Second of 5. Father ex-navy who ran his mechanical business next to the house; mother a nurse. Close to mother's family: lived in upstairs flat in grandparents' house; summer holidays on Bruny Is. with aunt and 4 cousins. Not much money but didn't feel deprived apart from not having a bike!

SCHOOLING: Elizabeth St Primary (now Horticultural College where Peter Cundall had raised gardens). A.G. Ogilvie High then Hobart High for matriculation year (studying science).

FAMILY: Met first husband (a Veterinarian) in PNG. Had first daughter there then travelled to UK and had another child before the marriage failed. Met second husband (Australian) in London on a blind date. After two years married and returned to Australia for husband's work (rocket scientist at Dept of Science & Technology). Had third child in Gawler. Married for nearly 41 years.

CAREER: As a child wanted to be a nurse, later "something in medicine". Studied to be a medical laboratory scientist (MLS) with a higher qualification in Clinical Biochemistry. Worked as MLS for 14 years in Australia and overseas. On return became involved in social work (Family and Domestic violence counselling) then Senior Financial Counsellor and Paralegal with the Northern Community Legal Service.

RETIREMENT: After retiring within a year of each other, husband and I travelled to visit our children who live in Perth, Sydney and Melbourne, as well as exploring the countryside in our off-road van and faithful Patrol—over 240,000 km including 10 trips to Perth across the Nullabor. Returned to UK twice to visit old friends, explore, and follow our interests in history, geology and steam engines. Visited NZ (3 months over 3 trips). So U3A didn't fit into our plans.

HOW YOU STARTED WITH U3A: I started U3A! Did come to some sessions in the early days although nowhere near 50. Since returning I have joined the Scrabble and Tai Chi groups and the Committee.

U3A HIGHLIGHTS: My biggest highlight was of course discovering U3A back in 1987, and that it has continued to grow and flourish for all the years since then. I am so pleased I've joined as a legal older person!

U3A GAWLER range of tops with logo

U3A Gawler now has a range of tops, shown below with sizes and prices, available directly from Impress Promotion. The clothing is comfortable, stylish, and advertises our organisation in a positive way. If you wish to take a closer look, try them on or order, please take a short trip to the address below. Once ordered and paid for, the U3A Gawler logo will be embroidered on them. You will then be contacted directly when they are ready for collection.

You may also have your name embroidered on the item. The friendly staff at Impress are very happy to help you. (Pictured are your Chairperson, Libby and Book Club with a Twist co-leader Graham in their Polo Shirts, and Secretary Jill in her Rugby Top.)



IMPRESS

PROMOTIONS

485 MAIN NORTH RD

(GAWLER PARK—the shopping centre on the opposite side of the road from Evanston OTR)



U3A GAWLER – GARMENT & PRICE LIST – JUNE 2025

MEN'S	WOMEN'S	GARMENT	COLOUR	PRICE
7PIP 	USE MEN'S SIZES (LADIES POLO NOT AVAILABLE IN NAVY/GOLD)	PIPING POLO	NAVY/GOLD	\$40.12 Add \$5 for name on right-chest
3RT 	3RT RUGBY ADULT/UNISEX SIZES	RUGBY TOP	NAVY/GOLD	\$62.10 Add \$5 for name on right-chest
FL19 	FL19 ADULT/UNISEX SIZES	CROXTON HOODIE	NAVY/GOLD	\$55.80 Add \$5 for name on right-chest
SW310M 	SW310M ADULT/UNISEX SIZES	UNITED HOODIE	NAVY/GOLD	\$62.60 Add \$5 for name on right-chest
1512 	2512 	SELWYN JACKET	NAVY	\$68.30 Add \$5 for name on right-chest

U3A GAWLER cap or bucket hat with logo



These caps or bucket hats would be ideal for those members attending or travelling to a U3A activity, especially during the warmer months. The navy cap is brushed heavy cotton with a gold trim, while the bucket hat has the same colours in brushed twill. The logo will be U3A GAWLER SA.



Prices vary considerably depending on numbers ordered, ranging downwards from:
Cap = \$22.90 (5 orders) to **\$13.20** (51-100 orders). **Bucket Hat** = \$27.50 (5) to **\$16.20** (51-100).
Jill is happy to take orders from now until **Thursday 28th August** via email (u3agawler@gmail.com) in order to facilitate the lowest price available.

An approximate 3 week turnaround hopefully means they would be available to collect by the end of Term 3 or beginning of Term 4.

OUTINGS and EVENTS in TERM 3

Book via email (u3agawler@gmail.com) or phone/message 0417 819 498 (Jill) at least **TWO WEEKS** prior to the event.

FRIDAY

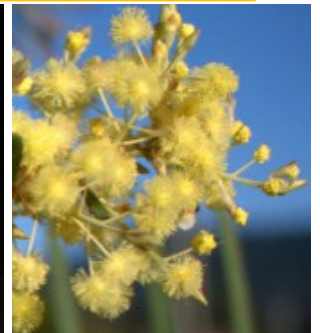
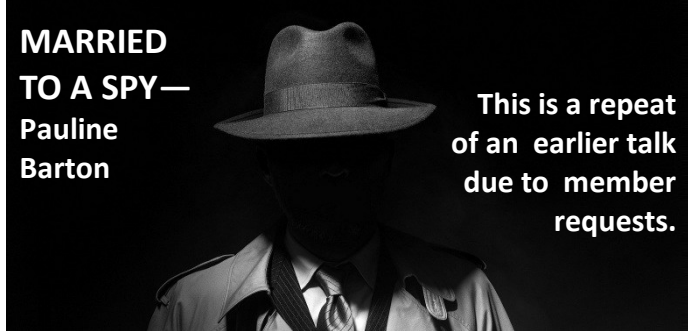
15th AUGUST

1.30 pm

Multi-purpose room

**MARRIED
TO A SPY—**
Pauline
Barton

This is a repeat
of an earlier talk
due to member
requests.



FRIDAY

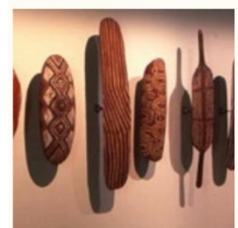
29th AUGUST

1.30 pm

S.A. MUSEUM—ABORIGINAL CULTURES GALLERY—Jacqui Stapleton

Catch 11.59 train from Gawler station (sit in front carriage and wear your U3A badge) or catch train en route or meet at the SA Museum.

**Bookings essential as limited number of people
can be accepted.**



THURSDAY

25th SEPT

1.30 pm



TALK—MEGAFUNA with Colleen Moore.

Delve into the world of Megafauna, specifically Australian. Discover how they lived, why most of them became extinct and what happened to those that survived.

OUR ONGOING THANKS AND APPRECIATION GO TO:

*The Council of the Town
of Gawler* for providing a
venue which can encompass
all our activities

*The staff of Gawler Sport
and Community Centre*
for everything they do daily
to help our courses run

*Tony Piccolo (Member for
Light) and his office staff*
for their on-going support in
the printing of our
newsletter, programme, etc

Italian

Classes have been working and laughing their way through:-



Beginners Class (9.15-10.15 Tuesdays)

Using what we know thus far about introducing ourselves, pronunciation of places in Italy and other countries, we know more about what Senigallia has to offer the tourist, we've 'travelled' around Marche province and have a greater understanding about Italy the country and its people. From watching some of the Inspector Montalbano actors discussing the series, we've developed a greater understanding about Sicilian customs and language, and we've watched and sung some Italian songs.



Advanced Beginners Class (10.30-11.30 Tuesdays)

As this class has been running since 2023, we were very happy to welcome back Marion, who can now continue to participate online from New South Wales. A South Australia/New South Wales U3A partnership! Our focus has been development of further confidence with speaking Italian, based on our learning. We've talked about what we've done during the Term break, what our preferred interests are: art, music, history, culture, per esempio, "*Ti piace la musica classica o piacciono canzpopolari?*" Like the Beginners, we also watched Inspector Montalbano, read a story written in the spirit of this very popular series and wrote something also in the spirit of the series. We'll complete the term focussing on how to discuss our biography in Italian.



Online Class (10.00-11.00 Mondays)

The online classes commenced in 2022 with what was U3A Statewide online. This term we have trialled an Adelaide/Gawler U3A Italian class initiative. Like the Advanced Beginners, we are expanding our confidence from present to near-past tenses. Per esempio, "*Non ho domito bene perche ho letto il giallo di Camilleri tardi!*" I've noticed that the online learning environment offers a greater degree of flexibility, as participants can attend while recovering from illness and classes can be scheduled to make up for lost time due to public holidays. (No additional room bookings required!) There is a little discussion occurring I believe, more generally in Australia, about the importance of maintaining language learning and the benefits, culturally and educationally. It is especially beneficial, I believe, to the social/emotional/psychological aspects of the human condition. There is also research to validate language learning to brain health. Hopefully, the Italian classes continue into the future. Kind Regards, *Julie Marshall* (Leader)

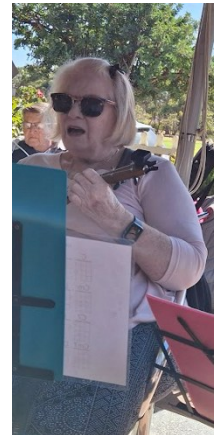
Ramblers

In Term 2 Ramblers had some cool, rainy days but we need the rain so not grumbling. Morialta Falls however was a lovely sunny day and we did see a trickle here and there. Running across the paths we saw several rabbits which was rather cute and in a few trees koalas with babies. Some members went up to the Giant's Cave too. Term 3 hopefully will not be too wet. *Jo Riley*, Leader.



Ukulele

The Beginners group joined Ukes and Co beneath the vines for a morning of good weather, happy music and gallons of coffee!! *Ann Weiss*



Book Club with a *Twist*

Every school holiday break, whenever possible, members of the Thursday evening book club find a second-hand bookshop to explore, then a nearby eatery in which to relax, eat and converse. In April we went by train then tram to the State Library, to visit the book-room of the **Friends of the State Library**. Here we heard about their history and were shown their special publications and other collection items. Their second-hand books were a wonder to behold, and most of us came home with a bargain or two. If you enjoy books and have time on a visit to the city do take advantage of this hidden gem! *Fran Mason* (Photo Lesley Carnogursky)



Fun Board Games—Rummy-O (RummiKub? RummiKing?)

There are 15 people enrolled in these Fun Games (B) where we play RUMMY-O. A couple of members are presently following the sun and a couple more have come down a bit unwell at times. Many weeks ten of us have come to play and on Monday 16th June, even though it was windy, threatening rain and 12°C, seven of us braved the storms to enjoy a few warm, friendly, fun hours broken by a hot cuppa. We meet every second Monday from 1.30—4.00 and there's always room for more players to join us.

Yours in fun, *Elyn Hill* (Leader)

We have made sure that no matter how many people turn up to play RUMMY-O, there will be enough game sets and places available.

While organising this recently some interesting facts emerged.

The 4-player sets used in recent years have been contained in two **RUMMY-O** tins.

* As player numbers rose we purchased a 6-player set, which is called **RUMMIKUB**.

* When some older stands began to give way during play we realised that something had to be done.

Rummaging in the shelf which holds our games collection revealed an older, still usable 4-player set titled **RUMMIKING!** All the games contained the same parts and set of rules (although several versions have alternative rules which can be followed instead).

* Still needing more stands but loathe to throw out the usable pieces, we were lucky enough to have donated to us another older 4-player set of **RUMMIKUB**, but in perfect condition.

AND the pieces were in their own box, the top and bottom of which become the four stands—such an ideal way to store them compared to later versions.

* Re-arranging of all the tiles and stands from three games has resulted in one 4-player and two 6-player sets, ready to use whenever necessary.

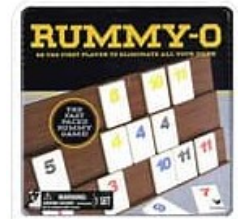
NOW FOR SOME HISTORY. (<https://rummikub.com/history/>)

1) The **original tile game** was invented in Romania in the 1940s, when the Communist regime outlawed card-playing. The inventor, Ephraim Hertzano, migrated to British Palestine after WWII, developing the first sets in his backyard. **RUMMIKUB** was licensed to other countries, becoming Israel's best selling export game and a USA best-selling game by the 70s. (Our vintage RUMMIKUB set has "E. Hertzano, Israel" printed on the outer box.)

2) The **Joker tiles** are especially interesting. Over the years the faces have changed, helping to date when a particular version was brought out. We can see from the four different tile faces in our possession that we have the pre-1970 Joker and the post-1990 Joker. The two faces in the middle are from RUMMIKING and RUMMY-O and do not match the dated ones. I found all this information fascinating, and hope you do too! *Fran Mason*



RUMMIKUB: E. Hertzano (Israel) (pre-1970) * RUMMIKING: HANSA (Vic) 1987
RUMMY-O: CARDINAL (New York) 2007 * RUMMIKUB 6: GOLIATH (NSW) 2021.



Jam Along

We held our inter-generational concert at Evanston Library in Week 9. It was great fun. The children were a lot younger than we expected but got up and danced and boogied until nap time.



TEXT: Kathryn Warburton. LEADER: Jim O'Reilly

Scrabble

Whether you are an experienced player, a beginner or somewhere in between, you are very welcome to join us on a Thursday afternoon from 1.30 to 4.30. A few of our players come for one game, some two, some three. We have fun, support each other and enjoy our games with a cuppa and bickies as desired. Our group also enjoys a local luncheon, the venue chosen by a member. (I adapted this idea from Fran and Graham Mason's book club, of which I am a member.)

We do our best to make the best words we can some moments. Other times our players can score big scores, eg using all the letters to score a 50 point bonus. Margaret McDonald recently scored 158 points in one go! I am a very, very average player but it's still fun and learning. Ring if you have any questions, please. *Libby*

0417 876 860

Photo by Veronica

* This was Margaret's star day. First and second turn uses all 7 tiles.

GOVERNED covered 2 triple word tiles. 158 points in one shot!



Mah Jong

From two tables of players in Room 3 to a room full (approx 35) in the Multipurpose Room, Mah Jong has become immensely popular at Gawler U3A over recent years (we are currently full). We play the Western Style game as opposed to the Chinese Style. The game can be challenging, but always very interesting. If you've played cards and are familiar with suits, pairs, etc you should find it easy to learn, but each person learns at a different speed. Once having learnt, many players decide to buy their own set (tiles should have letters and numbers on them). Our members now all know the basic rules, are very eager to learn more, and love the game. When learning you discover the different tiles, combinations and games. You learn about Chow, Pung and Kong, and the importance of wind direction (N,S,E and W). It certainly gets the brain working! Our group has three members who are over 90, so you are never too old to learn. We don't score—that makes it too serious. Everyone just wants to have fun! *Sue Stanner, Leader.*



Line Dancing

Both Line Dancing groups are doing well. The more experienced Intermediate Line Dancers (Tuesdays 1.30-3.00) have been dancing together for several years and are now learning more Intermediate Level steps and dances.

The Improvers Group (Thursdays 12.30—2.00) are going strong, with around 18 members attending at times, and are enjoying learning new dances regularly which introduce and practice more new steps.

If you would like to find out whether either of these classes might suit you, please ring me on

0434 485 989 for a chat before enrolling. *Berlinda Gwyghuizen*

"It's a workout in disguise. It's therapy with rhythm. It's a global thing.

Confidence comes with every count."

Ladies' Friendship Coffee and Chat (Women's Group)

MONDAY 4th AUGUST 1 pm—3 pm @ FASTA PASTA, GAWLER
(cnr Lyndoch Road & High Street)

MONDAY 1st SEPTEMBER 1 pm—3 pm @ ST LOUIS HOUSE OF FINE
ICE CREAM AND DESSERT, Store 68, MUNNO PARA SHOPPING CENTRE

It would be appreciated if you could let Berlinda know if you are coming (or not) so that she can book the appropriately sized table.

Phone 0434 485 989—ring or message





Gawler U3A Classes for Term 3, 2025



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

BASIC BANJO with Ann Suitable for new & beginner players. Get to know your banjo through a steady paced series of songs and routines.

BASIC UKULELE with Diane Suitable for new & beginner players. Get to know your ukulele through a steady paced series of songs & routines.

BASIC ITALIAN – Start your Italian language journey on Tuesday mornings or online via zoom on Mondays.

BELL CHIMERS Easy to follow & learn. Interested members are most welcome to join. More members needed!

BOOK CLUB Monthly meetings. The 'twist' is choosing a different genre or topic from a given list each month. 2024 attendees given priority. Waiting list available

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.

CIRCLE DANCING. Learn dances from different countries from simple to more complex as time goes by. Good exercise in a fun and welcoming group.

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.

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

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

FUN GAMES A (DOG PLUS) Fortnightly Swiss game using board, marbles & cards. Tactical, addictive, enjoyable. Other games introduced periodically.

FUN GAMES B (RUMMY-O PLUS) Fortnightly Our favourite game preceded each session by another game to broaden our repertoire.

HARMONICA New members welcome. No previous experience required.

ITALIAN CONVERSATION FOR INTEREST & TRAVEL. Ciao. Develop an interest in Italy, the people, the country & customs. Stretch your mind & become 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.

LINE DANCING Choreographed with a repeated sequence of steps in one or more lines or rows. Previous experience necessary. *Call Berlinda before enrolling.*

MAH JONG "Western Game" rules, with endless variations. *Check with Sue (leader) before enrolling.*

MEN'S GROUP We meet fortnightly at Café Nova for a coffee, cake and chat or occasionally lunch & coffee. An opportunity to have a friendly chat and pass the time of day.

OUTINGS & EVENTS – Check the program – page 2 to see what is organised for the current term.

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 (Continuing) Learn movements in Tai Chi from beginning in Term 2 and continuing through the year on Tuesday mornings.

TAI CHI (Intermediate) For those who have already learnt some Tai Chi and wish to continue. You are 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.

UKES & COMPANY For ukulele players and supporting instruments.

WOMEN'S GROUP Get together at various venues on the first Monday of the month at 1pm for a chat and a cuppa or perhaps a meal. Venues vary.