

# Gawler U3A CLASSES

## USE THE INFORMATION BELOW TO DECIDE WHICH ACTIVITY/GROUP TO JOIN

**ART GROUP (*Imagine*)** Run by its members, who take turns choosing/introducing different art mediums, or invite volunteer artists to teach a class. 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. Choose your own book to read; we then share around the table before a cuppa and cake at evening meetings (Masons -full)

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

**CRYPTIC CROSSWORD CLASS** New members taught how to begin solving these puzzles, followed by ongoing sharing of problems and techniques with others. Start any time.

**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.

**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! Previous experience necessary.

**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 hav a friendly chat and pass the time of day. A good excuse to put aside those chores, so come and join us.

**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 from the beginning in Term 1 and continue in Term 2 as the group changes its focus to continuing through the later levels.

**TAI CHI (Intermediate)** 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 & COMPANY** Next step up from Beginner Ukes. Players of other instruments are welcome to join us as 'support players'.