



Wishing all a Merry Christmas  
and a healthy, happy New Year



*A special thank you to those helping hands, the tutors, volunteers and the committee who keep U3A Rockhampton thriving. They are pictured, below, at a special morning tea in their honour - a small, but heartfelt token of appreciation.*



*Pictured: President, Russell Daniels and secretary, Bev Connor*

**General Meeting** 1st Monday of each Month (ex January) 9.30am at Frenchville Sports club  
Next meeting after 2<sup>nd</sup> December, 3<sup>rd</sup> February, 2020

## 2019 COMMITTEE

**President:** Russell Daniels Ph 4819 1739  
**Vice President:** Lance Cowan  
**Secretary:** Bev Connor Ph 0488557721  
**Assistant Secretary:** Lenore Cook Ph 49267499  
**Treasurer:** Maurice Dittmann  
**Activities:** Judy Sutton  
**Social Organiser:** Christine Dobeles Ph 49261845  
**Guest Speakers:** Judy Nutley  
**Publicity:** Ann Findlater  
**Web Coordinator:** Nick Quigley OAM  
vietvets@gmail.com  
**Journal Editor:** Elaine Ross  
**Quarterly Flyer email:** [zebu3.u3a@gmail.com](mailto:zebu3.u3a@gmail.com)  
**Volunteers Coordinator**  
**and Past President** Philip Morisette Ph 4928 7769

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Annual fee: \$15.00  
New members (July 1 – October 31) \$7.50  
Joining fee \$10.00  
(includes name badge)

**Check out the Quarterly Flyer in colour:**

<http://www.u3arockhampton.org.au/images/dec19.pdf>

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*with Russell L Daniels*



Christmas is about spending time with family and friends. It's about creating happy memories that will last a lifetime. Merry Christmas to you and your family and I will see everyone in the New Year at our meeting 3<sup>rd</sup> February 2020.

We have had an interesting three months since my last report for the journal. My committee has introduced "safety awareness" to U3A Rockhampton. We recognise that our age group needs to be aware of our safety and wellbeing and any injury at our age could have disastrous results. I am sure that everyone who attends an outing or an activity wants to come home from that event healthy and uninjured. To be able to achieve a positive safety outcome for our members, we provided our U3A tutors and committee members with an opportunity to attend "Risk Assessment" training so they are better able to identify the risks associated with their activity and to put control measures in

place. All identified hazards and corrective actions are to be communicated to their group so everyone is aware of what the potential risks are.

Two of our U3A members are now trained in first aid and have been provided with a St John's First Aid Kit, so we are able to provide immediate first aid on outings that may be remote from a local ambulance.

The next exciting news is that we have been successful with our grant applications. As a result, we have purchased and taken delivery of an OKI Laser Printer which will provide the printing requirements for tutors and the committee. The new laser printer will print colour or black and white in A3, A4, and A5. Nick Quigley is the custodian, so all print requests are to be emailed to Nick.

Two new laptop computers were also acquired through the grants program. We can now provide our secretary and treasurer with new and up to date computers to enable them to do their job efficiently.

We also succeeded in receiving a Rockhampton Regional Council grant to cover 50% of the purchase price of a telescope and tripod for tutor Rod Elder and his bird watching group. Their group is now able to view birds and identify bird varieties at a distance.

On the 2<sup>nd</sup> September, Professor Nick Klomp from CQU made his inaugural visit as Patron of U3A Rockhampton and was our guest speaker. He gave an insightful speech outlining what his future plans were for CQU.

On Monday the 9<sup>th</sup> September, 60 members of U3A went on the now famous Mystery Tour, travelling to the Stanwell Power Station, Mt Hay Gemstone Tourist Park, Wycarbah and MMM Mango & Avocado Farm, a great morning tea provided by the CWA at Kalapa and lunch at the Kabra Hotel.

On the 10<sup>th</sup> October, Lance Cowan (VP) and I were invited by Mrs Brittany Lauga to attend a presentation in Yeppoon where we received a certificate on behalf of U3A Rockhampton for being an organisation which received funding through the Gambling Community Benefit Fund.

March 2020 will be our AGM and we need to be thinking about succession planning. We still require an assistant secretary to help Bev Connor. Skills required for the position are Microsoft Word and Excel. We are also seeing an increased work load on our treasurer and an assistant treasurer is fast becoming necessary, particularly at meetings taking membership dues and badges and writing receipts. Please talk to Lenore or Maurice if you can assist.

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with Associate VC, Professor Kim Harrington

As 2019 draws to a close, I'd like to recap on some of the achievements which our home campus contributed to in assisting CQUniversity Australia being recognised as a leader of workplace health and safety, vocational education and training (VET), and staff service.

Following on from our 2018 success of Rockhampton based hospitality vocational teacher winning the CQ VET Teacher of the Year Award. CQUniversity this year recently took out Large Training Provider of the Year Award at the 2019 Queensland Training Awards event hosted at the Brisbane Convention Centre. This win comes just five years on from our merge with Central Queensland Institute of TAFE.

CQUni's awards submission highlighted our achievements as a dual sector university delivering quality VET training, including an 82 per cent completion rate for units of competency in 2018, our consistently high student and employer satisfaction ratings, and the implementation of our VET 10 Point Plan to revitalise vocational education to meet industry and community demand.

The success of specific training projects, including the VET in Schools (VETiS) program, and the business training program with Papua New Guinea, were also highlighted. Other finalists in the Large Training Provider of the Year category included TAFE Queensland and the Australian Trade Training College Limited.

In further news, CQUni was lauded for leadership in October, after winning two major categories at Queensland's Safe Work and Return to Work Awards, presented at the Royal International Convention Centre, Brisbane.

Despite the challenges associated with managing 3500 staff across 25 campuses, CQUni was announced the winner of the *Best Demonstrated Leadership in Work Health and Safety* category, for our holistic health and wellbeing program, and *Best Commitment to Work Health & Wellbeing* category.

Managed centrally from Rockhampton, the program is a long-term strategy that is systematically measured and monitored as part of the annual operational business plans. CQUni's success in

sharing knowledge, experience and learnings across campuses is a model that could be applied more broadly across other industries and workplaces.

Safety and Training Manager, along with Safety and Wellbeing Coordinator both Rockhampton based staff members; accepted the award on behalf of the University. Our staff were proud to be on stage with Industrial Relations Minister Grace Grace and Queensland Safety Ambassador Shane Webcke.

This event was shortly followed by CQUni's Rockhampton Staff Service Awards, which acknowledged 10, 15, 20, 25, 30 and 35 years of service. Our Rockhampton Staff Service award was held in October, where Vice-Chancellor and President, Professor Nick Klomp presented staff with a certificate and small gift. CQU Rockhampton Awards included:

- 27 x 10-year Staff Service Awards;
  - 12 x 15-year Staff Service Awards;
  - 8 x 20-year Staff Service Awards;
  - 5 x 25-year Staff Service Awards;
  - 4 x 30-year staff Service Awards;
- and,
- 1 x 35-year staff Service Award.

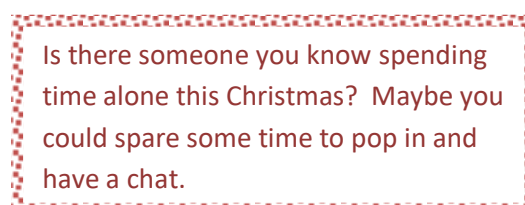
Find out more about CQUniversity's staff and student achievements by signing-up to receive our FREE Be Magazine. To subscribe please email CQUniversity's Publications and New Media Officer, Pricilla Crighton at [p.crighton@cqu.edu.au](mailto:p.crighton@cqu.edu.au) or phone 07 4923 2725. The latest edition is out now and worth reading!

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|--------------------------------|---|
| 2 <sup>nd</sup> December 2019  | Meeting; Show and Tell<br>Quarterly Flyer issue |
| January 2020                   | Let's have a break                              |
| 3 <sup>rd</sup> February 2020  | Sign On and general meeting                     |
| 10 <sup>th</sup> February 2020 | Mini Golf and Driving Range                     |
| 2 <sup>nd</sup> March 2020     | General meeting and AGM                         |

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# ACTIVITIES by Judy Sutton



2019 is almost over and we have had a very successful year with lots of interest in our activities. Two new activities this year are Calligraphy and Bird Watching. It is not too late to join in.



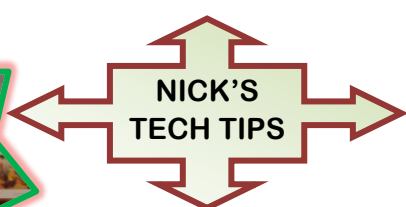
David Smith will have a table for Stamp Collecting at the Show and Tell at the December Meeting. Please talk to David if you are interested in starting this new activity.



There will be no monthly lunch in December or January. I'm sure that all those who attend these lunches have got to know a lot of other members who they don't get a chance to talk to at our monthly meetings. We have visited the Ascot Hotel, O'Dowds Irish Pub and the Kalka Hotel this quarter.

Does anyone have any ideas for new activities in 2020? Please let me know if you have and we can try to arrange a venue and tutor.

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with Nick Quigley OAM

Just a reminder that the Rockhampton Library Technology Centre will close for Christmas and New Year. However, after reopening in 2020 courses will continue and those of you who haven't braved the odds to take the lift to the first floor and book in for some help can still do it now by phoning Chris on 49368212.

For those who do not have a computer, did you know that 27<sup>th</sup> October was Grandparent's Day?

<https://www.communities.qld.gov.au/news/campaigns/grandparents-day>. Most of us still with

younger grand-children will have woken up to breakfast in bed and a whole heap of cuddles and kisses. However, it doesn't work that way anymore, even if they stay over. Mine got up, went to the lounge and became glued to their iPads.

Christmas is only eight and a half weeks away at the time of typing this. Be brave and ask Santa for an iPad Generation 6 or a Tablet or if you are really brave ask for a new smart phone or a laptop with the latest Windows 10 operating system on it.



After Christmas book in for a Rockhampton LibraryTech Connect Free Community Class. You could learn how to access and work with MyGov, various courses on iPads and tablets, save money by buying on line, creating fantastic photos, how to use Android and iPhones. Something for everyone and professional programs presented to you by voluntary tutors.

You may remember I suggested a few Apps for your phones. One was the *Old Seniors Help App* and another was a *Q Code Scanner*. If you have the Q Code scanner you will be able to read this special message, above, created in Qcode.

Computers are a toy for some, with hundreds of games both online over the internet and others stand alone like solitaire. Although you will learn a lot on solitaire when using your mouse, a computer can do almost anything for you in a digital form. Look up and create your family tree, create a database of every item in your household putting a value in and having them sorted alphabetically or in value, create a Christmas letter to send to all your friends and have the computer insert their names and addresses on the envelopes and the data remains on the computer ready for 2021. You only have to create the letter.

I know a number of people who have created family photo books. This can be done online with Big W or Officeworks or similar photo processing offers. You can set out each page on your computer with your photos and text and down load it to the printing company and it comes back to you beautifully bound and a treasure for the family.

Find me a business that doesn't have a sign saying follow us on Facebook. Don't be frightened to use it. A wonderful concept to advertise a group and their activities, like U3A Rockhampton. You will find this little **F** in many shop windows, the phone book and magazines you may read. So, join Facebook use a good 8-12 numbered, adding capital letters, all in lowercase for a password something

like **Rob1nH00d** Capital **R** lowercase **ob** number **1**  
lowercase **n** capitol **H** **zero zero** lowercase **d**

If you don't have an email address just go to Google and Gmail and create a new email address for yourself. Now doing that, think about it before you start. As you know mine is short [vietvets@gmail.com](mailto:vietvets@gmail.com) So your name is Robyn Hood, first try for **robhod** and if needs a number **rodhod32@** and so on. Don't just charge in with **Robyn\_Hood32@** ... Once someone gets an email from you and they answer it, you will be in their address book.

I hope Tech Tips is of a help to you, if you wish to send feedback, Do So, just use my email in this newsletter. Put **About Tech Tips** in the Subject line.

Merry Christmas & Happy New Year

All the best in Bits and Bytes and Confusion

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with Judy Nutley

*September:* Vice Chancellor and President of CQU Professor Nick Klomp.



*October:* Carol and Ross Mylrea from Riverdel Botanical Gardens talked about their Garden and they are so proud of their frangipani collection.



*November:* Donna White from the Library Technology Centre at The Rockhampton Regional Library started her presentation with audience participation that had all the members involved.

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## ARMCHAIR TRAVEL

with Jackie Geraghty

**August:** Jackie Geraghty:

*London, Italy, Paris and Ireland*

In May 2011 I and a friend Beth Brown took this 4-week trip staying with Beth's niece. We travelled in a hire car through Italy and Ireland. Highlights: - High Tea at Ritz, Chelsea Flower Show, Cathedrals and Museums London, Tower of London, Windsor Castle, Kew Gardens and Royal Ascot. In Italy we stayed in Tuscany near San Gimignano, visited Florence and Leaning Tower of Pisa. In Paris the Champs Elysee, toured Monte Martre and Sacre Coeur Basilique and visited the Musee d'Orsay. In a 4 day stay in Ireland we landed in Dublin drove to Galway Bay and around the Ring of Kerry and included the Cliffs of Mohr. We toured the Guinness Brewery and Storehouse in Dublin before we flew back to London.

**September:**

*Esther and Katie Black:*

*India*



Esther and her daughter Katie shared an amazing and eye-opening trip to Nepal and India in 2019. Spending 4 days in Kathmandu, Nepal's colourful, vibrant capital. They witnessed firsthand the resilience and tenacity of locals who survived a devastating earthquake in 2015. They visited temples, gardens, palaces, stupas and travelled over narrow roads to watch the sunset over the Himalayas from Nagarkot. The Kathmandu trip culminated in a spectacular Mt Everest flight. After flying to India, they joined an Intrepid Tour that took in Delhi, Varanasi, Agra, Tordi Gahr and Jaipur travelling by foot, metro, taxi, tuk- tuk, rickshaw and overnight sleeper train. Highlights were Taj Mahal, Mt Everest flight and Ganges, Humayan's Tomb, Lotus Temple, Tordi Garh Palace, Amber Fort and Gandhi Museum. Rich with cows, cobras and contradictions, India is fascinating, bold, unapologetic and unashamed and somehow it finds its way unbidden into your heart.

**October:**  
*Dell Rogers:*

*Portugal and Spain*



In 2019 Dell joined an organised tour which flew to Lisbon via Dubai. Highlights in Lisbon: Vasco da Gama six lane bridge that spans the river Tagus; Old part of Lisbon that survived the massive earthquake Nov. 1755; Bedlam Tower in UNESCO Heritage Jeronimos Monastery; Museo de Azulejos (National Tile Museum); Sardine Festival, the Feast of St Anthony and Romanticist castle Pena Palace Sintra. Then it was on to a 7night cruise along Duro River travelling through navigation locks at each of the five dams along its course. At Porto they visited UNESCO site Monastery of Serra do Pilar. In Spain visited the Cathedral of Santiago de Compostela which marks the end of the Camino de Santiago and Salamanca University. They visited Sanctuary of Our Lady of Lourdes. In Barcelona Gaudi's influence was evident in its buildings, particularly in La Sagrada Familia the large unfinished Roman Catholic minor basilica. They were entertained by Escolania de Montserrat boys' choir based at Santa Maria Benedictine abbey.

I would like to take this opportunity to thank all those people who have very kindly taken we Armchair Travellers around the world through the presentations and sharing their photos. Merry Christmas and Happy New Year.

Jackie Geraghty Convenor

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23<sup>rd</sup> August Rotary Club again hosted 44 members at Rigalsford Park celebrating Seniors Week.

26<sup>th</sup> August saw 65 members enjoy a tour and morning tea at the CQ Livestock Exchange at Gracemere and we sat in on a Stud Bull Sale.

We were fascinated by the quickness of the bidding and we were very careful not to nod or scratch our ear.

9<sup>th</sup> September saw 60 members enjoy the Mystery Tour.

In October, we have had at this stage three tours of Carol and Ross Mylrea's Rivendel Botanical Gardens. One more tour is scheduled on the 18<sup>th</sup> November. The garden has been outstanding even with these drought conditions.

I wish to thank both Carol and Ross for allowing our members into their beautiful gardens.

Check out our Facebook page to see some stunning photos of the gardens.

11<sup>th</sup> November we have 52 members signed up for a guided tour of the Southside Library.

On the 25<sup>th</sup> November, approximately 163 members will enjoy our last social outing of 2019 with our Christmas Lunch held at the Frenchville Sports Club.

Thank you to all members for signing up to attend 2019 outings.

Enjoy the festive season with family and friends.

Also, many thanks to members who give me suggestions for outings.

10<sup>th</sup> February our 1<sup>st</sup> outing for 2020 will be to the Mini Golf and Driving Range where we will share Morning Tea and a B.B.Q and members will choose what games they would like to play.

9<sup>th</sup> March we will be enjoying a Devonshire Tea at the Botanical Gardens where U3A Capricorn Coast has been invited to join us.

Many thanks, Christine.

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*with Leonie Keene*

As this is our last Flyer for the year, I would like to take this opportunity to wish all U3A members a very Merry Christmas and a happy and healthy New Year from the Jacana Bush dancers.

We continue to dance every Monday night at the Rockhampton Pipe Band Hall Gladstone Road (next to a Man's Toy Shop). We enjoy lively traditional music and dancing from 7.00pm – 9.00pm. A light supper is included in the cover charge of \$5.00 adults and \$1.00 accompanied child.



One of our long-time members Robyn, celebrated her birthday in October. She is pictured with Donna, one of our new dancers from the U3A. We are pleased to welcome Donna and her husband to our group. They are enthusiastic dancers and come when work commitments permit.



Our Christmas party will be held on Monday 16<sup>th</sup> December. Members are asked to bring along a small plate of Christmas goodies to share. All are very welcome to attend.

I would like to extend my thanks to the Committee for their invitation to the Tutors and Volunteers morning tea which was very enjoyable. For enquiries please contact Leonie Keene 49225887

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*with Shirley Hopkins*

Mornings are certainly getting warmer and we haven't needed to "rug up" for some weeks now. The sun is also shifting so the Kershaw Gardens tai chi class also slightly shifts to follow the shade. Find us via the Kershaw Gardens parking lot off the roundabout near Stocklands Friday mornings from 7:30-8:30am. We meet most every Friday, regardless of weather or holidays, and always welcome new participants.

Our tai chi focusses on relaxation and balance. We don't ignore the traditional tai chi set but spend most of our time on Qigong (energy exercises) such as Shibashi, Tao Yin and Lohan. Our instructor, Lynn, encourages us to combine smooth movements with breathing and an active focus on balance, with

enough variation and spontaneity to keep us involved and wanting to return every week.

Summer outdoors in the Gardens brings its own challenges so please wear sturdy footwear, a sun protection hat (useful against swooping birds at other times of the year) and both insect repellent and sunscreen as appropriate. A water bottle to keep hydrated is also helpful.

Kershaw Gardens North Precinct is a lovely place on Friday mornings. Our location is far enough away from the highway that traffic noises seldom drown out the bird song and the peaceful ambience of birds, trees and creek leads to mindful practice and gentle meditation. Come and join us soon!

For details contact Shirley, 07 4936 4792

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*with Annette McLean*

Just letting our members know that the Aqua Fitness Sessions which are held on Tuesdays from 11.00am until 12.00noon; Thursdays from 9.30am until 10.30am and Saturdays are from 7.00am until 8.00am. will close over the Christmas/New Year break. The last Saturday session will be 21 December and will reopen on the Tuesday 9 January 2020. The sessions are held at the Caribee Swimming Centre cnr Menzies and Richardson Roads North Rockhampton. U3A members only pay \$6.00 a session and the general public pay \$9.50 a session so it pays to belong to the club.

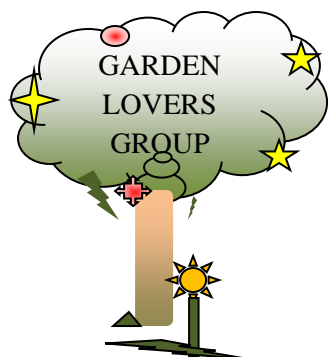
The sessions go for 1 hour and are in a heated pool with easy access as when I had my knees replaced, I was able to manage to get into the pool after a 6 weeks break. The heated water is also very soothing for all those aches and pains.

Please find attached a photo of the ladies and gentleman that attended a recent Thursday session. Any enquiries please contact Jodie at Caribee Swimming Centre on 4926 1650 or U3A members can contact Annette on 04992 65992. Kind regards

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with Joan Cooper



I am pleased to report that our group has been very well supported this year with our largest attendance being at our October meeting. Thank you to those who come along. It makes the search for new things to do each month well worth the effort.

In August we met for morning tea at Virginia's home in Depot Hill, then had a look at some interesting gardens in the immediate area. One particularly hospitable household invited us in to see their large collection of lovely plants and even gave us a demonstration of how they made plant pots out of sandstone tiles. Thanks, Virginia, for organizing this.

September found us at Nancy's Gracemere home for morning tea and a look around her garden which is a credit to her. We then drove a short distance to see the relatively new Bouldy Home Nursery at Bouldercombe. That was a surprise, far bigger than I expected and with a large range of plants at reasonable prices.

With the weather beginning to warm up in October, we took advantage of the air conditioning at Bunnings and enjoyed a very comprehensive talk on roses by Phil. He even brought in some large potted roses from his own home to show us.

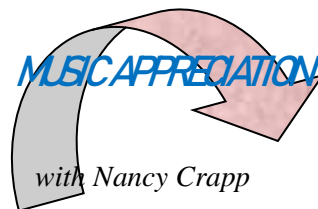
With all that new found knowledge, I think roses will be our plant of choice in our gardens next year.



The November Christmas breakup will be at my home this year. We will exchange Secret Santa gifts, have a Christmas themed morning tea and a browse around my garden.

Hope to see lots of members along each month in 2020. On that note, if you know of any venues that might interest garden lovers please let me know.

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Wonderful music filled the air in 2019. In February, we listened to various choirs of the world and in March it was Australia artists.

We went back to Russia in April to listen to some of the wonderful music from that country. In May, the subject was *shades of autumn*. In June and in August we watched two DVDs. August featured the life of Maria Callas and June was various music accompanied by suitable landscapes.

In July it was *myths and magic*. Then in September we heard the lives of Schubert and Schumann and their musical journeys. It was in October that we travelled to various countries listening to music provided from there.

Because November will be our last gathering for the year, we will be listening to some Christmas music.

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Dunny man, Andrew Gourley pictured with his horse and cart in Broken Hill. (pic accessed from www)

### THE DUNNY CART

He rode the old night-soil cart  
Which called on every home.  
Behind his horse, with lantern  
He would ride the streets alone.

He'd stop and grab an empty can.  
A dunny-can, at that,  
And head out to each outhouse.  
No body stopped to chat.

Exchanging new for old at each,  
He'd put it on his shoulder  
And head back to the dunny-cart,  
All weathers- hot and colder.



He'd place each can upon the cart  
Which often brought the flies.  
Sometimes the smell was hard to take  
Bringing water to his eyes.

One morning, as he drove the cart,  
The horse stopped with a jolt.  
He'd hit a pothole on the road  
And come to a quick halt.

The wagon rolled. The contents spilt.  
T'was all across the street.  
He stood up. Set the cart a'right  
To finish off his beat.

Oh no, he thought. What can I do?  
I'd better clean this mess.  
They'll know it's me who left it there.  
There is no need to confess.

His grabbed his shovel, Scooped it up,  
And put it in the cans.  
He tried so hard to do it  
And not get it on his hands.

An early morning riser  
Came upon him there that day.  
And asked what he was doing.  
Just to see what he would say.

He said, straight faced, then to him.  
"This isn't of my making."  
"Don't you know the date today?"  
June 30- I'm stock-taking."

Alan Watts 7/10/19

(Idea from a joke somewhere)

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Editor: Many thanks to those who contributed throughout 2019.  
Remember, this is your journal - your contributions.  
Hopefully, the break will have you thinking about your articles or  
photos for 2020.  
A special thank you to Jackie Geraghty for her excellent leadership  
and dedication to Armchair Travel.  
Merry Christmas  
Elaine

## U3A Activities 2019 – revised October 2019

**Legend:** \* = Continues all year

**NA = New Activity**

**SA = Shared Activity**

**NB ~ Identified costs are mainly for venue hire. Materials are extra, depending on what you use.**

| Activities  | Times   | Venue  | Contact                               | Phone                                   |
|---|---|--|---------------------------------------|---|
| <b>Monday</b>   |   |  |                                       |   |
| <b>General Meeting ~</b><br>monthly 1 <sup>st</sup> Monday<br>(excluding January) | 9.30am  | Frenchville Sports Club, Clifton Street,<br>North Rockhampton<br>(Lunch to follow)                                     | Russell                               | 48191739                                |
| <b>Bush dancing SA*</b>   | Weekly<br>7.00pm - 9pm  | Rockhampton Pipe Band Hall<br>Gladstone Road, Rockhampton ~ \$5  | Leonie                                | 4922 5887                               |
| <b>History Group</b>  | 3 <sup>rd</sup> week 2pm.   | Glass room, Frenchville Sports Club<br>Clifton St., Nth Rockhampton  | Ann                                   | 4922 1581                               |
| <b>Contemporary Ballet</b>  | 1 <sup>st</sup> week 2pm  | Oak Tree Retirement Village<br>40 Foulkes St, Norman Gardens   | Keith                                 | 4928 3849                               |
| <b>Tuesday</b>  |   |  |                                       |   |
| <b>Senior-Fit Class</b><br><b>Resistance Training SA*</b><br><b>Swimming</b>      | 8.30am - 9.30am<br>7.30am - 8.30am<br>Initially, then<br>Any open hours | CQU Community Sports Centre,<br>Yaamba Road, North Rockhampton<br>Cost for single visit \$8 OR 10 sessions<br>for \$60 | Sports Centre<br>or<br>Rhonda<br>Barb | 4923 2159<br><br>4819 1739<br>4928 7560 |
| <b>Aqua Aerobics SA*</b>  | Weekly<br>11am - 12noon   | Caribee Swim Academy, 135 Menzies<br>Street, North Rockhampton Cost ~ \$6  | Jodie<br>Annette                      | 4926 1650<br>0499265992                 |
| <b>Investment Group</b><br><b>Discussion SA*</b>                                  | 3 <sup>rd</sup> week 10am   | glass room, Frenchville Sports Club<br>North Rockhampton   | Arch                                  | 4928 6653                               |
| <b>Mahjong I</b>  | Weekly 1pm  | Women's Health, Bolsover Street cnr<br>Derby Street, Rockhampton   | Lyn                                   | 4928 8136<br>0455288833                 |
| <b>Third Age Chorus</b><br><b>Singing Group</b>                                   | Weekly 9.30am   | Youth Orchestra Room, Floor 1<br>Walter Reid Building, Derby St., Rock.  | Lindsay                               | 49227099                                |
| <b>Tai Chi *</b><br><b>Southside</b>  | Weekly 7.30am   | Botanic Gardens, near Lagoon,<br>Rockhampton   | Virginia                              | 4921 1602                               |
| <b>Poetry for Leisure</b>   | 2 <sup>nd</sup> week<br>9.15am – 11.15am                                | School of Arts<br>Bolsover St., Rockhampton  | Alan                                  | 4928 5319<br>0411469563                 |
| <b>Monthly Lunch</b>  | 3 <sup>rd</sup> week 12 noon  | Venue to be decided previous month   | Judy                                  | 49281756                                |
| <b>Cards &amp; Scrabble</b>   | 1 <sup>st</sup> & 4 <sup>th</sup> weeks<br>9am – 11.15am                | Oaktree Village Glenmore Road<br>50c tea/coffee  | Alan                                  | 4928 5319<br>0411469563                 |
| <b>Calligraphy</b>  | 2 <sup>nd</sup> & 4 <sup>th</sup> weeks<br>1 – 3.30pm                   | Settlers Village Community Centre<br>Pauline Martin Drive -off North Street  | Virginia                              | 49211602                                |
| <b>Wednesday</b>  |   |  |                                       |   |
| <b>Book Lovers' Group</b>   | 4 <sup>th</sup> week 10am   | Settlers Village Community Centre<br>Pauline Martin Drive -off North Street  | Sheila                                | 4928 2810                               |
| <b>Embroidery</b>   | 1 <sup>st</sup> & 3 <sup>rd</sup> weeks<br>1pm - 4.30pm                 | CQU room 41/G41. Turn right off Carlton<br>St., into Blair Drive   | Pat                                   | 4927 4493                               |
| <b>Speech Group</b><br><b>("In Voice")</b>  | 1 <sup>st</sup> & 3 <sup>rd</sup> Weeks<br>9.30am -10.30am              | 304 Kent Street, Depot Hill  | Virginia<br>Valda                     | 4928 2119<br>4928 2119                  |
| <b>Writing for Pleasure</b>   | 1 <sup>st</sup> week<br>9.15am -11.15am                                 | 1 <sup>st</sup> week -School of Arts,<br>Bolsover Street, Rockhampton.   | Julie                                 | 0458268297                              |
| <b>Drama Group</b>  | 1 <sup>st</sup> & 3 <sup>rd</sup> weeks<br>1pm – 3pm                    | Oaktree Village Glenmore Road 50c<br>tea/coffee \$2 photocopying   | Keith                                 | 4928 3849                               |
| <b>Music Appreciation</b>   | 4 <sup>th</sup> Wednesday<br>1.30pm – 3.30pm                            | 17 Thora St., Gracemere  | Nancy                                 | 4933 2722                               |
| <b>Ukulele</b>  | Weekly 2pm  | Oaktree, 40 Foulkes St., Norman Gardens  | Phil                                  | 49287769                                |

**Learning at Leisure – Learning for Pleasure**



# U3A Activities 2019

[Revised October 2019]

**Legend:** \* = Continues all year

NA = New Activity

SA = Shared Activity

**NB ~ Identified costs are mainly for venue hire. Materials are extra, depending on what you use.**

| Activities  | Times   | Venue   | Contact                               | Phone                                 |
|---|---|---|---------------------------------------|---------------------------------------|
| <b>Thursday</b>   |   |   |                                       |                                       |
| <b>Senior-Fit Class</b><br><b>Resistance Training</b><br><b>SA *</b><br><b>Swimming</b> | 8.30am – 9.30am<br>7.30am - 8.30am<br>Initially, then<br>Any open hours | CQU Community Sports Centre,<br>Yaamba Road, North Rockhampton<br>Cost for single visit ~ \$8 or<br>10 sessions for \$60  | Sports Centre<br>or<br>Rhonda<br>Barb | 4923 2159<br><br>48191739<br>49287560 |
| <b>Aqua Aerobics</b>  | Weekly<br>9.30am - 10.30am  | Caribee Swim Academy, 135 Menzies<br>Street, North Rockhampton<br>Cost ~ \$6  | Jodie<br>Annette                      | 4926 1650<br>0499265992               |
| <b>Discussion ~ Current<br/>Affairs SA</b>  | 3 <sup>rd</sup> week<br>3pm - 5pm                                       | 255 Elphinstone Street, North<br>Rockhampton  | Arch                                  | 4928 6653                             |
| <b>Photography Group</b>  | Every 2 <sup>nd</sup> Week<br>3pm<br>[from 31/10/19]                    | Technology Centre 1 <sup>st</sup> floor<br>~ Library,<br>Bolsover Street, Rockhampton.  | Phil                                  | 4928 7769                             |
| <b>Multi Crafts</b>   | Last Thursdays<br>9.30am – 12.30pm                                      | Oaktree Retirement Village<br>Glenmore Road; \$1 incl morning tea   | Ann                                   | 4922 1581                             |
| <b>Friday</b>   |   |   |                                       |                                       |
| <b>Armchair Travel</b>  | 3 <sup>rd</sup> week<br>9.30am - 11.30am                                | Athelstone House, Ward Street,<br>(Rockhampton Bowls Club)<br>\$2.50 and please bring a plate for<br>morning tea  | Jackie                                | 4922 7976                             |
| <b>Garden Lover's Club</b>  | 4 <sup>th</sup> week 9.30am   | Venue advised at General meeting<br>Please bring hat, chair & a plate for<br>morning tea  | Joan                                  | 49333190                              |
| <b>Line Dancing SA</b>  | Weekly<br>2pm – 4pm   | Square Dancing Hall, Kingel Park,<br>Fitzroy Street, Rockhampton<br>Cost ~ \$7  | Sue                                   | 4922 3421                             |
| <b>Mahjong II</b>   | Weekly<br>1pm – 4pm   | Settlers Village, Pauline Martin Drive,<br>Rockhampton  | Judy                                  | 4928 1756                             |
| <b>Tai Chi Northside</b>  | Weekly<br>7.30am - 8.30am.  | Kershaw Gardens (Knight Street)<br>Cost ~ \$2.  | Shirley<br>Beth                       | 4936 4792<br>4926 4374                |
| <b>Pencil Drawing</b>   | 1 <sup>st</sup> week<br>9:30 – 11:30 am                                 | 7 Gardenvale Crt, Hillside Estate (off<br>Norman Road) North Rockhampton  | Keith                                 | 4928 9505                             |
| <b>Saturday</b>   |   |   |                                       |                                       |
| <b>Aqua Aerobics SA *</b>   | Weekly<br>7am - 8am   | Caribee Swim Academy, 135 Menzies<br>Street, North Rockhampton<br>Cost ~ \$6  | Jodie<br>Annette                      | 4926 1650<br>0499265992               |
| <b>Personal Arrangements</b>  |   |   |                                       |                                       |
| <b>FREE<br/>Computer Classes</b>  | Various days<br>Weekly ~ 2 hours  | Technology Centre – 1 <sup>st</sup> Floor RRC Library<br>Bolsover Street, Rockhampton. (How to drive<br>a computer; Windows 10; Files & folders; Internet<br>made easy;<br>Word 2010, PowerPoint 2010; Personal & computer<br>security; Email made easy; digital photography) | Chris<br>or<br>Donna                  | 4936 8212<br>or<br>4936 82188         |
| <b>Several times annually – days to be decided</b>                                      |   |   |                                       |                                       |
| <b>Bird Watching</b>  |   | Rod will contact those interested to choose<br>day and time   | Rod                                   | 4928 4343                             |









*Learning at Leisure – Learning for Pleasure*