



# THE QUARTERLY FLYER

Rockhampton & District Inc

MARCH

2019

Volume 1/2019



2018 Christmas lunch

## Keeping Active



2019 – Sign on day

**General Meeting** 1st Monday of each Month (ex January) 9.30am at Frenchville Sports club  
Next meeting after 4<sup>th</sup> March AGM, 1<sup>st</sup> April 2019

U3A Rockhampton – PO Box 8160 – Allenstown – Rockhampton Q – 4700  
Web: [www.u3arockhampton.org.au](http://www.u3arockhampton.org.au) Email: [u3arockhampton@hotmail.com](mailto:u3arockhampton@hotmail.com)

## 2018/2019 COMMITTEE

**President:** Russell Daniels Ph 4819 1739  
**Vice President:** Keith Bambrick Ph 4928 3849  
**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  
**From 1<sup>st</sup> January 2019 joining fee** \$10  
(includes name badge)

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

<http://www.u3arockhampton.org.au/images/mar19.pdf>

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*with Russell L Daniels*



Well it's March and time for the AGM. I would like take this opportunity to thank everyone for the support given to me during my term as President of U3A Rockhampton and also to extend a special thanks to the Management Committee for their dedication and hard work over the last twelve months. I would also like to thank all of our tutors and the many volunteers who have made U3A Rockhampton interesting, educational and able to function well.

Since my last report, U3A Rockhampton had a very successful and well attended Christmas party in November. Then in December we had our "Show and Tell" which had new and interesting activities on display.

Over the past twelve months the Management Committee has been approving new members every month and our membership is growing rapidly.

We had a recess in January 2019 and I hope all of our members had a wonderful Christmas and New

Year and are ready and able to tackle the New Year. Our Coordinators have been busy working in the background planning an exciting and interesting year of excursions, speakers and activities for our members

February 2019 was "Sign on Day" which generated great interest with our members signing onto various activities. The sign on day also attracted many new visitors of which many applied to join U3A Rockhampton. We had suggestions for additional activities but need someone to put their hand up to be a tutor so those activities can commence. If you wish to be a tutor and would like to start a new activity please contact Judy Sutton who will be able to provide advice and assistance. Judy and I have visited seven activities last year and have two more visits planned for February. We will continue to visit at least one activity per month so we can understand what the activities do and to see if they require any assistance.

At our sign on day in February, I encouraged our members to take an application form, read the position descriptions and to nominate for an office bearer's position. All written applications close on the 18<sup>th</sup> February 2019 and the AGM is Monday 4<sup>th</sup> March 2019.

Pictured below: On the evening of the fourth of February, I attended the Installation Ceremony at Central Queensland University for incoming Vice-Chancellor and President. Professor Nicholas Klomp has been invited to speak at our AGM if he is available.



Incoming Vice-Chancellor and President of CQUniversity,  
Professor Nicholas Klomp

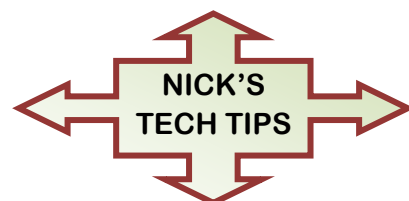
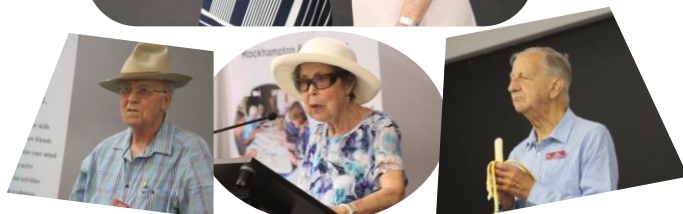
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Christmas Lunch at  
The Frenchville Sports Club



It was all about singing, some stories and poems, the odd drama and of course the multi draw raffle. This was huge. A big thank you to all who donated prizes and to the many helpers and to those who provided the entertainment.



If you remember reading in the December copy of Tech Tips, we reinforced the need to be aware of Malware on your computer.

This month I'll briefly discuss some **anti-social SCAMS** that are being used at the moment.

- "This is HM Industries, just checking that your phone is 04373534 and address is 5 Toad Ave"  
THE BEST answer you can give is "I don't know what you are talking about" and hang up.
- "This is Telstra and we are phoning to tell you that your internet was cut off last week because your account is overdue. If you don't pay by the 7<sup>th</sup> we will take you to court."

JUST HANG UP, say nothing.

There are so many different directions SCAMMERS can go to extract your dollars. BE AWARE!

Now some very interesting items I found on the Web at <https://www.space.com>: I don't think there are many people who haven't gazed into the night sky and wondered what is up there.

At the centre of the Milky Way is a supermassive black hole, surrounded by billions of stars and invisible "dark matter." While in space.com search for "The Milky Way".

For those with computer literate grandchildren there are some very interesting electronic gadgets on the market one being **MakeBlock**. If you have an iPad you can download an App and the kids can program in a language called **STEAM**. The Makeblock device will carry out commands you send it via Bluetooth.

Search for **Makeblock** on the web or go to <https://www.makeblock.com/steam-kits/mbot>

Now for those who don't know how to do a search the best thing you can do right now is book a class at the **Library Technology Centre**, start with Learning to drive a computer and you will be surprised how good you will get. All the little worry warts will leave and you will start to enjoy computers.

On our **own U3A Rockhampton web site** on the top left side you will find a link called LTC

Computer Courses or just CTRL and left click here **LTC COMPUTER COURSES** for those with a digital copy of the Quarterly Flyer. The more courses you attend, the more enjoyment you'll get and you'll have a great understanding about what to do. The Tutors at the classes started as students and became a special breed of very dedicated Volunteer tutors.

I am part of a team of volunteers who run a group called **Tech Troubles** at the two City Libraries. 2pm on a Tuesday and a Thursday at Northside Berserker St Library and 1:30pm on the Southside at the Bolsover St City Library. We can assist you with basically anything technology, iPad's, Android Tablets, cameras, laptops, iPhone's, Android phones and Desktop computers, Nav/GPS devices and other hardware and many varieties of software.

**You are not alone.** I know it looks daunting, but the sooner you start you will wonder why you didn't start sooner. Remember, if you are thinking about buying a home computer or a laptop look first at <https://shop.workventures.com.au> and select yourself a good second-hand Ex Govt computer with the latest Windows and Office installed. I also suggest that you register with **PayPal** and get yourself an account. It is a very simple process for peace of mind when paying over the Internet.

Taking a paragraph from **Aging in Place** it says "Seniors in a digital world can be easily overwhelmed by all the new technology around us. We are surrounded by an array of digital devices, whether its smartphones, social media, tablets, banking machines, laptops there's no avoiding it so we should learn how to use all these technological advances to make life easier."

<https://www.aginginplace.org/technology>

All the best in Bits and Bytes

**Nick Quigley OAM**

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### DATE CLAIMERS

- |                        |   |
|------------------------|---|
| March 11 <sup>th</sup> | BBQ at Kershaw Gardens<br>Hosting Capricorn Coast U3A |
| April 1 <sup>st</sup>  | General meeting                                       |
| April 8 <sup>th</sup>  | CQU Health Centre TBA                                 |
| May 6 <sup>th</sup>    | General meeting                                       |
| June 3 <sup>rd</sup>   | General meeting & journal issue                       |

## SHOW AND TELL

3<sup>rd</sup> December 2018





SIGN ON 2019



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MULTI CRAFT  
GROUP

with Ann Findlater

The former Scrapbooking Group has changed its name to the Multi Craft Group. This group started as a Creative Memories Group that were looking for a new home. We started meeting at Oaktree Park Avenue and invited U3A to come and join us. While most of the ladies do scrapbooking with photos and card making, we would like to invite anyone who is doing some type of craft to join us on the last Thursday of each month at 9.30am to 12.30pm. It is a lovely morning of chatting while we work, stopping for morning tea for a while. We hope some ladies will bring new craft ideas and perhaps we can all teach each other some new crafts.

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JACANA BUSH  
DANCERS

with Leonie Keene

I am sure all U3A members are pleased to see all their favourite activities recommence in 2019.

Christmas 2018 seems to be a distant memory and now we are well and truly into the swing of 2019. I hope it will be a happy and healthy one for us all.

The Jacana Bushdancers are still dancing every Monday night 7.00pm - 9.00pm at the Rockhampton Pipe Band Hall, next to A Man's Toyshop, Gladstone Road.

We welcome all U3A members, friends and families to come along and try. Remember the first night is free and a light supper is served. Nervous about dancing on your first night? Just sit and watch and enjoy the infectious tunes.

We are fortunate to have our caller Hilary still calling dances for us at the grand age of 91. Leonie and the Secretary Maree are pictured presenting Hilary with a cake to celebrate the occasion.

We held our Australia Dance on 27th January and it was a great success. Shirley Hopkins having secured a spot on ABC Capricornia to advertise it for us. Shirley is our foundation member and enjoys dancing every week. A great testament to fun and fitness at bush dancing. Beryl and John won the Monte Carlo prize and Jarrod and Renee won a lucky spot. The evening ended with an Australian themed supper.

For all enquires please phone Leonie Keene on 49225887





Tai Chi

*With Shirley Hopkins*

The photos, below, are at our New Year annual celebration. After we do our Tai Chi, we have a shared breakfast.

Our classes concentrate on balance and relaxation. All levels are welcome from the experienced to beginners. The venue is in Kershaw Gardens (grass/picnic area opposite to Stocklands).

Time: Friday 7.30 am 8.30am. Cost \$2 per session

Contact: Shirley Hopkins 49364792 with message bank.



# Activities



*with Judy Sutton*

## NEW ACTIVITIES COMING SOON

Calligraphy will be starting soon under the guidance of Virginia Latty-Weir. Time and venue will be announced when decided.



Social Bowls will commence at Diggers Bowls Club on a Friday when the weather is cooler. Christine Dobeles will announce when it is to start and which Fridays in the month.

Rod Elder has suggested a Bird Watching Group which has met with a favourable response at the Sign-On Day in February. More details later



If you have any ideas for new activities in 2019, please let me know.

Judy Sutton  
Activities Co-ordinator

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## *Australia Day - When?*

*an opinion from Rodney Stickley*

Every year around the time of Australia Day the same old controversy arises. When should we observe Australia Day?

I don't think it should be changed as we have far more important things to worry about. However, if certain interested parties do succeed in forcing the issue, I submit the following suggestion:

In August 1900, Queen Victoria signed into law, the bill setting up the Commonwealth of Australia. I do not know the exact date. I suggest we observe it on the anniversary of that date. There is a precedent.



On 6<sup>th</sup> June 1859, the Queen signed into law the bill setting up Queensland as a separate colony. Since then 6<sup>th</sup> June has been regarded as Queensland Day as well as the anniversary of D-Day.

Does the suggestion have merit? What does everyone think?

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by Esther Pearce

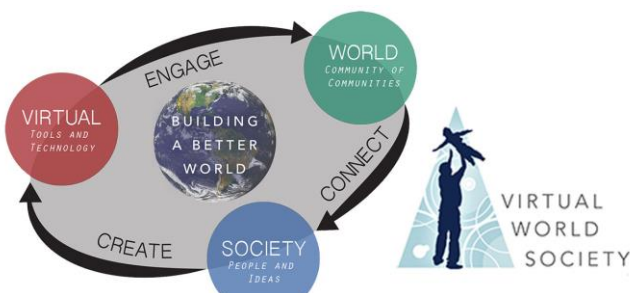
Have you heard of virtual worlds? Or are you hearing it for the first time? Either way, are you intrigued and wonder if / how you could learn more? No goggles needed. All you need is basic computer skills and a reasonable computer connected to the internet. We can assist you to explore a virtual world.

#1 rule of internet interactions? **BE SAFE.** Safe from scammers and hackers. Our 3D world; Paradigm Education is a legally operating enterprise based in New Zealand with an Australian collaboration. We are set up as an educational virtual program and are now seeking to create a “*Virtual Reality Program for Seniors.*”

**VIRTUAL WORLDS** –Quite simply, they are three dimensional (3D) worlds, installed on your computer, where you can meet people from all over the world and create objects.

How do you do this? You create an avatar. Any shape or form you desire. What can you do? Anything and everything you can imagine (no licenses needed). Intrigued, want to know more? Have a look at the following pages:  
<https://www.facebook.com/AlphaCentrauriVRP/> ,  
<https://paradigm.ac.nz/>

If you would like more information, please make contact via the Facebook page or phone Esther Pearce on 0405 814 100.



## Royal Family Silent on Sex Scandal

by Roger Hooper

Charges of sexual harassment have been laid against the Crown Prince, but no comment has been forthcoming from the Palace. It is alleged that the Prince, heir to the throne, sexually harassed his wife of many years, Princess Snow White.

The Princess, who has brought the charges, alleges that, a long while ago, while she was still unmarried, her now husband, Prince Charming, sexually harassed her by kissing her full on the mouth while she was asleep. The incident took place in a clearing in the Magic Forest, and seven witnesses from a community of forest dwarves say they are willing to corroborate the Princess's account of the incident.

They claim that the Princess had been sleeping peacefully under their care for several years and that the prince had suddenly come out from among the trees and had taken advantage of her unconscious state.

Princess Snow White has been happily married to the Prince for hundreds of years, but she says that current reporting of similar harassment allegations has made her aware that it is now her duty to make her own trauma public.

There is no statute of limitations in fairy stories.

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## OUR JOURNEY TO ROCKHAMPTON FROM MY DIARY ENTRIES

by Leslie Smith

Our journey to Rockhampton really began in Port Moresby, PNG. We had obtained Aussie citizenship by virtue of the fact that we had lived and worked in PNG for three years prior to that country receiving their independence.

After spending five weeks sailing back to Blighty and time with friends and family – Dave began looking for employment and soon became thoroughly disillusioned at the lack of opportunities. I was pregnant at the time – so the future was not looking too good (we still hadn't made the decision to emigrate).

Then one day, around Easter time (April 1977), we were walking around a street in London and my

chin froze. That was the catalyst. I immediately said "I'd rather be out of work and warm than out of work and cold". So, we marched in to a travel agent and enquired on the cheapest way to get to Aussie. The agent found us a small ship (S S Singapura) sailing from Singapore to Perth. We bought an air ticket to Singapore and boarded this small ship. We had a huge cabin and all meals were eaten with the Officers and a few stray passengers. A love of rice was a distinct advantage!

We disembarked the ship in Fremantle around the middle of April and were met by ex PNG friends who were living in Perth. After a couple of weeks of fruitless searching for work in Perth, we bought a second-hand bomb of a car and proceeded to drive across the Nullarbor. Our final destination at that point was Brisbane.

Leaving Perth in good spirits at 9.15 on 3rd May 1977, troubles began 50 miles down the track. With engine boiling, we limped into Merredin. There we found an accommodating Service Station who changed the hoses. However, this didn't work so we had to stay a night and return to the mechanic to have the radiator back flushed. Finally, we limped to the next stop - Southern Cross - where an old mechanic who had been living and working there for 53 years, magically fixed our radiator.

I kept busy reading and crocheting a blanket and being amused by fellow Plains travellers, we kept passing. Some doing push-ups and others were cycling. Each time I needed a toilet stop - even though we hadn't seen a living soul for miles - when I was ready to crouch - sure enough along trundled a car!

Our "lovely" red Colt Galant car was now acting like an old rundown nag and loosing oil and misfiring. But we made it to Port Pirie on the 8th May.

Port Pirie to Adelaide was a relatively short drive. We hunted out a garage in Adelaide who gave us the unpleasant news that a collapsed piston was the cause of the misfiring. The friends we were staying with lifted our spirits and loaned us their more reliable car for a short tour of the Barossa Valley Vineyards. After the endless miles of sandy wastes and scrub bushes, it was refreshing to see well-kept fields, green grass and proper trees.

Adelaide - Hay 11.05.77

The drive to Hay was not to be forgotten. We were both tired and cold and because the car was heavily laden, the headlights were permanently on high beam even on the dip cycle. Added to this we were blowing exhaust smoke from our near

collapsed piston. This incurred the wrath of every oncoming motorist.

Hay - Griffith - Tumut 12.05.77

We visited the Griffith CSIRO Research Station where there was a possibility of a job that would suit Dave. We were told that formal applications would have to be made through government networks.

Leaving Griffith, we ambled towards the Snowy Mountains and started climbing hills. We had decided to cross to Canberra via the Snowies just to have look, even though it was a longer way around. In retrospect, we must have been mad with a sick car! Arrived Tumut early and booked into a motel thinking that we would have a good view of the Snowies in daylight the next day.

Tumut - Canberra 13.05.77

Set off early for Canberra in thick cloud but not to be daunted, we fully expected the fog to go away early. The higher we climbed the thicker the cloud became. It was also raining and freezing cold. Therefore, we missed the views. Dropping down to Cooma the sun was shining and everything seemed dry - in fact we were told they hadn't had any rain on this side of the mountains since March! On entering Canberra, we cruised around for a while not really knowing where we were going and admired the magnificent tree lined roads and avenues and general air of spaciousness and neatness.

We popped around to Duntroon Military Academy where Dave had applied for a job. It was fortunate that we did because they hadn't received his application, so another was completed. We stayed an extra day as Dave had seen two technician jobs at ANU advertised in the Canberra paper which he wanted to follow up on Monday.

Canberra - Sydney - Monday, 16.05.77

A day spent in Sydney catching up with friends from PNG and battling the Sydney traffic with a smoke belching car.

Sydney - Port Macquarie - Wednesday 18.05.77

Northern NSW was becoming flooded. After being diverted through Bulahdelah, at Taree the situation was looking grim. We had crossed one creek in the tracks of a large ute with men wearing oilskins on either side guiding us across. To make matters even worse the windscreen wipers were wearing out and scraping grooves on the windscreen. With the headlights still refusing to dip, Dave was turning off the lights when a car was approaching. By the time we reached Port Macquarie we were nervous wrecks having also negotiated two sections of unsealed roads and U bends. We were told that because of the flood, Coffs Harbour was completely cut off.



Port Macquarie – Tenterfield – 19.05.77

Because the Pacific Highway was flooded, we were guided to a secondary road via Walcha. Walcha-Uralla-Armidale-Glen Innes across hills.

Beautiful scenery: this detour was a pleasure. We stopped in at the Glen Innes Ag Research Centre where there was a job vacancy that may be of interest. Certainly interesting, it would have consisted of watching sheep fornicating and formulating better methods of doing this to improve stock lines. Not really Dave's line of expertise!

Tenterfield – Brisbane 20.5.77

Another pleasant day driving with the floods well behind us. We had an easy run into Brisbane. At last we reached our friends house and our hosts. Duntroon had tried to contact us via our friends as they wanted him to go next week for an interview – so fingers crossed.

3rd July 1977 – still living in Tarragindi

At last we can uncross fingers and toes and begin looking forward to a new life. Dave received a letter from the Capricornia Institute of Advanced Education in Rockhampton that he had been accepted as a Technician in the Chemistry Dept. Rockhampton could be the answer to all our dreams. We have heard it is a smallish place only 20 miles from the beautiful Pacific Ocean and coral reefs and is a busy and wealthy city, not scenically beautiful, but hilly and warm!! Everyone we spoke to who had been there said we would love it. We now were living with a holiday atmosphere

8th July 1977 – Brisbane – Rocky

Finally.... we were on our way to our “forever” home. We left in convoy – Dave driving the Colt (which had had a new engine fitted) and I was driving our Mazda (which had been shipped down from PNG). Not being used to long distance driving, we had stopped overnight in Maryborough – again with ex PNG friends.

At last after what seemed an eternity, we closed in on Rocky. I was observing the Berserker Ranges on my right and hoping we would be close to them – being the only hills we had seen for kms. I was not impressed with the drive into Rocky with the road bordered on both sides with Motel and other advertising hoardings. Then we crossed the mighty Fitzroy and followed our noses towards the CIAE. After making contact with his future employers we were booked in to the Oasis Motel where we proceeded to fill the room and any space outside with our boxes. The following days were filled with looking for houses. We did have a round trip to Yeppoon and Emu Park on the Saturday. Whereby I

nearly hugged myself to think we were so close to the lovely coast line with the magnificent views. Well, that was 1977 and it is now 2019 in the intervening 42 years we have raised two children and had a relatively happy life and I can say we are now truly Rockhamptonised.

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*by Judy Nutley*

On Monday the 11th February, 55 members ventured out to Bouldercombe to the Sculpture Gardens of Alison and Graham Close. Time was spent wandering through the garden spotting the amazing sculptures in all shapes and sizes.

You could spend hours looking and still not see everything. At the end of the tour, near the Log Cabin, our wonderful host Alison & Graham and neighbour, Nev were sweating over the campfire cooking damper and Billy Tea.... yum!



== == == == == == == == == ==  
	Editor: As you can see, with not many activities	
	in January and no guest speakers, I was able to	
	fit in some stories from U3A members. Thank	
	you most sincerely for your contributions.	
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# U3A Activities 2019

[20<sup>th</sup> January 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> monthly 1 <sup>st</sup> Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow)	Phil	4928 7769
<b>Bush dancing SA*</b>	Weekly 7.00pm - 9pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton ~ \$5	Leonie	4922 5887
<b>History Group</b> <b>CHANGE OF VENUE</b>	3 <sup>rd</sup> week 2pm.	Glass room, Frenchville Sports Club Clifton St., Nth Rockhampton	Ann	4922 1581
<b>Contemporary Ballet</b>	1 <sup>st</sup> week 2pm	Oak Tree Retirement Village 40 Foulkes St, Norman Gardens	Keith	4928 3849
<b>Tuesday</b>				
<b>Senior-Fit Class</b> <b>Resistance Training SA*</b> <b>Swimming</b>	8.30am - 9.30am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for single visit \$8 OR 10 sessions for \$60	Sports Centre or Rhonda Barb	4923 2159 4819 1739 4928 7560
<b>Aqua Aerobics SA*</b>	Weekly 11am - 12noon	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Investment Group</b> <b>Discussion SA*</b>	3 <sup>rd</sup> week 10am	Glass room, Frenchville Sports Club North Rockhampton	Arch	4928 6653
<b>Mah Jong I</b>	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	4928 8136 0455288833
<b>Third Age Chorus</b> <b>Singing Group</b>	Weekly 9.30am	Youth Orchestra Room, Floor 1 Walter Reid Building, Derby St., Rock.	Phil	4928 7769
<b>Tai Chi *</b> <b>Southside</b>	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
<b>Poetry for Leisure (now</b> <b>only once a month)</b>	2 <sup>nd</sup> week 9.15am – 11.15am	School of Arts Bolsover St., Rockhampton	Alan	4928 5319 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 9am – 11.15am	Oaktree Village Glenmore Road 50c tea/coffee	Alan	4928 5319 0411469563
<b>Wednesday</b>				
<b>Book Lover's Group</b>	4 <sup>th</sup> week 10am	Settlers Village Community Centre Pauline Martin Drive -off North Street	Sheila	4928 2810
<b>Embroidery</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 1pm - 4.30pm	CQU room 41/G41. Turn right off Carlton St., into Blair Drive	Pat	4927 4493
<b>Speech Group</b> <b>("In Voice")</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Weeks 9.30am -10.30am	<b>New Venue 2018</b> 304 Kent Street, Depot Hill	Virginia Valda	4928 2119 4928 2119
<b>Writing for Pleasure</b>	1 <sup>st</sup> week 9.15am -11.15am	1 <sup>st</sup> week -School of Arts, Bolsover Street, Rockhampton.	Rodger	49274541
<b>Drama Group</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 1pm – 3pm	Oaktree Village Glenmore Road 50c tea/coffee \$2 photocopying	Keith	4928 3849
<b>Music Appreciation</b>	4 <sup>th</sup> Wednesday 1.30pm – 3.30pm	17 Thora St., Gracemere	Nancy	4933 2722
<b>Ukulele</b>	Weekly 2pm	Oaktree, 40 Foulkes St., Norman Gardens	Phil	49287769



# U3A Activities 2018

[Revised 9<sup>th</sup> August 2018]

**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> <b>Resistance Training</b> <b>SA *</b> <b>Swimming</b>	8.30am – 9.30am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for single visit ~ \$8 or 10 sessions for \$60	Sports Centre or Rhonda Barb	4923 2159  48191739 49287560
<b>Aqua Aerobics</b>	Weekly 9.30am - 10.30am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Discussion ~ Current Affairs SA</b>	3 <sup>rd</sup> week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
<b>Photography Group</b>	Every 2 <sup>nd</sup> Week 3pm [from 24/1/19]	Technology Centre 1 <sup>st</sup> floor ~ Library, Bolsover Street, Rockhampton.	Phil	4928 7769
<b>Multi Crafts (previously Scrapbooking)</b>	Last Thursdays 9.30am – 12.30pm	Oaktree Retirement Village Glenmore Road; 50c for tea/coffee	Ann	4922 1581
<b>Friday</b>				
<b>Armchair Travel</b>	3 <sup>rd</sup> week 9.30am - 11.30am	Athelstane House, Ward Street, (Rockhampton Bowls Club) Please bring a plate for morning tea	Jackie	4922 7976
<b>Garden Lover's Club</b>	4 <sup>th</sup> week 9.30am	Venue advised at General meeting Please bring hat, chair & a plate for morning tea	Joan	49333190
<b>Line Dancing SA</b>	Weekly 2pm – 4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton Cost ~ \$7	Sue	4922 3421
<b>Mahjong II</b>	Weekly 1pm – 4pm	Settlers Village, Pauline Martin Drive, Rockhampton	Judy	4928 1756
<b>Tai Chi Northside</b>	Weekly 7.30am - 8.30am.	Kershaw Gardens (Knight Street) Cost ~ \$2.	Shirley Beth	4936 4792 4926 4374
<b>Pencil Drawing</b>	1 <sup>st</sup> week 9:39 – 11:30 am	7 Gardenview Crt, Hillside Estate (off Norman Road) North Rockhampton	Keith	4928 9505
<b>Saturday</b>				
<b>Aqua Aerobics SA *</b>	Weekly 7am - 8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Personal Arrangements</b>				
<b>FREE Computer Classes</b>	Various days Weekly ~ 2 hours	Technology Centre – 1 <sup>st</sup> Floor RRC Library Bolsover Street, Rockhampton.  (How to drive a computer; Windows 10; Files & folders; Internet made easy; Word 2010, PowerPoint 2010; Personal & computer security; Email made easy; digital photography)	Chris or Donna	4936 8212 or 4936 82188



