



Merry Christmas & Happy New Year



General Meetings: 9.30 am 1st Monday of
each month (ex January)

Next Meeting: Monday 6th February 2017

at the Frenchville Sports Club



2016 COMMITTEE

President:	Phil Morisette	Ph 49287769
Vice President:	Keith Bambrick	
Activities:	Ann Findlater	Ph 4922 1581
Secretary:	Joan Cooper	Ph 49333190
Treasurer:	Maurice Dittman	
Social Organiser:	Nancy Crapp	
Guest Speakers:	Gordon Findlater	
Assistant Secretary/ Publicity:	Margaret Lyons	
Web Coordinator	Nick Quigley OAM	vietvets@gmail.com
Journal Editor:	Elaine Ross	
Quarterly Flyer email:	zebu3.u3a@gmail.com	
Annual fee due 31st December:	\$15.00	
Joining Fee	Nil	
New members (July 1 – October 30)	\$7.50	

Check out the Quarterly Flyer in colour

<http://www.u3arockhampton.org.au/images/qfdec16.pdf>

PRESIDENT'S REPORT



Phil Morisette – President

This is the one report of the year that I feel we're short-changed in time with so much is still to come in the year at the time of writing. It can't be avoided unfortunately, given preparation time on behalf of our industrious editor and the printer to get the edition back to us. Looking back over 2016, we, as a group, seem to have moved forward in positive directions. Unfortunately, I missed the AGM, due to medical reasons, which wasn't a good start but not detrimental. Our illustrious treasurer identified several areas in the Auditor's Report which needed attention to rectify long-standing anomalies, and also introduced a computer-based program to care for our club accounts. This also gave us up-to-date figures of where we stood at any one time through the year plus a true record of our assets.

Early in the year, a contact was made through the Morning Bulletin which gave us a more regular source of exposure for our notices, not an easy feat in these times with newspapers. Our social life has been well-catered for with monthly outings ably organised by our social director. Nancy has floated the idea of retiring from this position at year's end so

unless she has a change of heart or we have a willing volunteer replacement, our social life as we know it could grind to a halt.

After many attempts to set-up a communication line with the University, we arranged a visit to one of our committee meetings from a representative of the Vice-Chancellor which has proved fruitful to date and will be expended on into the future. Our singing group made an asset purchase in the form of a keyboard from their surplus funds plus some assistance from our local State MP which is now part of U3A Rockhampton's asset register. Another new activity was added to our ever-growing list in the form of a drama group. Reports are of much entertainment with new recruits welcome.

More recently, Network Queensland allocated our club funds received from the State Government for an awareness campaign in an attempt to attract new members. Our funds were directed towards two local radio stations in the form of ads and on-air interviews. This is just another benefit of membership with Network Queensland.

I've maintained since beginning of last year that five important days belong on our U3A calendar. The highlight day was 24th October, a morning tea to recognise the Tutors and Volunteers who hold our club together. Imagine for a minute what happens IF nobody puts up their hand to do all of those behind-the-scenes jobs that most take for granted will be done. These people are the backbone of our group and I would welcome anyone who would like to join their ranks.

Still to come at time of writing for this year is our Show & Tell day, 5th December, in lieu of a guest speaker. This is the opportunity to showcase the results of the activities you have been involved with and to encourage others to learn from you. Our Christmas lunch / year's end breakup will have been run and won by this edition. Hopefully, with plenty of joy, laughter and goodwill.

The committee that you have elected to make decisions on your behalf have been diligent in their efforts through the year, endeavouring to bring you new learning experiences and friendly social gatherings. Our monthly meetings have produced interesting and informative guest speakers as well as the opportunity to share a conversation over a tea or coffee. We've maintained our membership fee at \$15, which, in today's language, is value and has come about through careful money management by your committee. As this is my final report for 2016, I'll take the opportunity to wish each and every one of our U3A Rockhampton members a Joyful and Holy Christmas and the hope that you are able to spend quality time with your loved ones, friends and

neighbours. That time is a precious gift that cannot be replaced or have a price placed on it.
Phil Morissette – President



Dear U3A Members



It's great to be back!

I've only just returned to the office after three months of long service leave. Anita and I had a brilliant time travelling across Australia in the first few weeks, before travelling to Europe and Africa. It was a great experience to be able to unwind and I am very fortunate to have had the opportunity.

While I was away our Provost Hilary Winchester took over as VC and unsurprisingly did a fantastic job. I knew I wouldn't have to worry about work when the Uni was in Hilary's capable hands. Sadly though, Hilary finished up at the University following my return and will now embark on the next phase of her career doing consultancy work within the higher Ed sector. Hilary will also relocate back to Adelaide. We certainly owe a great deal of thanks to Hilary for her leadership and vision over the past few years. She will be missed but will always be a valued member of the CQUni community.

Before her departure, whilst handing things back over to me, Hilary mentioned how much she enjoyed meeting the U3A members at the group's recent tour of CQUniversity in September. She said it was a fantastic day and a great opportunity for the University to showcase what it is doing in the community. Going forward I hope this is something that we might be able to make a regular occurrence. There is always so much the University has to share and offer and I would be delighted to show the group around again in 2017.

Since returning to Rockhampton, I have definitely hit the ground running, travelling to Melbourne during the first week, followed by north Queensland and Sydney last week. It's great to see so much happening and so many of our projects coming to fruition.

Some of the highlights include the opening of our new state-of-the-art research labs at the Central Queensland Innovation and Research Precinct (CQIRP), the signing of the lease for our new campus in the Perth CBD, the signing of an MOU to deliver our ag program out of the Rural Industries Skills Training (RIST) in Hamilton Victoria, the addition of creative and performing arts programs to our Cairns campus and the rapid construction of the next stage of our Townsville campus.

We have also been fortunate enough to see our people win numerous awards and to top it all off we improved our world university ranking with the *Times Higher Education World University Rankings*, appearing in the top 500 bracket (this result puts within the top two percent of universities worldwide).

It sure is great to be back and I look forward to updating you about more of our exciting initiatives in 2017, including our growing social innovation agenda. There may only be few until Christmas but there is certainly no slowing down at CQUni as we approach the holiday period.

Finally, I'd like to thank all U3A members for their continued support of CQUniversity in 2016. The entire CQUniversity community values our partnership and the interest U3A members take in the University. We look forward to working with you again in 2017 and wish you and your families a safe and happy Christmas and New Year!

Professor Scott Bowman
Vice-Chancellor and President
CQUniversity Australia

Date Claimers

(note: subject to change)

December 5	Show & Tell & Journal
December 31	Annual fees due
2017 January	No General Meeting/activities
2017 February 6	Sign On & General Meeting
2017 February 13	Mt Chalmers Social
2017 March 13	General Meeting & Journal



December, time to make your Santa requests list. Although it might still be a pipe dream in some areas, the **NBN** (National Broadband Network) is being installed in our Rockhampton area at the moment. Are you on the list, go to <https://www.finder.com.au/nbn-tracker/sa/4ROT> and follow the steps. For some it may be another 3+ years. This site also lists available NBN Providers. Further reading for our Rockhampton area can be found at <http://www.nbnco.com.au/corporate-information/media-centre/media-releases/nbn-work-starts-in-another-part-of-Rockhampton-for-a-super-fast-future.html>

NBN Providers – You may be connected to one of Australia's larger ADSL providers at the moment, but you are advised to search the NBN Providers lists for a better deal. Just because you have been with bear.net ever since you started on the Internet, doesn't mean you have to be loyal and stay there. Bundles with your home phone, Internet and line rental and some mobiles make a very healthy alternative. This website gives you *some* alternatives for NBN.

<http://broadbandguide.com.au/nbn/rockhampton>

We all talk about how slow our connection is so take the speed test now and again when you are connected to NBN and you'll see the difference. On the last test I did it took 27milli-seconds to get a return packet sent to me from Brisbane. You can test your own speed on your connection by using this link <http://speedtest.telstra.com> select your nearest major city like Brisbane and the test will start. The end result will tell you your Download and Upload speed. Make a note of your results and when you are connected to NBN carry out a further test and compare the results. My test reported 11.34mbps Down and 0.76mbps Up. This test can also be done on an iPad using Safari and typing in <http://speedtest.telstra.com>

A large number of techno people use an iPhone and an iPad. These two devices are totally unlike any IBM class of computer and they run on a different operating system. Your normal desktop runs on Windows while the iPad and iPhone run on iOS which is a way of saying 'iPhone OS', or 'iPhone Operating System. iOS has released iOS 10 and it provides a very stable operating system on iPad but not so good on the iPhone, but I'm sure Apple will sort that out. More reading and a

comparison on iPad to Android
<https://recombu.com/mobile/article/what-is-ios-and-what-does-ios-stand-for>

So while with the "i" technology we will look at a means of backing up your music and photos to an external device called an iCobra. As you are aware the iPad and iPhone don't have a universal USB. So the iCobra has both connector USB3 at one end and a Lightning connector on the other end. Before you connect the iCobra go to the Apple App Store and search for Emtec iCobra and download the App.

To connect to your Desktop or laptop you will need to go to
<https://play.google.com/store/search?q=emtec&c=apps> For the operation of the iCobra go to
<http://www.emtec-connect.com/en/13-icobra.html>

The iCobra is on sale at all Post Offices and selling for approx \$60 and comes in two sizes 32Gb or 64Gb.

What you need to know -

<https://www.whistleout.com.au/Broadband/Guides/NBN-Guide-What-You-Need-to-Know>

How does ADSL and NBN differ -

<https://www.whistleout.com.au/Broadband/Guides/How-the-NBN-Differs-from-ADSL2-Cable-and-Wireless>

How fast is NBN - At its greatest capacity, the NBN offers speeds of up to **100 megabits per second**(Mbps).At this amazing speed, a 200-megabyte TV show could be downloaded in 16 seconds. Yep – that's some superfast internet! Of course, the NBN speed you experience still depends on a range of factors.

What is ADSL and VDSL – **VDSL** stands for Very high bitrate Digital Subscriber Line.

ADSL stands for Asymmetric digital subscriber line is a type of digital subscriber line (DSL) technology, a data communications technology that enables faster data transmission over copper telephone lines rather than a conventional voiceband modem can provide

Speed Differences -

ADSL and VDSL are over copper, ADSL is 20Mbps and below, max 1Mbps upload if on 10Mbps, else 512Kbps. VDSL is 20 or 40Mbps, 2 or 3Mbps upload. ADSL has about 15% of line used for overheads (you will never get 10Mbps, but rather ~8.5Mbps).

Fibre is the future, lower latency, less noise issues, less maintenance, faster speeds for cheaper (depending on the provider), no loss in maximum line speed due to distance as well. If you can, always go the fibre route. Fibre also allows a lot higher upload than ADSL/VDSL, this is

especially useful for businesses when they want to have video conferences/file backups.

Naked ADSL -

http://www.pcworld.idg.com.au/article/310846/what_naked_adsl/

What I want for Christmas this year is not available. But I'll keep searching....

Merry Christmas

Nick Quigley OAM

Web Co ordinator



At a recent End of Year U3A Gathering, stalwart SeniorFit member Shirley Hopkins reminded us all of the importance of being physically active at our stage of life, for all the reasons we know so well and were reminded of by Robert Saville (CQU Gym Co-ordinator) in the September Quarterly Flyer. This brought to mind, an incident that occurred on a cold and windy mid-winter morning at our SeniorFit class. A group of us were standing around, lamenting the cold and wondering how we were going to be brave enough to take off our jumpers. A movement caught the corner of my eye, and there, instead of complaining, was Faye McBryde (many of you will know her from U3A) energetically and enthusiastically running on the spot to warm up, framed by a golden glow of the early morning sunshine. She was a sight to behold!

Here was a fine example of an active senior, 15-20 years older than the majority of us there that day, doing something positive to help herself. How many of us know that we should be doing more physical activity, but put it off until tomorrow?

Faye turned 86yrs soon after this and we

celebrated her birthday at our SeniorFit class. You may recognize many of those present as current (and some past) U3A members- Rhonda Daniels, Jill Allan, Leslie Smith, Ann Thomas, Thelma Richards, Val Gribble, Janet Stewart, Christine Bennett, and our trainer Sandrine Makiela.

We would love to see you come join us next year, and reap the benefits of a more active lifestyle. Class times are on the Activities Schedule.

Regards, Jill Howes



Garden lovers group continue to enjoy meeting for morning tea and learning new things about gardening. We were inspired in August by the lovely gardens at Oaktree Retirement Village and in September visited Kay Bailey's home to see her water wise gardening feature and her wonderful outdoor kitchen. In October the CQ Yates representative, Michael, visited us at my house for a very informative presentation. We had 20 people in attendance and we look forward to compiling new questions to ask him when he comes again next year.



In November we will have our Christmas breakup at Jackie Geraghty's home where we will also view her lovely garden. If you would like to come to our meetings you would be very welcome. Just come along, (bring a small plate for morning tea) or phone Joan Cooper on 49333190 or 0458060447 for more information

COMPANION OF THE UNIVERSITY

At the graduation August 25, CQUniversity conferred on Sister Anne-Marie Kinnane the honorary award of Companion of the University.



RECIPIENT:

SISTER ANNE- MARIE KINNANE

(Pictured above with Deputy Chancellor Dr Robyn Michinton)

Sister Anne-Marie Kinnane has been an influential educator who has utilised her knowledge' skills, personal drive and leadership qualities to make connections and build strong relationships to support the Rockhampton region.

Following her school years, Sister Anne-Marie spent several years doing clerical work in Brisbane prior to entering the Sisters of Mercy in Rockhampton in 1946. She was a teacher in Diocesan primary schools and secondary colleges in various communities across Queensland.

As the founder of CentacareCQ in 1972, Sister Anne-Marie initiated community development work in a welcoming, inclusive way and the Rockhampton community has benefited enormously from her energy, vision, care and commitment to ensuring the communities welfare.

With the assistance of Father Gilbert, Sister Anne-Marie created an agency that would provide family and social services to the wider community. As a result, on January 29 1974, the Christian Family Centre was opened under the leadership of Sister Anne-Marie and Father Francis. Throughout the 1980's, Sister Anne-Marie held the position of Chair of the Student Affairs Committee of CQUniversity Council and was highly regarded in her role.

Sister Anne-Marie assisted in the establishment of Lifeline in Rockhampton and Anglicare CQ in 1998. She has been integral to improving the lives of many people in the Rockhampton community and is well known and respected. Her role as an industry leader and educator shows Sister Anne-Marie

Kinnane is worthy of recognition by conferring on her the honorary award of Companion of the University.

"She is 93 years old and a member of U3A. Her activities include attending monthly meetings and Aqua Aerobics. She hopes to return to activities after health problems have resolved." (Shirley Hopkins)



with Nancy Crapp

Another busy and enjoyable year on the social calendar.

February 8th: Members were up bright and early to view sunrise at Emu Park Memorial Walk. Unfortunately the weather wasn't very accommodating and clouds and rain obscured the view but some managed to obtain photos. We followed with breakfast at Deganis.

March 14th: Members visited the Korana Crocodile Farm at Coowonga. It was very interesting watching a baby crocodile emerge from the egg. A tour followed with our guide and then some stayed for lunch.

April 11th: Some members attended Morning Melodies at the Pilbeam Theatre.

May 9th: A most interesting day by coach first to Byfield store for morning tea, then on to Nob Creek Pottery. The day was complete with lunch at the Clubhouse in Yeppoon.

June 13th: Members attended a BBQ at the Botanical Gardens.

July 11th: A very interesting tour of the Museum and graves and other interesting buildings at Joskeleigh. This was followed by an enjoyable lunch at Keppel Sands Hotel.

August 8th: Morning tea was enjoyed by all at Rigallsford Park in Berserker.

September 12th: Members had a very informative tour of various sections of CQUniversity.



GUEST SPEAKERS

with
Gordon Findlater



September

Our September guest Speaker Superintendent Colin May, Zone commander Central Region Qld Fire and Rescue. He emphasised why we should be fire ready and displayed data about fires and rescues they had attended.



October

Speaker for October was Bob Blair from the Dreamtime Centre. He had everyone entertained and amused with his life story.



November

CQUniversity Medical Health staff, Helen Bourne and Donna filled us in on the services that the community is offered.





October 10th: Another enjoyable lunch at Keppel Sands Hotel



November 14th: We joined with Yeppoon U3A for a BBQ lunch at Yeppoon.



November 28th: Christmas lunch at the Frenchville Sports Club.

Just in TIME

by Keith Bambrick

There were five of us in the little 14 foot boat anchored in mid-channel in the great bend of the Fitzroy River, known as the Devil's Elbow. We were seated beneath a canvas awning which somewhat blocked the view. Catfish. Nothing but catfish and not too many of those. I moved to try my luck on the other side of the boat. Horror! There over the bank of the river bend, I noticed the superstructure and funnel of a big ship, steaming up river at a rate of knots!! Panic.

One brother tried to raise the anchor, another tried to start the engine. No luck. Then suddenly, the anchor arose out of the mud. But still no engine.... David grabbed the oars causing a bruised shin or two. He heaved on those oars, and finally, our heavy little tub began to move out of the channel just as the great vessel swept by, leaving us bobbing in its wake. It, by the way, was the S.S. TIME.

Some months later on a return visit, S.S. TIME was moored at Gaviel Dock, taking on cargo. Our David steered our boat at her, as if to ram her for the scare she'd given us. Woops! The tiller broke off in his hand so there was no way to steer out of harm's way. David leapt up onto the bow, and pushing against the TIME'S hull, saved us from collision. He then took the oars again to navigate us back to safety.

PS The S.S. TIME ran aground on the rocks by the entrance to Port Philip Bay. Interesting to view the rusting hulk years later.... Our little wooden boat is still going strong, forty years later!

JACANA BUSH DANCERS

We continue to dance every Monday night at the Pipe Band Hall, Gladstone Road (next to A Mans Toy Shop) from 7 – 9pm. A light supper is provided by the club in the admission price of \$5 adults and \$1 children. We welcome all U3A members – the first night is free. Children are very welcome and usually put the oldies to shame.

Robyn Kime celebrated her birthday in October.



Our Christmas party is to be held on Monday 19th December at 7 pm. If attending, please bring a small plate of Christmas goodies to share.

We will not be holding a dance on Monday 26th December.

The club would like to wish all U3A members a very Merry Christmas and a very happy New Year. We would also like to thank the U3A committee for the invitation to the tutors and volunteers morning tea on the 31st October and for the certificate presented by President, Phil Morissette.

Any enquiries, please contact is Leonie Keene 49225887 or 0407571561.

ARMCHAIR TRAVEL

Armchair Travel Report August, September, October 2016

August - ICELAND Presented by Gordon Lawrence who toured to the island via Helsinki. Iceland is a Nordic island nation in North Atlantic Ocean. The population is 332,529 most of which live in the capitol Reykjavik.

Iceland is defined by its volcanos, geysers, hot springs and lava fields. The highlights of the trip were: - HallgrA Mur Lutheran Parish Church, Seljalandsfoss & Skogafoss Waterfalls & Black sand Beach and Strolkur geyser. The most common birds are Puffins and Arctic turns. The Arctic Fox is a common sight on the tundra.

September - ROUND THE WORLD IN 3 WEEKS. Presented by Joan Cooper.

Starting in London Joan & her daughter took a Red Bus Tour to Fleet Street, Madam Tussards, changing of the Guard at Buckingham Palace and Kensington Gardens. Onto Vancouver where highlights were Sky rail to Grouse Mountain visiting Wildlife Refuge for Bears, Capilano Sus Bridge and Sculptures carved into wood by chainsaws. Butchart Gardens in Victoria town. Taking the Hells Gate Air tram Joan visited the Fraser Canyon and the Columbia Ice Fields and Bow Lake in Banff National Park. Leaving from Calgary they flew to Honolulu. Highlights here were a flight over Kilauea crater and Punaluu the black sand beach...

October- CUBA Presented by Virginia Latty Weir.

First stop Havana the Capital City on arrival from Mexico. First to be noticed were the numbers of Old classic style American vehicles, Olds Mobile, Chrysler, Chevrolet etc.

Trip highlights were Varadero Beach, Museo Del Ron Havana Club, Hotel Velasco, Jose Marti

monument, Buena Vista Social Club. Other highlights The Hotel Nacional de Cuba Havana , La Bodequito del Medico, Bevamar Caves in Matanzas as well as visiting the Vinales Valley where traditional methods of tobacco growing has survived for centuries.

Jackie Geraghty Convenor



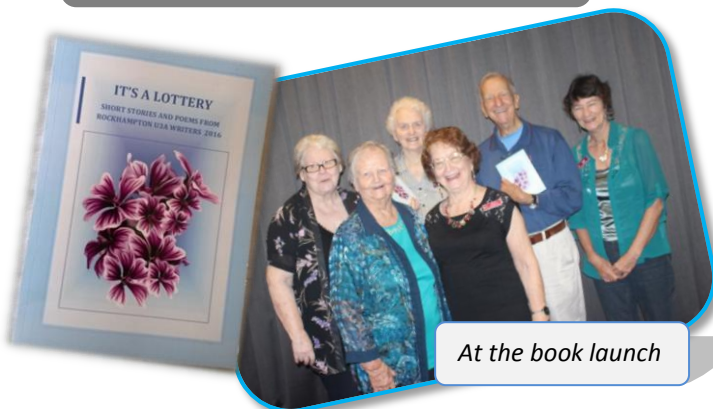
with Judy Sutton

We enjoy playing Mahjong every Friday from 1pm to 4pm at Settler's Village. Some of the residents join us and we break for afternoon tea and a chat about 2.30pm.

Our Christmas Lunch is being held at Korte's Resort on Friday 18th November meeting at 11.30 followed by our usual Mahjong at Settler's Village.



WRITING FOR PLEASURE GROUP



At the book launch

We are a friendly group. If you like to dabble with writing and enjoy listening and having a chat, you are most welcome to join us.

Our greatest achievement this year has been the successful publication of 'It's A Lottery'. There is still time to purchase one for that Christmas Stocking and \$10 will get you a copy.

Ring Convenor Judy Whitworth on 48366133.

Writing for Pleasure Christmas Tree



All
heads bent
on penning our
literary gems to share. Smiles
and encouragement over shared
readings, we are a group most fair.



Each month when we meet in
Bolsover Street or up at the Gardens
between, be the tables glass-topped or just
bird-spotted, we still write up a treat to share.



With brains all engaging
we never think that we are past it.
Accumulated knowledge is stored up there.
If our scrawl is awkward, tired and scratchy
We'll still go home, type it up and don't mind if
it's patchy.



You can't best us writers
We'll all be writing when darkness
falls. We've got opinions so varied, put
together, mixed up, stirred and shaken. On
our own or together 'there's always a story in
the makin'.



In 2016
we managed you see,
to write lots of stories for
a book, It's A Lottery. Our
numbers need a boost, and
we would love to have you
with us, writing, next year.



DRAMA GROUP

We have been working on our presentation for Christmas lunch. As you will see, being our first skit, we decided to go for something where we didn't need to remember lines. Many thanks to Debbie for the use of her 'perfect' undercover area for our get-togethers.



AQUA AEROBICS

Members were delighted to see Daphne and Maureen return to Aqua after a prolonged absence and bring a new member, Lois, to enjoy our activity. Aqua is an exercise for all women and men. We are a happy group and new members are always welcome at classes on Tuesday 11am; Thursday 9.30am and Saturday 7.30am. Location is Caribeae where U3A members receive a discounted admission of \$6.

Shirley Hopkins

IN VOICE

(speech group)

Members of our group have recently performed at the Rockhampton Chamber Music Society's regular monthly concert and entertained residents, families and friends of Azar House, the dementia unit of Leinster Place. Poems such as Albert and The Lion and Vespers (Christopher Robin Saying His Prayers) were well received and both organisations have asked us to come back again.

We will have performed at the Chamber of Music Concerts on Sunday 13 November and will be performing at the Christmas Concert on Sunday 11 December. The concerts are held in the Walter Reid complex (floor 1) commencing at 2pm. Admission is a gold coin and all are welcome.

Azar House have also invited us to entertain at the Christmas Concert for residents, families and friends. We will be performing at U3A's Christmas Party and Show and Tell.

Our group is small but enthusiastic. We receive regular guidance from Alex Peacocke, a drama teacher. New members are very welcome. We meet on 1st and 3rd Wednesday 9.30am – 11am. Please contact Valda Carter on 49282119



Picture: Keith Bambrick and I were fortunate in being able to attend the CQUniversity Awards presentation in June. There, we met up with our bursary recipient, Alicija Munro, who was very appreciative. We hope to meet up with her at U3A in the not too distant future.

There were some amazing young people receiving awards and we heard some equally amazing speeches from them.

If we were ever in any doubt as to whether or not these students value the bursaries they receive, this was dispelled.

Elaine Ross

Congratulations to the many contributors and to Gordon for many of the photos taken throughout the year!

It was a difficult job to fit in all of the articles and photographs, resulting in some reluctant editing for which I apologise to anyone affected.

Have a Merry Christmas and festive season. If you know of someone who is going to be alone during this time, please pay them a visit if you are able.

I would like to add my appreciation to such a wonderful group of U3A members and particularly to the cohesive and friendly committee and volunteers.

*Many thanks,
Editor*



Thanking tutors and volunteers
'morning tea' (pic 2015)

U3A Activities 2016

[Revised 4 November 2016]

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
Monday				
General Meeting ~ monthly 1 st Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow)	Phil	49287769
Bushdancing SA*	Weekly 7.00pm – 9.00pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton Cost ~ \$5	Leonie	4922 5887
History Group	3 rd week 2pm.	Oaktree Village, 155 Glenmore Rd., Park Avenue	Ann	4922 1581
Tuesday				
Senior-Fit Class Resistance Training SA* Swimming	8.30am -9.30 am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for all 3 activities on any single visit ~ \$6	Sports Centre Jill	4923 2159 4928 7715
Aqua Aerobics SA*	Weekly 11am - 12noon & 6pm - 7pm	Caribae Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Investment Group Discussion SA*	3 rd week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Mahjong 1	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Judy	49281756
Singing Group	Cancelled until further notice	284 Upper Dawson Road, R'ton.	Glenda	4922 3662
Third Age Chorus Singing Group	Weekly 9.30am	Youth Orchestra Room, Floor 1, Walter Reid Building Derby St., Rockhampton	Phil	49287769
Tai Chi * Southside	Weekly 7.30 am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
Wednesday				
Book Lover's Group	4 th week 10am	Settlers Village Community Centre Pauline Martin Drive -off North Street	Sally Joan	4926 1574 49271223
Embroidery	1 st & 3 rd weeks 1pm - 4.30pm	CQU room 65/G.27 , Commercial Building beside Campus reception (off CQU upper parking area)	Pat	4927 4493
Speech Group ("In Voice")	1 st & 3 rd Weeks 9.30am – 11am	200 Frenchville Rd., Frenchville	Mary Valda	4927 1276 49282119
Writing for Pleasure	1 st & 3 rd week 9.15am -11.15am	1 st week School of Arts, Bolsover Street, Rockhampton. 3 rd week Botanical Gardens	Judy	48366133
Drama Group	1 st & 3 rd weeks 1pm – 3pm	9 Huet St, Wandal 50c for tea/coffee	Keith	49283849

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Activities	Times	Venue	Contact	Phone
Thursday				
Senior-Fit Class Resistance Training SA * Swimming	8.30 am – 9.30am 7.30am - 8.30am Initially, then Any open hours	<i>CQU Community Sports Centre, Yaamba Road, North Rockhampton</i> Cost for all 3 activities on any single visit ~ \$6	Sports Centre Jill	4923 2159 4928 7715
Aqua Aerobics	Weekly 9.30am - 10.30am 5.30pm - 6.30pm	<i>Caribee Swim Academy, 135 Menzies Street, North Rockhampton</i> Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Discussion ~ Current Affairs	3 rd week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Scrapbooking SA	Last Thurs of Month 9.30am – 4pm	<i>Oaktree Village, 155 Glenmore Rd., Park Avenue</i>	Ann	49221581
Photography Group	Every 2 nd Week 3pm [from 10/3/16]	<i>Technology Centre ~ 1st Floor, Library, Bolsover Street, Rockhampton.</i>	Phil	4928 7769
Friday				
Armchair Travel	3 rd week 9.30am -11.30am	<i>Athelstane House, Ward Street, Rockhampton (Bowls Club)</i> Please bring a plate for morning tea.	Jackie	4922 7976
Garden Lover's Club	4 th week 9.30am	Venue advised at General meeting Please bring hat, chair & plate for morning tea.	Joan	49333190
Line Dancing SA	Weekly 2pm – 4pm	<i>Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton. Cost ~ \$7</i>	Sue	4922 3421
Mahjong 11	Weekly 1pm-4pm	<i>Settlers Village, Pauline Martin Drv. Rockhampton</i>	Judy	49281756
Pencil Drawing	1 st week 9.30am -11.00am	7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton	Keith	4928 9505
Tai Chi Northside	Weekly 7.30am - 8.30am.	<i>Kershaw Gardens (Knight Street)</i> Cost ~ \$2.	Shirley Beth	4936 4792 49264374
Saturday				
Aqua Aerobics SA *	Weekly 7am - 8am	<i>Caribee Swim Academy, 135 Menzies Street, North Rockhampton</i> Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Personal Arrangements				
Computer Classes	Various days Weekly ~ 2 hours	<i>Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.</i> (How to Drive a Computer; Windows 8, Files & Folders, Word 2010, Powerpoint, Personal & Computer Security, Email, Digital Photography)	Chris or RRC	4936 8212 or 1300 225 577
Family History & Genealogy	By appointment	Consultation at tutor's or person's home	Helen	4928 2233
Heraldry	By appointment (contact tutor)	190 German Street, Norman Gardens, North Rockhampton	Ken	4928 3687

