



*One of our groups, Keep Fit, gets the crowd involved at December's Show And Tell*



Christmas Lunch 30  
November, 2015

**General Meeting** 1st Monday of each Month (ex January) 9.30am at  
Frenchville Sports club

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)

## OUTGOING 2015 COMMITTEE



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

Check out the Quarterly Flyer in colour  
<http://www.u3arockhampton.org.au/images/qfmar16.pdf>

**Welcome to 2016  
MARCH AGM**

### PRESIDENT'S REPORT



**Phil Morisette - President**

It has been my absolute privilege to have served in this position over the past twelve months. The results would not have been achieved by one person alone, so a great lot of gratitude goes to our committee who are elected also to make the

decisions throughout the year which should be in the best interest of our members of U3A Rockhampton.

As well as your committee, our organisation requires volunteers to survive. These people are the backbone because without them, we would not function. They are the tutors, activity coordinators, morning tea helpers, raffle ticket sellers, welcoming people at our meetings, sign on helpers and the list goes on. Hats off to those who are rarely acknowledged but are indispensable. We have attempted to offer activities to suit all tastes, arrange informative guest speakers at our monthly meetings and organise social outings which have all been well attended.

I was afforded the opportunity to attend the International Conference of U3A in Brisbane in May last year which gave me a greater insight as to the workings of various U3A groups both on an international level and at our own state level. The realisation that we don't all follow the same format, that we are an individual club/organisation with the same basic ideals soon hit home. I believe we have the right formula for our area as has been displayed by our increasing membership numbers, in particular at our Sign-on Day at our February Meeting.

Throughout the year, I've attempted to encourage our members who attend our monthly meetings to tell their friends of the activities we have to offer and this was reflected in February when 27 visitors/21 new members were welcomed.

I began the year (2015) with a list of goals for both our Rockhampton U3A and for me personally. Most of our club goals were achieved but I fell short in visiting each of our activities for which I apologise.

On reflection, I believe that we, as a group, have achieved high distinctions in the fields of rewarding mentally improving, physically developing and a socially interacting period over the twelve months.

Thank you once again, for your support and continued involvement in U3A Rockhampton.

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### Date Claimers

March 14	Koorana Crocodile Farm
April 4	Meeting
April 11	Morning Melodies
May 2	Meeting
May 10	June QF deadline
May TBA	Cancer Morning Tea
June 6 2016	Meeting & Issue QF

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Dear u3a members

## The end of an era at CQUniversity

It's the end of an era here at CQUniversity as we get set to farewell our Chancellor Rennie Fritschy who is retiring in March.



Mr Fritschy has served as Chancellor of CQUniversity for the past 12 years and has also served as a member of the University Council since 1995.

Before becoming Chancellor of CQUniversity Mr Fritschy had a broad ranging career spanning the alumina, nickel, petrochemical and textile industries, holding numerous Chief Executive and Managing Director roles, including eight years as the Managing Director of Queensland Alumina Ltd.

Most recently Mr Fritschy was honoured with a Member of the Order of Australia (AM) as part of the 2016 Australia Day honours list. The award recognised the significant contribution Mr Fritschy has made to regional Australia, particularly Central Queensland, throughout his distinguished career.

Mr Fritschy has achieved much in his career but he explained to me that his greatest reward has been watching education transform the lives of so many.

He has made an incredible contribution to CQUniversity and the central Queensland community during his tenure as Chancellor, applying his expertise in leadership and strategy development to make a significant and lasting impact on not just the University but on communities in Central Queensland and beyond.

His stewardship of CQUniversity has led to the development of new program offerings specific to the needs of the region, state-of-the-art learning and teaching facilities and a greater focus on our global outreach programs, and our social innovation agenda. This strategic imperative has led to increased enrolments at the University and has had a major impact on improving higher education participation within the region.

Importantly, Mr Fritschy's commitment to improving access to higher education for the demographic that CQUniversity mostly serves,

including regional and remote, low socioeconomic, first-in-family and Indigenous students, has made positive ripples throughout the region and seen CQUniversity emerge as one of Australia's great universities in recent years.

On behalf of everyone at CQUniversity and the central Queensland community I would like to wish Rennie and his wife Noelene all the best in the next chapter of their lives," said Professor Bowman.

Mr Fritschy will be succeeded as Chancellor by Gladstone Industry identity Mr John Abbott.

## RUN 2016 Regional Futures Conference

The 2016 RUN Regional Futures Conference will be held from 21-24 June 2016 at CQUniversity in Rockhampton.

Held over four days, the conference will offer delegates the opportunity to explore themes and content which are relevant to sustainable, healthy, creative, prosperous and connected futures for regional Australia.

I'd like to invite U3A members to get involved with the conference by attending a session that may be of interest to them. The program will be published in the conference website soon <http://conference.run.edu.au/>. To attend a session please email [communicate@cqu.edu.au](mailto:communicate@cqu.edu.au).

**Professor Scott Bowman**  
**Vice-Chancellor & President, CQUniversity Australia**  
**Professor Scott Bowman**  
 U3A Rockhampton Patron

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## NICK'S TECH TIPS



It is not breaking news, already one month has gone and Christmas 2016 is only 46 weeks away. What did Santa bring you last year? I know our granddaughters eyes lit up when she opened a parcel to find an iPad 32Gb mini. At 3.5 years old she could teach you all some tricks.

Microsoft were generous with the updates over Christmas, but one Windows 10 update KB 3124200, left a very sour taste in my mouth and in thousands of other users too. A software glitch left the system unworkable. It looked normal after the computer booted up, but the most important icons would not work, they just resolved back to the desktop. I could use non Microsoft icons like

Google and LibreOffice, but the most important ones Word customizations, Edge, Outlook and File Explorer were unusable.

At the Rockhampton Technology Center I contacted Don Knowles and he tried all the tricks he knew. So on my return home I continued the web search for "W10 File manager not working" After reading many sites and following an unknown number of suggested fixes, I finally found one on a Microsoft Forum.

Using **Windows Powershell** I was able to create a new user and following the prompts, rebooting the computer into a whole new world.

The reason for telling you this is that Powershell is like the control room of Window, but the commands used are distinctly different to windows and to get out of powershell you must type "exit", a bit like the old days using Edlin.

Now an exercise for you at home and to show you how to ask Google a question.

Just type in "*what is a dicotyledon*" and enter. Next search for "*signalling flags*" click images and enter.

You have passed the test. The next exercise may help you resolve the Microsoft error.

Let us look up the computer problem "windows 10 file explorer not responding" and the top site will be "windows 10 file explorer stops responding – Microsoft community" From here you will be able to overcome a major windows glitch, but not without a lot more reading. For those who want to read more about the Windows update error look here <http://www.extremetech.com/computing/219908-latest-windows-10-update-erases-word-customizations-can-break-edge-outlook-file-explorer>.

**Apple users** should by now have updated the IOS system to 9.2.1. Each time you see a figure 1 on the Setup icon you should do the update. Updates are created because faults have been reported to the extent that the Apple Engineers warrant an update.

If you have Grandkids between 3 and 10, **ABC-KIDS** is a great activity App to download free from the App Store.

Now is the time to add another App called **Night Sky**. The version I downloaded cost me 99cents. It is a wonderful App with a wealth of information and is able to pinpoint the hundreds of manmade space junk items floating above us. At the moment our planets are in line with each other and to find where to look load Night Sky, after configuring your location, hold the iPad in front of you and slowly move it above your head. The stars and planets on your screen are what you should see in the sky above. Move left to right to follow and search for

particular stars. You will spend hours relaxing and star gazing.

Drop a note in the U3A Suggestion box if you have a particular issue you would like addressed.

Till the next QF Cheers Nick Quigley OAM

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## TAI – CHI

Yes, we are happy to be back at Kershaw Gardens, which is looking great after a lot of hard work by our own Council staff. We meet every Friday at 7:30 am for one hour near the windmill RAIN, HAIL or SHINE (cyclones excepted). New members are always welcome, bring along a hat, a water bottle and \$2.

We are fortunate to have Lynn Zelmer as our instructor. He is a member of the Australian Academy of Tai Chi and volunteers his time for our classes.

Tai Chi is a set of exercises to help improve our physical and mental wellbeing in a gentle and relaxed way.

The members socialise within the friendly group. On 20 December members held a surprise afternoon tea at the Botanic Gardens on the occasion of Amy Zelmer's 80th Birthday. Jennifer, Lynn and Amy's daughter from Canada, was also here for the special occasion. Many thanks to Beth for making the special birthday cake.

Following our tradition, members gathered after tai chi on 15 January for our New Year shared breakfast instead of the more usual Christmas party.

It was great to welcome back Pam Gross Kopf after a bout of illness and we hope she continues to improve.

Do think about coming to tai chi, you will enjoy.

Shirley Hopkins, 4936 4792



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## WATER AEROBOTICS

Why not join us for the easiest way to get fit with a friendly group of both males and females. You will be amazed at the exercises you can do in the water. Mabel Brosnan, our 90 year old is back in the water after a health glitch.

Our venue is Carabeae Swimming Complex, Richardson Road and has a purpose built heated pool



for Aqua Aerobics. This has an even level of water which means non-swimmers are perfectly safe. There are also steps and handrails for safety.

Classes are for one hour. Best of all we have Jodie, an experienced instructor to guide us through the exercises at our own level.

Most U3A members come to the Tuesday class at 11:00 am or Thursday 9:30 am or Saturday at 7:00 am. Other classes are available late afternoon, please enquire.

Carabeae management offer a special concession of \$6 for the hour lesson to classes of 10 or more, non-members pay around \$9.

I promise that you will enjoy your very first class. Contact Shirley on 49364792 (with 101 message)

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## JACANA BUSH DANCERS

On The 21<sup>st</sup> December, fifteen members came along to take part in our dance and Christmas celebration. The evening started with the popular Black Wattle Reel, then the dancers had fun doing Strip The Willow followed by the aptly named Drongo, Kangaroo Hop and many more.

During the evening a lucky chair prize was won by Robyn. The Lucky spot by Dawn and Ray, the Monte Carlo by Judy partnering her granddaughter, Gabrielle who is a very good little dancer. All the lucky winners won chocolate prizes.

The members all brought a small plate of Christmas food to share. Our caller Hillary made a lovely assortment of sandwiches. The Christmas cake was iced by Treasurer Dell.

Everyone enjoyed a very festive night before returning to their homes.

The Jacana Bush dancers would like to wish all U3A members a very happy and healthy New Year and look forward to welcoming more U3A members along to join us in a fun night of dancing on Monday nights from 7 – 9pm. At the Rockhampton Pipe Band Hall (next to A Man's Toy Shop) on Gladstone Road.

For enquiries contact Leonie Keene on 49225887



## WRITING FOR PLEASURE GROUP

A brief report

by Judy Whitworth

22 people signed on at the February 2015 U3A Sign on at the Open Meeting.

The year saw nine of our members battle through ill health and been the central core of the Group this year, although a couple of times we were down to just 4 or 5 and I was one of the absentees. Other group members ran it in my absence.

During the year there were some Competitions to enter. Rita came first in a couple of them .. she realises that “you’ve got to be in it to win it!”

At one of our meets, a suggestion came ‘out of the blue’ to do something different at the Christmas Lunch. A few brave souls decided it would be fun to sing (although only a couple of us can) old jingles. They were busy writing the introductions and connectors – generally rhyming lines – and a handful of practices later, we were never ready!!

Of our three males, only one was available and that was Rod, who was unwell and unable to attend at the last minute. Never fear, poets were near and Elaine took up the challenge and with the assistance of the others, rewrote some lines. We were ‘never ready’ again.

A few of the group currently have stories entered in a competition, so here’s keeping fingers crossed. Plans this year include another publication, so all are busy preparing for this.



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### *Interested in playing a Brass Instrument?*

We would like to extend an invitation to explore if there is any interest within your group and see if there is some way we can support your members in learning from scratch or assist them in getting back into music if they have played in the past.

We can loan them a brass instrument if they are interested while they explore their potential as beginners and if they have played a brass instrument in the past we can possibly help them get back into it.

Jack Ingram conductor of the Rockhampton City Brass Band. I can be contacted on 040839954 and email: jack@sbc.qld.edu.au.

## CHRISTMAS LUNCHEON

Once again the Frenchville Sports Club put on a fantastic meal, complete with table settings, decorations and bon bons. Each attendee received a small gift from U3A.

The line up of talent was exceptional as usual. How many were astounded that Keith could perform with such expertise and grace and actually touch his toes with seemingly effortless ease!



The In Voice Group was in top form once again



as was the choir.



..and Lindsay at the keyboard



Lydia Strohfeld, the young songbird currently an exchange student in Finland

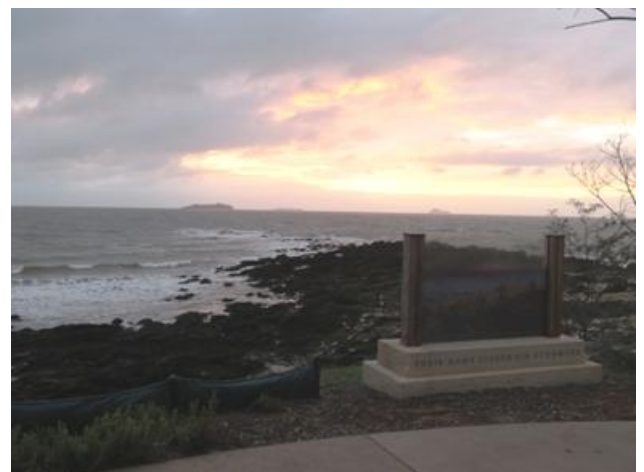


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## SOCIAL OUTINGS

Nancy has been busy already organising a sunrise get together at Emu Park ANZAC memorial. About 23 members enjoyed the early morning, even though the clouds also felt invited.

However, Phil managed to get this shot, below. Almost all enjoyed a breakfast at Degani's afterwards.



Morning Melodies is next on Monday 11<sup>th</sup> April and will feature Tenori (three of the ten tenors). Cost is \$16

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## DECEMBER SHOW & TELL

The December meeting gave groups the opportunity to present to members a taste of what they are about.

One surprise visitor was ABC's commentator, Jacquie Mackay who undertook a few spot interviews with members (in the background) during tea break. These were aired on ABC morning radio early January.



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## FEBRUARY SIGN ON

All the best!  
From Maxy



Sign on Day was a great success. A great deal of interest shown in all Activities. A lot of people showed interest in the suggested new activities, but we need some leaders for these.

Two of the new activities that will take off are: Scrapbooking and Drama. Members will be advised at the next meeting of proposed dates and times.

Please note that there is no swimming group at the moment.

Members please note that everybody has to be financial when taking part in activities. This is absolutely necessary for insurance purposes: members are insured by our insurance if directly coming and going from activities.



Lots of new faces  
were welcomed

Joy Wilson  
reminding us about  
the Cancer Morning  
Tea in May and  
help is needed



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## The Old Man

*by: Rodger Williamson*

The old man sat quietly in the gathering dusk. Moving gently so as not to antagonize his arthritic back, he settled himself deeper into the soft cushions of the chair. Holding his empty and now forbidden old briar pipe in his hand, he closed his eyes allowing memories of a happy life to come slowly to the fore of his consciousness. Figures and scenes materialised and became almost real as he recalled the love and contentment of the old days. Absently savouring the aromatic smell of tobacco, still lingering faintly within the blackened bowl of his pipe, he allowed the warmth of his memories to flood into his soup. A satisfied half smile settled across his face.

The outside light faded further; deep shadows stole across the room. As always at this time of the day his thoughts turned to his darling wife, who, until last year had been constantly at his side sharing a deep companionship and life-long bond.

Images materialised from his consciousness as he remembered the country dance where as a young man, he had cockily walked across the hall to where a pretty girl was standing with a group of her friends. He had seen this girl at other dances and had decided that this time he was going to overcome his shyness and ask her to partner him. The band was in full swing, saxophone, piano, clarinet and drums were beating out a medley of Glen Millar music. For all his cocky swagger, he had been quite apprehensive in approaching this popular, good looking girl. Drawing near, his confidence began to fail. 'What if she said no!' Before he could mumble a word of invitation, she had turned to him and with a serious face, said 'Yes'. He can't remember what words he stuttered as all words were lost as he looked into her eyes.

Drawing her on to the dance floor, he suffered a moment of panic. What if I say the wrong thing, or, what if I stand on her toes, he thought. She'll think I'm a clumsy clod or worst still, a country bumpkin. Putting aside his nerves, he took her in his arms and tentatively stepped out into the dance floor.

The evening went by in a whirling haze, dance after dance they held each other as the music engulfed them. It was as if they had always been meant for each others' arms. Lost in time, neither had noticed that the music had changed. The band was now playing a slow ballad, while a crooner on the stage softly sang. The lights had dimmed, creating a romantic cocoon embracing the dancers. All too soon the music ended and the lights once

again lit up the room. They had danced together for the entire evening, wrapped in each others' eyes.

Happy memories flooded his reminiscing. Their first house, their children, even the hard times they had spent together were now distant and softened with age.

A tear fell as he brought to mind the last days spent with his wonderful loyal and beautiful wife. Before she left him, she had made him promise that he would continue through life as they had done together. She had promised him that she would wait in the afterlife so that they could once again be together.

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## Proposed Drama Group

Ten interested members met on February 10<sup>th</sup> for an inaugural meet just to decide on times, venue and the way forward for the group led by Keith Bambrick. Five members were unable to attend.

Venue and contact details for future meets (1<sup>st</sup> and 3<sup>rd</sup> Wednesdays 12.30 – 2.30) should appear on the updated activities sheet.



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## PHOTOGRAPHY GROUP

We're back in action for 2016, meeting every two weeks from Thursday 10th March at the Technology Centre Rooms, upstairs in the Southside Library at 3pm.

New members and existing members wishing to get the most out of their digital cameras are welcome to join our very social group. You don't need to have the latest, biggest or best to join in and learn.

If you're not getting good results from your camera, come along to our next meeting and have some fun while you learn.

Give me a call if you need more information.

Phil Morissette - co-ordinator  
Ph. 4928 7769



## Steve Jobs: final words

I have come to the pinnacle of success in business... In the eyes of others, my life has been the symbol of success. However, apart from work, I have little joy.

Finally, my wealth is simply a fact to which I am accustomed. At this time, lying on the hospital bed and remembering all my life...

I realize that all the accolades and riches of which I was once so proud, have become insignificant with my imminent death...

In the dark, when I look at green lights, of the equipment for artificial respiration and feel the buzz of their mechanical sounds, I can feel the breath of my approaching death looming over me. Only now do I understand that once you accumulate enough money for the rest of your life, you have to pursue objectives that are not related to wealth. It should be something more important: for example, stories of love, art, dreams of my childhood. No, stop pursuing wealth, it can only make a person into a twisted being, just like me. God has made us one way, we can feel the love in the heart of each of us, and not illusions built by fame or money, like I made in my life, I cannot take them with me. I can only take with me the memories that were strengthened by love.

This is the true wealth that will follow you; will accompany you, He will give strength and light to go ahead. Love can travel thousands of miles and so life has no limits. Move to where you want to go. Strive to reach the goals you want to achieve. Everything is in your heart and in your hands.

*by Steve Jobs*



One of our members, Gordon, can't extol the virtues of the volunteers at Coin in the Southside library, enough. Although he likes to keep in touch with technology, he needed some help with a windows smart phone and with updating software on his old laptop computer. If anyone needs assistance, the volunteers have loads of patience, so don't be backward in coming forward if you want some help.

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*When you have worked out my basic crossword, print or cut out your solution, write your name on it somewhere, and bring it to the April general meeting. A box will be provided and there will be a small prize for the first correct puzzle drawn.*

*[Sorry, committee & family ineligible ☹]*

1		2	3				4	
		5				6		
7								
		8				9		10
11	12				13			
14				15				
16			17					
			18					

### CLUES ACROSS

- 1 Qld Cyclone (6)
- 5 Gold symbol (2)
- 6 Alcoholic drink (3)
- 7 Wander or digress (6)
- 8 Father (2)
- 9 Allow (3)
- 11 First name ex Women's Weekly Ed. (3)
- 13 Herb (4)
- 14 No by another language (3)
- 15 Cherished (5)
- 16 Sugar lovers (4)
- 18 Searches or drags (6)

### CLUES DOWN

- 1 Borderline (8)
- 2 Un-checked (7)
- 3 Famous for cigars (4)
- 4 Claim (6)
- 9 Water Closet (3)
- 10 Man's shortened name (3)
- 12 100 mph (3)
- 13 Fizzy drink (4)
- 17 Abbrev. Part of address

I would like to thank those who have contributed in any way to this issue. The deadline for the June Quarterly Flyer is 10<sup>th</sup> May. Members look forward to reading updates from the groups, even if it's one or two paragraphs. It keeps us informed about what is happening. A big welcome to new members and the incoming 2016 committee and a huge thank you to those who devoted so much of their time and expertise in 2015. To those committee members who are retiring, words seem inadequate. Your contribution has been greatly appreciated.

Thank You .

**Editor**

# U3A Activities 2016

[Revised 15<sup>th</sup> February 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
<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	49287769
<b>Bushdancing SA*</b>	Weekly 7.00pm – 9.00pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton <b>Cost ~ \$5</b>	Leonie	4922 5887
<b>History Group</b>	3 <sup>rd</sup> week 2pm.	Oaktree Village, 155 Glenmore Rd., Park Avenue	Ann	4922 1581
<b>Tuesday</b>				
<b>Aerobics</b> <b>Resistance Training</b> <b>SA*</b> <b>Swimming</b>	9.00am -10.00am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton <b>Cost for all 3 activities on any single visit ~ \$6</b>	Sports Centre Jill	4923 2159 4928 7715
<b>Aqua Aerobics SA*</b>	Weekly 11am - 12noon & 6pm - 7pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton <b>Cost ~ \$6</b>	Jodie Shirley	4926 1650 4936 4792
<b>Investment Group</b> <b>Discussion SA*</b>	3 <sup>rd</sup> week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
<b>Mahjong 1</b>	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	49288136 0455288833
<b>U3A Singing Group 1</b>	Weekly 9.30am	284 Upper Dawson Road, R'ton.	Glenda	4922 3662
<b>'Third Age Chorus'</b> <b>Singing Group</b>	Weekly 9.30am	Youth Orchestra Room, Floor 1, Walter Reid Building Derby St., Rockhampton	Phil	49287769
<b>Stitch in Time</b>	1 <sup>st</sup> Tues, March, May, July, Oct.	220 Houlihan St Frenchville	Joy	4928 2887
<b>Tai Chi *</b> <b>Southside</b>	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
<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	Sally	4926 1574
<b>Embroidery</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 1pm - 4.30pm	CQU room 65/G.27 , Commercial Building beside Campus reception (off CQU upper parking area)	Pat	4927 4493
<b>Speech Group</b> <b>("In Voice")</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Weeks 8.30am - 9.30am	Shalom Village	Mary	4927 1276
<b>Writing for Pleasure</b>	1 <sup>st</sup> & 3 <sup>rd</sup> week 9.15am -11.15am	1 <sup>st</sup> week School of Arts, Bolsover Street, Rockhampton. 2 <sup>nd</sup> week Botanical Gardens	Judy	4927 4468
<b>Drama Group</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 12.30 – 2.30pm	9 Huet St, Wandal	Keith	49283849



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[Revised 15<sup>th</sup> February 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
<b>Thursday</b>				
<b>Aerobics</b> <b>Resistance Training</b> <b>SA *</b> <b>Swimming</b>	9 am -10 am 7.30am - 8.30am Initially, then Any open hours	<i>CQU Community Sports Centre, Yaamba Road, North Rockhampton</i> <b>Cost for all 3 activities on any single visit ~ \$6</b>	Sports Centre Jill	4923 2159 4928 7715
<b>Aqua Aerobics</b>	Weekly 9.30am - 10.30am 5.30pm - 6.30pm	<i>Caribee Swim Academy, 135 Menzies Street, North Rockhampton</i> <b>Cost ~ \$6</b>	Jodie Shirley	4926 1650 4936 4792
<b>Discussion ~ Current Affairs</b>	3 <sup>rd</sup> week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
<b>Scrapbooking SA</b>	Last Thurs of Month 9.30am – 4pm	<i>Oaktree Village, 155 Glenmore Rd., Park Avenue</i>	Ann	49221581
<b>Photography Group</b>	Every 2 <sup>nd</sup> Week 3pm [from 10/3/16]	<i>Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.</i>	Phil	4928 7769
<b>Friday</b>				
<b>Armchair Travel</b>	3 <sup>rd</sup> week 9.30am -11.30am	<i>Athelstane House, Ward Street, Rockhampton (Bowls Club)</i> <i>Please bring a plate for morning tea.</i>	Jackie	4922 7976
<b>Garden Lover's Club</b>	4 <sup>th</sup> week 9.30am	<i>Different Garden each month ~ advised at General meeting</i> <i>Please bring a plate for morning tea.</i>	Joan	49333190
<b>Line Dancing</b>	Weekly 2pm – 4pm	<i>Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton</i> <b>Cost ~ \$6</b>	Sue	4922 3421
<b>Mahjong 11</b>	Weekly 1pm-4pm	<i>Settlers Village, Pauline Martin Drv. Rockhampton</i>	Kathy	49334601
<b>Pencil Drawing</b>	1 <sup>st</sup> week 9.30am -11.00am	<i>7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton</i>	Keith	4928 9505
<b>Tai Chi Northside</b>	Weekly 7.30am - 8.30am.	<i>CQU Sports Centre Oval</i> <b>Cost ~ \$2.</b>	Shirley Pam	4936 4792 4928 1130
<b>Saturday</b>				
<b>Aqua Aerobics SA *</b>	Weekly 7am - 8am	<i>Caribee Swim Academy, 135 Menzies Street, North Rockhampton</i> <b>Cost ~ \$6</b>	Jodie Shirley	4926 1650 4936 4792
<b>Personal Arrangements</b>				
<b>Computer Classes</b>	Weekly ~ 2 hours	<i>Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.</i> <i>(How to Drive a Computer; Windows 8, Files &amp; Folders, Word 2010, Powerpoint, Personal &amp; Computer Security, Email, Digital Photography</i>	Christine or RRC	4936 8212 or 1300 225 577
<b>Family History &amp; Genealogy</b>	By appointment	<i>Consultation at tutor's or person's home</i>	Helen	4928 2233
<b>Heraldry</b>	By appointment (contact tutor)	<i>190 German Street, Norman Gardens, North Rockhampton</i>	Ken	4928 3687

Activities Coordinator: Maxy Barron 4928 2486

**Learning at Leisure – Learning for Pleasure**

SENDER

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