



**3/317 MAHJONG MONDAY - Terese Watson**

This course is for those who have a grasp of playing mahjong but want to consolidate their learning through playing.....This is not a class for beginners.

**9 sessions Mon 10 - 12 noon July 24, 31 Aug 7, 14, 21, 28 Sept 4, 11, 18 UCH**

**4/317 TAI CHI TUESDAY - Linda Benson**

This class is for students who have learnt the 18 moves in Tai Chi and are ongoing participants. A short Bowen Therapy will be offered at the end of each session.

**9 Sessions Tue 8 - 9 am July 25 Aug 1, 8, 15, 22, 29 Sept 5, 12, 19 SCC**

**5/317 CARD TABLE - Alice & Brian Boyce**

If you like to play cards this group is for you. We will be playing 500 as well as a game called Hand and Foot which is a version of Canasta. We have also started a group playing Crib, so come along and join the fun. New players very welcome.

**9 Sessions Tue 10 - 12 noon July 25 Aug 1, 8, 15, 22, 29 Sept 5, 12, 19 SCC**

**6/317 3<sup>RD</sup> TUESDAY BOOK CLUB - Margery Phair**

If you love books and being part of a discussion group, this book club is for you. We only meet once per month giving plenty of time to read the chosen text.

**3 Sessions Tue 10-12 noon July 25 Aug 15 Sept 20 SCC**

**7/317 MAHJONG TUESDAY - Leonie Carson**

This course is for those who have a grasp of playing mahjong but want to consolidate their learning through playing .....This is not a class for beginners.

**9 Sessions Tue 2- 4 pm July 25 Aug 1, 8, 15, 22, 29 Sept 5, 12, 19 SCC**

**8/317 FAVOURITE BOOKS AND AUTHORS - Participants**

The beauty of talking about books is that we learn so much from each other. One of the best things is hearing about books and authors both old and new with whom we are unfamiliar. Although we cannot enjoy every book we read, contrary opinions are of as much interest as our favourites. Lively discussion is what we are here for.

**5 Sessions Tue 2-4 pm July 25 Aug 8, 22 Sept 5, 19 SCC**

**9/317 MOVE ALONG - Cecily Mahoney, Jan Cairns, Marg Collett and group (Limit 15)**

Move Along is an exercise program which is based on continuous movement to music, working at around 126 BPM for 40-45 mins. It is suitable for participants who have had some experience in attending aerobics classes. Move Along is aimed at increasing heart rate, aerobic fitness, strength and flexibility with a cool down of 10-15 mins at the end. Please wear comfortable clothing, supportive shoes, bring water and light weights if you have them.

**9 Sessions Wed 8.30 – 9.30 am July 26 Aug 2, 9, 16, 23, 30 Sept 6, 13, 20 SCC**

**10/317 PRINTMAKING WITHOUT A PRESS - Marion Rounsley (Limit 20)**

Printmaking is great for making your own cards. Learn a variety of ways to create prints which can then be made at home. Looking at a range of examples we will be experimenting with printing some prepared lino blocks, found objects and learning mono print techniques. We will learn how to -

\* transfer an image onto a piece of lino - \* cut the lino - \* how to print it. **Cost \$20.00**

**WHAT TO BRING EACH WEEK:**

\*Wear an apron or old clothes \*A newspaper to cover the table you are working on to protect it from ink \*Two OLD tea towels or hand towels \*A kitchen sponge and a roll of paper towel

**3 Sessions Wed 10- 12 July 26 Aug 2, 9 SCC**

**11/317 INDOOR BOWLS - Pamela Judd**

No experience or much physical strength is needed to play this fun social game. Simple instructions and equipment will be provided. Flat comfortable shoes are the only necessity.

**9 Sessions Wed 2 - 4 pm July 26 Aug 2, 9, 16, 23, 30 Sept 6, 13, 20 SCC**

**12/317 BALANCE 'N' BONES - Francis Writer Facilitator***(Limit 20)*

"Balance n Bones" is an exercise program for active and mobile participants at all fitness levels. It is a fun easy workout from a DVD produced by U3A which aims to increase flexibility, balance, co-ordination and bone strength. Wear loose comfortable clothing, flexible shoes & bring water.

**9 Sessions Thu 8 - 9 am July 27 Aug 3, 10, 17, 24, 31 Sept 7, 14, 21 SCC**

**13/317 SCRABBLE TABLE - Vivien Webeck**

Scrabble is an international game so many new words and abbreviations are now used but there is much more involved than just putting down a good word. Learn the finer techniques involved and how to use the board to advantage. Beginners are welcome.

**4 Sessions Thu 10 - 12 noon July 27 Aug 10, 24 Sept 14 SCC**

**14/317 KNIT, CROCHET AND CHATTER - Lorraine Forbes and Jess Burley**

The Knitting & Crochet Group will continue to meet on alternate Thursdays during the term.

New members are always welcome – bring that unfinished project with you or start a new one!

It is as much about sharing and learning together

Expert advice is always at hand from Lorraine and Jess should you need it

**5 Sessions Thu 2 - 4 pm July 27 Aug 10, 24 Sept 7, 21 SCC**

**15/317 BEGINNERS SCRABBLE - Pam Judd ☆**

Learn the ins and outs of this fascinating game from an experienced long time player.

Increase your vocabulary, develop your strategies but have fun with a very social game.

**9 Sessions Thu 2 - 4 Jul 27 Aug 3, 10, 17, 24 31 Sep 7, 14, 21 SCC**

**16/317 DINE OUT ON QUICHE - Penny Vavasour ☆***(Limit 10)*

Nearly everyone enjoys a good quiche but not all of us have the skills to make one from scratch using home-made pastry and varied fillings. A good pastry is the key. Join Penny, a Cordon Bleu cook, for a demonstration of making quiches from scratch and stay on to eat the resulting delicious lunch. While the quiches bake, Penny will show how to make a mouth-watering panna-cotta dessert with orange and almond tuiles for dessert.

**Cost \$10** includes lunch & coffee

**1 session Fri 10 – 1 approx July 28 Penny's home: 954 Barrington West Road**

**17/317 GRAND-AIDS - Marg Collett ☆**

Millions of grandmothers in Africa have been left to look after their grandchildren, most without any government aid after AIDS has taken their parents. Under the umbrella of the Stephen Lewis Foundation, groups have sprung all over the world to raise money and offer their support. Join Marg as she explains more about the challenges and how we can help through a locally formed group.

**1 session Thu 10 - 12 noon Aug 3 SCC**

**18/317 FILM GROUP – Presenter to be advised**

If you love watching films especially in the company of others then this group is for you.

The choice of films will be up to the group but if you have a favourite film on DVD that you think the group would enjoy, then bring it along.

**2 Sessions Fri 10 – 1 pm Aug 4 Sept 1 BH**

- 19/317 COPELAND WALK- Bettianne Webeck** ☆  
Join Bettianne, a guide with the NPWS, for a walk through the dry rainforest, see the mossy banks and remnants of the gold rush. Bring lunch and water for a picnic while listening to the birds; trying to spot the resident bush turkey and tadpoles of the endangered stutter frog. It will be cold but the walk will soon get the blood pumping. Wear good walking shoes as it can get slippery. Meet in the NPWS car park at the end of Copeland Road.  
**1 session      Fri 10 - 12 noon approx      Aug 11 Copeland Tops Conservation Area**
- 20/317 HISTORY OF DOMESTIC ARCHITECTURE - David Collett** ☆  
David will be looking at the shape of NSW Domestic Architecture from Macquarie to Carr including the impact of BASIX on the built environment.  
**1 Session      Wed 10 - 12      Aug 16      SCC**
- 21/317 TRAFFIC ENGINEERING - Samantha Green** ☆  
As a traffic engineer, Samantha will be talking about the science of traffic flow, traffic control devices, traffic impacts of new developments and road safety. On the local front she will share her ideas on a shared walkway and cycle path from Gloucester to Barrington. Many questions are sure to abound.  
**1 Session      Thu 10 – 12 noon      Aug 17      SCC**
- 22/317 MORNING BIRDWATCHING – Joost Werz**  
Join Joost for a walk through Gloucester Park to talk about and identify the birds you encounter both visually and by their call. Bring along your binoculars and Field Guide to Australian Birds if you have one. Meet at the entrance to Billabong Park in Boundary Street near the stone garden and walkway.  
**2 session      Mon 7.30 – 9.30 am      Aug 21      Sept 4      Gloucester Park**
- 23/317 CRUISE TO HISTORIC MORPETH - Lyn Stewart** ☆ **(Limit of 9)**  
The cruise is up the magnificent Hunter River to Morpeth. We need leave the Amenities Block, Billabong Park at 6:30am to be at the dock in Newcastle by 8.45am to board the cruise boat. Cost is \$89 each or \$84 concession for Seniors and pensioners plus your petrol cost share if car sharing. There will be a one and a half hour stop at Morpeth for lunch and visit to the museum. Return to Newcastle on the boat and a rather late trip home to Gloucester. Cost includes morning tea on the boat but not lunch. **Cost \$89 OR \$84 if Senior/pensioner**  
**1 Session      Thu      Aug 24      Meet Amenities Block, Billabong Park**
- 24/317 EXERCISE EQUIPMENT IN THE PARK - Ernie Abeysekera** ☆  
Join Ernie for an introduction to the three exercise stations installed in Gloucester Park by Rotary. Learn how they operate and what they can do for you but it will be a hands on session so wear comfortable clothing and shoes as you will be walking between the three installations. Meet at the warm up station near Gloucester Croquet Club and pray for good weather this time.  
**1 session      Fri 8 – 9      Aug 25      Gloucester Park**
- 25/317 SENIORS RIGHTS – Jill McDonnell** ☆  
Jill is an Advocate and Education Officer from the Senior Rights Service which provides FREE confidential advocacy around aged care services, advice and information, education and legal services for older people in New South Wales. Come along to learn more about this very valuable service.  
**1 session      Wed 10 – 12      Aug 30      SCC**
- 26/317 TEXTBOOKS AND CHOPSTICKS - Pat Burrows, Peter Moon, Maggie Magee** ☆ **(Limit of 20)**  
Join us for an entertaining tour of China as experienced by three teachers of English and share the delight of home cooked Chinese dumplings that we all learned to make. Master the skill of using chopsticks to eat the steamed dumplings for morning tea.  
**1 Session      Thu 10 - 12      Aug 31      SCC**