

**U3A PINE RIVERS INC.
UNIVERSITY OF THE THIRD AGE**



Learning for leisure and pleasure

NEWSLETTER

July to December - 2024

All correspondence regarding U3A Pine Rivers should be addressed to:

The Secretary
U3A Pine Rivers Inc.
PO Box 507
Kallangur, QLD, 4503

Email: admin@u3apinerivers.org.au
Web: u3apinerivers.org.au
Telephone: 3880 6677
ABN: 68 518 990 950

U3A Pine Rivers Centre, 1480 Anzac Avenue, Kallangur
Reception - Monday to Friday - 9:00 am to 12:00 pm
Hon. Solicitor: Bryan Galvin

U3A PINE RIVERS INC. – MANAGEMENT COMMITTEE

President	Bronwen Winn	0400 196 535 president@u3apinerivers.org.au
Vice President	Greg Weekes	0416 509 760 vicepresident@u3apinerivers.org.au
Secretary	Michael Terry	0447 219 714 secretary@u3apinerivers.org.au
Treasurer	Jenny Everson	0403 608 334 treasurer@u3apinerivers.org.au
Committee member	Maria Adams	0427 720 455
Committee member	Claire Anderson	0403 765 368
Committee member	Laurel Boswell	0409 893 611
Committee member	Ron Cooper	0431 201 680
Committee member	Ken Passmore	0424 638 630

COMMITTEE SUPPORT

Administration Assistant	Sandra Lynch	0432 322 283
Banking Officer	Maria Adams	0427 720 455
Caterer	Laurel Boswell	0409 893 611
Centre Administrator	Bronwen Winn	0400 196 535
Centre Manager – Kallangur Centre, King’s Cottage and Calala Drive Hall	John Wright	0407 280 010 centremgr@u3apinerivers.org.au
Centre Manager Assistant	Ron Cooper	0431 201 680

Coach Trips Coordinator	Marilyn Mavin	0414 255 199 trips@u3apinerivers.org.au
Communication Officer	Joy Royce	0404 864 479 publicity@u3apinerivers.org.au
Course Coordinator	Tony Nobbs	0402 247 411 courses@u3apinerivers.org.au
Documents Officer	Margaret Weekes	0402 473 232 documents@u3apinerivers.org.au
Events Coordinator	Vacancy	events@u3apinerivers.org.au
First Aid Coordinator	Carol Hughes	3491 3979
Grants Officer	Vacancy	grants@u3apinerivers.org.au
Hall Bookings: external hire - King's Cottage and Calala Drive Hall	Jenny Everson	0403 608 334 hallbookings@u3apinerivers.org.au
Inventory Officer	Ross Whiley	3285 2173 inventory@u3apinerivers.org.au
IT Manager	Ross Whiley	3285 2173 itmanager@u3apinerivers.org.au
Librarian	Rae Rodda	0414 533 008
Membership Officer	Eileen Gardam	0407 646 819 membership@u3apinerivers.org.au
Membership Officer	Meryl Julum	0402 132 475 membership@u3apinerivers.org.au
New Tutor Liaison	Claire Anderson	0403 765 368
Newsletter Editor	Bronwen Winn	0400 196 535 newsletter@u3apinerivers.org.au
Reception Coordinator	Elizabeth Hoffmann	0414 471 437 reception@u3apinerivers.org.au
Theatre Bookings	Yvonne Wickham	3385 0091 theatre@u3apinerivers.org.au
Monthly Update Editor	Joy Royce	0404 864 479 update@u3apinerivers.org.au
Venues Bookings Officer	Sandra Lynch	0432 322 283 venues@u3apinerivers.org.au
Welfare Support Officer	Chris Negline	0403 191 438

CONTENTS

U3A Pine Rivers Information	2,3,4	Payments	10
President's Notes	5	Payment Schedule	11
What's Happening? Caravan and Camping	6	Summary & Description of Classes	13 - 20
Coach Trips	7,8	Schedule of Classes	21 - 27
Theatre Outings	9		

LOCATIONS WHERE CLASSES MAY BE HELD

U3A Pine Rivers Centre	1480 Anzac Avenue, Kallangur
Calala Drive Hall	25 Calala Drive, Strathpine
Ferny Districts Fishing Club	11 Cabrilla Street, Everton Hills
Kallangur Memorial Bowls Club	1351 Anzac Avenue, Kallangur
Kallangur Community Hall	1480 Anzac Avenue, Kallangur
King's Cottage	18 Dayboro Road, Petrie
Lawnton Community Centre	Cnr Todds Rd & Ellis St, Lawnton
Salvation Army	27-29 Lawnton Pocket Rd, Lawnton
Samford Bowls Club	Mt Samson Road, Samford
Strathpine Library	Cnr Station St & Gympie Rd, Strathpine

U3A Pine Rivers is:

- *closed from Monday 24th June, re-opening on Monday 8th July.*
- *open for Ekka City of Moreton Bay holiday on Monday 12th August.*
- *open for King's Birthday holiday on Monday 7th October.*

Classes and activities will continue through the September term break at the discretion of the Tutor or after discussion with members.

Two Newsletters are compiled each year.

Keep this copy until the first Newsletter for 2025 is emailed or posted to you in mid-December 2024.

President's Notes

Welcome to the second Newsletter for 2024. The Newsletters are printed by the staff at Hon. Peter Dutton's office. Sincere thanks are extended to the members who are contributors, proofreaders or packers for this valuable publication. Layout changes and other issues necessitated your receiving this edition later than planned.

The 2024-2025 Committee Members are working together on planning various events for the next twelve months. A couple of roles and responsibilities will be decided soon. The theme for the year is one of rejuvenation. This means involving Tutors and members in ensuring the various events and activities are relevant and meaningful.

Life Membership of U3A Pine Rivers, according to its Constitution, is determined by the Management Committee of its own volition or upon receipt of a recommendation from any member. Life Membership is conferred "as recognition of meritorious service or some other extraordinary circumstance." I am pleased to announce that **Life Membership** will be awarded to **Jenny Everson**. Jenny has been exemplary in her various roles. Her skills in researching and directing the COVID advice and protocols, her role as Secretary, a valued member of the U3A Network Queensland 2022 Conference Committee, member of the group that has researched and developed the establishment of the Member Wizard database and as Treasurer, her current role, the adoption of the financial package in this program are much valued. As Grants' Officer, she sought financial assistance and worked with Centre Manager, John Wright and IT Manager, Ross Whiley, to implement the use of new equipment or facility upgrades. Jenny will be presented with her Life Membership badge and certificate at a suitable event.

U3A Pine Rivers Centre, Kallangur

Members who attend this venue for classes or activities will notice some structural and facility improvements. This rejuvenation includes the installation of external louvres to Room 1 which is always hot in Summer and cold in Winter and some soundproofing for Rooms 1, 2 and 3 to ensure the noise from one class does not interrupt the class in an adjacent room. Airconditioning improvements have been undertaken to ensure better air flow.

Thank you for your kind wishes for a good recovery.

Best wishes to other members who have not been enjoying good health.

Bronwen Winn – President



Monday 24th June - Monday 8th July: U3A Pine Rivers closed

Tuesday 27th August: Dickson Seniors Expo at Brendale

Wednesday 23rd October: U3A Pine Rivers *Showcase*

Tuesday 5th November: Melbourne Cup Lunch

Monday 2nd December: Christmas food appeal

Friday 13th December: Break up day and close for 2024.

Monday 6th & Wednesday 8th January 2025



2025 Membership renewal opportunities

U3A Pine Rivers Centre will be open from 9:00 am to 3:00 pm



CARAVAN & MOTORHOME CAMPING GROUP

The Group have rallies planned to Lake Boondomba in the South Burnett region from 29th July to 2nd August and to the Avocado Festival which is held in Blackbutt on Saturday 14th September. We will stay in the showgrounds from 12th – 16th September. A few members of our camping group are travelling to Trundle in NSW for the Abba Festival which is on 19th October. Our End of the Year Rally is once again at Rivershore Holiday Park, Diddillibah, on the Maroochy River from 18th – 22nd November 2024. Apart from the Abba Festival, there are still some vacancies if you would like to join our group.

From 2025, the camping group will be without a Coordinator. If anyone would like to find out what the duties are as Coordinator, please contact me. I have thoroughly enjoyed the past seven years in this position and have made firm friendships during this time.

For information on any of the trips or the position of Coordinator, please contact **Sue Hawthorne** on **0414 907 093** or randshawthorne@gmail.com

U3A COACH TRIPS – HOW TO PARTICIPATE

- **Book** with Coordinator before paying – **Marilyn Mavin** on **0414 255 199** or trips@u3apinerivers.org.au Book early to avoid disappointment. No bookings are taken at the U3A Centre, but payments may be made there.
- **Special Dietary requirements** can only be catered for if advised at the time of booking.
- **Pay** at least 16 days before the trip unless otherwise stated. Please see the Payments page 10 in this Newsletter.
- **If cancelling**, notify the Coordinator by phone or text as soon as possible.



CHECKLIST FOR TRIP DAY:

- Please leave off perfumed products. As many of our members are sensitive to perfumed products, especially within an enclosed space, we request that you consider the well-being of fellow passengers and refrain from using such products on trip day. Thank you.
- Wear your badge.
- U3A trips leave from Strathpine Shopping Centre Bus Interchange (Dixon Street side).
- Be there at least by the nominated time for processing so you are not left behind.
- Report to the Coordinator (person with the clipboard) as soon as you arrive at the Bus Interchange.
- During the day, listen to and follow the instructions from the Coordinator and the Driver.



Fragrance Free Zone
Please help us accommodate those who are chemically sensitive to fragrances and other scented products.

ENJOY A HAPPY COACH TRIP!

COACH TRIPS

MARGARET OLLEY ART CENTRE

Friday 6th September

Be at the Strathpine Bus Station by 8:20 am and wear your badge.

Cost to financial members \$77, includes morning tea, entry and lunch.

Pay by Wednesday 21st August.

Payment code **TR4-2024**.

Please ensure you have booked with Marilyn first. See page 7 (how to participate and checklist)



The Margaret Olley Art Centre at Murwillumbah celebrates the career, life and legacy of its namesake. Browse through exhibitions of paintings and objects and see the recreation of areas of Olley's famous home studio, principally the Hat Factory and the Yellow Room.

Lunch and some free time for a look around at Murwillumbah.

SCENIC VISIT to KENILWORTH HOTEL

Friday 1st November

Be at the Strathpine Bus Station by 8:50 am and wear your badge.

Cost to financial members \$82, includes morning tea, lunch and scenic touring.

Pay by Wednesday 16th October.

Payment code **TR5-2024**

Please ensure you have booked with Marilyn first. See page 7. (how to participate and checklist)



Travel through the back of the Blackall Ranges to the beautiful township of Kenilworth in the picturesque upper Mary Valley. The drive is one of the most scenic in the Sunshine Coast Hinterland and our lunch destination, the Kenilworth Hotel, is the perfect place to unwind. This trip includes morning tea, lunch and scenic touring.

THEATRE OUTINGS

The Queensland Ballet's *Coco Chanel: The Life of a Fashion Icon* is booked for **Thursday 10th October** at **1:30 pm** in the Playhouse Theatre at QPAC.

Tickets cost \$123 for seats in Row L in the stalls.
Payment code is **B3-2024** to be paid to U3A before **Friday 19th July**.



Grease The Musical is booked for **Wednesday 22nd January** at **1:00 pm** in the Lyric Theatre at QPAC.

Tickets cost \$69.90 for pensioner concession and **\$99.90** for adults.
Payment code is **TH5-2024** to be paid to U3A before **Friday 18th October**.

The Queensland Ballet's production of *The Nutcracker* is booked for **Wednesday 18th December** at **1:00 pm** in the Lyric Theatre at QPAC.

Tickets cost \$114.
Payment code is **B4-2024** to be paid to U3A by **Friday 20th September**.



For any enquiries and to book for any of these productions, please contact **Yvonne** on **3385 0091**.

PAYMENTS

Payments can be made at:

- U3A Pine Rivers Centre, 1480 Anzac Avenue, Kallangur from 9:00 am to 12:00 pm, Monday to Friday. Cash or cards are accepted.
- Posted to U3A Pine Rivers Inc., PO Box 507, Kallangur, QLD, 4503.
- Via EFT, details are below or on website - u3apinerivers.org.au

BY POST

If forwarding by post, cheque must be made out to **U3A Pine Rivers Inc.**, or the bank will reject it. The payment should be paid at least ten days in advance of the date due.

Post to:

The Treasurer
U3A Pine Rivers Inc.
PO Box 507
Kallangur, QLD, 4503

Please include the details of the activity for which you are paying, together with the name/s, membership number/s and address/es of the person/people attending.

DIRECT EFT

Direct EFT payments into the U3A Pine Rivers bank account may be made through your online banking site. Every activity for which payment can be made has been given an EFT payment code which is shown in the relevant section of this Newsletter.

To ensure the process operates well, the following procedures will need to be followed.

In the Reference box, the following information is required.

SURNAME (and first name or initial if it fits)

MEMBERSHIP NUMBER

PAYMENT CODE FOR THE ACTIVITY

Our banking details are:

Account Name: U3A Pine Rivers Inc.

Bank: Heritage

BSB: 638-070

Account No: 11284854

In addition to the above, an email MUST be sent to treasurer@u3apinerivers.org.au.

If several payments have been made, they can all be included in the same email.

Please make EFT payments at least two days before the deadline.

PAYMENTS

The Reception at the U3A Centre, Kallangur is open Monday to Friday from 9:00 am to 12:00 noon to receive payments, by cash or card.

PAYMENT CODE SCHEDULE

Activity	Details	Code	Cost
Membership	Renewal for 2025	MB	\$ 35
Membership	New member	MB	\$ 35
Membership	Affiliate of another City of Moreton Bay U3A	MB	\$ 10
Membership	Affiliate of another U3A	MB	\$ 15
Coach Trip	Margaret Olley Art Centre	TR-4 2024	\$ 77
Coach Trip	Scenic Visit to Kenilworth Hotel	TR-5 2024	\$ 82
Theatre	<i>Coco Chanel: the Life of a Fashion Icon</i>	B3- 2024	\$ 123
Theatre	<i>Grease the Musical</i>	TH5- 2024	\$ 69.90 pens. conc. \$ 99.90 adult
Theatre	<i>The Nutcracker</i>	B4- 2024	\$ 114

INFORMATION ABOUT CLASSES

ENROLMENT IN CLASSES

If you wish to enrol in a class or for further information, please contact the specified tutor. Some classes and activities require a minimum number to proceed. Others may be full and members wanting to join will be placed on a waiting list. Classes sometimes last for a set number of weeks and members can only join at the commencement of the class. Other classes have no restrictions and new students can enrol at any time.

CLASS COSTS

A fee may apply to cover costs of materials, photocopying or venue rental. Please check with the tutor when enrolling. If members want copies of notes for days they were not there, they will be asked to pay for them. The Committee has no rules about the provision of refreshments at classes. The decision to break for refreshments (and arrangements for their provision) is entirely between individual tutors and the members.

MEMBERSHIP

Tutors are asked to sight the membership badge or receipt of all members at the beginning of each term and when a new member joins a class at other times.

Members are asked to wear their badges at classes.

Tutors will record members' attendance for insurance purposes. Only financial members are eligible to attend classes, although a non-member may attend one class to see if it is what they want before becoming a member.

Honorary Membership can be given to Carers. All enquiries are to be directed to the President. The Welfare Support Officer can provide further details for prospective members with a disability.

EXTERNAL ACTIVITIES

Some classes include excursions to places like museums or other venues. The tutor will advise class members of dates, venues, cost and transport. Other activities, such as Walking, Photography and Art Gallery outings are also conducted for members as U3A Activities. The rules of attendance book apply for these as well.

PUBLIC HOLIDAYS AND TERM BREAKS

Unlike other U3As in the region, U3A Pine Rivers has a very flexible arrangement for classes and activities. Many of them are either ongoing, weekly, fortnightly or 1st and 3rd or 2nd and 4th weeks of the month.

Consequently, it was decided some time ago that, to facilitate scheduling and avoid confusion, we would ignore the public holidays that tend to fall on Mondays. This has been confirmed by the current Management Committee.

We will, of course, always observe ANZAC Day and Easter. In most cases we will also observe Australia Day. The tutor and members are free to decide whether classes will be held during term breaks. All venues will be closed for the June / July break for two weeks and for the Christmas / New Year break for four weeks.

SUMMARY & DESCRIPTION OF CLASSES

The following is a summary of the content or topic of courses that are being offered until the end of December. The next Newsletter will be published for January to June. This information is provided by the Tutors to assist members, particularly new ones, to determine what the course is about. Further information, if required, can be obtained by contacting the relevant Tutor. The day of the activity is shown below. Details of the times, venue and tutor of the class or activity are included in the Schedule of Classes.

Name / Day	Description
Art & Craft	
Art Appreciation Group (Friday)	<i>Art Appreciation is for those who would like to learn more about art. The group visits exhibitions and listens to talks that have been arranged with the curators of the gallery. We discuss the works of art, among other things, over lunch.</i>
BYO Craft (Wednesday)	<i>This group gives you the opportunity to bring your current piece of craft work whilst sharing ideas and techniques in a friendly and supportive group.</i>
Card Making (Thursday)	<i>Learn the art of making beautiful and original cards suitable for birthdays or any occasion that needs a card. Waiting list.</i>
For Art's Sake (Tuesday)	<i>This is a self-tutored course with members mutually helping when asked. No classes in school holidays</i>
Jewellery Making (Monday)	<i>Learn how to make jewellery for gifts and to treat yourself. A variety of techniques taught.</i>
Knitters' Circle (Tuesday)	<i>The Knitters' Circle will primarily knit / crochet items for local charities. However, should a member wish to work on their own project, they can do so in a friendly, sharing environment.</i>
Textile Art (Monday)	<i>A mutual exchange of textile art ideas. Class full.</i>
Cards & Games	
Card Games - Group 3 Experienced & beginners (Friday)	<i>A variety of card games - Samba, Bolivia and Hand and Foot, a fun game that requires concentration, Frustration, Fan Tan and others. Come along and join in the fun. Experienced & beginners</i>
Card Games 1 Experienced (Monday)	<i>A variety of card games - Samba, Bolivia and Hand and Foot, a fun game that requires concentration, Frustration, Fan Tan and others. Come along and join in the fun. Experienced players</i>

Name / Day	Description
Card Games 2 (Wednesday)	<i>A variety of card games - Samba, Bolivia and Hand and Foot, a fun game that requires concentration, Frustration, Fan Tan and others. Come along and join in the fun. Beginners and experienced players</i>
Chess (Tuesday)	<i>Do you want to play or learn chess??</i>
Fun with 500 (Thursday)	<i>A relaxed morning of playing 500 in a friendly environment. All levels of players are welcome. If you have never played before, this is a great time to learn</i>
Games for the Brain (Monday)	<i>All are welcome to this fun class for those who like to keep their brains active by playing board games such as Scrabble, Upwords, Rummikub, Wizard, Sequence, Five Crowns, Skip-Bo and more.</i>
Mahjong for Beginners (Wednesday)	<i>Play this ancient Chinese strategy game in a relaxed and friendly atmosphere.</i>
Mahjong Group - F (Thursday)	<i>Play this ancient Chinese strategy game in a relaxed and friendly atmosphere.</i>
Mahjong Group - L (Wednesday)	<i>Play this ancient Chinese strategy game in a relaxed and friendly atmosphere.</i>
Social Bridge (Monday)	<i>Enjoy learning to play or play this interesting game in a social group. Beginners are welcome.</i>
Exercise & Wellbeing	
Archery (Wednesday)	<i>Learn and practise this popular sport. Bows may be hired. Fee applies. Contact Tutor for venue and date.</i>
Bird Watching (Tuesday)	<i>Various locations throughout City of Moreton Bay and Brisbane.</i>
Chair Yoga (Thursday)	<i>This class will help with mobility and confidence. It includes meditation to finish the class for complete relaxation. Therefore achieving a physical practice and a calm mind.</i>
Circle Dance (Wednesday)	<i>Dancing in a circle is the oldest form of folk dance. It is light to moderate exercise, good for memory and coordination, meaningful and uplifting. The circle of dancers is welcoming and supportive, all having fun while learning to dance to music from all over the world.</i>
Exercise for Health (Monday)	<i>Energetic and enjoyable group exercise class set to music with a variety of routines and movements to inspire and motivate you to get your body moving. Hour-long workout, designed with the aim of increasing cardiovascular fitness, muscle and bone strength, flexibility, balance and co-ordination. Beginners welcome but NOT suitable for people with a low level of fitness. No classes school holidays</i>

Name / Day	Description
Floor Yoga (Thursday)	<i>Beginner and experienced yogis welcome. We will move from seated poses on the mat to standing poses and everything in between to improve balance and strength. We will also practise yoga breath which helps to calm the mind and relax the body, finishing the class with a guided meditation The mind benefits from stillness - the body from movement. Your own mat preferred or use a U3A mat.</i>
Fun with QiGong & Meditation (Thursday) A separate course, outside our programme, but offered to U3A members.	<i>QiGong is an Eastern practice focusing on releasing tension in the joints. This class is a seated practice for all ability levels, to improve focus, relaxation, massage internal organs, and help with chronic problems. Always wanted to meditate, need to reduce your stress? This course tries several styles of meditation to improve your own practice, to relax and reduce stress. The class is followed by a cup of tea and a chat. Cost \$7 per class.</i>
H.E.A.R.T (Thursday)	<i>H.E.A.R.T.(Heritage, Environmental and Recreational Trails) Walking in the great outdoors along Heritage, Environmental and Recreational Trails (H.E.A.R.T.) will be undertaken at a slow to moderate pace that will entail a start-stop focus to take in the flora, fauna and scenery at each location. Suitable for most levels of fitness. Transport assistance is available.</i>
Lawn Bowls - Kallangur (Thursday)	<i>New bowlers will be given a 6-week coaching course and will qualify for 3 weeks of social bowls. Cost \$10 to cover use of equipment and green fees. No classes during school holidays</i>
Lawn Bowls - Samford (Tuesday)	<i>New and social bowlers welcome and coaching provided free. Comfortable shoes are required. Contact Graham Clarke and leave a message to join this group. Contact Samford Bowls Club to register to play each week. \$17 fee applies.</i>
Line Dancing (Monday)	<i>If you have always wanted to Line Dance, this is the class for you. No special skills are required. The class will be suitable for anyone with some basic line dancing knowledge. This is an activity for all ages and is fantastic for improving balance and coordination and for bringing a smile to your face. Well-fitting shoes required</i>
Line Dancing for Beginners (Monday)	<i>If you always wanted to learn to Line Dance, this is the class for you. You will learn the basic steps of line dancing and some simple dances. All steps demonstrated and reviewed. All steps for dances are called throughout the dance.</i>

Name / Day	Description
Strong People Stay Young Groups 1,2,3,4 (Tuesday)	<i>A strength training, weight resistant exercise program to improve balance, posture, bone density and fitness in a positive social group.</i>
Strong People Stay Young Groups 5 & 6 (Thursday)	<i>A strength training, weight resistant exercise program to improve balance, posture, bone density and fitness in a positive social group.</i>
Strong People Stay Young Group 7 (Friday)	<i>A strength training, weight resistant exercise program to improve balance, posture, bone density and fitness in a positive social group.</i>
Strong People Stay Young Group 8 (Wednesday)	<i>A strength training, weight resistant exercise program to improve balance, posture, bone density and fitness in a positive social group.</i>
<p data-bbox="129 801 560 891">Tai Chi - Beginners (Monday)</p> <p data-bbox="129 936 560 1104">A separate course, outside our programme, but offered to U3A members.</p>	<p data-bbox="560 801 1513 1104"><i>A gentle path to wellness for beginners with chronic conditions. Tai Chi is a fantastic option for beginners, especially those living with chronic conditions. Unlike strenuous exercise, Tai Chi focuses on slow, controlled movements that are easy on your joints and muscles. This makes it perfect for people with arthritis, back pain or recovering from illness. Cost \$7.00 per class.</i></p>
<p data-bbox="129 1137 560 1227">Tai Chi - Intermediate (Monday)</p> <p data-bbox="129 1272 560 1440">A separate course, outside our programme, but offered to U3A members.</p>	<p data-bbox="560 1137 1513 1485"><i>Taking your Tai Chi to the next level. Congratulations on progressing to intermediate Tai Chi! As you become more comfortable with the basic movements, there are exciting possibilities to deepen your practice and address your specific chronic condition. Intermediate programs build upon your foundation, introducing more intricate movements and sequences. This can further enhance balance, coordination, strength and flexibility. Cost \$7.00 per class.</i></p>
<p data-bbox="129 1574 560 1697">Weights for Mates - Groups 1 & 2 (Friday)</p>	<p data-bbox="560 1574 1513 1787"><i>A strength training program suitable for men of all ages. Enjoy the benefits of being stronger and healthier, including improved posture, balance and stability, as well as self-confidence while maintaining the best quality of life possible.</i></p>
<p data-bbox="129 1787 560 1910">Weights for Mates - Group 3 (Monday)</p>	<p data-bbox="560 1787 1513 2002"><i>A strength training program suitable for men of all ages. Enjoy the benefits of being stronger and healthier, including improved posture, balance and stability, as well as self-confidence while maintaining the best quality of life possible.</i></p>

Name / Day	Description
<p>Yoga 1 & 2 (Tuesday)</p> <p>A separate course, outside our programme, but offered to U3A members.</p>	<p><i>This class is based on Hatha Yoga, with a significant component of back care, centering and breathing practice, followed by limbering, stretching.</i></p> <p>Two groups Cost \$7 per class.</p>
<p>Zumba Gold (Wednesday)</p> <p>A separate course, outside our programme but offered to U3A members.</p>	<p><i>Have fun with dance fitness adapted for seniors with easy-to-follow steps to Latin dance rhythms.</i></p> <p>Cost \$7 per class.</p>
General Interest	
<p>Current Affairs (Thursday)</p>	<p><i>Interested in what is going on in the world today? Let's get together to discuss it. Everyone's input is welcome but not necessary. We may not solve all the problems of the world but we will have fun trying.</i></p>
<p>Earth Sciences (Tuesday)</p>	<p><i>The course will cover three related topics: Anthropology - from very early human life forms to humans; Tectonic plates - movement of continents and volcanoes; Archaeology - stone tools, rock art and related items. The course will use PowerPoint presentations and video clips. Discussion encouraged.</i></p>
<p>Garden Interest Group (Friday)</p>	<p><i>Group members discuss gardening and share experiences of plants and gardens that work for them. May include guest speakers, "save my garden" and possible working bees. Pre-arranged topics and flexibility to group suggestions. Please call Tutor before joining group.</i></p>
<p>Memory Teasers (Thursday)</p>	<p><i>Test your knowledge – just like Trivial Pursuit only more enjoyable.</i></p>
<p>Philosophy (Friday)</p>	<p><i>Discover the subject of philosophy from a modern perspective with references to the ancient philosophers too.</i></p>
<p>Tuesday Trivia (Tuesday)</p>	<p><i>This is an individual challenge. Test your knowledge of useful or forgettable information with forty questions each month.</i></p>

Name / Day	Description
History	
Archaeology - Ancient Mesopotamia (Wednesday)	<i>In this class, we'll explore the Mesopotamian world from the era of the first settlements more than 12,000 years ago to the earliest cities in the 4th millennium BCE. We'll end up in the 6th century BCE, when Mesopotamia was conquered by the Persian Empire during the reign of Cyrus the Great. At that point, the people were no longer ruled by a government within their own land. We use a series of videos as we progress through this class.</i>
Family History (Thursday)	<i>Do you want to start researching your family history or do you need a refresher? The sessions will cover the principles of family history research, types of sources and repositories, search techniques, breaking down brick walls and research planning.</i>
Family History - DNA Testing (Wednesday)	<i>DNA is the complex new frontier in family history research. Discussions, workshops, webinars and video clips will help you navigate the different testing providers.</i>
History - England: From the Fall of Rome to the Norman Conquest (Wednesday)	<i>King Arthur. Alfred the Great. Sutton Hoo. Beowulf. We recognise these and other names from England before 1066, but the history of this wild and diverse land is shrouded in myth and legend. From the fall of Rome in the 4th century to the invasion of the Normans in the 11th century, England offers an incredible story of social, cultural, religious, and political change. How did this small island, far from the centres of Western civilization, become the great and powerful nation we know from the history books?</i>
History - Meet the Romans (Tuesday)	<i>Introductory level overview of Roman history and civilization up to 117AD. The emphasis is on explanation, visual aids and group discussion. This course is a REPEAT of the course presented in Semester 1 2024 for those who could not attend before.</i>
History and all That (Monday)	<i>Tantalising glimpses of the distant and recent past. Class full</i>
History of Railways (Wednesday)	<i>2025 is the 200th anniversary of railways in the world. You will explore the history of railways from the 18th to the 21st centuries. The Tutor has a passion for railways, having driven steam, diesel and electric locos.</i>

Name / Day	Description
History of World Cinema (Monday)	<i>This course looks at all aspects of cinema, from the beginning to today. The entertainment, innovation, art and controversy. Documentaries and film clips or some full movies will be shown.</i>
Legacy Family Tree (Tuesday)	<i>Is it time to research your family tree? You will receive an overview of the various online records available as well as information on the free software tool, Legacy, to record your information.</i>
The Mystery of History (Monday)	<i>Exploring the history, lifestyles, events and inventions of the past</i>
Languages	
Italian - Beginners & Intermediate (Tuesday)	<i>Learn or improve conversational Italian</i>
Spanish – Beginners & Intermediate (Monday)	<i>There are three Spanish classes – one for beginners and two at an intermediate level.</i>
Literature	
Book Discussion Group - B (Thursday)	<i>Read and discuss a wide range of genres and novels. Discover new authors whose books you may not normally choose.</i>
Book Discussion Group - L (Tuesday)	<i>Read and discuss a wide range of genres and novels. Discover new authors whose books you may not usually choose. Class full</i>
Book Discussion Group - Y (Thursday)	<i>Read and discuss a wide range of genres and novels. Discover new authors whose books you may not normally choose. Class full</i>
Creative Writing (Wednesday)	<i>Learn how to drop everything and write - short stories; “what if” scenarios; memoirs and other stories. Share among a wonderful group of like-minded creative writers.</i>
Music	
AbsoLUKEly Strummin (Thursday)	<i>This group is for those who know how to play the ukulele and love a good singalong. Class full</i>
Acoustic Guitar - Beginners (Wednesday)	<i>Enjoy the thrill of discovering the best sounding, most versatile instrument on the planet! Improve your mind, develop your muscle memory, enjoy the satisfaction of real achievement. Absolutely no prior knowledge required and we really will have you playing from day one! Good music, new skills, good company. What more is there?</i>

Name / Day	Description
Acoustic Guitar - Intermediate (Wednesday)	<i>Now the early learning curve is over, play for enjoyment, sharpen our skills, improve our fluency and maybe tackle that stuff we used to think was difficult!</i>
Jukes Singalong (Friday)	<i>Do you know how to play the ukulele? Bring your ukulele and join in a fun singalong.</i>
Music for Pleasure Ensemble (Thursday)	<i>The group is for anyone who plays an instrument, even at an elementary level, with the aim to learn together.</i>
Piano & Organ Encouragement (Wednesday)	<i>This is a small friendly group who get together each fortnight to play the piano and / or organ. If you would like to brush up your skills, think about joining. No teaching is provided.</i>
Singalong Guitar (Friday)	<i>Everyone welcome! Come and jam with other players, Enjoy the oldies, learn new stuff, enjoy the company!</i>
Singing for Pleasure (Wednesday)	<i>Have fun singing along to music on CDs. Don't worry if you don't know all the lyrics, they will be displayed on the screen. More members welcome.</i>
Sophisticated Folk Choir (Monday)	<i>Sing a variety of songs in 3- or 4-part harmony; folk songs; some classical pieces; spirituals and popular songs from musicals. Perform in retirement villages and community clubs when restrictions allow. Cost \$3 - \$2 for U3A & \$1 towards costs. Class full</i>
Ukuleles in Harmony (Thursday)	<i>If you can play a few common chords, you may enjoy learning melody, chords and harmony and play tunes written for ukuleles in an ensemble.</i>
Ukuleles in Harmony: Pre-chorus (Thursday)	<i>A preparatory course for playing in a ukulele ensemble. Learn classical techniques for left-hand and right-hand fingering. Music arrangements are written for all levels of playing.</i>
Photography	
Photographic & Social Club (Monday)	<i>The Photographic Group meet once a month with a “show and tell” photo section and answers to your questions regarding camera settings and photo editing. Throughout the year, we usually go on 3 or 4 photographic trips then, at the next meeting, we show and discuss the photographs that we have taken. If you are interested in photography, come and join us. Cost is \$2 when we meet at Calala Drive Hall.</i>

SCHEDULE OF CLASSES

DAY & TIME	CLASS	VENUE	TUTOR
MONDAY			
Weekly 7:45 - 8:45 am	Weights for Mates - Group 3	U3A Pine Rivers Centre	Barry Wedd 0407 002 266
2nd, 3rd, 4th, 5th week of month 8:30 - 9:15 am	Line Dancing for Beginners	Kallangur Community Hall	Noelene Pattinson 0433 764 411
1st, 3rd, last week of month 9:00 am - 1:00 pm	Jewellery Making	Strathpine Library	Robyn Heffernan 3205 6160
3rd week of month 9:00 am - 3:00 pm	Textile Art Class full	Calala Drive Hall	Diane Flint 0439 390 263
Weekly 9:00 - 11:30 am	Games for the Brain	U3A Pine Rivers Centre	Alison Gardner 3325 4945
Weekly 9:00 am - 12 noon	Social Bridge	U3A Pine Rivers Centre	Beulah Bryson 0451 380 856
2nd, 3rd, 4th, 5th week of month 9:15 - 10:30 am	Line Dancing	Kallangur Community Hall	Noelene Pattinson 0433 764 411
Weekly 9:30 - 10:40 am	Exercise for Health	U3A Pine Rivers Centre	Margaret Masters 0490 472 142
2nd, 4th week of month 9:30 am - 12 noon	History of World Cinema	U3A Pine Rivers Centre	John Targuse 3285 3201
Weekly 9:30 - 10:30 am	Spanish - Intermediate 1	U3A Pine Rivers Centre	Gabriel Gonzalez 0410 960 629
2nd week of month 9:30 - 11:30 am	Photographic & Social Club	Calala Drive Hall	David Groombridge 3289 3178
Fortnightly 10:00 - 11:30 am	History and all That	Contact Tutor Strathpine	Elizabeth Arden 3205 1928

DAY & TIME	CLASS	VENUE	TUTOR
MONDAY			
1st, 3rd week of month 10:30 am-12:30 pm	The Mystery of History	U3A Pine Rivers Centre	John McGregor 3204 5962
Weekly 10:40 - 11:40 am	Spanish - Intermediate 2	U3A Pine Rivers Centre	Gabriel Gonzalez 0410 960 629
Weekly 12:15 - 1:15 pm	Spanish - Beginners	U3A Pine Rivers Centre	Gabriel Gonzalez 0410 960 629
Weekly 12:30 - 4:00 pm	Card Games 1 Experienced	U3A Pine Rivers Centre	John Paul 0413 674 121
Weekly 1:00 - 3:00 pm	Sophisticated Folk Choir	Kallangur Community Hall	Irene Macfarlane, Derek Macfarlane 0403 351 222
Weekly 1:30 - 2:15 pm	Tai Chi – Intermediate Fee \$ 7 per class	U3A Pine Rivers Centre	JanCarol Hills 3285 1910
Weekly 2:30 - 3:15 pm	Tai Chi – Beginners Fee \$ 7 per class	U3A Pine Rivers Centre	JanCarol Hills 3285 1910
TUESDAY			
1st week of month 7:30 - 10:30 am	Bird Watching	Various Venues	Claire Anderson 0403 765 368
Weekly 9:00 am - 12 noon	Knitters' Circle	U3A Pine Rivers Centre	Linda Brand 0431 974 187 Esther George
Weekly 9:00 am - 12 noon	Lawn Bowls Samford Fee \$ 17	Samford Bowls Club	Graham Clarke 0421 059 719
Weekly 9:00 - 10:15 am	Strong People Stay Young 1 Class full	U3A Pine Rivers Centre	Valerie Wright 3882 1116
1st, 3rd week of month 9:00 am - 12 noon	Legacy Family Tree	U3A Pine Rivers Centre	Charlie Nolan 0419 252 774

DAY & TIME	CLASS	VENUE	TUTOR
TUESDAY			
Weekly 9:30 - 10:45 am	Strong People Stay Young 2	Ferny Districts Fishing Club	Carolyn Turton 3351 5569 Barbara Downie Helen Zada
3rd week of month 9:30 - 11:30 am	Tuesday Trivia	U3A Pine Rivers Centre	J-P Franzidis 0413 831 621
2nd week of month 10:00 am - 12 noon	For Art's Sake	Calala Drive Hall	John Wright 0407 280 010
3rd week of month 10:00 am - 12 noon	Book Discussion Group - L Class full	U3A Pine Rivers Centre	Linda Lucas 0417 746 762
2nd, 4th week of month 10:00 - 11:30 am	History - Meet the Romans	U3A Pine Rivers Centre	Greg Passmore 0431 426 372
Weekly 11:00 am –12:15pm	Strong People Stay Young 3	U3A Pine Rivers Centre	Maura Stiler 0408 721 581 Margaret Williams 0411 725 200
Weekly 11:15 am- 12:30 pm	Yoga 1 Fee \$ 7 per class	Lawnton Community Centre	Doug Rath 0413 738 216
Weekly 12 noon - 2:30 pm	Chess	U3A Pine Rivers Centre	Barry Norton 0420 372 169
Weekly 12:30 - 1:30 pm	Italian - Beginners	U3A Pine Rivers Centre	J-P Franzidis 0413 831 621 Ross Donaldson 3886 2648 Aurora Grioli 0429 339 124
Weekly 1:00 - 2:15 pm	Strong People Stay Young 4	Ferny Districts Fishing Club	Carolyn Turton 3351 5569 Barbara Downie Helen Zada

DAY & TIME	CLASS	VENUE	TUTOR
TUESDAY			
Weekly 1:00 - 2:15 pm	Yoga 2 Fee \$ 7 per class	Lawnton Community Centre	Doug Rath 0413 738 216
1st, 3rd week of month 1:00 - 2:30 pm	Earth Sciences	U3A Pine Rivers Centre	John Tendero 3482 5065
Weekly 1:45 - 2:45 pm	Italian - Intermediate	U3A Pine Rivers Centre	J-P Franzidis 0413 831 621 Ross Donaldson 3886 2648 Aurora Grioli 0429 339 124
WEDNESDAY			
Fortnightly 8:30 am - 12 noon	Archery Fee applies	Contact Tutors Kurwongbah	David Adams 0429 984 660 Kris Casey
Weekly 9:00 - 11:30 am	BYO Craft	U3A Pine Rivers Centre	Linda Brand 0431 974 187 Esther George
Weekly 9:00 - 10:15 am	Strong People Stay Young 8	U3A Pine Rivers Centre	Linda Bretherton 3285 8414
1st, 3rd week of month 9:00 am - 12 noon	Family History - DNA Testing	U3A Pine Rivers Centre	Charlie Nolan 0419 252 774
3rd week of month 9:00 am - 12 noon	Creative Writing	U3A Pine Rivers Centre	Lyn Paton 0400 045 603 Judith Gilligan 0413 819 148
Weekly 9:00 - 10:00 am	Acoustic Guitar – Beginners	U3A Pine Rivers Centre	Charles Doyle 0409 629 152
Weekly 9:15 am - 12:30 pm	Card Games 2	Calala Drive Hall	Lyn Peterson 0491 610 874

DAY & TIME	CLASS	VENUE	TUTOR
WEDNESDAY			
2nd, 4th week of month 9:30 - 11:00 am	History of Railways	U3A Pine Rivers Centre	Ken Passmore 0424 638 630
2nd, 4th week of month 10:00 - 11:00 am	Circle Dance	U3A Pine Rivers Centre	Carol Hughes 0408 881 640
Weekly 10:30 - 11:15 am	Zumba Gold Fee \$ 7 per class	U3A Pine Rivers Centre	Maggie Makata 0413 933 095
2nd, 3rd, 4th, 5th week of month 11:00 am -12:30pm	History - England: From the Fall of Rome to the Norman Conquest	U3A Pine Rivers Centre	Tony Nobbs 0402 247 411
Weekly 10:30 am - 12:00 noon	Acoustic Guitar - Intermediate	U3A Pine Rivers Centre	Charles Doyle 0409 629 152
1st week of month 11:00 am - 12 noon	Singing for Pleasure	U3A Pine Rivers Centre	Linda Bretherton 3285 8414
Weekly 12:30 - 3:30 pm	Mahjong for Beginners	U3A Pine Rivers Centre	Frank Sparreboom 0481 064 015
Weekly 12:30 - 4:00 pm	Mahjong Group - L	U3A Pine Rivers Centre	Laurel Boswell 0409 893 611
Fortnightly 12:30 - 3:00 pm	Piano & Organ Encouragement No teaching	Various Venues	Heather Cross 0448 377 837
Weekly 1:00 - 2:30 pm	Archaeology – Ancient Mesopotamia	U3A Pine Rivers Centre	Tony Nobbs 0402 247 411
THURSDAY			
Weekly 8:30 - 10:00 am	Lawn Bowls Kallangur Fee \$ 10	Kallangur Bowls Club	Ros Clark 0416 402 443
2nd, 4th week of month 9:00 - 11:30 am	Card Making Waiting list	Calala Drive Hall	Penny Mack 0413 359 905

DAY & TIME	CLASS	VENUE	TUTOR
THURSDAY			
Weekly 9:00 am - 12 noon	Fun with 500	U3A Pine Rivers Centre	Paula Gregory 0447 099 121
Weekly 9:00 am - 12 noon	Family History	U3A Pine Rivers Centre	Charlie Nolan 0419 252 774
3rd week of month 9:00 - 11:00 am	Book Discussion Group– Y Class full	King's Cottage	Yvonne Wickham 3385 0091
1st week of month on Thursday 9:30 - 11:30 am	Memory Teasers	Calala Drive Hall	Elizabeth Arden 3205 1928
Weekly 9:30 - 10:45 am	Strong People Stay Young 5	Ferny Districts Fishing Club	Carolyn Turton 3351 5569 Barbara Downie Helen Zada
1st week of month 9:30 - 11:30 am	Current Affairs	U3A Pine Rivers Centre	J-P Franzidis 0413 831 621
Weekly 9:30 am - 12 noon	AbsoLUKEly Strummin Group	U3A Pine Rivers Centre	Colleen Elliott 0418 658 442 Rhonda Heffernan 0404 865 315
3rd week of month 10:00 am - 12 noon	H.E.A.R.T	Various Venues	Linda Lucas 0417 746 762
2nd week of month 10:00 - 11:30 am	Book Discussion Group - B	Strathpine Library	Bill Bryson 0429 882 109
Weekly 11:30 am-12:30 pm	Ukuleles in Harmony: Pre-chorus	U3A Pine Rivers Centre	Lesley Allan 0409 630 673
Weekly 12:30 - 3:30 pm	Mahjong Group - F	U3A Pine Rivers Centre	Frank Sparreboom 0481 064 015
Weekly 1:00 - 2:15 pm	Strong People Stay Young 6	Ferny Districts Fishing Club	Carolyn Turton 3351 5569 Barbara Downie Helen Zada

DAY & TIME	CLASS	VENUE	TUTOR
THURSDAY			
Weekly 12:30 - 1:30 pm	Chair Yoga	U3A Pine Rivers Centre	Anne Murrell 0424 191 244
Fortnightly 1:00 - 3:00 pm	Music for Pleasure Ensemble	Various Venues	Graham Goss 3205 3797
Weekly 1:00 - 3:00 pm	Ukuleles in Harmony	U3A Pine Rivers Centre	Lesley Allan 0409 630 673
Weekly 1:30 - 2:30 pm	Fun with QiGong & Meditation Fee \$ 7 per class	King's Cottage	JanCarol Hills 3285 1910
Weekly 1:45 - 2:45 pm	Floor Yoga	U3A Pine Rivers Centre	Anne Murrell 0424 191 244
FRIDAY			
Weekly 7:15 - 8:15 am	Weights for Mates - Group 1	U3A Pine Rivers Centre	Peter Cross 3886 9131
Weekly 8:30 am - 12 noon	Card Games - Group 3 Experienced & Beginners	U3A Pine Rivers Centre	John Paul 0413 674 121
Weekly 8:30 - 9:30 am	Weights for Mates - Group 2	U3A Pine Rivers Centre	Alan Cooper 0448 937 945
Weekly 9:30 - 11:00 am	Philosophy	U3A Pine Rivers Centre	Ken Passmore 0424 638 630
4th week of month 10:00 am - 12 noon	Art Appreciation Group	Various Venues	Kris Casey 0447 447 150
Weekly 10:00 - 11:15 am	Strong People Stay Young 7	U3A Pine Rivers Centre	Ann Robertson 0437 230 397
Weekly 10:00 am - 12 noon	Garden Interest Group	Calala Drive Hall	Chris Dawson 0410 077 935
Fortnightly 10:00 am - 12 noon	Jukes Singalong	Salvation Army Hall Lawnton	Julianne Gibb 0427 003 903
Weekly 10:00 am - 12 noon	Singalong Guitar	U3A Pine Rivers Centre	Charles Doyle 0409 629 152