



U3A Rockhampton & District Inc.

ABN 83 907 668 103

**Activities 2019**  
(Revised August 2019)

Legend: \* = Continues all year

NA = New Activity

SA = Shared Activity

NB ~ Identified costs are mainly for venue hire. Materials are extra, depending on what you use.

Activities	Times	Venue	Contact	Phone
<b>Monday</b>				
<b>General Meeting</b> ~ 1 <sup>st</sup> Monday (excl. January)	1 <sup>st</sup> week 9.30am	Frenchville Sports Club, Clifton Street, Nth Rton (Lunch to follow)	Russell	4819 1739
<b>Bushdancing SA*</b>	Weekly 7.00pm – 9.00pm	Rockhampton Pipe Band Hall Gladstone Road Cost ~ \$5	Leonie	4922 5887
<b>Contemporary Ballet</b>	1 <sup>st</sup> week 2pm	Oak Tree Retirement Village, 40 Foulkes Street, Norman Gardens	Keith	4928 3849
<b>History Group</b>	3 <sup>rd</sup> week 2pm	Glass Room, Frenchville Sports Club, Clifton Street, Nth Rton	Ann	4922 1581
<b>Tuesday</b>				
<b>Senior-Fit Class</b> <b>Resistance Training</b> <b>SA*</b> <b>Swimming</b>	8.30am -9.30am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for single visit ~ \$8 OR 10 Sessions for \$60	Sports Centre or Rhonda Barb	4923 2159 4819 1739 4928 7560
<b>Aqua Aerobics SA*</b>	Weekly 11am - 12noon	Caribee Swim Academy, 135 Menzies Street, N.Rton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Investment Group</b> <b>Discussion SA*</b>	3 <sup>rd</sup> week 10am	Glass Room, Frenchville Sports Club, North Rockhampton	Arch	4928 6653
<b>Mahjong I</b>	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	4928 8136 0455288833
<b>Third Age Chorus</b> <b>Singing Group</b>	Weekly 9.30am	Youth Orchestra Room, Floor 1, Walter Reid Building, Derby Street	Lindsay	4922 7099
<b>Tai Chi *</b> <b>Southside</b>	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
<b>Poetry for Leisure</b>	2 <sup>nd</sup> week 9.15am – 11.15am	School of Arts Bolsover Street, Rockhampton	Alan	4928 5319 0411469563
<b>Monthly Lunch</b>	3 <sup>rd</sup> week 12 noon	Venue to be decided previous month	Judy	4928 1756
<b>Cards and Scrabble</b>	1 <sup>st</sup> and 4 <sup>th</sup> weeks 9.00am – 11.15am	Oaktree Retirement Village, Glenmore Road, \$1 includes Morning Tea	Judy	4928 1756
<b>Calligraphy</b>	2 <sup>nd</sup> and 4 <sup>th</sup> week 1.00pm-3.30pm	Settlers Village, Pauline Martin Drive Rockhampton	Virginia	4921 1602
<b>Wednesday</b>				
<b>Book Lovers' Group</b>	4 <sup>th</sup> week 10am	Settlers Village Community Centre Pauline Martin Drive -off North Street	Sheila	4928 2819
<b>Embroidery</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 1pm - 4.30pm	CQU room 41/G.41, turn right off Carlton St, into Blair Drive	Pat	4927 4493
<b>Speech Group</b> <b>("In Voice")</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Weds 9.30am–11.00am	304 Kent Street, Depot Hill	Virginia Valda	4921 1602 4928 2119
<b>Writing for Pleasure</b>	1 <sup>st</sup> week 9.15am-11.15am	School of Arts, Bolsover Street	Julie	0458298297
<b>Drama</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 1.00pm-3.00pm	Oaktree Retirement Village, Glenmore Road; \$1 for tea	Keith	4928 3849
<b>Music Appreciation</b>	4 <sup>th</sup> week 1.30-3.30pm	17 Thora Street, Gracemere	Nancy	49332722
<b>Ukulele</b>	Weekly 2pm	Oaktree Retirement Village, 40 Foulkes Street, Norman Gardens	Phil	4928 7769



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<b>Thursday</b>				
<b>Senior-Fit Class Resistance Training SA * Swimming</b>	8.30am-9.30am 7.30am - 8.30am Initially, then any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for single visit ~ \$8 OR 10 Sessions for \$60	Sports Centre or Rhonda Barb	4923 2159  4819 1739 4928 7560
<b>Aqua Aerobics SA</b>	Weekly 9.30am - 10.30am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Discussion ~ Current Affairs</b>	3 <sup>rd</sup> week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
<b>Photography Group</b>	Every 2 <sup>nd</sup> week 3pm (from 22/8/19)	Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.	Phil	4928 7769
<b>Multi Crafts</b>	Last Thursdays 9.30am-12.30pm	Oaktree Retirement Village, Glenmore Road, \$1 includes morning tea	Ann	4922 1581
<b>Friday</b>				
<b>Armchair Travel</b>	3 <sup>rd</sup> week 9.30am -11.30am	Athelstane House, Ward Street, (Rockhampton Bowls Club) \$2.50 and please bring a plate for morning tea	Jackie	4922 7976
<b>Garden Lovers' Club</b>	4 <sup>th</sup> week 9.30am	Venue advised at General meeting Please bring hat, chair & plate for morning tea.	Joan	4933 3190
<b>Line Dancing SA</b>	Weekly 2pm – 4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton Cost ~ \$7	Sue	4922 3421
<b>Mahjong II</b>	Weekly 1pm-4pm	Settlers Village, Pauline Martin Drive Rockhampton \$2	Judy	4928 1756
<b>Pencil Drawing</b>	1 <sup>st</sup> Week 9.30am-11am	7 Gardenvale Court, Hillside Estate (off Norman Road) Nth Rockhampton	Keith	4928 9505
<b>Tai Chi Northside</b>	Weekly 7.30am - 8.30am.	Kershaw Gardens (via High Street) Cost ~ \$2.	Shirley Beth	4936 4792 4926 4374
<b>Saturday</b>				
<b>Aqua Aerobics SA *</b>	Weekly 7am - 8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton, Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Personal Arrangements</b>				
<b>FREE Computer Classes</b>	Various days Weekly ~ 2 hours	<b>Technology Centre ~ 1st Fl., Library,</b> Bolsover Street, Rockhampton. (How to Drive a Computer; Windows 10, Files & Folders, Internet made easy, Word 2010, Powerpoint 2010, Personal & Computer Security, Email made easy, Digital Photography)	Chris or Donna	4936 8212 or 4936 8218
<b>Several Times Annually – days to be decided</b>				
<b>Bird Watching</b>		Rod will contact those interested to choose day and time	Rod	4928 4383