



U3A Rockhampton & District Inc.

ABN 83 907 668 103

Activities 2019 (Revised March 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
Monday				
General Meeting ~ 1 st Monday (excl. January)	1 st week 9.30am	Frenchville Sports Club, Clifton Street, Nth Rton (Lunch to follow)	Russell	4819 1739
Bushdancing SA*	Weekly 7.00pm – 9.00pm	Rockhampton Pipe Band Hall Gladstone Road Cost ~ \$5	Leonie	4922 5887
Contemporary Ballet	1 st week 2pm	Oak Tree Retirement Village, 40 Foulkes Street, Norman Gardens	Keith	4928 3849
History Group	3 rd week 2pm	Glass Room, Frenchville Sports Club, Clifton Street, Nth Rton	Ann	4922 1581
Tuesday				
Senior-Fit Class Resistance Training SA* Swimming	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
Aqua Aerobics SA*	Weekly 11am - 12noon	Caribee Swim Academy, 135 Menzies Street, N.Rton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Investment Group Discussion SA*	3 rd week 10am	Glass Room, Frenchville Sports Club, North Rockhampton	Arch	4928 6653
Mahjong I	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	4928 8136 0455288833
Third Age Chorus Singing Group	Weekly 9.30am	Youth Orchestra Room, Floor 1, Walter Reid Building, Derby Street	Lindsay	4922 7099
Tai Chi * Southside	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
Poetry for Leisure (now only once month)	2 nd week 9.15am – 11.15am	School of Arts Bolsover Street, Rockhampton	Alan	4928 5319 0411469563
Monthly Lunch	3 rd week 12 noon	Venue to be decided previous month	Judy	4928 1756
Cards and Scrabble	1 st and 4 th weeks 9.00am – 11.15am	Oaktree Retirement Village Glenmore Road	Judy	4928 1756
Calligraphy (NEW ACTIVITY)	2 nd and 4 th week 1.00pm-3.30pm	Settlers Village, Pauline Martin Drive Rockhampton	Virginia	4921 1602
Wednesday				
Book Lovers' Group	4 th week 10am	Settlers Village Community Centre Pauline Martin Drive -off North Street	Sheila	4928 2819
Embroidery	1 st & 3 rd weeks 1pm - 4.30pm	CQU room 41/G.41, turn right off Carlton St, into Blair Drive	Pat	4927 4493
Speech Group ("In Voice")	1 st & 3 rd Weds 9.30am–11.00am	304 Kent Street, Depot Hill	Virginia Valda	4921 1602 4928 2119
Writing for Pleasure	1 st week 9.15am-11.15am	School of Arts, Bolsover Street	Rodger	4927 4541
Drama	1 st & 3 rd weeks 1.00pm-3.00pm	Oaktree Retirement Village, Glenmore Road; \$1 for tea	Keith	4928 3849
Music Appreciation	4 th week 1.30-3.30pm	17 Thora Street, Gracemere	Nancy	49332722
Ukulele	Weekly 2pm	Oaktree Retirement Village, 40 Foulkes Street, Norman Gardens	Phil	4928 7769



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Thursday				
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Aqua Aerobics SA	Weekly 9.30am - 10.30am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Discussion ~ Current Affairs	3 rd week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Photography Group	Every 2 nd week 3pm (from 24/1/19)	Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.	Phil	4928 7769
Multi Crafts (prev. Scrapbooking)	Last Thursdays 9.30am-12.30pm	Oaktree Retirement Village, Glenmore Road; 50c for tea	Ann	4922 1581
Friday				
Armchair Travel	3 rd week 9.30am -11.30am	Athelstane House, Ward Street, (Rockhampton Bowls Club) Please bring a plate for morning tea.	Jackie	4922 7976
Garden Lovers' Club	4 th week 9.30am	Venue advised at General meeting Please bring hat, chair & plate for morning tea.	Joan	4933 3190
Line Dancing SA	Weekly 2pm – 4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton Cost ~ \$7	Sue	4922 3421
Mahjong II	Weekly 1pm-4pm	Settlers Village, Pauline Martin Drive Rockhampton	Judy	4928 1756
Pencil Drawing	1 st Week 9.30am-11am	7 Gardenvale Court, Hillside Estate (off Norman Road) Nth Rockhampton	Keith	4928 9505
Tai Chi Northside	Weekly 7.30am - 8.30am.	Kershaw Gardens (Knight Street) Cost ~ \$2.	Shirley Beth	4936 4792 4926 4374
Social Bowls	9.15am Frequency to be decided	Diggers Bowls Club, Diggers Lane, Nth Rockhampton	Tony	4926 1845
Saturday				
Aqua Aerobics SA *	Weekly 7am - 8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton, Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Personal Arrangements				
FREE Computer Classes	Various days Weekly ~ 2 hours	Technology Centre ~ 1st Fl., Library, 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