



U3A Rockhampton and District Inc.  
ABN 83 907 668 103

**Activities 2020**

(Revised 13 October 2020)

MEETINGS AND SOCIAL EVENTS							
Meeting/Social	Day & Time	Venue	Contact	Telephone	Active	NOT Active	COVID Safe & Risk Assessed
General Meeting	1 <sup>st</sup> Monday (excluding January) 9.15am for 9.30am start	Frenchville Sports Club Clifton Street Nth Rockhampton	Russell Daniels (President)	07 4819 1739			
Monthly Lunch	3 <sup>rd</sup> Tuesday 12 noon	Frenchville Sports Club Clifton Street Nth Rockhampton	Judy Sutton (C)	07 4928 1756			

U3A Managed Activities							
Only authorised to operate with, and fully complying with a U3A Committee approved Risk Assessment and COVID Safe Plan							
Activity	Day & Time	Venue	Contact	Phone	Active	NOT Active	COVID Safe & Risk Assessed
Armchair Travel \$2.50 inc Morn Tea	3 <sup>rd</sup> Friday 9.30am – 11.30am	Athelstane House Ward Street Rockhampton	Judy Trinder (C)	07 4928 7538			
Birdwatchers	3 <sup>rd</sup> Wednesday every 2 <sup>nd</sup> month 7am	Venue will be advised and will have an approved specific Covid Safe Plan and Risk Assessment	Rod Elder (C)	07 4928 4383			
Book Lovers' Group	4 <sup>th</sup> Wednesday 10.00am	Settlers Village Pauline Martin Dve Rockhampton	Sheila Black (C)	07 4928 2819			
Calligraphy	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday 1.00 – 3.30pm	Settlers Village Pauline Martin Dve Rockhampton	Virginia Latty-Weir (C)	07 4921 1602			
Cards & Scrabble \$1 inc Morn Tea	1 <sup>st</sup> & 4 <sup>th</sup> Tuesdays 9.00 – 11.15am	Oaktree Retirement Village Glenmore Road Glenmore Park	Judy Sutton (C)	07 4928 1756			
Current Affairs	3 <sup>rd</sup> Thursday 2.00pm – 4.00pm	Glass Room Frenchville Sports Club Clifton Street Nth Rockhampton	Lance Cowan (C)	0497 575 231			

Activity	Day & Time	Venue	Contact	Phone	Active	NOT Active	COVID Safe & Risk Assessed
Days for Girls	3 <sup>rd</sup> Monday 1pm – 3pm Cost \$2	Fred Fox Hall 3 Gladstone Road Rockhampton	Christine Dobele (C)	07 4926 1845			
Drama \$1 for Tea	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 1.00pm – 3.00pm	Oaktree Retirement Village Glenmore Road Glenmore Park	Keith Bambrick (C/T)	07 4928 3849			
Embroidery	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays 1.00pm – 4.30pm	CQU Bldg 41/G/41 turn right off Carlton St into Blair Drive Rockhampton	Pat Lorroway (C)	07 4927 4493			
Garden Lovers' Club	4 <sup>th</sup> Friday 9.30am	Venue will be advised and will have an approved specific Covid Safe Plan and Risk Assessment	Joan Cooper (C)	07 4933 3190			
History	3 <sup>rd</sup> Monday 2pm	Glass Room Frenchville Sports Club Clifton Street Nth Rockhampton	Ann Findlater (C)	07 4922 1581			
Mahjong 1	Every Tuesday – 1pm	Women's Health Bolsover Street Cnr Derby St Rockhampton	Lyn Storey (C)	07 4928 8136 0455 288 833			
Mahjong II - \$2.00	Every Friday 1.00pm – 4.00pm	Settlers Village Pauline Martin Dve Rockhampton	Judy Sutton (C)	07 4928 1756			
Multi Crafts - \$1.00 include Morning Tea	Last Thursday 9.30am – 12.30pm	Oaktree Retirement Village Glenmore Road Glenmore Park	Ann Findlater (C)	07 4922 1581			
Music Appreciation	4 <sup>th</sup> Wednesday 1.30pm – 3.30pm	17 Thora Street Gracemere	Nancy Crapp (C)	07 4933 2722			
Pencil Drawing	1 <sup>st</sup> Friday 9.30am – 11.00am	TBA	<b>Art Coordinator &amp; Teacher Required</b>				
Speech Group "In Voice"	1 <sup>st</sup> and 3 <sup>rd</sup> Weds 9.30 – 11am	304 Kent Street, Depot Hill	Virginia Valda	07 4921 1602 07 4928 2119			
Photography Group	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays 3.00pm	Oak Tree Retirement Village, 40 Foulkes St, Norman Gardens, field trips will have specific authorised Covid Safe Plan & RA	John Waring	0408 275 633			
Poetry for Leisure	2 <sup>nd</sup> Tuesday in Oct, Nov, Dec 2020 9.15 – 11.15am	Glass Room Frenchville Sports Club Clifton St Nth Rockhampton	Alan Watts (C)	07 4928 5319 0411 469 563			

Activity	Date & Time	Venue	Contact	Phone	Active	NOT Active	COVID Safe & Risk Assessed
Smartphones & Tablets <b>**Class Full**</b>	Mondays 24, 31 Aug 7, 14 Sept 10am – 11am	Glass Room Frenchville Sports Club Clifton Street Nth Rockhampton	Judi Blanchard (C/T)	0447 227 630			
Smartphones & Tablets <b>** Class Full**</b>	Mondays 21, 28 Sep 12, 19 Oct 10am – 11am	Glass Room Frenchville Sports Club Clifton Street Nth Rockhampton	Judi Blanchard (C/T)	0447 227 630			
Smartphones & Tablets <b>*Booking Required*</b>	Mondays 9, 16, 23 & 30 November	Glass Room Frenchville Sports Club Clifton Street Nth Rockhampton	Judi Blanchard (C/T)	0447 227 630			
Tai Chi Southside	Tuesdays 7.30am	Botanic Gardens near Lagoon Rockhampton	Virginia Latty-Weir (C)	07 4921 1602			
Third Age Chorus Singing Group	Every Tuesday – 9.30am	Youth Orchestra Room Floor 1 Walter Reid Building Derby Street Rockhampton	Lindsay Soanes (T) Ann Findlater (C)	07 4922 7099 07 4928 6653			
Ukulele	Every Wednesday 1.30pm – 3.30pm	Fred Fox Hall 3 Gladstone Road, Rockhampton	Barry Lloyd (T/C)	07 4926 4654			
Writing for Pleasure	1 <sup>st</sup> Wednesday 9.15am – 11.15am	School of Arts (City Library) Bolsover Street Rockhampton	Judy Whitworth (C)	07 4836 6133			

(C) Coordinator (T) Teacher/Tutor

### THIRD PARTY ACTIVITIES

The following activities are run and authorised by organisations not affiliated with U3A and listed here only for your convenience

Activity	Day & Time	Venue	Contact	Telephone	Google search
Aqua Aerobics \$6 per U3A member	Thurs 9.30 – 10.30am Tues 11am 12noon Sat 7.00am – 8.00am	Caribee Swim Academy 135 Menzies Street Nth Rockhampton	Margaret Shanks or Jodie Annette Maclean U3A	07 4926 1650  0499 265 992	<a href="https://caribee.com/">https://caribee.com/</a>
Senior-Fit Class Resistance Training Swimming	Timetable and costs Available at CQU Community Sports Ctr website	CQU Community Sports Centre Yaamba Road North Rockhampton	Kira Contact Sports Ctr Or Cathy Booker U3A	07 4923 2159  0419 642 539	CQU Community Sports Centre <a href="https://www.cqu.edu.au/industry-and-partnerships/services/cquni-community-sports-centre">https://www.cqu.edu.au/industry-and-partnerships/services/cquni-community-sports-centre</a>
Tai Chi Northside Cost - \$2.00	Fridays 7.30am – 8.30am	Kershaw Gardens (via High Street)	Shirley Hopkins U3A	07 4936 4792	