



**Visit to Bouldercombe Sculpture Gardens**

**General Meeting**

First Monday of each month.  
(Excluding January)

**Venue**

Frenchville Sports Club  
Clifton Street, North Rockhampton

**Time**

9.15am for 9.30am start

**Membership Fees**

\$10.00 JOINING FEE

The Annual Membership Fee is \$15.00 payable before the end of the Calendar Year and \$7.50 from June 30<sup>th</sup> to the end of the Calendar Year.

**Course Fees**

There are no Course Fees other than the cost of materials and venue, where applicable.



**Monthly Lunch Rocky Sports Club**



**New – Ukulele Group**



**Garden Lovers' Group**



**U3A Rockhampton and District Inc.**

ABN 83 907 668 103



**2019 U3A Management Committee**

**Contacts**

**President – Russell Daniels 4819 1739**

**Secretary – Bev Connor 0488 557 721**

**Postal Address**

**The Secretary**

**U3A**

**P O Box 8160**

**ALLENSTOWN QLD 4700**

**Web: [www.u3arockhampton.org.au](http://www.u3arockhampton.org.au)**

## WHAT WE OFFER

### Activities and Courses

Aerobics  
Aqua Aerobics  
Armchair Travel  
Bird Watching  
Book Lovers  
Bushdancing  
Calligraphy  
Cards and Scrabble  
Contemporary Ballet  
Current Affairs Discussion  
Drama  
Embroidery  
Garden Lovers  
History  
Investment Discussion  
Line Dancing  
Mahjong  
Multi Crafts  
Music Appreciation  
Pencil Drawing  
Photography  
Poetry for Leisure  
Resistance Training  
Speech Group (U3A "In Voice")  
Tai Chi  
Third Age Chorus Singing  
Ukulele  
Writing for Pleasure



## WHAT IS U3A?

### *"The University of the Third Age"*

*In 1988, a local community group established U3A Rockhampton to facilitate active minds and bodies in older people.*

*U3A's informal groups meet through activities and courses offered and run by the members.*

*Get out and mix*

*Learn for pleasure*

*Enjoy the pleasure of learning without stress*

*Keep mind and body active*

*Share your knowledge*

*Join the self-paced activities*

### Social Activities

*Apart from courses and activities, you'll find companionship, education and fun in all the social activities*

*Informative and interesting guest speakers at the monthly meetings*



**U3A Rockhampton and District Inc.**

ABN 83 907 668 103

Email: [u3arockhampton@hotmail.com](mailto:u3arockhampton@hotmail.com)

### WHAT CAN YOU OFFER?

**DO YOU HAVE ANY SKILLS?**

**DO YOU HAVE EXPERTISE?**

**CAN YOU HELP?**

***Perhaps you have skills with which you could enrich U3A members.***

***Coordinators and Tutors are all members who share their expertise and administer courses which vary in their duration.***

***We would love to hear from you***