



U3A Rockhampton and District Inc.

ABN 83 907 668 103

Activities 2023 – current at 26/10/2023

APPROVED RISK ASSESSMENT AND COVID SAFE PLAN IN PLACE

MEETINGS AND SOCIAL EVENTS

| Meeting/Social | Day & Time | Venue | Contact | Telephone |
|---|--|--|---------------------------|--|
| General Meeting | Usually 1 st Tuesday (excluding January) but check date. 9.00am for 9.20am start | Frenchville Sports Club, Clifton Street, North Rockhampton. Lunch at own cost available after meeting. | Cheryl Wickes (President) | 0428 452 836 |
| Monthly Lunch | 2 nd Monday 12.00 noon | Venue will be advised and will have an approved specific Covid Safe Plan & Risk Assessment | Robyn Edwards | 0438 284 871 |
| Meeting/Social | Day & Time | Venue | Contact | Telephone |
| MONDAY | | | | |
| Days for Girls Cost \$2 | 3 rd Monday 1.00pm-3.00pm | Fred Fox Hall, 3 Gladstone Road, Rockhampton | Christine Dobebe | 4926 1845 |
| Digital Skills | 3 rd & 4 th Mondays 10am-12noon. See Newsletter for subject. | Champions Bar, Frenchville Sports Club, Clifton Street, Nth Rockhampton | Judi Blanchard | 0447 227 630 To register phone or text |
| History | 3 rd Monday 2.00pm | Oaktree Retirement Village, Glenmore Road, Park Avenue | Ann Findlater | 0400 766 112 |
| Yoga | Every Monday. Chair yoga 9am for 9.30–10am; Mat yoga 10-11am. | Fitzroy by Teman, Pauline Martin Drive, Rockhampton | David Drew | 0437 337 586 |
| TUESDAY | | | | |
| Mahjong 1 Cost \$2 | Every Tuesday – 12.45pm | Fitzroy by Teman, Pauline Martin Drive, Rockhampton | Cynthia Drane | 0418 227 760 |
| Cards & Scrabble \$2 including Morning Tea | 2 nd & 4 th Tuesdays – 9.00 – 11.30am | Oaktree Retirement Village, Glenmore Road, Park Avenue | Kym Jacobi | 0438 778 438 |
| Poetry for Leisure | 4 th Tuesday 9.15 – 11.15am | Champions Bar, Frenchville Sports Club, Clifton St, Nth R'ton. | Alan Watts | 4928 5319 0411 469 563 |
| Third Age Chorus Singing Group \$3 | Every Tuesday 9.30am | Youth Orchestra Room, Walter Reid Building, East Street | Lindsay Ann | 4922 7099 0400 766 112 |
| WEDNESDAY | | | | |
| Book Lovers Group | 4 th Wednesday 10.00am | Fitzroy by Teman, Pauline Martin Drive, Rockhampton | Sheila Black | 4928 2819 |
| Bird Watchers | 2 nd Wednesday every 2nd month from February 7.00am | Venue will be advised and will have an approved specific Covid Safe Plan and Risk Assessment | Rod Elder | 0409 630 584 |
| Ukulele Cost \$3 | Every Wednesday 1.30 – 3.30pm | Fred Fox Hall 3 Gladstone Rd, Rockhampton | Barry Lloyd | 4926 4654 |
| Embroidery | 1 st & 3 rd Wednesday 1.00-4.30pm | Champions Bar, Frenchville Sports Club, Clifton St, Nth R'ton | Pat Lorroway | 4927 4493 |
| Music Appreciation | 4 th Wednesday 1.30-3.30pm | 17 Thora Street, Gracemere | Nancy Crapp | 4933 2722 |

| | Day & Time | Venue | Contact | Telephone |
|-----------------------------|--|--|------------------|--------------|
| THURSDAY | | | | |
| Writing for Pleasure | 1 st & 3 rd Thursday 9.00 – 11.30am | Fitzroy by Teman, Pauline Martin Drive, Rockhampton | Peter Wilson | 0407 620 356 |
| Photography Group | 2 nd & 4 th Thursdays 3.00pm | Walter Reid Cultural Centre, cnr Derby & East Street, R'ton. Field trips will have authorised Covid Safe Plan & RA | Ian Ewings | 0438 284 084 |
| Current Affairs | 3 rd Thursday 2.00 – 4.00pm | Champions Bar, Frenchville Sports Club, Clifton St, Nth R'ton | Lance Cowan | 0497 575 231 |
| Financial Discussion Group | 2 nd Thursday 2.00 – 4.00pm | Champions Bar, Frenchville Sports Club, Clifton St, Nth R'ton | Alan Watts | 0411 469 563 |
| FRIDAY | | | | |
| Mahjong II Cost \$2 | Every Friday 12.45 – 4.00pm | Fitzroy by Teman, Pauline Martin Drive, Rockhampton | Cynthia Drane | 0418 227 760 |
| Armchair Travel Cost \$2 | 3 rd Friday 9.30 – 11.30am | Athelstane Bowls Club, Ward St, Rockhampton | Judy Trinder | 0457 712 978 |
| Garden Lovers Group | 4 th Friday 9.30am | Venue will be advised and will have an approved specific Covid Safe Plan & Risk Assessment | Joan Cooper | 0458 060 447 |
| SATURDAY | | | | |
| Walk and Chat | Every Saturday 5.50am for 6am | Queens Park, Glenmore Road, Nth Rockhampton | Christine Dobele | 4926 1845 |

THIRD PARTY ACTIVITIES

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

| Activity | Day & Time | Venue | Contact | Telephone |
|--|---|---|---|-------------------------------|
| Aqua Aerobics \$6 per U3A member | Tues 11.00 – 12.00 noon Thurs 9.30 – 10.30am Sat 7.00 – 8.00am | Caribee Swim Academy, 135 Menzies Street, Nth Rockhampton | Margaret or Jodi; Jan Stevens U3A | 4926 1650 0407 761 057 |
| Art Classes Cost \$6 | Thursday 9.00am | Chinese Hall, 152 Bedford Street, Berserker | Penny Corbin | 0438 223 595 |
| Juswannadans Line Dance Class Cost \$10 | Tuesday: New Beginners 9.00-9.30am, Beginners 9.30-10.15am, Improvers 10.15 – 12 noon. | Fred Fox Hall, 3 Gladstone Road, Rockhampton | Mary Biles | 0400 287 998 |
| Senior-Fit Class Resistance Training | Timetable & costs available at CQU Community Sports Centre website | CQU Community Sports Centre, Yaamba Road, North Rockhampton | Baleigh, Contact Sports Ctr. Cathy Booker U3A | 4930 9791 0419 642 539 |
| Tai Chi – Kershaw Gardens. Cost \$2 | Fridays 7.30 – 8.30am | Kershaw Gardens (via High Street) | Anne Stewart U3A | 0437 991 458 |
| Stamp Collecting \$15 Annual Membership | 1 st Tuesday 7.30pm | Glass Room, Frenchville Sports Club, Clifton St, Nth R'ton | David Smith | 4926 3336 0458 128 159 |
| Jacana Bushdancers Class Cost \$5; Annual Membership \$6 | Mondays 7.00pm | Pipe Band Hall, Gladstone Road, Rockhampton | Gaye Nicholson | 0428 620 662 |
| Coin Club/Collectors | 2 nd Monday 7.00pm | Venue to be advised | Phil Morisette | 4928 7769 |