



U3A Rockhampton and District Inc.

ABN 83 907 668 103

## U3A ROCKHAMPTON - GROUPS

Activities 2024 – current at 01/09/2024

APPROVED RISK ASSESSMENT AND COVID SAFE PLAN IN PLACE

MEETINGS AND SOCIAL EVENTS				
Meeting/Social	Day & Time	Venue	Contact	Telephone
General Meeting	Usually 1 <sup>st</sup> Tuesday (excluding January) but check date. 9.00am for <b>9.20am</b> start	Frenchville Sports Club, Clifton Street, North Rockhampton. Lunch at own cost available after meeting.	Cheryl Wickes (President)	0428 452 836
Monthly Lunch	2 <sup>nd</sup> Monday 12.00 noon See Newsletter for venue	Venue will be advised and will have an approved specific Covid Safe Plan & Risk Assessment	Bev Meredith	0410341843
MONDAY				
Days for Girls	3 <sup>rd</sup> Monday 1.00pm-3.00pm	Fred Fox Hall, 3 Gladstone Road, Rockhampton	Christine Dobebe	4926 1845
Digital Skills	3 <sup>rd</sup> & 4 <sup>th</sup> Mondays 10am-12noon. <b>See Newsletter for subject.</b>	Meeting Room, Rockhampton Golf Club, Ann Street, West Rockhampton	Judi Blanchard	0447 227 630 <b>To register phone or text</b>
History	3 <sup>rd</sup> Monday 2.00pm	Oaktree Retirement Village, Glenmore Road, Park Avenue	Ann Findlater	0400 766 112
Yoga	Every Monday. Chair yoga 9.15–10am; Mat yoga 10-11am.	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	David Drew	0437 337 586
TUESDAY				
Mahjong 1	Every Tuesday – 12.45pm- 4pm	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Kym Jacobi	0438 778 438
Cards & Scrabble	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays – 9.00 – 11.30am	Oaktree Retirement Village, Glenmore Road, Park Avenue	Kym Jacobi	0438 778 438
Poetry for Leisure	4 <sup>th</sup> Tuesday 9.30 – 11.15am	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Alan Watts	4928 5319 0411 469 563
Third Age Chorus Singing	Every Tuesday 9.30am	Youth Orchestra Room, Walter Reid Building, East Street	Lindsay Ann	4922 7099 0400 766 112
WEDNESDAY				
Book Lovers Group	4 <sup>th</sup> Wednesday 10.00am	Fitzroy by Teman, Pauline Martin Drive,	Marie Downing	0448 283 879

		Rockhampton		
Bird Watchers	2 <sup>nd</sup> 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	Every Wednesday 1.30 – 3.30pm	Fred Fox Hall 3 Gladstone Rd, Rockhampton	Barry Lloyd	4926 4654
Embroidery	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 1.00-4.30pm	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Pat Lorroway	4927 4493
Music Appreciation	4 <sup>th</sup> Wednesday 1.30-3.30pm	17 Thora Street, Gracemere	Nancy Crapp	4933 2722
Poetry with Friends	1 <sup>st</sup> Wednesday 3.00pm 3 <sup>rd</sup> Wednesday 9.30am	304 Kent Street, Depot Hill	Virginia Latty-Weir	4921 1602

Activity	Day & Time	Venue	Contact	Telephone
<b>THURSDAY</b>				
Writing for Pleasure	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 9.00 – 11.30am	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Peter Wilson	0407 620 356
Photography Group	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays 3.00pm	Walter Reid Cultural Centre, cnr Derby & East Street, R'ton.	Ian Ewings	0438 284 084
Christmas Craft	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday 12.00 – 2.00pm <b>Cancelled for 12<sup>th</sup> Sept</b>	Tamarind Place Red Hill	Barb Hunt	0402 761 707
Current Affairs	3 <sup>rd</sup> Thursday 2.00 – 4.00pm	Meeting Room, Rockhampton Golf Club, Ann Street, West R'ton	Lance Cowan	0497 575 231
Financial Discussion Group	2 <sup>nd</sup> Thursday 2.00 – 4.00pm	Meeting Room, Rockhampton Golf Club, Ann Street, West R'ton	Alan Watts	0411 469 563
<b>FRIDAY</b>				
Mahjong II	Every Friday 12.45 – 4.00pm	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Beth Tootell	0488 769 173
Mind Games & Cryptic Crosswords	2 <sup>nd</sup> Friday 9am – 11:30am	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Cheryl Wickes	0428 452836
Armchair Travel	3 <sup>rd</sup> Friday 9.30 – 11.30am	Athelstane Bowls Club, Ward St, Rockhampton	Judy Trinder	0457 712 978
Garden Lovers Group	4 <sup>th</sup> Friday 9.30am	Venue will be advised and will have an approved specific Covid Safe Plan & Risk Assessment	Joan Cooper	0458 060 447
<b>SATURDAY</b>				
Walk and Chat	Every Saturday 6.20am for	Queens Park, Glenmore Road, Nth Rockhampton	Christine Dobele	4926 1845

	6:30am <b>From Saturday 5<sup>th</sup> Oct Meet 5:50 for 6:00am</b>			
<b>SELF GUIDED</b>				
Learning any Language	Self-guided Lessons through MANGO system of learning	Learn at your own pace	Barb Hunt	0402 761 707
<b>THIRD PARTY ACTIVITIES</b>				
<b>Disclaimer: The following activities are run and authorised by organisations not affiliated with U3A and are listed here only for your convenience. Our insurance does not cover these events and we advise that if you have any concerns, please address them to the relevant coordinator.</b>				
Activity	Day & Time	Venue	Contact	Telephone
Aqua Aerobics \$6 per U3A member	Tues 11.30 – 12.30pm Thurs 11.30 – 12.30pm 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
Senior-Fit Class Resistance Training	Timetable & costs available at CQU Sports Centre website	CQU Community Sports Centre, Yaamba Road, North Rockhampton	Kira, 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 <sup>st</sup> 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 <sup>nd</sup> Monday 7.00pm	Venue to be advised	Phil Morisette	4928 7769