

# U3A TWEED COAST INC – COURSE TIMETABLE, FIRST TERM : 28<sup>th</sup> January – 9<sup>th</sup> April, 2020

Groups Highlighted will continue throughout the NSW school holidays.

**Please note:** It is a condition of attendance at classes held at Cudgen Leagues Club that you have current membership. Social membership of the club costs just \$6 a year

**DISCLAIMER:** Members need to be aware that they must accept responsibility for their own welfare when attending any U3A Tweed Coast Classes or Social Activities.

Day	Course	Group Leader / Contact Details	Venue / Additional Information	Time	
MON	Pavement Walk	Julia – (07)55 248 995 Maree - 0407 274 937	<b>Contact the leader for a starting point</b>	8:00 – 9:00 am	
	Art Enthusiasts	Kay - 0423 095 431	Pottsville Neighbourhood centre	9:00 – 11:00 am	
	Canasta, “Pony” Version	Marilyn - 0408 029 137	Cudgen Leagues Club – Bistro	9:15 – 12 noon	
	Knit and Natter	Jude – 0427 145 203	Cudgen Leagues Club – Bistro	9:45 – 11:15 am	
	Hatha Yoga	Dianne – (02)66 744 046	Cudgen Leagues Club – Seabreeze Lounge	10:00 – 11:30 am	
	French for Fun	Christine – 0433 246 866	Cudgen Leagues Club – Referees’ Room	11:30 – 1:00 pm	
	Yoga Postures <b>NO Yoga Mch 16,23,30. Back 6<sup>th</sup> April</b>	Lynda – 0432 867 546	Cudgen Leagues Club – Seabreeze Lounge <b>“Waiting List”</b>	11:30 – 1.00 pm	
	Pilates <b>Starts Monday 24<sup>th</sup> February</b>	Gayle – 0481 187 531	Cudgen Leagues Club – Legends Room	11:45 – 1:15 pm	
	Scrabble	Beth - 0412 411 708	Murwillumbah Library Meeting room	11.30 – 1.30 pm	
	Mah-jong	Janice - 0488 570 350	Murwillumbah Library Meeting room	2.00 – 3.30pm	
	Painting and Drawing	Yvonne – 0488 092 127	Cudgen Leagues Club – Seabreeze Lounge <b>“Waiting List”</b>	1.30 – 3.30 pm	
	Book Chat – 1 <sup>st</sup> Monday of Month	Jennifer – (02)66 743 379	Kingscliff Library	2:30 – 4:00 pm	
	TUES	Australian History 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Tues of Month	Ian – 0407 988 517	Private Address, Kingscliff	9:30 – 11:30 am
		Appreciating Poetry 2 <sup>nd</sup> & 4 <sup>th</sup> Tues of Month	Ian – 0407 988 517	Private Address, Kingscliff	9:30 – 11:30 am
Writing Your Own Life Story		Chris– 0491 371 476	Kingscliff Library	9:30 – 11:30 am	
Colour Style & Image 18/2/20 – 17/3/20		Lorraine 0457 936 202	Cudgen Leagues Club –Referees’ room	9.30 – 11.30am	
Hatha Yoga		Dianne – (02)66 744 046	Cudgen Leagues Club – Seabreeze Lounge <b>“Waiting List”</b>	10:00 – 11:30 am	
Digital Photography - Technology		David – 0416 588 039	Cudgen Leagues Club – Seabreeze Lounge <u>annex</u>	10:00 – 11:30 am	
Current Affairs, Discussion Group		David – 0416 588 039	Cudgen Leagues Club – Seabreeze Lounge	11:30 – 1:00 pm	
Android Tablets & Smart Phones – Beginners 28/1/20 – 18/2/20		Barbara - 0403 506 124	Cudgen Leagues Club – Seabreeze Lounge <u>annex</u>	11.30 – 1.00 pm	
Writing Life Stories		Lynda – 0432 867 546	Kingscliff Library (you may bring lunch) <b>“Waiting List”</b>	12 noon – 2:00 pm	
Art for Fun		Ian – 0408 617 017	Cudgen Leagues Club – Seabreeze Lounge	1.10 – 3.10 pm	
Mah-jong <b>Starts Tues 3<sup>rd</sup> March</b>		Janet - 0412 821 642	Cudgen Leagues Club – Legends Room	12.00 – 4.00pm	
Canasta “Pony” <b>Cancelled 18/2 &amp; 25/2. Back 3<sup>rd</sup> March</b>		Barbara – 0421 679 453	Tweed Heads Library Meeting Room	1.00 – 3.00pm	
Brain Games		Marg – (02)66 743 125	Cudgen Leagues Club – Seabreeze Lounge	1:30 – 3:00 pm	
WED		Nature Walkers – Every 2 <sup>nd</sup> Wed Starts 11 <sup>th</sup> March during NSW school terms	Jeni – 0401 821 681	Local & Hinterland, Easy-Medium Grade Bush & Beach Walks <b>Participants will be notified the preceding Monday, where to meet</b>	9:00 am – <b>Finish time will depend on walk</b>
	French (Advanced)	Carolyn – (07)55 344 644	Cudgen Leagues Club – Referees’ Room	9:15 – 11:00 am	
	Italian Conversation Lvl 2	Janice – 07-55 243 846	Cudgen Leagues Club – Seabreeze Lounge	9.00 – 10.30 am	
	Italian Conversation Intermediate	Janice – 07 -55 243 846	Cudgen Leagues Club – Seabreeze Lounge	10.30 – 12.00	

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WEDNESDAY	TAI CHI 1 <sup>st</sup> Chinderah Scout Hall, 21 Chinderah Road	Marg – 0488 090 595	Straight Sword - Broad Sword - Beijing Fan- Yang Style 24 Fan	8:45 am
			Lotus Qi Gong - 10 points for Good Health- Beijing 24- Lohan Qi Gong - Sun 32 - Brolga Qi Gong	9.45 am Finish 11.15am
CONTINUED	Spanish Advanced Spanish Beginners	Andres – 0421 188 837	Cudgen Leagues Club – Seabreeze Lounge <b>Advanced Beginners</b>	9:30 – 12 noon 1:00 – 3pm
	German Conversation (Advanced)	Valerie – (02) 66741 434	Cudgen Leagues Club – Seabreeze Lounge	9:15 – 10:30 am
	German Conversation (Intermediate)	Valerie – (02) 66741 434	Cudgen Leagues Club – Seabreeze Lounge	10:30 – 12 noon
	German Conversation (Beginners)	Jahnavi – 0404 791 041	Cudgen Leagues Club – Seabreeze Lounge	1:00 – 2:15 pm
	Mah-jong	Janice – 0488 570 350	Murwillumbah RSL	1:30 – 4:00 pm
	Circle Dancing	Jennifer – 0449 138 546	Cudgen Leagues Club – Legends’ Room	1:30 – 3:00pm
	Sing Along/ <b>No class on 3<sup>rd</sup> Wed of the month</b>	Jennifer – (02)66 743 742	Cudgen Leagues Club – RSL Room	2:00 – 3:30 pm
	Ukulele for Beginners	Brendan– 0403 137 262	Cudgen Leagues Club – RSL Room	4:00 – 5:00 pm
THUR	Scrabble	Rachel – (02) 6674 4592	Community Room, 2 Marine Pde. Kingscliff	10:00 – 12 noon
	Cryptic Crosswords	Dawn – 0408 378 147	Cudgen Leagues Club –Referee’s Room	10:00 – 11:30 am
	<b>500 (Cards) (Waiting List)</b>	Val – 0418 351 402	Community Room, 2 Marine Pde	10:00 – 12 noon
	<b>Pilates (Waiting List)</b>	Jenny – 0402 570 328	Cudgen Leagues Club – Seabreeze Lounge	10:00 – 11:30 am
	500 (Cards)	Chris – 0490 099 817	Cudgen Leagues Club – Bistro Annex	9:30 – 11:30 am
	500 (Cards) for Beginners	Chris – 0490 099 817	Cudgen Leagues Club – Bistro Annex	11:30 – 12:30 pm
	Astronomy for Beginners	Dave Wilkie 0405 337 063	Cudgen Leagues Club - Referees’ room	2.00 – 4.00 pm
	Mah-jong <b>Starts Thu 5th March</b>	Pat – (07)55 243 674	Cudgen Leagues Club - Legends Room	2:00 – 4:00 pm
	Family History – <b>Every 2<sup>nd</sup> Thursday</b>	Robyn - 0416 235 602	Tweed Heads Library – Meeting Room	2:00 – 3:30 pm
	Motor Movers	Alec 0402 497 945	Cudgen Leagues Club – Seabreeze Lounge	2:30 – 4:00 pm
FRI	Tennis <b>(Cost: \$2.50)</b>	Hilary – 0418 968 220	Viking Street, Kingscliff	8:00 – 10:00 am
	Card Making <b>(Cost: \$3 for Kit)</b>	Jackie – 0412 926 326	Cudgen Leagues Club – Legends’ Room	9:30 – 11:30 am
	Spanish (Intermediate & Beginners)	Andres – 0421 188 837	Cudgen Leagues Club –Referees’ Room <b>Intermediate</b>	9:30 – 12 noon 1:00 – 3.00 pm
	Italian (Lvl 3)	Mary – (07)55 244 849	Cudgen Leagues Club – Seabreeze Lounge	9:30 – 11:00 am
	Yoga	Jeni – 0401 821 681 Christine – 0433 246 866	Tumbulgum Community Hall, Cnr Government Road & Riverside Drive <b>“Waiting List”</b>	10:00 – 11:30am
	Book Lovers – <b>Last Friday of Month</b>	Wendy – 0407 026 254	Cudgen Leagues Club – Bistro Annex.	2:00 – 3:30 pm
	<b>Friday Forum – 1<sup>st</sup> Friday of Month</b>	<b>Guest Speakers are invited to talk on a variety of interesting and well-informed topics</b>	Uniting Church Hall – Kingscliff <b>Cost \$2 - afternoon tea provided</b>	2:00 – 3:00 pm