

TIMETABLE U3A TWEED COAST INC TERM 2, 2024 (29 APRIL – 5 JULY)

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.

<u>Day</u>	<u>Course</u>	<u>Group Leader / Contact Details</u>	<u>Venue / Additional Information</u>	<u>Time</u>
<u>MON</u>				
	Road Cycling Group	Jeff – 0433 564 747	Leader to advise mtg point/route	6:45 am – 9:15 am approx
	Pavement Walk	Julia – 0415 464 616	Contact leader for starting point	8:00 am – 9:30 am
	Art Enthusiasts	Maree - 0407 274 937	St Marks Anglican Church 15A Coronation Ave Pottsville	9:00 am – 12 noon
	Canasta, “Pony” Version	Marilyn - 0408 029 137	Seventh Day Adventist Church (SDA) Sandpiper, Plumeria	9:30 am – 12 noon
	Hatha Yoga	Dianne – (02) 6674 4046	Uniting Church Hall	10:00 am – 11:30 am
	Yoga Postures	Lynda – 0478 218 054	Tumbulgum Community Hall Cnr Government Road & Riverside Drive	11:00 am - 12:30 pm
	Mah-jong	Wendy - 0448 899 531	SDA Sandpiper, Plumeria	1:30 pm – 4:00 pm
MONTHLY	Book Chat 1 – 1 st Monday	Jennifer – 0411 863 831	Private home	2:30 pm – 4:00 pm
	Book Chat 2 – 2 nd Monday	Jennifer – 0411 863 831	Private home	2:30 pm – 4:00 pm
<u>TUES</u>				
	Paint and Chat	Anne - 0432 184 460	SDA Saltwater	10:00 am – 12:00 noon
	Pilates	Gayle - 0481 187 531	SDA Seaside	9:30 am – 11:00 am
	Digital Photography	Barry - 0467 394 363	Zoom	9:30 am – 11:30 am
	Hatha Yoga	Dianne – (02) 6674 4046	Uniting Church Hall	10:00 am – 11:30 am
	Writing Life Stories	Lynda - 0478 218 054	SDA Poinciana	11:00 am – 1:00 pm
	Chair Pilates & Deep Breathing 1	Marilyn - 0408 029 137	SDA Plumeria	11:00 am – 12 noon
	Chair Pilates & Deep Breathing 2	Marilyn - 0408 029 137	SDA Plumeria	12:15 pm – 1:15 pm
	Brain Games	Marg – (02) 6674 3125	SDA Plumeria	1:30 pm – 3:00 pm
	Lifestyle Topics, Discussion Group	Carole – 0490 539 290	SDA Sandpiper	1:30 pm – 3:00 pm
<u>WED</u>				
	Road Cycling Group	Jeff – 0433 564 747	Leader to advise mtg point/route	6:45 am – 9:15 am approx
	Italian Conversation (Lvl 2)	Janice - (07) 5524 3846	SDA Plumeria	9:00 am – 10:30 am
	German Conversation (Adv)	Valerie – 0437 691 270	SDA Sandpiper	9:00 am - 10:15 am
NEW ###	Knit & Natter (and Crochet)	Jude – 0427 145 203	SDA Paperbark	9:00 am - 10:30 am
	French (Advanced)	Carolyn – (07) 5534 4644	SDA Saltwater	9:30 am – 11:30 am
	Italian (Intermediate/Lvl 2)	Janice - (07) 5524 3846	SDA Plumeria	10:30 am – 12 noon
	German Intermediate	Valerie – 0437 691 270	SDA Sandpiper	10:30 am – 12 noon
	German Beginners	Jahnavi - 0404 791 041	SDA Sandpiper	12 noon – 2:00 pm
	Current Affairs, Discussion Group	David - 0409 639 047	SDA Plumeria	2:00 pm – 4:00 pm

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WED : COTINUED

U3A Choir	Annabelle – (02) 6674 2494 Geoff - 0438 545 828	Uniting Church	2:00 pm - 4:00 pm
TAI CHI Tumbulgum Community Hall, Cnr Government Road & Riverside Drive	Marg – 0488 090 595 Graham – 0438 944 766 Chris – 0490 099 817	Straight Sword Broadsword Beijing Fan / Yang Style Fan 24 Lotus Qi Gong 10 Points for Good Health Lohan / Beijing 24 / Sun 32 Brolga Qi Gong	9:00 am – 9:45 am (Advanced) 9:45 am - 11:00 am (Beginners + Advanced)

THUR

Pilates	Gayle – 0481 187 531	SDA	Seaside	9:30 am – 11:00 am
500 (Cards)	Chris – 0490 099 817	SDA	Sandpiper	9:30 am – 11:30 am
NEW ## Yin Yoga	Dianne – (02) 6674 4046	Uniting Church Hall		9:30 am – 11:00 am
French Intermediate	Barbara - 0403 506 124	SDA	Saltwater	10:30 am – 12 noon
Circle Dancing	Jennifer – 0449 138 546	SDA	Seaside	11:00 am – 12:30 pm
French for Beginners	Barbara - 0403 506 124	SDA	Saltwater	12:00 noon – 1:30 pm
Mah-jong	Pat – (07) 5524 3674	SDA	Sandpiper	1:30 pm – 3:30 pm
Scrabble	Mary – 0438 792 208	SDA	Plumeria	1:30 pm – 3:30 pm
Musicians & Songwriters	Christine - 0477 500 601	Private Home		2:00 pm – 4:00 pm
Motor Movers	Alec – 0402 497 945	Zoom		2:30 pm – 4:00 pm

FRI

Road Cycling Group	Jeff – 0433 564 747	Leader to advise mtg point/route		6:45 am – 9:15 am approx.
Tennis - (Cost - \$3 - \$5 depending on numbers)	Hilary – 0418 968 220	Viking Street, Kingscliff		8:00 am – 10:00 am
Spanish Advanced	Andres – 0421 188 837	SDA	Poinciana	9:00 am – 11:00 am
Creative Crafts (Cost: \$4 for Kit)	Jackie – 0412 926 326	SDA	Saltwater	9:30 am - 11:30 am
Meditation and Conversation	Lizzi – 0455 370 522	Uniting Church Hall		9:30 am – 11:00 am
Tumby Yoga	Jeni – 0401 821 681	Tumbulgum Community Hall		10:00 am – 11:30 am
Spanish Beginners	Andres – 0421 188 837	SDA	Poinciana	11:00 am – 12:30 pm
Spanish Intermediate	Andres – 0421 188 837	SDA	Poinciana	1:00 pm – 2:30 pm

Starts Thursday, May 9

Starts Wednesday, May 15

Timetable accurate at time of publishing. Subject to amendment