

Eastlakes U3A Courses at a Glance

Monday

Total Body Stretch / Dancercise
 Advanced Tai Chi
 Sculpture
 5 minute foot Reflexology massage
 Beginner Tap Dancing For Fun and Fitness
 Monday Book Club (Monthly)
 Drawing
 5 Minute Foot Reflexology Massage
 Advanced Numerology
 Beginner Bellydance For Fun and Fitness
 An Introduction to Robotics T4
 Social Chess - For Beginners and Aficionados
 Mahjong on Monday
 Table Tennis
 ATS Bellydance
 Middle Eastern Dancing - Caberet Style

Tuesday

Total Body Stretch/Dancercise 2
 ZOOM Balance & Bones
 Balance & Bones
 Tai Chi by the Lake
 Diamonds Burlesque and Tap
 Stretching Mind and Body
 Tuesday Book Club (Monthly)

Small Group iPad - Beginners
 ZOOM Stretching Mind & Body
 Guided Relaxation and Meditation
 Australian History Zoom
 Small Group iPad - Advanced
 Ukulele (Beginners)
 Crime Fiction Lovers Book Club (Monthly)
 Introduction to Bridge
 Film Club
 Guest Speaker Program
 Evening Table Tennis T1&T4

Wednesday

Eastlakes U3A Singers
 Sewing Group
 Keep Strumming
 Beginners Tai Chi
 Porcelain Painting/Decoration
 Balance and Bones
 Badminton
 Keep The Marbles Rolling
 Mahjong on Wednesday 1
 Knitters Circle
 Mixed Media Class
 Aquarobics 1
 Trivia

Mahjong on Wednesday 2
 Aquarobics 2

Thursday

Yoga 1
 Early Morning Walks
 ZOOM Yoga
 Cryptic Crosswords
 Stretching Mind and Body
 ZOOM Stretching Mind & Body
 Lets Talk Politics
 Lunch Round the Lake
 Lunching Round the Lake
 500 Club
 Bonus Canasta
 Canasta Club
 Table Tennis 2

Friday

Based-Pilates Based Exercise
 crocheting with friends
 Balance and Bones
 GeeStrings
 Pilates-Based Exercise 2
 Relaxation and Meditation
 Ukulele
 Photography for Beginners T3

Introduction to Numerology
 Men's Musical Group

Varies

Theatre Group