

Eastlakes U3A Courses at a Glance

Monday

Full Body Stretch/Latino Dance
 Advance Tai Chi in the Hall
 Sculpture
 Beginners Fun & Fitness Tap
 Current Affairs
 Advanced Balance and Bones
 Stretching Mind & Body
 Book Club
 Drawing
 Beginners Tai Chi in the Hall
 Guided Relaxation and Meditation
 learn to play lawn bowls T1
 Beginners Belly Dance
 introduction to numerology
 Making A Robot T2
 Mahjong
 An Introduction to 3D Printing T1
 ATS Bellydance
 Aqua Aerobics
 Table Tennis 2
 Middle East Dance
 Aquarobics on Wednesday

Tuesday

Stretch/Latino Dancercise

Balance & Bones

Diamond Dance Troupe
 Beginners' Family History Research T1
 Basic Italian For Beginners
 Film Club
 Tai Chi by the Lake
 Pot Luck Book Club
 Understanding your iPad 1 & 2 T2&T3
 Acrylic Painting Techniques
 Australian History
 Guest Speakers T1,T2&T3
 Introduction to Patchwork and Quilting T1&T2
 Beading/Jewellery Making/Jewellery Repair
 Crime Fiction Lovers Club
 Introduction to Bridge

Wednesday

Mixed Media Art Group
 Sewing Circle
 Keep Strumming
 Eastlakes U3A Singers
 Porcelain Painting
 Stretching Mind and Body
 Balance and Bones
 Cryptic Crosswords for Beginners
 Badminton

Mahjong

Knitters circle
 Advanced Numerology
 Drama Games T1&T2
 Golf Croquet (1Day)
 Investment Forum T3
 Aqua aerobics
 Trivia
 Keep the Marbles Rolling
 Mahjong
 Aqua aerobics

Thursday

Yoga
 Early Morning Walks
 Cryptic Crosswords
 Writing for Pleasure
 Table Tennis 2
 Government and Political Landscapes T1&T2
 USA Presidential Election T4
 Ukulele Stage 1 (Beginners)
 Philosophy with a Twist
 A History of Crime Fiction T1
 Lunching Round The Lake
 Bonus Canasta
 Misere

Photography

Canasta Club
 Peace and Circle Dance

Friday

Exercise Based Pilates 1
 Balance & Bones Friday
 Crocheting with Friends
 GeeStrings
 Pilates Based Exercise 2
 Guided Relaxation and Meditation
 Ukulele (Continuers)
 Beginners' Golf Clinic T1
 Put Pen To Paper
 Still Life Self Help T2&T3
 Mixed Media Art

Varies

The Theatre Club