



Eastlakes U3A Inc.  
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Email: [secretary.eu3a@gmail.com](mailto:secretary.eu3a@gmail.com)

Office: Belmont Senior Citizens Centre  
7 Glover Street, Belmont NSW 2280  
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## Course Program 2022

To check for class vacancies once the U3A year has begun please contact the Enrolment Officer **Brendan Hanlon Eastla P - 0490 515 187** or email - [membership.eu3a@gmail.com](mailto:membership.eu3a@gmail.com)

Term 1: 7/02/2022 to: 1/04/2022

Term 2: 2/05/2022 to: 24/06/2022

Term 3: 25/07/2022 to: 16/09/2022

Term 4: 17/10/2022 to: 9/12/2022

**Patron : Pat Conroy MP**

**We wish to express our appreciation to Pat Conroy and his staff for their support of Eastlakes U3A Inc and assistance with printing this program.**

### **COVID Vaccination Policy**

**Eastlakes U3A has a mandatory policy of requiring membership applicants to be fully vaccinated against COVID-19 in order to participate as a member of this organisation. Proof of vaccination will need to be sighted prior to all classes at the beginning of Term 1 2022. Valid, genuine contraindication certificates will be accepted.**

## IMPORTANT INFORMATION FOR MEMBERS

### COVID-19

We adhere to all government requirements to ensure the safety of our members. This includes being fully vaccinated and may include reduced class sizes and a cleaning regime for class participants.

### Membership

Membership fees must be paid **before** you can be enrolled in any classes. Payment details are on the last page of the program. The fees cover the running costs of the Association and provide insurance cover whilst participating in any Eastlakes U3A activities. When paying your membership fees at the Newcastle Permanent please include your name and the word "fees". (E.g. Ron Joyce Fees). This year the maximum number of classes you may enrol in is capped at 5 because of the impact of COVID.

### Enrolling and class limits

Enrolments commence in November. Many classes are extremely popular, but all have a maximum number of participants. Consequently, we need to be fair in allocating places. The Enrolment Officer is the only person who can allocate these places and maintain the waiting list.

### Enrolling after term has commenced

Please check the website for class vacancies and new classes before contacting the Enrolment Officer at [membership.eu3a@gmail.com](mailto:membership.eu3a@gmail.com) or 0490 515 187.

### Class attendance

Please only enrol in classes you can attend. **Inform the Course Leader or Course Clerk if you will be absent or wish to discontinue the class.** If you are **absent without notification for 2 classes your place will be allocated to the next person on the waiting list.**

### Course Contribution Payments

We try to keep costs to a minimum however in some courses there may be additional costs for specific materials or venue hire. These are listed in the program.

### Name badges

Eastlakes U3A magnetic badges may be purchased from Impact Trophies, 6/468 Pacific Highway, Belmont. Please wear a name badge to class and at Eastlakes U3A functions to help us get to know each other better.

### Privacy policy

Eastlakes U3A collects personal information to enable the efficient delivery of its services and is managed solely by us. **No data will be provided to third parties.** Members may opt not to provide full details, however this may prevent the full delivery of services.

### Term dates

Courses are for the full year unless stated otherwise. Term dates are on the front cover of this program.

### Indemnity statement

**In voluntarily participating in an exercise or physical activity I am aware that this could expose me to the risk of injury or other medical consequences. By joining the class I accept this risk and thereby indemnify the leader and Eastlakes U3A to the extent permitted by the law.**

## Eastlakes U3A Program for 2022

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### 101 Total Body Stretch / Dancercise 1

KC Dance Headquarters

Marks St, Belmont

**Monday** Dates 7/02/2022 To: 9/12/2022 Time: 8:00 AM To 9:30 AM Limit: 20  
Leader: Colleen P: 0402 066 869

Stretches for the whole body - standing, kneeling, sitting, lying down followed by Zumba Gold dancercise routines.

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### 103 Advanced Tai Chi

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Monday** Dates 7/02/2022 To: 5/12/2022 Time: 9:00 AM To 10:30 AM Limit: 30  
Leader: Mary P:

This advanced class is for members who have done a beginner's class and have some knowledge of Tai Chi. Tai Chi offers an opportunity to experience ways to improve one's balance, strength, memory, physical abilities and energy flow. Wear comfortable clothes, flat shoes and bring water.

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### 105 Sculpture

100 Warners Bay Road

Warners Bay

**Monday** Dates 7/02/2022 To: 5/12/2022 Time: 9:00 AM To 11:00 AM Limit: 9  
Leader: Paul P: 49 467 251

This course will teach you the techniques used to shape Hebel blocks into all manner of finished products. There is plenty of stimulus material available for you to consider or just start with your own imagination. Hebel blocks available (\$6-13) and basic tools supplied.

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### 107 Beginner Tap Dance For Fun and Fitness

KC Dance Headquarters

Marks St, Belmont

**Monday** Dates 7/02/2022 To: 5/12/2022 Time: 9:30 AM To 10:30 AM Limit: 20  
Leader: Colleen P: 0402 066 869

Improve your mind/body coordination, balance and flexibility learning a new activity. Designed for the new tapper - you will learn basic tap steps and combinations in a supportive environment. Please bring tap shoes and bottle of water.

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### 110 Introduction to Lawn Bowls

Valentine Bowling Club

17a Valentine Cres, Valentine

**Monday** Dates 17/10/2022 To: 21/11/2022 Time: 10:00 AM To 12:00 PM Limit: 20  
Leader: Kel P: 417 291 100

**Term 4 - 6 Weeks only**

Relaxed introduction to the etiquette, theory and practical application of lawn bowls.

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### 111 Monday Book Club

EMAIL

**Monday** Dates 7/02/2022 To: 5/12/2022 Time: 10:00 AM To 11:30 AM Limit: 12  
Leader: Winsome P: 49 454 336

**Last Monday of every month**

We discuss a wide range of books as chosen by the group. We also include plays, movies and TV programs. If unable to meet face-to-face, we email our comments and suggestions.

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### 113 Drawing

All Saints Anglican Church Hall

Church Street, Belmont

**Monday** Dates 7/02/2022 To: 5/12/2022 Time: 10:00 AM To 12:00 PM Limit: 20  
Leader: Jen P: 49 459 625

In this class you will explore drawing still life subjects - portraits, objects, animals and landscapes using pencil, pen and ink.

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### 115 Tap Dancing For Fun and Fitness 2 (Advanced)

KC Dance Headquarters

Marks St, Belmont

**Monday** Dates 7/02/2022 To: 5/12/2022 Time: 10:30 AM To 11:30 AM Limit: 20  
Leader: Colleen P: 0402 066 869

This is not a beginner class. We will revise basic steps and combinations, 2021 routines and learn exciting new routines. Please bring tap shoes and bottle of water.

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### 117 Social Chess - All welcome

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Monday** Dates 7/03/2022 To: 5/12/2022 Time: 11:00 AM To 1:00 PM Limit: 20  
Leader: David P: 0413 996 369

**Starts March 7**

Social games with term and end of year competitions using EU3A chess sets and clocks. Separate sessions for beginners covering fundamentals of the game, including: the Board, Pawns and Pieces, Rules, Openings, Mid and End game Strategies, Tactics and Traps.

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## Eastlakes U3A Program for 2022

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### 119 Beginner Bellydance For Fun and Fitness

KC Dance Headquarters

Marks St, Belmont

**Monday**

Dates 7/02/2022

To: 5/12/2022

Time: 11:30 AM To 12:30 PM

Limit: 20

Leader: Colleen

P: 0402 066 869

You will learn gentle feminine Bellydance moves with the upper and lower body and build them into simple routines using veils, zills, canes and wings. Please bring a shimmy belt and bottle of water.

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### 121 Mahjong 1

Valentine Bowling Club 17a Valentine Cres, Valentine

**Monday**

Dates 7/02/2022

To: 5/12/2022

Time: 12:00 PM To 1:30 PM

Limit: 20

Leader: Jeanette

P: 0402 380 869

We play the Western version of Mahjong, which is a very engrossing tile based game that was developed in China during the 19th Century. While it is a strategic game which keeps your mind very active, the focus is on fun and friendships. This class is suitable for both beginners and experienced players. For organisational purposes, please arrive 5 minutes before the start time. Mahjong sets are supplied but if you have your own set, you are very welcome to use it.

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### 123 American Tribal Style Bellydance

KC Dance Headquarters

Marks St, Belmont

**Monday**

Dates 7/02/2022

To: 5/12/2022

Time: 1:00 PM To 2:00 PM

Limit: 20

Leader: Colleen

P: 0402 066 869

This style includes both improvisation and choreography. You learn a routine of steps and body cues to slow and fast music that enable you to follow a leader - an exciting experience. Please wear comfortable clothes - a long full skirt if you have one.

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### 125 Womens History

Belmont Library Meeting Room

Ernest St Belmont

**Monday**

Dates 7/02/2022

To: 5/12/2022

Time: 1:00 PM To 2:30 PM

Limit: 16

Leader: Loraine

P: 40 233 085

Discussions about women of various cultures through the ages, covering female worship, gay issues and famous women. Bring an open mind and curiosity.

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### 127 Aquarobics 1

Valentine Pool

St Johns Drive, Croudace Bay

**Monday**

Dates 17/10/2022

To: 5/12/2022

Time: 1:00 PM To 1:45 PM

Limit: 30

Leader: Lee Anne

P: 49 447 937

**Term 4 only**

A 45 minute water based exercise class for men and women catering to all fitness levels, as you are able to exercise at your own pace. An additional fee of \$20 PER TERM is required from class members to help offset the high cost of venue hire. This fee must be paid to the Leader at the Week 1 lesson to ensure your place in the class. Bring a pool noodle.

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### 129 Table Tennis 1

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Monday**

Dates 7/03/2022

To: 5/12/2022

Time: 1:30 PM To 3:00 PM

Limit: 26

Leader: Barbara

P: 49 720 548

Exercise and fun at the same time. Spatial awareness essential for this fast moving game. Please bring your own bat and a smile. Be aware that this involves quick movement from side to side as well as forwards and backwards.

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### 131 Middle Eastern Dancing - Cabaret Style

KC Dance Headquarters

Marks St, Belmont

**Monday**

Dates 7/02/2022

To: 5/12/2022

Time: 2:00 PM To 3:15 PM

Limit: 20

Leader: Colleen

P: 0402 066 869

You will learn choreographies encompassing a variety of Egyptian folk styles using veils, canes, zills, wings, fanveils and tambourines - a lovely feminine way to exercise. Wear comfortable clothes - long flowing skirt and shimmy belt and bring bottle of water.

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### 133 Introduction to Researching Your Ancestry

Belmont SCC Hall Meeting Room

7 Glover St, Belmont

**Monday**

Dates 25/07/2022

To: 12/09/2022

Time: 11:00 AM To 12:30 PM

Limit: 10

Leader: Brian

P: 49 721 547

**Term 3 ONLY**

The course covers where to begin your research, basic genealogy, interviewing and planning your research including computer based software, commonly used records, free internet assistance (FamilySearch), searching online and offline records, online resources such as Ancestry, MyHeritage, FindMyPast and ScotlandsPeople, and getting help.

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## Eastlakes U3A Program for 2022

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**135 The Basics of Scale Model Radio Control Ship B** Belmont Library Meeting Room Ernest St Belmont  
**Monday** Dates 22/08/2022 To: 12/09/2022 Time: 3:00 PM To 4:30 PM Limit: 10  
Leader: Bob P: 49 468 634 **Four 1 to 1.5 hour sessions.**

To provide students with a basic overview of the hobby of scale model ship building. Enabling students to make an informed decision to pursue the hobby and understand the nature of the underlying processes, skills and tasks involved.

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**201 Total Body Stretch / Dancercise 1** KC Dance Headquarters Marks St, Belmont  
**Tuesday** Dates 8/02/2022 To: 6/12/2022 Time: 8:00 AM To 9:30 AM Limit: 20  
Leader: Colleen P: 0402 066 869

Stretches for the whole body - standing, kneeling, sitting, lying down followed by Zumba Gold dancercise routines.

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**203 Balance & Bones 1** Belmont Senior Citizens Hall 7 Glover St, Belmont  
**Tuesday** Dates 8/02/2022 To: 6/12/2022 Time: 8:15 AM To 9:00 AM Limit: 27  
Leader: Di P: 0408 439 547

A fun, gentle exercise program to improve balance, flexibility, co-ordination and increase bone strength. You will need to bring light weights (half to one kilogram according to your preference) and a ball (approximately 10-15 centimetres in diameter). All exercises are done either standing or sitting. If you have health concerns, please check with your GP before undertaking this exercise program.

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**207 Talk Italian (Beginners)** Swansea Centre - Ocean Rm 1 228 Pacific Hwy, Swansea  
**Tuesday** Dates 8/02/2022 To: 6/12/2022 Time: 9:00 AM To 10:30 AM Limit: 15  
Leader: Michael P:

This is a Full year course designed for the entry level beginners. The focus is on Italian grammar/pronunciation/vocabulary in preparation for beginning the spoken language as soon as possible. Homework will be essential so we can get speaking as soon as possible. We will use the Google Classroom. Don't worry, assistance will be available for this!

A textbook will also be supplied by the leader at a cost of about \$20 (depending on the exchange rate).

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**209 Tuesday Book Club** Redhead Library Hutchinson St, Redhead  
**Tuesday** Dates 8/02/2022 To: 6/12/2022 Time: 9:30 AM To 11:00 AM Limit: 12  
Leader: Libby P: 49 467 751 **2nd Tuesday of month**

The books chosen for discussion are interesting and widely varied. They are mainly fiction, but occasionally may include biography, short stories or film comparisons. Members also recommend books they have been reading during the month, and these are often selected for later discussion.

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**211 Small Group iPad** Belmont SCC Hall Meeting Room 7 Glover St, Belmont  
**Tuesday** Dates 25/07/2022 To: 9/12/2022 Time: 9:30 AM To 11:00 AM Limit: 6  
Leader: Lorraine P: 0458 451 528 **Terms 3 and 4 ONLY**

This course is for people new to the use of an Apple iPad (not an Android tablet). In a small group, you will learn the basics of how to operate your iPad. I will start by showing you how the settings work, then we will explore whatever else you want to know about. Emails, internet, photos, social media, video calls, calendars and reminders - your call. Your iPad needs to be new enough to upload the latest IOS software update, (usually less than 5 years old). Course will not run if masks required.

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**217 Tap Dancing and Burlesque** KC Dance Headquarters Marks St, Belmont  
**Tuesday** Dates 8/02/2022 To: 6/12/2022 Time: 9:30 AM To 11:00 AM Limit: 20  
Leader: Colleen P: 0402 066 869

Beyond the basics - this course is suitable for girls who have been dancing for a couple of years. We will work on dance routines to build up a concert repertoire. You may like to entertain in aged care facilities when it is safe to do so but this is not compulsory. Please bring tap shoes and bottle of water.

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**219 Tai Chi by the Lake** Pelican Waterfront Lakeview St, Pelican  
**Tuesday** Dates 8/02/2022 To: 6/12/2022 Time: 9:30 AM To 10:30 AM Limit: 30  
Leader: Mel P: 49 466 389

This Tai Chi class is held in the open right alongside the lake at Pelican. We use a modified form for our Tai Chi set as well as Quigong and Shibashi for balance and stability. We aren't however a teaching group so it isn't for beginners.

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## Eastlakes U3A Program for 2022

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### 221 Guided Relaxation and Meditation

Belmont Library Meeting Room

Ernest St Belmont

**Tuesday**

Dates 8/02/2022

To: 6/12/2022

Time: 10:30 AM To 12:00 PM

Limit: 30

Leader: Colleen

P: 49 430 030

Meditation is as simple as being aware of our breathing, yet it is easy to become distracted. This class will provide encouragement and incentive to keep up the practise at home. We will share techniques leading to personal growth, creativity, well-being and a heightened awareness of ourselves, others and the world in which we live. Chairs are provided so no mats are required. Beginners are welcome.

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### 225 Australian History

St Lukes Church Hall

Narla Road, Belmont

**Tuesday**

Dates 8/02/2022

To: 6/12/2022

Time: 11:00 AM To 12:30 PM

Limit: 28

Leader: Kay

P: 49 431 316

We will explore pre British settlement and the early days of the convict colony. Participants will research and present the lives of people who have played a significant role in Australia's history.

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### 227 Ukulele (Beginners)

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Tuesday**

Dates 8/02/2022

To: 6/12/2022

Time: 11:00 AM To 12:30 PM

Limit: 21

Leader: Beth

P: 0415 477 200

A fun sing-along introduction to playing the ukulele, covering basic chords and simple strumming techniques. No experience is expected or needed. After learning just a handful of chords, you will be able to play a surprising number of songs. It's hard not to smile with a uke in your hands! You will need a ukulele, a tuner, (either clip-on or an app) and a music stand. A folder with lesson notes and song sheets will be provided at a cost of \$5.

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### 231 Guest Speaker Program

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Tuesday**

Dates 8/02/2022

To: 13/09/2022

Time: 1:30 PM To 2:30 PM

Limit: 50

Leader: Rhonda

P: 49 528 958

**See below for dates.**

Each month or as programmed, a guest speaker will give a presentation of one hour that will inform, enlighten and engage our minds. Topics for presentation can involve travel, local history, local stories, health issues, animal and bird conservation, adventure trips (eg caving) and topics of general interest that relate to our age group.

Term 2 May 3, 17, 31 & June 21

Term 3 August 2, 16, 30 & September 6

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### 233 Film Club

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Tuesday**

Dates 8/02/2022

To: 6/12/2022

Time: 1:30 PM To 4:30 PM

Limit: 44

Leader: Pat

P: 49 466 389

**4th Tuesday of month in term**

Following a short preamble, we will watch a film and then have a short discussion.

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### 235 Introduction to Bridge

Windale Bowling Club

Lake St, Windale

**Tuesday**

Dates 8/02/2022

To: 6/12/2022

Time: 1:30 PM To 3:00 PM

Limit: 28

Leader: Brigitta

P: 49 448 595

If you would like to learn to play this strategic card game which will challenge your mind and focus your thinking then join this class and get started. If you have played before but would like to polish your skills then you are also welcome to join us.

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### 241 Garden Club

Venue To Be Advised

**Tuesday**

Dates 9/08/2022

To: 5/12/2022

Time: 1:00 PM To 4:00 PM

Limit: 12

Leader: David

P: 49 422 870

**Once a month 3hrs**

Get together to help each other in the garden. Check with the leader for next venue.

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### 301 Beginners' Tai Chi

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Wednesday**

Dates 9/02/2022

To: 7/12/2022

Time: 9:00 AM To 10:00 AM

Limit: 30

Leader: Mary

P:

Tai Chi offers an opportunity to experience ways to improve one's balance, strength, memory, physical abilities and energy flow. This class is for absolute beginners. Wear comfortable clothes, flat shoes and bring water.

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## Eastlakes U3A Program for 2022

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### 303 Sewing Group

St Lukes Church Hall

Narla Road, Belmont

**Wednesday** Dates 9/02/2022 To: 7/12/2022 Time: 9:00 AM To 12:00 PM Limit: 15  
Leader: Susan P: 49 450 258

Brush up on lost sewing skills, learn new ones and have heaps of fun. Bring your own sewing machine and materials for your project.

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### 307 EU3A Singers

Marks Point Community Hall

28 Swan St, Marks Point

**Wednesday** Dates 9/03/2022 To: 7/12/2022 Time: 9:30 AM To 11:00 AM Limit: 50  
Leader: Jan P: 49 487 088

A choir for all voices to sing for joy. Open to all members of Eastlakes U3A. Soprano, alto, tenor, bass, not sure? Come and find your voice! No audition require. Preferably, have access to email to receive music for rehearsals. Members will need to pay accompanist's fees \$2 per week plus occasional funds for morning teas and birthday celebrations. Bring a folder to store music for each term.

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### 309 Balance and Bones 2

Swansea Centre -Lake Room

228 Pacific Hwy, Swansea

**Wednesday** Dates 9/02/2022 To: 7/12/2022 Time: 9:30 AM To 10:30 AM Limit: 25  
Leader: Alison P: 49 710 529

A fun, gentle exercise program to improve balance, flexibility, co-ordination and increase bone strength. You will need to bring light weights (half to one kilogram according to your preference) and a ball (approximately 10-15 centimetres in diameter). All exercises are done either standing or sitting. If you have health concerns, please check with your GP before undertaking this exercise program.

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### 311 Keep Strumming

Redhead Library

Hutchinson St, Redhead

**Wednesday** Dates 9/02/2022 To: 7/12/2022 Time: 9:30 AM To 11:30 AM Limit: 15  
Leader: Marion P: 90 979 903

We are a self help group of guitar players. If you played the guitar in your younger days and haven't picked up your guitar for some time and would like to rekindle your love of playing then come along and join us for some assistance and fun to get you strumming again. If you only know a few basic chords and would like to expand your knowledge then we can also help you to play a few more songs. We are a fun group and perfection is not our aim, but don't forget that to get better at anything, you need to practise. You will need your own guitar, tuner, capo and plectrum. Some folders to hold your music sheets and a music stand is helpful.

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### 317 Badminton

Gateshead Indoor Sportsworld

26 Oakdale Rd, Gateshead

**Wednesday** Dates 9/03/2022 To: 7/12/2022 Time: 10:00 AM To 12:00 PM Limit: 24  
Leader: Wayne P: 49 426 987

Keep healthy with an active sport and have a lot of fun at the same time. Definitely a casual approach needed. There is an additional fee of \$20 PER TERM to help pay for the higher cost of venue hire. All playing equipment is provided by U3A.

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### 319 Mahjong 2

Valentine Bowling Club

17a Valentine Cres, Valentine

**Wednesday** Dates 9/02/2022 To: 7/12/2022 Time: 11:00 AM To 12:30 PM Limit: 20  
Leader: Jeanette P: 0402 380 869

We play the Western version of Mahjong which is a very engrossing tile based game that was developed in China during the 19th Century. While it is a strategic game which keeps your mind active, the focus is on fun and friendships. This class is suitable for both beginners and experienced players. For organisational purposes, please arrive 5 minutes before the start time. Mahjong sets are supplied, but if you have your own set, you are very welcome to use it.

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### 321 Keeping The Marbles Rolling

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Wednesday** Dates 9/02/2022 To: 7/12/2022 Time: 10:30 AM To 12:00 PM Limit: 20  
Leader: Delmay P: 49 431 290

A fun way to challenge the brain by solving word puzzles, cryptic conundrums, mathematical problems and completing spatial awareness activities. There is a \$5 cost each term for the booklet.

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### 323 Knitters Circle

Swansea Centre - Ocean Rm 1

228 Pacific Hwy, Swansea

**Wednesday** Dates 9/02/2022 To: 7/12/2022 Time: 11:00 AM To 1:00 PM Limit: 14  
Leader: Shirley P: 49 584 727

A friendly group of beginner and experienced knitters, all are welcome!

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## Eastlakes U3A Program for 2022

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### 325 Mixed Media for Art

Belmont Senior Citizens Hall 7 Glover St, Belmont

**Wednesday** Dates 9/02/2022 To: 7/12/2022 Time: 12:30 PM To 3:30 PM Limit: 28  
Leader: Anne P: 49 481 813

This program uses oils, acrylics and pastels. This is not a teaching class but newcomers will be helped by other members. There is a lot of experience in this class and good company so feel confident to come and try the course. You will need to bring paper pencils or brushes and a few paints if it is your first time.

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### 327 Aquarobics 2

Valentine Pool St Johns Drive, Croudace Bay

**Wednesday** Dates 17/10/2022 To: 9/12/2022 Time: 1:00 PM To 1:45 PM Limit: 25  
Leader: Jill P: 49 711 429

**Term 4 ONLY**

A 45 minute water based exercise class for men and women catering to all fitness levels, as you are able to exercise at your own pace. Bring your own pool noodle and 2 aqua dumbbells. An additional fee of \$20 PER TERM is required from class members to help offset the high cost of venue hire. This fee must be paid to the Leader at the Week 1 lesson to ensure your place in the class.

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### 329 Trivia

St Lukes Church Hall Narla Road, Belmont

**Wednesday** Dates 9/02/2022 To: 7/12/2022 Time: 1:30 PM To 3:00 PM Limit: 36  
Leader: Kathleen P: 49 721 173

This is a fun class where you work in a group to come up with the answers to a whole expanse of questions which range across many areas of trivia knowledge, reaching into the past and keeping up with the present.

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### 331 Mahjong 3

Valentine Bowling Club 17a Valentine Cres, Valentine

**Wednesday** Dates 9/02/2022 To: 7/12/2022 Time: 1:30 PM To 3:30 PM Limit: 30  
Leader: Jeanette P: 0402 380 869

We play the Western version of Mahjong which is a very engrossing tile based game that was developed in China during the 19th Century. While it is a strategic game which keeps your mind active, the focus is on fun and friendships. This class is intended for experienced players, but if you are unable to attend either of the other two classes, you can be accommodated. Please contact the Leader. For organisational purposes, please arrive 5 minutes before the start time. Mahjong sets are supplied but if you have your own set, you are welcome to use it.

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### 333 Aquarobics 3

Valentine Pool St Johns Drive, Croudace Bay

**Wednesday** Dates 9/02/2022 To: 7/12/2022 Time: 2:00 PM To 2:45 PM Limit: 30  
Leader: Carla P: 49 714 808

**Term4 ONLY**

A 45 minute water based exercise class for men and women catering to all fitness levels, as you are able to exercise at your own pace. An additional fee of \$20 PER TERM is required from class members to help offset the high cost of venue hire. This fee must be paid to the Leader at the Week 1 lesson to ensure your place in the class. Bring your own pool noodle and aqua dumbbells.

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### 401 Yoga

Belmont Senior Citizens Hall 7 Glover St, Belmont

**Thursday** Dates 10/02/2022 To: 8/12/2022 Time: 7:30 AM To 9:00 AM Limit: 40  
Leader: Michael P: 0434 244 573

This Yoga course starts with the fundamentals and concentrates on standing poses to improve leg strength and balance. The class also covers some Yoga philosophy and breathing exercises. While experience in Yoga practice will be an advantage, it is not essential. Please bring a mat, a strap and some Yoga blocks. A bolster is helpful as well but there are some items of all equipment that can be borrowed until you get set up.

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### 402 ZOOM Yoga

ZOOM

**Thursday** Dates 10/02/2022 To: 8/12/2022 Time: 7:30 AM To 9:00 AM Limit: 30  
Leader: Michael P: 0434 244 573

This Yoga course starts with the fundamentals and concentrates on standing poses to improve leg strength and balance. The class also covers some Yoga philosophy and breathing exercises. While experience in Yoga practice will be an advantage, it is not essential. Please bring a mat, a strap and some Yoga blocks. A bolster is helpful as well but there are some items of all equipment that can be borrowed until you get set up.

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## Eastlakes U3A Program for 2022

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### 405 Early Morning Walks

Varies

**Thursday** Dates 10/02/2022 To: 8/12/2022 Time: 7:30 AM To 8:30 AM Limit: 40  
Leader: Robert P: 0433 658 064

Brisk walk, catering for all fitness levels. Also caters for those wanting a more Zen relaxed experience. Duration of 60 minutes on a rotational basis of 8 local tracks. All walks are on level ground, magnificent vistas and interesting people.

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### 407 Cryptic Crosswords

Gateway Christian Church

Lakeview St, Pelican

**Thursday** Dates 10/02/2022 To: 8/12/2022 Time: 9:00 AM To 10:30 AM Limit: 10  
Leader: Gillian P: 49 450 328

Each week members enjoy combining their brain power to solve those devilish cryptic clues. If you've done cryptic crosswords before and would like to take up the challenge again then come along and rekindle your enthusiasm. If you are already an enthusiast but haven't experienced the pleasure of group collaboration then please come along and join in.

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### 409 Stretching Mind and Body

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Thursday** Dates 10/03/2022 To: 8/12/2022 Time: 9:30 AM To 11:00 AM Limit: 50  
Leader: Annette P: 0410 696 683

Stretching muscles and tendons supports mobility and independence. In this course we work with all the major muscle groups and engage in mindful movement and stretching that invigorates and restores mobility. You work at YOUR pace and can determine your level of participation without judgement or pressure. Bring a Yoga mat and strap.

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### 413 Let's Talk Politics

Swansea Centre - Ocean Rm 1

228 Pacific Hwy, Swansea

**Thursday** Dates 10/03/2022 To: 8/12/2022 Time: 10:00 AM To 11:30 AM Limit: 30  
Leader: Jill P: 49 453 110

This course will examine political events and relationships nationally and internationally. This course is for people who like lively discussions, expressing their opinions and examining issues in-depth. There will be plenty to discuss as 2022 is an election year.

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### 417 An Introduction to 3D Printing

Belmont SCC Hall Meeting Room

7 Glover St, Belmont

**Thursday** Dates 20/10/2022 To: 8/12/2022 Time: 11:30 AM To 12:30 PM Limit: 20  
Leader: Brendan P: 49 422 278

**Term 4 only.**

What is 3D Printing? Have a search on youtube. This course will show you how to use Tinkercad to design or modify a model. To print we use the 3D printer at Belmont library. (\$1.80 for 10 minutes of printing).

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### 419 Lunching Around the Lake 1

Varies

**Thursday** Dates 10/02/2022 To: 8/12/2022 Time: 12:00 PM To 2:00 PM Limit: 24  
Leader: Judy P: 0431 011 008

**Second week of each month in term.**

A monthly gathering at various venues around Lake Macquarie. Participants buy their own meals and refreshments.

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### 420 Lunching Around the Lake 2

Varies

**Thursday** Dates 10/02/2022 To: 8/12/2022 Time: 12:00 PM To 2:00 PM Limit: 20  
Leader: Chris P: 0417 234 476

**Second week of each month in term.**

A monthly gathering at various venues around Lake Macquarie. Participants buy their own meals and refreshments.

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### 423 Canasta Club

Windale Bowling Club

Lake St, Windale

**Thursday** Dates 10/02/2022 To: 8/12/2022 Time: 1:00 PM To 3:30 PM Limit: 36  
Leader: Leslie P: 49 459 142

Play Canasta with a friendly group. Beginners welcome.

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### 425 Bonus Canasta

Windale Bowling Club

Lake St, Windale

**Thursday** Dates 10/02/2022 To: 8/12/2022 Time: 1:00 PM To 3:30 PM Limit: 26  
Leader: Darrell P: 0438 479 314

Bonus Canasta is a variation of Canasta. We are happy to teach you how to play.

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## Eastlakes U3A Program for 2022

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### 427 500 - The Card Game

Windale Bowling Club

Lake St, Windale

**Thursday** Dates 10/02/2022 To: 8/12/2022 Time: 1:00 PM To 3:30 PM Limit: 30  
Leader: Marianne P: 0447 115 345

Come and have fun playing a social game of 500 with a different partner each week. Previous experience is preferable as this is not a teaching class.

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### 429 Table Tennis 2

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Thursday** Dates 10/03/2022 To: 8/12/2022 Time: 1:30 PM To 3:00 PM Limit: 25  
Leader: Roger P: 49 455 676

Exercise and fun at the same time. Spatial awareness essential in this fast moving game. Please bring your bat and a smile. Be aware that this involves quick movement from side to side as well as forwards and backwards.

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### 501 Pilates-Based Exercise 1

St Lukes Church Hall

Narla Road, Belmont

**Friday** Dates 11/03/2022 To: 9/12/2022 Time: 8:15 AM To 9:00 AM Limit: 42  
Leader: Rosemary P: 49 633 234

This is a fun 45 minute class using stretching, balance, breathing techniques and music. Based on Pilates and catering to all levels of physical fitness as you exercise at your own pace. Participants will need a floor mat and a resistance band.

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### 503 Balance and Bones 3

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Friday** Dates 11/02/2022 To: 9/12/2022 Time: 9:15 AM To 10:15 AM Limit: 25  
Leader: Sandy P: 49 467 225

A fun, gentle exercise program to improve balance, flexibility, co-ordination and increase bone strength. You will need to bring light weights (half to one kilogram according to your preference) and a ball (approximately 10-15 centimetres in diameter). All exercises are done either standing or sitting. If you have health concerns, please check with your GP before undertaking this exercise program.

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### 505 GeeStrings

Redhead Library

Hutchinson St, Redhead

**Friday** Dates 11/02/2022 To: 9/12/2022 Time: 9:30 AM To 11:00 AM Limit: 12  
Leader: Mel P: 49 466 389

This class is not for absolute beginners but for those who know a few chords and want a reason to practice and improve. We are a self help group who play acoustic guitars and try our skills at a wide range of songs and genres.

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### 507 Pilates-Based Exercise 2

St Lukes Church Hall

Narla Road, Belmont

**Friday** Dates 11/02/2022 To: 9/12/2022 Time: 9:30 AM To 10:15 AM Limit: 28  
Leader: Marjorie P: 49 428 130

**Cancelled for term 3 2022**

This is a fun 45 minute class using stretches, breathing techniques and music. Based on Pilates, the class caters to all physical fitness levels as you exercise at your own pace. Participants will need a floor mat and a resistance band.

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### 509 Crocheting With Friends

Belmont Neighbourhood Ctr.

359 Pacific Hwy, Belmont Nth

**Friday** Dates 11/03/2022 To: 9/12/2022 Time: 9:30 AM To 11:30 AM Limit: 15  
Leader: Kathyne P: 0403 920 506

This class is for beginners through to experienced crocheters. Beginners can learn the basic stitches of crochet and the intricate designs they will form. This is a social group which shares and helps each other along the way. Beginners will need to bring a size 5 metal hook and any 8 ply wool.

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### 511 Ukulele (Experienced)

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Friday** Dates 11/02/2022 To: 9/12/2022 Time: 10:30 AM To 12:00 PM Limit: 25  
Leader: Beth P: 0415 477 200

This is a group for players with experience. You will need to have had enough experience to be confident with basic strumming and reading chord diagrams. The emphasis will be on the fun of playing and singing in a group, while learning additional chords, strum patterns and picking techniques for simple riffs and melodies. You will need a ukulele, a tuner (clip-on or an app) and a music stand.

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## Eastlakes U3A Program for 2022

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### 512 Creative Sugar Craft 2

Belmont SCC Hall Meeting Room

7 Glover St, Belmont

**Friday** Dates 29/07/2022 To: 16/09/2022 Time: 9:30 AM To 12:30 PM Limit: 10  
Leader: Sharon P: 0421 595 876

**Term 3 only**

This creative 8 week adventure will provide practical skills in Embossing, Brush Embroidery, Stamping and Stenciling, making Flexible Lace and Quilling. Also, moulds and cutters will be used to make gum paste wired flowers, with the emphasis on Australian flowers. A flower nail will be used to pipe butter cream flowers and piping tips used to create drop icing flowers. We must include sculpting people and animals with easy to follow steps. For a cost of \$110, all materials and your own tool kit to keep, will be provided just for you. No frustration, waiting for others to finish using tools. Notes will be provided. Just come and create. Suitable for any level.

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### 513 Guided Relaxation and Meditation.

Belmont Library Meeting Room

Ernest St Belmont

**Friday** Dates 11/02/2022 To: 9/12/2022 Time: 10:30 AM To 12:00 PM Limit: 30  
Leader: Brian P: 0449 980 277

Meditation is as simple as being aware of our breathing, yet it is easy to become distracted. This class will provide encouragement and incentive to keep up the practise at home. We will share techniques leading to personal growth, creativity, well-being and a heightened awareness of ourselves, others and the world in which we live. Chairs are provided so no mats are required. Beginners are welcome. Please wear loose-fitting clothes, especially round your stomach and waist.

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### 515 Advanced Numerology

Belmont Library Meeting Room

Ernest St Belmont

**Friday** Dates 11/02/2022 To: 16/09/2022 Time: 1:00 PM To 2:30 PM Limit: 14  
Leader: Loraine P: 40 233 085

**Terms 1, 2 and 3.**

For those who have done the introductory numerology class.

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### 517 Men Making Music

Belmont Senior Citizens Hall

7 Glover St, Belmont

**Friday** Dates 11/03/2022 To: 9/12/2022 Time: 1:00 PM To 3:00 PM Limit: 20  
Leader: Neil P: 49 459 621

A musical afternoon for singers and instrument players. This is a "jam" format where all levels of singers and players are catered for.

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## Eastlakes U3A – Payment Options

### **1. Fees for 2022**

The following fees are applicable for 2022:

2021 Members email correspondence \$25, with postal correspondence \$35.

New Members email correspondence \$50, with postal correspondence \$60.

### **2. Bank Transfer to U3A Account or Cash/Cheque Payment at Newcastle Permanent**

You can either transfer the annual fee from home using internet banking or else go into a branch of the **Newcastle Permanent Building Society**, pay cash or cheque across the counter and they will make the transfer for you.

***NOTE – if you bank with Newcastle Permanent you DO NOT need a cheque, just ask the bank staff to transfer your payment to the U3A account from your own account.***

- The BSB is - **BSB 650-000**
- The Account Number is **964918406**
- The Account Name is - **Eastlakes U3A**
- Reference is - **“Your Name” exactly as you have it on your membership form and the word ‘Fees’ after your name i.e. ( Ron Joyce Fees).** This is the **only** way we can see if you have paid your membership.

**DO NOT include your receipt from the bank with the membership form if you are mailing the form.**

### **3. Cash or cheques will not be accepted. The only way to pay by cash or cheque is at a Newcastle Permanent Branch (see option 2 above)**

## Emergency Contact Information

There is an input box on the membership form for this information. Again – please write clearly. The Leader will be sent a form with this information but you can add or change this if necessary at your class.