



U3A Townsville Inc Newsletter



3rd Quarter, 2014

Dates for Your Diary

Tuesday 21 October 2014 Newsletter Items Last day for submissions for 4th quarter Newsletter (Folding 21 October 2014)	Thursday 13 November 2014 Christmas Function 10.00am at Annandale Community Centre
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Members/Readers – This edition includes quite a few photos from classes and social events. Our printed copy comes in black and white to keep the cost down, but coloured photos can be viewed on our web site. Editor

University of the Third Age Townsville Inc.

Website: <http://members.westnet.com.au/u3atownsville>

Our office is located at 9 Railway Avenue, Railway Estate, 4810.
 P.O. Box 374, Aitkenvale, QLD, 4814
 And open 9.30 am – 11.00 am Mondays. Ph (07) 4724 3530,
 e-mail: u3atownsville@westnet.com.au



U3A EXECUTIVE OFFICERS – 2014

President	Graham Collins	4789 0590
Secretary	Syd Collins	4729 0275
Treasurer/U3A Network Rep .	Alan Williams	4775 1930
Assist Treasurer/Editor	Jenny Sebba	4728 5421
Newsletter Editor	Kathy Joyce	4724 1648
	(Email:-kathleen.joyce@bigpond.com)	
Class Co-Ordinator	Bev Ponder	0413 389 534
Property Officer	Merv Pilcher	4729 0915
Publicity & Events Officer	Kay Torkington	4728 9394
Trip Co-ordinator	Nanette Grace	4721 4484
Magnetic Isl. Co-ordinator	Don Kinsey	4758 1349
Catering	Marie Baker	4778 4841
Venue Organiser	Yvonne Campbell	4779 8947

Committee Members: Estelle Del Bello (4723 6828); Kate Eagling (4725 4535) Hazel Ball (0419 780 190) Elizabeth Mason (0429 179 395) Eileen Adams (4721 0805) Edith White (0466 712 441)

Production & Distribution: Alan & Lois Williams, Elvena Morris, Nanette Crowther, Syd & Eric Collins, Nanette Grace, Mary Collins, Estelle Del Bello

Membership fees can be paid either at the U3A Office any Monday morning between 9.30 and 11.00am, when the office will be attended. Alternatively, they can be posted to U3A at P O Box 374, Aitkenvale, Q. 4814, or paid by direct bank transfer. Money should not be left in the U3A office. It would be prudent for any U3A member who collects membership money outside of office hours to buy a personal receipt book.

U3A TOWNSVILLE INC. WEBSITE

Our website address is:- <http://members.westnet.com.au/u3atownsville>. On this website you can read your newsletter and get any updated information. To save trees and expenses members are asked to contact the office by email to receive your newsletter by email, instead of the printed, posted hardcopy. Those who prefer the printed version will still receive it as usual upon request.



Healthy Ageing - Creating our Future Community Forum

Set aside a few hours on 9 October (*details below*) to attend this event jointly organised by Australian Rotary Health, combined Townsville Rotary Clubs, North Queensland Mental Illness Fellowship and Townsville City Council.

Come along and have fun by joining in lots of activities and learn more about many interesting and age-appropriate topics such as checking your legal health status, hearing and vision assistance, grief and loss, as well as ideas for good nutrition and gardening to name just a few. You will be able to join in singing, make a hat for Hat Day (Oct 10), physical activities for those with limited mobility, activities with grandchildren and much more. Rotary will be cooking up a healthy sausage sizzle.

Hear interesting speakers including a Geriatrician, an Aged Care Psychiatrist and a Community Rehab consultant.

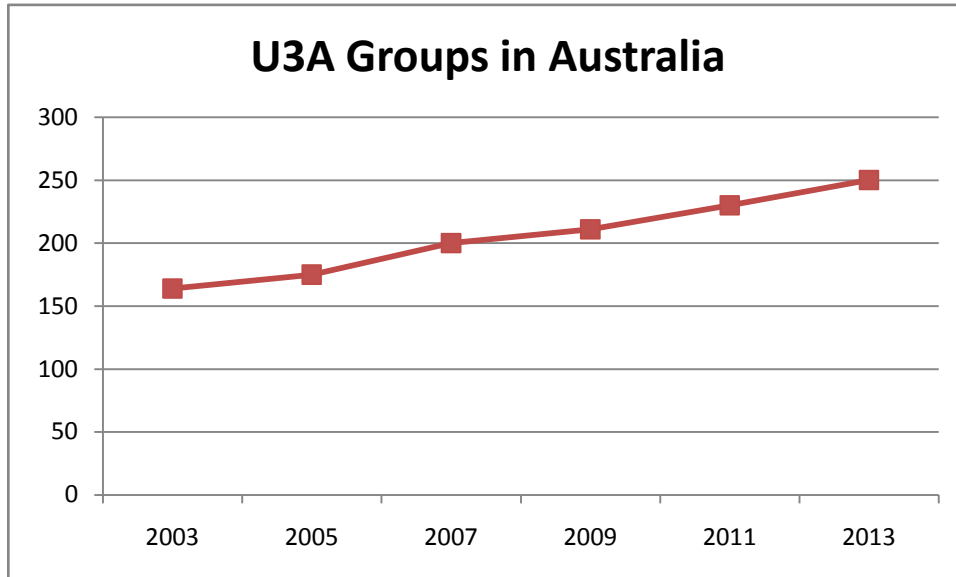
Why come alone? Bring your family, including grandchildren and/or your friends and let them join in the fun and learning. Your **gold coin donation** will go towards Research into preventing Mental Illness.

Where? At RSL Stadium Murray Lyons Drive, Annandale
When? Thursday 9 October 2pm - 6pm
Why? To highlight our need to stay active and engaged.

PRESIDENT'S REPORT

The U3A movement in Australia is continuing to grow at a steady rate. From the beginnings in Melbourne in 1984, there are now around 85,000 members throughout Australia.

The following graph shows how the number of individual U3A groups has grown from 164 in 2003 to 250 in 2013:



Sources

1. U3As in Australia and New Zealand 2008: The Successful Ageing organisations (Rick Swindell, Ken Vassella, Lee Morgan, Tony Sayer)
2. http://en.wikipedia.org/wiki/University_of_the_Third_Age

U3A is now one of the largest Seniors' organisations in Australia. As such it has the potential to present the needs of Seniors to representatives of government at various levels. This is not possible for individual groups, so U3As in NSW, Victoria, ACT, SA, WA, and Queensland have formed State networks to support and represent the individual U3As in their own State or Territory and nationally. One of the ways this support shows itself is the Public Liability insurance policy that covers each of us as we attend U3A classes. The Networks can purchase this cover far more cheaply than any individual U3A group.



Graham Collins

SENIORS' WEEK – 2014

More dates for your diary –

- Seniors' Lifestyle Expo at RSL Stadium on Wednesday 20 August 10am to 1pm; and
 - Seniors' Lunch* at Reid Park on Friday 22 August from 10.30am to 1.30pm
- (*Bookings essential via Ticket Shop on 4727 9797)

CREATIVE WRITERS

Creative Writers hamper raffle was a great success at the U3A mid-year function, and we hope the winners enjoyed the contents.

We followed the theme of fashions through the year and had a display of our Anthologies from the first booklet in 1998 through to last year's print. It definitely showed the progress of technology during the years.



The snap above is from Graham Collins' **Computer Class**, held the last Tuesday of each month from 2 to 4.00pm at the U3A Office. Bring along your questions and enjoy learning in this relaxed environment.



Our new group activity in the U3A is **Folk Dancing**, and our tutor is Philippa Johnson. We do not need a partner as most of the dances are done in a circle. We started about 5 weeks ago with 4 dancers and yesterday we had 16. We all enjoy it very much. One of our dancers wore a pedometer, and she calculated almost 5,000 steps which is half the daily requirement to keep active. Please come along and see how much fun it is. A memorable quote from Philippa is "If you have two left feet, bring both of them with

you". Male members are very welcome also. (Thanks to Eileen Adams for this report.)

What's happening on Magnetic Island

Don Kinsey

Two terms down and all's well. Our new class, **Health & Support Group**, is going well with the monthly inclusion of a guest speaker proving a good additional attraction. Our science class focussing on climate, energy, and environmental issues has finished. Our re-run of the old Earth and Sea course beginning with **Our Very Physical Oceans** has so far proved an even bigger drawcard – we are up to 26 participants. The occasional **Music Appreciation Group** has had its latest meeting with Roslyn Burry presenting "**The Power and the Magic of Music**". Her music covered a fascinating range from Africa, Greece, and the Andes to a lot of Bach from many different points of view. Roslyn's focus was on music as a powerful influence on our attitudes and life from babyhood onwards.



General enquiries – Don Kinsey (47 581 349) If you want to know what's happening on the Island (not just U3A) try going to www.whatsonmagneticisland.com.au.



Is there a U3A member here in Townsville with some **photography skills**? U3A Redlands Camera Club has produced the above calendar. Perhaps someone here has the ability to lead a class and do something similar. I know it's a class I'd try to attend. Kathy Joyce (Editor)

DAYS OUT / MISCELLANEOUS

SOMETHING DIFFERENT



As advised by President Graham Collins recently in an email, Nanette Grace has organised **a visit to the Hervey Range Shooting Complex for Wednesday, 6 August** from 10.30 - 12.30 (lunch provided free). Nanette has arranged with Comlink (see next column) for a 20 seater bus at a cost of \$150 (i.e. \$7.50 per person, payable on the bus). The first 20 people to contact Nanette about going on the Comlink bus will get a seat. Any others will need to get their own transport. Bernie Davis has offered to arrange a car pool starting from the Aitkenvale library at 9.30 a.m. The Shooting Complex is located on Hervey Range Road (past the Willows, the Cinemas, and past turnoff to Beck's Road) about 30 km NW of Townsville. There are two rifle ranges close to each other. The HRSC is the second range. Go through the gate and please make sure it is closed to keep cattle in. The club house is the cream-coloured building to the right. Meet there at 10.30 a.m. sharp. There will be several speakers, a tour of the range, and maybe (?) a chance at some hands-on. Please phone **Nanette** as soon as possible on **4721 4484** to let her know that you intend to go.



TRANSPORT SERVICE

In case you missed the recent email from President Graham Collins, this may well interest you:-

No doubt you have heard of TOTTS (Townsville & Thuringowa Transport Solutions) and perhaps you have used this transport service. Another transport service has started in Townsville called Comlink. In contrast to TOTTS, which is a registered charity organisation, Comlink is funded by the Federal Government. Comlink also provides a number of care services for the elderly based on HACC (Home and Community Care). HACC is aimed at people 65 and over, whereas the NDIS is aimed at people under 65.

Comlink can provide Transport to Medical, Social, Shopping and Hospital appointments. It can also provide assistance with group social outings. Comlink can provide a 20-seater bus, with or without a driver, and also can provide smaller buses and cars. Comlink is keen to form a link with U3A Townsville to provide specialised services to our members. To contact the Townsville branch of **Comlink** - call Kain or Anelise on **4417 1700** or **1300 761 011**.

DIGITAL RADIO



Do you enjoy radio but tire of endless ads and shock jocks? You can now tune in to radio stations that only play what you want to hear. For more specifics, Google 'digital radio' or pick up a copy of the 24 July 2014 copy of a magazine called "Yours". Page 40 will tell you all about it.

Prayer for Senility

God grant me the senility
to forget the people I never liked anyway;
the good fortune to run into the ones I do,
and the eyesight to tell the difference.



SOCIAL NEWS

Our first Newsletter of 2014 invited us all to a Mystery Bus Tour in early May this year. Well – it happened and what a day it was! We visited 1 RAR Museum at Lavarack Barracks, had a guided tour of the Port of Townsville, had lunch at the Giru International Hotel and visited an Achacha farm (Google says '*an achacha is highly prized tropical fruit*'). We also enjoyed morning teas (that's plural) at Lavarack Barracks and at Suburban Bowling Club. It was a wonderful day out, superbly organised and run with great enthusiasm by Nanette Grace Here are some photos from the day. First shows Warrant Officer Jon Daniels (Museum Curator) with Kathy Joyce. Then, across the page, longstanding U3A member Dinie Gaemers amongst the fruit trees and a banner showing the fruit. Then we see Don and Barbara Kinsey with Major Tina McBride, Nanette and the Bus Driver followed by a shot of our lunch venue, Giru International. Kathy Joyce



If you see a Mystery Tour advertised in future in our Newsletter, make sure you come along. It was an exciting but easy day out.

AND MORE FROM OUR TRIPS ORGANISER, NANETTE



Usually at this time of year I try to organise an overnight trip for our members. This year however I will be away during September and October so regretfully I won't have time to get a trip going. If anyone else would care to organise a trip then I would be more than happy to help.

Perhaps it will give members time to save up for a trip to Melbourne next year. The Melbourne flower show is truly spectacular and is held in late March or early April. I am exploring the possibility of getting together a group of U3A members and going down for a 3-day trip. A few years ago Kay Torkington and I did this trip, a package deal with Escape Travel. From memory it cost us about \$890 each. This included return airfares from Townsville, three nights in a hotel close to the casino including breakfast, and all transfers. No doubt the cost has increased but some airfares have reduced so for the moment this information is only an indication of the outlay.

We took a five minute free tram ride to Carlton Gardens where the flower show was held. Cost of entry was \$10. The scale of the show was huge with jaw-dropping exhibits and roving entertainers as gardens were Japanese and of paint laid on yellow paint an attraction in itself - there were competing floral displays and an upper gallery of restaurants and paintings as well as every type of floral craft conceivable. These included embroideries, paper craft, beading, tapestries and pottery all with a floral theme. It is a show worth seeing.



Right now the agents have not come up with any packages but as soon as prices are available I will inform members. Meanwhile members need to let me know of any interest.

Nanette Grace (4721 4484)

FRIDAY TALKS AND GALLERY VISITS

TRAVELLING WITH YOUR e-FRIEND (A FRIDAY COURSE)

HOLIDAYS are fun. You go to familiar places with familiar people. You seek relaxation and low stress pleasure. You come home rejuvenated and contented. TRAVEL is a passion, hard-wired into Homo sapiens since the days we walked out of Africa's Rift Valley. It is an itch that must be scratched; new places, new cultures, new experiences, new challenges. It is rarely relaxing, mostly challenging, frequently tiring, sometimes frustrating. You come home drained, exhausted, and changed in a very fundamental way. Dare I say it; in a way that has made you a better person.

You will travel alone, or with your special human companion(s). However you come to love eFriend, that becomes an integral part of you; a PC laptop, a MacBook Air, an iPad or iPhone, an Android tablet or Android mobile.



An **8 week course** will be held in the **Aitkenvale Library** meeting room on consecutive **Friday afternoons, from 2 pm to 4 pm**, and starting on **8 August 14**. It will be called "Travelling with your eFriend". The aim of the course is to help people feel comfortable about travelling through Australia and Overseas while utilising their computer skills.

If you plan on attending this course, please bring your eFriend along each time. We will work together to expand your skills with these magical devices.

Presenter: **Donna Kippax**

Tour is nigh. To help with catering for the afternoon teas, please continue to text or call me on **0488 257 180** by the Thursday evening for more information.

So far this year we've seen some blockbuster exhibitions as well as those delightful "little treasures" that touch our heart-strings in guided tours of both galleries - Perc Tucker (city) and Pinnacles (Riverway).

In August, members will gather downstairs at Perc Tucker Gallery to view Jo Lancaster's "Cornerstone" prints. A week later they'll view The Ron McBurnie Gift to Townsville @ Pinnacles whilst I'm on my annual holiday-addiction to the beautiful music of the AFCM here in "the 'Ville". Also in August, Dr Donna Foley will present her recent work to us @ PTRG and we'll see the "ArtNow and Creative Generation" Excellence Awards in Visual Arts @ Pinnacles.

September/October heralds exhibition and awards-time for the Townsville Art Society and Primary, Secondary and Tertiary institutions. At these exhibitions over the years, we have deepened our understanding of the artists' lives; experiences; experiments; travels; stories; etc - exploring various media. Also, we may see the work of members of the niche groups of artists who are inspired by this 'different' tropical environment.

The 2014 National Touring Exhibition of work by artists now resident in Australia from Ten Pacific Nations promises to be another blockbuster from 24 October to 14 December @ PTRG. "Fish Hooks and Moving Trees: Pacific Transformations in Australia" will resonate with anyone who has lived, worked, travelled or has family connections in Kiribati; Niue; Maori/ New Zealand; Papua New Guinea; Samoa; The Solomon Islands; Tokelau; Tonga; Tuvalu or Vanuatu.

As the temperature rises both Galleries will be cool retreats with exhibitions from our Sister Cities and the TCC collection to take us into 2015.

Anne Matthews

GALLERY VISITS



Thanks to the wonderful staff and volunteers of **TCC Galleries** you are reminded that another **First and/or Second Friday Guided**

MEET YOUR COMMITTEE

[This segment of our Newsletter continues to introduce you to Committee members. Please enjoy!]



Kate Eagling

Born in Devonport Tasmania 1949. Second born of five siblings, living on a small apple orchard in Aberdeen for the first 7/8 years of my life. I didn't like the isolation of country living and had many a scary experience due to it. Left school at 15 to take up full time work at Coles in Devonport, then onto Launceston and later Swanston St Melb.. A mother of four with two grandchildren....the eldest is in the Police force here in Townsville, his sister working on morning radio in Mt Isa.

After thirteen years I remarried and had two more children...one of those has had uncontrolled epilepsy since she was 9 months of age; soon to be 29. She lives at an Endeavour house which she shares with another young lady receiving 24/7 care. Her sister works as a pharmacy assistant on the Gold Coast.

I have had two stints of living in Townsville, the first over 35 years ago for a period of 17 years and more recently moved back in 2006....I was looking for something to do when a friend suggested U3A. That is when I first encountered the late Chic Bottril who went on to become a close friend and confidante and even my landlady for a short while when I was 'between moving units'.

From helping out on courses teaching seniors basic mobile phone skills, basic computer skills, running our scrabble group and enjoying Creative Writing there is little time for boredom. When I first came to Townsville, I worked for a short time in Andersons News Agency on weekends.....when to hire a video, you had to put down a deposit of \$50 plus your hiring fee! How things have changed.

About that time I took up the position of Lollipop lady and Teachers Aide at Central State School for a period of 5 years. During those years I went in many a 'fun run' including the goat track! Returning home in 1996, I became a Lifeline Crises Caller Assistant, (counsellor) which we are not allowed to be called these days due to lack of uni accreditation etc.....played tennis and learnt and practiced Massage for years. Had my hands on some great tennis players and cyclists legs over that time!

Chronic eczema has had some restrictions on my life over the years but have tried to push

through the barrier of hiding away and feeling sorry for myself. Have some wonderful friends and acquaintances who have always encouraged me through some of the low times and a few years ago a once in a life time friend bought me a brand new car! (I was there for her when she needed someone) Wow! To this day I still feel like the queen who lost her crown. Cheers Kate



Jenny Sebba

It is hard to find a photo of me as I am usually the one behind the camera (a great place to hide!)

A bit about me, well, I was born in Melbourne but brought up in Geelong where I went to school and eventually to Teachers' College. As a trained primary school teacher, on graduation, the Education Department sent me to a secondary school in Melbourne where I was to teach English to classes of up to 60 girls, great fun for someone with an all science Matriculation. I found that really very stressful so resigned after 18 months but then found myself at a loose end with no plans. Being the 60's, there was no shortage of work so I did a number of things including door knocking surveys for Roy Morgan Research and working in the office of Godfrey's Vacuum Cleaners. I still remember my boss there, he was more influential in my life than he could have imagined. He kept insisting that I go for job interviews as he said "I had to better myself". Well, I went for an interview with AMP for a computer operator's job and got it. Computers were a great novelty then and needed specialist operators and this, an IBM 1401, was one of the few in Melbourne in a commercial area. The machine had to run 24 hours a day and of course they had recruited men to work the shifts but found them unreliable and decided to give the girls a go.

From there on I worked on a variety of computer systems and in the late 70's ended up at ICL, the English computer manufacturer's office in Melbourne as a shift leader and then in the training area. It was in this role that I was sent to Bougainville, PNG in 1980 to train the operators on a new computer being delivered to the mine. I ended up working there for 4 years, another change of career direction. I thought I was getting a job primarily looking after the computer that did the accounting for the large supermarket in Arawa. I didn't realise until I arrived that I would also have to know about accounting! (cont. over)

KNOW YOUR COMMITTEE AND SOCIAL NEWS

Jenny Sebba (cont.)

Shock horror, I didn't know a debit from a credit and there weren't exactly a lot of bookshops to raid or an internet to help me. Anyway I muddled through and in the end became a bookkeeper as computers got smarter and could look after themselves and didn't need specialist operators.

On my return to Melbourne I worked as a bookkeeper and in 1989 started my own business and have been largely self employed since.

I came to Townsville in 2002, glad to be out of the Melbourne cold and continued my bookkeeping career. I couldn't go back these days, even the summers here are more bearable than the cold down south. I am mostly retired now but I am still involved in the Festival of Chamber Music as the Finance Officer and, if you like classical music and haven't been to the Festival, can I put in a shameless plug? Come along this year, you will love it.



The **U3A half-yearly function** held on 19 June was certainly entertaining with a great mix of presentations. First up Merv Pilcher displayed his 1930's wind-up gramophone and treated everyone to some old style melodies. Some of our members brought along ancient bakelite records which were played too.

Then there was a time-line hat parade featuring models from the 1950's to the present day. Some were associated with famous women such as Jackie Kennedy's pill-box hat. Hair styles changed along with the hats too from the little boy look to the beehive and the hippy. The hats were donated by Ann Stuart and Dawn O'Brien. The models were Estelle Paterson, Kate Eagling, Jill Warren, Syd Collins, Doris Fenn, Bev Ponder and Liz Mason.



Following the hat parade a wedding dress display provided some interesting observations on the changes in wedding outfits and 'going-away' ensembles. Estelle Paterson, Maureen Harrison, Trudi Van Der Tol and Peg Robertson all had kept their wedding finery and Joan Twine had her veil.

There were also honeymoon clothes from Ann Matthews, Trudi, and Peg as well as a stunning red embroidered tunic which Estelle once wore as a mini! Wedding photos accompanied the outfits and we marvelled at just how slim and beautiful these brides were. Bev Ponder looked regal in her floor-length black opera coat with matching cocktail hat and Valda Spencer showed us her truly mini skirt and top in golden suede that she once wore. When Shirley Marron modelled her 1950's mink wrap she stirred many 'going-to-the-ball' memories, completing an interesting trip down memory lane.



Two ladies from the creative writers' group, Brenda Forrest and Anne Krome rounded out the morning's entertainment by performing their clever and thoughtful poems for us. Thanks to everyone who contributed. Also on show and on sale were the products of our craft groups with art, bead items, paper craft and books by the creative writers' group all on offer.

There was a raffle donated by the creative writers as well as lucky door prizes of Sizzlers vouchers and Warrina movie passes. Marie Baker did a great job with the catering side of things, with some help from Estelle dal Bello. Well done ladies. All in all a great morning.

(Thanks to Nanette Grace for this report and to Jenny Sebba for the photos. For many more wonderful photos, see the U3A website.)

I know U3A harbours lots of enthusiastic and clever Scrabble Players. How are these for rearranging letters?

Eleven plus two **BECOMES** Twelve plus one
A decimal point **BECOMES** A dot in place
Election results **BECOMES** Lies – let's recount
The eyes **BECOMES** They see

U3A CLASS TIMETABLE as of 22 July 2014

Time	Class	Contact	Venue
Monday			
9.00 – 10.00	Exercise Class	Merv Pilcher 4729 0915	Health Studio. 1/276 Charters Twrs Rd
9.00 – 12.00	Mah Jong	Shirley Fitzgerald – 4721 2820	Call Shirley Fitzgerald for venue
9.00 – 1.00	Social Art (no Tutor)	Judy Osborne 4723 9086	Call Judy Osborne for venue
9.00 am	Book Club (Monthly on 2 nd Mon of each month)	Lois Williams 4775 1930	Aitkenvale Library Or Syd Collins 4729 0275
1.00 – 2.00	Indonesian	Eric Campbell – 4779 8947	Aitkenvale Library Meeting Room
1.00 – 4.00	Art	Patricia Jones 4723 4298	Call Patricia Jones for venue
1.30 – 3.00	Folk Dancing	Philippa Johnson 0417 780 016	Heatley Community Centre Near Long Tan Pool
2.30 – 4.00	Philosophy	Peter Burns/Karl Kampmark 4779 5214	Aitkenvale Library Meeting Room – contact Tutor first
Tuesday			
9.00 – 2.00	Quilling & Cardmaking	June Lorimor 4771 6227	Wulguru Community Centre
10.00 – 12.00	Creative Writing	Val Spencer 4723 6083 or Ann Krome 4723 8870	Vale Hotel
2.00 – 4.00	Computer Users Group Last Tues. of Month	Graham Collins 4789 0590	Contact Tutor for venue
Wednesday			
9.00 – 10.00	Exercise Class	Viv Watkins 4773 5287	Health Studio 1/276 Charters Twrs Rd
9.00 – 12.00	Pottery	Nick Dimitriou 0438 132 707	Tatika Ceramics, 52 Mallee St., Condon
9.00 – 1.00	Scrapbooking	Sandra Bowtell 4789 2832	9 Thornbill Close Kelso
9.30 – 12.30	Canasta	Bev Ponder 0413 389 534	German-Australian Club (New address - Cnr Anne/Patrick Sts, adj. to big car park)
2.00 – 4.00	Beadwork Class	Bev Ponder 0413 389 534	Contact Tutor for venue
Thursday			
9.00 – 12.00	Art	Jan Fels 4721 3636 Peg McElhinnney 4779 8621	Salvation Army Hall Madden Street, A'vale
10.00 – 11.30	Successful Investor	Robert Fuller (Tutor) - 47550161 Trevor Smith 47891122	Pimlico TAFE
10.30 – 11.30	Exercise Class	Paula Agtoft 4771 5298 or 0401 445 477	Health Studio. 1/276 Charters Twrs Rd

U3A CLASS TIMETABLE as of 22 July 2014

Time	Class	Contact	Venue
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Friday

7.45 – 8.45	Walking	Mignon Spuler 4779 9246	Various locations - check with Tutor
9.00 – 10.00	Exercise Class	Val Grogan 4723 5432	Health Studio 1/276 Charters Twrs Rd
9.00 – 12.00	Mah Jong	Shirley Fitzgerald – 4721 2820	Contact Shirley Fitzgerald for venue
10.00 –12.00	Scrabble	Kate Eagling 4725 4535 0429 419 580	Contact Tutor for venue
1.00 – 3.00	Computer for Beginners	Kate Eagling 4725 4535 or 0429 419 580	Railway Estate Community Centre (Contact tutor first)
1.30 – 3.00	First Friday @ Perc Tucker Gallery	Amber Church 47279011 Anne Matthews 0488 257 180	Perc Tucker Gallery
2.00 – 3.30	Friday Talks (Last Friday of each Month)	Co-ordinator sought	Various Speakers & Topics A'vale Library Meeting Room

Saturday

9.00 – 10.00	Exercise Class Seniors	Jenny Nyambane 4725 0434	Health Studio 1/276 Charters Towers Rd.
10.00	Social Group	Bev Ponder 0413 389 534	Various locations
Various times & days	Computer classes for Beginners	Bev Ponder 0413 389 534	Community Centres in various suburbs (4 p/class)
Anytime	Computer Support (Apple Mac Only)	John Holt 4773 4600	

MAGNETIC ISLAND COURSES

General Inquiries – Don Kinsey (47 581 349)

Science Class: Earth and Sea	Don Kinsey	4758 1349	Monday – 10am to 12
Tai Chi Exercise Class	Peter Duckworth	4758 1981	Tuesday – 7am to 8am
	Tania Thoreau	4758 1981	
Computer Users	Don Kinsey	4758 1349	Tuesday – 10am to 12 noon
French Conversation	Gisela Edwards	47785548	Wednesday– 9am to 11am
Making Music	Kelly Marlin-Zwa	4758 1426	Wednesday – 3pm to 5pm
German Conversation	Jill Taylor	0402333528	Wednesday - 4pm to ??
Spanish	Peter Duckworth	4758 1981	Thursday – 9.30am to 11.30am
	Marie de Monchaux	0427556165	
Health & Weight Control	Bette Davis	4758 1113	Thursday - 9am to 11am
	Jan Tester	4758 1821	
Tai Chi – Yang 85	Peter Duckworth	4758 1981	Friday – 7am to 8am

