Looking forward in 2016 with KMVU3A

Now that Christmas is over and the New Year has begun, it is time to choose from the 38 courses U3A is offering in the Macleay Valley in 2016.

Term 1 introduces several new courses enabling you to discover new areas of interest.

Phil and Helen Minty will welcome you into their Kundabung Studio for a course on Ceramics. Not only will this allow you to create an imaginative and attractive final piece, but you will also experience inner relaxation and peacefulness.

What is a rook? Where can the bishop move? What is an opening gambit? Chess For Beginners with Alan Davies will answer these questions and more! Soon you will be exclaiming 'Checkmate' and avoiding a Stalemate!

Novel Adventures with Moll and Tom will examine two early works in the development of the English novel — “Moll Flanders” and “Tom Jones” — through BBC TV series and film. The novel goes from strength to strength by reinventing itself through the creativity and imagination of thousands of authors; so let us examine the similarities and differences between 17th century novels and today’s forms.

What system of exercises for spiritual, mental and physical health begins this term? If you guessed Yoga — you are correct! Come along and learn how the different poses such as Lotus, Camel and Tree can help you to reach a sense of peace and well-being.

Several courses are returning after a break of over a year. Around The World will take you to South East Asia, North America, Europe, Western Australia, Africa and Japan — without having to pack a thing!

Dallas Kemp will introduce you to the wonders of gemstones and minerals in Gemmology — Rocks On. To improve your confidence and street smarts Jason Fry will run his Self Defence for Seniors course in new premises in West Kempsey.

Squash will now include Racquetball and Balance 'n' Bones @ SWR will now have 2 sessions per week — Mondays and Thursdays.

On top of all these new and returning courses there are most of your favourites — making 38 courses in total!

Physical activity features in Table Tennis, Ballroom Dancing, Tribal Belly Dance, Swimming, Canoeing, Macleay Meanders, Gardening, Balance ‘n’ Bones, Croquet @ SWR and Tuesday Tappers.

Courses to stimulate the mind include French and Friday Films as well as the wide selection of table games - 4 Mahjong courses, Bridge, Fun and Games, Cards, Pegs and Tiles and Table Games @ MVH.

Crafts feature with Scrapbooking, Card Making [for both Beginners and Advanced] and Beading. Finally, Buddhist Meditation relaxes the mind, body and spirit.

There is something for everybody — so bring your friends to Enrolment Day on Monday 1 February and start the year on an exciting note with KMVU3A!!

Fran Tarbox – Course Coordinator

Fran Tarbox – Course Coordinator
Most course fees are $5 per course per term (usually eight weeks). Some have charges for materials and details of these extra costs can be found in our Newsletter.

Fees are due for payment at the beginning of each term, either on enrolment day or by mail or direct bank transfer prior to this date.

Instead of using cash, why not buy some of our $5 vouchers, which can be mailed with safety. Direct bank transfer can be made to the following account:

BSB: 704-189 (Coastline Credit Union)
Account No.: 00008731
AccountName: KempseyMacleay Valley U3A (or KMVU3A)

If you choose to use this method for your payment, please ensure that you note your family name and at least one initial (if possible — we know that sometimes the reference field is limited).

It is essential that you fill out the enrolment form, noting all courses in which you wish to participate, together with the total of your payment and method of payment. We must have this information to ensure we have adequate facilities for each course.

If you mail your payment prior to the enrolment date, just enclose your form at this time. When paying electronically, the form should be emailed to the treasurer at: treasurer@kempsemacleayu3a.com.au or posted to PO. Box 3666, West Kempsey.
NEW COURSES, TERM 1

CERAMICS
Leaders: Phil & Helen Minty

This course involves hand painting onto Earthenware clay in the form of a plate, mug, garden planter or figurine etc with special ceramic paints, then having the item fired in a kiln. Instruction and demonstration are provided for both beginners and more advanced enthusiasts. To complete a small plate would cost approximately $18 and would take about three weeks. Participants then can progress to other ceramic items choosing from a selection of 1500. All ceramic and paint materials can be purchased [no EFTPOS] at the studio and all equipment (eg brushes) will be provided. Wear clothes suitable for painting in or bring an apron. Easy access with tea making facilities and toilets available.

The studio is at Kundabung, 15 kms South of Kempsey, then to 442 Smiths Creek Road on bitumen with sections of graded gravel road. Map at enrolment.

CHESS FOR BEGINNERS
Leader : Alan Davies

Chess is a great game to keep our minds active. The fundamentals are basically simple and easy to learn, but always challenging. It is a form of 'civilised warfare' where the objective is to capture your opponent's monarch. You will learn some of the strategies and tactics needed to do this.

NOVEL ADVENTURES WITH MOLL AND TOM
Leader: Fran Tarbox

What distinguishes a novel from other forms of fiction? What are the preoccupations of the English novel? When did the English novel begin? Daniel Defoe’s “Moll Flanders” [1722] and Henry Fielding’s “Tom Jones” [1749] were there in the early days! Viewing the Alex Kingston, Daniel Craig and Diana Rigg BBC series, “Moll Flanders”, and the Albert Finney movie, “Tom Jones”, the features of the English novel will be examined — with many adventures along the way! Come along and experience two great rollicking works of English Literature!

YOGA
Leader: Maree Taylor

If you have always wanted to do yoga at home, but never got around to it — now is the time to come and join this class! The course will be run from a DVD but will be done at each member’s comfort level. A yoga mat or similar will be required; a cushion and small blanket may also be helpful. Wear comfortable loose clothing and be prepared to be motivated!

Courses Taking a Break in Term 1

COURSES RETURNING IN TERM 1

AROUND THE WORLD
Leader: Fran Tarbox

No flights to book, no packing to agonise over, no passports or visas to check, no medications and vaccinations to organise, no financial matters to finalise — simply hop in the car and drive to Tozer St then head off on some fantastic journeys: Canada, USA, Germany, Sri Lanka, Thailand, Kenya, India, WA and Wildflowers, Ubud Writers’ Festival in Bali, Northern Italy and the Balkans, Yokohama Quilt Show beckon — all in 6 weeks!!! If It’s Thursday, It Must Be Around The World! Bon Voyage!!

ROCKS ON – GEMMOLOGY
Leader: Dallas Kemp

This course is designed to give people an understanding of why rocks, minerals, fossils and gemstones are collected and where they can be found. It will also show what beautiful colours are hiding beneath the surface of rocks, the use of various minerals and the lovely jewellery that gemstones can be made into. It will be similar to the course run in 2014.

SELF DEFENCE FOR SENIORS
Leader: Jason Fry

The course will cover basic self defence, street awareness and home safety. You don’t need to be fit as you don’t have to be fit to be a victim. You don’t need to wear any special clothing, just turn up in whatever is comfortable. You can’t choose when or where you may be a victim or a potential victim. Jason works with the participants and what they live with, answering questions to suit individual circumstances.

NEW VOUCHERS

The new numbered vouchers are now in general use.

Remember please that the old ones can be exchanged any time up to and including Enrolment Day Term 1 2016 and that the old ones will not be valid after that date (which is February 1st 2016). Maree and Jan will have a supply of the new vouchers and as per the accountants advice these will be recorded as they are issued and then when they are used.

For enquiries about KMVU3A, phone 6562-5869. Please leave a message and we will return your call.

Term 1 Enrolment Day will be held on Monday 1st February 11.30 to 1.30 at the Kempsey-Macleay RSL Bowling Club, following AGM. Classes start on Monday 8th February and end Friday 1st April.

JANUARY 2016 THE U3A HERALD PAGE 3
**COURSES FOR TERM 1 2016**

**BALANCE ‘N’ BONES**
*Leaders: Monday – Diana Ecclestone; Wednesday – Judy Nisbet and Margaret Jopling; Monday and Thursday @ SWR – Isobel Hennessy*

This program on DVD has ben developed by U3A for mature aged participants at all levels of fitness. It includes warm up, balance, stretch, cool down and relaxation — all in 50 minutes!

[Due to limited space at Tozer St there will be a maximum of 13 participants in the classes on Monday and Wednesday. Priority will be given to those who enrol in one session on either Monday or Wednesday.]

**Nons changed SWR days — 1 class on Monday and 1 class on Thursday**

**BALLROOM DANCING**
*Leaders: Margaret Emerson & Gordon Swan*

Come and join our fun group at Kempsey Heights Bowling Club. Everyone can learn to dance and participate in an activity that exercises every part of the body. You don’t need a partner, just come and enjoy yourself.

**BEADING WORKSHOPS**
*Leader: Judy van Raak*

Tiles, Tilas, Twins, Berries and Peanuts all have something in common — they are beads and may be the star of our next project. Fun? Frustration? Probably both. The penny will drop and after several hours that special necklace will be well on the way to completion. Wear comfortable clothing and bring your lunch. Tea and coffee supplied.

Beads available for purchase on the day.

**BRIDGE**
*Leader: Margaret Corley*

Team Leader Margaret has been playing bridge for about 30 years, loves it and wants to teach others to play. She has never played at a club and has no wish to do so. Margaret is purely a social player.

**BUDDHIST MEDITATION**
*Leader: Viryadana*

Viryadana is an experienced meditator and member of the Triratna Buddhist Order. Meditation is a chance to stop the busy whirl of our daily lives and develop quiet awareness.

Suitable for both beginners and experienced meditators. In this six-week course we will be doing two traditional Buddhist practices: one based on the breath and the other on developing positive mental states. A cushion to support your back while sitting on a chair could be helpful. If you prefer to sit on the floor, bring a yoga mat.

**CANOEING**
*Leaders: John & Myree Cruickshanks, Kevin Prescott.*

Canoeing will continue as an ideal pastime for mature people to enjoy the beautiful Macleay waterways in good company.

Whilst it is a good idea to check with your doctor before undertaking canoeing (you can be over an hour away from medical help) this is a low impact form of exercise even for ‘mature folk.’ In fact, the hardest part of the deal is loading your canoe onto your car.

Once on the water, you enter a whole new world of canoeing where we can all enjoy the magic of messing about in boats which can go where other craft cannot.

Some participants are re-discovering canoeing from earlier in their lives, some have never paddled before and we cater for all levels of experience. It is not difficult to gain full control of your boat, but it does take time to get the darned thing to go straight until all of a sudden you are doing it automatically.

You will need a canoe, buoyancy vest and paddle or paddles (depending on the boat). Unfortunately, there is no perfect canoe for all purposes, so it is best to try before you buy and get good advice before purchasing.

**CARD MAKING WORKSHOP — ADVANCED**
*Leaders: Brenda Prescott & Elinor Dowman*

This group is for the more experienced card makers. Participants must have completed at least 1 term with the Wednesday group. You will share ideas and learn new skills and techniques.

See class leaders on enrolment day for 1st week’s requirements.

**CARD MAKING GROUP — WEDNESDAY**
*Leaders: Brenda Prescott & Elinor Dowman*

A list of course requirements will be available on enrolment day.

Come along to our friendly card making group and learn practical skills that result in a lovely and usable product. If you have the will, Brenda will show you the way. So surprise your family and friends with a personalised and unique greeting card.

Beginners are very welcome.

*Enrolments limited Min 5 – Max 18*

**CARDS, PEGS & TILES**
*Leaders: Judy Nisbet & Jan Brenton*

Come along and enjoy Monday afternoon where we play a number of card games. These include Bolivia, Samba, Canasta, 500 and Cribbage. Then there is the occasional pleasant game of Rummy King. Beginners are always very welcome in this group.

**CROQUET @ SOUTH WEST ROCKS**
*Leader: Clare Ball*

Beginners are welcome to come and play Croquet. Play one game and you will be hooked!

There is no age limit and it is great exercise, without being too strenuous.

The SWR Croquet Club has mallets for you to use.

Bring along your own thermos and biscuits to have morning tea and a chat — making it a very social morning.

**FRENCH — BEGINNERS**
*Leader: Marlene Holland*

Enthusiasm and a good dictionary is all it takes. It does not matter whether you did French at school all those years ago or have never studied it before, we can help you with the fulfilling feeling of learning another language. Stimulate “those little grey cells”. And what a help it is while you are travelling! But it is not all work. We still manage to have fun, too.

**FRENCH — INTERMEDIATE**
*Leader: Marlene Holland*

This class has advanced to the point where they are now reading the French classics. If you can recall the French you learnt when you were younger, please join us and take part in the activities — and fun.
FRIDAY FILMS  
Leader: Richard Mackay

Enjoy a relaxing Friday afternoon at Tozer St with a great bunch of people.

In Term 1 there will be on offer a wide and varied range of films for your entertainment from foreign to Australian, from oldies to newies, from musicals to Hitchcock — and more! Come along and join the fun!

FUN AND GAMES @ RSL  
Leader: Jacky Booth

This term we are concentrating mainly on Samba but as always we are open to suggestions and would welcome the input of new players. We’re particularly keen to hear from anyone with experience in playing Backgammon, even if not recently, or interested in learning the game.

GARDENING  
Leaders: Keith Edwards & Mary Sweeney

This term there will be guest speakers, demonstrations, visits to gardens, as well as the usual discussions and sharing of produce and plants.

Come along and be inspired to exercise your green fingers!

MACLEAY MEANDERS  
Leader: Margaret Jopling

Numbers are growing — as are the number and variety of locations we have visited. During the year Christa organised a two-day walk in the Coffs Harbour coastal area with an overnight stay at a van park. Great Fun!

We also had a one-day train trip to Wauchope with walks along the lovely riverside park and around the residential and Country Club streets; then lunch in town and “op” shopping.

Included in our programme was a two-day walk in the Coffs Harbour coastal area with an overnight stay at a van park. Great Fun!

Other walks throughout the year were in local coastal, mountain and farm locations.

We aim to have more varied walks like these to provide healthy exercise, friendship and new horizons. Most walks are suitable for all levels of fitness, so why not join us in 2016?

MAHJONG  
NB. Mahjong is held on Tuesday in South West Rocks; Wednesday and Friday in Kempsey.

Due to its popularity, class numbers are limited.

See Course timetable for individual group limits.

MAHJONG @ SOUTH WEST ROCKS  
Leaders: Jim and Margaret Harris-Walker

Now in its 7th year, Mahjong has become very popular in South West Rocks. Players have developed skills in the Western and Chinese games and variations on the game. New players to the game are always welcome in the morning class and they can progress in their own time in learning this wonderful tile game.

Our class limit is 24 players including all levels of knowledge.

Fun, friendship and entertainment are in store for all.

Why not try something new? Come along and learn all about it.

MAHJONG WEDNESDAY  
Leader: Margaret Emerson

This ancient Chinese tile game continues into its 13th year with KMVU3A. Over those years many wonderful friendships formed and there is great caring, tolerance and acceptance in our members.

As we grow ‘a little less young’ it is important wherever possible to stay active, both physically and in the field of learning. Mahjong is a wonderful fun way to exercise the brain and meet new friends. In terms 1 and 3 we will be accepting beginners to our course. The game may seem complicated at first, but beginners remain with a tutor until they feel confident to play with more experienced players.

If you have ever felt it was a game you would like to learn, maybe this is the time

MAHJONG FRIDAY — WITH A TWIST  
Leader: Judy Stewart

“Friday morning — nothing to do, Well we’ve entertainment, could be just right for you.
Yourself and a cup is all that you need, Five dollars a term, now that’s cheap indeed.

Join our Mahjong group, come have a good time, Relax amongst friends, simply unwind. Don’t know how to play? Come and find out. Beginners are welcome, that’s what friendship’s about!”

SCRAPBOOKING  
Leader: Dianne Dunkley

Come and join this popular craft, and have fun doing it. Learn how to preserve those precious documents and photos, from simple pages to the more complex. I’d love to help you with: Photo storage and organisational products, Quick Album ideas, Photo albums (traditional slide in style or plain), simple scrapbooking, to the more elaborate pages. So for all your scrapbooking supplies and ideas come to my workshop (at the rear of my house), and join us for a fun and informative 2 hour class.

SQUASH & RACQUETBALL  
Leaders: Isobel Hennessy & Margaret Jopling

Our squash group is expanding to include racquetball, an international game played on a squash court but with a larger racquet and a much larger, bouncier ball. Great fun! We are all beginners, but enjoy the challenge.

The group will gladly lend racquets and balls to new players. Members will have the opportunity to play either or both games — all for the enrolment cost of $5 per term.

The group is very friendly, and Isobel is an enthusiastic coach. Why not come along and try?

NB. At the RSL Club there is a small fee for light meters on the squash courts.

TABLE GAMES @ MACLEAY VALLEY HOUSE  
Leader: Jacky Booth

Have you ever played Mahjong? Would you like to learn? Extremely popular, this Chinese tile game has been around for centuries and is our chosen activity for this term. All the equipment is supplied and no experience is required, in fact all you need to bring is a little curiosity and your sense of humour. MVH residents come along on Monday afternoons from 2.00 till 4.00 in the small dining room.

SWIMMING  
Leader: Margaret Jopling

Swimming will be on again at the end of this term with 15 sessions over three weeks.

This class caters for everyone from absolute beginners, to those who wish to improve their technique, learn new strokes, diving etc.
OVER 70 members and friends attended the Christmas Luncheon and a great time was had by all.

Thank you to the Class Leaders for their interesting and informative displays, Tuesday Tappers for delightful entertainment, Margaret Patterson for her enjoyable piano accompaniment for the Christmas Carols, members for their varied Christmas Hamper donations, Jacky Booth for the puzzles and the Anglican Catering Group for the delicious meal.

The function brought to a close another eventful year for Kempsey-Macleay U3A.

COURSES FOR TERM 1 2016

Pool entry is $4 per session [books of entry tickets are available at a discount price].

Great fun and great exercise for everyone

TABLE TENNIS FRIDAY @ PCYC

Leader: Margaret Jopling

This is a small group who like their table tennis to be very social and provide lots of laughs. Starting and finishing times are very flexible. PCYC is a great venue and all equipment is provided.

TRIBAL BELLY DANCE

Leader: Susan Baker

Why not come and enjoy the romance of this beautiful and ancient Middle Eastern dance. This gentle and seductive dance can improve your circulation, suppleness, joint flexibility, and tone all your major muscle groups. No experience necessary. All levels of fitness catered for. An information sheet on belly dance costumes will be available on enrolment day, however comfortable clothing, non-slip footwear such as trainers and bottle of water are all you need to begin with. So come and join us for a fun filled morning of Dance Oriental.

TUESDAY TAPPERS

Leader: Gloria Markovina

For fun, laughter and good company come to Sherwood Hall Tuesday 9 to 11am. No experience necessary, just a love to dance. Fitness is a bonus. Please wear comfortable clothes and don’t forget your water.

TABLE TENNIS WEDNESDAY @ THE RSL BOWLO

Leaders: Shirley Mayhew and Steve Tarbox

The recently refurbished Kempsey-Macleay R.S.L. Bowling Club is a good venue and all equipment can be supplied. Non slip sports footwear is recommended. Qualified coaching to assist your development in technique for defence and attack is provided. Friendly games of singles and doubles are played.

So, why play table tennis?

• It is gentle on your body, yet you will have a good workout.
• It is a lifelong sport and it is never too late to start
• It doesn’t matter if you are big or small, young or old — a great sport for families
• You will improve your mobility and reflexes
• There is plenty of thinking and strategy development
• You will always have another challenge ahead of you
• Although easy to play, it is difficult to master
• But — most of all — it’s fun!
Our President, Rosemary and husband Roger have left the area to be closer to family and we offer a sincere thank you for the great work Rosemary has done during her term with U3A.

Next year will also offer many challenges, but at least with the depth of experience and knowledge of our members we should be able to continue providing many worthwhile activities for members.

The AGM and Enrolment Day is on February 1, so hope to see you there...
# KMV U3A TERM 1 TIMETABLE

<table>
<thead>
<tr>
<th>DAY &amp; TIME</th>
<th>COURSE</th>
<th>CLASS LEADER(S)</th>
<th>START DATE</th>
<th>VENUE</th>
<th>CLASS SIZE</th>
<th>TERM COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday to Friday 7.00am to 8.00am (last 3 weeks)</td>
<td>Swimming</td>
<td>Margaret Jopling 6562-6044</td>
<td>March 14 to April 1</td>
<td>Kempsey Swimming Pool, Belgrave Street</td>
<td>Everyone Welcome</td>
<td>$5 + $4 pool entry per day</td>
</tr>
<tr>
<td>Monday 9.00am to 10.00am</td>
<td>Balance ‘n’Bones – Monday</td>
<td>Diana Ecclestone 0428414-512</td>
<td>February 8</td>
<td>46a Tozer Street West Kempsey</td>
<td>Everyone Welcome</td>
<td>Maximum 13 $5</td>
</tr>
<tr>
<td>Monday 9.00am to 12 noon</td>
<td>Canoeing</td>
<td>John &amp; Myree Cruickshanks 6562-4486</td>
<td>February 8</td>
<td>Eden Street Boat Ramp and other venues</td>
<td>Everyone Welcome</td>
<td>$5</td>
</tr>
<tr>
<td>Monday 9.00am to 12.30pm</td>
<td>Croquet @ SWR</td>
<td>Clare Ball 6567-0260</td>
<td>February 8</td>
<td>Sports Oval, Phillip Drive South West Rocks</td>
<td>Everyone Welcome</td>
<td>$5 + $5 per week</td>
</tr>
<tr>
<td>Monday 10.00am to 12.30pm</td>
<td>Squash &amp; Racquetball</td>
<td>Marg Jopling 6562-6044 Isobel Hennessy 6566-7878</td>
<td>February 8</td>
<td>Kempsey-Macleay RSL Club York Lane, Kempsey</td>
<td>Everyone Welcome</td>
<td>$5 + club m’ship</td>
</tr>
<tr>
<td>Monday 1.00pm to 4.00pm</td>
<td>Cards, Pegs, Tiles</td>
<td>Judy Nisbet 6562-5996 Jan Brenton 6562-6414</td>
<td>February 8</td>
<td>46a Tozer Street West Kempsey</td>
<td>Everyone Welcome</td>
<td>$5</td>
</tr>
<tr>
<td>Monday 1.30pm to 2.30pm</td>
<td>Yoga</td>
<td>Maree Taylor 6561-7203</td>
<td>February 8</td>
<td>Anglican Youth Centre, 25 Marsh St., West Kempsey</td>
<td>Everyone Welcome</td>
<td>$5</td>
</tr>
<tr>
<td>Monday 2.00pm to 4.00pm</td>
<td>Table Games @ MVH</td>
<td>Jacky Booth 6567-4511</td>
<td>February 8</td>
<td>Macleay Valley House small dining room</td>
<td>MVH Residents only</td>
<td>$5</td>
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<tr>
<td>Monday 3.00pm to 4.00pm</td>
<td>Balance ‘n’Bones @ SWR</td>
<td>Isobel Hennessy 6566-7878</td>
<td>February 8</td>
<td>Bononia Gardens 12 Lawson Street SWR</td>
<td>Everyone Welcome</td>
<td>Maximum 14 $5</td>
</tr>
<tr>
<td>Tuesday 9.00am to 11.00am</td>
<td>Tuesday Tappers</td>
<td>Gloria Markovina 6561-7340</td>
<td>February 9</td>
<td>Sherwood Hall</td>
<td>Everyone Welcome</td>
<td>Maximum 16 $5</td>
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<tr>
<td>Tuesday 9.30am to 12.30pm</td>
<td>Mahjong @ SWR (Beginners)</td>
<td>Jim/Margaret Harris-Walker 6566-7434</td>
<td>February 9</td>
<td>Bononia Gardens 12 Lawson Street SWR</td>
<td>Everyone Welcome</td>
<td>Maximum 24 $5</td>
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<tr>
<td>Tuesday 10.00am to 3.00pm</td>
<td>Card Making Workshop – Advanced</td>
<td>Brenda Prescott 6566-0468 Elinor Dowman 6562-8165</td>
<td>February 9</td>
<td>46a Tozer Street West Kempsey</td>
<td>Min. 4 – Max. 12</td>
<td>No Mail Bookings $5</td>
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<tr>
<td>Tuesday 10.30am to 12.30pm</td>
<td>French – Intermediate</td>
<td>Marlene Holland 6566-8702</td>
<td>February 9</td>
<td>4 Bede Lawrence Close Frederickton</td>
<td>Continuing Members</td>
<td>$5</td>
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<tr>
<td>Tuesday 1.00pm to 4.00pm</td>
<td>Mahjong @ SWR Experienced</td>
<td>Margaret Harris-Walker 6566-7434</td>
<td>February 9</td>
<td>Bononia Gardens 12 Lawson Street SWR</td>
<td>Experienced Players</td>
<td>Maximum 24 $5</td>
</tr>
<tr>
<td>COURSE</td>
<td>DAY &amp; TIME</td>
<td>VENUE</td>
<td>TERM COST</td>
<td>CLASS SIZE</td>
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<tr>
<td>Bridge</td>
<td>Tuesday 1.30pm to 4.30pm</td>
<td>All Saints Catholic Parish Hall cnr Kemp &amp; Marsh Streets West Kempsey</td>
<td>$5</td>
<td>New &amp; Continuing Players</td>
<td>February 9</td>
<td>Margaret Corley 6562·4330</td>
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<tr>
<td>French Beginners</td>
<td>Tuesday 2.00pm to 4.00pm</td>
<td>4 Bede Lawrence Close 4 Albert Street South Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 9</td>
<td>Marlene Holland 6566·8702</td>
</tr>
<tr>
<td>Scrapbooking</td>
<td>Tuesday 4.00pm to 6.00pm</td>
<td>46a Tozer Street West Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 9</td>
<td>Dianne Dunkley 6562·7660</td>
</tr>
<tr>
<td>Balance 'n' Bones – Wednesday</td>
<td>Wednesday 9.00am to 10.00am</td>
<td>Uniting Church Hall Wide St West Kempsey</td>
<td>$5</td>
<td>New &amp; Continuing Players</td>
<td>February 10</td>
<td>Margaret Emerson 6566·8273</td>
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<tr>
<td>Mahjong – West Kempsey</td>
<td>Wednesday 10.15am to 1.00pm</td>
<td>Kempsey Heights Bowling Club, West Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 10</td>
<td>Marg Jopling 6562·6044, Judy Nisbet 6562·5996</td>
</tr>
<tr>
<td>Rocks On – Gemmology</td>
<td>Wednesday 10.30am to 12 noon</td>
<td>Masonic Hall, Tozer Street, West Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 10</td>
<td>Dallas Kemp 6566·9027</td>
</tr>
<tr>
<td>Buddhist Meditation</td>
<td>Wednesday 10.00am to 3.00pm</td>
<td>Dallas KEMP 6567-1416</td>
<td>$5</td>
<td>Maximum 28</td>
<td>February 10</td>
<td>Viryadana 6566·8273</td>
</tr>
<tr>
<td>Ballroom Dancing</td>
<td>Wednesday 1.30pm to 4.00pm</td>
<td>Kempsey-Myall RSL Bowling Club, Austral St, Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 24</td>
<td>Brenda Prescott 6566·4616, Judy Nisbet 6562·5996</td>
</tr>
<tr>
<td>Card Making Group</td>
<td>Wednesday 1.30pm to 3.30pm</td>
<td>46a Tozer Street West Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 24</td>
<td>Elwin Downman 6562·2865</td>
</tr>
<tr>
<td>Novel Adventures with Moll and Tom</td>
<td>Wednesday 1.30pm to 3.30pm</td>
<td>Kempsey-Myall RSL Bowling Club, York Lane, Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 10</td>
<td>Shirley Mayhew 6562·7314</td>
</tr>
<tr>
<td>Table Tennis Wed. @ RSL</td>
<td>Wednesday 1.30pm to 3.30pm</td>
<td>46a Tozer Street West Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 10</td>
<td>Steve Tardos 6562·7977</td>
</tr>
<tr>
<td>Table Tennis Wed. @ RSL</td>
<td>Wednesday 1.30pm to 3.30pm</td>
<td>46a Tozer Street West Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 10</td>
<td>Freemasons Club York Lane, Kempsey</td>
</tr>
<tr>
<td>Fun and Games @ RSL</td>
<td>Wednesday 1.30pm to 3.30pm</td>
<td>46a Tozer Street West Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 10</td>
<td>Jacky Booth 6567·4511</td>
</tr>
<tr>
<td>Fun and Games @ RSL</td>
<td>Wednesday 1.30pm to 3.00pm</td>
<td>46a Tozer Street West Kempsey</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 10</td>
<td>Helen Hemmossy 6562·8786</td>
</tr>
<tr>
<td>Balance ‘n’ Bones @ SWR</td>
<td>Thursday 9.30am to 10.30am</td>
<td>Boronia Gardens 12 Lawson Street SWR</td>
<td>$5</td>
<td>Everyone Welcome</td>
<td>February 11</td>
<td>Isobel Hemmossy 6562·8786</td>
</tr>
<tr>
<td>DAY &amp; TIME</td>
<td>COURSE</td>
<td>CLASS LEADER(S)</td>
<td>START DATE</td>
<td>VENUE</td>
<td>CLASS SIZE</td>
<td>TERM COST</td>
</tr>
<tr>
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<td>-------------------</td>
</tr>
<tr>
<td>Thursday 9.30am to 1.00pm</td>
<td>Ceramics</td>
<td>Phil &amp; Helen Minty 6561-5206</td>
<td>February 11</td>
<td>442 Smiths Creek Road, Kundabung</td>
<td>Maximum 6</td>
<td>$5 + materials</td>
</tr>
<tr>
<td>Thursday 10.30am to 12.30pm (6 weeks)</td>
<td>Around The World</td>
<td>Fran Tarbox 6562-7797</td>
<td>February 25</td>
<td>46a Tozer Street West Kempsey</td>
<td>Everyone Welcome</td>
<td>Maximum 24 $5</td>
</tr>
<tr>
<td>Thursday 11.30am to 1.00pm</td>
<td>Tribal Belly Dance</td>
<td>Susan Baker 0431-208-236</td>
<td>February 11</td>
<td>Masonic Hall Tozer Street West Kempsey</td>
<td>Everyone Welcome</td>
<td>$5</td>
</tr>
<tr>
<td>Thursday 1.00pm to 3.00pm</td>
<td>Gardening</td>
<td>Mary Sweeney 6566-9348 Keith Edwards 6566-7562</td>
<td>February 11</td>
<td>46a Tozer Street West Kempsey</td>
<td>Everyone Welcome</td>
<td>Maximum 25 $5</td>
</tr>
<tr>
<td>Thursday 3.00pm to 4.00pm</td>
<td>Self Defence for Seniors</td>
<td>Jason Fry 0422 258-494</td>
<td>February 11</td>
<td>20 Tozer Street West Kempsey</td>
<td>Minimum 6</td>
<td>Maximum 20 $5</td>
</tr>
<tr>
<td>Friday 8.30am to 12 noon</td>
<td>Macleay Meanders</td>
<td>Margaret Jopling 6562-6044</td>
<td>February 12</td>
<td>Car Park behind Caltex, Verge Lane, Kempsey</td>
<td>Everyone Welcome</td>
<td>$5</td>
</tr>
<tr>
<td>Friday 9.00am to 12.30pm</td>
<td>Mahjong With A Twist</td>
<td>Judy Stewart 6562-1404</td>
<td>February 12</td>
<td>Uniting Church Hall, Wide St, West Kempsey</td>
<td>Everyone Welcome</td>
<td>Maximum 20 $5</td>
</tr>
<tr>
<td>Friday 10.00am to 11.30am</td>
<td>Chess</td>
<td>Alan Davies 6562-8856</td>
<td>February 12</td>
<td>46a Tozer Street West Kempsey</td>
<td>Everyone Welcome</td>
<td>$5</td>
</tr>
<tr>
<td>Friday 12.30pm to 4.00pm</td>
<td>Friday Films</td>
<td>Richard Mackay 6562-7174</td>
<td>February 12</td>
<td>46a Tozer Street, West Kempsey</td>
<td>Everyone Welcome</td>
<td>$5</td>
</tr>
<tr>
<td>Friday 2.00pm to 4.00pm</td>
<td>Table Tennis Friday @ PCYC</td>
<td>Margaret Jopling 6562-6044</td>
<td>February 12</td>
<td>PCYC South Kempsey</td>
<td>Everyone Welcome</td>
<td>$5 + PCYC m'ship</td>
</tr>
<tr>
<td>Saturday 10.00am to 4.00pm) (1 Week)</td>
<td>Beading Workshop</td>
<td>Judy van Raak 6562-2684</td>
<td>February 20</td>
<td>46a Tozer Street, West Kempsey</td>
<td>Everyone Welcome</td>
<td>Maximum 12 $5</td>
</tr>
</tbody>
</table>
HAPPY CHRISTMAS TO ALL OUR YOUNG PEOPLE…

On December 7, the canoeing group held a Christmas party at the ‘Top Pub’ West Kempsey after their final paddle for the term.

Bruce, our youngest member, booked the event and the hotel staff had no idea about U3A and interpreted the booking to be for ‘Youth 3A’.

They were quite apologetic about the mistake, to which we said don’t be sorry about that, it has made our day!

We had another happy term with the weather favouring us greatly. We are not sure this can be attributed to ‘divine intervention’ or the fact that Monday is the first day of the working week for most people and nature always seems to put on beautiful weather on Mondays.

Either way, it is greatly appreciated by our group as it enabled us to enjoy many waterways in our beautiful area.

Pictured at right, Canoeing’s oldest and youngest members, with a combined age in the vicinity of 138 years.

Below: part of the group at the luncheon. (Is there any support to change the name from U3A to Youth 3A?)

Why Join U3A?

An active social, mental and physical life is essential as we grow older. Keeping the brain working, especially with activities that involve new learning, is particularly advantageous.

All this and more are available at U3A. See you at Enrolment Day!

We hope you had a great Christmas, and may 2016 bring you health, happiness and the company of good friends.
ANNUAL GENERAL MEETING & TERM 1 ENROLMENT DAY
Monday 1st February, 2016 — AGM: 10.30 am
TERM 1 ENROLMENT: 11.30am to 1.30pm
Kempsey-Macleay RSL Bowling Club

Change of Details
If any of your details have changed, please fill out the following and send it along or post it to:
MEMBERSHIP SECRETARY
KEMPSEY-MACLEAY VALLEY U3A PO BOX 3666, WEST KEMPSEY 2440

NAME ..............................................................................................................................................................................................
ADDRESS ...........................................................................................................................................................................................
POSTAL ADDRESS ..........................................................................................................................................................................
E-MAIL ADDRESS ...........................................................................................................................................................................
PHONE .......................................................... MOBILE PHONE ..............................................................................................
SIGNATURE ..................................................................................................................................................................................