



Term 3 : 19 Jul - 10 Sep  
Term 4 : 11 Oct - 03 Dec

Note 1: Not all courses or activities run for the full term or year.

Note 2: There are no classes on public holidays.

**MEMBERSHIP FEES:** To enrol in any of the courses or activities you must be a current financial member of U3A Maitland. Our membership fee is \$25 per semester, or half year. Enrolments for Semester 2, Terms 3 & 4 will be taken in July 2021.

Membership fee payments may be made by any of the following methods:

- Direct deposit to: Maitland Mutual Building Society BSB: 646-000 Account: 100061759.  
Use **your name** or 5-digit membership number as a reference.
- In person to Maitland Mutual Building Society paid to the U3A Maitland account as above.
- By cheque posted to Maitland U3A Inc. P.O. Box 502 Maitland. NSW 2320.  
Please only use cheques as a last resort.

If you are joining U3A Maitland, post your membership application form and enrolment form to Maitland U3A Inc. P.O. Box 502 Maitland. NSW 2320.

**ENROLMENT IN COURSES:** Members may enrol in as many courses and activities as they wish. However, enrolment should reflect an intention to attend. Some courses have limited spaces, so enrolling without attending can deny someone else a place in the course.

Please also avoid enrolling in courses or activities that are run at the same time. It is expected that members will phone, text, email to notify the Course Leader if they will be absent for a class or session of a course or activity they are enrolled in, or if they wish to withdraw from the course or activity.

Post your completed enrolment form to Maitland U3A Inc. P.O. Box 502 Maitland. NSW 2320.

**WAITLISTS:** Some courses are limited in the number of participants who can take part. For fully booked courses, there will be a waitlist. Members will be advised if they are on a waitlist and when a place becomes available.

**NAME CARDS:** These are issued with each confirmation letter. The labels comes pre-printed with your details. Please print and cut out the label and put into your lanyard. If you don't have a lanyard then please contact the Course Liaison Officer. Please wear your badge at U3A courses and activities as it helps us to get to know one another.

Enrolment Officer	Robyn	Email	<a href="mailto:enrolments@u3amaitland.org.au">enrolments@u3amaitland.org.au</a>
Course Coordinator	Sue	Email	<a href="mailto:courses@u3amaitland.org.au">courses@u3amaitland.org.au</a>

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## 2WA03 Art Group

Improve and share your art skills and tap into the skills of others in this informal group. Bring your own materials to work on a project in the medium of your choice. No Art Teacher will attend, its just a group of likeminded people who love their art and are willing to share their skills with others. When the Gallery informs us of a new and interesting exhibition the group will take a walk to look at the art on display. The course will be held in the Engine Room space at Maitland Art Gallery.

Category: Arts

When: Tuesday between 10:15am - 12:15pm

Where: Maitland Regional Art Gallery - Engine Room

Leader: Heather McNamara

Contact: Email: heatherayl\_mc@dodo.com.au

Mobile: 0458 070 432

Places: 8

Terms: 3,4

Term 3 Dates: 20th Jul, 27th Jul, 3rd Aug, 10th Aug, 17th Aug, 24th Aug, 31st Aug, 7th Sep

Term 4 Dates: 12th Oct, 19th Oct, 26th Oct, 2nd Nov, 9th Nov, 16th Nov, 23rd Nov, 30th Nov

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## 2WA01 Balance & Bones

Balance n Bones is a DVD created by qualified fitness instructor Beth Denny, on behalf of U3A NSW. It focuses on maintaining balance. You will work on maintaining joint mobility, in particular hip, wrists and ankles. Participation will also strengthen and tone your muscles. A small amount of cardio is also included. None of the work is done on the floor and you only do the exercises that are suitable for you. You can remain seated for the entire session if you like. This is designed to keep your body fit and active for a more enjoyable lifestyle. Be prepared for a giggle as we do not take ourselves very seriously. Other DVD's may be used from time to time.

Category: Activity

When: Monday between 11:00am - 12:00pm

Where: CWA Maitland - Hall

Leader: Linda Feenan

Contact: Email: lindafeenan@yahoo.com.au

Phone: 4932 0776

Mobile: 0412 566 694

Places: 20

Terms: 3,4

Exercise Risk Form required

Term 3 Dates: 19th Jul, 26th Jul, 2nd Aug, 9th Aug, 16th Aug, 23rd Aug, 30th Aug, 6th Sep

Term 4 Dates: 11th Oct, 18th Oct, 25th Oct, 1st Nov, 8th Nov, 15th Nov, 22nd Nov, 29th Nov

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## 1WA05 Beginners Bowls

Ever wondered what the difference is between the Kitty and the Jack? Come along and have these and other mystifying terms explained. Learn skills that will allow you to amaze your friends and family at Barefoot Bowls! Learn strategies to improve your game or just come along and have some fun! Suitable footwear is required, a gold coin donation is due weekly for green fees and all participants are asked to join the Club. Your Course Leader will provide more detail on this after you have enrolled. Participants should be aware some bending is required when playing. If you have access to a set of bowls bring them along as there are limited sets available.

Category: Activity  
When: Monday between 10:00am - 11:30am  
Where: Telarah Bowling Club - Bowling Green  
Leader: Mark Griffiths  
Contact: Email: markgriffiths60@yahoo.com  
Mobile: 0431187440  
Places: 16  
Terms: 3,4

Exercise Risk Form required

Term 3 Dates: 19th Jul, 26th Jul, 2nd Aug, 9th Aug, 16th Aug, 23rd Aug, 30th Aug, 6th Sep

Term 4 Dates: 11th Oct, 18th Oct, 25th Oct, 1st Nov, 8th Nov, 15th Nov, 22nd Nov, 29th Nov

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## 2WA02 Belly Dance Technique And Choreographies

Ladies do you love dance? Have you always secretly wanted to belly dance? Well now is your chance! Grab your dance shoes and glittery skirt and join us. Our motto is to have lots of fun whilst learning this ancient art form called 'Roks Sharqui'. Cost depends on how serious you wish to get. I recommend on skirt or pants on elastic waist and a pair of soft jiffies/shoes suitable for dancing to start. I carry spare coin belts and veils to lend. Class will be in two parts: Technique will run from 09:30-10:30. During the class all students will learn all technique involved in belly dance movements. A short beginner choreography will be teamed. Choreography will run straight after the technique class and cater to more advanced students. More complex techniques will be learned and used in choreographies. It will finish at 11:30. ALL STUDENTS WILL BE WELCOME IN BOTH CLASSES.

Category: Activity  
When: Tuesday between 09:30am - 11:30am  
Where: CWA Maitland - Hall  
Leader: Irena Watson  
Contact: Email: irenawatson2020@outlook.com  
Phone: 4933 3043  
Mobile: 0447 632 543  
Places: 20  
Terms: 3,4

Exercise Risk Form required

Term 3 Dates: 20th Jul, 27th Jul, 3rd Aug, 10th Aug, 17th Aug, 24th Aug, 31st Aug, 7th Sep

Term 4 Dates: 12th Oct, 19th Oct, 26th Oct, 2nd Nov, 9th Nov, 16th Nov, 23rd Nov, 30th Nov

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## 5WA04 Better Use Of Android Smartphones/Tablets

This course will begin with basic operations of Android devices and move to more detailed and desirable features of modern devices. It will include the use of Apps. Especially the pros and cons of Facebook and other social media apps. Those enrolling will need to have a Android Phone/Tablet with a data plan (in case the venue hasn't got a public wifi network).

Category: Learning  
When: Friday between 10:00am - 12:00pm  
Where: Repertory Playhouse - Rehearsal Room  
Leader: Errol Singer  
Contact: Email: singererrol@gmail.com  
Mobile: 0452505564  
Places: 15  
Terms: 3,4  
Term 3 Dates: 23rd Jul, 30th Jul, 6th Aug, 13th Aug, 20th Aug, 27th Aug, 3rd Sep, 10th Sep  
Term 4 Dates: 15th Oct, 22nd Oct, 29th Oct, 5th Nov, 12th Nov, 19th Nov, 26th Nov, 3rd Dec

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## 5MA01 Book Club

Reading books and discovering new insights by discussion with other members. 2nd Friday of Month

Category: Discussion  
When: Friday between 10:00am - 11:30am  
Where: Maitland Library - Open Area  
Leader: Kim House  
Contact: Email: house\_kim@hotmail.com  
Mobile: 0416 022 614  
Places: 9  
Terms: 3,4  
Term 3 Dates: 13th Aug, 10th Sep  
Term 4 Dates: 12th Nov

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## 3WA06 Chess For All

For players and beginners. Discover the rules and basic strategies. Play games with advice from a coach. For players of any experience level. Progress your skill by challenging fellow members and as a group. Follow the moves of published games by Masters at an international level.

Category: Learning  
When: Wednesday between 01:00pm - 03:00pm  
Where: Rutherford Library - Library Area  
Leader: Jim Forsyth  
Contact: Email: opm.jim@gmail.com  
Mobile: 0402516051  
Places: 12  
Terms: 3,4  
Term 3 Dates: 21st Jul, 28th Jul, 4th Aug, 11th Aug, 18th Aug, 25th Aug, 1st Sep, 8th Sep  
Term 4 Dates: 13th Oct, 20th Oct, 27th Oct, 3rd Nov, 10th Nov, 17th Nov, 24th Nov, 1st Dec

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## 3MA05 Coffee Club

Have a coffee, a snack and fun with fellow members on the FIRST Wednesday of each month, including term breaks. This is a great opportunity to test all the coffee venues in the area. You will be notified in advance of the next cafe on the agenda. The Coffee Clubs are run at the same time, and eventually, both groups will have been to the same venues.

Category: Social  
When: Wednesday between 10:00am - 12:00pm  
Where: Location Varies - TBA  
Leader: Linda Feenan  
Contact: Email: lindafeenan@yahoo.com.au  
Phone: 4932 0776  
Mobile: 0412 566 694  
Places: 20  
Terms: 3,4  
Term 3 Dates: 4th Aug, 1st Sep  
Term 4 Dates: 3rd Nov, 1st Dec

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## 3WA01 Croquet (Morning) #2

Croquet is a thought stimulating game suitable for all levels of mobility. All equipment supplied. Participants are required to wear comfortable, flat shoes which are enclosed - sandals and thongs are not suitable. It is fun and easy to learn. Lots and lots of laughter in this game. As you improve you may like to play social games where strategy and skill are tools you will need. Two games will be played with a coffee break between. Stay and have a coffee and a chat or lunch after the game. Cost: \$4.00 per session. All participants must become Social Members of Telarah Bowling Club for \$8.00.

Category: Activity  
When: Wednesday between 09:00am - 12:00pm  
Where: Telarah Bowling Club - Croquet Court  
Leader: Ron King  
Contact: Email: kingrc49@bigpond.com  
Phone: 4934 3364  
Mobile: 0429 343 364  
Places: 0  
Terms: 3,4  
Exercise Risk Form required  
Term 3 Dates: 21st Jul, 28th Jul, 4th Aug, 11th Aug, 18th Aug, 25th Aug, 1st Sep, 8th Sep  
Term 4 Dates: 13th Oct, 20th Oct, 27th Oct, 3rd Nov, 10th Nov, 17th Nov, 24th Nov, 1st Dec

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## 5WA03 Cryptic Crosswords For Beginners

Ever wondered how to do a cryptic crossword? Join this friendly group and learn how to interpret the clues, while enjoying a tea or coffee at the East Maitland Bowling Club - Cafe.

Category: Mind Exercises  
When: Friday between 10:00am - 11:30am  
Where: East Maitland Bowling Club-Cafe  
Leader: Brenda Proudfoot  
Contact: Email: proudfootbrenda@gmail.com  
Phone: 4930 1071  
Mobile: 0402 898 381  
Places: 10  
Terms: 3,4  
Term 3 Dates: 23rd Jul, 30th Jul, 6th Aug, 13th Aug, 20th Aug, 27th Aug, 3rd Sep, 10th Sep  
Term 4 Dates: 15th Oct, 22nd Oct, 29th Oct, 5th Nov, 12th Nov, 19th Nov, 26th Nov, 3rd Dec

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## 5WA02 Easy Walking

Our leisurely walks vary each week, exploring many of the Maitland districts interesting, historical and picturesque byways, with plenty of friendly chat along the way. Each walk finishes with a restoring coffee nearby. Requirements: comfortable shoes/hat/water etc. + GSOH (good sense of humour!)

Category: Activity  
When: Friday between 09:15am - 10:15am  
Where: Location Varies - TBA  
Leader: Dennis Thompson  
Contact: Email: dennisthompson47@icloud.com  
Mobile: 0419 426 194

Places: 30  
Terms: 3,4

Exercise Risk Form required

Term 3 Dates: 23rd Jul, 30th Jul, 6th Aug, 13th Aug, 20th Aug, 27th Aug, 3rd Sep, 10th Sep

Term 4 Dates: 15th Oct, 22nd Oct, 29th Oct, 5th Nov, 12th Nov, 19th Nov, 26th Nov, 3rd Dec

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## 2MA01 Garden Gambol

Join a group of gardeners to swap tips and knowledge in a non competitive friendly atmosphere while visiting various garden and/or nurseries. Enjoy an occasional garden tour and/or demonstration. To be held 1st Tuesday of the month during Term 4. October 12-November 02. Occasional costs will be notified beforehand of that day.

Category: Activity  
When: Tuesday between 09:00am - 10:30am  
Where: Location Varies - TBA  
Leader: Claire Philp  
Contact: Email: clairephilpoz@gmail.com  
Mobile: 0403 774 295

Places: 12  
Terms: 4

Exercise Risk Form required

Term 4 Dates: 2nd Nov

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## 1WA03 History's Mysteries

A look at some of history's more contentious events and people with a view to using recent discoveries and interpretations to decide whether traditional conclusions are still relevant. Each week a course member will nominate a topic for the following week and then guide the group through the discussion. The course leader will have several topics to start the group off.

Category: Discussion  
When: Monday between 10:30am - 12:00pm  
Where: Rutherford Library - Library Area  
Leader: Ian Sinclair  
Contact: Email: carolynannesinclair@hotmail.com  
Phone: 4932 3353  
Mobile: 0407 348 659

Places: 12  
Terms: 3,4

Term 3 Dates: 19th Jul, 26th Jul, 2nd Aug, 9th Aug, 16th Aug, 23rd Aug, 30th Aug, 6th Sep

Term 4 Dates: 11th Oct, 18th Oct, 25th Oct, 1st Nov, 8th Nov, 15th Nov, 22nd Nov, 29th Nov

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## 4WA08 Hunter Bird Watching Days

Bird Watching - field excursions only. This course will run for only 4 weeks during Term 4.

Category: Activity  
When: Thursday between 09:00am - 11:00am  
Where: Location Varies - TBA  
Leader: David Atkinson  
Contact: Email: e-david.atkinson@bigpond.com  
Mobile: 0408 636 437

Places: 8  
Terms: 4

Term 4 Dates: 14th Oct, 21st Oct, 28th Oct, 4th Nov, 11th Nov, 18th Nov, 25th Nov, 2nd Dec

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## 4WP03 Introduction To Philosophy 1

An overview some of the main topics in Western philosophy. Including the tools of philosophy and philosophy related to ethics, politics, art, science and religion.

Category: Learning  
When: Thursday between 01:00pm - 02:00pm  
Where: Repertory Playhouse - Rehearsal Room  
Leader: Mark Tindall  
Contact: Email: m\_b\_tindall@primus.com.au  
Phone: 4932 9357  
Mobile: 0438 202 662

Places: 20  
Terms: 3

Term 3 Dates: 22nd Jul, 29th Jul, 5th Aug, 12th Aug, 19th Aug, 26th Aug, 2nd Sep, 9th Sep

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## 5WP01 Introduction To Philosophy 2

An overview some of the main topics in Western philosophy. Including the tools of philosophy and philosophy related to ethics, politics, art, science and religion.

Category: Learning  
When: Friday between 02:00pm - 03:00pm  
Where: Repertory Playhouse - Rehearsal Room  
Leader: Mark Tindall  
Contact: Email: m\_b\_tindall@primus.com.au  
Phone: 4932 9357  
Mobile: 0438 202 662

Places: 20  
Terms: 4

Term 4 Dates: 15th Oct, 22nd Oct, 29th Oct, 5th Nov, 12th Nov, 19th Nov, 26th Nov, 3rd Dec

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## 3MA04 Ladies Breakfast Club

Social gathering on the 4th Wednesday of the month for Breakfast and friendly conversation. Learn from each other about travel and other interests in our lives. The cost and choice of breakfast will be up to each individual. Breakfast is planned for 8.30 am on the fourth Wednesday of the month commencing in February and each month thereafter, including the term breaks.

Category: Social  
When: Wednesday between 08:30am - 10:30am  
Where: Mealy's Of Morpeth  
Leader: Trish Taylor  
Contact: Email: bunt2010@gmail.com  
Phone: 4933 1345  
Mobile: 0414 689 346  
Places: 20  
Terms: 3,4  
Term 3 Dates: 28th Jul, 25th Aug  
Term 4 Dates: 27th Oct, 24th Nov

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## 1WP02 Landscape Art Lessons

Class will off basic understanding of drawing, colour mixing, tone and techniques. Subject will be primarily Landscape using Acrylic, Oils with limited water colour instruction.

Category: Activity  
When: Monday between 01:00pm - 02:30pm  
Where: Repertory Playhouse - Rehearsal Room  
Leader: Helen Morgan  
Contact: Email: helendmorgan2@gmail.com  
Mobile: 0421334368  
Places: 10  
Terms: 3,4  
Term 3 Dates: 19th Jul, 26th Jul, 2nd Aug, 9th Aug, 16th Aug, 23rd Aug, 30th Aug, 6th Sep  
Term 4 Dates: 11th Oct, 18th Oct, 25th Oct, 1st Nov, 8th Nov, 15th Nov, 22nd Nov, 29th Nov

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## 3MP01 Light Lunch

Get together for a chat and a light lunch at various venues close to Maitland's centre. Ideal for those attending the movies though going to the movies is not a prerequisite for enrolling in this group. Because of COVID regulations...booking for lunch will be essential. You must advise your attendance or apology if enrolling in this group. Held every 3rd Wednesday of the Month during Term.

Category: Social  
When: Wednesday between 12:00pm - 01:30pm  
Where: TBA by Leader  
Leader: Kathy Coombe  
Contact: Email: newworldpark@live.com  
Mobile: 0428 445 965  
Places: 20  
Terms: 3,4  
Term 3 Dates: 21st Jul, 18th Aug  
Term 4 Dates: 20th Oct, 17th Nov



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## 5MP01 Lunch Club

Lunch Club meets the last Friday of each month from February to November. Due to our large group we mainly visit Hotels & Clubs in and around the Maitland Region. Prices range at the various venues, but, generally around the \$12 to \$14 mark. A-La-Carte menus are always available. Dates for the year - July 30 Aug 27 Sept 24 Oct 29 Nov 26

Category: Social  
When: Friday between 12:00pm - 02:00pm  
Where: Location Varies - TBA  
Leader: Peter Wilson  
Contact: Email: peterwe44@hotmail.com  
Phone: 4934 4453  
Mobile: 0409 514 452  
Places: 20  
Terms: 3,4  
Term 3 Dates: 30th Jul, 27th Aug  
Term 4 Dates: 29th Oct, 26th Nov

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## 4WA09 Mah Jong

Learn the game of Mah Jong

Category: Mind Exercises  
When: Thursday between 01:00pm - 03:00pm  
Where: CWA Maitland - Hall  
Leader: Kerry Christensen  
Contact: Email: kerryac1@bigpond.com  
Phone: 4932 4046  
Mobile: 0409 324 046  
Places: 20  
Terms: 3,4  
Term 3 Dates: 22nd Jul, 29th Jul, 5th Aug, 12th Aug, 19th Aug, 26th Aug, 2nd Sep, 9th Sep  
Term 4 Dates: 14th Oct, 21st Oct, 28th Oct, 4th Nov, 11th Nov, 18th Nov, 25th Nov, 2nd Dec

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## 4WA04 Maitland Floods

This course will consider Maitland's experience of floods over time. It will be historical, but will also examine floods from a scientific standpoint and consider them in terms of psychology, sociology, economics and management. One or two field excursions may be undertaken by car on the floodplain around Maitland.

Category: Discussion  
When: Thursday between 09:30am - 11:00am  
Where: Repertory Playhouse - Rehearsal Room  
Leader: Chas Keys  
Contact: Email: chas.keys119@gmail.com  
Phone: 49561072  
Mobile: 0427 940 000  
Places: 25  
Terms: 3,4  
Term 3 Dates: 22nd Jul, 29th Jul, 5th Aug, 12th Aug, 19th Aug, 26th Aug, 2nd Sep, 9th Sep  
Term 4 Dates: 14th Oct, 21st Oct, 28th Oct, 4th Nov, 11th Nov, 18th Nov, 25th Nov, 2nd Dec

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## 4WP02 Maps And Making Maps - From Stars To Satellites

This course will provide a background to making and using maps from early times to current day. It is intended to promote discussion and share experiences and understanding of the many different types of maps have been or are available. Even though the processes (including advanced mathematics and computing) that can be involved in processing and delivering maps may be complex, it is intended to present where necessary in a simple and informative manner.

Category: Learning  
When: Thursday between 01:00pm - 02:30pm  
Where: Northwood Village  
Leader: Kevin Thompson  
Contact: Email: thomkjpj@yahoo.com.au  
Mobile: 0431 327 410

Places: 12

Terms: 3

Term 3 Dates: 22nd Jul, 29th Jul, 5th Aug, 12th Aug, 19th Aug, 26th Aug, 2nd Sep, 9th Sep

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## 3WA09 Medium Walking

Participants will walk for 1 hours on flat paved surfaces. The course will include intervals of a faster pace than medium. A general fitness is required, with the aim to improve that fitness over the duration of the course.

Category: Activity  
When: Wednesday between 09:30am - 10:30am  
Where: Maitland Park  
Leader: Errol Singer  
Contact: Email: singererrol@gmail.com  
Mobile: 0452505564

Places: 20

Terms: 3,4

Term 3 Dates: 21st Jul, 28th Jul, 4th Aug, 11th Aug, 18th Aug, 25th Aug, 1st Sep, 8th Sep

Term 4 Dates: 13th Oct, 20th Oct, 27th Oct, 3rd Nov, 10th Nov, 17th Nov, 24th Nov, 1st Dec

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## 3MA02 Men's Breakfast

Opportunity for male U3A Members to meet socially and share information via a guest speaker for a group member. The cost and choice of breakfast will be up to each individual. Held 1st Wednesday of the Month.

Category: Social  
When: Wednesday between 08:30am - 10:30am  
Where: Mealy's Of Morpeth  
Leader: David Taylor  
Contact: Email: amt615@gmail.com  
Phone: 4933 1345  
Mobile: 0414 689 346

Places: 20

Terms: 3,4

Term 3 Dates: 4th Aug, 1st Sep

Term 4 Dates: 3rd Nov, 1st Dec

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## 3MA03 Movies

Come to the movies with us. Each FIRST and THIRD Wednesday of the month during term. We meet at Reading Cinema in Maitland at 9:45am and choose a movie out of whatever ones are running at the time.

Category: Arts  
When: Wednesday between 10:00am - 01:00pm  
Where: Reading Cinema  
Leader: Linda Feenan  
Contact: Email: lindafeenan@yahoo.com.au  
Phone: 4932 0776  
Mobile: 0412 566 694  
Places: 40  
Terms: 3  
Term 3 Dates: 21st Jul, 4th Aug, 18th Aug, 1st Sep

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## 2WP02 Play Canasta

Remember Canasta? Heres an opportunity to play and revitalize the brain cells. Canasta is a fun card game and whether you are a master or a beginner this class will suit you. If you are new to Canasta the class will be set up so that you can learn and be encouraged by those who already know the game. If you are a competent player then why not take the opportunity to meet new friends and play a great game.

Category: Social  
When: Tuesday between 01:00pm - 03:00pm  
Where: CWA Maitland - Hall  
Leader: Sheila Yarwood  
Contact: Email: dulcet75@tpg.com.au  
Phone: 02 4931 9508  
Places: 20  
Terms: 3,4  
Term 3 Dates: 20th Jul, 27th Jul, 3rd Aug, 10th Aug, 17th Aug, 24th Aug, 31st Aug, 7th Sep  
Term 4 Dates: 12th Oct, 19th Oct, 26th Oct, 2nd Nov, 9th Nov, 16th Nov, 23rd Nov, 30th Nov

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## 4WA10 Relaxation With Music

A course for anyone looking to just chill and take some time to relax and unwind. Various styles of relaxing music will be played over the term. You are encouraged to input your preferred styles or BYO device and headphones. A spoken Meditation will sometimes be part of this course. If you relax better on the floor...BYO mat, pillow, blanket etc.

Category: Mind Exercises  
When: Thursday between 10:30am - 11:30am  
Where: Northwood Village  
Leader: Kathy Coombe  
Contact: Email: newworldpark@live.com  
Mobile: 0428 445 965  
Places: 30  
Terms: 3,4  
Term 3 Dates: 22nd Jul, 29th Jul, 5th Aug, 12th Aug, 19th Aug, 26th Aug, 2nd Sep, 9th Sep  
Term 4 Dates: 14th Oct, 21st Oct, 28th Oct, 4th Nov, 11th Nov, 18th Nov, 25th Nov, 2nd Dec

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## 4WA03 Tai Chi Continuing

Continuing Tai Chi is offered to past students of Tai Chi such as those who have completed Tai Chi for Beginners, or who have previous experience in Tai Chi. When possible classes will be conducted outdoors, so bring a sun hat, sunscreen and a bottle of water.

Category: Activity  
When: Thursday between 10:30am - 11:30am  
Where: East Maitland Scout Hall - Open Area  
Leader: Alan Pring  
Contact: Email: alan1949@live.com.au  
Mobile: 0432 492 969

Places: 16  
Terms: 3,4

Exercise Risk Form required

Term 3 Dates: 22nd Jul, 29th Jul, 5th Aug, 12th Aug, 19th Aug, 26th Aug, 2nd Sep, 9th Sep

Term 4 Dates: 14th Oct, 21st Oct, 28th Oct, 4th Nov, 11th Nov, 18th Nov, 25th Nov, 2nd Dec

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## 4WA11 Tai Chi For Beginners

For those who would like to learn the ancient art of Tai Chi. Tai Chi gives a gentle workout, and can improve co-ordination and balance. It's good for both mind and body. When possible classes will be conducted outdoors, so bring a sun hat, sunscreen and a bottle of water.

Category: Activity  
When: Friday between 10:30am - 11:30am  
Where: East Maitland Scout Hall - Open Area  
Leader: Alan Pring  
Contact: Email: alan1949@live.com.au  
Mobile: 0432 492 969

Places: 16  
Terms: 3,4

Term 3 Dates: 23rd Jul, 30th Jul, 6th Aug, 13th Aug, 20th Aug, 27th Aug, 3rd Sep, 10th Sep

Term 4 Dates: 15th Oct, 22nd Oct, 29th Oct, 5th Nov, 12th Nov, 19th Nov, 26th Nov, 3rd Dec

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## 2WA09 Take Better Photos In 8 Weeks

Learn Photography fundamentals that will enable you to take photos like a professional. Bring your (Digital) SLR and Learn: - Common thoughts on photography - What you need to succeed - Fundamentals of a camera - Auto photography - Shutter speed driven photography - Aperture driven photography - F.Stop/ Depth of field - ISO - Composition - Rules/Guidelines(and why you break them) - Manual photography - Metering - Focusing - White Balance - Tips & tricks - What to try next

Category: Learning  
When: Tuesday between 10:00am - 11:00am  
Where: Repertory Playhouse - Rehearsal Room  
Leader: Phil Johnston  
Contact: Email: Phil@realsnaps.com.au  
Mobile: 0412 339 230

Places: 10  
Terms: 4

Term 4 Dates: 12th Oct, 19th Oct, 26th Oct, 2nd Nov, 9th Nov, 16th Nov, 23rd Nov, 30th Nov

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## 1WA02 Tap Dance

Tap dancing for beginners. An opportunity to exercise your brain as well as your legs and feet while having fun. We do a gentle warm up to loosen up your ankles and knees. Tap shoes preferred but not necessary.

Category: Activity  
When: Monday between 10:00am - 11:00am  
Where: East Maitland Scout Hall - Open Area  
Leader: Janet Read  
Contact: Email: janet.read@bigpond.com  
Phone: 4957 9216  
Mobile: 0400 099 106

Places: 20  
Terms: 3,4

Exercise Risk Form required

Term 3 Dates: 19th Jul, 26th Jul, 2nd Aug, 9th Aug, 16th Aug, 23rd Aug, 30th Aug, 6th Sep

Term 4 Dates: 11th Oct, 18th Oct, 25th Oct, 1st Nov, 8th Nov, 15th Nov, 22nd Nov, 29th Nov

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## 2WA08 The Longish Walk

Enjoy a circular (loop) walk of nearly 2 hours duration (7klms or so) on Tuesday morning approx. 09:00. Week 1 will commence at Maitland Park near the Cenotaph. Parking is available nearby. Explore on foot some of Maitland's urban areas and the opportunity for a warm drink either close to the end or at the end of the walk. Feel the cool air on your face, get to know others in the group and stretch out your legs, knowing your body will thank you for taking care of it.

Category: Activity  
When: Tuesday between 09:00am - 11:00am  
Where: TBA by Leader  
Leader: Kevin Thompson  
Contact: Email: thomkjpj@yahoo.com.au  
Mobile: 0431 327 410

Places: 10  
Terms: 3

Term 3 Dates: 20th Jul, 27th Jul, 3rd Aug, 10th Aug, 17th Aug, 24th Aug, 31st Aug, 7th Sep

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## 3WP03 Travel Talks

The afternoon would involve sharing stories of your travel both here in Australia and Overseas with like minded travelers.

Category: Discussion  
When: Wednesday between 01:00pm - 02:30pm  
Where: Northwood Village  
Leader: Margaret Paterson  
Contact: Email: bmpaterson@iprimus.com.au  
Phone: 4933 4996  
Mobile: 0404 730 533

Places: 12  
Terms: 3

Term 3 Dates: 21st Jul, 28th Jul, 4th Aug, 11th Aug, 18th Aug, 25th Aug, 1st Sep, 8th Sep

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## 2WA07 UFO's - Unfinished Objects

Do you have an unfinished project languishing in the cupboard. Bring this to the course and we will attempt to help you to finish it.

Category: Craft  
When: Tuesday between 10:00am - 11:30am  
Where: Wendy Pearson's Residence  
Leader: Wendy Pearson  
Contact: Email: wendy.pearson15440@gmail.com  
Phone: 4930 6972  
Mobile: 0447613811

Places: 6  
Terms: 3

Term 3 Dates: 20th Jul, 27th Jul, 3rd Aug, 10th Aug, 17th Aug, 24th Aug, 31st Aug, 7th Sep

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## 2WA04 Ukulele--An Introduction

This course is an introduction to C052. Learn the basics, strum simple chords and have some fun making music with other beginners. No prerequisite skills are required and it is not necessary to be able to read music. If you have a ukulele, then bring it along. If you don't have one we'll talk about what type of ukuleles are available. Bring a pen or pencil and a plastic sleeve folder to keep class notes and music in, a tuner, and a music stand if you wish. We'll have lots of fun. The class will be made up of weekly one hour sessions and will cost \$2 per lesson, which will cover class notes, music and some hall costs.

Category: Learning  
When: Tuesday between 11:30am - 12:30pm  
Where: Repertory Playhouse - Supper Room  
Leader: Anne Robinson  
Contact: Email: robinsox@tpg.com.au  
Phone: 49336396

Places: 20  
Terms: 3,4

Term 3 Dates: 20th Jul, 27th Jul, 3rd Aug, 10th Aug, 17th Aug, 24th Aug, 31st Aug, 7th Sep

Term 4 Dates: 12th Oct, 19th Oct, 26th Oct, 2nd Nov, 9th Nov, 16th Nov, 23rd Nov, 30th Nov

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## 2WP01 Ukulele--Continuing The Ukulele

This course is for the Beginners who are now feeling confident with some easy chord changes and strumming techniques. You are now ready to play more music and have even more fun. Classes will be for one hour or maybe a little longer, and will cost \$2 (which covers hall costs and photocopying). Bring along your ukulele, an A4 plastic folder or binder to keep music and notes in, a tuner, a music stand (if you have one) and a pen or pencil. (You might like to bring a correction pen - sometimes chords will need to be updated.) You don't need to be able to read music, but we will discuss some music reading skills. Warning: Some practice and homework may be required.

Category: Learning  
When: Tuesday between 01:00pm - 02:30pm  
Where: Repertory Playhouse - Supper Room  
Leader: Anne Robinson  
Contact: Email: robinsox@tpg.com.au  
Phone: 49336396

Places: 20  
Terms: 3,4

Term 3 Dates: 20th Jul, 27th Jul, 3rd Aug, 10th Aug, 17th Aug, 24th Aug, 31st Aug, 7th Sep

Term 4 Dates: 12th Oct, 19th Oct, 26th Oct, 2nd Nov, 9th Nov, 16th Nov, 23rd Nov, 30th Nov

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## 5WA05 Walk In The Park

This is an easy walking group where you can walk at your own pace. Location will always be Maitland Park. Coffee is available post the walk.

Category: Activity  
When: Thursday between 12:00pm - 01:00pm  
Where: Maitland Park  
Leader: Kathy Coombe  
Contact: Email: newworldpark@live.com  
Mobile: 0428 445 965  
Places: 20  
Terms: 3,4  
Term 3 Dates: 22nd Jul, 29th Jul, 5th Aug, 12th Aug, 19th Aug, 26th Aug, 2nd Sep, 9th Sep  
Term 4 Dates: 14th Oct, 21st Oct, 28th Oct, 4th Nov, 11th Nov, 18th Nov, 25th Nov, 2nd Dec

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## 1WP01 What's Current

Peter will lead the group through a discussion of current topics. See different sides of a news article or political faux pas. We live in such a multicultural society today with many people from differing socio-economic backgrounds. Add this to life experiences and we have no two opinions that are the same. If you enjoy broadening your horizons or a good debate this is the course for you!

Category: Discussion  
When: Monday between 01:00pm - 02:30pm  
Where: Rutherford Library - Library Area  
Leader: Ian Sinclair  
Contact: Email: carolynannesinclair@hotmail.com  
Phone: 4932 3353  
Mobile: 0407 348 659  
Places: 12  
Terms: 3,4  
Term 3 Dates: 19th Jul, 26th Jul, 2nd Aug, 9th Aug, 16th Aug, 23rd Aug, 30th Aug, 6th Sep  
Term 4 Dates: 11th Oct, 18th Oct, 25th Oct, 1st Nov, 8th Nov, 15th Nov, 22nd Nov, 29th Nov

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## 1WA01 Writing For Pleasure

This course provides an opportunity for those who enjoy writing to share their memoir and/or short stories with the other members of this friendly, supportive group and learn more about the craft of writing. A contribution of \$7.50 pp covers the cost of publishing an annual anthology.

Category: Arts  
When: Monday between 09:00am - 10:30am  
Where: Maitland Library - Meeting Room  
Leader: Brenda Proudfoot  
Contact: Email: proudfootbrenda@gmail.com  
Phone: 4930 1071  
Mobile: 0402 898 381  
Places: 12  
Terms: 3,4  
Term 3 Dates: 19th Jul, 26th Jul, 2nd Aug, 9th Aug, 16th Aug, 23rd Aug, 30th Aug, 6th Sep  
Term 4 Dates: 11th Oct, 18th Oct, 25th Oct, 1st Nov, 8th Nov, 15th Nov, 22nd Nov, 29th Nov

## VENUES

CWA Maitland - Hall	46 Church Street, Maitland 2320
East Maitland Library - Computer Room	3 Garnett Road, East Maitland 2323
East Maitland Scout Hall - Open Area	Park Street, East Maitland
Location Varies - TBA	TBA By Leader
Maitland Library - Meeting Room	480 High Street, Maitland 2320
Maitland Library - Open Area	480 High Street, Maitland 2320
Maitland Park	Maitland Park, Maitland NSW 2320
Maitland Regional Art Gallery - Engine Room	230 High Street, Maitland 2320
Mealy's Of Morpeth	144 Swan St, Morpeth NSW 2321
Northwood Village	16 Collinson Street, TENAMBIT 2323
Reading Cinema	Ken Tubman Dr, Maitland NSW 2320
Repertory Playhouse - Rehearsal Room	244 High Street, Maitland 2320
Repertory Playhouse - Supper Room	244 High Street, Maitland 2320
Rutherford Library - Library Area	13 Arthur Street , Rutherford, 2320
Telarah Bowling Club - Croquet Court	Clark Street, Telarah 2322
Wendy Pearson's Residence	11 Addison Road Bolwarra