

## **Technology Assistance**

Convener: Terry 0455972281

Venue: Fripp Oval, Office

Time: By Arrangement

Commencing: February

Tutor will provide individual tuition to assist students to learn on their own device, addressing their area of interest. Each tuition session will be for one (1) hour. The sessions will focus on what the individual needs to know to achieve their desired outcomes. Beginner students typically have 3 or 4 lessons.

## **Monday Classes**

### **Shorter Flatter Walks**

Convener: Barbara 0402825260

Venue: As per walks list

Time: 8:30 -9.30

Commencing: Monday 31<sup>st</sup> January

Mainly flat walks for approximately 1 hour then coffee at a nearby café.(optional).Bring water and money for coffee etc. Wear a hat and comfortable walking shoes. Walks list is available from the office and online.

### **Art Appreciation**

Convener: Liz 0421974703

Venue: Fripp Oval, Main Hall

Time: 9:30-11:30

Commencing: 7<sup>th</sup> February fortnightly

This year we will be presenting art history primarily. However, members have been presenting on their own favourite art topics so we shall continue to intersperse the history with personal art topics.

### **Weights for Well-being - Beginners**

Convener: Mahullah 0400495522

Venue: Fripp Oval, Main Hall

Time: 9:00 am-10:30 am

Commencing: 31<sup>st</sup> January, fortnightly

Learning correct posture and movements to exercise using light weights. Introduction to a 2 part set total body program. Includes warm ups, strengthening/toning and stretch/release exercises on mat, chair or standing.

Working in pairs. Good for osteo-resistance, balance and general well-being.

Bring mat, hand weight, towel and water and wear loose comfortable clothing.

### **Weights for Well-being - Intermediate**

Convener: Trish 0423062756

Venue: Fripp Oval, Main Hall

Time: 10.45 am-12.15 am

Commencing: 31<sup>st</sup> January, fortnightly

Participants **must** have completed the W4W Basic 9 -Class Course in total. Same as the W4W Advanced Class, only easier

## **Lost Empires**

Convener: Warren 66287303  
Venue: Ballina Golf & Sports Club restaurant  
Time: 11:15-12.30pm  
Commencing: 31<sup>st</sup> January

A look at the rise (and, sometimes, fall!) of some of the national states that have shaped our world and some of the interesting (but not necessarily likeable!) people involved. Attendees, if not members of the Golf Club, will be asked to join as social members.

## **Mahjong Beginners**

Convener: Heather 0408862914  
Venue: Fripp Oval, Main Hall  
Time: 12.30-2.00  
Commencing: 31<sup>st</sup> January

Learn to play Mahjong in a relaxed environment. Must be able to commit to 9 out of 10 lessons. One-off cost of \$5.00 for photocopied notes

## **Mahjong**

Convener: Jill 0404037686 Julie 0434988770  
Venue: Fripp Oval, Main Hall  
Time: 12.30-4.00  
Commencing: 31<sup>st</sup> January

For experienced players and those continuing from the Beginner classes.

## **Scrabble**

Convener: Lyn 6686 6761 Valda 6686 9108  
Venue: Fripp Oval, Main Hall  
Time: 12.30-4.00  
Commencing: 31<sup>st</sup> January

Playing Scrabble. Students can bring a dictionary.

## **International Folk Dance**

Convener: Christine 0406585860  
Venue: Presbyterian Church Hall  
Time: 4.00-5.00  
Commencing: 31<sup>st</sup> January

You will learn traditional village dances from various countries and ethnic backgrounds. While these dances will give you a gentle mind-body workout, they are also much fun to do. No partner is needed, no dancing experience is required. If you can walk, you can dance!

## **Tuesday Classes**

### **Walking Group**

Convener: Barbara 0402825260  
Venue: As per walks list  
Time: 8.00-9.30  
Commencing: February 1st

Medium walks including some hills. 6-8km mainly in the local area. We will walk for approx. 1.5 hours finishing with an optional cafe stop. Walks list is available from the office and online.

## **Yoga and Core Pilates**

Convener: Anne 0415773234

Venue: Fripp Oval, Main Hall

Time: 9.15-10.30

Commencing February 1st

Guided Yoga and Pilates, some led by tutor, other following a CD with the help of the tutor.

## **Books and Poetry**

Convener: Gerti 66807350

Venue: Ex-Services Club, Mullumbimby

Time: 10.00-12.00

Commencing February 1st (1<sup>st</sup> Tuesday)

Poets and writers from all eras, their lives and works. Poetry read and studied.

Occasional homework to write a short poem on a given topic

Review a book we have read and participate in discussion.

## **Music Appreciation**

Convener: Gerti 66807350

Venue: Ex-Services Club, Mullumbimby

Time: 10.00-12.00

Commencing 15<sup>th</sup> February (3<sup>rd</sup> Tuesday)

Learn about different composers, their lives and music. From Baroque to 20<sup>th</sup> Century music.

Using Powerpoints, DVDs and CDs

## **Buongiorno Italia**

Convener: Liz 0414403502

Venue: Cherry Street Sports Club

Time: 10.00-12.00

Commencing: February 1st

Focus on Speaking, listening, reading and conversation.

Easy Italian, Buongiorno Italia.

## **Italian Conversation**

Convener: Valda 0431 099 438

Venue: Ballina RSL

Time: 10.00-12.00

Commencing February 1st

Experienced, self-paced.

## **Cryptic Crosswords**

Convener: Kate 0428868350 Beginners/Intermediate                      Glenda 0415712536 Advanced

Venue: Fripp Oval

Time: 10.45-12.00

Commencing: February 1st

Beginners/Intermediate-Students learn the basic 'rules' of completing cryptic crosswords. Each week they take it in turns to explain the answers to the homework from the previous week. (usually 4 puzzles of varying difficulty)

Advanced-Dust off the 'grey matter', do a bit of brainstorming and generally have fun with words, even learn new words!

## **Table Tennis**

Convener: Fran 0419466345

Venue: Fripp Oval, Main Hall

Time: 12.30-2.30

Commencing: February 1st

Table Tennis, currently only playing singles, but usually play doubles.

## **Feldenkrais**

Convener: Helena

Venue: Fripp Oval, Main Hall

Time: 2.45-3.45

Commencing: February 1st

In the Feldenkrais Awareness through Movement lessons you will learn easy and effortless movement sequences, mostly done on the floor in sitting and standing, that will improve your posture, balance, coordination and flexibility.

Each lesson is related to those functional movements that are required for everyday actions, such as bending, turning, reaching, breathing, walking etc.

The classes are very slow paced and suitable for mature+ students.

## **Scottish Country Dancing**

Convener: Elspeth Lacey

Venue: Presbyterian Church Hall

Time: 4.00-5.30

Commencing: March 1st

Learn both traditional and modern Scottish Country Dances. Great fun, exercise for mind and body. Wear soft, flat shoes.

## **Wednesday Classes**

### **Cycling**

Convener: Greg

Venue: Meet at Fripp Oval Carpark

Time: 8.30-9.30

Commencing: February 9<sup>th</sup>

One hour long bike rides around the streets/cycleways of Ballina. May be extended to one and a half hours depending on the group.

### **Belly Dancing**

Convener: Sue

Venue: Fripp Oval, Main Hall

Time: Beginners 8.30, 9.00-10.30

Commencing: 2<sup>nd</sup> February

Fusion Belly Dance, calling on technique and expression from Egyptian and Romany Dance, using music from around the world.

### **Weights for Well-being-Advanced**

Convener: Trish 0423062756

Venue: Fripp Oval, Main Hall

Time: 11.00-12.15

Commencing: February 2nd

Must have completed Beginners W4W course.

## **Exploring Books**

Convener: Barb 0402825260

Venue: Mezza @ The Point

Time: 10.30-12.00

Commencing: February 2nd(1<sup>st</sup> Wednesday)

Each month we explore a different topic. Readers may chose fiction of non-fiction books related to each topic. Topics are available in the office and online.

## **Paint-a-Long**

Convener: Llewenna 0409 356525

Venue: Fripp Oval, Main Hall

Time: 12.30-2.30

Commencing: February 2nd

'Paint-a-long' will be participant driven. All participants will be involved in planning and will guide a few lessons in an area of interest.

Various techniques and topics will be introduced eg pastels, drawing, collage, ink and pencil.

## **Intermediate French**

Convener: Evelyne 0459520595

Venue: Fripp Oval, Office Annex

Time: 1.30-2.30

Commencing: February 2nd

2021 class continuing.

## **French Beginners**

Convener: Evelyne 0459520595

Venue: Fripp Oval, Hall

Time: 3.00-4.00

Commencing: February 2<sup>nd</sup>

French language for beginners.

# **Thursday Classes**

## **Bird Watching**

Convener: Heather 0408862914

Venue: various local venues

Time: 8.00-10.30

Commencing: February 3rd, fortnightly

The class is aimed at those interested in seeing and learning more about birds in our local area. The program will consist of a series of field visits in and around the Ballina area and is for people with all levels of interest and expertise.

## **Social Amblers**

Convener: Jill 0404037686

Venue: Meldrum Park

Time: 8.30-9.30

Commencing: February 3rd

Slow, flat walk. Walk will be on paths so those use walking aids are welcome...walking stick, rollator frame etc.

## **Tai Chi- Quigong**

Convener: Rhonda 0419144463  
Venue: Fripp Oval, Main Hall  
Time: 9.00-10.00  
Commencing: February 3rd  
Movement and Walks of Qigong and Gentle Tai Chi

## **Tai Chi- Quigong-Beginners**

Convener: Dara 0412434831  
Venue: Fripp Oval, Main Hall  
Time: 10.10-11.20  
Commencing: 3<sup>rd</sup> February  
Introduction to Qigong. Posture, Balance and Movements

## **Current Affairs**

Convener: Peter 0477 448 789  
Venue: Fripp Oval,  
Time: 11.30-12.30  
Commencing: 10<sup>th</sup> February, fortnightly.  
An interactive class discussion about local, national and international events of interest.

## **Creative Writing**

Convener: Mandy 0427327381  
Venue: Fripp Oval, Main Hall  
Time: 11.30-1.00  
Commencing: 3<sup>rd</sup> February (fortnightly)  
Creative Writing is a group which provides support and encouragement. Story prompts are provided to members each fortnight to write and share their stories in class. Any genre accepted: memoir, fiction, poetry, etc.

## **Quilt Art and Mixed Media**

Convener: Marie 66863470  
Venue: North Lakes Community Hall  
Time: 12.30-3.30  
Commencing: February (3<sup>rd</sup> and 4<sup>th</sup> Thursday)  
A variety of art/craft activities using textiles and stitching skills/art skills. The class is project based.

## **Creative Craft and Chat**

Convener: Sue 0400800528  
Venue: Fripp Oval, Main Hall  
Time: 1.00-3.00  
Commencing: 3<sup>rd</sup> February  
All types of craft. Members share their skills in an informal group setting. A social and friendly group.

## **Lawn Bowls**

Convener: Brian 0432277170  
Venue: Cherry Street Sports Club  
Time: 3.00-4.00  
Commencing: February 3rd  
This is a class primarily for beginners to learn how to play lawn bowls and to have a few non-competitive practice games.

# Friday Classes

## Healing with Colour

Convener: Helen White 0448290244

Venue: Fripp Oval, Hall

Time: 9.00-10.00

Commencing: February 4th

Using colour to understand reactions and responses to everyday events throughout your life.

## Tap Dancing -Basic

Convener: Rhonda 0425393551

Venue: Sailing Club

Time: 9.30-10.30

Commencing: February 4th

Our class is called Fundamental Tap with the emphasis on fun. We start with warm up exercises and basic tap steps leading to dance routines.

## Jewellery and Beading

Convener: Joan 0417516956

Venue: Fripp Oval, Main Hall

Time: 10.00-12.00

Commencing: February 4th

Bead and Bead weaving. Basic stringing and wirework. Finishing techniques for jewellery.

## Paradise Pluckers-Ukulele

Convener: Betty

Venue: Fripp Oval, Main Hall

Time: 12.15-1.15

Commencing: February 4th

These classes are for those who completed the U3A beginners ukulele classes in Term 4 2019. We will start with refining the sound of the chords, strumming and songs we know. We will then progress (a little more quickly in the first group than in the second group) to learning new chords, strumming patterns and songs and getting smoother and faster with our chord-changes. We'll work toward an optional performance at the end of term 1, perhaps at an aged care facility.

## Friday Italian

Convener: Christine 0431225942

Venue: Fripp Oval, Main Hall

Time: 1.30-2.30

Commencing: February 4th

New students may be able to join IF they have done previous study in Italian. MUST contact tutor before joining the class by texting to arrange a time to meet.

