

**U3A Nambucca Valley Association Inc**  
**COURSES June – December 2010**

Course Name	Scheduled Times
Bellydancing	Course Full
Book Chat	Last Friday of each month 3-4:30pm
Buddhism 1	1st & 3rd Friday of each month ;10am-12 noon
Buddhism 2	2 <sup>nd</sup> & 4 <sup>th</sup> Friday of each month; 10am – 12 noon
Celtic Australia	Tuesday afternoons beg. 6 <sup>th</sup> July for 6 weeks
A Contrary View	2nd Tuesday of each month; 10am-12 noon
Creative Writing – Getting Started	Tuesdays 1 -3 pm from 22 <sup>nd</sup> June for 5 weeks
Current Affairs	1st & 3rd Thursday of each month;10am-12 noon
Drama/Theatre Sports	1st & 3rd Thursday of each month; 1 – 3 pm
First Aid for Seniors	TBA
Fishing on the River	Last Friday morning of each month beg. 25 <sup>th</sup> June
Gardening Group	3rd Monday of each month; from 10:00am.
Gentle Stretch & Flex	Every Wednesday 10 – 11 am
Local Talent – Artists and Artisans	TBA
Love Food Will Travel	4th Sunday of March, May, July, Sept - Nov TBA
Lunch on the Deck	2 <sup>nd</sup> Sunday of each month
Meditation for Beginners	Every Tuesday 1:15 – 2:15 pm
Meditation 2	Every Tuesday 2:30 – 3:30 pm
Nambucca – Bringing the Past to Life	Thursdays 12 & 26 <sup>th</sup> Aug; 9 <sup>th</sup> & 23 <sup>rd</sup> Sept; 10am-12noon
Pétanque	1 <sup>st</sup> Sunday morning of each month
Philosophically Speaking	Course Full
Qigong	Mondays 12 – 1 pm; starting date TBA
Quiz Competition	Tuesdays 1-3 pm from 17 <sup>th</sup> Aug for aprox. 5 weeks
Science & Technology Update	Last Tuesday of each month; 10am-12 noon.
Scottish Country Dancing	Course Full
Scrabble Basics and Strategies	Monday or Thursday afternoons for 6 weeks; TBA
3 Morning Teas with Freya	Mondays 12 <sup>th</sup> July, 9 <sup>th</sup> Aug, 13 <sup>th</sup> Sept; 10am-12noon
What Makes a Good Movie?	Course Full

*Above information was correct at time of printing.*