

'CONNECTING SENIORS TO LIFE-LONG LEARNING'



# U3A ROMA

COURSE BOOKLET

TERM 2 - 2024

\$25 yearly membership fee January - December

FINANCIAL MEMBERSHIP REQUIRED FOR ATTENDANCE AT  
ACTIVITIES

(This provides insurance for members attending activities)

**Term 2: 22<sup>nd</sup> April - 31<sup>st</sup> May 2024**

**AGM/Orientation/Sign on Day:**

**Tuesday, 16<sup>th</sup> April 2024**

***Morning Tea: 9.30am - Meeting: 10.00am***

**Senior Citizens Centre, 53 Bungil Street, Roma.**

If you wish to pay by Direct Debit banking details for U3A Roma are:  
WESTPAC: BSB: 034 211 Account: 250 160 Use your SURNAME as reference.

To enrol contact:

**Evan Dunster (Tutor Co-ordinator)**

**Mobile: 0419 201 460**

Email: [u3aroma@gmail.com](mailto:u3aroma@gmail.com)

Visit us at: [www.u3aroma.com](http://www.u3aroma.com)

Postal: PO Box 1279, Roma 4455

**Supported by: Ann Leahy, MP, Member for Warrego**

***PLEASE REMEMBER..... If you are unable to attend a course that you enrol in at any time, please let your tutor know.***

## **MAHJONG**

**CONTACT:** Edna Tedford      Ph. 0428 231 687

**COURSE DESCRIPTION:** Learn how to play/enhance your skills in the game of Mahjong.

**WHEN:** Monday's      9.00am

**WHERE:** Senior Citizens Centre, 53 Bungil St. Roma

**LENGTH OF COURSE:** Ongoing throughout year      **Gold Coin Donation**

## **EXERCISE FOR SENIORS**

**TUTOR:** Vital Health staff      Ph. 4622 4322

**COURSE DESCRIPTION:** The Exercise Physiologist at Vital Health will take us through the use of various exercise machines available at SNAP Fitness. Increase muscle strength and fitness by participating in a supervised exercise session.

**WHEN:** Mondays,      11.15am

**WHERE:** SNAP Fitness, 33 Hawthorn Street, Roma

**LENGTH OF COURSE:** Ongoing throughout year

**(Medical Referral to Exercise Physiologist Required)**

## **INDOOR BOWLS**

**CONTACT:** Baden Waldron      Ph. 0400 225 444

**COURSE DESCRIPTION:** Indoor bowls is a game played with two teams and two types of ball (bowls). The aim of the game is to get your ball as close as possible to the jack (the small white ball). If you've ever played lawn bowls, the indoor version follows similar rules – with the main difference being the location of play.

**WHEN:** Monday's      1.30-3.00pm

**WHERE:** Senior Citizens Centre, 53 Bungil St. Roma

**LENGTH OF COURSE:** Ongoing throughout year      **Gold Coin Donation**

## COMBINATION YOGA

**TUTOR:** Linda Scarce

Ph. 0427 934 281

**COURSE DESCRIPTION:** Combination Yoga is a mix of both seated and standing Yoga exercises. Do you want to improve the flexibility and strength of your body? Then come along to Standing Yoga classes. Where physical movements which improves flexibility, muscle strength and balance and where with various breathing techniques and relaxation promote a deeper sense of wellbeing.

**WHEN:** Tuesday's

9.00am

**WHERE:** Senior Citizens Centre, 53 Bungil St. Roma

**LENGTH OF COURSE:** Ongoing throughout year

Gold Coin Donation

## COMPUTER CLUB

**TUTOR:** Evan Dunster

Ph. 0419 201 460

**COURSE DESCRIPTION:** Work together to develop computer skills.

**WHEN:** Tuesdays, 23<sup>rd</sup> ,30<sup>th</sup> April 2024

1.00pm

07<sup>th</sup> ,14<sup>th</sup> & 28<sup>th</sup> May 2024

**WHERE:** Roma Library Training Room, Hawthorne Street, Roma

**LENGTH OF COURSE:** 5 weeks

Gold Coin Donation

## WATER AEROBICS

**(Wednesday and Friday)**

**COURSE DESCRIPTION:** This course has no qualified Water Aerobics instructor. The six different exercise sheets have been sourced from the internet and physio programs. The group is self-motivated with a love of the water. Participants are encouraged to work to their own physical level.

**WHEN:** Wednesday's and Friday's

10.00am

**WHERE:** Roma Municipal Pool, 142 McDowall St., Roma

**Requirements:** Pool Noodle

**LENGTH OF COURSE:** Ongoing

Gold Coin Donation

# BOOKCLUB

**TUTOR:** Viv Bruton

Ph. 0428 529 594

**COURSE DESCRIPTION:** Bookclub meets monthly to discuss the Book of the Month. This is an enjoyable hour of sharing thoughts and ideas about the book that was read during the month prior to meeting.

**WHEN:** Meet monthly, 3<sup>rd</sup> Wednesday of the month

1.00pm

**WHERE:** Senior Citizens Centre, 53 Bungil St. Roma

**Gold Coin Donation**

## SEATED YOGA WITH MEGAN

**TUTOR:** Megan Brown

**CONTACT:** Evan Dunster

Ph. 0419 201 460

**COURSE DESCRIPTION:** Do you want to improve the flexibility and strength of your body? Then come along to Seated Yoga classes where physical movements which improves flexibility, muscle strength and balance are supported with a chair, and where with various breathing techniques and relaxation promote a deeper sense of wellbeing.

**WHEN:** Thursday's

9.00am

**WHERE:** Senior Citizens Centre, 53 Bungil St. Roma

**LENGTH OF COURSE:** 8 weeks

**Gold Coin Donation**

## FOLK ART

**TUTOR:** Carol Curran

Ph. 0447 114 881

**COURSE DESCRIPTION:** Tips and techniques to help you to learn the craft of Folk Art, or painting intricate patterns and pictures onto everyday objects. Paint included and some brushes are available for use.

**WHEN:** Thursday's

10.30am-2.00pm

**WHERE:** Studio 5, Roma Community Arts Centre, Hawthorne Street, Roma

**LENGTH OF COURSE:** Ongoing throughout year

**Cost: \$5, includes materials**

# BREAKFAST CONVERSATIONS

**TUTOR:** Jennifer Crocker      Ph. 0400 268 150

**COURSE DESCRIPTION:** Conversations is designed to provide an opportunity to discuss any issues of current importance to any members. The basic operation of the group will be defined by current participants. There will probably be no restrictions on topics and participants will at times have to deal with ideas that may be quite confronting. We will all learn how to deal with a variety of ideas with courtesy and respect. A nice mix of introspection and new learnings.

**WHEN:** Friday's      8.30am – 9.30am

**WHERE:** Club Hotel, 42 McDowall St., Roma

**LENGTH OF COURSE:** Ongoing throughout year      Gold Coin Donation

## TABLE TENNIS

### Singles / Doubles – Friday 9.30am

**TUTOR:** Judy Walsh      Ph. 0431 697 844

**COURSE DESCRIPTION:** Develop your skills at Table Tennis as well as enjoying each other's company.

**WHERE:** Senior Citizens Centre, 53 Bungil St. Roma

**LENGTH OF COURSE:** Ongoing throughout year      Gold Coin Donation

## TAI-CHI

**CONTACT:** Qld Health staff

**COURSE DESCRIPTION:** Tai Chi is often described as "meditation in motion," but it might well be called "*medication* in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

**WHEN:** Friday's      2.00pm

**WHERE:** Senior Citizens Centre, 53 Bungil St. Roma

**LENGTH OF COURSE:** Ongoing throughout year.

# TERM EVENTS

## MORNING TEA

### In conjunction with "Sconetime"

**CONTACT:** Evan Dunster

Ph. 0419 201 460

**COURSE DESCRIPTION:** This term we will be joining in Sconetime for Morning tea.

**WHEN:** Tuesday, 23<sup>rd</sup> April 2024,

9.30am

**WHERE:** Roma Gun Club, 155 Geoghegan Rd, Roma

**LENGTH OF COURSE:** 1 session only

**Cost: \$5.00 Members to purchase a prepaid ticket from Bakearoma.**

## SOCIAL OUTING

### Visit to "Up The Creek Garage"

**CONTACT:** Evan Dunster

Ph. 0419 201 460

**COURSE DESCRIPTION:** Up The Creek Garage boasts an impressive collection of meticulously restored classic cars, spanning decades of automotive innovation. From sleek muscle cars of the 1960s to elegant vintage automobiles from the early 20th century, this museum offers a fascinating journey through the evolution of automotive design and engineering. Visitors can immerse themselves in the rich history of these remarkable vehicles, learning about the stories and innovations that shaped this unique collection. Robert provides insights and anecdotes, and Edith prepares delicious morning or afternoon tea snacks for you, making your visit an educational and enjoyable experience.

**WHEN:** Wednesday, 01<sup>st</sup> May 2024

9.30am

**WHERE:** Up The Creek Garage, 14 George Street, Roma

**LENGTH OF COURSE:** 1 session only

**Cost: \$20.00 includes Morning Tea**

# TERM EVENTS

## U3A LUNCH "Queens Arms Hotel"

**CONTACT:** Evan Dunster

Ph. 0419 201 460

**COURSE DESCRIPTION:** Enjoy lunch with other U3A members.

**WHEN:** Tuesday, 21<sup>st</sup> May 2023

12noon

**WHERE:** Queens Arms Hotel, 88 McDowall Street, Roma QLD 4455

**LENGTH OF COURSE:** 1 session only

## MORNING TEA In conjunction with "Sconetime"

**CONTACT:** Evan Dunster

Ph. 0419 201 460

**COURSE DESCRIPTION:** This term we will be joining in Sconetime for Morning tea.

**WHEN:** Tuesday, 28<sup>th</sup> May 2024,

9.30am

**WHERE:** Roma Gun Club, 155 Geoghegan Rd, Roma

**LENGTH OF COURSE:** 1 session only

**Cost: \$5.00 Members to purchase a prepaid ticket from Bakearoma.**

# TERM EVENTS

## TRIVIA MORNING

**CONTACT:** Evan Dunster

Ph. 0419 201 460

**COURSE DESCRIPTION:** Do you enjoy the challenge of remembering trivial events, dates, and facts? Do you enjoy group camaraderie and a good laugh at silly answers? Come along to Trivia for a fun morning this term.

**Morning Tea – 9.30am**

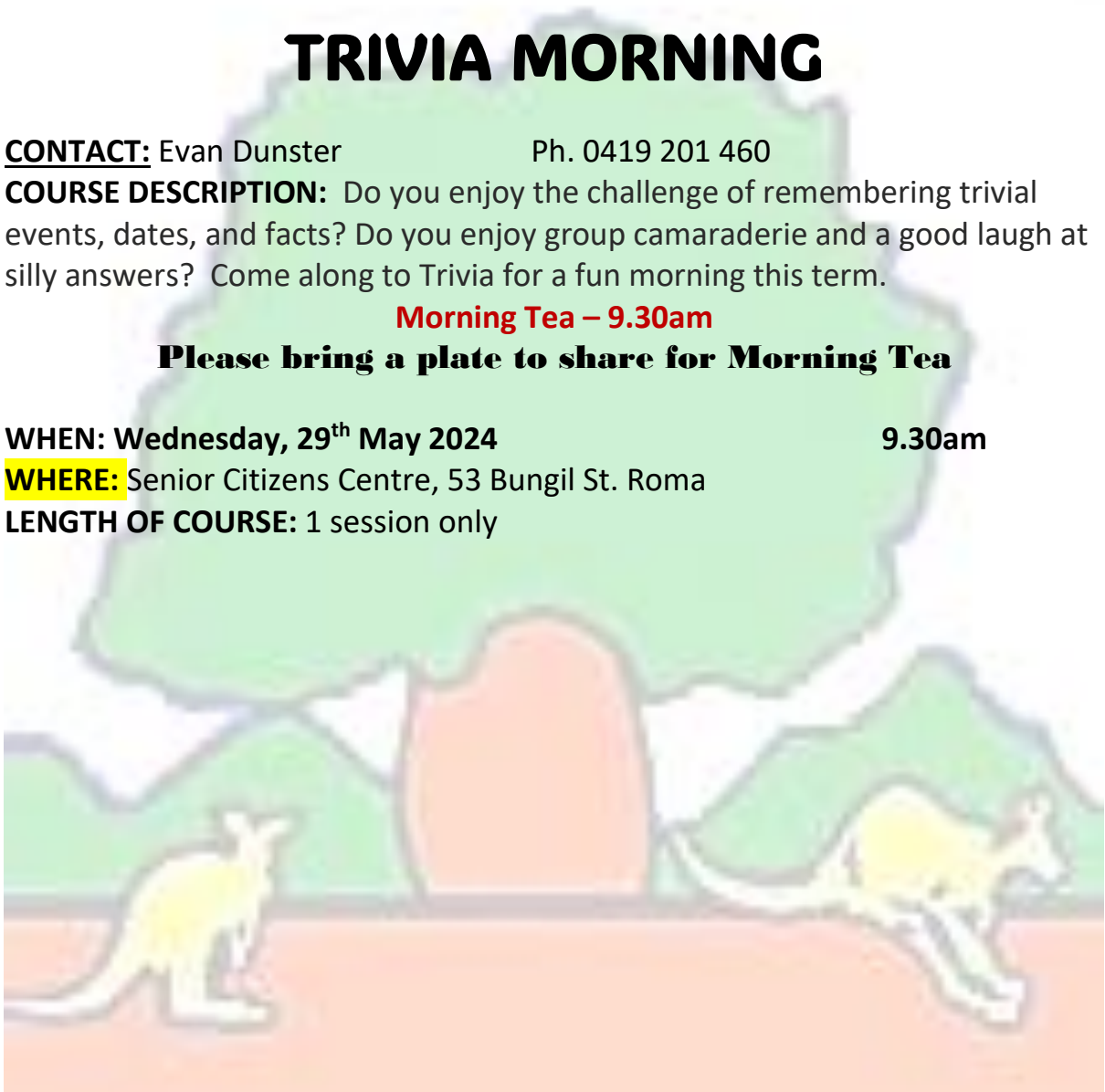
**Please bring a plate to share for Morning Tea**

**WHEN:** Wednesday, 29<sup>th</sup> May 2024

9.30am

**WHERE:** Senior Citizens Centre, 53 Bungil St. Roma

**LENGTH OF COURSE:** 1 session only





# Community Activities

## Bowls Club

Thursday 1pm Social Bowls; Saturday 1pm-4.30pm Social Bowls  
Sunday 1 - 4pm Bowls

*Above times subject to change depending on competitions etc., ph.  
4622 1146*

*Social membership in Bowls Club \$15 per year*

## Lions Fish'n'Chips

Last Friday of the month, 5pm, Lions Park

## P.C.Y.C.

8.30am, Wednesdays - Badminton (\$5 per day, need to sign up as a  
PCYC member, cost \$6 for seniors for 12 month membership)

Contact: Dion or Trish Phone: 4622 8446

## Roma & District Family History Society Inc.

**Roma History Lodge, 17 McDowall St. Roma Qld 4455**  
(PO Box 877)

Opening hours: Tuesday & Thursday 9am -12N; Saturday 2-5pm

Contact: Maree Worland Ph. 0422 574 897 (President)

Margaret Hetherington Ph. 0423 213 440

Email: [romahistorysoc@hotmail.com](mailto:romahistorysoc@hotmail.com)

Facebook: <https://www.facebook.com/RomaHistoryLodge>

# Community Activities

## Cards

Tuesday, *CWA rooms, Arthur St, Roma. 1.30pm*

Contact: Isla Grulke Ph. 4622 1814 Peg Riley Ph. 4622 1815

## Roma & District Lapidary Society

Meet on the 2nd Saturday of the month, 9am-4pm, *17 McDowall Street, Roma*

(Behind the Roma History Lodge),

Contact: Dallas Williams Ph. 0428 222 357

## Morning Melodies

1st Tuesday of the month at the *Roma Bowls Club Lovall St., Roma, 9.30am, Cost \$10.00*

## Roma Community Men's Shed

Monday, Thursday and Saturday 8.30am - 12.30pm

*27-29 Crystal St. Roma (Enter from Gregory St. South)*

Contact: Peter Monson Ph. 0413 140 145

Email: [romamenshed@bigpond.com](mailto:romamenshed@bigpond.com)

## "Crescendo" Community Choir

*Roma Church of Christ - 119 Currey Street*

Mondays - Arrive 5.20 am - Start 5.30 pm - Finish: 6.30 pm

Choir Coordinator: Karen Dawes Ph. 0429 442 286

Email [roma.singers@gmail.com](mailto:roma.singers@gmail.com)

# Community Activities

## Coffee with a Cop

2<sup>nd</sup> Monday of the month.

**PCYC, 37/43 George St W, Roma QLD 4455**

**Contact: Dion or Trish Phone: 4622 8446**

## Sconetime

4<sup>th</sup> Tuesday of the month.

**Robinson Room**

**Roma Clay Target Club, 155 Geoghegan Rd, Roma QLD 4455**

Pre-sold tickets from Bakearoma \$5.00

**Contact: Robert Nugent - 0428 768 482**

Donna Nugent - 0427 462 507

Helen Murphy - 0427 530 961

## Roma Healthy Hearts - Walking Group

**Tuesdays & Thursdays 7.15am**

Big Rig Car Park, 2 Riggers Lane, Roma

Track = 2.2km

**PLEASE REGISTER BEFORE ATTENDING:**

<https://walking.heartfoundation.org/dashboard/participant/register>