'CONNECTING SENIORS TO LIFE-LONG LEARNING'

U3A UNIVERSITY OF THE THIRD AGE

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U3A ROMA

COURSE BOOKLET

TERM 3 - 2026

$25 yearly membership fee January – December

FINANCIAL MEMBERSHIP REQUIRED FOR ATTENDANCE AT ACTIVITIES

(This provides insurance for members attending activities)

TERM 3: 20 JULY – 29 AUGUST 2026

Orientation / Sign on Day:

Tuesday, 14 July 2026

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.
NEW: EFTPOS (Credit / Debit card) payments now available.

To enrol contact:
Evan Dunster (Tutor Co-ordinator)
Mobile: 0419 201 460
Email: u3aroma@gmail.com
Visit us at: 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 DESCRIPTIION: 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

(Monday)

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, 21 & 28 July 2026 1.00pm
04, 18 & 25 August 2026 1.00pm
WHERE: Roma Community Men's Shed, 27-29 Chrystal St., Roma
Enter via Gregory St. South
LENGTH OF COURSE: 5 weeks **Gold Coin Donation**

BRIDGE CLUB

(Wednesday and Saturday)

CONTACT: Fay Donoghue Ph. 0428 265 425
COURSE DESCRIPTION: **Contract bridge**, or simply **bridge**, is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games, particularly among seniors. The World Bridge Federation (WBF) is the governing body for international competitive bridge, with numerous other bodies governing it at the regional level.
Any interested learners, please contact Fay Donoghue Ph 0428 265 425
WHEN: Wednesday's 9.30am – 12.30pm
Saturday's 1.00pm – 4.00pm
WHERE: Senior Citizens Centre, 53 Bungil St. Roma
LENGTH OF COURSE: Ongoing throughout year **Gold Coin Donation**

UFO – UnFinished Objects

CONTACT: Ann Edwards Ph. 0428 435 040
Leanda Bowden Ph. 0447 073 607

COURSE DESCRIPTION: Bring along an unfinished item, and maybe someone might be able to help you finish it off. Whether it be some knitting, crochet, card making, cross stitching, scrapbooking anything someone may know how to finish it off.

WHEN: 04 August 2026 10.30am
WHERE: Roma Library Lounge **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, 3rd Wednesday of the month 1.00pm
WHERE: Senior Citizens Centre, 53 Bungil St. Roma **Gold Coin Donation**

CHAIR YOGA

TUTOR: Linda Scarce Ph. 0427 934 281

COURSE DESCRIPTION: Do you want to improve the flexibility and strength of your body? Then come along to Chair 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: Ongoing throughout year **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**

EXERCISE FOR SENIORS

(Thursday)

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: Thursday 11.15am
WHERE: SNAP Fitness, 33 Hawthorn Street, Roma
LENGTH OF COURSE: Ongoing throughout year
(Medical Referral to Exercise Physiologist Required)

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

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: Evan Dunster Ph. 0419 201 460
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 **Gold Coin Donation**

TERM EVENTS

TERM TALK

AI in Art

TUTOR: Robert Page
CONTACT: Evan Dunster Ph. 0419 201 460
COURSE DESCRIPTION: Step into the future of creativity with *AI in the ART World*, a visually rich and thought-provoking presentation by Robert Page. From algorithmic brushstrokes to choreographed machine motion, this journey explores how artificial intelligence is reshaping the boundaries of artistic expression. The presentation invites audiences to rethink what it means to create, feel, and imagine in a digitally augmented age. Whether you're an art lover, technologist, or curious mind, this is your gateway to the next frontier of human–machine collaboration.

WHEN: Wednesday, 29 July 2026 **1.00pm**
WHERE: Roma Community Men's Shed, 27-29 Chrystal St., Roma
Enter via Gregory St. South
LENGTH OF COURSE: 1 session only **Gold Coin Donation**

Morning Tea & Trivia

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 for morning tea and a fun morning of Trivia

Please bring a plate to share for Morning Tea

WHEN: Tuesday, 11 August 2026 **10.00am**
WHERE: Senior Citizens Centre, 53 Bungil St. Roma
LENGTH OF COURSE: 1 session only

TERM EVENTS

U3A LUNCH

CONTACT: Evan Dunster Ph. 0419 201 460
COURSE DESCRIPTION: Enjoy lunch with other U3A members.
WHEN: Wednesday, 26 August 2026 **10.30am**
WHERE: Yuleba Hotel, 18 Warrego Hwy. Yuleba
Menu on back page.
LENGTH OF COURSE: 1 session only

Meet at Senior Citizens 10.30am for carpooling if required.

SENIORS GAMES

CONTACT: Evan Dunster Ph. 0419 201 460
COURSE DESCRIPTION: We have many events which have been modified to offer an enjoyable day out and laughter. Modified Darts instead of Target Shooting, Quoits instead of Curling, Basketball, Carpet Bowls instead of Lawn Bowls just to name a few. Why not put your name down and encourage others to come along to the Senior Citizens Centre on 01st September and have a fun day. Create your team of 4 ahead of time or wait until the day and choose a team then.

Lunch: 12.30 – Soup & Crusty Bread

WHEN: Tuesday, 01 September 2026 **10.30am**
WHERE: Senior Citizens Centre, 53 Bungil St. Roma
LENGTH OF COURSE: 1 session only **Cost: $5.00**

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

Community Activities

CWA Cards

Tuesday & Thursday, ***CWA rooms,57 Arthur St, Roma. 1.15pm***
Contact: Susan Rowbotham 0427 353 440
Christine Beling 0428 904 080

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***
35 Lovall St., Roma, 9.30am, Cost $10.00

Roma Community Men's Shed

Monday, Thursday and Saturday 8.30am – 12.30pm
27-29 Chrystal St. Roma (Enter from Gregory St. South)
Contact: Fred Tickelpenny Ph. 0408 753 772
Email: 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

Community Activities

Sconetime

4th 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

ALL FOOD

THE YHM
EST 1972

MENU

MEAL TIMES

Lunch Wed-Sun 12-2pm
Dinner 5-8pm

STARTERS

GARLIC BREAD $10
½ serve $6

CHEESY GARLIC BREAD $14
½ serve $8

SWEET CHILLI CHEESY GARLIC BREAD $14
½ serve $8
ADD: Bacon $3

MOZZARELLA STICKS (6) $10

ONION RINGS (6) $10

SPRING ROLLS (3) $8

CALAMARI RINGS (6) $12

BURGERS

Burgers are not served with chips please ask staff for gluten free options

WORKS BURGER $20
Beef patty, Bacon, Cheese, Egg, Pineapple, Tomato, Caramelized onion, Beetroot, Lettuce, Your choice of sauce.

STEAK SANDWICH $18
Steak, Tomato, Lettuce, Beetroot, Caramelized onion, Your choice of sauce.

HAMBURGER $15
Tomato, Lettuce, Caramelized onion, Your choice of sauce.

CHEESEBURGER $15
Double cheese, Caramelized onion, Your choice of sauce.

CHICKEN BURGER $15
Tomato, Lettuce, red onion, your choice of sauce.

FISH BURGER $15
Battered fish, Tartare sauce, Red onion, Tomato and Lettuce

ADD ON's:		SAUCE:
Chips	$4	Tomato
Pineapple	$1	BBQ
Bacon	$2	Mustard
Fried Egg	$2	Aioli
Beetroot	$1	Chipotle Mayo
Cheese	$1	Tomato Relish

THE YULEBA HOTEL MOTEL

MAINS

Main Meals Include Your Choice Of Sides: Golden Chips & Salad, Vegetables & Creamy Mashed Potato, Vegetables & House-Made Potato Bake

LAMB LOIN CHOPS (3) $30

BANGERS AND MASH $25
Thick Beef Snags on a bed of mash with gravy and veg

HOMEMADE RISSOLES $27

CHICKEN SCHNITZEL $24

TRADITIONAL PARMI $28

FRENCH PARMI $30
Bacon, Brie, Avocado and Hollandaise

OUTBACK PARMI $30
BBQ Sauce, Bacon, Cheese with an Onion ring topper

SEAFOOD

PREMIUM REEF FISH $27
Pan fried in Lemon garlic butter with chips and salad.

BEER BATTERED FISH $23
Chips and Salad

PRAWN CUTLETS $23
Chips and Salad

SEAFOOD BASKET $27
Chips

CREAMY GARLIC PRAWNS $27
With rice

SALADS

ROAST PUMPKIN SALAD $18
Mixed leaf, red onion, roasted pine nuts, feta, balsamic glaze.

ADD: Grilled chicken $6, Crumbed Chicken $8

THAI BEEF SALAD $22
Beef sliced with mixed leaf, cherry tomatoes, red onion, cucumber, capsicum, fried noodles and dressing

ADD: Avocado $3

BEEF

RUMP STEAK $39
Vegetables or Chips and Salad

RIB FILLET $43
Vegetables or Chips and Salad

CRUMBED STEAK $26
Vegetables or Chips and Salad

BEEF CHEEK $40
slow cooked in a red wine gravy served with creamy mash and beans

GRAVY/SAUCE $4
Plain Gravy, Dianne, Mushroom, Pepper, Creamy garlic.

TOPPERS $6
Creamy garlic prawns, Onion rings.
Fried egg $4

KIDS MEALS

SMALL DAGWOOD DOG $8
with Chips

CHICKEN NUGGETS (4) $8
with Chips

FISH BITES (4) $8
with Chips

CALAMARI RINGS (4) $8
with Chips

CHEESE PIZZA $10
with Chips

DESSERT

STICKY DATE PUDDING $10
with ice cream & custard

APPLE CRUMBLE $8
with icecream & custard

BOWL OF ICECREAM $5
choice of toppings, Caramel, Strawberry, Chocolate, Sprinkles

NOTICE: *Please inform staff of any dietary requirements when ordering. Whilst care is taken in food preparation, meals are prepared in a shared kitchen and may contain traces of allergens. The Yuleba Hotel cannot guarantee an allergen-free environment and accepts no liability for allergic reactions.*