

## U3A Roma - Term 4 - 2024

**Orientation Day - Tuesday, 08th October 2024  
14th October - 22nd November 2024**

### MONDAY

Time	Class / Activity	Occurrence	Venue
9.00 - 12N	Mahjong	Ongoing	Senior Citizens
11.15 - 12.15	Exerise For Seniors	Ongoing	Snap Fitness
1.30 - 3.00	Indoor Bowls	Ongoing	Senior Citizens

### TUESDAY

Time	Class / Activity	Occurrence	Venue
9.00 - 10.00	Combination Yoga	Oct: 15, 29 Nov: 12, 19	Senior Citizens
1.00 - 2.00	Facebook Q & A	Oct: 15, 22, 29 Nov: 12, 19	Roma Library

### WEDNESDAY

Time	Class / Activity	Occurrence	Venue
10.00-11.00	Water Aerobics	Ongoing	Roma Pool
1.00-2.00	Book Club	Every 3rd Wed Month	Senior Citizens

### THURSDAY

Time	Class / Activity	Occurrence	Venue
9.00 - 10.00	Yoga with Megan	Oct: 17, 24, 31 Nov: 07, 14, 21, 28 Dec: 05	Senior Citizens
10.30-2.00	Folk Art	Ongoing	Studio 5 Roma Arts Centre

### FRIDAY

Time	Class / Activity	Occurrence	Venue
8.30-9.30	Breakfast Conversations	Ongoing	Club Hotel
9.30-11.00	Table Tennis - Singles / Doubles	Ongoing	Senior Citizens
10.00-11.00	Water Aerobics	Ongoing	Roma Pool
2.00-3.00	Tai-Chi	Ongoing	Senior Citizens

### MORNING TEA: 22 October

**9.30am**      **Sconetime: Roma Gun Club**  
155 Geoghegan Rd, Roma QLD 4455

### SOCIAL OUTING: 26 October

**7.30am**      **Morven Bus Trip**  
Meet at Senior Citizens to board bus.

### MELBOURNE CUP LUNCH: 05 November

**12noon**      **Senior Citizens Centre**  
53 Bungil St, Roma

### CHRISTMAS LUNCH: 06 December

**11.30am**      **Roma Gun Club**  
155 Geoghegan Rd, Roma QLD 4455