

U3A Nambucca Valley Association Inc

COURSES 2008

Course Details	Proposed Commencement
A Potted History of Ideas	Mon 2-4pm. Comm Feb 11. Weekly for 15 weeks
Bellydancing	Wed 1-3pm. Comm. Feb 6.
Birdwatching for Beginners	Comm Fri 28 March – weekly - 4 sessions
Buddhism	2 nd & 4 th Fri 10-12noon. Comm. Feb 8
Celtic Australia	June
Chakras & Self-Healing	2 or 3 Sept. 10-12. for 8 weeks
Chess for Beginners	Fri March 14. 10.30 -12 noon. 3 sessions
Current Affairs	Feb. 1st & 3rd Thurs of each month
Digital Photography	TBA - April
Discovering the Buddha	1 st & 3 rd Frid of each month, 10-12noon. Comm March 7
Eastern Exercise	Weekly, Wed. 10am-12 noon. Comm Jan 30
Fishing Excursions	TBA to participants
Forest Treks	1st & 3rd Weds. of each month. 9am. Comm April 16
Four Wheel Driving	TBA
Fragmentation of the Christian Church	6 sessions x 2 hours. Comm. Tues. Feb 12.
Geology I	2 nd & 4 th Tues.10 am –12 noon. Comm March 25
Geology II	Alt. Tues. 10am-12 noon Comm. July 1
Geology "Also"	Alt Tues. 10am-12noon. Comm July 8.
Graphology	March 1 - Workshop.10-2
Ladies' Fitness	Feb - Tues & Fri 12noon. Comm Feb 5. 10 sessions
Look, Smell, Taste & Learn (Wine Tasting)	June
Love Food Will Travel	March 30, May 25, July 27, Sept 28, Nov TBA
Lunch on the Deck	Feb 10 - then 2 nd Sun of each month
Meditation- Beginners	Tues 2:30-4:00pm. Comm Jan 29. Weekly
Meditation – Advanced	Tues. 1:30-3:00pm. Comm Jan 29. Weekly
Mobile Phones - Basic Use	TBA
Modern Greek Language - An Introduction	TBA
Music - 20th Century Classical	2-4pm Comm. Feb 11 then every 2nd Monday
Nambucca Sea Change	Tues comm.. 9:00am. Mar 4, Apr 8, 15 22 & May 13
Pétanque in the Park	Thurs 5pm weekly. Comm Jan 31
Rainforest Walk	Spring
Science in the Service of Mankind	Fri 10am-12 noon. Comm. May 2. Weekly
Scottish Dancing	Wed 10:00am-12 noon. Weekly. Comm Apr 2.
Shakespeare Revisited	Tues 10:00 9am-12noon. Weekly for 8 weeks. Comm March 11
Sudoku	Tues 9.30. Comm. March 18. 3 sessions

Above information was correct at time of printing.