

**ART GROUP (*Imagine*)** Run by its members, who take turns choosing/introducing different art mediums, or invite volunteer artists to teach a class.

**BASIC UKULELE** Suitable for new & beginner players. Get to know your ukulele through a steady paced series of songs & routines.

**BELL CHIMERS** Easy to follow & learn. Interested members are most welcome to join. More members needed!

**BOOK CLUB** Monthly meetings. The 'twist' is choosing a different genre or topic from a given list each month. 2024 attendees given priority. Waiting list available

**CHAIR DANCING** An aerobic form of exercise all done sitting down. Your imagination as well as your body get a good workout, as we 'dance' along to well-known tunes. Also promotes coordination. Incorporating a **Chair Tai Chi** session once a month. All welcome.

**CIRCLE DANCING.** Learn dances from different countries from simple to more complex as time goes by. Good exercise in a fun and welcoming group.

**CRAFT CIRCLE** Bring your own craft (knitting, crochet, hand-quilting, cross stitch, etc) or work together on items which will eventually go to a worthy cause.

**CREATIVE WRITING** Write short stories or poems on a wide range of topics; prompts allow completely different works to evolve. We then share and discuss. **2024 attendees given priority. Waiting list available.**

**12.30 BOOK CLUB.** Meets on the 2<sup>nd</sup> Tuesday of the month. All read and discuss the same book borrowed from the library network.

**DISCUSSION GROUP** Many & varied topics bring out lively, sometimes spirited, relevant & meaningful discussions & a range of different thoughts & opinions.

**FUN GAMES A (DOG PLUS) Fortnightly** Swiss game using board, marbles & cards. Tactical, addictive, enjoyable. Other games introduced periodically.

**FUN GAMES B (RUMMY-O PLUS) Fortnightly** Our favourite game preceded each session by another game to broaden our repertoire.

**HARMONICA** New members welcome. No previous experience required.

**HISTORY** - A series of talks by Helen Hennessy on some of the history of Gawler – see term program.

**ITALIAN CONVERSATION FOR INTEREST & TRAVEL.** Ciao. Develop an interest in Italy, the people, the country & customs. Stretch your mind & become confident to speak in a language which is not your first.

**"JAM ALONG"** All musical instruments and singers welcome. We play all genres of music and are happy to learn how to play your favourites.

**LEARN TO PLAY GUITAR.** Come along with your guitar and learn to play or improve your skills.

**LINE DANCING** Choreographed with a repeated sequence of steps in one or more lines or rows. Good exercise, memory enhancing. Previous experience necessary. **Call Berlinda before enrolling.**

**MAH JONG** "Western Game" rules, with endless variations. **2024 attendees given priority. Check with Sue (leader) before enrolling.**

**MEN'S GROUP** We meet fortnightly at Café Nova for a coffee, cake and chat or occasionally lunch & coffee. An opportunity to have a friendly chat and pass the time of day.

**OUTINGS & EVENTS** – Check the program – page 2 to see what is organised for the current term.

**PUZZLE POWER** Come and join us for fun and learning. Bring your own favourite puzzles or try some of ours. If you get stuck we will unstick you!

**RAMBLERS** Fortnightly walks of between 3-5 km, either locally or further afield, reached by foot, carpooling or public transport. All welcome.

**SCRABBLE** An enjoyable way to keep one's mind alert and thinking. New members always welcome.

**SJOELEN (DUTCH SHUFFLEBOARD)** Very popular Dutch game played either sitting or standing. Good for hand-eye coordination, upper body movement and a bit of competitive spirit. Fun and very addictive!

**TAI CHI (Beginner)** Learn movements in Tai Chi from beginning in Term 1 and continuing through the year on Tuesday mornings.

**TAI CHI (Intermediate)** For those who have already learnt some Tai Chi and wish to continue. You are welcome to come along and see what Tai Chi is all about and join in with the Exercises and Lotus Meditation.

**TAI CHI & SHIBASHI** As well as the same Tai Chi exercises taught on Tuesdays we include Shibashi (performed in follow-the-leader style). On Thursdays.

**UKES & COMPANY** For ukulele players and supporting instruments.

**WOMEN'S GROUP** Get together at various venues on the first Monday of the month at 1pm for a chat and a cuppa or perhaps a meal. Venues vary and may require car pooling if out of Gawler.