

2025 CALENDAR

TERM 1 2025 (9 WEEKS)

Online enrolments open
Monday 13 January

ENROLMENT

South West Rocks

Anglican Hall

15 McIntyre Street

Thursday 16 January

10.30 am – 12 noon

Kempsey

Kempsey Macleay RSL

1 York Lane

Friday 17 January

10.00 am – 11.30 am

CLASSES START

Monday 3 February

CLASSES END

Friday 4 April

TERM 2

Mon May 5 – Fri June 27

TERM 3

Mon July 8 – Fri Sept 19

TERM 4

Mon Oct 21 – Fri Dec 12



2025 has arrived!

Who knows how it got here quite so quickly, but they do say ‘Time flies when you’re having fun!’

KMVU3A would like to wish you and yours a happy and healthy year ahead, filled with opportunities to re-new friendships and make new connections within our beautiful Macleay Valley. If you know of newcomers to the area, spread the word about U3A activities – we are always pleased to welcome new members.

This edition of the U3A Herald is packed with information you might need for the coming year – dates, times, course outlines for new and continuing activities, reminders on how to enrol, and details of who to contact if you need to speak with someone about plans for your on-going education and entertainment throughout the year.

Our organisation exists for the benefit of its members – as always, we encourage all members to consider putting their hand up to volunteer for various tasks over the year – whether this be in an official capacity as a com-

mittee member, or to undertake to assist with social functions, or to put forward ideas for new offerings. If you have some time or some ideas, please have a chat with the Course Coordinator or any committee member to see how we can introduce a broader range of activities. Courses are not limited to those that run each week, but could include workshops, special guest speakers, once a month meetings etc – all things are possible (sometimes with just a small input of imagination to get them up and going!)

Don’t forget to explore our website – <https://kempseymacleay3a.com.au>. You will be able to view all sorts of current information about our activities, look at photos of what’s happening, links to our Facebook site, etc.

We look forward to seeing you during the next weeks – and hope you enjoy the coming months of living, laughing and learning.

KMVU3A Committee

CURRENT COMMITTEE

PRESIDENT	James Moulton	0417-454-310
VICE PRESIDENT	Fran Tarbox	0408-627-797
SECRETARY	Kerry Sharp	0416-002-380
TREASURER	Chris Pateman	0407-229-600
COURSE CO-ORDINATOR	Joanna Hughes-Hallett	0405 366 443
COMMITTEE MEMBER	Lois Hillard	0434-434-674
COMMITTEE MEMBER	Greg Taylor	0447-644-422
COMMITTEE MEMBER	Neil Absalon	0429-487-345
COMMITTEE MEMBER	Trudy Mainey	0476-128-659

KMVU3A acknowledges the Thunggutti/Dunghutti people being the traditional custodians of the Macleay Valley. We pay our respects to Elders past, present and emerging

New Enrolment Form details

If you are reading this online, go to
www.kempseymacleayu3a.com.au
to get the form

Membership and Class Fees

You must be a member to enrol in a class. For 2025, fee is \$40 per person for calendar year. (Jan – Dec) .

You can JOIN/ Renew and pay for Membership, if owing, at the same time as enrolling. Details below or under the Membership tab on our website.

Members may enrol in as many classes per year as they want. Classes have additional fees.

How to check for vacancies before enrolling

There is a maximum number for some classes so check vacancies as follows. If a class is full, you will be placed on a waiting list. Do not pay for that class until notified that a position is available.

Check at an enrolment day: Go to the class leader, who will enter you on the class or the waiting list.

Check online: When you view a class online it will indicate how many places are available and if you can either enrol or must join a waiting list. If you join a waiting list, you will not be charged.

OR Contact Us: Phone Chris on 0407•229•600, class tutor or email info@kempseymacleayu3a.com.au.

They will place you on the waiting list if required.

How do I enrol and pay in 2025?

KMVU3A does not now accept CHEQUES or allow forms to be sent by POST.

Check for vacancies as above before enrolling.

New members need both Enrolment and Membership forms. Existing members only need Membership form if their details have changed. Download forms from the Notice Board page on our website if required.

Online

Go to www.kempseymacleayu3a.com.au Click on Classes & Events > Current Classes.

The page contains information about classes, contact info, vacancies, fees and how to enrol and pay online.

If you enrol online, you will not need any forms. Your membership fee, if owing, will be added to your total payment amount, thus allowing you to join or renew at the same time.

Attend an enrolment day

Go to www.kempseymacleayu3a.com.au Click on Notice Board for the latest dates and locations.

OR check for these in the latest newsletter or emails sent to you. Fill out Enrolment form (and Membership form if required), and bring with you, or forms will be available on the day.

Download Enrolment form from the Notice Board page of our website then:

Fill in electronically, save and email OR:

Print, fill in by hand, scan/photograph and email

(membership payment if owing to Total Amount Payable. Include Membership form if required.)

Email to info@kempseymacleayu3a.com.au

Direct deposit fees into our Coastline account, (KMVU3A Coastline Acct, BSB 704189, A/N 00008731)

Print Enrolment form, fill in and deliver (Do NOT POST)

Drop into the letter box @ 46a Tozer Street located on the front wall of building. No CASH or CHEQUES to be included.

Add membership payment if owing to Total Amount Payable. Include Membership form if required.

Direct deposit fees into our Coastline account: (KMVU3A Coastline Acct, BSB 704189, A/N 00008731).

For help and more information: Contact Chris on 0407•229•600 — or email info@kempseymacleayu3a.com.au

SOMETHING NEW TO CONSIDER?

We are pleased to announce 5 new classes commencing in Term 1 of 2025. Some will appeal to your creative side, there is a new computer basics course and a weekly social event.

COSTUMING FOR FUN (Individual and Theatre)

This course will be held at the Bandbox Theatre and will broaden your knowledge of fashion through the ages. You will learn to re-purpose existing garments - who doesn't have a much loved garment that needs a new life? You will build confidence with your sewing skills and adjusting patterns for your needs. All of this with a focus on the theatre.

MOVIE NIGHT

Every 2nd Friday night bring along something to drink and some nibbles and enjoy movies to be screened at the Arts Council Oddfellows Hall. Screenings will include a variety of genres both Overseas and Australian, with discussion encouraged afterwards highlighting issues and aspects of the movie. Suggestions for movies will be encouraged and there will be opportunities for additional screenings if the group is interested.

CREATIVE WRITING

If you have an interest in language, words, stories and fables then this course is for you. It will be fun and non judgemental. Every time we write facts or fictions we share a little of ourselves and the life we have lived. This will not be an academic course but there will be guidance for anyone who seeks it. Words are wonderful and can become addictive and all you will need is a pen or pencil and a journal.

COMPUTER COURSE

This class will run and be completed within the 8 weeks of each term. So there will be 4 classes per year and new students will be enrolled into this class each new Term.

A class to help you understand more about using your WINDOWS computer e.g. parts of the windows interface, customising the PC to suit you, saving, naming and managing files, copying and

pastings, installing software, basic word processing, internet, email and more. Actual topics covered may/will depend on the needs of the class.

Requirements: Your own laptop computer with charger and either WINDOWS 10 or 11. Pen and notebook.

TEA COSY CLUB

Who doesn't love a cuppa, piece of cake and a chat! Each week come and enjoy the company of people you know, and meet new friends. If you are new to the area or just want a couple of hours relaxing with a cuppa, this is the perfect occasion. It's also a lovely introduction to the U3A and the opportunities it offers to become further involved in other classes and activities.

Please note that Zumba, Line Dancing and Novel Adventures will not resume until Term 2.

Jo Hughes-Hallett
Course Coordinator



U3A Committee, 2024, L to R: Kerry Sharp, Fran Tarbox, Neil Absolon, Jim Moulton, Lois Hillard, Jo Hughes-Hallett, Trudy Mainey, Greg Taylor. Absent: Chris Pateman.

2024 Committee

Please contact us as per our Contact page on our website:

<https://www.kempseymacleay3a.com.au/contact-us.html>

Any enquiries will be forwarded to the appropriate person or the committee.



KMV U3A Term 1 2025 Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Kayaking 8.30 – 12pm	Mahjong @ SWR 9.30am – 1pm	Kayaking 8.30am – 12pm	Balance 'n Bones SWR 9am – 10am	Meanders Walking Group 8.30am – 12pm
Balance 'n Bones Kem 9am – 10am	Tuesday Tappers 9am – 11am	Balance 'n Bones Kem 9.30am & 10.30am	Balance 'n Bones SWR 10.15am – 11.15am	Brain Ticklers 10am – 12pm
Balance 'n Bones SWR 9am – 10am	French 10.15am – 12.15pm	Mahjong @ Kemp 9.15am – 12.30pm	Art @ Kempsey 9am – 12 noon	Computers – Windows Basics 10am – 12pm
Balance 'n Bones SWR 10.15am – 11.15am	Shibashi 11am – 12pm	Card Making 10am – 2pm	Tea Cosy Club 10.30am – 12.30pm	Creative Writing 1pm – 3pm
Yoga 10am – 11am	Fitness Tues 11am 11am – 12pm	Ukulele 9.30am – 1pm	Fitness Thurs 1pm 1pm – 2pm	Fitness Fri 1pm 1pm – 2pm
Wool 'n' Crafts 12.30pm – 2.30pm	Fitness Tues 1pm 1pm – 2pm	Table Tennis 1.30 – 3.30pm	Gardening 1pm – 3pm	Movie Appreciation 7pm (every second week)
Card Games 1.30pm – 4pm	Bridge 1pm – 4pm	Costuming for Individuals & Theatre 1pm – 3pm	Cryptic Crosswords SWR 2pm – 4pm	
	Photobook 1pm – 3pm			

A few 'happy pics' from the Christmas celebrations at Hat Head Bowling Club on 17th December



At the end of a busy U3A year, members participated in a most enjoyable Christmas party at the Hat Head Bowling Club with the Ukulele group providing music and entertainment.

There is a great diversity of interests offered by U3A, so why not consider expanding your horizons and enjoy good company by joining us in 2025?

KMV U3A COURSES TERM 1 2025

Class, Tutor, Venue	Day, Time	Description
Kayaking Monday Joanna Hughes-Hallett 0405 366 443 Various locations	Monday 8.30am-noon	An ideal pastime allowing you to enjoy and explore the beautiful waterways of the area in good company. The group meet and paddle in a different location each week according to tides and weather. A break is usually held during the paddle for morning tea with the paddle usually finished by lunchtime. You will be contacted with information about the location of the first paddle. Requirements: You will need your own kayak, buoyancy vest, paddle or paddles.
Balance 'n' Bones Kem 9am Suzanne Dixon 0435 837 674 Kempsey Catholic Hall	Monday 9am-10am	This class follows a gentle exercise program to improve balance and mobility. It has been specifically developed by NSW U3A Network for mature aged participants. It covers all muscle groups in the routines and aims to keep you physically fit and flexible.
Balance 'n' Bones SWR Mon 9am Isobel Hennessy 6566 7878 SWR Catholic Hall	Monday 9am-10am	This class follows a gentle exercise program to improve balance and mobility. It has been specifically developed for mature aged participants by NSW U3A Network. It covers all muscle groups in the routines and aims to keep you physically fit and flexible.
Yoga Margaret Spencer 0415 372 128 Kempsey Catholic Hall	Monday 10am-11am	A DVD guides you through this class which takes approximately 1 hour. Yoga helps you strengthen your body and improve physical posture. Requirements: Wear comfortable clothing. Bring a yoga mat, cushion and a small blanket.
Balance 'n' Bones SWR Mon 10.15 Isobel Hennessy 6566 7878 Anglican Hall, 15 McIntyre Street, South West Rocks	Monday 10.15am-1.15am	This class follows a gentle exercise program to improve balance and mobility. It has been specifically developed for mature aged participants by NSW U3A Network. It covers all muscle groups in the routines and aims to keep you physically fit and flexible.
Wool 'n' Crafts Suzanne Dixon/Chris Pateman Chris Pateman 0407 229 600 KMU3A Office 46a Tozer Street Kempsey	Monday 12.30-2.30pm	Come along and enjoy sharing your current project with other class members. This group will meet and support each other with projects they have attempted from all skills gained in the previous crochet classes. Requirements: Crochet hooks and yarn as required for your own personal needs.
Cards/Games Thelma Juillerat 0427 627 210 Pensioners Hall, Clyde Street, Kempsey	Monday 1.30pm-4pm	If you would like to participate and share a relaxing afternoon playing cards – Bolivia, 500 or Euchre then join this lively group. Class members can decide for themselves which of the games they wish to play. Requirements: The group meets at Kempsey Macleay RSL so membership of the club is essential.
Tuesday Tappers Gloria Markovina (contact Chris 0407 229 600) Sherwood Hall	Tuesday 9am-11am	No experience necessary just a love to tap dance Fitness is a bonus. Requirements: Please wear comfortable clothes, bring tap shoes and don't forget your water.
Mahjong @ SWR Anne Marshall 0402 094 848 SWR School of Arts Gregory Street	Tuesday 9.30am-1pm	Mahjong is an ancient Chinese game of tiles. It is a wonderful fun way to exercise the brain and meet new friends. The game may seem complicated at first, but beginners remain with a tutor until they feel confident to play with more experienced players.
French Marlene Holland 6566 8702 4 Bede Lawrence Close, Frederickton	Tuesday 10.15am-12.15pm	An enthusiastic, supportive class speaking French to each other and always welcoming new members. Bring along a notebook, pen and a French dictionary and you will be speaking, reading and writing French in no time.
Fitness Tues 11am Joanna 0405 366 443 Co-op Fitness Centre, Kempsey	Tuesday 11am-12noon	A class with higher density cardio and weights for fitness and functional movement. All equipment supplied. Showers and change rooms available. Additional Weekly Fee: If you are NOT a member of the Co-op Fitness Centre: \$5 per session is payable to the instructor, in addition to the KMVU3A term fee.
Shibashi Beris Derwent 0418 371 289 Uniting Church Upper Hall, Wide St, Kempsey	Tuesday 11am-12noon	Shibashi is a group of 18 gentle exercises and is excellent for increasing flexibility, building strength, and bringing harmony and peace to the mind.
Fitness Tues 1pm Joanna 0405 366 443 Co-op Fitness Centre, Kempsey	Tues 1pm-2pm	A class to help you maintain muscle tone, improve balance and cardiovascular fitness in a group setting with an on-site professional instructor. All equipment supplied. Showers and change rooms available. Additional Weekly Fee: If you are NOT a member of the Co-op Fitness Centre: \$5 per session is payable to the instructor, in addition to the KMVU3A term fee.

KMV U3A COURSES TERM 1 2025

Class, Tutor, Venue	Day, Time	Description
Photobook Pauline Lee 0438 669 222 KMVU3A Office 46a Tozer Street Kempsey	Tuesday 1pm-3pm	Come along and learn how to use 'Snapfish' — a computer program /online service where you can create personalized gifts for family and friends eg photo books, mugs, coasters and more. Requirements: You will need a reasonable amount of computer skills and preferably your own laptop. In addition you need lots of photos organised and easily available to use, eg, on a memory stick or your laptop.
Bridge Lois Hillard 0434 434 674 Jocelyn Bakewell 0402 174 021 Kempsey RSL	Tuesday 1pm-4pm	A lively group of social bridge players with the main emphasis on social interaction and enjoyment. New members always welcome. Ongoing instruction is available for those with limited experience. Requirements: Bridge is held at Kempsey Macleay RSL so club membership is essential.
Kayaking Wednesday Sally Bannerman 0412 628 293 Various locations	Wednesday 8.30am-12noon	An ideal pastime allowing you to enjoy and explore the beautiful waterways of the area in good company. The group meet and paddle in a different location each week according to tides and weather, giving variety to the paddlers. A break is usually held during the paddle for morning tea with the paddle usually finished by lunchtime. You will be contacted with information about the location of the first paddle. Requirements: You will need your own kayak, buoyancy vest, paddle or paddles.
Mahjong @ Kempsey Margaret Emerson 6566 8273 Uniting Church Lower Hall Wide Street, Kempsey	Wednesday 9.15am-12.30pm	Mahjong is an ancient Chinese game of tiles. It is a wonderful fun way to exercise the brain and meet new friends. The game may seem complicated at first, but beginners remain with a tutor until they feel confident to play with more experienced players. New members will be supported to play the popular Western version of this ancient Chinese game. A great way to exercise the brain.
Balance 'n' Bones Kempsey Wed 9.30 Margaret Jopling 6562 6044 Uniting Church Upper Hall, Wide Street, Kempsey	Wed 9.30am-10.30am	This class follows a gentle exercise program to improve balance and mobility. It has been specifically developed by the NSW U3A Network for mature aged participants. It covers all muscle groups in the routines and aims to keep you physically fit and flexible.
Ukulele @ SWR Pauline McFerran 0409 128 782 SWR School of Arts, Gregory Street, SWR	Wednesday 9.30am-1pm	Impress your friends with your musical ability! The ukulele is easy to learn and fun to play. It's a big group of players with excellent tutors who provide training to beginners as well as to experienced players. Public performances are also incorporated into the class's schedule so the broader community can experience the delights of music and friendship that extrudes from the group. Requirements: You are required to have your own ukulele.
Card Making Brenda Prescott 6566 0468 Elinor Dowman 0437 628 165 Catholic Parish Hall, Kempsey	Wednesday 10am-2pm	Come along to a friendly card making group and learn some practical skills to produce personalised and unique greeting cards. New members are welcome, but contact Brenda or Elinor before enrolling in this class.
Costuming for Individuals & Theatre Linda Snook 0403 121 326 Bandbox Theatre, Kempsey	Wednesday 1pm-3pm	Learn to re-purpose existing garments, build your skills sewing and adjusting patterns to your needs with a focus on theatre, as well as broaden knowledge of fashion through the ages.
Table Tennis Margaret Emerson 6566 8273 Steve Tarbox 6562 7797 Pensioners Hall, Clyde Street, Kempsey	Wednesday 1.30pm-3.30pm	Skill and tactics with fitness! A lively, friendly group that caters for all skill levels while getting lots of exercise and having fun. Training from experienced members. Singles and doubles matches played. All equipment supplied. Requirements: Wear loose comfortable clothing and shoes with nonslip soles.
Art @ Kempsey Suzanne Dixon 0435 837 674 KMVU3A Office 46a Tozer Street Kempsey	Thursday 9am-12noon	A social group in which students work individually on topics of their choice and help each other. Students share their skills and experience with others in this group of artists! The class does not take term breaks. Requirements: You need to supply all your own equipment.
Balance 'n' Bones SWR Thur 9am Isobel Hennessy 6566 7878 Catholic Parish Hall SWR, Gregory Street	Thursday 9am-10am	This class follows a gentle exercise program to improve balance and mobility. It has been specifically developed for mature aged participants by NSW U3A Network. It covers all muscle groups in the routines and aims to keep you physically fit and flexible.
Balance 'n' Bones SWR Thur 10.15am Isobel Hennessy 6566 7878 Anglican Hall SWR, 15 McIntyre Street	Thursday 10.15am-11.15am	This class follows a gentle exercise program to improve balance and mobility. It has been specifically developed for mature aged participants by NSW U3A Network. It covers all muscle groups in the routines and aims to keep you physically fit and flexible.

KMV U3A COURSES TERM 1 2025

Class, Tutor, Venue	Day, Time	Description
Tea Cosy Club Margaret Jopling 6562 6044 Pensioners Hall, Clyde Street, Kempsey	Thursday 10.30am-12.30pm	Come and enjoy a cuppa, cake and a chat. If you are new to the area or would like to meet new people, this morning tea is for you. It's a great introduction to the U3A.
Fitness Thurs 1pm Joanna 0405 366 443 Co-op Fitness Centre, Kempsey	Thursday 1pm-2pm	A class to help you maintain muscle tone. improve balance and cardiovascular fitness in a group setting with on-site professional instructor. Exercises are circuit style combining weight, stretching and cardio exercises with all equipment provided. Showers and change rooms available. Additional Weekly Fee: If you are NOT a member of the Co-op Fitness Centre: \$5 per session is payable to the instructor, in addition to the KMVU3A term fee.
Gardening Judy Addleton 0428 450 149 Lyn Graham 0427 625 891 Pensioners Hall, Clyde Street, Kempsey	Thursday 1pm-3pm	Whatever your garden interests are, fruit trees, vegie patch or just pottering in the garden, you are welcome to come along and share your gardening experiences with like-minded, friendly people. There are guest demonstrators, presentations and garden/nursery visits during the term. A trading table is available at each meeting to share cuttings, plants and excess vegies/fruits.
Cryptic Crosswords Kerry Sharp 0416 002 380 SWR Country Club	Thursday 2pm-4pm	A fun and friendly get-together as we demystify puzzles and share our love of words — for basic to more advanced puzzlers. Requirements: Cryptic Crosswords is held at SWR Country Club, so club membership is essential.
Meanders Walking Group Neil Absolon 0429 487 345 Christa Schwoebel 0428 678 959 Caltex Car Park, Verge Street, Kempsey	Friday 8.30am-12noon	Come and explore the tracks and byroads of our beautiful Macleay Valley with a friendly group of Friday morning walkers. Walks occur in a different location each week. Locations are decided on by the group taking into consideration previous walks, the weather and suitability for the group. Participants can meet at the walk start or at the Caltex car park in Kempsey to share transport with others. Requirements: Wear comfortable clothing and shoes, sunscreen and a hat.
Brain Ticklers Jacky Booth 6567 4511 Kempsey Library	Friday 10am-12noon	Come and try all types of puzzles - words, numbers, general knowledge and logic. Work in small groups to solve a variety of activities in a non-competitive setting. This is great exercise for the brain while making friends and sharing ideas.
Computers - Windows Basics Sue Absolon 0432 638 406 KMVU3A Office 46a Tozer Street Kempsey	Friday 10am -12noon	Covers the basics of using a Windows computer eg Windows tools, software/ hardware intro, customising your PC, saving and managing files, cut/copy/paste, basic email, internet and word processing. This is an 8 week class only and starts again each term. Requirements: Your own laptop with Windows 10 or 11.
Fitness Fri 1pm Joanna 0405 366 443 Co-op Fitness Centre, Kempsey	Friday 1pm-2pm	A structured series of stretch and poses to improve joint flexibility, movement, increase core strength, improve cardiovascular function, burn calories, reduce stress levels and give an overall sense of well-being. Additional Weekly Fee: If you are NOT a member of Co-op Fitness Centre – Each session costs \$5 per week payable to the instructor in addition to KMVU3A term fees.
Creative Writing Shirley Thring 6562 6004 Presbyterian Church Hall, 67 Smith Street, Kempsey	Friday 1pm-3pm	Words are magic and this will be fun, non academic and creative. Come learn, laugh and let yourself into the wonderful world of words.
Movie Appreciation Steve MacDonald 0410 866 766, Oddfellows Hall, 22 Kemp Street, Kempsey	Friday 7pm	Class will run every 2nd Friday with a wide genre of films both Overseas and Australian with discussion encouraged. Come and enjoy the film and the social occasion. Bring nibbles/drinks if desired.

Cinderella – A resounding success!

The recent staging of the pantomime Cinderella by the Macleay Valley Theatre Company (formerly Kempsey Singers) was extremely successful.

Presented at the iconic BandBox Theatre in West Kempsey which has a seating capacity of 153, the six performances over two weekends averaged around 120 patrons. The show, with an adult theme, was written in workshop format as rehearsals proceeded over more than six months. Chris Austin, director, is to be congratulated on a highly entertaining production with some clever dialogue

and magnificent costumes on display.

Lean times had been experienced by the MVTC during COVID while no proposed shows had to be shelved last year due to the illness of another director. President Greg Taylor commented:

"We're back! The success of Cinderella has been fantastic for our group and the financial gain is a real bonus for the funding of future shows. A big thank you



to those several members of U3A who attended our production. The feedback has been wonderfully positive."

At least two shows are already in the pipeline for 2025. WATCH THIS SPACE!

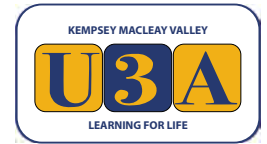
Greg Taylor



The U3A Herald

If undelivered please return to
KEMPSEY-MACLEAY VALLEY U3A
PO BOX 3666 WEST KEMPSEY 2440

FEBRUARY 2025



TERM 1, 2025 ENROLMENT

**Enrolment enquiries to Chris Pateman on 0407 229 600
or Joanna Hughes-Hallett on 0405 366 443**

Classes start on Monday February 3 and end on Friday April 4