

Course/Group Name	Place	Day	From	To	Tutor/Class Leader	Contact Phone	Frequency	Contact email	Commencing
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Please note

During the recent Covid19 outbreak all U3A classes were suspended, except for those running on Zoom, or transferred to Zoom during the shutdown.

Zoom classes are highlighted in red below. Anticipated 2022 start dates are shown in the last column.

New Courses									
Acoustic Rock Play & Sing	Penrith CWA Rooms, Castlereagh St	Fri	2:00 PM	4:00 PM	Geordie Conyngham	0421 788 183	Weekly	gmc@exemail.com.au	4-Feb
Tai Chi - Advanced	Cambridge Park Hall	Tue	11:00 AM	12:00 PM	Christie Wood	0431 149 131	Weekly	christaichi@outlook.com	1-Feb
Tai Chi - Advanced	Cambridge Park Hall	Thur	11:00 AM	12:00 PM	Christie Wood	0431 149 131	Weekly	christaichi@outlook.com	3-Feb
Tai Chi - Beginners	Cambridge Park Hall	Tue	9:45 AM	10:45 AM	Christie Wood	0431 149 131	Weekly	christaichi@outlook.com	1-Feb
Tai Chi - Beginners	Cambridge Park Hall	Thur	9:45 AM	10:45 AM	Christie Wood	0431 149 131	Weekly	christaichi@outlook.com	3-Feb
Traveller's Tales	Blaxland Community Centre - Room A	Fri	2:00 PM	4:00 PM	Peter Hume	4758 8818 or text 0435 440 100	Weekly		4-Feb
Existing Courses									
Art									
Art with a Difference	Springwood Court, 133 Macquarie Rd, Springwood	Mon	10:00 AM	12:00 PM	Dianne Grey	0401 302 939	Weekly	elizabethdgrey1@gmail.com	31-Jan
Botanical Drawing & Painting	Springwood Presbyterian Church Hall	Thur	10:00 AM	12:00 PM	Pamela Powell	0475 347 853	Weekly	pamelapowell09@gmail.com	3-Feb
Botanical Drawing & Painting 18/3	Emu Plains Melrose Hall - Mtg room	Mon	1:30 PM	3:30 PM	Pamela Powell	0475 347 853	Weekly	pamelapowell09@gmail.com	31-Jan
Creating & Learning about Art	Penrith School of Arts - Hall	Thur	10:00 AM	12:00 PM	Cathy Brown	0422 604 134	Weekly	ybrown@hotmail.com	3-Feb
Drawing	Penrith School of Arts - Hall	Tue	8:45 AM	10:45 AM	Helen Johnson	0412 239 214 (text messages only)	Weekly		1-Feb
Sketching & Painting	Blaxland Community Centre - Room B	Wed	3:00 PM	5:00 PM	Michael Harriden	0419 285 394	Weekly	mharriden01@gmail.com	2-Feb

Communication									
Creative Talk	Penrith Tench Reserve	Thur	10:30 AM	12:00 PM	Mary Harmer	4733 1105	Weekly	marytheboss@yahoo.com.au	3-Feb
Creative Writing @ Blaxland	Blaxland Community Centre - Room B	Mon	10:00 AM	12:00 PM	Warren Nicholls	0439 192 202	Weekly	warren.nicholls@gmail.com	31-Jan
Just Write	Penrith School of Arts - Room 2	Tue	9:45 AM	11:30 AM	Vivienne Melville	0411 891 627	Weekly	kennyviv@hotmail.com	1-Feb
Negotiation - applying FBI tactics	Penrith RSL	Wed	10:00 AM	11:30 AM	Gaye Whale	0400 366 352	Weekly	whale.gaye@bigpond.com	2-Feb
Traveller's Tales	Blaxland Community Centre - Room A	Fri	2:00 PM	4:00 PM	Peter Hume	4758 8818 or text 0435 440 100	Weekly		4-Feb
Computing									
Computer Mechanics TERM 4 ONLY	Penrith School of Arts - Computer Room	Wed	11:30 AM	1:00 PM	Rob Byrne	0415 297 132	Weekly	rpb0912@gmail.com	12-Oct
General Computing - starting with the basics	Jordan Springs Hub - Ironbark	Tue	1:30 PM	3:00 PM	Laurette Lideros	0449 834 073	Weekly	laurette.lideros@gmail.com	1-Feb
Crafts									
Crafty Needles Group	Penrith School of Arts - Room 1	Thur	12:45 PM	3:15 PM	Nola May	4732 1520	Weekly	nola.may49@gmail.com	3-Feb
Embroidery, Cross-Stitch & Quilting	Penrith School of Arts - Room 1	Fri	9:15 AM	12:45 PM	Janine Ross Pamela Connor	0430 432 453 0437 294 901	Weekly	janinetoby@yahoo.com.au; terry@terrymccallum.com.au	4-Feb
Fabricaholics Anonymous	Penrith School of Arts - Room 1	Tue	9:00 AM	11:45 PM	Denise Chalis	0448 252 302	Weekly	denisemchallis@gmail.com	1-Feb
Friday Handicraft Circle	Penrith School of Arts - Room 1	Fri	1:30 PM	4:00 PM	Chris Price	0408 313 931	Weekly	chrisprice46@bigpond.com	4-Feb
Knitting & Crochet	Penrith School of Arts - Room 1	Tue	1:15 PM	3:15 PM	Denise Challis	0448 252 302	Weekly	denisemchallis@gmail.com	1-Feb
Knitting & Crochet (2nd Monday each month)	Penrith 192 Nepean Shores, Tench Ave.	6-22 Mon	1:00 PM	3:00 PM	Beryl Caten	4721 2987	Monthly	berylcaten2@gmail.com	14-Feb
Sewing Class - Weekly Except 4th Thursday of each Month	Penrith School of Arts - Room 2	Thur	9:30 AM	11:45 AM	Chris Bolton	0412 428 317	weekly except for the 4th Thursday each	bolton37@optusnet.com.au	3-Feb
Drama, Singing & Stage									
Classic Rock Singalong	Blaxland Community Centre - Room B	Wed	10:00 AM	12:00 PM	Geordie Conyngham	0421 788 183	Weekly	gmc@exemail.com.au	2-Feb
Exploring Shakespeare	Penrith School of Arts - Hall	Tue	2:45 PM	4:15 PM	Paul Ryan	4735 2637	Weekly	pbryan54@hotmail.com	1-Feb
Movie Nights - Fortnightly 2nd & 4th Saturdays each month	Penrith School of Arts - Hall	Sat	7:30 PM	10:00 PM	Harry May	4732 1520	See left	harrymay@optusnet.com.au	25-Feb
Theatre Workshops	Werrington County, Henry Lawson Club, Henry Lawson Theatre	Mon	11:00 AM	1:00 PM	Sari Erasmus-Hickey	0407 146 506	Weekly	sariehickey2016@gmail.com	31-Jan

Exercises for Body & Mind									
Ballroom Dancing - Advanced	Penrith Ballroom Dance Studio - Unit 7/42-44 Abel St, Jamisontown	Fri	9:30 AM	11:00 AM	Therese Walz	0402 069 576	Weekly	learntodance@penrithballroomdance.com.au	4-Feb
Ballroom Dancing - Beginners	Penrith Ballroom Dance Studio - Unit 7/42-44 Abel St, Jamisontown	Fri	11:30 AM	1:00 PM	Therese Walz	0402 069 576	Weekly	learntodance@penrithballroomdance.com.au	4-Feb
Carpet Bowls	Penrith School of Arts - Hall	Tue	7:00 PM	9:00 PM	Harry May	4732 1520	Weekly	harrymay@optusnet.com.au	1-Feb
Circle Dancing	Blaxland Community Centre - Room B	Tue	1:30 PM	3:30 PM	Elizabeth Mitchell	4751 4947	Weekly	elizabethmitchell2@bigpond.com	1-Feb
Darts	Penrith School of Arts - Room 1	Wed	1:30 PM	3:30 PM	Chris Price	0408 313 931	Weekly	chrisprice46@bigpond.com	2-Feb
Line Dancing - Beginners	Werrington, Harold Corr Hall (Large hall)	Thur	10:00 AM	11:30 AM	Helen Jones	4721 2954	Weekly		3-Feb
Line Dancing (Wednesday)	Penrith School of Arts - Hall	Wed	10:45 AM	12:15 PM	Helen Jones	4721 2954	Weekly		2-Feb
Line Dancing (Friday)	Penrith School of Arts - Hall	Fri	11:30 AM	1:00 PM	Bobbie Kersten	0410 873 605	Weekly	bobbiekersten@gmail.com	4-Feb
Med - Introduction to Eckhart Tolle	Penrith School of Arts - Room 1	Tue	3:30 PM	5:00 PM	Gaye Whale	0400 366 352	Weekly	whale.gaye@bigpond.com	1-Feb
Meditation	Penrith School of Arts - Room 1	Tue	12:00 PM	1:00 PM	Marie Stewart	9833 7538	Weekly	mar-stew1@bigpond.com	1-Feb
Meditation, Mantra & Metaphysics	Penrith School of Arts - Room 1	Wed	8:45 AM	11:00 AM	Carol Randell	0421 827 002	Weekly	cazbag8@hotmail.com	2-Feb
Table Tennis @ Jordan Springs	Jordan Springs Hub - Hall	Tue	1:00 PM	3:00 PM	Herbie Wolring	0413 266 561	Weekly	herbert.wolring@bigpond.com	1-Feb
Table tennis @ Springwood	Springwood Presbyterian Church Hall	Mon	3:00 PM	5:30 PM	Marek Bowman	0412 347 478	Weekly	marekin@bigpond.net.au	31-Jan
Table Tennis 1 @ Penrith	Penrith School of Arts - Hall	Thur	1:00 PM	2:45 PM	David Davis	0419 983 878	Weekly	didacd@tpg.com.au	3-Feb
Table Tennis 2 @ Penrith	Penrith School of Arts - Hall	Thur	3:00 PM	4:45 PM	David Davis	0419 983 878	Weekly	didacd@tpg.com.au	3-Feb
Tai Chi - Advanced	Cambridge Park Hall	Tue	11:00 AM	12:00 PM	Christie Wood	0431 149 131	Weekly	christaichi@outlook.com	1-Feb
Tai Chi - Advanced	Cambridge Park Hall	Thur	11:00 AM	12:00 PM	Christie Wood	0431 149 131	Weekly	christaichi@outlook.com	3-Feb
Tai Chi - Beginners	Cambridge Park Hall	Tue	9:45 AM	10:45 AM	Christie Wood	0431 149 131	Weekly	christaichi@outlook.com	1-Feb
Tai Chi - Beginners	Cambridge Park Hall	Thur	9:45 AM	10:45 AM	Christie Wood	0431 149 131	Weekly	christaichi@outlook.com	3-Feb
Tai Chi (Fri) - Advanced	Penrith School of Arts - Hall	Fri	9:00 AM	10:00 AM	Petra Graham Marie Stewart	0407 184 140 9833 7538	Weekly	petraal@bigpond.com mar-stew1@bigpond.com	4-Feb
Tai Chi (Fri) - Intermediate/Advanced	Penrith School of Arts - Hall	Fri	10:15 AM	11:15 AM	Marie Stewart	9833 7538	Weekly	mar-stew1@bigpond.com	4-Feb
Yoga Exercises	Penrith School of Arts - Hall	Tue	11:00 AM	12:30 PM	Lorraine Brown	0437 692 356	Weekly	lbrown40@bigpond.net.au	1-Feb
Yoga Exercises - Beginners	Penrith School of Arts - Hall	Tue	12:45 PM	2:30 PM	Lorraine Brown	0437 692 356	Weekly	lbrown40@bigpond.net.au	1-Feb
Yoga/Stretch//Pilates	Penrith School of Arts - Hall	Mon	11:00 AM	12:15 PM	Bette Masters	0407 921 158	Weekly	bettemasters@hotmail.com	31-Jan
Yoga/Stretch//Pilates	Penrith School of Arts - Hall	Wed	9:15 AM	10:30 AM	Bette Masters	0407 921 158	Weekly	bettemasters@hotmail.com	2-Feb

History									
My Family Tree	Werrington Downs Comm. Centre	Wed	1:30 PM	2:30 PM	William Hempel	0410 950 101	Weekly	whempel@ozemail.com.au	2-Feb
The Medieval World	Springwood, 321 Macquarie Rd	Tue	2:00 PM	4:00 PM	Marie McInnes	4751 2076	Weekly	mfmcinnes@gmail.com	1-Feb
The Roman Empire 1	Springwood, 321 Macquarie Rd	Thur	10:00 AM	12:00 PM	Marie McInnes	4751 2076	Weekly	mfmcinnes@gmail.com	3-Feb
The Roman Empire 2	Springwood, 321 Macquarie Rd	Thur	2:00 PM	4:00 PM	Marie McInnes	4751 2076	Weekly	mfmcinnes@gmail.com	3-Feb
Indoor Recreation									
Canasta 5 on Fridays	Penrith School of Arts - Hall	Fri	1:15 PM	3:45 PM	Sue Carrick	4730 2841	Weekly	scarrick64@gmail.com	4-Feb
Canasta 5 on Mondays	Penrith School of Arts - Hall	Mon	12:30 PM	3:30 PM	Irene Kelso	0402 561 232	Weekly	raclaire1947@gmail.com	31-Jan
Chess @ Penrith	Penrith School of Arts - Room 2	Fri	2:15 PM	4:15 PM	Charles Hargrave	0413 978 666	Weekly		4-Feb
Mah Jong @ Penrith	Penrith School of Arts - Hall	Wed	1:00 PM	3:00 PM	Brian Grenenger	0420 826 628	Weekly		2-Feb
Mahjong @ Springwood	Springwood Presbyterian Church Hall	Thur	1:00 PM	4:00 PM	Annette Watson Maureen Copland	0405 494 901 0406 142 233	Weekly	annette2511@yahoo.com.au ; maursa51@bigpond.com	3-Feb
Scrabble @ Penrith	Penrith School of Arts - Room 2	Thur	12:30 PM	2:30 PM	Beverley Borg	0413 417 634	Weekly		3-Feb
Languages									
English Conversation for ESL (during lockdown currently ON ZOOM)	Penrith School of Arts - Room 2	Wed	12:45 PM	2:00 PM	Lu Szuhya & Sari Erasmus-Hickey	0411 214 455 0407 146 506	Weekly	lu.szuhya@hotmail.com sariehickey2016@gmail.com	2-Feb
French - Advanced @ Katoomba	Katoomba private home	Thur	2:00 PM	4:00 PM	Heather Pye	0405 393 281	Weekly	heatherpye@bigpond.com	3-Feb
French - Conversation in simple	Penrith School of Arts - Room 2	Mon	1:45 PM	2:45 PM	Murray Love	4735 5226	Weekly	love@optushome.com.au	31-Jan
French - Intermediate @ Katoomba	Katoomba private home	Thur	12:00 PM	2:00 PM	Heather Pye	0405 393 281	Weekly	heatherpye@bigpond.com	3-Feb
French - La Causette 1 @ Penrith	Penrith School of Arts - Room 2	Mon	12:00 PM	1:30 PM	Monique Marchais	0499 994 546	Weekly	moniquemarchais1952@gmail.com	31-Jan
French - La Causette 2 @ Penrith	Penrith School of Arts - Room 1	Thur	9:00 AM	10:30 AM	Monique Marchais	0499 994 546	Weekly	moniquemarchais1952@gmail.com	3-Feb
French @ Jordan Springs	Jordan Springs Hub - Kingfisher Room	Wed	11:30 AM	12:30 PM	Annette Allaburton	0404 004 319	Weekly	aallaburton@gmail.com	2-Feb
French Intermediate @ Blaxland	Blaxland Community Centre - Room B	Tue	9:00 AM	10:30 AM	Fay Love	0407 282 731	Weekly	faylove@rocketmail.com	1-Feb
French Intermediate @ Penrith	Penrith School of Arts - Room 2	Wed	2:15 PM	3:45 PM	Helen Sykes	0430 058 538	Weekly	hsykes@me.com	2-Feb
French Starters @ Jordan Springs	Jordan Springs Hub - Kingfisher Room	Wed	10:30 AM	11:30 AM	Annette Allaburton	0404 004 319	Weekly	aallaburton@gmail.com	2-Feb
German Conversation	Penrith School of Arts - Room 2	Mon	9:00 AM	10:15 AM	Barbara Lang	0433 449 075	Weekly	barbara.lang000@gmail.com	31-Jan
German Intermediate	Penrith School of Arts - Room 2	Mon	10:30 AM	11:45 AM	Barbara Lang	0433 449 075	Weekly	barbara.lang000@gmail.com	31-Jan

German Intermediate @ Springwood (During lockdown currently running on zoom)	Springwood Court, 133 Macquarie Rd, Springwood	Wed	1:30 PM	3:00 PM	Elizabeth Culliver	0408 317 086	Weekly	feecull@tpg.com.au	2-Feb
Italian - Beginners	Penrith CWA Rooms, Castlereagh St	Fri	9:30 AM	11:30 AM	Ciro Catanzaro	9623 3758	Weekly	cirocat@gmail.com	4-Feb
Italian Continuing from 2019 @ Penrith	Penrith School of Arts - Hall	Mon	9:15 AM	10:45 AM	Clara Carboni	4739 8340	Weekly	clara.carboni9@gmail.com	31-Jan
Italian Conversation 1	Penrith School of Arts - Room 1	Mon	9:30 AM	11:15 AM	Maria Paysden	0438 404 836	Weekly	bpaysden@tpg.com.au	31-Jan
Italian Conversation Advanced	Penrith School of Arts - Room 1	Mon	11:30 AM	1:00 PM	Maria Paysden	0438 404 836	Weekly	bpaysden@tpg.com.au	31-Jan
Spanish Beginners	Penrith School of Arts - Room 2	Fri	9:30 AM	11:00 AM	Louise Allan	0431 375 101	Weekly	louallan53@hotmail.com	4-Feb
Spanish Beginners 1	Penrith School of Arts - Room 2	Wed	9:00 AM	10:00 AM	Adolfo Gonzalez	0408 110 824	Weekly	adolfogonzalezq@gmail.com	2-Feb
Spanish Beginners 2	Penrith School of Arts - Room 2	Wed	10:15 AM	11:15 AM	Adolfo Gonzalez	0408 110 824	Weekly	adolfogonzalezq@gmail.com	2-Feb
Spanish Intermediate	Penrith School of Arts - Room 2	Wed	11:30 AM	12:30 PM	Adolfo Gonzalez	0408 110 824	Weekly	adolfogonzalezq@gmail.com	2-Feb
Literature									
English Literature @ Springwood - Fortnightly	Springwood Uniting Church big room	Mon	2:00 PM	3:30 PM	Marie Standen	4751 2120	Fortnightly	mariestanden31@gmail.com	7-Feb
Poetry - Understanding the Art - 5 week course not term 3 starts 10 Feb, 29 Apr, 13 Oct	Katoomba, 96 Narrow Neck Rd	Thur	2:00 PM	3:30 PM	Libby Becket	4782 5263	Weekly	lochtiebeckett@hotmail.com	Various
Maths & Science									
Mathematics beyond Intermediate & School Certificate	Blaxland Community Centre - Room A	Fri	10:30 AM	12:00 PM	Sesha Prasad	0437 228 643	Weekly	seshaprasad@yahoo.com	4-Feb
Music									
Acoustic Rock Play & Sing	Penrith CWA Rooms, Castlereagh St	Fri	2:00 PM	4:00 PM	Geordie Conyngham	0421 788 183	Weekly	gmc@exemail.com.au	4-Feb
Harmonica - monthly class of Zoom course students.1st Monday each month	Kingswood Community Centre	Mon	1:00 PM	3:00 PM	Peter Granton	0412 576 567	1st Monday of each month	petergranton57@gmail.com	7-Feb
Harmonica (Zoom)	Zoom weekly + mthly mtgs at Kingswood Community Centre (1st Monday)	Mon	1:00 PM	3:00 PM	Peter Granton	0412 576 567	Weekly	petergranton57@gmail.com	31-Jan
Jam Session.	Penrith CWA Rooms, Castlereagh St	Fri	11:45 AM	1:45 PM	Gary Layton	0450 326 870	Weekly	gary.layton@optusnet.com.au	4-Feb
Musical Memories @ Penrith	Penrith School of Arts - Room 1	Thur	10:45 AM	12:15 PM	Keith Webster	0407 255 231	Weekly	joke_5@bigpond.com	3-Feb
Musical Memories @ Springwood - Fortnightly	Springwood Aquinas Court, 2 Hawkesbury Rd	Tue	10:30 AM	12:00 PM	Patsy Billing	0407 992 151	Fortnightly	patricia.billing3@bigpond.com	1-Feb
Ukulele for Fun	Blackheath Area Neighbourhood Centre - Bates Hall	Mon	10:00 AM	12:00 PM	Merran Maclaren	0403 901 207	Weekly	merranmaclaren@hotmail.com	31-Jan
Ukulele Group	Werrington, Harold Corr Hall (Large hall)	Mon	10:00 AM	12:00 PM	Phil Howson	0412 071 186	Weekly	philip.d.howson@gmail.com	31-Jan

Outdoor Recreation									
Bushwalking in the Blue Mountains - Fortnightly	Woodford, 54 Pimelea Dr	Mon	10:30 AM	1:00 PM	John & Donna Cooper	4758 6820	Fortnightly	donnarosier@yahoo.com.au	31-Jan
Culture Vultures - Monthly	Penrith RSL Bingo Area	Fri	1:30 PM	3:00 PM	Eileen Ross	0419 480 108	Monthly	rosseileen40@gmail.com	4-Feb
Out & About with the Possums		Mon			Lorraine Woods & Annette Watson	0421 107 674 0405 494 901	Weekly	lorraine333@ozemail.com.au ; annette2511@yahoo.com.au ;	31-Jan
Out & About with the Snails		Mon			Edgar Hillermann	0401 515 450	Weekly	edgar.hillermann@gmail.com	31-Jan
Walking for Pleasure	Penrith Tench Reserve	Thur	9:30 AM	11:00 AM	Beverley James-Munk	0417 681 125	Weekly	b21j45@bigpond.net.au	3-Feb
Walking with a Touch of History (The Hekarwe Walking Group)		Mon			Trish Ryan & Gwen Baker	0404 050 792 0439 620 032	Weekly	bobandtrishryan@gmail.com ; gmbbaker@bigpond.com.au ;	31-Jan
Philosophy & Psychology									
Common Threads in World Religions and Philosophies	Springwood Court, 133 Macquarie Rd, Springwood	Thur	10:00 AM	12:00 PM	Col Jennings	4751 3789	Fortnightly	coljennings14@gmail.com	3-Feb
Conflict Resolution 10 weeks Term 1 2022	Zoom	Tue	1:00 PM	3:00 PM	Dr Mimi Wellisch	0431 682 137	Weekly	mimi.wellisch@bigpond.com	1-Feb
Happiness, Well-Being & Resilience - Term 1 for 8 weeks	Springwood Court, 133 Macquarie Rd, Springwood	Tue	10:00 AM	11:30 AM	Janice Poulson	0408 603 798	Weekly (8 week course)	janicepoulson70@gmail.com	1-Feb
Meaning of Life for the 21st Century	Zoom	Fri	2:30 PM	4:30 PM	Yehoshua Indagator	0466 978 007	Weekly	yehoshua@netspace.net.au	4-Feb
Men! Live Longer! Live Better!	Zoom	Thur	2:30 PM	4:30 PM	Yehoshua Indagator	0466 978 007	Weekly	yehoshua@netspace.net.au	3-Feb
Photography									
Introductory Photography Term 1 only	Werrington County, Henry Lawson Club	Mon	10:00 AM	11:30 AM	Luciano Vranich	0405 099 029	Weekly	lucianovranich@bigpond.com	31-Jan
Photography @ Penrith NEW TUTOR REQD.	Penrith School of Arts - Room 2	Fri	11:45 AM	1:45 PM	TBA	TBA	Weekly		4-Feb