U3A Rockhampton and District Inc.

ABN 83 907 668 103

Activities List – current at 01/11/2026

Meeting/Social activity	Day & Time	Venue	Contact	Telephone
GENERAL MEETINGS AND MONTHLY LUNCH				
General Meeting	1st Tuesday (excluding Dec & Jan) NOTE - Nov meeting 17th Nov. 9.00am for **9.20am** start	Frenchville Sports Club, Clifton Street, North Rockhampton.	Lauree Lanyon (President)	0417 042 870
Monthly Lunch	Monday 9 November 12.00 noon See Newsletter for venue	Venue will be advised and will have approved Risk Assessment	Robyn Edwards	0438 284 871
U3A ACTIVITIES				
PLEASE NOTE THAT A SMALL FEE MAY BE CHARGED TO COVER USE OF ROOM				
Activities Manager: Terry Holland (Phone: 0427 689 312)				
MONDAY				
Yoga	Every Monday. Chair Yoga 9.15–10am Mat yoga 10-11am.	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	David Drew	0437 337 586
U3A Angels	3rd Monday 1.00pm-3.00pm	Fred Fox Hall, 3 Gladstone Road, Rockhampton	Christine Dobele	4926 1845
History	3rd Monday 2.00pm	Oaktree Retirement Village, Glenmore Road, Park Avenue	Ann Findlater	0400 766 112
TUESDAY				
Cards & Scrabble	2nd & 4th Tuesdays – 9.00 – 11.30am	Oaktree Retirement Village, Glenmore Road, Park Avenue	Kym Jacobi	0438 778 438
Poetry for Leisure	4th Tuesday 9.30am	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Lenore Cook	
Third Age Chorus Singing	Every Tuesday 9.30am	Youth Orchestra Room, Walter Reid Building, East St	Lindsay Soanes Ann Findlater	4922 7099 0400 766 112
Mahjong 1	Every Tuesday – 12.45pm- 4pm	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Kym Jacobi	0438 778 438
WEDNESDAY				
Digital Skills	1st and 3rd Wednesday 9.00am-11.00am excl. school holidays	Library in Admin Building, Depot Hill School, 53 O'Connell Street, Depot Hill	Judi Blanchard	MUST register phone or text 0447 227 630
Bird Watchers	2nd Wednesday every 2nd month from February 7.00am	Venue will be advised and will have an approved Risk Assessment	Rod Elder	0409 630 584
Book Lovers Group	4th Wednesday 10.00am	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Marie Downing	0448 283 879
Ukulele	Every Wednesday 1.30 – 3.30pm	Fred Fox Hall 3 Gladstone Rd, Rockhampton	Barry Lloyd	0437 636 801
Current Affairs	3rd Wednesday 2.00 – 4.00pm	Athelstane Bowls Club, Ward St, Rockhampton	Colin Pender	0412 808 044
Music Appreciation	4th Wednesday 1.30-3.30pm	17 Thora Street, Gracemere	Nancy Crapp	4933 2722
Poetry with Friends	1st Wednesday 3.00pm 3rd Wednesday 9.30am	304 Kent Street, Depot Hill	Virginia Latty-Weir	4921 1602

Activity	Day & Time	Venue	Contact	Telephone
THURSDAY				
Writing for Pleasure	1st & 3rd Thursday 9.00 – 11.30am	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Peter Wilson	0407 620 356
Photography Group	2nd & 4th Thursdays 3.00pm	Walter Reid Cultural Centre, cnr Derby & East Street, R'ton.	Ian Ewings	0438 284 084
FRIDAY				
Mind Games	2nd Friday 9am – 11:30am	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Cheryl Wickes	0428 452 836
Armchair Travel	October & November events cancelled. Recommences 3rd Friday February 2027 9.30 – 11.30am	Athelstane Bowls Club, Ward St, Rockhampton	Judy Trinder	0457 712 978
Garden Lovers Group	4th Friday 9.30am	Venue will be advised and will have an approved Risk Assessment	Jo Coyne Annette Sues	0487 553 050 0408 791 185
Mahjong II	Every Friday 12.45 – 4.00pm	Fitzroy by Teman, Pauline Martin Drive, Rockhampton	Terry Holland	0427 689 312
SATURDAY				
Walk and Chat	Every Saturday Meet at 5.50am for 6.00am start (Saturday 5 December Is a Walk by the Sea)	Queens Park, Glenmore Road, for walks in Rockhampton or where the large flagpole used to stand in the Stockland car park for walks in Yeppoon	Christine Dobele	4926 1845

THIRD PARTY ACTIVITIES

Disclaimer: The following activities are run and authorised by organisations not affiliated with U3A and are listed here only for your convenience. Our insurance does not cover these events, and we advise that if you have any concerns, please address them to the relevant coordinator.

Activity	Day & Time	Venue	Contact	Telephone
Aqua Aerobics $6 per U3A member	Tues 11.30 – 12.30pm Thurs 11.30 – 12.30pm Sat 7.00 – 8.00am	Caribeae Swim Academy, 135 Menzies Street, Nth Rockhampton	Margaret or Jodi; Jan Stevens U3A	4926 1650 0407 761 057
Learning any Language	Self-guided Lessons through MANGO system of learning	Learn at your own pace	Rockhampton Library	4936 8265
Senior-Fit Class Resistance Training	Timetable & costs available at CQU Sports Centre website	CQU Community Sports Centre, Yaamba Road, North Rockhampton	Shannon, Contact Sports Ctr. Cathy Booker	4930 9791 0419 642 539
Tai Chi – Queens Park Cost $2	Fridays 7.30 – 8.30am	Queens Park Glenmore Road	Anne Stewart	0437 991 458
Stamp Collecting $15 Annual Membership	1st or 2nd Tuesday 7.30pm	Fred Fox Hall, Gladstone Road, Rockhampton	David Smith	4926 3336 0458 128 159
Jacana Bushdancers Class Cost $7; Annual Membership $6	Mondays 7.00pm	Pipe Band Hall, Gladstone Road, Rockhampton	Gaye Nicholson	0428 620 662
Coin Club/Collectors	2nd Monday 7.00pm	Venue to be advised	Phil Morisette	4928 7769
Toastmasters public speaking	Fortnightly Tuesdays, 6:15 PM	CocoBrew on Williams St	Dave Pert	0402 947 221

U3A ROCKHAMPTON & DISTRICT INC CONTACTS

Position	Email	Contact	Telephone
Secretary	Admin@u3arocky.au	Jo Coyne	0487 553 050
Assistant Secretary	AssistantSecretary@u3arocky.au	Deb Wickerson	0427 123 278
Quarterly Flyer Editor	Flyer@u3arocky.au	Cheryl Wickes	0428 452 836
Publicity Officer	Publicity@u3arocky.au	Leslie Smith	0419 179 133