



Keeping Mind and Body Active

**UNIVERSITY OF THE THIRD AGE
ARMIDALE INCORPORATED**

Course and Activity Booklet

**Semester 1, 2021
(January to June)**

Impact of COVID-19 restrictions

As a direct result of current NSW Government restrictions under COVID-19, in particular the requirement to apply the 4 square meter rule and 1.5 meter physical distancing, many of the courses and activities are currently filled by regularly attending, continuing participants.

In order to keep as many people as possible connected to our U3AA community, we have introduced a new category of '*Potential Membership*'. This means that if your desired course(s)/activities have no vacancies, you may place your name on their respective waiting list(s) without having to pay the membership fee. You will only be required to pay the membership fee once you are able to join a course/activity.

As COVID-19 restrictions ease, we will, wherever possible, make adjustments so that more places can be made available. Please check our website for updates.

Please refer over the page for more information.

OFFICE HOURS:

January to Mid-December: 9:30am to midday, Monday to Wednesday

Except Public Holidays

KEEP THIS BOOKLET Just in case!

Revision 0

Published 30 November 20

IMPORTANT - PLEASE READ THIS PAGE CAREFULLY

PAYING MEMBERSHIP AND ENROLLING IN COURSES/ACTIVITIES FOR SEMESTER 1, 2021

1. PAYMENT BY CARD OR CASH OR CHEQUE

To enrol in a course or activity for Semester 1, 2021, please enter the courses or activities you wish to attend on the *2021 Membership Renewal and Enrolments* form included as a cover page for this Booklet. Remove the page from the Booklet and use one form for each member sharing this Booklet.

When completing the enrolment section of the form enter your **name** and note any **changes** to your **address, phone number** and **email address** where indicated and then, enter the Course Number and Course Name for each course in which you wish to enrol. Return the form with your membership payment to U3AA, PO Box 1440, Armidale 2350, or take it to the U3AA Office at ASCA House. **Everybody must return the Semester 1, 2021 Enrolment form or the Potential membership form (see below).**

2. PAYMENT BY ONLINE BANKING

Please pay your \$50 Membership Fee for 2021 into the U3AA Account:

- Account name: University of the Third Age Armidale Inc
- BSB: 932 000
- Account number: 100072308
- Reference/description : Member name

Go to the U3AA website www.u3aa.org.au and complete and submit forms:

- *Membership Payment Advice*
- *Enrolment Request Advice* – please complete one advice for each course.

ENROLMENT CRITERIA

Enrolments will only be accepted from financial members (ie those who have paid the 2021 Membership Fee). That is, all people attending U3AA courses and activities **must** be members of U3AA. However, there is provision for temporary membership for visitors to Armidale and residents of the district wishing to try out U3AA activities for a short period. Contact the U3AA Office for further details of temporary membership.

WAITING LIST AND NEW 'POTENTIAL MEMBERSHIP' CATEGORY

Generally, in filling the courses and activities, preference will be given to regularly attending, continuing participants. New participants will be enrolled in remaining places on a first come basis.

The maximum number of enrolments for each course/activity will be strictly applied. For those courses and activities where there are currently no vacancies, a "waiting list" will be established, monitored and managed by Course Coordinators and Course Leaders. Please complete a *Potential Membership* form, enrol in '*Course No. 103 – Standby List*' and nominate the course(s)/activities you would like to attend.

COURSE FEES

For Semester 1, 2021 all additional Course Fees related to external venue hire have been waived.

INCIDENTAL COURSE COSTS

Most courses and activities are free but some courses and activities may attract a small charge for materials and/or use of equipment and/or supplies. Details of any incidental course costs appear in the course booklet.

Courses for which incidental course costs are not payable to the U3AA Office on enrolment but are payable to the Course Leader or to other organisations generally include fitness, book groups, craft, music, language and outdoor activities and courses.

COURSES RUN IN MEMBERS' HOMES

Under current Public Health Orders, up to 20 visitors may visit a household at any one time. However, the NSW Government website states: *As the home is a high transmission area, the NSW Chief Health Officer strongly recommends a COVID-Safe precautionary approach of having no more than 10 visitors at a time.*

Course Leaders must ensure that members maintain a physical distance of at least 1.5 metres from others and that required hygiene standards and record keeping are maintained.

WHAT DO I DO IF I NEED TO WITHDRAW FROM A COURSE ?

Please phone the Course or Activity Leader using the phone number that appears in the Course Booklet to advise them that you are withdrawing. Please also advise the U3AA Office as this will facilitate the timely offer of your place to a member on the waiting list.

NAME BADGES

Please wear your name badge at all courses, activities and events.

U3A ARMIDALE TOUR TO NORTHERN RIVERS OF NSW AND HINTERLAND COURSE NUMBER #240

Late February or early March – exact date to be confirmed

“Do we need a holiday – we certainly do!!!”

We have organised a 5day/4night tour to tempt you to get away in a safe area of NSW and visit some of the off-the-beaten-track villages and beautiful beach areas in the Richmond Valley.

A brief idea of the itinerary planned:

Day 1 – Monday

Travel to Dorrigo, Bellingen, Coffs Harbour. Travel on the new freeway (just amazing) through to Maclean and on to Ballina. Stay the next four nights at Ballina in the Heritage Motel and Richmond Motor Inn in the heart of Ballina. Beautiful boardwalks just across the road along the Richmond River.

Day 2 – Tuesday

Travel north following the coastal road via Lennox Head, Suffolk Park, Byron Bay, Brunswick Heads, Pottsville, Hastings Point and on to Tweed Heads for lunch. Travel west through the hinterland to Nimbin (maybe we can find some cookies for afternoon tea!). Return to Ballina.

Day 3 – Wednesday

Travel to Alstonville, Goonellabah, Lismore and Kyogle and surrounding villages by the spectacular natural beauty of the area that flows with the essence of the Australian rural character. Return to Ballina via Evans Head.

Day 4 – Thursday

Travel via Skennars Shoot to visit Bangalow - a picturesque town combining a traditional streetscape with modern appeal – quite a tourist attraction. On through Tintenbar, Mullumbimby and on to Murwillumbah for lunch. Visit the famous Tweed Valley Art Gallery and Margaret Olley Art Centre – a highlight of the tour and overlooking Mt. Warning.

Day 5 – Friday

Return to Armidale visiting Casino the home of “Beef Week” an area rich in agricultural land. On to Tenterfield and home along the New England Highway.

Cost will be \$880.00 twin/double share accommodation. Single room will be an additional \$300.00. There are two rooms available with disabled amenities. Includes: All travel, 3 ½ to 4 star accommodation, breakfasts and dinners daily and 4 lunches. Entrances fees where applicable.

Tour guide/manager will be Glenys Williams (U3A Armidale member) who has taken many tours away. We will be travelling in the comfort of an Edwards Coach with our driver John Hopwood. The maximum number of tour group members is 45.

Please advise your interest or to make a booking at the U3AA office where a booking form will be available or it could be sent to you by email. For more details contact Glenys on 0456 368787 or new313@bigpond.net.au.

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AQUAROBICS 1

Beneficial exercise where the body's weight is partly supported by the water. Aquarobics is based on two fundamental properties of water: that it is a buoyant medium and that it exerts resistance to motion. Neither of these applies on land. The effort put into any exercise may vary with the individual. This is a great activity for members of all levels, who will experience marked improvement in balance and coordination.

Leader: **Kay Love**
Phone: **0468 774 814**
Frequency: **Tuesday and Thursday mornings**
Time: **7:45am**
Duration: **45 minutes**
Venue: **TAS Pool**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **There is a per session cost of \$4.50 paid to TAS Pool on each attendance, unless TAS membership is held**

Start Date: **12 January 2021**

Course Leader comment: Members may attend either aquarobics session but because of COVID-19 restrictions, a maximum of 10 participants only can attend each session.

AQUASTRETCH ON MONDAY, WEDNESDAY & FRIDAY 184

Slow stretching, emphasis on core muscle control, and the use of equipment, including dumbbells and noodles, makes this a complete workout, with everyone going at their own pace. It combines strength and balance training with some fast movement to make us feel good no matter our age or state of our bodies. Friendship is also important so we make sure we have a good laugh before breakfast along with our workout.

Leader: **Margaret Milligan**
Phone: **0427 726 452**
Frequency: **Every Monday, Wednesday and Friday**
Time: **7:45am**
Duration: **45 minutes**
Venue: **TAS Pool**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **There is a per session cost of \$4.50 paid to TAS Pool on each attendance, unless TAS membership is held. Dumbbells purchased by you**

Start Date: **4 January 2021**

Course Leader comment: Members may attend several aquastretch sessions but because of COVID-19 restrictions, a maximum of 10 participants only can attend each session.

If Margaret is not available please phone Penny 0408 272 011.

BONES AND BALANCE WITH BEV PITT 909

Gentle arm and leg exercises, with weights, designed to strengthen bones and improve balance. Exercises are adapted from the book "Strong Women Stay Young". We also use the "Balance 'n Bones" video made by the U3A Network NSW to do extra exercises without weights which includes aerobic exercises.

Leader: **Bev Pitt**
Phone: **0402 078 065**
Frequency: **Every Wednesday**
Time: **9:00am**

Duration: **1¼ hours**
Venue: **ASCA House (East Room)**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **The only (optional) cost to members may be the purchase of simple hand and ankle weights to use in the exercises if you do not already have them**

Start Date: **20 January 2021**

BONES AND BALANCE WITH FRANKY ELKS 9

Gentle arm and leg exercises, with weights, designed to strengthen bones and improve balance. Exercises are adapted from the book "Strong Women Stay Young".

Leader: **Franky Elks**
Phone: **6772 6343**
Frequency: **Every Monday (except school holidays)**

Time: **11:00am**
Duration: **45 minutes**
Venue: **Masonic Retirement Village**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **The only cost to members may be the purchase of simple hand and ankle weights to use in the exercises if you do not already have them**

Start Date: **1 March 2021**

BOOK DISCUSSION GROUP 10

Read and discuss a wide selection of books - fiction, non-fiction, classics, etc. Books are chosen by group decision.

Leader: **Jean Jackson**
Phone: **6707 2941**
Frequency: **Third Thursday of each month**
Time: **10:00am**
Duration: **1½ to 2 hours**
Venue: **Members' homes**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **The only cost to members is the purchase of books from time to time**

Start Date: **21 January 2021**

BOOK LOVERS 11

Discussion of a wide selection of books - fiction, non-fiction, classics, etc - whatever members of the group have been reading recently.

Leader: **June Endacott**
Phone: **6775 2425**
Frequency: **Second Wednesday of each month**
Time: **10:00am**
Duration: **1 hour**
Venue: **To be advised**
Vacancies: **There is 1 vacancy**

Incidental Costs: **Nil**

Start Date: **10 February 2021**

BUSHWALKING**12**

Walks are usually five to eight kilometers and are easy or moderate, as rated by National Parks Standards. A reasonable level of fitness is required. Destinations include National Parks, Travelling Stock Routes, private properties, etc. One "Away Trip" is scheduled each semester. Information about forthcoming walks is sent by email to group members approximately 10 days in advance. All walkers must be enrolled through the U3AA office, and are expected to follow the basic safety procedures which govern the operation of the group. Please, only enrol if you intend to be a regular walker. For additional information contact Sue or Angus direct.

Leader: **Angus and Sue Cameron**
 Phone: **6772 0962**
 Frequency: **Second Friday of each odd month;
 Second Saturday of each even month**
 Time: **9:00am**
 Duration: **Usually 5 to 6 hours**
 Venue: **Meet at the picnic shelter near the
 Visitors Information Centre**
 Vacancies: **There are 10 vacancies**
 Incidental Costs: **Additional costs may apply on
 some occasions and on extended trips**
 Start Date: **13 February 2021**

CARD MAKING**141**

Learn to make greeting cards for all occasions - using 3D, pictures, cut-out and embroidery techniques and much more. All items made by members are theirs to keep. Each participant will receive individual assistance in the design and making of items. Learn to use a Big Shot machine.

Leader: **Lyn Ruthberg**
 Phone: **6772 6160**
 Frequency: **Every Wednesday**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **6 Marsh Street**
 Vacancies: **Sorry, there are no vacancies at
 present**
 Incidental Costs: **The only cost to members is \$5.00
 for card making materials supplied**
 Start Date: **3 February 2021**

CLASSIC MOVIES**110**

Every Wednesday we show the best classic films, past and present and enjoy discussions. They include film noir, English, Australian and American comedy, continental, Asian, South American etc. These range from wild west, romance, family to Art House.

Leader: **John Wearne**
 Phone: **0418 419 684**
 Frequency: **Every Wednesday for ten weeks**
 Time: **2:00pm**
 Duration: **2 to 3 hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 7 vacancies**
 Incidental Costs: **Nil**
 Start Date: **17 February 2021**

*** NEW FOR SEMESTER 1, 2021 ***

CLASSICAL MUSIC : AN EXPLORATION**236**

Eight adventures in the world of recorded classical music for interest, enjoyment and enlightenment. The eclectic music selections will include rarely heard works that are nevertheless worthy, enjoyable and fun. The sessions are friendly for folk having little acquaintance with classical music.

Leader: **Ed Hannah**
 Phone: **0427 188 734**
 Frequency: **Every Thursday for 8 weeks**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **17 Reginald Avenue**
 Vacancies: **Please enquire with Course Leader**
 Incidental Costs: **Nil**
 Start Date: **13 May 2021**

Course Leader comment: this is a rebranding of 'Music appreciation with Bill Driscoll and Ed Hannah'.

As this course will only go ahead if COVID-19 restrictions have eased, members may enrol via the Potential Membership category.

COMPANIONSHIP IN READING**78**

This small group meets and discusses books which have been previously chosen and read. Each group member has a turn in selecting an item - fiction, non-fiction, classics, etc, with group input.

Leader: **Narelle Heiniger**
 Phone: **6775 2181**
 Frequency: **Last Thursday of each month for 5
 sessions**
 Time: **10:00am**
 Duration: **1½ to 2 hours**
 Venue: **Members' homes**
 Vacancies: **Sorry, there are no vacancies at
 present**
 Incidental Costs: **Nil**
 Start Date: **25 February 2021**

CROCHET**149**

Crochet for the experienced; bring in your current crochet activity. Get some new ideas or share your experience. Possibility of working on a "Charity Project".

Leader: **Maggie Smith**
 Phone: **6772 1733 or 0401 983 242**
 Frequency: **Every Tuesday**
 Time: **11:00am**
 Duration: **2 ½ hours**
 Venue: **ASCA House (South Room)**
 Vacancies: **There are 2 vacancies**
 Incidental Costs: **The only cost to members is for
 their own materials**
 Start Date: **2 February 2021**

CROQUET**67**

Croquet is believed to have arrived in England from Ireland in 1850. It is now a popular recreation in Australia. You can join this relaxed and happy group and learn to play the game or continue to build your existing skills. Balls and some spare mallets are available for use.

Leader: **Helen Garske**
 Phone: **6772 4815**
 Frequency: **Every Monday and Thursday**

Time: **9:00 am**
Duration: **2 hours**
Venue: **Autumn Lodge Croquet Lawn**
Vacancies: **There are 4 vacancies**
Incidental Costs: **\$2.00 Green Fees per game played, payable to the Activity Leader**
Start Date: **4 January 2021**

Course Leader comment: We play Monday and Thursday mornings 9.00 to 11.00. However the court is available at all times and we can schedule other sessions to accommodate player numbers and availability. Vacancies exist but intending new players please phone Helen for further information.

CROSS STITCH AND NEEDLECRAFT 16

This friendly and relaxed group meet to work on individual needlework projects.

Leader: **Noelene Raymond**
Phone: **6772 6842**
Frequency: **Every Monday**
Time: **1:00pm**
Duration: **3 hours**
Venue: **ASCA House (South Room)**
Vacancies: **Sorry, there are no vacancies at present**
Incidental Costs: **Personal craft costs only**
Start Date: **8 February 2021**

DESCANT RECORDER - CONTINUING 973

Emphasis will be given to consolidation of notes and techniques previously learnt, and the gradual introduction of a few notes in the upper octave, and other notes and rhythms as appropriate. Those wishing to join without doing Course 173 and Course 223 (Intermediate) should be able to read music, and have a good knowledge of all common notes up to top 'G' on the descant recorder.

Leader: **Laurie Pulley**
Phone: **6772 1124**
Frequency: **Every Thursday (except school holidays)**
Time: **2:30pm**
Duration: **1 hour**
Venue: **ASCA House (East Room)**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **Purchase of a descant recorder if you do not have one; an A4 folder with plastic inserts; "Sweet Pipes" Recorder Book 2 approximately \$22 by Barakoff and Hettrick, available from Orpheus Music Armidale**
Start Date: **11 February 2021**

Course Leader comment: Any new participants in this course must contact Laurie prior to joining the group. Note that this course DOES NOT cater for advanced players. If the telephone is not answered please email Laurie at l.pulley@antmail.com.au.

DESCANT RECORDER FOR BEGINNERS 173

This course is designed for absolute beginners who have an unfulfilled desire to learn to play a musical instrument. All activities will relate the "sound of music" to how it is played, and will be carefully graded. By the end of the Semester you should be able to play and read simple melodies, and have had an introduction to the joy of ensemble playing. Get your arthritic fingers working!

Leader: **Laurie Pulley**
Phone: **6772 1124**
Frequency: **Every Thursday (except school holidays)**

Time: **1:30pm**
Duration: **1 hour**
Venue: **ASCA House (East Room)**
Vacancies: **There are 2 vacancies**
Incidental Costs: **Purchase of a descant recorder if you do not have one; an A4 folder with plastic inserts; "Sweet Pipes" Recorder Book 1 approximately \$15 by Barakoff and Hettrick, available from Orpheus Music Armidale**
Start Date: **11 February 2021**

Course Leader comment: New descant recorders cost about \$18.00 from Black Dot Music Or, perhaps you may be able to borrow one from family or friends. If the telephone is not answered please email Laurie at l.pulley@antmail.com.au.

FIT AND BALANCED WITH BEV PITT 188

During our one-hour session a variety of exercises will be used starting with aerobics from the DVD produced by the U3A Network NSW. This will be followed by exercises using resistance bands, and to complete our fitness program we will do chair exercises for seniors.

Leader: **Bev Pitt**
Phone: **0402 078 065**
Frequency: **Every Thursday**
Time: **10:00am**
Duration: **1¼ hours**
Venue: **ASCA House (East Room)**
Vacancies: **Sorry, there are no vacancies at present**
Incidental Costs: **Members will need to purchase Resistance Bands from the Course Leader**
Start Date: **21 January 2021**

GARDENING 74

Join a working party to improve and maintain the gardens surrounding ASCA House. Planning meetings will be held at 8:30am on Wednesdays when appropriate. Gardeners may work on Wednesday mornings or at a time that suits them. Members who cannot attend regularly are still very welcome.

Leader: **Ros Busby**
Phone: **0413 460 159**
Frequency: **Each Wednesday**
Time: **8:30am**
Duration: **1 hour**
Venue: **ASCA House (Garden)**
Vacancies: **There are 4 vacancies**
Incidental Costs: **Nil**
Start Date: **6 January 2021**

Course Leader comment: Please enrol in this group if you can help us - just an hour or two each month - to beautify the gardens at ASCA House. Bringing your own small gardening tools would be really helpful.

GATEBALL 230

Gateball is an international team game for all ages inspired by the game of croquet. With simple rules, Gateball promotes social interaction and encourages self confidence, gentle exercise and mental stimulation. It is played on a rectangular court by 2 teams (1 to 5 players each), with sticks (clubs) and 10 balls the size of cricket balls (5 red balls and 5 white balls). Each game lasts 30 minutes. All equipment is provided. Come and enjoy the challenge and fun of playing.

Leader: **Claus Jehne**
Phone: **6772 8930**
Frequency: **Every Wednesday**
Time: **9:30am**
Duration: **1½ hours**
Venue: **To be advised**
Vacancies: **There are 12 vacancies**
Incidental Costs: **Nil**
Start Date: **4 February 2021**

Course Leader comment: Enquiries may be made by email to clausjehne@gmail.com. For further information visit www.gateball.com.au.

GERMAN LANGUAGE ADVANCED 169

This is a German language course for those who have completed six years of high school German or the equivalent.

Leader: **Michael Gordon**
Phone: **5713 6685 or 0407 689 964**
Frequency: **Every Thursday**
Time: **10:00am**
Duration: **1 hour**
Venue: **ASCA House (West Room)**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **Nil**
Start Date: **4 February 2021**

Course Leader comment: Course notes will be supplied to participants by email.

***** NEW FOR SEMESTER 1, 2021 *****

HEALTH TOPICS - THE SCIENCE AND ART OF SLEEPING WELL 237

We spend about one third of our life sleeping, but it is not only the amount of sleep but also the quality of our sleep that is important. We shall explore and discuss the following issues: sleep and our modern lifestyle; different stages of sleep; sleep problems; how to sleep well; sleep psychology and dreams; the physiology of sleep; sleeping habits; sleep deprivation; help available to let you sleep; sleep promoting tips and ideas; as well as further topics suggested by the group.

Advice of a medical nature is not and cannot be offered.

Leader: **Claus Jehne**
Phone: **6772 8930 or 0400 801 745**
Frequency: **Every Monday for 10 sessions**
Time: **11:00am**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 12 vacancies**
Incidental Costs: **Nil**
Start Date: **1 February 2021**

HISTORY OF NEW ENGLAND : AN INTRODUCTION (DISCUSSION GROUP) 227

The discussion group allows those enrolled in Course 226, History of New England: an Introduction, the opportunity to follow up on selected topics in more detail via a free-flowing discussion.

Leader: **Jim Belshaw**
Phone: **0431 611 249**
Frequency: **Second and fourth Tuesdays of each month for nine sessions**
Time: **3.15 pm**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 12 vacancies**
Incidental Costs: **Nil**
Start Date: **9 February 2021**

Course Leader comment: To enrol in this Discussion group, you must be enrolled in Course 226 History of New England : an Introduction (Lecture Series).

***** NEW FOR SEMESTER 1, 2021 *****

HISTORY OF NEW ENGLAND DISCUSSION GROUP - ADVANCED 239

This discussion group is open to those who have completed Course 226, History of New England: an Introduction. With this as a base, the group will further explore New England's history with a mix of topics part selected by the members, part by the facilitator.

Leader: **Jim Belshaw**
Phone: **0431 611 249**
Frequency: **First and Third Tuesdays of each month**
Time: **3:15pm**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 12 vacancies**
Incidental Costs: **Nil**
Start Date: **2 February 2021**

HISTORY OF NEW ENGLAND: AN INTRODUCTION (LECTURE SERIES) 226

This course charts the history of the broader New England, the Tablelands and the surrounding river valleys, over the last 30,000 plus years. Each session will begin with a 45 minute lecture followed by a break and then a question and answer time. No prior knowledge is required. There will also be a Discussion Group (refer to Course 227) to allow us to follow up on specific topics of interest to members. Members will be provided with the full schedule prior to the commencement of the course.

Leader: **Jim Belshaw**
Phone: **0431 611 249**
Frequency: **Every Thursday or Friday (except school holidays)**
Time: **Thursday 11:30am, Friday 9:00am**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **The maximum number of attendees is 24 broken into two groups of 12. Preference will be given to those who started the first course but chose to defer because of COVID or who were on the waitlist for the first course. This**

leaves some vacancies for new members

Incidental Costs: **The only cost to members may be for any costs associated with excursions**

Start Date: **4 February 2021**

Course Leader comment: Depending on the views of members (and necessary volunteers), excursions may be arranged that will illustrate elements of our history.

Enquiries may also be made by email to ndarala@optusnet.com.au.

Course Coordinator Comment: If you would like to participate in the Discussion Group please also enrol in Course 227.

HISTORY: ASPECTS OF BRITISH SOCIAL HISTORY c.1650- c.1850 - CUSTOM AND COMMUNITY 233

In pre-industrial Britain, custom and community shaped the lives of the working population. Using 'history from below', that assertion is examined in ten contexts: farming and land use; labour in the skilled trades; poor relief and charity; censure and protest; forms of recreation; love, sex and marriage; women and work; alternative belief; popular Protestantism; literacy and popular culture. Each session will consist of a lecture followed by a brief consideration of a selection of relevant documents. No previous knowledge is required.

Leader: **David Kent**
Phone: **6772 1764**
Frequency: **Every Wednesday for 7 sessions**
Time: **2.00pm**
Duration: **1½ hours**
Venue: **Masonic Retirement Village**
Vacancies: **These lectures will complete the program interrupted in 2020. Enrolments are therefore restricted to those enrolled in 2020**

Incidental Costs: **Nil**

Start Date: **10 February 2021**

Course Leader comment: enquiries may also be emailed to david-kent@bigpond.com.

INVESTORS' FORUM 200

A discussion group for investors - big and small - looking at different types of investments, including shares, property, fixed income, managed funds, exchange traded funds (ETF), alternatives and any others the group is interested in. Also styles of investing, state of the market and other things of interest will be discussed. The aim is to share knowledge, ideas and tips, so members will be expected to select topics that interest them to talk about, probably one or two each session and be prepared to take questions - even if they don't know all the answers.

Leader: **Pam Walkley**
Phone: **0407 277 453**
Frequency: **First and third Fridays of the month for ten sessions**
Time: **2:30pm**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **Nil**

Start Date: **5 February 2021**

Course Leader comment: This will work only if those who sign up are willing to participate. As a forum, these are not meant to be lectures.

ITALIAN - DO IT YOURSELF 33

Italian conversation and grammar. Members of the group benefit from the knowledge of some of the members who are able to assist with the finer points of the language.

Leader: **Rosemary Livingstone-Thomas**
Phone: **0435 225 756**
Frequency: **Every Friday**
Time: **11:00am**
Duration: **1 hour**
Venue: **Armidale Regional Library**
Vacancies: **There is 1 vacancy**
Incidental Costs: **Nil**
Start Date: **5 February 2021**

KNITTING 135

Members work on their own knitting projects. Experienced knitters may be able to be introduced to further challenges! Beginners are welcome, assistance will be available as needed. If you don't have your own knitting project you are still welcome to join us and knit squares to make rugs for community organisations.

Leader: **Ruth Geary**
Phone: **6772 7346 or 0431 470 391**
Frequency: **Every Monday**
Time: **1:00pm**
Duration: **3 hours**
Venue: **36 Grafton Road**
Vacancies: **There are 2 vacancies**
Incidental Costs: **Members will need to meet the cost of their own materials**
Start Date: **8 February 2021**

Course Leader comment: Please contact the Course Leader prior to enrolment.

MAHJONG 38

Play the ancient game of Mahjong for fun and pleasure in a relaxed, friendly and non-competitive atmosphere. Fellowship and an enjoyable game is the main aim of this group.

Leader: **Helen Garske**
Phone: **6772 4815**
Frequency: **Every Wednesday**
Time: **9:30am**
Duration: **3 hours**
Venue: **To be confirmed**
Vacancies: **Sorry, there are no vacancies at present**
Incidental Costs: **Nil**
Start Date: **3 February 2021**

*** NEW FOR SEMESTER 1, 2021 ***

MANAGING YOUR ENERGY 241

We often wonder where all our energy goes and we can be running on empty without even knowing it. In this great time of change, learning how to manage our energy and our resilience is paramount. Even though our years are seemingly against us, there is no reason to accept limitations as age related. Remembering, you are the one who is in charge of

maintaining the balance but often we have no idea how to do that.

This course is about learning to understand our own energy. We are all individual and often we don't know what gives us energy or what loses us energy. We will explore that and test what works to get flow happening. You will discover your own individual energy building strategies and how to strengthen and guard them well. When you spend your energy well, even conserve some for another time, you will have energy to spare.

This is a six-week course and requires a willingness to embrace new ideas and concepts. Serious business, fun to learn.

Leader: **Barbara Beatson**
Phone: **0478 224 490**
Frequency: **Every Monday for 6 sessions**
Time: **10:00am**
Duration: **1 hour**
Venue: **ASCA House (South Room)**
Vacancies: **There are 7 vacancies**
Incidental Costs: **Nil**
Start Date: **1 February 2021**

MEDITATION: BEGINNING STAGES 231

This Course will include:

- simple postures (asanas) to promote comfortable body position
- simple breathing techniques (pranayama) to promote inner calm
- simple body steadiness (kayasthairyam) to promote inner stillness with awareness, leading to meditation.

Leader: **Saroja Annesley**
Phone: **0401 965 948**
Frequency: **Every Monday**
Time: **4:00pm**
Duration: **45 minutes**
Venue: **ASCA House (East Room)**
Vacancies: **There are 12 vacancies**
Incidental Costs: **Nil**
Start Date: **1 February 2021**

Course Leader comment: Provision will be made for participants to be seated on the floor, on their own meditation stool or on a chair.

***** RETURN OF THIS POPULAR COURSE *****

MUSIC APPRECIATION WITH GRETEL AND JAN 40

Take time off from cares and share with others the joy of listening to music. Six 2-hour concerts of recorded music, mainly classical, with programmes including major works.

Leader: **Gretel Kempster & Jan McKelvey**
Phone: **6772 6531**
Frequency: **Every Friday for six weeks**
Time: **10:00am**
Duration: **2 hours**
Venue: **12 Catherine Street**
Vacancies: **A maximum of 19 can be accommodated**
Incidental Costs: **Nil**
Start Date: **19 February 2021**

PATCHWORK ON WEDNESDAYS 199

Patchwork for all levels, bring your current project, or start a new one. Beginners are welcome and

assistance will be available (however there are no vacancies at present).

Please contact either of the course leaders prior to enrolment.

Leader: **Robyn Curry or Beryl Jordan**
Phone: **Robyn 6772 4700 or Beryl 6775 2134**
Frequency: **Every Wednesday**
Time: **10:00am**
Duration: **3 hours**
Venue: **ASCA House (South Room)**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **All participants will need to supply their own: sewing machine; materials for projects; cottons; scissors, etc.**

Start Date: **13 January 2021**

***** NEW FOR SEMESTER 1, 2021 *****

PHILOSOPHY: THE BIG QUESTIONS 232

This course examines some of the most significant issues of all time - questions which form the foundation of all human existence:

- what is truth?
- what is right/wrong?
- what is real?
- what am I?
- what is God?
- what does it all mean?

While the above questions do not exhaust the possibilities for discussion, they do seem to me to be both important and worthwhile for anyone who cares about living in the 21st Century.

Although many of the topics are challenging we shall be considering them from the point of view of an intelligent layperson. So no previous experience of philosophical methods is necessary, although it is hoped that participants will conclude the course with a better idea of the application of rational thinking to the problems listed.

Leader: **Gary Melville**
Phone: **0432 659 792**
Frequency: **Every Tuesday for six weeks**
Time: **12:30pm**
Duration: **2 hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 12 vacancies**
Incidental Costs: **Nil**
Start Date: **16 February 2021**

PHOTOGRAPHY - DISCUSSION GROUP 242

The discussion group will focus on the results of the prior outdoor project. We will discuss and confirm arrangements for the following week's project.

Leader: **Alan Walsh**
Phone: **6772 5919**
Frequency: **Second and Fourth Mondays of each month**
Time: **1:30pm**
Duration: **2 hours**
Venue: **Masonic Retirement Village**
Vacancies: **Sorry there are no vacancies**
Incidental Costs: **Nil**
Start Date: **8 February 2021**

Course Leader comment: Enquiries may be made by email: alanwalsh1930@gmail.com

PHOTOGRAPHY - OUTDOOR PROJECT 70

Practical picture taking is a feature of the course with discussion of results achieved. There will be a program of projects for the semester.

Leader: **Alan Walsh**
Phone: **6772 5919**
Frequency: **First and third Mondays of each month**
Time: **1:30pm**
Duration: **2 hours**
Venue: **Will vary depending upon the subject of each project**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **Nil**

Start Date: **1 February 2021**

Course Leader comment: Enquiries may be made by email: alanwalsh1930@gmail.com

READING FOR PLEASURE 47

Read, discuss and analyse a wide variety of books with this friendly and informal group. Recently read books include : "My Brilliant Friend" - Elena Ferranti; "The Tortoise in Asia" - Terry Gray; "The Shepherd's Life" - James Rebanks; "Truly, Madly, Guilty" - Liane Moriarty. All are very good reads.

Leader: **Violet Earl**
Phone: **6772 1249**
Frequency: **Last Thursday of each month**
Time: **10:00am**
Duration: **1½ hours**
Venue: **Members' homes**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **Nil**

Start Date: **28 January 2021**

SPANISH FOR BEGINNERS 151

The weekly lesson will consist of a grammar note and associated exercises in translation. As these documents will be sent via email, you will need access to email. The main aim is to have you reading Spanish reasonably well by the end of the course. Unless you put in a lot of work yourself, you won't learn to speak Spanish from this course, but you should be able to read easy texts and get the gist of newspaper articles.

Leader: **Eric Sinclair**
Phone: **0427 416 806**
Frequency: **Every Wednesday**
Time: **3:00pm**
Duration: **1 hour**
Venue: **ASCA House (South Room)**
Vacancies: **There are 5 vacancies**
Incidental Costs: **Prospective students should buy a good Spanish Dictionary (Collins "Spanish Dictionary & Grammar" is recommended - \$15-\$30)**
Start Date: **24 February 2021**

TABLE TENNIS ON TUESDAYS, THURSDAYS AND FRIDAYS 134

Join a friendly group to play table tennis in a relaxed and non-competitive environment. Table tennis is a great way to get some light and regular exercise while enjoying meeting friends who have a similar interest.

Leader: **Glenys Crocker**
Phone: **6772 8335**
Frequency: **Every Tuesday, Thursday and Friday**
Time: **2:00pm**
Duration: **2 hours**
Venue: **ASCA House (South Room)**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **Nil**

Start Date: **9 February 2021**

Course Leader comment: A maximum of 8 enrolments per session applies. Please contact the Course Leader before joining the activity.

TAI CHI WITH JIM SCANLAN - CONTINUING 959

Tai Chi is a traditional Chinese movement art that shares some of its basic principles with other aspects of traditional Chinese culture such as medicine, philosophy and martial arts. Focusing on slow, flowing and relaxed movement, Tai Chi promotes the development of flexibility and stability. It is suitable for adults of all ages.

Leader: **Jim Scanlan**
Phone: **6778 4292**
Frequency: **Every Friday**
Time: **8.30am**
Duration: **1½ hours**
Venue: **Legacy House**
Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **Nil**

Start Date: **12 February 2021**

TUESDAY TALKS 37

Through guest speakers this group will explore personal histories and other interesting topics. Members will reminisce about things that happened in their lives (be they happy or unhappy moments), and learn about interesting organisations and developments in our and other communities.

Leader: **Alan Walsh**
Phone: **6772 5919**
Frequency: **Every Tuesday**
Time: **9:30am**
Duration: **2 hours**
Venue: **To be advised**
Vacancies: **This will depend upon the available venue**

Incidental Costs: **Nil**

Start Date: **2 February 2021**

Course Leader comment: A small group of members share organising this group, but please direct all enquiries to Alan Walsh by phone or email Alanwalsh1930@gmail.com.

Please watch the Newsletter, U3AA website, or the ASCA House noticeboard for dates, speakers and topics.

Course Coordinator comment: All members who wish to attend this activity will need to enrol BUT PLEASE do not enrol unless you intend to come regularly.

WELLNESS

238

Join this four session workshop for learning and discussion about practical and easy ways to 'think good' and 'feel good'. Train yourself to think in more helpful ways, detach from negative thoughts and emotions, engage in positive activities and plenty more. Come to learn new strategies. Pick and choose what suits you best, put it into practice, notice the difference and share with others.

Leader: **Andrea Bolger**
 Phone: **0466 065 632**
 Frequency: **Thursdays for 4 sessions**
 Time: **4:30pm**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 12 vacancies**
 Incidental Costs: **Nil**
 Start Date: **4 March 2021**

YOGA WITH BRON BAKER

964

Yoga is an ancient system of physical exercise that helps you develop strength, flexibility and a sense of well-being. Gentle movement, stretching, lots of laughter, followed by deep relaxation. This is a continuing group.

Leader: **Bron Baker**
 Phone: **0438 658 205**
 Frequency: **Every Thursday (except school holidays)**
 Time: **11:00am**
 Duration: **1½ hours each session**
 Venue: **Masonic Retirement Village**
 Vacancies: **Sorry, there are no vacancies at present**
 Incidental Costs: **Nil**
 Start Date: **4 February 2021**

YOGA WITH CHAIRS WITH BRON BAKER

190

If you are unable to enjoy floor Yoga because of physical limitations then perhaps Yoga with Chairs

could be of benefit. These 1½ hour-long sessions offer a gentle Yoga connection with:

- your body - (through a series of movements aimed at working on your physical body including flexibility, strength, co-ordination, balance, etc.)
- your breath - (breathing techniques to help improve your lung capacity while assisting in body movement, meditation and relaxation). And
- awareness - (a short meditation session to start the class and a slightly longer relaxation session to finish may help to give a well-rounded Yoga class). These classes are offered while participants are seated on chairs and, for a short time, standing.

Leader: **Bron Baker**
 Phone: **0438 658 205**
 Frequency: **Every Tuesday & Friday (except school holidays)**
 Time: **11:00am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 5-Tue; 2-Fri vacancies per session**
 Incidental Costs: **Nil**
 Start Date: **2 February 2021**

YOGA WITH SAROJA ANNESLEY

764

Yoga is an ancient system of physical exercise that helps you develop strength, flexibility and a sense of well-being. Gentle movement, stretching, lots of laughter, followed by deep relaxation.

Leader: **Saroja Annesley**
 Phone: **0401 965 948**
 Frequency: **Every Monday**
 Time: **9:30am**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **Sorry, there are no vacancies at present**
 Incidental Costs: **Nil**
 Start Date: **1 February 2021**

Latest course/activity information including speakers and topics, bushwalk destinations, course/activity updates, relevant COVID-19 information, can be found:

- on noticeboards at ASCA House
- in the bi-monthly newsletters
- on the U3AA website at www.u3aa.org.au

Your name badge should be worn at all U3AA activities. It helps to identify you to the Course Leaders and other members. It also contains emergency contact details should this ever be needed.

VENUE INFORMATION

ARMIDALE REGIONAL LIBRARY

The Armidale Library is located at 2/182 Rusden Street, Armidale. There is limited parking available at the front of the library and plenty of parking in surrounding streets.

ASCA HOUSE

ASCA House is located at 166 Barney Street (the corner of Markham and Barney Streets). The venue provides disabled access and facilities. The U3AA Office is also located at ASCA House.

Parking is available in both Barney and Markham Streets with easy, level access on concrete pathways to the building entrance. Two dedicated disability parking spots are available in Markham Street close to the gateway leading to the ASCA House entrance.

Care is required in crossing the roads in the vicinity of ASCA House – both roads are considered major thoroughfares of Armidale and carry heavy traffic at most times of the day. Please do not park cars across the ASCA House driveway as it is an entry for an emergency and service vehicles and respect local residents' rights to access to their properties.

AUTUMN LODGE CROQUET LAWN

The Autumn Lodge Croquet lawn is located in the grounds of Autumn Lodge with access to the croquet lawn from Butler Street, just north of Donnelly Street. There is plenty of on-street parking available in Butler Street.

LEGACY HOUSE

Legacy House is located in Faulkner Street, opposite the Police Station. Disabled entry is available by prior arrangement with the Course or Activity Leader.

MASONIC RETIREMENT VILLAGE

The retirement village is located on Cookes Road. The entrance is on the right, just north of the intersection with Erskine Street. Activities are held in the Community Hall on your left as you enter.

MEMBERS' HOMES

Some groups meet in members' homes, sometimes at a single location and sometimes rotating from home to home. Check with the course or activity leader regarding locations and parking near these venues, and, disabled entry and facilities, if any.

TAS POOL

TAS (The Armidale School) swimming pool is located within the school grounds on the south-eastern corner of the school buildings near the sports fields and tennis courts.

Limited parking is available in the school grounds (enter from Chapel Street but be aware of children being dropped off by parents) and in the nearby streets.

U3AA OFFICE

The U3AA Office is located in an area at the rear of ASCA House. Entry to the Office is from Markham Street (not through the front doors to ASCA House on Barney Street). See the entry for ASCA House above for more details including disabled access and parking.

T: 6772 2752

E: u3aa@iinet.net.au

W: www.u3aa.org.au

DISCLAIMER

The courses and activities provided by The University of the Third Age Armidale Incorporated (U3AA) are intended only to supply general information to participants and in NO WAY CONSTITUTE PROFESSIONAL ADVICE UPON WHICH THE PARTICIPANTS SHOULD RELY. U3AA, its committee and course and activity leaders will not accept responsibility for any losses suffered by a participant attending a course or activity. Members enrolling in a course or activity are deemed to accept this disclaimer and the limitation of liability of U3AA, its committee, course and activity leaders and other volunteers.

Mondays			
7:45am	Every Monday	Aquastretch on Mondays	TAS Pool
9:00am	Every Monday	Croquet	Autumn Lodge Croquet Lawn
9:30am	Every Monday	Yoga with Saroja Annesley	ASCA House (East Room)
11:00am	Every Monday	Bones and Balance with Franky Elks	Masonic Retirement Village
11:00am	Every Monday	Health Topics — Science and Art of Sleeping Well	ASCA House (East Room)
1:00pm	Every Monday	Cross Stitch and Needlecraft	ASCA House (South Room)
1:00pm	Every Monday	Knitting	36 Grafton Road
1:30pm	First and Third Mondays	Photography — Outdoor Project	To be advised
1:30pm	Second and Fourth Mondays	Photography — Discussion Group	Masonic Retirement Village
4:00pm	Every Monday	Meditation — Beginning Stages	ASCA House (East Room)
Tuesdays			
7:45am	Every Tuesday	Aquarobics	TAS Pool
9:30am	Every Tuesday	Tuesday Talks	To be advised
11:00am	Every Tuesday	Crochet	ASCA House (South Room)
11:00am	Every Tuesday	Yoga with Chairs with Bron	ASCA House (East Room)
12:30pm	Every Tuesday for 6 weeks	Philosophy: The Big Questions	ASCA House (East Room)
2:00pm	Every Tuesday	Table Tennis	ASCA House (South Room)
3:15pm	Second and fourth Tuesdays	History of New England Discussion Group	ASCA House (East Room)
3:15pm	First and Third Tuesdays	History of New England Discussion Group - Advanced	ASCA House (East Room)
Wednesdays			
7:45am	Every Wednesday	AquaStretch on Wednesday	TAS Pool
8:30am	Every Wednesday when needed	Gardening at ASCA	ASCA House (Garden)
9:00am	Every Wednesday	Bones and Balance with Beverley Pitt	ASCA House (East Room)
9:30am	Every Wednesday	Mahjong	To be advised
9:30am	Every Wednesday	Gateball	To be advised
10:00am	Second Wednesday	Book Lovers	To be advised
10:00am	Every Wednesday	Patchwork on Wednesdays	ASCA House (South Room)
2:00pm	Every Wednesday	Classic Movies	ASCA House (East Room)
2:00pm	Every Wednesday for 7 weeks	History: Aspects of British Social History	Masonic Retirement Village
2:00pm	Every Wednesday	Card Making	6 Marsh Street
3:00pm	Every Wednesday	Spanish for Beginners	ASCA House (South Room)
Thursdays			
7:45am	Every Thursday	Aquarobics	TAS Pool
9:00am	Can be every Thursday	Croquet	Autumn Lodge Croquet Lawn
10:00am	Every Thursday	Fit & Balanced with Bev Pitt	ASCA House (East Room)
10:00am	Third Thursday	Book Discussion Group	Members' homes
10:00am	Last Thursday	Companionship in Reading	Members' homes
10:00am	Every Thursday	German Language - Advanced	ASCA House (West Room)
10:00am	Every Thursday for 8 weeks	Classical Music: an Exploration	17 Reginald Ave
10:00am	Last Thursday	Reading for Pleasure	Members' homes
11:00am	Every Thursday	Yoga with Bron Baker	Masonic Retirement Village
11:30am	Every Thursday	History of New England: an Introduction (Lecture series)	ASCA House (East Room)
1:30pm	Every Thursday	Descant Recorder for Beginners	ASCA House (East Room)
2:00pm	Every Thursday	Table Tennis	ASCA House (South Room)
2:30pm	Every Thursday	Descant Recorder - Continuing	ASCA House (East Room)
4:30pm	Every Thursday for 4 weeks	Wellness	ASCA House (East Room)
Fridays			
7:45am	Every Friday	Aquastretch on Friday	TAS Pool
8:30am	Every Friday	Tai Chi - Continuing	Legacy House
9:00am	Second Friday of each odd month	Bushwalking	Visitors Information Centre
10:00am	Every Friday for six weeks	Music Appreciation with Gretel & Jan	12 Catherine Street
11:00am	Every Friday	Yoga with Chairs with Bron Baker	ASCA House East Room
11:00am	Every Friday	Italian - Do it Yourself	Armidale Regional Library
2:00pm	Every Friday	Table Tennis	ASCA House (South Room)
2:30pm	First and Third Fridays	Investors' Forum	ASCA House (East Room)
Saturdays			
9:00am	Second Saturday of each even month	Bushwalking	Visitors Information Centre