



**UNIVERSITY OF THE THIRD AGE
ARMIDALE INCORPORATED**

COURSE AND ACTIVITY BOOKLET

**SEMESTER 1, 2022
JANUARY TO JUNE**

**U3AA OFFICE HOURS
JANUARY TO MID-DECEMBER 9.30AM TO MIDDAY, MONDAY TO WEDNESDAY
CLOSED ON PUBLIC HOLIDAYS**

**REVISION 1
PUBLISHED 13 NOVEMBER 2021**

IMPORTANT - PLEASE READ THIS PAGE CAREFULLY

PAYING THE \$50 ANNUAL MEMBERSHIP FEE PLUS THE \$20 VENUE USE FEE

Payment for these fees may be made in several ways:

- online through MyU3A using the eWAY Payment Gateway
- by card at the U3AA office using the Zeller Terminal (there is a 1.4% surcharge)
- by cash at the U3AA office
- by cheque in the mail with a completed *2022 Membership Renewal and Enrolments* form (See the end of this booklet)
- by online banking to the U3AA bank account:
 - account name: University of the Third Age Armidale Inc (please do not abbreviate the name)
 - BSB: 932 000
 - account number: 100072308
 - reference/description: Member name
 - for Regional Australia Bank customers please use the Regional Australia Bank U3AA Account Number 645377S3.

VENUE USE FEE

The U3AA committee has regretfully identified the financial need to introduce a venue use fee to cover both the cost of using outside venues for some courses and to also help cover the running costs for ASCA house where most of our courses are held. These costs, which include insurance, rates, electricity, water, equipment replacement and general repairs and upgrades continue to rise.

ENROLLING IN COURSES AND ACTIVITIES FOR SEMESTER 1, 2022

Course enrolment may be done by either of these two methods:

1. Using the *2022 Membership Renewal and Enrolments* form included as a cover page for this Booklet:
 - remove the form from the Course Booklet
 - use one form for each member sharing this Booklet
 - enter the course number and course name for each course in which you wish to enrol
 - 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
 - return the form (with your membership payment if you are not already a current 2022 member) to U3AA, PO Box 1440, Armidale 2350, or take it to the U3AA Office at ASCA House.
2. Using MyU3A online:
 - Log into MyU3A www.u3aa.org.au
 - View or download the *MyU3A Membership User Manual* and follow the instructions for Course Enrolment.

ENROLMENT CRITERIA

Enrolments will only be accepted from financial members (i.e., those who have paid the 2022 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 '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.

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.

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.

TOUR TO THE SNOWY MOUNTAINS – 26 FEBRUARY 2022
Course Number #61

Day 1 Saturday 26 February 2022

- 8.40am train from Armidale to Gosford. Group bookings both in 1st and 2nd Class will be made for you at Armidale Station and you will need to go there to pay and collect your tickets. (Those with concessions etc can take advantage of these tickets).
- On arrival at Gosford Station, you will be met by coach and transferred to our hotel – Galaxy Motel Gosford. You will have a dinner voucher included.

Day 2 Sunday 27 February 2022

- Gosford to Jindabyne. Travelling on a 5-star modern coach so you will be safe and comfortable.
- Accommodation for 5 nights at the Jindabyne Hotel – includes all meals and touring.

Day 3 Monday 28 February 2022

- Today we head for the mountains, first stop Thredbo, where you will experience a chair lift ride (if desired) or enjoy a leisurely stroll around this alpine village.
- Bullocks Flat is our next stop for a look at the famous Skitube Alpine Railway with time for morning tea beside the beautiful Thredbo River.
- Then we will take a scenic drive through the mountains via Smiggin Holes and Perisher stopping for lunch at Charlotte Pass, with views of Australia's highest peak, Mt Kosciuszko.

Day 4 Tuesday 1 March 2022

- Begins with a visit to the Snowy Hydro System – built between 1949-1974 – 225 miles of tunnels – an interesting and amazing feat. Snowy 2.0 is an expansion of the Snowy Mountains Hydroelectric Scheme, which was commissioned in 1974. It will become Australia's biggest green energy project and the world's biggest pumped storage plant, upon completion. The plant is being developed by Snowy Hydro with an estimated investment of A\$5.1bn and is expected to be commissioned in 2024.
- You will see the historical side and the fundamentals of how the system works - Adaminaby, Shannons Flat, Eucumbene Dam wall and the Snowy Hydro Discovery Centre.

Day 5 Wednesday 2 March 2022

- A day to take in some of the local attractions that make the Snowy Mountains an all-year round destination eg Snowy Region Visitor Centre, Gaden Trout Hatchery and the Wildbrumby Distillery.
- Back to the hotel for lunch and an afternoon for you to explore Jindabyne at your own pace.

Day 6 Thursday 3 March 2022

- Today is one for the History buffs. We take you to some historical points from the area including Dalgety, Bombala, Nimmitabel, Cooma Gaol. A highlight of the tour is Burnima Homestead built in 1896. The homestead is a complete example of a working Victorian homestead; such an atmosphere is created that once you enter the grounds through the formal carriage way, you step back to 1890. The opulence of the homestead and the tranquillity of the gardens place you in an era long gone.

Day 7 Friday 4 March 2022

- Depart Jindabyne at 8am and return to Gosford late afternoon.
- Overnight Galaxy Motel Gosford including dinner voucher

Day 8 Saturday 5 March 2022

- You will be transferred by coach to Gosford Railway station for your return train to Armidale.

Cost and payment

- Cost will be to \$1195.00 per person with a single supplement of \$170.00 for those requiring a single room at the Gosford accommodation.
- There is no additional cost for those requiring single accommodation on the tour.
- A minimum of 30 people is required for the tour to go ahead. Maximum for the tour is 45 people.
- We may be asked to show confirmation of double vaccination to enter some venues on the tour. Please bring proof with you either as a hard copy or a digital copy on your smartphone.
- A deposit of \$200 per person is required and must be paid by 30 November 2021 along with a completed Booking Form.
- A number of deposits have been held over from the 2021 planned tour but you must re-register with a new Booking Form to confirm your booking. (See the back of this booklet)
- The final payment must be made on or before 25 January 2022.
- Please contact the U3AA office regarding payment options.
- Please contact Glenys Williams (U3AA member) on 0456 368 787 or new313@bigpond.net.au to book the tour.

AQUAROBICS 3

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 Sports Centre Pool**
 Vacancies: **Sorry, there are no vacancies at present**
 Incidental Costs: **\$4.50 pool entry per session payable to TAS Pool unless TAS membership is held.**
 Start Date: **4 January 2022**

AQUASTRETCH ON MONDAY, WEDNESDAY & FRIDAY 4

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 Sports Centre Pool**
 Vacancies: **Sorry, there are no vacancies at present**
 Incidental Costs: **\$4.50 pool entry per session payable to TAS pool unless TAS membership is held. Dumbbells purchased by you.**
 Start Date: **5 January 2022**

ARMCHAIR THEATRE 5

This course looks at a wide variety of plays. Members read and discuss the plays. All plays are read on the spot so no learning of lines is needed!

Leader: **Gordon Cope**
 Phone: **0403 392 531**
 Frequency: **Every Tuesday (except school holidays)**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Armidale Playhouse**
 Vacancies: **There are 40 vacancies**
 Incidental Costs: **Nil**
 Start Date: **1 February 2022**

AUSTRALIAN ABORIGINAL LANGUAGES: AN OVERVIEW 48

This course introduces participants to the general grammars and sounds as used in the traditional languages. As far as we can tell, at about the time of the invasion and disruption when Europeans arrived in Australia, 80% of Australia was covered by languages belonging to one family, Pama-Nyungan, which

had a common ancestor language associated with one of the other language families in the area of Arnhem Land. However, the sound systems of all these language families were very similar throughout the continent and in ways which caused problems for English (or French, German or Portuguese) speakers. More recently even competent linguists (including myself) have missed the best way to interpret patterns in the grammar which differ from their own language.

The course will also introduce patterns in more recently developed 'pidgin' languages which have since become creoles spoken as first language in the north of Australia and in the Torres Strait islands over the last 200 years. Much vocabulary is derived from English; grammar is developed from the underlying original languages.

Leader: **Margaret Sharpe**
 Phone: **0428 668 988**
 Frequency: **Every Wednesday for 10 weeks**
 Time: **10:45am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 25 vacancies**
 Incidental Costs: **Nil**
 Start Date: **2 February 2022**

BOM SITE : EXPLORING AND UNDERSTANDING IT 49

Many of you probably know how to find weather forecasts, weather conditions and the rain radar on the internet. There is, predictably, much, much more information available. These two workshops will delve into many of the more useful and/or interesting web pages and will endeavour to provide a basic understanding of weather systems, including tornadoes, where appropriate. Apart from touching briefly on forecasts, conditions and radar, the two sessions will cover interactive weather maps, briefly explain the basics of synoptic charts, open the doors on the useful tools of rainfall and river conditions, uncover historical rainfall, cyclone and tornado data as well as other items. There will also be some objective discussion regarding the impact of the changing carbon dioxide levels. Participants are encouraged to bring their own computers or smartphones and bookmark convenient pages.

Leader: **Roger Epps**
 Phone: **0419 244 885**
 Frequency: **Thursday for 2 sessions**
 Time: **11.45am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 10 vacancies**
 Incidental Costs: **Nil**
 Start Date: **3 February 2022**

BONES AND BALANCE WITH BEV PITT 6

Gentle arm and leg exercises involving balance, strength and stretch to improve general fitness and mobility. Chairs are used for some parts of the lesson time, and always available if needed. Hand weights, and playground balls are used as aids to develop strength and dexterity.

Leader: **Bev Pitt**
 Phone: **0402 078 065**
 Frequency: **Every Wednesday**
 Time: **9:00am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**

Vacancies: **There are 4 vacancies**
 Incidental Costs: **The only cost to members is the purchase of a set of hand weights**
 Start Date: **12 January 2022**

BONES AND BALANCE WITH ROBIE SINGLE 7

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: **Robie Single**
 Phone: **6772 9089 or 0439 889 089**
 Frequency: **Every Monday (except school holidays)**
 Time: **11:00am**
 Duration: **45 minutes**
 Venue: **Masonic Retirement Village**
 Vacancies: **There are 10 vacancies**
 Incidental Costs: **The only cost to members is the purchase of a set of hand weights**
 Start Date: **7 February 2022**

BONES AND BALANCE WITH HEATHER VOSKUYL 9

This course follows the program that Bev Pitt created. Many thanks for your generosity Bev! To avoid repetition I will start in the middle of Bev's program cycle. Gentle arm and leg exercises, with weights, strengthens bones and improves balance. Regular practice of these exercises improves your flexibility and range of movement. If you have hand weights or a resistance band, bring it along.

Leader: **Heather Voskuyl**
 Phone: **0421 338 194 or 6772 6848**
 Frequency: **Every Tuesday**
 Time: **1:30pm**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 4 vacancies**
 Incidental Costs: **Nil**
 Start Date: **1 February 2022**

BOOK DISCUSSION GROUP 11

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: **Private residence**
 Vacancies: **There are 2 vacancies**
 Incidental Costs: **The only cost to members is the purchase of books from time to time**
 Start Date: **20 January 2022**

BOOK LOVERS 12

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: **1½ hours**
 Venue: **Private residence**
 Vacancies: **Sorry, there are no vacancies at present**
 Incidental Costs: **Nil**
 Start Date: **9 February 2022**

BUSHWALKING 13

Walks are usually five to eight kilometres and are easy or moderate, as rated by National Parks Standards. A reasonable level of fitness is required. Destinations include National Parks, TSRs, and private properties. One "Away Trip" is scheduled each semester. Information about forthcoming walks is sent by email to group members approx. 10 days in advance. Walkers are expected to follow the basic safety rules of the group. Please, only enrol if you are fully vaccinated against COVID-19 and 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: **12 February 2022**

CARD MAKING 14

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: **0458 781 166**
 Frequency: **Every Wednesday**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **Private residence**
 Vacancies: **There are 2 vacancies**
 Incidental Costs: **The only cost to members is \$5.00 for card making materials supplied**
 Start Date: **2 February 2022**

CLASSIC MOVIES 15

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 AM**
 Phone: **0418 419 684**
 Frequency: **Every Wednesday for ten weeks (except school holidays)**
 Time: **2:00pm**
 Duration: **2 to 3 hours**
 Venue: **ASCA House (East room)**
 Vacancies: **There are 7 vacancies**
 Incidental Costs: **Nil**
 Start Date: **16 February 2022**

CLASSICAL MUSIC: AN EXPLORATION 56

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 eight weeks**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Private residence**
 Vacancies: **There are 2 vacancies**
 Incidental Costs: **Nil**
 Start Date: **28 April 2022**

COMPANIONSHIP IN READING 17

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**
 Time: **10:00am**
 Duration: **1½ to 2 hours**
 Venue: **Armidale Ex-Services Memorial Club**
 Vacancies: **Sorry, there are no vacancies at present**
 Incidental Costs: **Nil**
 Start Date: **27 January 2022**

CROCHET (BEGINNERS) 57

Learn a new craft and meet new people.

Leader: **Maggie Smith**
 Phone: **0401 983 242**
 Frequency: **Every Tuesday**
 Time: **10:00am**
 Duration: **1½ hours**
 Venue: **ASCA House (South Room)**
 Vacancies: **There are 4 vacancies**
 Incidental Costs: **The only cost to members is for their own materials**
 Start Date: **1 February 2022**

CROCHET (CONTINUING) 58

Crochet for those with some experience – 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: **0401 983 242**
 Frequency: **Every Tuesday**
 Time: **11:00am**
 Duration: **2½ hours**
 Venue: **ASCA House (South Room)**
 Vacancies: **There are 4 vacancies**
 Incidental Costs: **The only cost to members is for their own materials**
 Start Date: **1 February 2022**

CROQUET 18

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.

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.

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 2 vacancies**
 Incidental Costs: **\$2.00 Green Fee per game**
 Start Date: **6 January 2022**

CROSS STITCH AND NEEDLEWORK 20

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: **There are 3 vacancies**
 Incidental Costs: **Personal craft costs only**
 Start Date: **7 February 2022**

DESCANT RECORDER - CONTINUING 21

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.

Please 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.

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: **Cost to members is the purchase of a Descant Recorder if they do not have one; an A4 folder with plastic inserts; "Sweet Pipes" recorder (Book 2) approx. \$22 by Barakoff and Hettrick, available from Orpheus Music (www.orpheusmusic.com.au)**
 Start Date: **10 February 2022**

DESCANT RECORDER FOR BEGINNERS 22

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!

If the telephone is not answered please email Laurie at l.pulley@antmail.com.au

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 6 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: **10 February 2022**

FIT AND BALANCED WITH BEV PITT **24**

Gentle arm and leg exercises involving balance, strength and stretch to improve general fitness and mobility. Chairs are used for some parts of the lesson time, and always available if needed. Resistance bands and playground balls are used as aids to develop strength and dexterity.

Leader: **Bev Pitt**
 Phone: **0402 078 065**
 Frequency: **Every Thursday**
 Time: **10:00am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 4 vacancies**
 Incidental Costs: **Members will need to purchase Resistance Bands from the Course Leader**
 Start Date: **13 January 2022**

GARDENING **25**

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 whenever it suits them. Members who cannot attend regularly are still very welcome. 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.

Leader: **Ros Busby**
 Phone: **0413 460 159**
 Frequency: **Every Wednesday**
 Time: **8:30am**
 Duration: **1 hour**
 Venue: **ASCA House (Garden)**
 Vacancies: **There are 5 vacancies**
 Incidental Costs: **Nil**
 Start Date: **12 January 2022**

GATEBALL **26**

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

Leader: **Claus Jehne**
 Phone: **6772 8930**
 Frequency: **Every Wednesday**
 Time: **10:00am**
 Duration: **1½ hours**
 Venue: **Autumn Lodge**
 Vacancies: **There are 5 vacancies**
 Incidental Costs: **Nil**
 Start Date: **2 February 2022**

GERMAN LANGUAGE ADVANCED **27**

This is a German language course for those who have completed six years of high school German or the equivalent. Course notes will be supplied to participants by email.

Leader: **Michael Gordon**
 Phone: **0407 689 964**
 Frequency: **Every Thursday**
 Time: **10:00am**
 Duration: **1 hour**
 Venue: **ASCA House (West Room)**
 Vacancies: **There are 5 vacancies**
 Incidental Costs: **Nil**
 Start Date: **17 February 2022**

GREAT IDEAS & SCIENTISTS THAT CHANGED THE WORLD **50**

Science has influenced society in dramatic ways over hundreds of years. This course looks at some of the key ideas and people that were particularly influential in changing our lives and our view of the world.

Leader: **Colin Sholl**
 Phone: **0458 483 315**
 Frequency: **Fourth Mondays of the month**
 Time: **2 pm**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 60 vacancies**
 Incidental Costs: **Nil**
 Start Date: **28 February 2022**

GUT HEALTH & NUTRITION **51**

An in-depth discussion about having a happy and healthy digestive system. New knowledge about the gut as our second brain, its structure and the contributions that we and its inhabitants can make to our health, well-being and happiness. The course will include the role that nutrition plays in gut health.

Notes of weekly discussion will be supplied, preferably by email.

Leader: **Claus Jehne**
 Phone: **6772 8930**
 Frequency: **Every Thursday for 15 weeks**
 Time: **11:45am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 25 vacancies**
 Incidental Costs: **Nil**
 Start Date: **17 February 2022**

INVESTOR FORUM **29**

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.

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

Leader: **Pam Walkley**

Phone: **0407 277 453**
 Frequency: **First and third Fridays of each month (except school holidays)**
 Time: **2:30pm**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 5 vacancies**
 Incidental Costs: **Nil**
 Start Date: **4 February 2022**

ITALIAN - DO IT YOURSELF 30

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: **11 February 2022**

MAHJONG 59

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: **Maureen Lauder**
 Phone: **0414 451 824**
 Frequency: **Every Wednesday**
 Time: **9:30am**
 Duration: **3 hours**
 Venue: **Armidale Golf Club**
 Vacancies: **There are 4 vacancies**
 Incidental Costs: **Nil**
 Start Date: **5 January 2022**

MUSIC APPRECIATION WITH GRETEL & JAN 34

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: **0493 137 402** **0484 333 214**
 Frequency: **Every Friday for six weeks**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Private residence**
 Vacancies: **There are 4 vacancies**
 Incidental Costs: **Nil**
 Start Date: **18 February 2022**

PATCHWORK ON WEDNESDAY 35

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: **0431 593 114 or 6775 2134**
 Frequency: **Every Wednesday**
 Time: **9:00am**
 Duration: **3½ hours**
 Venue: **ASCA House (South Room)**
 Vacancies: **Sorry, there are no vacancies at present**

Incidental Costs: **All participants need to supply their own: sewing machine; materials for projects; cottons; scissors, etc**
 Start Date: **19 January 2022**

PHOTOGRAPHY - DISCUSSION GROUP 36

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: **Bryan Scott**
 Phone: **0439 301 609**
 Frequency: **First and third Mondays of each month**
 Time: **1:30pm**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 5 vacancies**
 Incidental Costs: **Nil**
 Start Date: **7 February 2022**

PLAY 500 37

The current group who play this popular social game are knowledgeable about the game and are ready to get into play at the 9.30am start time. Traditionally a four-handed game, numbers attending vary from week to week so five-handed and six-handed versions are played to accommodate those who turn up.

Leader: **Margaret Marrum**
 Phone: **0423 372 504**
 Frequency: **Every Friday**
 Time: **9:30am**
 Duration: **2½ hours**
 Venue: **ASCA House (South Room)**
 Vacancies: **There are 5 vacancies**
 Incidental Costs: **Nil**
 Start Date: **4 February 2022**

SCRABBLE 39

Play the popular game of Scrabble for fun and pleasure in a relaxed, friendly and non-competitive atmosphere. Fellowship and an enjoyable game is the main aim of this group. Word lists, a scrabble dictionary, and other aids are available and used by the group. Beginners are welcome to join the group.

Leader: **Kathy Waters**
 Phone: **0478 743 717**
 Frequency: **Every Thursday**
 Time: **1:30pm**
 Duration: **2½ hours**
 Venue: **ASCA House (West Room)**
 Vacancies: **There is 1 vacancy**
 Incidental Costs: **Nil**
 Start Date: **13 January 2022**

SPANISH FOR BEGINNERS 40

A fast moving course, which aims 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. **You will need email!** A grammar lesson will be emailed each week, and additional material will be presented at the class. This will be a full year course with semester 2 building on semester 1. It won't be practical to start in semester 2.

Leader: **Eric Sinclair**

Phone: **0427 416 806**
 Frequency: **Every Wednesday**
 Time: **3:00pm**
 Duration: **1 hour**
 Venue: **ASCA House (South Room)**
 Vacancies: **There are 7 vacancies**
 Incidental Costs: **Prospective students should buy a good Spanish Dictionary (Collins "Spanish Dictionary & Grammar" is recommended - \$15-\$30)**
 Start Date: **23 February 2022**

TABLE TENNIS ON FRIDAYS 60

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: **Fiona McCarthy**
 Phone: **0422 414 100**
 Frequency: **Every Friday**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Vacancies: **There are 2 vacancies**
 Incidental Costs: **Nil**
 Start Date: **4 February 2022**

TABLE TENNIS ON THURSAYS 53

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: **Fiona McCarthy**
 Phone: **0422 414 100**
 Frequency: **Every Thursday**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Vacancies: **Sorry, there are no vacancies at present**
 Incidental Costs: **Nil**
 Start Date: **3 February 2022**

TABLE TENNIS ON TUESDAYS 55

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: **Walter Heiniger**
 Phone: **0488 752 181**
 Frequency: **Every Tuesday**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Vacancies: **There are 2 vacancies**
 Incidental Costs: **Nil**
 Start Date: **1 February 2022**

TAI CHI WITH JIM SCANLAN - CONTINUING 54

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: **28 January 2022**

TOUR TO SNOWY MOUNTAINS 62

Please refer to page 3 of this booklet for details of itinerary, cost and payment required. A Booking Form is reproduced at the back of this Handbook for your convenience.

Leader: **Glenys Williams**
 Phone: **0456 368 787**
 Vacancies: **There are 30 vacancies**
 Tour Cost: **\$1,195 - \$1,365 per person**
 Start Date: **26 February 2022**

TUESDAY TALKS 43

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: **Laurie Pulley or Roger Epps**
 Phone: **6772 1124 or 6772 4203**
 Frequency: **Every Tuesday**
 Time: **9:30am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 10 vacancies**
 Incidental Costs: **Nil**
 Start Date: **8 February 2022**

YOGA WITH BRON BAKER 44

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**
 Venue: **Masonic Retirement Village**
 Vacancies: **Sorry, there are no vacancies at present**
 Incidental Costs: **Nil**
 Start Date: **3 February 2022**

YOGA WITH CHAIRS WITH BRON (TUESDAY) 45

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 (except school holidays)**
 Time: **11:15am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 2 vacancies**
 Incidental Costs: **Nil**
 Start Date: **1 February 2022**

Start Date: **7 February 2022**

YOGA WITH CHAIRS WITH BRON (FRIDAY) 46

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 Friday (except school holidays)**
 Time: **11:00am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 2 vacancies**
 Incidental Costs: **Nil**
 Start Date: **4 February 2022**

YOGA WITH SAROJA (MORNING) 47

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 (except school holidays)**
 Time: **9:00am**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There is 1 vacancy**
 Incidental Costs: **Nil**
 Start Date: **7 February 2022**

YOGA WITH SAROJA (AFTERNOON) 52

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 (except school holidays)**
 Time: **4pm**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Vacancies: **There are 6 vacancies**
 Incidental Costs: **Nil**

VENUE INFORMATION

ARMIDALE EX-SERVICES MEMORIAL CLUB

The Armidale Ex-Services Club is located at 137 Dumaresq Street, Armidale. There is plenty of parking available at the venue. Enter the car park from Dangar Street.

ARMIDALE GOLF CLUB

The Armidale Golf Club is located on Golf Links Rd off Bundara Road, Armidale. There is plenty of parking available at the venue.

ARMIDALE PLAYHOUSE

Armidale Playhouse is located at 309-313 Beardy Street (intersection of Beardy and Ohio Streets), Armidale. There is plenty of parking in surrounding streets.

ARMIDALE REGIONAL LIBRARY

The Armidale Regional 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.

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: (02) 6772 2752 E: u3aa@iinet.net.au W: www.u3aa.org.au

Please do not park cars across the ASCA House driveway as it is an entry for any 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, Armidale. 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.

PRIVATE RESIDENCE

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 SPORTS CENTRE POOL

TAS (The Armidale School) Sports Centre 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.

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.

UNIVERSITY OF THE THIRD AGE ARMIDALE INC SEMESTER 1, 2022			TIMETABLE
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 (Morning)	ASCA House (East Room)
11:00am	Every Monday	Bones and Balance with Robie Single	ASCA House (East Room)
1:00pm	Every Monday	Cross Stitch and Needlecraft	ASCA House (South Room)
1:30pm	First and third Mondays	Photography – Discussion Group	ASCA House (East Room)
2:00pm	Fourth Monday of each montj	Great Ideas & Scientists that Changed the World	ASCA House (East Room)
4:00pm	Every Monday	Yoga with Saroja Annesley (Afternoon)	ASCA House (East Room)
Tuesdays			
7:45am	Every Tuesday	Aquarobics	TAS Pool
9:30am	Every Tuesday	Tuesday Talks	ASCA House (East Room)
10:00am	Every Tuesday	Armchair Theatre	Armidale Playhouse
10:00am	Every Tuesday	Crochet (Beginners)	ASCA House (South Room)
11:00am	Every Tuesday	Crochet (Continuing)	ASCA House (South Room)
11:00am	Every Tuesday	Yoga with Chairs with Bron	ASCA House (East Room)
1:30pm	Every Tuesday	Bones and Balance with Heather Voskuyl	ASCA House (East Room)
2:00pm	Every Tuesday	Table Tennis	ASCA House (South 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)
9:00am	Every Wednesday	Patchwork on Wednesdays	ASCA House (South Room)
9:30am	Every Wednesday	Mahjong	Armidale Golf Club
10:00am	Every Wednesday	Gateball	Autumn Lodge
10:00am	Second Wednesday	Book Lovers	Private residence
10.45am	Every Wednesday	Australian Aboriginal Languages: an Overview	ASCA House (East Room)
2:00pm	Every Wednesday for 10 weeks	Classic Movies	ASCA House (East Room)
2:00pm	Every Wednesday	Card Making	Private residence
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	Private residence
10:00am	Last Thursday	Companionship in Reading	Armidale Ex-Services Memorial Club
10:00am	Every Thursday	German Language - Advanced	ASCA House (West Room)
10:00am	Every Thursday for 8 weeks	Classical Music: an Exploration	Private residence
11:00am	Every Thursday	Yoga with Bron Baker	Masonic Retirement Village
11.45am	Thursday for 2 sessions	BoM Site: Exploring and Understanding it	ASCA House (East Room)
11.45am	Every Thursday for 10 weeks	Gut Health & Nutrition	ASCA House (East Room)
1:30pm	Every Thursday	Descant Recorder for Beginners	ASCA House (East Room)
1:30pm	Every Thursday	Scrabble	ASCA House (West Room)
2:00pm	Every Thursday	Table Tennis	ASCA House (South Room)
2:30pm	Every Thursday	Descant Recorder - Continuing	ASCA House (East Room)
Fridays			
7:45am	Every Friday	Aquastretch on Friday	TAS Pool
8:30am	Every Friday	Tai Chi with Jim Scanlan - Continuing	Legacy House
9:00am	Second Friday of each odd month	Bushwalking	Visitors Information Centre
9:30am	Every Friday	Play 500	ASCA House (South Room)
10:00am	Every Friday for six weeks	Music Appreciation with Gretel and Jan	Private residence
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 Friday of each odd month Second Saturday of each even month	Bushwalking	Visitors Information Centre

UNIVERSITY OF THE THIRD AGE ARMIDALE INC

TOUR BOOKING FORM 2022 SEMESTER 1

All U3AA members travelling on this Tour are required to complete and sign this form

TOUR NAME: Tour to Snowy Mountains (# 61)

TOUR LEADER: Glenys Williams, mobile: 0456 368 787 email : new313@bigpond.net.au

TOUR COST: \$1,195.00 per person for twin/double share including twin/double share at Gosford Motel.

Gosford Motel: if you need a single room, an additional \$170 single supplement will apply so total tour cost will be \$1,365. Jindabyne accommodation has no additional cost for a single room.

Deposit per person must be paid on or before 30 November 2021.

Balance must be paid in full on or before 25 January 2022.

DEPARTURE DATE: Saturday 26 February 2022 **RETURN DATE:** Saturday 5 March 2022

ROOM TYPE: PLEASE TICK:

Single room Twin room (2 people, 2 beds) Double room (2 people, 1 bed)

Passenger 1	Passenger 2
Title :___ First name _____ Surname: _____ Preferred first name on Tour: _____ U3AA Member number: _____ Date of birth _____ Mobile : _____ Tel: _____ Email: _____	Title :___ First name _____ Surname: _____ Preferred first name on Tour: _____ U3AA Member number: _____ Date of birth _____ Mobile: _____ Tel: _____ Email: _____
IF YOU WISH TO SHARE WITH A U3AA FRIEND PLEASE ADVISE THEIR: First name _____ Surname _____	
EMERGENCY CONTACT(S) Name: _____ Relationship: _____ Tel: _____ Mobile: _____ Name: _____ Relationship: _____ Tel: _____ Mobile: _____	EMERGENCY CONTACT(S) Name: _____ Relationship: _____ Tel: _____ Mobile: _____ Name: _____ Relationship: _____ Tel: _____ Mobile: _____
MEDICAL INFORMATION Medicare number: _____ Local Doctor name: _____ Local Doctor telephone: _____ Any medical conditions you feel the Tour Leader should be made aware of?: _____ _____ _____	MEDICAL INFORMATION Medicare number: _____ Local Doctor name: _____ Local Doctor telephone: _____ Any medical conditions you feel the Tour Leader should be made aware of?: _____ _____ _____
DIETARY REQUIREMENTS _____ _____	DIETARY REQUIREMENTS _____ _____

TRAVEL INSURANCE DETAILS (if obtained) _____ _____	TRAVEL INSURANCE DETAILS (if obtained) _____ _____		
TRAVEL INSURANCE IS NOT INCLUDED IN YOUR PACKAGE Once you have paid for the Tour that amount becomes non-refundable as at that time all accommodation and other arrangements will need to be prepaid to operators. Travel insurance is available through a travel agent or online. Please contact your Tour Leader if you require further information.			
SIGNED PASSENGER 1 The booking form must be signed. _____ DATE ____/____/202__	SIGNED PASSENGER 2 The booking form must be signed. _____ DATE ____/____/202__		
AMOUNT PAID PER PERSON : \$200 deposit + \$,995 (\$1,165 Single Supplement) balance = \$1,1950 OR \$1,365 TOTAL			
\$200 deposit for Single <input type="checkbox"/> or \$400 deposit for Couple <input type="checkbox"/> Date paid ____/11/2021	\$ 995 balance for Single <input type="checkbox"/> or \$1,165 Single Supplement <input type="checkbox"/> or \$1,990 Couple <input type="checkbox"/> Date paid ____/01/2022	Please wear your U3AA name badge at all times	
PLEASE TICK YOUR PAYMENT METHOD BELOW: (U3AA Office is open Monday to Wednesday 9.30am to midday)			
1. In person by credit/debit card at the U3AA Office There is a 1.4% surcharge if you pay by credit/debit card at the U3AA Office	<input type="checkbox"/>		
2. In person by cheque or cash at the U3AA Office If paying by bank/personal cheque please make it payable to: <i>University of the Third Age Armidale Inc</i>	<input type="checkbox"/>		
3. In person to the Regional Australia Bank, corner of Rusden and Dangar Streets, Armidale. Account name: <i>University of the Third Age Armidale U3AA Special Projects Account</i> Account number : 645377S9.1	<input type="checkbox"/>		
4. Online Account name: <i>University of the Third Age Armidale Inc</i> BSB : 932 000 Account number : 100230697 For Regional Australia Bank customers paying online, please use the Regional Australia Bank U3AA Account Number : 645377S9.1	<input type="checkbox"/>		
5. MyU3A online: Log into MyU3A www.u3aa.org.au View or download the <i>MyU3A Membership User Manual</i> and follow the instructions for Course Enrolment.	<input type="checkbox"/>		
OFFICE USE ONLY FOR CASH OR CHEQUE PAYMENTS			
Member Number ____-____-____-____	Receipt Number ____-____-____-____ ____	Amount Paid \$ Cheque <input type="checkbox"/>	Initials Cash <input type="checkbox"/>

Office use only		
Member Number	Payment method	Cash receipt #
1 ___-___-___	ZLR <input type="checkbox"/> CASH <input type="checkbox"/> CHEQUE <input type="checkbox"/>	___/___/202___
		Initials

2022 MEMBERSHIP RENEWAL AND ENROLMENTS

I hereby apply to renew my membership of University of the Third Age Armidale Incorporated for 2022.

If paying by credit card, cheque, or cash, please return this form, together with the total amount owing for membership and enrolments, to the U3AA Office, either:

- by mail to PO Box 1440, Armidale NSW 2350, or
- in person to U3AA Office, 166 Barney Street, Armidale NSW 2350

If your address, telephone number or email has recently changed please record the changes below.

Given names _____

Family name _____

Address _____

Telephone _____ Mobile _____

Email _____

DOB ___/___/___ (statistical purposes only)

Emergency contact details

Name: _____

Telephone _____ Mobile _____

Name: _____

Telephone _____ Mobile _____

P.T.O

Office use only		
Member Number	Payment method	Cash receipt #
1 ___-___-___	ZLR <input type="checkbox"/> CASH <input type="checkbox"/> CHEQUE <input type="checkbox"/>	___/___/202___
		Initials

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DOB ___/___/___ (statistical purposes only)

Emergency contact details

Name: _____

Telephone _____ Mobile _____

Name: _____

Telephone _____ Mobile _____

P.T.O

