

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: **6772 6303**
Frequency: **Monday, Tuesday, Thursday & Friday mornings (except Public Holidays)**
Time: **7:45am**
Duration: **45 minutes**
Venue: **TAS Pool**
Vacancies: **There are 10 vacancies at present**
Costs: **There will be a "one-off" donation of \$5.00 towards the purchase of pool noodles from each participant. Also the per session cost of \$4.50 paid to TAS Pool on each attendance, unless TAS membership is held**

Start Date: **8 January 2018**

Course Leader comment: Members may attend any one or more of the Aquarobics sessions.

Course Coordinator comment: Latecomers please phone Kay to check on vacancies.

AQUASTRETCH ON WEDNESDAY [184]

With its emphasis on slow stretching and control of the core muscles AquaStretch combines the best of aquarobics and pilates, benefitting body, mind and spirit. It's about sharing activities that make us feel good no matter our age or the state of our bodies. We work at our own pace but there's also a lot of camaraderie which many find very uplifting.

Leader: **Penny Nicholson**
Phone: **0408 272 011**
Frequency: **Every Wednesday (except public holidays)**
Time: **7:45am**
Duration: **45 minutes**
Venue: **TAS Pool**
Vacancies: **A maximum of 25 participants can be accommodated in each session**
Costs: **\$4.50 pool entry per session payable to TAS pool on each attendance unless TAS membership is held**

Start Date: **3 January 2018**

ARMCHAIR THEATRE [86]

There is no need to learn lines - all plays are read on the spot. Starting with light comedies and murder mysteries and maybe moving on to something more serious after consultation with the group.

Leader: **Alanna Mason**
Phone: **0488 713 981**
Frequency: **Every Tuesday (except school holidays)**
Time: **10:00am**
Duration: **2 hours**

Venue: **Racecourse**
Vacancies: **There are 10 vacancies**
Costs: **\$1.00 each week to help cover the cost of photocopying, payable to the Course Leader**
Start Date: **6 February 2018**

Course Coordinator comment: Wheelchair access is in place at the Racecourse

ASCA FRIDAY ACTIVITIES [81]

A day spent at ASCA House continuing the activities previously enjoyed under the banner of Armidale Senior Citizens Association and now provided by U3AA. The activities include morning tea and lunch and activities such as a raffle, cards and other games and an occasional movie.

Leader: **Diane Cherry**
Phone: **6772 7726**
Frequency: **Every Friday, February to December (except Good Friday)**

Time: **9:30am**
Duration: **4½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are several vacancies at present**
Costs: **\$7.00-\$8.00 per week to cover the cost of morning tea and lunch, payable to the Course Leader on each attendance**

Start Date: **2 February 2018**

Course Leader comment: There is plenty of space available and anyone can come along and see what is on offer with no obligations - but first please book your place by calling Diane.

***** NEW FOR SEMESTER 1, 2018 *****

ASTRONOMY [204]

An introduction to Astronomy including topics such as: historical astronomy; the solar system; objects in the universe; what we see in the night sky; cosmology.

Leader: **Colin Sholl**
Phone: **6772 5208**
Frequency: **Every Tuesday for 6 weeks**
Time: **3.30pm**
Duration: **1 hour**
Venue: **ASCA House (East Room)**
Vacancies: **There are 50 vacancies**
Costs: **No additional costs apply**
Start Date: **13 March 2018**

ATHENA BOOK GROUP [191]

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

Leader: **Junette Barbato**
Phone: **6775 2174**
Frequency: **First Monday in the month**
Time: **2:00pm**
Duration: **1½ - 2 hours**
Venue: **Members' homes**
Vacancies: **Sorry, there are no vacancies at present**
Costs: **No cost for this course except purchase of books**

Start Date: **5 February 2018**

Course Leader comment: Anyone wishing to enrol for this course must contact leader prior to enrolment.

BIRDWATCHING [8]

Join this friendly and informal group to watch birds in flight and nesting and to learn about their habitats. Partake in some gentle walking exercise whilst looking for common and rarer birds in and around Armidale. This is a "come whenever you can" activity and does not require your rigid attendance. Bring your binoculars, field guide and some morning tea and enjoy the company.

Leader: **Shirley Cook**
Phone: **6772 7262**
Frequency: **Second Friday of each month**
Time: **9:00am**
Duration: **2 to 2½ hours**
Venue: **Meet at the Visitor Information Centre car park**
Vacancies: **No limit to the number who can enjoy this activity**
Costs: **No additional costs apply**
Start Date: **9 February 2018**

Course Leader comment: New people interested in birdwatching are always warmly welcomed.

BONES AND BALANCE WITH BEVERLEY 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: **Beverley Pitt**
Phone: **6772 4544**
Frequency: **Every Wednesday**
Time: **9:00am**
Duration: **1¼ hours**
Venue: **ASCA House (East Room)**
Vacancies: **Sorry, there are no vacancies at present**
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: **24 January 2018**

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: **ASCA House (East Room)**
Vacancies: **There are 8 vacancies at present**

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: **12 February 2018**

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**
Costs: **The only cost to members is the purchase of books from time to time**
Start Date: **18 January 2018**

Course Leader comment: Latecomers, please phone Jean to check on vacancies before joining this group.

BOOK LOVERS [11]

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

Leader: **Christine Horn**
Phone: **6775 1003**
Frequency: **Second Wednesday of each month**
Time: **10:00am**
Duration: **1 hour**
Venue: **Members' homes**
Vacancies: **There are 2 vacancies at present**
Costs: **No additional costs apply**
Start Date: **14 February 2018**

*** NEW FOR SEMESTER 1, 2018 ***

BREAD & SWEET & SAVOURY BAKING [205]

Learn to make different varieties of bread and a variety of dampers, scones, muffins and slices.

Leader: **Lloyd Smith**
Phone: **02 5777 7184**
Frequency: **First and third Mondays each month**
Time: **11:00am**
Duration: **5 hours**
Venue: **ASCA House (kitchen)**
Vacancies: **There are 5 vacancies at present**
Costs: **Cost of ingredients only**
Start Date: **15 January 2018**

Course Leader comment: Participants should bring their lunch with them.

BUSHWALKING [12]

Walks are usually 5 to 8 km and are easy or moderate, never hard (as rated by National Park Standards). Chosen destinations include National Parks Estates, Travelling Stock Reserves, private properties, etc. One trip away is planned for Semester 1. Information

about forthcoming walks is usually posted on the U3AA noticeboards and webpage and also sent by email to those with this facility. Members should wear clothing and footwear appropriate for outdoor activities in the area and location of the walk and should bring a hat, sunscreen, and any needed medication. Members should also bring sufficient liquids and snacks as well for longer excursions.

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 15 vacancies at present**
Costs: **Additional costs may apply on some
occasions and on extended trips**
Start Date: **10 February 2018**

Course Leader comment: Please direct all enquiries to Angus or Sue. Check your emails or ASCA House Noticeboards for times and destinations. First Semester enrolments close on 28 February 2018.

Course Coordinator comment: All members intending to participate in this activity in Semester 1, 2018 will need to enrol. Current walkers please note: please only enrol in this activity if you intend to be a regular walker.

CARD MAKING [141]

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

Leader: **Lyn Ruthberg**
Phone: **6772 6160**
Frequency: **Every Wednesday**
Time: **2:00pm**
Duration: **2 hours**
Venue: **6 Marsh Street**
Vacancies: **There are three vacancies at present**
Costs: **The only cost to members is \$5.00 for card
making materials supplied**
Start Date: **7 February 2018**

CARDS FOR FUN [66]

Join a relaxed and enthusiastic group playing cards in a social environment for fun, while learning and playing a range of card and other games. Don't forget to bring a simple lunch.

Leader: **Ellen Pinnington**
Phone: **6772 8660**
Frequency: **Every Tuesday**
Time: **12:00pm**
Duration: **3 hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 8 vacancies at present**
Costs: **No additional costs apply**
Start Date: **9 January 2018**

Course Leader comment: Latecomers please phone Ellen to check on vacancies before attending this group.

CHESS [15]

Play the age-old middle-eastern game of chess, which can be traced back to seventh century India. Current rules date from about the 1600s. All skill levels are catered for, from beginners, with tuition and guidance available in friendly and supportive company, to chess masters wishing to hone their competitive skills.

Leader: **Brian Neville**
Phone: **6771 5987**
Frequency: **Every Thursday**
Time: **2:00pm**
Duration: **2 hours**
Venue: **SunnyCove**
Vacancies: **There are 3 vacancies at present**
Costs: **No additional costs apply**
Start Date: **4 January 2018**

Course Leader comment: The chess group works well in pleasant surroundings. We would love to have some more members join the group.

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**
Time: **10:00am**
Duration: **1½ to 2 hours**
Venue: **ASCA House (South Room)**
Vacancies: **Sorry, there are no vacancies at present.**
Costs: **No additional costs apply**
Start Date: **22 February 2018**

COMPUTER COACHING - ONE TO ONE HELP [198]

One to one assistance will be offered to help you with the topic/s that you identify as an area of need.

Examples include:

- using tablets/iPads/Laptops;
- getting around Windows 10;
- making the most of Facebook to stay in touch with family and friends;
- portable computing (taking your internet access with you);
- working with photos - e.g. transferring photos from mobile to laptop to external hard drive; organising photos into folders; inserting photos into a document;
- managing email;
- Internet security settings;
- using Skype;
- setting up a back-up system;
- managing the desktop - e.g. How to delete/add/rearrange the links to programs/apps;
- organising files, moving files from laptop to PC understanding "Apps";
- reviewing telephone/internet plans.

Leader: **Penny Nicholson**
Phone: **0408 272 011**
Frequency: **Dates and times to be arranged between
coach and student**
Time: **See above**
Duration: **1 hour per session**

Venue: **ASCA House (Computer room)**
Vacancies: **There are 25 vacancies**
Costs: **A gold coin donation for each session**
Start Date: **5 March 2018**

Course Leader comment: It is ESSENTIAL to telephone Penny and advise her of your area of need so that an appropriate coach can be arranged.

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: **02 5777 7184**
Frequency: **Every Tuesday**
Time: **1:00pm**
Duration: **3 hours**
Venue: **ASCA House (West Room)**
Vacancies: **There are no vacancies at present**
Costs: **The only cost to members is for their own materials**
Start Date: **6 February 2018**

CROCHET FOR BEGINNERS [197]

Learn a new craft and meet new people

Leader: **Maggie Smith**
Phone: **02 5777 7184**
Frequency: **Every Tuesday**
Time: **11:00am**
Duration: **2 hours**
Venue: **ASCA House (West Room)**
Vacancies: **There are 2 vacancies at present**
Costs: **The only cost to member is for their own materials**
Start Date: **6 February 2018**

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: **09:30am**
Duration: **2 hours**
Venue: **Autumn Lodge Croquet Lawn**
Vacancies: **We have plenty of space for more players**
Costs: **\$2.00 Green Fees per game played, payable to the Activity Leader**
Start Date: **4 January 2018**

Course Leader comment: We play Monday and Thursday mornings 9:30-11:30. However the court is available at all times and we can schedule other sessions to accommodate player numbers/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 and enjoy an afternoon cup of tea together.

Leader: **Vida Handebo**
Phone: **6772 4620**
Frequency: **Every Monday**
Time: **1:00pm**
Duration: **3 hours**
Venue: **ASCA House (South Room)**
Vacancies: **There are no vacancies at present**
Costs: **Personal craft costs only**
Start Date: **5 February 2018**

DESCANT RECORDER - CONTINUING [973]

This course continues the Introduction to the Descant Recorder begun in 2015 (Course No. 173). 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 should be able to read music, and have a good knowledge of all common notes in the lower octave.

Leader: **Laurie Pulley**
Phone: **6772 1124**
Frequency: **Every Thursday (except school holidays)**
Time: **2:30pm**
Duration: **1 hour**
Venue: **ASCA House (East Room)**
Vacancies: **There are vacancies for 4 new students**
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 1) approx. \$15**
Start Date: **8 February 2018**

Course Leader comment: Any new participants in this course in 2017 must contact Laurie prior to joining the group. Note that this course does not cater for advanced players.

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

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 12 vacancies**
Costs: **The cost to members is the purchase of a descant recorder if they do not have one (see course leader's comments) and an A4 folder with plastic inserts; "Sweet Pipes"**

Recorder Book I, approximately \$15 - the Course Leader will organise these.

Start Date: **8 February 2018**

Course Leader comment: All participants in this course for 2018 must contact Laurie before joining this group.

New descant recorders cost about \$18.00 from Black Dot Music Or, perhaps you may be able to borrow one from family or friends.

EFT - TAPPING FOR EMOTIONAL FREEDOM

[201]

Emotional Freedom Technique (EFT) is the art of Tapping. It is a simple skill to learn and is used to manage our emotions. Over the last 5 or 6 years it has gained great prominence as an energy self-help method and is now being taught to children in schools. This is a six week course where you will learn the art of managing your own personal emotional energy. Sometimes we get stuck in feelings we can't shift. They may come from a pain cycle or as we age we sometimes become aware of anxiety, especially when we live alone. We may feel that we have lost our creative urges and we would like to be more involved in living our lives.

This course is for people who are of sound mind to work together with our emotional hiccups and learn the art of Tapping. Through Tapping we can find emotional freedom by relasing stuck energy giving us more energy to do the things we love to do. As a bonus, we will learn Donna Eden's energy pick-me-up and as a group we will work on issues we all agree to work with. This course will be a lot of fun, we won't get too heavy but we will learn a lot about energy.

Leader: **Barbara Beatson**
Phone: **8279 4766 or 0478 224 490**
Frequency: **Every Monday for 6 sessions**
Time: **11:00am**
Duration: **1½ hour**
Venue: **ASCA House (West Room)**
Vacancies: **There are 10 vacancies**
Costs: **No additional costs apply**
Start Date: **12 February 2018**

Course Leader comment: No late comers, please

FIT AND BALANCED

[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: **6772 4544 or 0402 078 065**
Frequency: **Every Thursday**
Time: **10:00am**
Duration: **One hour**
Venue: **ASCA House (East Room)**
Vacancies: **There are 12 vacancies at present**
Costs: **Members will need to purchase Resistance Bands from Course Leader**
Start Date: **25 January 2018**

FRENCH - NEW LOOK

[196]

This course will target those keen to improve their speaking, reading aloud and listening skills. It is not a beginner course, nor a conversation course.

Spoken French is not the easiest language to understand, and I have observed that for most of us the real need is not in grammar and writing, but in listening and speaking. Nouns and adjectives largely take care of themselves as acquired vocabulary-as-you-go. But verbs need work, and verb drill will accompany every lesson. No Groaning please! Attention to pronunciation will also be stressed. Yes! This means you!

Requirements are at least one, preferably 3, year/s of high school French, and a level of commitment to attendance and to contributing to the group.

Fun is mandatory, as are Feeling Like Idiots trying to wrap our mouths around French pronunciation. All grist to the mill!

Leader: **Barbara Trehy**
Phone: **0422 599 348**
Frequency: **Every Wednesday except school holidays and public holidays**
Time: **2:30pm**
Duration: **1 hour**
Venue: **ASCA House (West Room)**
Vacancies: **There are some vacancies at present**
Costs: **No additional costs apply**
Start Date: **7 February 2018**

Course Leader comment: Materials in the form of book and article extracts, and programmed conversation pieces, will be provided via email where possible, and via hard copy when not.

Laptops and tablets may be used in classroom for material sent to participants each week.

GARDENING AT ASCA

[74]

Join a working party to improve and maintain the gardens surrounding ASCA House. The group will hold a planning meeting on the last Wednesday of each month at 10:00am and work on Wednesday mornings as needed. Members who cannot attend regularly are still very welcome.

Leader: **Ellen Pinnington**
Phone: **6772 8660**
Frequency: **Every Wednesday when gardening is needed**
Time: **10:30am**
Duration: **2 hours**
Venue: **ASCA House (Garden)**
Vacancies: **We would welcome up to 4 more members to help in the gardens**
Costs: **No additional costs apply**
Start Date: **17 January 2018**

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.

GENEALOGY: AN INTRODUCTION - DISCOVERING FAMILY

[185]

This is a course for those who want to research their family history. To take full advantage of this course you will need access to a computer and internet at home.

If you have them, bring along any Birth and Death Certificates - these will give you a good start to your research.

Leader: **Ailsa Herbert**
Phone: **6771 9162**
Frequency: **Any day - Monday to Friday**
Time: **10:00am**
Duration: **2 hours**
Venue: **24 Dorothy Ave**
Vacancies: **One on one sessions**
Costs: **No additional costs apply**
Start Date: **5 March 2018**

Course Leader comment: it is essential that members phone Ailsa to arrange an appropriate session time.

GERMAN LANGUAGE (FOR BEGINNERS) [869]

This is a German language course catering for beginners. The aim of the course is to facilitate a reasonable standard for speaking, reading and writing the German language.

Leader: **Michael Gordon**
Phone: **5713 6685 or 0407 689 964**
Frequency: **Every Thursday**
Time: **11:00am**
Duration: **1 hour**
Venue: **ASCA House (West Room)**
Vacancies: **There are 6 vacancies at present**
Costs: **The only cost to members is the once-only purchase of a course book with accompanying DVD at about \$35.00**
Start Date: **1 March 2018**

GERMAN LANGUAGE (FOR THE MORE ADVANCED STUDENT) [169]

This is a German language course catering for the more advanced students. The aim of the course is to facilitate a reasonable standard for speaking, reading and writing in the German language.

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: **A maximum of 10 members can be accommodated, there are 6 vacancies at present**
Costs: **The only cost to members is the once-only purchase of a course book with accompanying DVD at about \$35.00**
Start Date: **1 March 2018**

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 six sessions**
Time: **2:30pm**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 6 vacancies**
Costs: **No additional costs apply**
Start Date: **2 March 2018**

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: **ASCA House (West Room)**
Vacancies: **There are 2 vacancies at present**
Costs: **No additional costs apply**
Start Date: **9 February 2018**

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. Please contact the course leader prior to enrolment.

Leader: **Marian Stone**
Phone: **6772 1050**
Frequency: **Every Monday**
Time: **1:00pm**
Duration: **3 hours**
Venue: **36 Grafton Road**
Vacancies: **There are 5 vacancies at present**
Costs: **Members will need to meet the cost of their own materials**
Start Date: **12 February 2018**

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.

The Racecourse meeting room upgrade is complete and there are now toilets and wheelchair access.

Leader: **Doreen Fay**
Phone: **6772 7881**
Frequency: **Every Wednesday**
Time: **9:30am**
Duration: **3 hours**
Venue: **Racecourse**
Vacancies: **There are several vacancies at present**
Costs: **\$3.00 per semester, payable to the Course**
Leader to help cover the costs of tea/coffee.
BYO mug for morning tea plus something to eat
Start Date: **10 January 2018**

Course Leader comment: Latecomers please phone Doreen to check for vacancies before attending.

MEDITATION [138]

Learn how to meditate and begin to enjoy the physical and mental health benefits. This course will cover some simple meditation techniques and allow plenty of time to practise in class and to discuss your experiences. Benefits include lower stress levels and blood pressure, less anger and impatience, a method of dealing with pain, calmness, physical flexibility and a general sense of well-being.

Leader: **Brenda MacPhail**
Phone: **6772 0828**
Frequency: **Every Friday for five weeks**
Time: **9:00am**
Duration: **1½ hours**
Venue: **ASCA House (West Room)**
Vacancies: **A maximum of 12 members can be accommodated**
Costs: **No additional costs apply**
Start Date: **2 March 2018**

MUSIC APPRECIATION WITH BILL DRISCOLL [39]

Six 2-hour sessions of "classical" music, with an emphasis on high quality music often neglected in concert programming.

Leader: **Bill Driscoll**
Phone: **6772 1349**
Frequency: **Every Thursday for eight weeks**
Time: **10:00am**
Duration: **2 hours**
Venue: **17 Reginald Avenue**
Vacancies: **There are some vacancies at present**
Costs: **No additional costs apply**
Start Date: **26 April 2018**

Your Name Badge should be worn at all U3AA activities. It helps to identify you to the course leaders and other members.

MUSIC APPRECIATION WITH GRETEL & GEOFF [40]

Five 2-hour sessions of listening to music from the last five centuries, with emphasis on major works.

Leader: **Geoff and Gretel Kempster**
Phone: **6772 6531**
Frequency: **Every Friday for five weeks**
Time: **10:00am**
Duration: **2 hours**
Venue: **12 Catherine Street**
Vacancies: **Yes there will be vacancies. A maximum of 24 can be accommodated**
Costs: **No additional costs apply**
Start Date: **23 February 2018**

Course Leader comment: Intending members, both new and returning, should enrol through the U3AA Office

***** NEW FOR SEMESTER 1, 2018 *****

ORIENTAL PHILOSOPHY OF HEALTH [58]

We will explore some oriental strategies for improved health and well-being. The content will be flexible, depending on the wishes of participants. Topics include:

- An Introduction to Oriental Philosophy, (including Ying and Yang; The Five Elements; Meridians and Organs);
- Diagnosis and Treatment in Oriental Medicine (including Observation and Palpation, Tongue, Abdominal and Pulse Diagnosis);
- Harmonious Living (including Environment; Diet; Lifestyle; and Creating Balance);
- Alternative Philosophies of Health.

Leader: **Tony Bennett**
Phone: **0419 787 872**
Frequency: **Thursday 19 and 26 April only**
Time: **10:00am**
Duration: **2 hours**
Venue: **Armidale Library, Rusden St**
Vacancies: **Up to 30 participants welcome**
Costs: **No additional costs apply**
Start Date: **19 April 2018**

PASTEL PAINTING - AN INTRODUCTION [111]

Can't draw a straight line? Good - you don't need to - NO experience necessary - a simple, straightforward course to allow you to experience and experiment with pastels - no equipment required - just try before you buy. One semester duration with option to continue painting weekly.

Leader: **Alanna Mason**
Phone: **0488 713 981**
Frequency: **Every Friday (except school holidays)**
Time: **2:00pm**
Duration: **2 hours**
Venue: **Armidale Men's Shed**
Vacancies: **There are 10 vacancies in this course**
Costs: **\$2.00 per week payable to the Course Leader**
Start Date: **9 February 2018**

PATCHWORK ON WEDNESDAYS [199]

Patchwork for all levels, bring your current project, or start a new one. Beginners are welcome, assistance will be available.

Please contact either of the course leaders prior to enrolment.

Leader: **Robyn Curry or Beryl Jordan**
Phone: **6772 4700 or 6775 2134**
Frequency: **Every Wednesday**
Time: **10:00am**
Duration: **3 hours**
Venue: **ASCA House (South Room)**
Vacancies: **There are 3 vacancies**
Costs: **All participants will need to supply their own: sewing machine; materials for projects; cottons; scissors, etc.**
Start Date: **17 January 2018**

PHOTOGRAPHY [70]

Practical picture taking is a feature of the course with discussion of results achieved. Sometimes includes guest speakers to broaden the field of subjects of interest to photographers. There are occasional excursions.

Leader: **Alan Walsh**
Phone: **6772 5919**
Frequency: **Every Second Monday**
Time: **1:30pm**
Duration: **2 hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are a few vacancies**
Costs: **No additional costs apply except for a nominal donation (50c) for afternoon tea (coffee or tea and 2 biscuits)**
Start Date: **5 March 2018**

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

PLAY 500 [45]

There are vacancies for people who would like to enjoy this popular social game of 500. 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. Lessons can be arranged for those interested in learning how to play.

Leader: **Margaret Marrum**
Phone: **5713 0038**
Frequency: **Every Friday**
Time: **9:45am**
Duration: **2¼ hours**
Venue: **Hughes House (Jacaranda Room)**
Vacancies: **There are 4 vacancies at present**
Costs: **\$20.00 per semester payable to the U3AA Office on enrolment**
Start Date: **2 February 2018**

Course Leader comment: Newcomers wishing to join this group should phone Margaret to check on vacancies before joining the group.

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**
Costs: **No additional costs apply**
Start Date: **22 February 2018**

SCRABBLE [105]

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: **6772 3478**
Frequency: **Every Thursday**
Time: **1:30pm**
Duration: **3 hours**
Venue: **ASCA House (West Room)**
Vacancies: **There are 4 vacancies**
Costs: **No additional costs apply**
Start Date: **4 January 2018**

SEWING - ALTERATIONS OR UFO COMPLETIONS[194]

If you sew a little but alterations are a bit daunting or if you have a few "UFOs" - (Un-Finished Objects) or "Phds" (Projects Half Done) lying around the house, and you are not sure how to finish them, then this class is for you. We will share tips and skills to help you DO those alterations or get organised and ultimately finish your unfinished projects.

You are more than welcome to add ideas of your own. This is a basic alterations course to fix hems, zips and simple clothing fitting. As we are limited by time constraints, students would need to have a knowledge of how to thread and use a sewing machine. You must bring your own supplies e.g. Sharp scissors, needles, thread, tape measure, pins, pens etc. - a list of requirements will be provided.

Leader: **Pat Neild**
Phone: **6771 4019 or 0411 984 257**
Frequency: **Every Monday**
Time: **9:30am**
Duration: **3 hours**
Venue: **ASCA House (South Room)**
Vacancies: **There are 2 vacancies at present**
Costs: **Participants will need to discuss with the Course Leader regarding any additional costs e.g. Materials and equipment supplied by the Course Leader**

Start Date: **5 February 2018**

Course Leader comment; Two sewing machines and 1 overlocker are available to use at the venue. However if you have your own that is in good working order, it will save you waiting and rethreading.

If you have any questions you can email me on herloom@gmail.com or phone (between 7:30pm & 9:30pm).

SINGING FOR PLEASURE [53]

If you enjoy singing golden oldies, hits from musicals and other favourites, even a round or two, come join us - no pressure, just relaxed fun, afternoon tea, and always a happy get-together!

Leader: **Ilse O'Sullivan**
Phone: **6772 6621**
Frequency: **First and Third Wednesdays of each month**
Time: **2:00pm**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 5 vacancies at present**
Costs: **No additional costs apply**
Start Date: **7 February 2018**

Course Leader comment: More male singers would help balance our numbers.

SPANISH FOR BEGINNERS [151]

Extensive course notes will be provided covering grammar, and using diverse vocabulary. The student should be able to receive these notes by email, and print them. The emphasis is on written Spanish, although each week there will be practice in spoken Spanish. The student will be exposed to articles from Spanish language books and newspapers, and translation exercises. By the end of the course students should be able to understand most of a current newspaper story, for instance. Moderately late starters should be able to pick up earlier lessons.

Leader: **Eric Sinclair**
Phone: **0427 416 806**
Frequency: **Every Wednesday**
Time: **3:00pm**
Duration: **1 hour**
Venue: **ASCA House (South Room)**
Vacancies: **There are 10 vacancies at present**
Costs: **Prospective students should buy a good Spanish Dictionary (Collins "Spanish Dictionary & Grammar" is recommended - \$15-\$30).**

Start Date: **28 February 2018**

Course Leader comment: This course will run in some form even with only 3 students.

Course material will be sent each week by email: students should have a computer to receive these emails and a PRINTER.

***** STANDBY LIST *****

STANDBY LIST... [103]

If you wish to join a group that is full, please enrol in this standby list and nominate the type of course in which you wish to enrol. We will attempt to fit you in as vacancies occur, or, if possible, start a new group.

Leader: **To be determined**
Phone: **U3AA Office, 6772 2752**
Frequency: **TBA**
Time: **TBA**
Duration: **TBA**
Venue: **TBA**
Vacancies: **Unlimited**
Costs: **TBA**
Start Date:

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: **There are 2 vacancies per session**
Costs: **No additional costs apply**
Start Date: **6 February 2018**

TAI CHI WITH BRENDA WHITMAN - BEGINNER LEVEL [959]

This ancient Chinese exercise system ("meditation in motion") promotes inner and outer strength and wellbeing by a series of gentle movements. Both sexes benefit from the practice of these undemanding physical routines. This is a new beginners' group for those who have had no previous experience with Tai Chi.

Leader: **Brenda Whitman**
Phone: **6771 3124**
Frequency: **Every Monday**
Time: **12:00pm**
Duration: **1 hour**
Venue: **Legacy House**
Vacancies: **There are 20 vacancies in this course**
Costs: **\$20.00 per semester payable at the U3AA Office on enrolment**
Start Date: **15 January 2018**

Course Leader comment: Course will not commence unless 10 or more participants enrol.

Course Coordinator comment: All members intending to participate in this activity in Semester 1, 2018 will need to enrol and pay the course fee to the U3AA Office before joining the group.

TAI CHI WITH BRENDA WHITMAN - INTERMEDIATE LEVEL [59]

This ancient Chinese exercise system ("meditation in motion") promotes inner and outer strength and wellbeing by a series of gentle movements. Both sexes benefit from the practise of these undemanding physical routines.

Leader: **Brenda Whitman**
Phone: **6771 3124**
Frequency: **Every Monday**
Time: **1:00pm**
Duration: **1 hour**
Venue: **Legacy House**
Vacancies: **There are 10 vacancies in this course (see Course Leader comment).**
Costs: **\$20.00 per semester payable to the U3AA Office on enrolment**
Start Date: **15 January 2018**

Course Leader comment: There are vacancies only for participants who have completed beginner level (12 noon) sessions or have done Tai Chi to a good level previously. Members new to this group must contact Brenda before enrolling.

Course Coordinator comment: All continuing members intending to participate in this activity in Semester 1, 2018 will need to enrol and pay the course fee to the U3AA Office before joining the group.

TAI CHI WITH JIM SCANLAN [57]

Help prevent pain and stiffness through an easy to learn and safe exercise program based on gentle movement exercises with an ancient history in China. The exercises stress suppleness and elasticity. This is an advanced group and members will need to have attained a reasonably high standard in Tai Chi.

Leader: **Jim Scanlan**
Phone: **6778 4292**
Frequency: **Every Friday**
Time: **8:30am**
Duration: **1 hour**
Venue: **Legacy House**
Vacancies: **Sorry, there are no vacancies at present**
Costs: **\$20.00 per semester payable on enrolment to the U3AA Office**
Start Date: **19 January 2018**

Course Coordinator comment: All continuing members intending to participate in this activity will need to enrol and pay the course fee to the U3AA Office.

TRAVEL - ARMCHAIR [182]

It has been said that - of all the books in the world, the best stories are found between the pages of a passport - your story, our story; we have all been somewhere! Tell us about it. What about all those photos you took? Come and be part of our friendly group of like-minded travellers and tell us your story including the people you met and special memorabilia you have collected.

Hans Christian Anderson wrote, "To travel is to live" and we could add, "To travel is to understand".

Leader: **Glenys Williams**
Phone: **6772 7435/0456 368 787**
Frequency: **Second and Fourth Fridays of the month for six sessions**
Time: **2:30pm**
Duration: **2 hours**
Venue: **ASCA House (East Room)**
Vacancies: **Up to 20 members can enjoy this activity**
Costs: **No additional costs apply**
Start Date: **9 March 2018**

TUESDAY TALKS [37]

Through guest speakers this group will explore personal histories and other interesting topics. Members will reminisce about things that happened in our 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: **ASCA House (East Room)**
Vacancies: **There are a few vacancies at present**
Costs: **No additional costs apply except for a nominal donation (50c) towards morning tea**
Start Date: **6 March 2018**

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

WEDNESDAY CLASSIC MOVIES [110]

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

Leader: **Bob Cummins**
Phone: **6772 8402**
Frequency: **Every Wednesday for twelve weeks**
Time: **10:15am**
Duration: **2 to 3 hours**
Venue: **Members' homes by arrangement**
Vacancies: **There are 6 vacancies**
Costs: **No additional costs apply**
Start Date: **28 February 2018**

*** NEW FOR SEMESTER 1, 2018 ***

WRITING YOUR LIFE STORY [206]

Mark Twain wrote "How do you find your purpose in life? The two most important days in your life are the day you were born and the day you found out WHY!" Then Plato wrote "The life which is unexamined is not worth living". So take this opportunity to write about your life and the WHYs and WHY NOTs to share with your family and friends. Don't forget all those photos and your prized certificates that make you special and unique. Come then and start this 'novel' approach to share with others.

Leader: **Graham Mackay**
Phone: **0413 312 351**
Frequency: **Every Monday for 10 weeks (except school holidays)**
Time: **2:00pm**
Duration: **2 hours**

Venue: **ASCA House (West Room)**
Vacancies: **A maximum of 12 people**
Costs: **A book "Self Matters" + 20cents each for photocopying - please bring pen and paper**
Start Date: **12 February 2018**

YOGA ON CHAIRS WITH BRON BAKER [190]

If you are unable to enjoy floor Yoga because of physical limitations then perhaps Yoga on Chairs could be of benefit.

These 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: **4786 0793 or 0438 658 205**
Frequency: **Every Friday (except school holidays)**
Time: **11:00am**
Duration: **1 hour**
Venue: **ASCA House [South Room]**
Vacancies: **Sorry, there are no vacancies at present**
Costs: **No additional costs apply**
Start Date: **2 February 2018**

Course Coordinator comment: There will be a waiting list for this course. Please enrol in "103 Standby List," and nominate "Yoga on Chairs with Bron Baker"

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: **4786 0793 or 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**

Costs: **\$20.00 per semester payable to the U3AA Office on enrolment**

Start Date: **1 February 2018**

Course Coordinator comment: All continuing members intending to participate in this activity in Semester 1, 2018 will need to enrol and pay the course fee to the U3AA Office. There will be a waiting list for this course: please enrol in "103 Standby List" and nominate "Yoga with Bron Baker".

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: **6772 0333**

Frequency: **Every Monday**

Time: **9:00am**

Duration: **1½ hours**

Venue: **ASCA House (East Room)**

Vacancies: **Sorry, there are no vacancies at present; see Course Coordinator comments**

Costs: **No additional cost while this course remains at ASCA House**

Start Date: **19 February 2018**

Course Leader comment: Beginners and new members should contact Saroja before joining this group.

Course Coordinator comment: All continuing members intending to participate in this activity in Semester 1, 2018 will need to enrol. There will be a waiting list for this course: please enrol in "103 Standby List" and nominate "Yoga with Saroja Annesley"

Latest course information, including speakers and topics, bushwalk destinations, changes to course schedules, links to helpful websites etc, can be found:

- *on noticeboards at ASCA House*
- *in the regular Newsletters sent to members, or*
- *on the U3AA website at **www.u3aa.org.au***