

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 6 vacancies at present**
Costs: **There is a per session cost of \$4.50 paid to TAS Pool on each attendance, unless TAS membership is held**
Start Date: **7 January 2019**

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 and always a good laugh before breakfast.

Leader: **Margaret Milligan and Penny Nicholson**
Phone: **0427 726 452**
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: **9 January 2019**

Course Leader comment: If Margaret Milligan not available please phone Penny Nicholson 0408 272 011

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 several vacancies**
Costs: **\$1.00 each week to help cover the cost of photocopying, payable to the Course Leader**
Start Date: **5 February 2019**

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

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: **4 February 2018**

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

BEADED BAUBLES [144]

Enjoy making Beaded Baubles - something just to admire or give as a gift - they make great Christmas presents.

Leader: **Maggie Smith**
Phone: **5777 7184**
Frequency: **Every Wednesday**
Time: **11:00am**
Duration: **3 hours**
Venue: **ASCA House (West Room)**
Vacancies: **There are vacancies for up to 8 members**
Costs: **Cost of materials used**
Start Date: **17 April 2019**

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: **Jenifer (Jeni) Mackenzie**
Phone: **6772 8541**
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: **15 February 2019**

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

BONES AND BALANCE WITH BEV PITT [909]

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

Leader: **Bev Pitt**
Phone: **6772 4544**
Frequency: **Every Wednesday**
Time: **9:00am**
Duration: **1¼ hours**
Venue: **ASCA House (East Room)**
Vacancies: **Unfortunately 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: **16 January 2019**

Course Coordinator Comment: There will be a waiting list for this course: please enrol in "103 Standby List" and nominate "Bones and Balance with Bev Pitt".

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 6 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: **11 February 2019**

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: **17 January 2019**

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: **June Endacott**
Phone: **6775 2425**
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: **9 January 2019**

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 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: **9 February 2019**

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 31 March 2019.

Course Coordinator comment: All members intending to participate in this activity in Semester 1, 2019 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. Learn to use a Big Shot machine.

Leader: **Lyn Ruthberg**
Phone: **6772 6160**

Frequency: **Every Wednesday**
Time: **2:00pm**
Duration: **2 hours**
Venue: **6 Marsh Street**
Vacancies: **There are four vacancies at present**
Costs: **The only cost to members is \$5.00 for card making materials supplied**
Start Date: **6 February 2019**

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 6 vacancies at present**
Costs: **No additional costs apply**
Start Date: **8 January 2019**

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: **3 January 2019**

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

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: **0402 002 114**
Frequency: **Every Wednesday for twelve weeks**
Time: **10:15am**
Duration: **2 to 3 hours**
Venue: **Members' homes by arrangement**
Vacancies: **There are 4 vacancies**
Costs: **No additional costs apply**
Start Date: **20 February 2019**

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: **28 February 2019**

***** NEW FOR SEMESTER 1, 2019 *****

COMPUTERS - GETTING THE BEST OUT OF WINDOWS 10 [216]

Covering Windows 10 tips, tricks and other bits, this course will concentrate on answering your questions about Microsoft's Windows 10. It will cover such things as: user accounts; the lockscreen and starting your computer; the start menu, taskbar and desktop; windows search and Cortana; browser and email choices; security and maintenance; protection against viruses and malware; and optimising Windows using settings, other Microsoft apps and some third party apps. Part of each session will be dedicated to investigate particular Windows 10 features with time set aside to investigate and answer your questions and solve your problems.

Leader: **Doug Crocker**
Phone: **6772 8335**
Frequency: **Every Wednesday (except school holidays)**
Time: **12:15pm**
Duration: **1½ Hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 15 vacancies**
Costs: **There are no additional costs for this course**
Start Date: **6 March 2019**

COMPUTERS - ONE TO ONE COACHING [198]

One to one coaching may be available for 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
- managing email
- using Skype
- managing the desktop - eg how to delete/add/rearrange the links to programs/apps
- organising files, moving files from laptop to PC
- understanding "apps"

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 (North Room)**
Vacancies: **There are 30 vacancies**
Costs: **A gold coin donation for each session**
Start Date: **11 March 2019**

Course Leader comment: Please note that we are unable to provide "help desk" type services.

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: **8 January 2019**

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: **Sorry, there are no vacancies at present**
Costs: **The only cost to member is for their own materials**
Start Date: **8 January 2019**

CROQUET [67]

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

Leader: **Helen Garske**
Phone: **6772 4815**
Frequency: **Every Monday and Thursday**
Time: **9:30am**
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: **3 January 2019**

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: **7 January 2019**

***** NEW FOR SEMESTER 1, 2019 *****

CRYPTOCURRENCIES: AN EXPLORATION [218]

Being inquisitive I have tried to understand: "what is cryptocurrency?".

Most folks have heard of Bitcoin. What is it? Where did it come from? How does it work? Is it real? Is it a scam? Whilst investigating this there are 1000 other questions that come to mind, just as there are more than 4000 cryptocurrencies in existence.

Did you know that there are now three independent versions of Bitcoin? Why?

The first two lectures in this series will be an attempt to answer some of these questions to the best of my understanding.

Subsequently I envisage workshop discussion sessions in the following weeks where we all will attempt to answer the questions together and expand our understanding of this rapidly evolving, disruptive technology. Hopefully this will be a journey of discovery for all of us.

Leader: **James Reid**
Phone: **0458 753 148**
Frequency: **Every Monday**
Time: **4:00pm**
Duration: **1 hour each for both lectures and workshops**
Venue: **ASCA House - East Room for the first two lectures; North Room for the workshops**
Vacancies: **There is room for 70 attendees for the lectures and a maximum of 10 for the discussion workshops**
Costs: **There are no additional costs for this course**
Start Date: **4 March 2019 for the lectures. 11 March 2019 for the workshops**

DESCANT RECORDER- CONTINUING [973]

This course continues the Introduction to the Descant Recorder 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 on the descant recorder.

Leader: **Laurie Pulley**
Phone: **6772 1124**
Frequency: **Every Thursday (except school holidays)**
Time: **2:30pm**
Duration: **1 hour**
Venue: **ASCA House (East Room)**
Vacancies: **There are vacancies for 2 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: **7 February 2019**

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

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 4 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 1, approximately \$15, by Burakoff and Hettrick Reference SP2313, available from Orpheus Music (Armidale) peter@orpheusmusic.com.au; www.orpheusmusic.com.au**

Start Date: **7 February 2019**

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

DISCUSSION GROUP - ETHICS IN LITERATURE [209]

These sessions will look at how a great many works of literature (novels, essays, plays and even poems) are concerned with timeless ethical issues that can form fruitful grounds for discussion. We will look at a wide variety of short extracts from ancient to modern times. Types of issues include duty, morality, animal rights, good and evil, and meaning itself.

Leader: **Corinne Buckland**
Phone: **0421 175 294**
Frequency: **Every Tuesday for 8 weeks (except school holidays)**
Time: **10:00am**
Duration: **1½ hours**
Venue: **Armidale War Memorial Library**

Vacancies: **There are 10 vacancies**
Costs: **There are no additional costs for this group**

Start Date: **5 March 2019**

Course Leader comment: The material for discussion will be given to you before each session either as photocopy or email, depending on your preference. For the group to be successful at least 7 enrolments are necessary.

FIT AND BALANCED WITH BEV PITT [188]

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

Leader: **Bev Pitt**
Phone: **6772 4544 or 0402 078 065**
Frequency: **Every Thursday**
Time: **10:00am**
Duration: **One hour**
Venue: **ASCA House (East Room)**
Vacancies: **There are 4 vacancies at present**
Costs: **Members will need to purchase Resistance Bands from Course Leader**
Start Date: **17 January 2019**

FRENCH - LISTENING AND SPEAKING [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. Attention to pronunciation will be stressed. Yes! This means you! Requirements are at least one, preferably 3 years of high school French, and a level of commitment to attendance and to contributing to the group. Fun is mandatory, as is "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 3 vacancies at present**
Costs: **No additional costs apply**
Start Date: **13 February 2019**

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. Planning meetings

will be held at 9:00am on Wednesdays when appropriate. Gardeners may work on Wednesday mornings or at a time that suits them. Members who cannot attend regularly are still very welcome.

Leader: **Ros Busby**
Phone: **6772 4859**
Frequency: **Every Wednesday when gardening is needed**
Time: **10:30am**
Duration: **2 hours**
Venue: **ASCA House (Garden)**
Vacancies: **We would welcome up to 6 more members to help in the gardens**
Costs: **No additional costs apply**
Start Date: **16 January 2019**

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.

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

This is a German language course catering for advanced students. The aim of the course is to facilitate a reasonable standard of 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 8 members can be accommodated, there are 4 vacancies at present**
Costs: **The only cost to members is the purchase of a standard dictionary**
Start Date: **7 March 2019**

***** NEW FOR SEMESTER 1, 2019 *****

HEALTH TOPICS - GUT HEALTH [214]

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.

Leader: **Claus Jehne**
Phone: **6772 8930**
Frequency: **Every Wednesday for 10 weeks or more**
Time: **10:30 am**
Duration: **1½ Hours**
Venue: **ASCA House (East Room)**
Vacancies: **There is room for 25 participants**
Costs: **No additional costs apply**
Start Date: **6 March 2019**

Course Leader comment: Weekly notes to be supplied to students by email. Photocopies can be made available.

INDONESIAN LANGUAGE AND CULTURE [210]

This is a course introducing a knowledge and use of the Indonesian language.

As well as studying the language, there will be an introduction to the important elements of the culture in Indonesia.

Leader: **Theresia Turner**
Phone: **6772 4669**
Frequency: **Every Monday**
Time: **10:00am**
Duration: **1 hour**
Venue: **ASCA House [West Room]**
Vacancies: **There are 3 vacancies**
Costs: **No additional costs apply**
Start Date: **4 March 2019**

Course Leader comment: We hope that the course will develop an interest in the language and culture of our nearest neighbour. Learning material will be provided.

***** NEW FOR SEMESTER 1, 2019 *****

INSECTS - THEIR FASCINATING WORLD [6]

Insects are our fiercest competitors for natural resources. We will look at the wonderful diversity of forms and behaviours insects possess. We will look at the good things insects do for us - such as providing food and fibre, controlling pests, and stabilizing the environment, and the bad things that insects do - such as eating our food and carrying diseases. Also we will look at how we try to manage insect populations - from taxonomy, monitoring, insecticides and integrated control.

Leader: **Eric Sinclair**
Phone: **0427 416 806**
Frequency: **Every Monday**
Time: **2:00 pm**
Duration: **1 hour**
Venue: **ASCA House (West Room)**
Vacancies: **There are 10 vacancies in this course**
Costs: **No additional costs apply**
Start Date: **25 February 2019**

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: **Second and fourth Fridays of the month for eight sessions**
Time: **2:30pm**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 10 vacancies**
Costs: **No additional costs apply**
Start Date: **22 March 2019**

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 is 1 vacancy at present**
Costs: **No additional costs apply**
Start Date: **8 February 2019**

*** NEW COURSE FOR SEMESTER 1, 2019 ***

LADIES SOCIAL GROUP [215]

The Ladies Social Group provides an opportunity for friendship, conversation and fun in a relaxed and comfortable setting for morning tea at a local and popular cafe in Armidale.

Leader: **Helen Horden**
Phone: **0419 439 206**
Frequency: **Every second Wednesday**
Time: **10:30am**
Duration: **2 hours**
Venue: **Local café**
Vacancies: **There are up to 8 vacancies at present**
Costs: **Participants are required to pay for their own morning tea**
Start Date: **9 January 2019**

*** NEW FOR SEMESTER 1, 2019 ***

LIVING WITH PURPOSE [13]

This course examines several popular philosophies of life, including Materialism, Rationalism, Theism, Ethical Systems, Aesthetics and Existentialism. Within the parameters of each theory there will be plenty of scope for agreement, disagreement and discussion, so participants should expect to have their opinions/beliefs seriously challenged or at least, refined!

Some knowledge of Philosophy may be an advantage. Then again, what I am hoping for is a fresh set of views, presented and argued with passion; no opinion is too outlandish, provided it is supported with rigorous reasoning.

Whatever, by the end of the course you should have a clearer picture of what you believe and why you believe it.

Leader: **Gary Melville**
Phone: **0432 659 792**
Frequency: **Every Wednesday for six weeks**
Time: **10:00 am**
Duration: **2 hours**
Venue: **ASCA House (West Room)**
Vacancies: **Up to 10 members**

Costs: **No additional costs apply**
Start Date: **6 March 2019**

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.

We are now meeting at the newly renovated Armidale Golf Club.

Leader: **Helen Garske**
Phone: **6772 4815**
Frequency: **Every Wednesday**
Time: **9:30am**
Duration: **3 hours**
Venue: **Armidale Golf Club**
Vacancies: **There are 10 vacancies at present**
Costs: **\$2.00 paid to the Golf Club who will supply tea and coffee each session.**
Start Date: **2 January 2019**

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

MUSIC APPRECIATION WITH BILL DRISCOLL [39]

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

Leader: **Bill Driscoll and Ed Hannah**
Phone: **6772 1349**
Frequency: **Every Thursday until the end of June**
Time: **10:00am**
Duration: **2 hours**
Venue: **17 Reginald Avenue**
Vacancies: **There are no vacancies at present. (See Course Leader note)**
Costs: **No additional costs apply**
Start Date: **2 May 2019**

Course Leader comment: Your enrolment can be placed on the Standby List 103 - nominate "Music Appreciation with Bill Driscoll". Ed's contact number is 0427 188 734.

MUSIC APPRECIATION WITH GRETTEL & GEOFF [40]

Six 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 six 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: **1 March 2019**

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

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. 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: **\$3.00 per week payable to the Course Leader**
Start Date: **1 February 2019**

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**
Frequency: **Every Wednesday**
Time: **10:00am**
Duration: **3 hours**
Venue: **ASCA House (South Room)**
Vacancies: **Sorry, there are no vacancies at present**
Costs: **All participants will need to supply their own: sewing machine; materials for projects; cottons; scissors, etc.**
Start Date: **16 January 2019**

Course Leader comment: Beryl's contact number is 6775 2134.

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: **First and third Mondays**
Time: **1:30pm**
Duration: **2 hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 5 vacancies at present**
Costs: **No additional costs apply except for a nominal donation (50c) for afternoon tea (coffee or tea and 2 biscuits)**
Start Date: **4 March 2019**

Course Leader comment: Enquiries may be made by email: Alanwalsh1930@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: **0423 372 504**
Frequency: **Every Friday**
Time: **9:30am**
Duration: **2½ hours**
Venue: **ASCA House (South Room)**
Vacancies: **There are 4 vacancies at present**
Costs: **There are no additional costs for this course**
Start Date: **1 February 2019**

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: **31 January, 2019**

***** NEW FOR SEMESTER 1, 2019 *****

SCIENCE: GREAT SCIENTISTS AND IDEAS THAT CHANGED THE WORLD [217]

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

Leader: **Colin Sholl**
Phone: **6772 5208**
Frequency: **Second and fourth Mondays of each month**
Time: **2:00pm**
Duration: **1 hour**
Venue: **ASCA House - East Room**
Vacancies: **70**
Costs: **There are no additional costs for this course**
Start Date: **11 March 2019**

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: **3 January 2019**

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: **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: **11 March 2019**

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 4 vacancies at present**
Costs: **No additional costs apply**
Start Date: **6 February 2019**

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 7 vacancies at present**
Costs: **Prospective students should buy a good Spanish Dictionary (Collins "Spanish Dictionary & Grammar" is recommended - \$15-\$30).**
Start Date: **27 February 2019**

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 0-Tue; 0-Thu; 4-Fri - vacancies per session**
Costs: **No additional costs apply**
Start Date: **5 February 2019**

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 3124/0402144223**
Frequency: **Every Monday**
Time: **12:00pm**
Duration: **1 hour**
Venue: **Legacy House**
Vacancies: **There are vacancies in this course**
Costs: **\$20.00 per semester payable at the U3AA Office on enrolment**
Start Date: **21 January 2019**

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, 2019 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 3124/0402144223**
Frequency: **Every Monday**
Time: **1:00pm**
Duration: **1 hour**
Venue: **Legacy House**
Vacancies: **There are vacancies in this course (see Course Leader comment).**
Costs: **\$20.00 per semester payable to the U3AA Office on enrolment**
Start Date: **21 January 2019**

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, 2019 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: **25 January 2019**

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.

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

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 or 0456 368 787**
Frequency: **First and third Fridays of each month**
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: **15 March 2019**

TUESDAY TALKS [37]

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

Leader: **Alan Walsh**
Phone: **6772 5919**
Frequency: **Every Tuesday**
Time: **9:30am**
Duration: **2 hours**
Venue: **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: **5 March 2019**

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

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

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

UNE RESEARCH REPORTS [213]

In conjunction with the University of New England, U3AA has arranged UNE researchers, mainly PhD students, to come and talk about their research. The topics may range across all disciplines.

Leader: **Brian Hardaker**
Phone: **6772 1159**
Frequency: **Second and fourth Wednesday of the month**
Time: **2:00pm**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **There will be 50 vacancies**
Costs: **No additional costs apply**
Start Date: **13 March 2019**

*** NEW FOR SEMESTER 1, 2019 ***

WESTERN MUSIC 400 - 1750 AD [219]

I wonder how many music lovers ever pondered how on earth one bare, totally unadorned line of Gregorian chant in the middle ages morphed into the unfathomable glories of Bach's Mass in B Minor. It didn't happen overnight. In fact it took about 800 years, and it was a stunning process woven into the rich texture of European political and social history encompassing the early and late Medieval, Renaissance and Baroque eras of Western civilisation. Come on a thrilling journey through these centuries of the western world's greatest music.

Leader: **Barbara Trehu**
Phone: **0422599348 or 5776 0800**
Frequency: **Every Thursday for about 6 weeks**
Time: **11:30am**
Duration: **1 hour**
Venue: **ASCA House (East Room)**
Vacancies: **This room can cater for a large audience**
Costs: **There are no additional costs for this course**
Start Date: **21 February 2019**

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)
- 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: **47860793 or 0438 658 205**
Frequency: **Every Friday (except school holidays)**
Time: **11:00am**

Duration: **1¼ hours**
Venue: **ASCA House (East Room)**
Vacancies: **Sorry, there are no vacancies at present**
Costs: **No additional costs apply**
Start Date: **1 February 2019**

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: **47860793 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: **7 February 2019**

Course Coordinator comment: All continuing members intending to participate in this activity in Semester 1, 2019 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; please see Course Coordinator comments**
Costs: **No additional cost apply**
Start Date: **11 February 2019**

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, 2019 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, etc, can be found:

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