



Keeping Mind and Body Active

**UNIVERSITY OF THE THIRD AGE
ARMIDALE INCORPORATED**

Course and Activity Booklet

**Semester 2, 2019
(July to November)**

OFFICE HOURS:

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

KEEP THIS BOOKLET Just in case!

IMPORTANT - PLEASE READ THIS PAGE CAREFULLY

ENROLLING IN COURSES FOR SEMESTER 2, 2019.

To enrol in a course or activity for Semester 2, 2019, please enter the courses or activities you wish to attend on the Semester 2, 2019 Enrolment form **included as a cover page for this Booklet**. Remove the page from the Booklet and use one form for each member sharing this Booklet. **You must enrol in all courses you wish to attend in Semester 2, 2019** even if that course continues without a break from Semester 1, 2019.

When completing the Enrolment Form enter your **name** and note any **changes** to your **address**, **phone number** and **email address** where indicated and then, enter Course Number, Course Name and any Course Fee payable for each course in which you wish to enrol. Finally, calculate the total of Course Fees payable and return the form with your payment to U3AA, PO Box 1440, Armidale 2350, or, take it to the U3AA Office at ASCA House and pay the total amount. **Everybody must return the Semester 2, 2019 Enrolment form.**

Generally, in filling the courses, preference will be given to regularly attending, continuing participants; where places are limited and new participants will fill remaining places, if any. If all places are filled a "waiting list" will be maintained; enrol in 'Course No. 103 – Standby List' and **nominate the course** in which you hope to enrol.

For all courses, the only enrolment method is to forward your form to the Office together with the Course Fees payable or to call at the Office. Records of enrolments and available places in the courses are recorded only at the Office.

Courses for which Course Fees are payable to the U3AA Office on enrolment include: Tai Chi and Yoga (964 only) - \$20 per Semester.

Courses for which Course Fees are not payable to the U3AA Office on enrolment, but are payable to the Course Leader or to other organisations, include: Aquarobics; Aquastretch; Armchair Theatre; Bushwalking (some events only); Croquet; Mahjong; Pastel Painting.

Enrolment criteria

1. Enrolments will only be accepted from financial members (ie those who have paid the 2019 Membership Fee). That is, all people attending U3AA courses and activities **must** be members of U3AA. However, there is provision for temporary membership for visitors to Armidale and residents of the district wishing to try out U3AA activities for a short period. Contact the U3AA Office for further details of temporary membership.
2. All requests for enrolment should be directed as set out above.
3. Every endeavour will be made to ensure that you get into the courses and activities you choose, or to place you on a waiting list if the course is full.

What do I do if I need to withdraw from a course ?

Please phone the Course or Activity Leader using the phone number that appears in the Course Booklet to advise them that you are withdrawing and also notify the Office so that your enrolment record can be amended.

MOST COURSES AND ACTIVITIES ARE FREE BUT SOME COURSES AND ACTIVITIES MAY ATTRACT A SMALL CHARGE FOR MATERIALS AND/OR USE OF VENUES AND/OR USE OF EQUIPMENT AND/OR SUPPLIES. DETAILS OF ANY COURSE COSTS APPEAR IN THE COURSE BOOKLET

MEMBERS ARE REMINDED THAT ONCE YOU HAVE RECEIVED THEM, NAME BADGES SHOULD BE WORN AT ALL COURSES, ACTIVITIES AND EVENTS.

PLEASE ENSURE THAT YOUR LOCAL CONTACT NAME AND PHONE NUMBER ARE RECORDED ON THE BACK OF YOUR NAMETAG.

DISCLAIMER

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

PLEASE KEEP THIS BOOKLET FOR REFERENCE DURING THE SEMESTER

AQUAROBICS

1

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

Leader: **Kay Love**
Phone: **0468 774 814**
Frequency: **Monday, Tuesday, Thursday & Friday mornings (except Public Holidays)**
Time: **7:45am**
Duration: **45 minutes**
Venue: **TAS Pool**
Vacancies: **There are 4 vacancies**
Costs: **There is a per session cost of \$4.50 paid to TAS Pool on each attendance, unless TAS membership is held**
Start Date **Continues- no break**

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 WEDNESDAYS

184

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

Leader: **Margaret Milligan 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. There are 5 vacancies**
Costs: **\$4.50 pool entry per session payable to TAS pool on each attendance unless TAS membership is held. Dumbbells purchased by you or available for \$15 a pair via a bulk purchase by an Aquastretch member**
Start Date **Continues - no break**

Course Leader comment: If Margaret is not available please phone Penny 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 **23 July 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 of each 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 **1 July 2019**

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

***** NEW FOR SEMESTER 2, 2019 *****

AUSTRALIAN HISTORY THROUGH SONG AND POETRY 170

Video documentaries and rare folk collections on:

- * Frank the Poet and Liverpool Plains 1840-1850
- * Henry Lawson and shearing and strikes of the 1890s
- * Dennis Kevans and Sonia Bennett the Green Bans of the 1960s
- * Irish Convicts and "The Catalpa" 1874
- * Bushranger Songs 1830s to 1890s

Leader: **Bob Cummins**
Phone: **0402 002 114**
Frequency: **Every Thursday for nine weeks**
Time: **10:30am**
Duration: **1½ hours**
Venue: **3 McLean Ave**
Vacancies: **There are 12 vacancies**
Costs: **No additional costs apply**
Start Date **5 September 2019**

***** NEW FOR SEMESTER 2, 2019 *****

AUSTRALIAN POETRY: FROM "BANJO" TO "BUNYAH" 224

Over the six weeks of this course we will investigate the themes and ideas represented by some of Australia's finest poets:

- * A.B. (Banjo) Paterson
- * C.J Dennis
- * John Shaw Neilson
- * Kenneth Slessor
- * Judith Wright
- * Les Murray ("The Bard from Bunyah")

The choice of poems will reveal a range of "motives", "motifs" and "movements" of poetic inspiration, stemming from both historical and literary "backgrounds", in connection with the period from the late 19th to the end of the 20th century.

I hope you will enjoy this course and with this in mind there will be professional readings of many of the poems, including archival recordings by Judith Wright and Les Murray, two of the major poets in the course.

Leader: **Gary Mellville**
Phone: **0432 659 792**
Frequency: **Every Wednesday for six weeks**
Time: **9:00am**
Duration: **2 hours**
Venue: **ASCA House (West Room)**
Vacancies: **There are 10 vacancies**
Costs: **No additional costs apply**
Start Date **14 August 2019**

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

BEADED BAUBLES**144**

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

Leader: **Maggie Smith**
 Phone: **5777 7184 or 0401 983 242**
 Frequency: **Every Wednesday for 3 hours**
 Time: **11:15am**
 Duration: **3 hours**
 Venue: **ASCA House (West Room)**
 Vacancies: **There are several vacancies**
 Costs: **Cost of materials used**
 Start Date **24 July 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: **Jeni Mackenzie**
 Phone: **0421 176 871**
 Frequency: **Third Friday of each month**
 Time: **9:00am**
 Duration: **2 to 2½ hours**
 Venue: **Meet at the Visitor Information Centre car park**
 Vacancies: **There are 9 vacancies**
 Costs: **No additional costs apply**
 Start Date **16 August 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: **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 **Continues - no break**

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**
 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 **Continues- no break**

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: **There is 1 vacancy**
 Costs: **The only cost to members is the purchase of books from time to time**

Start Date **Continues - no break**

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: **Readers Companion bookshop**
 Vacancies: **There are 2 vacancies**
 Costs: **No additional costs apply**
 Start Date **Continues - no break**

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 2. 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 10 vacancies**
 Costs: **Additional costs may apply on some occasions and on extended trips**

Start Date **10 August 2019**

Course Leader comment: Please direct all enquiries to Angus or Sue. Check your emails or ASCA House Noticeboards for times and destinations. Second Semester enrolments close on 31 August 2019. Course Coordinator comment: All members intending to participate in this activity in Semester 2, 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 three vacancies at present**
 Costs: **The only cost to members is \$5.00 for card making materials supplied**
 Start Date **Continues - no break**

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**
 Costs: **No additional costs apply**
 Start Date **2 July 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 is 1 vacancy**
 Costs: **No additional costs apply**
 Start Date **Continuing no break**

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 **Continues no break**

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 **25 July 2019**

***** NEW FOR SEMESTER 2, 2019 *****

COMPUTERS - GETTING THE BEST OUT OF WINDOWS 10, PART 2 222

Continuing on from Semester 1, 2019 sessions, Part 2 will cover such topics as Ease of Access, Security and Protection, Optimising Windows 10 (including Windows 10 Settings App) and Solving Problems occurring in Windows 10.

Leader: **Doug Crocker**
 Phone: **6772 8335**
 Frequency: **Every Wednesday for eight weeks**
 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 **31 July 2019**

As a continuing course, participants will need to have attended the sessions held in Semester 1, 2019. It is expected that this course will last for about 8 weeks and will include a two or three week break in the middle for the course leader's pre-planned holiday

COMPUTERS - ONE TO ONE 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 20 vacancies**
 Costs: **A gold coin donation for each session**
 Start Date **5 August 2019**

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

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

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: **5777 7184 or 0401 983 242**
Frequency: **Every Tuesday**
Time: **1:00pm**
Duration: **3 hours**
Venue: **ASCA House (West Room)**
Vacancies: **Sorry, there are no vacancies at present**
Costs: **The only cost to members is for their own materials**
Start Date **23 July 2019**

CROCHET FOR BEGINNERS 197

Learn a new craft and meet new people.

Leader: **Maggie Smith**
Phone: **5777 7184 or 0401 983 242**
Frequency: **Every Tuesday**
Time: **11:00am**
Duration: **2 hours**
Venue: **ASCA House (West Room)**
Vacancies: **There are 3 vacancies**
Costs: **The only cost to members is for their own materials**
Start Date **23 July 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 **Continues- no break**

Course Leader comment: We play Monday and Thursday mornings 9:30 to 11:30. However the court is available at all times and we can schedule other sessions to accommodate player numbers and availability. Vacancies exist but intending new players please phone Helen for further information.

CROSS STITCH AND NEEDLECRAFT 16

This friendly and relaxed group meet to work on individual needlework projects and enjoy an afternoon cup of tea together.

Leader: **Vida Handbook**
Phone: **6772 4620**
Frequency: **Every Monday**
Time: **1:00pm**
Duration: **3 hours**
Venue: **ASCA House (South Room)**
Vacancies: **Sorry, there are no vacancies at present**
Costs: **Personal craft costs only**
Start Date **Continuing, no break**

DESCANT RECORDER- CONTINUING 973

Emphasis will be given to consolidation of notes and techniques previously learnt, and the gradual introduction of a few notes in the upper octave, and other notes and rhythms as appropriate.

Those wishing to join without doing Course 173 and Course 223 should be able to read music, and have a good knowledge of all common notes up to top 'G' on the descant recorder. (Refer to Course Leader comments).

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 3 vacancies**
Costs: **Cost to members is the purchase of a Descant Recorder if they do not have one; an A4 folder with plastic inserts; "Sweet Pipes" recorder (Book 2) approx. \$22 by Barakoff and Hettrick, available from Orpheus Music (peter@orpheusmusic.com.au)**
Start Date **25 July 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.

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

***** NEW FOR SEMESTER 2, 2019 *****

DESCANT RECORDERS - INTERMEDIATE 223

This course continues the introduction to the Descant Recorder, following on from Beginners' Course 173. Accordingly, it is expected that all notes and rhythms covered in the Beginners' Course should be known. More notes in the upper octave and more accidentals will be introduced as needed, and further experience in melody and ensemble playing will be given. (Refer to Course Leader comments).

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 vacancies for 12 students**
Costs: **Cost to members is "The Sweet Pipes Recorder - Book 1" - \$15; by Barakoff and Hettrick, available from Orpheus Music (peter@orpheusmusic.com.au); and an A4 folder with plastic pockets. The recorder used in the Beginners course will be appropriate**
Start Date **25 July 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.

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

DISCUSSION GROUP - THE PERILS AND PLEASURES OF THINKING 209

Why do we think the way we do? What does it mean to think well? This discussion group is based on a recent book by Alan Jacobs, "How to Think: A Guide for the Perplexed" (Profile books, 2018). In the words of one reviewer: "Most of us don't want to think" writes the American essayist Alan Jacobs. "Thinking is trouble. It can force us out of familiar, comforting habits ... Thinking is slow, and that's a problem when our habits of consuming information (mostly online) leave us lost in the echo chamber of social media, where speed and factionalism trump accuracy and nuance".

Each session of this course is based on a single chapter of this small, easy-to-read book. You will need to purchase the book but brief readings from other authors will be provided.

Leader: **Corinne Buckland**
Phone: **0421 175 294**
Frequency: **Every Monday**
Time: **2.00 pm**

Duration: 1½ hours
Venue: Armidale War Memorial Library
Vacancies: There are 12 vacancies
Costs: The only cost is the purchase of Jacob's book at approx. \$20.00

Start Date 2 September 2019

Course Leader comment: 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 no vacancies at present
Costs: Members will need to purchase Resistance Bands from the Course Leader
Start Date Continues - no break

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: No
Costs: No additional costs apply
Start Date 24 July 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: Each Wednesday
Time: 9:30am
Duration: 2 hours

Venue: ASCA House (Garden)
Vacancies: There are 4 vacancies
Costs: No additional costs apply
Start Date Continuing no break

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: There are 4 vacancies
Costs: The only cost to members is the purchase of a standard dictionary
Start Date 4 July 2019

INDONESIAN LANGUAGE AND CULTURE - CONTINUING 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 2 vacancies
Costs: No additional costs apply
Start Date 22 July 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.

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 seven sessions
Time: 2:30pm
Duration: 1½ hours
Venue: ASCA House (East Room)
Vacancies: There are 10 vacancies
Costs: No additional costs apply
Start Date 13 September 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**
Costs: **No additional costs apply**
Start Date **Continues - no break**

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

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 3 vacancies**
Costs: **Members will need to meet the cost of their own materials**
Start Date **8 July 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**
Costs: **\$2.00 paid to the Golf Club who will supply tea and coffee each session.**
Start Date **Continues- no break**

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

MUSIC APPRECIATION WITH BILL DRISCOLL AND ED HANNAH 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**
Time: **10:00am**
Duration: **2 hours**
Venue: **17 Reginald Avenue**
Vacancies: **Sorry, there are no vacancies at present. (See Course Leader note)**
Costs: **No additional costs apply**
Start Date **25 July 2019**

Course Leader comment: Your enrolment can be placed on the Standby List 103 - nominate "Music Appreciation with Bill Driscoll". If Bill is not available please contact Ed on 0427 188 734.

MUSIC APPRECIATION WITH GRETEL AND 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 **11 October 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**
Costs: **\$3.00 per week payable to the Course Leader**
Start Date **6 September 2019**

PATCHWORK ON WEDNESDAYS 199

Patchwork for all levels, bring your current project, or start a new one. Beginners are welcome and assistance will be available (however there are no vacancies at present).

Please contact either of the course leaders prior to enrolment.

Leader: **Robyn Curry or Beryl Jordan**
Phone: **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 **Continues- no break**

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

Course Coordinator comment: There will be a waiting list for this course.

Please enrol in "103 Standby List" and nominate "Patchwork on Wednesdays".

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 of each month**
Time: **1:30pm**
Duration: **2 hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 2 vacancies**
Costs: **No additional costs apply except for a nominal donation (50c) for afternoon tea (coffee or tea and 2 biscuits)**
Start Date **Continues - no break**

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 2 vacancies**
 Costs: **No additional costs apply**
 Start Date **Continues- no break**

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 **Continues, no break**

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 **Continues - no break**

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**
 Costs: **No additional costs apply**
 Start Date **7 August 2019**

SPANISH FOR BEGINNERS 151

For Semester 2, 2019 this is a continuing subject. The lessons are based around grammar notes and associated exercises supplied to each student. This

year, because of the knowledge of the students who are continuing, the lessons lead to a free ranging discussion of the Spanish language and translations. Students joining the course at this stage would benefit from having some pre-existing knowledge of Spanish grammar and vocabulary.

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

Start Date **Continues- no break**

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.

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; 2 -Fri - vacancies per session**
 Costs: **No additional costs apply**
 Start Date **Continues- no break**

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 beginners' level course for those who have had some previous experience of elementary Tai Chi.

Leader: **Brenda Whitman**
 Phone: **6771 3124 or 0402 144 223**
 Frequency: **Every Monday**
 Time: **12:00pm**
 Duration: **1 hour**
 Venue: **Legacy House**
 Vacancies: **There are plenty of vacancies**
 Costs: **\$20.00 per semester payable at the U3AA Office on enrolment**
 Start Date **Continues- no break**

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 2, 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 or 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 **Continues- no break**

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 2, 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 **Continues- no break**

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.

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 20 vacancies**
Costs: **No additional costs apply except for a nominal donation (50c) towards morning tea**
Start Date **6 August 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.

***** NEW FOR SEMESTER 2, 2019 *****

WORKSHOP - USING EMPATHY AND LEARNING NONVIOLENT COMMUNICATION (NVC) 225

The worldwide movement of NVC initiated by Marshall Rosenberg enlightens us about the ingrained habits we may have and teaches us a number of strategies to employ in the interests of internal peacefulness and moving towards promoting peace around us.

A facilitated workshop will be provided for two hours per week over 6 weeks to explore this way of connecting with the world and ourselves.

During the workshop we learn the importance of making observations that are free from evaluations, explore how our feelings are a vital part of being alive, and see how those feelings are caused by our own needs and not the actions of others. We learn how to make clear requests that are not demands and what it means to listen with empathy.

The methods for learning are through reading, small group discussion and doing exercises in pairs whenever possible. Trying out the new skill leads to much discussion and lots of humour.

Leader: **Roslyn Moran**
Phone: **0475 422 888**
Frequency: **Every Wednesday for 6 weeks**
Time: **10.30am**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **There are 15 vacancies**
Costs: **No additional costs apply**
Start Date **24 July 2019**

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

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: **No additional costs apply**
Start Date **5 August 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), 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: **47860793 or 0438 658 205**
Frequency: **Every Friday (except school holidays)**
Time: **11:00am**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Vacancies: **Sorry, there are no vacancies at present**
Costs: **No additional costs apply**
Start Date **26 July 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 **25 July 2019**

Course Coordinator comment: All continuing members intending to participate in this activity in Semester 2, 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 costs apply**
Start Date **Continues- no break**

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

VENUE INFORMATION

ARMIDALE GOLF CLUB

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

ARMIDALE MEN'S SHED

The Armidale Men's Shed is located at 2/251 Mann Street, Armidale. There is plenty of off-street parking available at the venue.

ARMIDALE WAR MEMORIAL LIBRARY

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

ASCA HOUSE

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

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

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

AUTUMN LODGE CROQUET LAWN

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

LEGACY HOUSE

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

MASONIC RETIREMENT VILLAGE

The Retirement Village is located on Cooks Road. The entrance is opposite the eastern end of Erskine Street.

MEMBERS' HOMES

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

RACECOURSE

The Racecourse venue is located in Barney Street, Armidale, opposite TAS School. Entry is from Barney Street and we use the Jockey Club/Grandstand facilities for U3AA activities. This venue is **now** suitable for disabled access.

Plenty of off-street parking is available within the racecourse. Please park nose in to the fence, on the grass, leaving the paved area free for the passage of horses.

READERS COMPANION BOOKSHOP

The Readers Companion Bookshop is located at 151 Beardy St (in the Beardy St Mall). There is limited parking available at in surrounding streets but there is longer term parking in nearby carparks..

TAS POOL

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

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

U3AA OFFICE

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

T: 6772 2752

E: u3aa@iinet.net.au

W: www.u3aa.org.au

Mondays

7:45am	Every Monday	Aquarobics	TAS Pool
9:00am	Every Monday	Yoga with Saroja Annesley	ASCA House (East Room)
9:30am	Every Monday	Croquet	Autumn Lodge Croquet Lawn
10:00am	Every Monday	Indonesian Language and Culture	ASCA House (West Room)
11:00am	Every Monday	Bones and Balance with Franky Elks	ASCA House (East Room)
12:00pm	Every Monday	Tai Chi with Brenda Whitman - Beginner Level	Legacy House
1:00pm	Every Monday	Tai Chi with Brenda Whitman — Intermediate Level	Legacy House
1:00pm	Every Monday	Cross Stitch and Needlecraft	ASCA House (South Room)
1:00pm	Every Monday	Knitting	36 Grafton Road
1.30pm	First and third Mondays	Photography	ASCA House (East Room)
2.00pm	Every Monday	Writing your Life Story	ASCA House (West Room)
2.00pm	Every Monday	Discussion Group — The Perils and Pleasures of Thinking	Armidale War Memorial Library
2.00pm	First Monday	Athena Book Group	Members' homes

Tuesdays

7:45am	Every Tuesday	Aquarobics	TAS Pool
9:30am	Every Tuesday	Tuesday Talks	ASCA House (East Room)
10:00am	Every Tuesday	Armchair Theatre	Racecourse
11.00am	Every Tuesday	Crochet for Beginners	ASCA House (West Room)
12:00pm	Every Tuesday	Cards for Fun	ASCA House (East Room)
1:00pm	Every Tuesday	Crochet	ASCA House (West Room)
2:00pm	Every Tuesday	Table Tennis	ASCA House (South Room)

Wednesdays

7:45am	Every Wednesday	AquaStretch on Wednesday	TAS Pool
9:00am	Every Wednesday	Bones and Balance with Beverley Pitt	ASCA House (East Room)
9.00am	Every Wednesday	Australian Poetry — from 'Banjo' to 'Bunyah'	ASCA House (West Room)
9:30am	Every Wednesday	Mahjong	Armidale Golf Club
10:00am	Second Wednesday	Book Lovers	Readers Companion Bookshop
10.00am	Every Wednesday	Patchwork on Wednesdays	ASCA House (South Room)
10:15am	Every Wednesday	Classic Movies	Members' Homes
10.30am	Every Wednesday	Workshop — Using Empathy and Learning Nonviolent	ASCA House (East Room)
10:30am	Every Wednesday	Gardening at ASCA	ASCA House (Garden)
11.15am	Every Wednesday	Beaded Baubles	ASCA House (West Room)
12.15pm	Every Wednesday	Computers- Getting the Best out of Windows 10, Part 2	ASCA House (East Room)
2:00pm	First and third Wednesdays	Singing for Pleasure	ASCA House (East Room)
2.00pm	Every Wednesday	Card making	6 Marsh St
2:30pm	Every Wednesday	French — Listening and Speaking	ASCA House (West Room)
3:00pm	Every Wednesday	Spanish for Beginners	ASCA House (South Room)

Thursdays

7:45am	Every Thursday	Aquarobics	TAS Pool
9:45am	Every Thursday	Fit & Balanced	ASCA House (East Room)
10:00am	Third Thursday	Book Discussion Group	Members' homes
10:00am	Last Thursday	Companionship in Reading	ASCA House (South Room)
10:00am	Can be every Thursday	Croquet	Autumn Lodge Croquet Lawn
10:00am	Every Thursday	German Language - for the More Advanced Student	ASCA House (West Room)
10:00am	Every Thursday	Music Appreciation with Bill Driscoll and Ed Hannah	17 Reginald Avenue
10:00am	Last Thursday	Reading for Pleasure	Members' homes
10.30am	Every Thursday	Australian History through Song and Poetry	3 McLean Ave
11:30am	Every Thursday	Yoga with Bron Baker	Masonic Retirement Village
1.30pm	Every Thursday	Descant Recorder - Intermediate	ASCA House (East Room)
1:30pm	Every Thursday	Scrabble	ASCA House (West Room)
2:00pm	Every Thursday	Chess	Armidale Golf Club
2:30pm	Every Thursday	Descant Recorder - Continuing	ASCA House (East Room)
2:00pm	Every Thursday	Table Tennis	ASCA House (South Room)

Fridays

7:45am	Every Friday	Aquarobics	TAS Pool
8:30am	Every Friday	Tai Chi with Jim Scanlan	Legacy House
9:00am	Second Friday of each month	Birdwatching	Visitor Information Centre
9:00am	Second Friday of each odd month	Bushwalking	Visitors Information Centre
9.30am	Every Friday	Play 500	ASCA House (South Room)
10:00am	Every Friday	Music Appreciation with Geoff and Gretel Kempster	12 Catherine Street
11:00am	Every Friday	Yoga on Chairs with Bron Baker	ASCA House (SEast Room)
11:00am	Every Friday	Italian - Do it Yourself	ASCA House (West Room)
2:00pm	Every Friday	Table Tennis	ASCA House (South Room)
2.00pm	Every Friday	Pastel Painting	Armidale Men's Shed
2.30pm	Second and fourth Fridays	Investors' Forum	ASCA House (East Room)

Saturdays

9:00am	Second Saturday of each even month	Bushwalking	Visitors Information Centre
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NOTE: Computer Coaching — One to One Help

Available Monday to Friday by arrangement