



U3A ARMIDALE INC

COURSE AND ACTIVITY BOOKLET

SEMESTER 1, 2023

JANUARY TO JULY 2023

**U3A ARMIDALE OFFICE HOURS
JANUARY TO MID-DECEMBER 9.30AM TO MIDDAY,
MONDAY TO WEDNESDAY
CLOSED ON PUBLIC HOLIDAYS**

REVISED 6 FEBRUARY 2023

IMPORTANT – PLEASE READ THIS PAGE CAREFULLY

PAYING THE 2023 ANNUAL MEMBERSHIP FEE OF \$75

Payment of this fee may be made in several ways:

- online through MyU3A using the eWAY Payment Gateway
- by card at the U3AA office using the Zeller Terminal (there is a 1.4% surcharge)
- by cash or cheque at the U3AA office
- by online banking to the U3AA bank account:
 - * account name: University of the Third Age Armidale Inc (please do not abbreviate the name)
 - * BSB: 932 000
 - * account number: 100072308
 - * reference/description: Member's name
 - * for Regional Australia Bank customers please use the Regional Australia Bank U3AA Account Number 645377S3.

ENROLLING IN COURSES AND ACTIVITIES FOR SEMESTER 1, 2023

Enrolment may be done by either of these two methods:

1. Using the *U3AA Enrolment Form for Semester 1, 2023*
 - use one form for each member sharing this Booklet
 - enter the course number and course name for each course in which you wish to enrol
 - enter your name and note any changes to your address, phone number, email address, emergency contact
 - return the form to U3AA, PO Box 1440, Armidale 2350, or take it to the U3AA Office at ASCA House.
2. Using MyU3A online:
 - log into MyU3A www.u3aa.org.au
 - view or download the *MyU3A Membership User Manual* and follow the instructions for course enrolment.

ENROLMENT CRITERIA

Enrolments will only be accepted from financial members (i.e., those who have paid the 2023 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.

COURSES/ACTIVITIES THAT HAVE THE COMMENT 'ENROLMENT BY OFFICE ONLY'

This means that the Leader wishes to check that new participants are appropriate for their course/activity and that enrolment is only available via the U3AA office, not online. Please contact the Leader in the first instance.

WAITING LISTS

Please note that with our new system (*MyU3A*) to manage membership and enrolments, courses/activities will, if required, have a waiting list in date order of enrolment and leaders will invite members to join as vacancies become available.

INCIDENTAL COURSE COSTS

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

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

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

Please phone the Course/Activity Leader using the phone number that appears in the Course Booklet to advise them that you are withdrawing. This will facilitate the timely offer of your place to a member on the course waiting list.

NAME TAGS

Please wear your name tag at all courses, activities, and events. (It is a condition of our Liability Insurance that members have their name tags on them for all U3AA functions and activities.)

U3A ARMIDALE

COURSE / ACTIVITY CATEGORIES

ARTS AND CRAFTS

CARD MAKING , CROCHET – BEGINNERS & CONTINUING, CROSS STICH & NEEDLEWORK, FIBRE ART, PATCHWORK, PHOTOGRAPHY

EXERCISE

AQUAROBICS, AQUASTRETCH, BONES & BALANCE x 3, BUSHWALKING, CROQUET, FIT & BALANCED, GARDENING, GATEBALL, TABLE TENNIS, x 4, TAI CHI x 2, YOGA (FLOOR) x 3, YOGA WITH CHAIRS x 2

HUMANITIES

INDIGENOUS ART & CULTURE, JAPANESE SOCIETY, TUESDAY TALKS

LANGUAGES

ITALIAN: DO IT YOURSELF, SPANISH FOR BEGINNERS

LITERATURE, FILM AND MUSIC

ARMCHAIR THEATRE, BOOK GROUPS x 3, CLASSIC MOVIES, CLASSICAL MUSIC: AN EXPLORATION, DESCANT RECORDER – BEGINNERS AND CONTINUING, MUSIC APPRECIATION WITH GRETEL & JAN, POETRY POLICE, WRITING FOR FUN

MINDGAMES

BRIDGE FOR BEGINNERS, MAHJONG, PLAY 500, SCRABBLE,

SCIENCE

GREAT IDEAS AND SCIENTISTS THAT CHANGED THE WORLD

TECHNOLOGY

WORLD AROUND US

INVESTOR FORUM

AQUAROBICS (ENROLMENT BY OFFICE ONLY) **3**

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

Leader: **Kay Love**
 Phone: **0468 774 814**
 Frequency: **Tuesday and Thursday mornings**
 Time: **7:30am**
 Duration: **45 minutes**
 Venue: **TAS Sports Centre Pool**
 Incidental Costs: **\$4.50 pool entry per session payable to TAS Pool unless TAS membership is held.**
 Start Date: **3 January 2023**

AQUASTRETCH ON MONDAY, WEDNESDAY & FRIDAY **4**

(ENROLMENT BY OFFICE ONLY)

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. If Margaret Milligan is unavailable, please contact either Margaret McDonald (0427 677 410) or Robyn Model (0472 658 964).

Leader: **Margaret Milligan**
 Phone: **0427 726 452**
 Frequency: **Every Monday, Wednesday and Friday**
 Time: **7:30am**
 Duration: **45 minutes**
 Venue: **TAS Sports Centre Pool**
 Incidental Costs: **\$4.50 pool entry per session payable to TAS pool unless TAS membership is held. Dumbbells purchased by you.**
 Start Date: **9 January 2023**

ARMCHAIR THEATRE **5**

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

Leader: **Gordon Cope**
 Phone: **0403 392 531**
 Frequency: **Every Tuesday (except school holidays)**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Armidale Playhouse**
 Incidental Costs: **Nil**
 Start Date: **7 February 2023**

BONES AND BALANCE WITH BEV PITT **6**

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

Leader: **Bev Pitt**
 Phone: **0402 078 065**
 Frequency: **Every Wednesday**
 Time: **9:00am**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **The only cost to members is the purchase of a set of hand weights**
 Start Date: **11 January 2023**

BONES AND BALANCE WITH HEATHER VOSKUYL **9**

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

Leader: **Heather Voskuyl**
 Phone: **0421 338 194 or 6772 6848**
 Frequency: **Every Tuesday**
 Time: **1:30pm**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **31 January 2023**

BONES AND BALANCE (MONDAY) **7**

Gentle arm and leg exercises, with weights, designed to strengthen bones and improve balance. Exercises are adapted from the book "Strong Women Stay Young". This is a low impact exercise group and great for beginners. If Robie is unavailable, please contact either Elizabeth Niven on 0409 457 416 or Dianne Mitchell 0413 636 500.

Leaders: **Robie Single**
 Phone: **0439 889 089**
 Frequency: **Every Monday (except school holidays)**
 Time: **11:00am**
 Duration: **45 minutes**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **The only cost to members is the purchase of a set of hand weights**
 Start Date: **6 February 2023**

BOOK DISCUSSION GROUP **11**

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

Leader: **Jean Jackson**
 Phone: **6707 2941**
 Frequency: **Third Thursday of each month**
 Time: **10:00am**
 Duration: **1½ to 2 hours**
 Venue: **Private residence**
 Incidental Costs: **The only cost to members is the purchase of books from time to time**
 Start Date: **19 January 2023**

BOOK LOVERS (ENROLMENT BY OFFICE ONLY) **12**

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

Leader: **June Endacott**
 Phone: **6775 2425**
 Frequency: **Second Wednesday of each month**
 Time: **10:00am**
 Duration: **1½ hours**
 Venue: **Private residence**
 Incidental Costs: **Nil**
 Start Date: **8 February 2023**

NEW FOR SEMESTER 1, 2023**BRIDGE FOR BEGINNERS** **64**

Bridge is a partnership card game played with 52 cards and four people (2 pairs). It's a popular game that's considered a mind sport as it involves strategy, deduction, concentration and visualisation. Bridge can promote your health and happiness as it involves both social interaction and sharpening your brain. The game can be played at many different levels and you can go on to develop your bridge skills to suit yourself. This introductory course will be followed by supported play that allows you to practice your new bridge skills under the guidance of experienced players available to advise you during the game. Supported play sessions will be available Monday evenings 7-9pm and Tuesday mornings 9.30-11.30am.

Leader: **Glenda Parmenter**
 Phone: **0414 937 891**
 Frequency: **Every Wednesday for 8 weeks**
 Time: **9:30**
 Duration: **2 hours**
 Venue: **Armidale Bridge Club**
 Incidental Costs: **\$20 payable to the Bridge Club for the cost of the book, *Introduction to Bridge* by Paul Marston, 6th edition**
 Start Date: **18 January 2023**

BUSHWALKING **13**

Walks are usually five to eight kilometres and are easy or moderate, as rated by National Parks Standards. A reasonable level of fitness is required. Destinations include National Parks, TSRs, and private properties. One "Away Trip" is scheduled each semester. Information about forthcoming walks is sent by email to group members approx. 10 days in advance. Walkers are expected to follow the basic safety rules of the group. Please, only enrol if you intend to be a regular walker. For additional information contact Sue or Angus direct.

Leaders: **Sue and Angus 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**
 Incidental Costs: **Additional costs may apply on some occasions and on extended trips**
 Start Date: **11 February 2023**

CARD MAKING (ENROLMENT BY OFFICE ONLY) **14**

Learn the art of card making for all occasions. Learn to use a Big Shot machine with embossing folders and die cuts. Make shaker cards and an exploding box. Stamping and stencilling, also 3D cards. The ideas are endless and it's a lot of fun. All items made by members are theirs to keep.

Leader: **Lyn Ruthberg**
 Phone: **0458 781 166**
 Frequency: **Every Wednesday**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **Private residence**
 Incidental Costs: **The only cost to members is \$5.00 for card making materials supplied**
 Start Date: **1 February 2023**

CLASSIC MOVIES **15**

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

Leaders: **John Wearne AM** **Michael Gibson**
 Phone: **0418 419 684** **0427 712 075**
 Frequency: **Every Wednesday for ten weeks (except school holidays)**
 Time: **2:00pm**
 Duration: **2 to 3 hours**
 Venue: **ASCA House (East room)**
 Incidental Costs: **Nil**
 Start Date: **15 February 2023**

CLASSICAL MUSIC: AN EXPLORATION **56**

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

Leader: **Ed Hannah**
 Phone: **0427 188 734**
 Frequency: **Every Thursday for eight weeks**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Private residence**
 Incidental Costs: **Nil**
 Start Date: **27 April 2023**

COMPANIONSHIP IN READING (ENROLMENT BY OFFICE ONLY) **17**

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

Leader: **Narelle Heiniger**
 Phone: **6775 2181**
 Frequency: **Last Thursday of each month**
 Time: **10:00am**
 Duration: **1½ to 2 hours**
 Venue: **Armidale City Bowling Club**
 Incidental Costs: **Nil**
 Start Date: **23 February 2023**

CROCHET (BEGINNERS)**57**

Learn a new craft and meet new people.

Leader: **Maggie Smith**
 Phone: **0401 983 242**
 Frequency: **Every Tuesday**
 Time: **1:00pm**
 Duration: **1½ hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **The only cost to members is for their own materials**
 Start Date: **31 January 2023**

CROCHET (CONTINUING)**58**

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

Leader: **Maggie Smith**
 Phone: **0401 983 242**
 Frequency: **Every Tuesday**
 Time: **10:30am**
 Duration: **2½ hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **The only cost to members is for their own materials**
 Start Date: **31 January 2023**

CROQUET**18**

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

We play Monday and Thursday mornings generally 10am to midday. Any change to timing due to weather or daylight saving will be advised to participants by Helen. The court is available at all times, and we can schedule other sessions to accommodate player numbers and availability. Vacancies exist but intending new players please phone Helen for further information.

Leader: **Helen Garske**
 Phone: **0493 059 928**
 Frequency: **Every Monday and Thursday**
 Time: **10:00 am**
 Duration: **2 hours**
 Venue: **Autumn Lodge Croquet Lawn**
 Incidental Costs: **\$2.00 Green Fee per game**
 Start Date: **9 January 2023**

CROSS STITCH AND NEEDLEWORK**20***(ENROLMENT BY OFFICE ONLY)*

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

Leader: **Noelene Raymond**
 Phone: **6772 6842**
 Frequency: **Every Monday**
 Time: **1:00pm**
 Duration: **3 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Personal craft costs only**
 Start Date: **6 February 2023**

DESCANT RECORDER – CONTINUING**21**Emphasis will be given to consolidation of notes and techniques previously learnt, and the gradual introduction of a few notes in the upper octave, and other notes and rhythms as appropriate. Please note that this course DOES NOT cater for advanced players. If the telephone is not answered please email Laurie at l.pulley@antmail.com.au.

Leader: **Laurie Pulley**
 Phone: **6772 1124**
 Frequency: **Every Thursday (except school holidays)**
 Time: **2:00pm**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Cost to members is the purchase of a descant recorder if they do not have one; an A4 folder with plastic inserts; "Sweet Pipes" recorder (Book 2) approx. \$22 by Barakoff and Hettrick, available from Orpheus Music (www.orpheusmusic.com.au)**
 Start Date: **9 February 2023**

DESCANT RECORDER FOR BEGINNERS**22***(ENROLMENT BY OFFICE ONLY)*

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

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

Leader: **Laurie Pulley**
 Phone: **6772 1124**
 Frequency: **Every Thursday (except school holidays)**
 Time: **1:30pm**
 Duration: **½ hour**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Purchase of a descant recorder if you do not have one; an A4 folder with plastic inserts; "Sweet Pipes" Recorder Book 1 approximately \$15 by Barakoff and Hettrick, available from Orpheus Music (www.orpheusmusic.com.au)**
 Start Date: **9 February 2023**

NEW FOR SEMESTER 1, 2023**FIBRE ART****69**

Each session will enable participants to experiment and design 'cards' using natural and synthetic fibre such as fabric, yarn, wool, beads, buttons, dried flowers etc. Participants are encouraged to 'scrounge' for materials that inspire them. Fibre paints may also be used.

Suitable casual dress to cater for participation in artistic activities is encouraged.

Leader: **Cherry Stewart**
 Phone: **0459 020 573**
 Frequency: **Every Thursday for 8 Weeks**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Donations to help defray cost of equipment and materials**
 Start Date: **2 March 2023**

FIT AND BALANCED WITH BEV PITT 24

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

Leader: **Bev Pitt**
 Phone: **0402 078 065**
 Frequency: **Every Thursday**
 Time: **10:00am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Members will need to purchase resistance bands from the Course Leader**
 Start Date: **12 January 2023**

GARDENING 25

Join a working party to improve and maintain the gardens surrounding ASCA House. First get together will be on the Friday 13th January at 9:30am. We can garden as a group once a month or people can work at times to suit them. The more people who volunteer the less time it will take to maintain the gardens. We do not have to cut the grass. Bring your own small gardening tools.

Leader: **Ros Busby**
 Phone: **0413 460 159**
 Frequency: **First Friday of the month**
 Time: **8:30am**
 Duration: **1 hour**
 Venue: **ASCA House (Garden)**
 Incidental Costs: **Nil**
 Start Date: **13 January 2023**

GATEBALL 26

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

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

Leader: **Claus Jehne**
 Phone: **6772 8930**
 Frequency: **Every Wednesday**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Armidale City Bowling Club**
 Incidental Costs: **\$2 Green Fee per session**
 Start Date: **18 January 2023**

RETURNING FOR SEMESTER 1, 2023**GREAT IDEAS & SCIENTISTS THAT CHANGED THE WORLD 50**

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

Leader: **Colin Sholl**
 Phone: **0458 483 315**
 Frequency: **Fourth Mondays of the month**
 Time: **2 pm**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **27 February 2023**

NEW FOR SEMESTER 1, 2023**INDIGENOUS ART AND CULTURE 70**

Sessions feature a variety of perspectives and activities in visual, creative, and performing arts; local history and site visits; traditional and contemporary law issues; storytelling and songlines. Participants will be actively involved in cultural activities. (More details available in 2023). Suitable casual dress to allow participant participation in physical and artistic activities is encouraged.

Leader: **Rose Lovelock**
 Phone: **0409 620 440**
 Frequency: **Every Friday for 10 weeks**
 Time: **10:30am**
 Duration: **1½ hours**
 Venue: **Aboriginal Cultural Centre & Keeping Place**
 Incidental Costs: **Donations to help defray the cost of equipment and materials**
 Start Date: **3 February 2023**

INVESTOR FORUM 29

A discussion group for investors – big and small – looking at different types of investments and financial topics of interest to members. The aim is to share knowledge but without our previous leader's expertise, I shall seek out presentations or other input from outside professionals, to cover topics of concern and/or curiosity to members.

Leader: **Janet Norton**
 Phone: **0427 773 917**
 Frequency: **First Friday of each month**
 Time: **2:30pm**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **3 February 2023**

ITALIAN – DO IT YOURSELF (ENROLMENT BY OFFICE ONLY) **30**

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

Leader: **Rosemary Livingstone–Thomas**
 Phone: **0435 225 756**
 Frequency: **Every Friday**
 Time: **10:00am**
 Duration: **1 hour**
 Venue: **Armidale Regional Library**
 Incidental Costs: **Nil**
 Start Date: **3 February 2023**

NEW FOR SEMESTER 1, 2023**JAPANESE SOCIETY IN MODERN TIMES** **72**

This course will explore Japanese society as it has developed since 1945. Japan is a highly successful modern country which has taken its place amongst the democratic nations of the world. Yet as one delves into its socio-cultural structure it becomes clear that while having been modernised it still strongly maintains its traditions, not only in the arts, which emphasise love of Nature, but in the bureaucracy, education system and social relations. Japanese society is hierarchical in nature and all its institutions and workplaces reflect this. Harmony is the expected outcome aided by the Confucian principle of "defer to authority." Yet in a modern, democratic society how is this achieved? This course will particularly discuss the education system, the bureaucracy and social relations in Japan.

Leader: **Dora Koops**
 Phone: **0429 218 670**
 Frequency: **Every Tuesday for 10 weeks**
 Time: **3pm**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **14 March 2023**

MAHJONG **59**

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

Leader: **Maureen Lauder**
 Phone: **0414 451 824**
 Frequency: **Every Wednesday**
 Time: **9:30am**
 Duration: **3 hours**
 Venue: **Armidale Golf Club**
 Incidental Costs: **\$2 for morning tea/coffee**
 Start Date: **4 January 2023**

MUSIC APPRECIATION WITH GRETEL & JAN **34**

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

Leader: **Gretel Kempster & Jan McKelvey**
 Phone: **0493 137 402** **0484 333 214**
 Frequency: **Every Friday for six weeks**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Private residence**
 Incidental Costs: **Nil**
 Start Date: **3 February 2023**

PATCHWORK ON WEDNESDAY (ENROLMENT BY OFFICE ONLY) **35**

Patchwork for all levels, bring your current project, or start a new one. Beginners are welcome and assistance will be available (however there are no vacancies at present). Please contact either of the course leaders prior to enrolment.

Leader: **Beryl Jordan**
 Phone: **6775 2134**
 Frequency: **Every Wednesday**
 Time: **9:00am**
 Duration: **3½ hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **All participants need to supply their own: sewing machine; materials for projects; cottons; scissors, etc**
 Start Date: **18 January 2023**

PHOTOGRAPHY – DISCUSSION GROUP **36**

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

Leaders: **Doug Barber** **Keith Flemming**
 Phone: **0439 769 003** **6772 1210**
 Frequency: **First and third Mondays of each month**
 Time: **1:30pm**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **6 February 2023**

PLAY 500 (ENROLMENT BY OFFICE ONLY) **37**

Five hundred (or 500) is a trick-taking game that is played by three to six players, and is most commonly played by four, in partnerships. 500 is a social card game and was highly popular in the United States until around 1920 when first auction bridge and then contract bridge drove it from favour. We are looking for more players to join our small group of players who like the challenge of trying to win "tricks". Contact Margaret by phone or email margaretmfl@y7mail.com

Leader: **Margaret Marrum**
 Phone: **0423 372 504**
 Frequency: **Every Friday**
 Time: **9:30am**
 Duration: **2½ hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **3 February 2023**

NEW FOR SEMESTER 1, 2023

POETRY POLICE

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You will need to bring a poem to each session: one of your own or any poem will do. You will also need to bring 3 coins. As Poetry Police we will examine each poem in regard to Meaning, Magic & Musicality. Details for these three qualities of a poem will be available at every session. If a poem is inadequate in regard to any of these three 'M's then a coin will need to be put in a "fines-box". We will also discuss how to read a poem for maximum effectiveness. We will also do some playful things with haiku which I will provide. After six weeks we will decide if we wish to continue and what to do with any money in the 'fines-box'.

Leader: **Graham Patterson**
 Phone: **0423 052 357**
 Frequency: **Every Tuesday for 6 weeks (but may continue)**
 Time: **12:30pm**
 Duration: **1½ hours**
 Venue: **ASCA House (West Room)**
 Incidental Costs: **Nil**
 Start Date: **7 February 2023**

SCRABBLE (ENROLMENT BY OFFICE ONLY)

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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: **Barbara Archer**
 Phone: **0438 475 201**
 Frequency: **Every Thursday**
 Time: **1:30pm**
 Duration: **2½ hours**
 Venue: **ASCA House (West Room)**
 Incidental Costs: **Nil**
 Start Date: **19 January 2023**

SPANISH FOR BEGINNERS (ENROLMENT BY OFFICE ONLY) 40

A fast moving course, which aims to have you reading Spanish reasonably well by the end of the course. Unless you put in a lot of work yourself, you won't learn to speak Spanish from this course, but you should be able to read easy texts, and get the gist of newspaper articles. **You will need email!** A grammar lesson will be emailed each week, and additional material will be presented at the class. This is a full year course with semester 2 building on semester 1.

Leader: **Eric Sinclair**
 Phone: **0427 416 806**
 Frequency: **Every Wednesday**
 Time: **3:00pm**
 Duration: **1 hour**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Prospective students should buy a good Spanish Dictionary (Collins "Spanish Dictionary & Grammar" is recommended - \$20-\$35) but perhaps wait until you are sure!**
 Start Date: **15 February 2023**

TABLE TENNIS ON FRIDAYS (ENROLMENT BY OFFICE ONLY) 60

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

Leader: **Ray Andrews**
 Phone: **02 57431700**
 Frequency: **Every Friday (except school holidays)**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **27 January 2023**

TABLE TENNIS ON MONDAYS 66

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. The social side is just as important as the game.

Leader: **Maryanne Abood**
 Phone: **0402 121 163**
 Frequency: **Every Monday (except school holidays)**
 Time: **9.30am**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **30 January 2023**

TABLE TENNIS ON THURSAYS (ENROLMENT BY OFFICE ONLY) 53

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

Leader: **Ray Andrews**
 Phone: **02 5743170 0**
 Frequency: **Every Thursday (except school holidays)**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **2 February 2023**

TABLE TENNIS ON TUESDAYS (ENROLMENT BY OFFICE ONLY) 55

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

Leader: **Walter Heiniger**
 Phone: **0488 752 181**
 Frequency: **Every Tuesday**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **31 January 2023**

TAI CHI FOR HEALTH (THURSDAY) 63*(ENROLMENT BY OFFICE ONLY)*

Tai Chi is an art and an exercise. Tai Chi for Health is a series of exercises designed to improve balance, strengthen and calm the mind, and build energy. This course is for anyone from beginner to someone coming back to Tai Chi after a long break. Loose, comfortable clothing and closed-toed shoes required. This form of Tai Chi is suitable for standing and seated participants.

Leader: **Mary Buck**
 Phone: **0432 403 452**
 Frequency: **Every Thursday (except school holidays)**
 Time: **11.45am**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **2 February 2023**

TAI CHI FOR HEALTH (FRIDAY) 73*(ENROLMENT BY OFFICE ONLY)*

Tai Chi is an art and an exercise. Tai Chi for Health is a series of exercises designed to improve balance, strengthen and calm the mind, and build energy. This course is for anyone from beginner to someone coming back to Tai Chi after a long break. Loose, comfortable clothing and closed-toed shoes required. This form of Tai Chi is suitable for standing and seated participants.

Leader: **Mary Buck**
 Phone: **0432 403 452**
 Frequency: **Every Friday (except school holidays)**
 Time: **9.00am**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **3 February 2023**

TAI CHI WITH JIM SCANLAN – CONTINUING 54*(ENROLMENT BY OFFICE ONLY)*

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

Leader: **Jim Scanlan**
 Phone: **0400 182 957**
 Frequency: **Every Friday**
 Time: **8.30am**
 Duration: **1½ hours**
 Venue: **Legacy House**
 Incidental Costs: **Nil**
 Start Date: **3 February 2023**

TUESDAY TALKS 43

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

Leader: **Laurie Pulley**
 Phone: **6772 1124**
 Frequency: **First and third Tuesdays of each month**
 Time: **9:30am**

Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **21 February 2023**

NEW FOR SEMESTER 1, 2023**WRITING GROUP FOR FUN 71**

Writing is a gift we can give to ourselves and others by discovering the writer within. My vision for this group is that we will play with different writing styles, voices, characters, and just have fun learning together. "Taking risks and making choices in spite of fears – it's what makes (life) stories compelling". 'With the Fire on High' by Elizabeth Acevedo. We can share our stories, our knowledge and encourage each other to write in an atmosphere full of joy and laughter as we each explore the beauty of words and writing.

Please bring along your preferred writing tools.

Leader: **Catherine Michael**
 Phone: **0421 431 381**
 Frequency: **Every Monday (except school holidays)**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **ASCA House (West Room)**
 Incidental Costs: **Nil**
 Start Date: **13 February 2023**

YOGA WITH BRON BAKER (ENROLMENT BY OFFICE ONLY) 44

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

Leader: **Bron Baker**
 Phone: **0438 658 205**
 Frequency: **Every Thursday (except school holidays)**
 Time: **11:00am**
 Duration: **1½ hours**
 Venue: **Masonic Retirement Village**
 Incidental Costs: **Nil**
 Start Date: **9 February 2023**

YOGA WITH CHAIRS WITH MAUREEN (TUES) 45*(ENROLMENT BY OFFICE ONLY)*

If you are unable to enjoy floor Yoga because of physical limitations then perhaps Yoga with Chairs could be of benefit. These 1¼ 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: **Maureen Lauder**
 Phone: **0414 451 824**
 Frequency: **Every Tuesday (except school holidays)**
 Time: **11:15am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **7 February 2023**

YOGA WITH CHAIRS WITH BRON (FRI) 46

(ENROLMENT BY OFFICE ONLY)

If you are unable to enjoy floor Yoga because of physical limitations then perhaps Yoga with Chairs could be of benefit. These 1¼ hour-long sessions offer a gentle Yoga connection with:

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

These classes are offered while participants are seated on chairs and, for a short time, standing.

Leader: **Bron Baker**
 Phone: **0438 658 205**
 Frequency: **Every Friday (except school holidays)**
 Time: **11:00am**
 Duration: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **10 February 2023**

YOGA WITH SAROJA (MORNING) 47

(ENROLMENT BY OFFICE ONLY)

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

Leader: **Saroja Annesley**
 Phone: **0401 965 948**
 Frequency: **Every Monday (except school holidays)**
 Time: **9:00am**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **6 February 2023**

YOGA WITH SAROJA (AFTERNOON) 52

(ENROLMENT BY OFFICE ONLY)

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

Leader: **Saroja Annesley**
 Phone: **0401 965 948**
 Frequency: **Every Monday (except school holidays)**
 Time: **4pm**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **6 February 2023**

Tech help for seniors

Tech Help is available to seniors who need some assistance working with their devices and navigating the online world.

Tech Help will be available every week at Armidale Library and once a month at Guyra Library.

Seniors can ask for help with their devices including phones, tablet or computers, using apps, and accessing websites. Each one-on-one session is 30 minutes and bookings can be made online at

https://youngster.co/website_find_location or by phoning Armidale or Guyra library.

To Book online:

In Location box type **Armidale** or **Guyra**

Click on **Armidale Library** or **Guyra Library**

Click on **See Availability**

Click on **Book Now**

Click on **Choose slot** for selected time (there are two times per half hour for Armidale)

Choose **Returning Senior** or **New Senior** as appropriate.

Add details.

Tech Help for Seniors at Armidale regional Libraries is supported by Tech Savvy Seniors, a NSW Government partnership with Telstra, the State Library of NSW and Edwards coaches.

Source: Armidale Regional Council website

[Tech help for seniors - Armidale Regional Council \(nsw.gov.au\)](#) Last Modified 21 Oct 2022

VENUE INFORMATION

ABORIGINAL CULTURAL CENTRE & KEEPING PLACE

Located at 96-104 Kentucky Street, Armidale. There is plenty of parking in surrounding streets.

ARMIDALE BRIDGE CLUB

Located at 12 Rockvale Road, Armidale. Onsite parking is available.

ARMIDALE CITY BOWLING CLUB

Located at 92-96 Dumaresq Street, Armidale. There is plenty of parking available at the venue.

ARMIDALE EX-SERVICES MEMORIAL CLUB

Located at 137 Dumaresq Street, Armidale. There is plenty of parking available at the venue. Enter the car park from Dangar Street.

ARMIDALE GOLF CLUB

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

ARMIDALE PLAYHOUSE

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

ARMIDALE REGIONAL LIBRARY

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

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

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

Care is required in crossing the roads in the vicinity of ASCA House – both roads are considered major thoroughfares of Armidale and carry heavy traffic at most times of the day.

Please do not park cars across the ASCA House driveway as it is an entry for any emergency and service vehicles, and respect local residents' rights to access to their properties.

AUTUMN LODGE CROQUET LAWN

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

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

MASONIC RETIREMENT VILLAGE

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

PRIVATE RESIDENCE

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

TAS SPORTS CENTRE POOL

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

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

U3AA Office

Located in an area at the rear of ASCA House. Entry to the Office is from Markham Street (not through the front door to ASCA House on Barney Street). T: (02) 6772 2752 E: u3aa@iinet.net.au W: www.u3aa.org.au

DISCLAIMER

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

UNIVERSITY OF THE THIRD AGE ARMIDALE INC		TIMETABLE	SEMESTER 1, 2023
Mondays			
7:30am	Every Monday	AquaStretch on Mondays	TAS Pool
9:00am	Every Monday	Yoga with Saroja Annesley (Morning)	ASCA House (East Room)
9:30am	Every Monday	Table Tennis	ASCA House (South Room)
10:00am	Every Monday	Writing Group for Fun	ASCA House (West Room)
10:00am	Every Monday	Croquet	Autumn Lodge Croquet Lawn
11:00am	Every Monday	Bones and Balance (Monday)	ASCA House (East Room)
1:00pm	Every Monday	Cross Stitch and Needlework	ASCA House (South Room)
1:30pm	First & third Mondays of each month	Photography – Discussion Group	ASCA House (East Room)
2:00pm	Fourth Monday of each month	Great Ideas & Scientists that Changed the World	ASCA House (East Room)
4:00pm	Every Monday	Yoga with Saroja Annesley (Afternoon)	ASCA House (East Room)
Tuesdays			
7:30am	Every Tuesday	Aquarobics	TAS Pool
9:30am	First and third Tuesdays of each month	Tuesday Talks	ASCA House (East Room)
10:00am	Every Tuesday	Armchair Theatre	Armidale Playhouse
10:00am	Every Tuesday	Crochet (Beginners)	ASCA House (South Room)
11:00am	Every Tuesday	Crochet (Continuing)	ASCA House (South Room)
11:15am	Every Tuesday	Yoga with Chairs with Maureen	ASCA House (East Room)
12:30pm	Every Tuesday for 6 weeks	Poetry Police	ASCA House (West Room)
1:30pm	Every Tuesday	Bones and Balance with Heather Voskuyl	ASCA House (East Room)
2:00pm	Every Tuesday	Table Tennis	ASCA House (South Room)
3:00pm	Every Tuesday for 10 weeks	Japanese Society in Modern Times	ASCA House (East Room)
Wednesdays			
7:30am	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	Patchwork on Wednesdays	ASCA House (South Room)
9:30am	Every Wednesday	Mahjong	Armidale Golf Club
9:30am	Every Wednesday for 8 weeks	Bridge for Beginners	Armidale Bridge Club
10:00am	Every Wednesday	Gateball	Armidale City Bowling Club
10:00am	Second Wednesday of each month	Book Lovers	Private residence
2:00pm	Every Wednesday for 10 weeks	Classic Movies	ASCA House (East Room)
2:00pm	Every Wednesday	Card Making	Private residence
3:00pm	Every Wednesday	Spanish for Beginners	ASCA House (South Room)
Thursdays			
7:30am	Every Thursday	Aquarobics	TAS Pool
10:00am	Every Thursday	Croquet	Autumn Lodge Croquet Lawn
10:00am	Every Thursday	Fit & Balanced with Bev Pitt	ASCA House (East Room)
10:00am	Third Thursday of each month	Book Discussion Group	Private residence
10:00am	Last Thursday of each month	Companionship in Reading	Armidale City Bowling Club
10:00am	Every Thursday for 8 weeks	Classical Music: an Exploration	Private residence
10:00am	Every Thursday for 8 weeks	Fibre Art	ASCA House (South Room)
11:00am	Every Thursday	Yoga with Bron Baker	Masonic Retirement Village
11:30am	Every Thursday	Tai Chi for Health	ASCA House (East Room)
1:30pm	Every Thursday	Descant Recorder for Beginners	ASCA House (East Room)
1:30pm	Every Thursday	Scrabble	ASCA House (West Room)
2:00pm	Every Thursday	Table Tennis	ASCA House (South Room)
2:00pm	Every Thursday	Descant Recorder - Continuing	ASCA House (East Room)
Fridays			
7:30am	Every Friday	AquaStretch on Friday	TAS Pool
8:30am	Every Friday	Tai Chi with Jim Scanlan - Continuing	Legacy House
8:30am	First Friday of each month	Gardening	ASCA House (Garden)
9:30am	Every Friday	Play 500	ASCA House (South Room)
10:00am	Every Friday for six weeks	Music Appreciation with Gretel and Jan	Private residence
10:00am	Every Friday	Italian - Do it Yourself	Armidale Regional Library
10:30am	Every Friday for 10 weeks	Indigenous Art & Culture	Aboriginal Cultural Centre
11:00am	Every Friday	Yoga with Chairs with Bron Baker	ASCA House East Room)
2:00pm	Every Friday	Table Tennis	ASCA House (South Room)
2:30pm	First Friday of each month	Investor Forum	ASCA House (East Room)
Saturdays			
9:00am	Second Friday of each odd month Second Saturday of each even month	Bushwalking	Visitors Information Centre

For use by members paying by card, cash or cheque.
Please use one form for each member sharing this booklet

Office use only		
Member Number	Payment method	Cash receipt #
1 ____	ZLR CASH CHQ	____/____/2023
		Initials

2023 MEMBERSHIP RENEWAL AND ENROLMENTS

I hereby apply to renew my membership of University of the Third Age Armidale Incorporated for 2023.

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

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

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

Given names _____

Family name _____

Address _____

Telephone _____ Mobile _____

Email _____

DOB ____/____/____ (statistical purposes only)

Emergency contact details

Name _____

Telephone _____ Mobile _____

Name _____

Telephone _____ Mobile _____

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