



U3A ARMIDALE INC

COURSE AND ACTIVITY BOOKLET

**SEMESTER 2, 2023
JULY TO DECEMBER**

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

**REVISION 3
26 JULY 2023**

IMPORTANT – PLEASE READ THIS PAGE CAREFULLY

NEW MEMBERS FOR SEMESTER 2 : \$45 SEMESTER 2 MEMBERSHIP FEE

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.

CURRENT 2023 MEMBERS – ENROLLING IN COURSES AND ACTIVITIES FOR SEMESTER 2, 2023

If your Course Leader did not elect the automatic re-enrolment option for Semester 1 members, and for any new courses/activities, enrolment may be done by either of these two methods:

1. Using the *U3AA Enrolment Form for Semester 2, 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 BADGES

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, LINE DANCING FOR SENIORS,
TABLE TENNIS x 4, TAI CHI x 3, YOGA (FLOOR) x 3, YOGA WITH CHAIRS x 2

HUMANITIES

TUESDAY TALKS, AGREEING TO PEACE, CONVERSATIONS WITH THE FAMOUS AND
NOT SO FAMOUS (U3A CANBERRA)

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 – INTERMEDIATE AND CONTINUING, MUSIC
APPRECIATION WITH GRETEL & JAN, WRITING FOR FUN

MINDGAMES

BRIDGE FOR BEGINNERS, MAHJONG, PLAY 500, SCRABBLE

SCIENCE

TECHNOLOGY

WORLD AROUND US

TUESDAY ZOOM FORUMS (U3A CANBERRA)

NEW FOR SEMESTER 2, 2023**AGREEING TO PEACE: 1ST SESSION 77**

These are a series of workshops that lead to understanding and practising strategies for living consciously, and positively even under difficult circumstances. We are using skills that promote peaceful attitudes to ourselves and others.

The work will be done individually, in pairs and in small groups, using quiet exercises and roleplay where comfortable. It can be both fun and enlightening. The workshops are based on the work of Marshall Rosenberg and the Centre for Non-Violent Communication (CNVC).

There are two sessions that both cover the full range of strategies and attitudes however it will not be repetitive to participate in both sessions.

It will be important to purchase the course text however I have some extra copies to lend if you are unable to afford one.

Leader: **Roslyn Moran**
 Phone: **0475 422 888**
 Frequency: **Every Wednesday and Friday for 4 weeks (could be continued on Wednesdays if requested by members)**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **ASCA House (West Room)**
 Incidental Costs: **Course text approx. \$30**
 Start Date: **19 July 2023**

NEW FOR SEMESTER 2, 2023**AGREEING TO PEACE: 2ND SESSION 78**

Refer to description above for 1st Session.

Leader: **Roslyn Moran**
 Phone: **0475 422 888**
 Frequency: **Every Wednesday for 9 weeks**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **ASCA House (West Room)**
 Incidental Costs: **Course text approx. \$30**
 Start Date: **11 October 2023**

AQUAROBICS 3

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

Leader: **Kay Love**
 Phone: **0468 774 814**
 Frequency: **Tuesday and Thursday mornings**
 Time: **7:30am**
 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: **4 July 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: **3 July 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: **Masonic Lodge Hall**
 Incidental Costs: **Nil**
 Start Date: **18 July 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: **5 July 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: **4 July 2023**

BONES AND BALANCE (MONDAY) 7*(ENROLMENT BY OFFICE ONLY)*

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: **17 July 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: **20 July 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: **12 July 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 practise 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: **23 August 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: **14 July 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: **5 July 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: **13 September 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: **20 July 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: **27 July 2023**

NEW FOR SEMESTER 2, 2023**CONVERSATIONS WITH THE FAMOUS AND NOT SO FAMOUS U3A CANBERRA 80**

On a mostly fortnightly basis this "zoom" based course, hosted by Alex Gosman, offers an intimate conversation with a prominent Canberran, and on occasion "outsider", to discover what makes them tick and what have been major influences and events in their life.

Like the ABC Program "Conversations" the course is designed to "draw you deeper into the life story of someone you may, or may not, have heard about." Guests will be drawn from politics, the arts, academia, sports, media and everyday life. Course participants will be provided with ample opportunity to ask questions. Automatic Zoom login details will be sent each fortnight.

Leader: **Penny Nicholson**
 Phone: **0408 272 011**
 Frequency: **Every second Friday**
 Time: **10:00am**
 Duration: **1 hour**
 Venue: **Member's home**
 Incidental Costs: **Nil**
 Start Date: **28 July 2023**

CROCHET (BEGINNERS) 57

Learn a new craft and meet new people.

Leader: **Maggie Smith**
 Phone: **0401 983 242**
 Frequency: **Every Tuesday**
 Time: **11:00am**
 Duration: **2 hours**

Venue: **ASCA House (South Room)**
 Incidental Costs: **The only cost to members is for their own materials**
 Start Date: **4 July 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: **4 July 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 Thursday**
 Time: **10:00 am**
 Duration: **2 hours**
 Venue: **Autumn Lodge Croquet Lawn**
 Incidental Costs: **\$2.00 Green fee per game**
 Start Date: **6 July 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: **3 July 2023**

DESCANT RECORDER - CONTINUING 21

(ENROLMENT BY OFFICE ONLY)

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 you 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: **20 July 2023**

NEW FOR SEMESTER 2, 2023

DESCANT RECORDER—INTERMEDIATE 75

(ENROLMENT BY OFFICE ONLY)

This course continues the introduction to the Descant Recorder, following on from Beginners' Course. 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.

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: **20 July 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: **0481 894 203**
 Frequency: **Every Thursday for 8 weeks**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Private residence (transport available)**
 Incidental Costs: **Donations to help defray cost of equipment and materials**

Start Date: **12 October 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: **6 July 2023**

GARDENING (ENROLMENT BY OFFICE ONLY) 25

Join a working party to improve and maintain the gardens surrounding ASCA House. 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: **8:00 am**
 Duration: **1 hour**
 Venue: **ASCA House (Garden)**
 Incidental Costs: **Nil**
 Start Date: **28 July 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: **5 July 2023**

ITALIAN – DO IT YOURSELF 30

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

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

NEW FOR SEMESTER 2, 2023**LINE DANCING FOR SENIORS 76**

Guaranteed to be a fun and enjoyable class with great benefits to both mind and body and if that's not a good enough incentive you will love the music. Most of the dances taught are choreographed by the Leader with seniors and their safety and ability in mind.

It is a documented fact that seniors derive great benefits from dancing. The classes will progress at members' pace. The only requirements are a pair of fitted shoes with a flat sole (sandals can sometimes be dangerous) and a water bottle.

Leader **Denise Finlay**
 Phone: **0476 376 318**
 Frequency: **Every Tuesday**
 Time: **11:00am**
 Duration: **1½ hours**
 Venue: **Masonic Retirement Village**
 Incidental Costs: **Nil**
 Start Date: **1 August 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: **5 July 2023**

MUSIC APPRECIATION WITH GRETEL & JAN 34

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

Leader: **Gretel Kempster & Jan McKelvey**
 Phone: **6772 6531** **0484 333 214**
 Frequency: **Every Friday for seven weeks**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Private residence**
 Incidental Costs: **Nil**
 Start Date: **15 September 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 the course leader 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: **5 July 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: **3 July 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

New members are very welcome!

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: **7 July 2023**

SCRABBLE (ENROLMENT BY OFFICE ONLY) 39

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

Leader: **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: **6 July 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: **5 July 2023**

TABLE TENNIS ON FRIDAYS **60**

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

Leader: **Ray Andrews**
 Phone: **02 57431700**
 Frequency: **Every Friday**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **7 July 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**
 Time: **10.00am**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **3 July 2023**

TABLE TENNIS ON THURSAYS **53**

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

Leader: **Ray Andrews**
 Phone: **02 5743170 0**
 Frequency: **Every Thursday**
 Time: **2:00pm**

Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **6 July 2023**

TABLE TENNIS ON TUESDAYS **55**

(ENROLMENT BY OFFICE ONLY)

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: **4 July 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: **9.30am**
 Duration: **1 hour**
 Venue: **Masonic Retirement Village**
 Incidental Costs: **Nil**
 Start Date: **20 July 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: **9.30am**
 Duration: **1 hour**
 Venue: **AMAI The Dojo**
 Incidental Costs: **Nil**
 Start Date: **21 July 2023**

TAI CHI – 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: **Greg Clarke**
 Phone: **0427 109 085**
 Frequency: **Every Friday**
 Time: **8.30am**
 Duration: **1½ hours**
 Venue: **Legacy House**
 Incidental Costs: **Nil**
 Start Date: **7 July 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, second and third Tuesdays of each month**
 Time: **9:30am**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **1 August 2023**

NEW FOR SEMESTER 2, 2023**TUESDAY ZOOM FORUMS U3A CANBERRA****79**

Since 2020, U3A Canberra (Alex Gosman) has been hosting a weekly program of online Zoom Forums which focus on current affairs, local events, politics, science, the environment and international events which run for an hour including Q&As. U3A Canberra is fortunate to be able access experts from local tertiary institutions (eg. Australian National University, University of Canberra, and Australian Catholic University) and current and retired senior Commonwealth government officials (ministers, policy advisors, ambassadors). Being online also attracts speakers from interstate.

Topics covered recently include China, Ukraine war, Australia's strategic environment, the state of the Murray Darling, the importance of good policy. Talks already lined up for Semester 2 include topics such as Australia's immigration Policies, Artificial Intelligence and regulation, Thai elections, Tax Reform, US politics.

The forums are open to all U3A members in Canberra and attract audiences of 100–150 members with very interactive question and answer sessions. Given the advances in technology and access provided by Zoom and large audience capacity, U3A Canberra is now offering access to the Forums for U3As across Australia.

U3A Canberra will provide me with a weekly email detailing the automatic Zoom login details for the week and the

rolling three week program of talks. I will forward the email to U3AA Tuesday Zoom Forum members.

Leader: **Penny Nicholson**
 Phone: **0408 272 011**
 Frequency: **Every Tuesday**
 Time: **12:30am**
 Duration: **1 hour**
 Venue: **Member's home**
 Incidental Costs: **Nil**
 Start Date: **18 July 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: **17 July 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: **11:15am**
 Duration: **1½ hours**
 Venue: **Masonic Retirement Village**
 Incidental Costs: **Nil**
 Start Date: **3 August 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: **18 July 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: **4 August 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: **17 July 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: **17 July 2023**

Be Connected – Every Australian Online

An Australian Government initiative which aims to help all Australians to get the best out of their technology and stay safe online. Join thousands of Australians who are taking free online courses and presentations:

- *Build skills – free courses on everything from how to access the internet, make video calls, set up your device*
- *Online safety presentations*
- *Grandparents' guide – key advice and practical tips to help you become more involved in the online world your grandchildren inhabit.*

www.beconnected.esafety.gov.au

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.

Armidale

(02) 6770 3636

library@armidale.nsw.gov.au

Guyra

(02) 67707123

gsclibrary@armidale.nsw.gov.au

Source: Armidale Regional Council website 10 May 2023

[Tech help for seniors - Armidale Regional Council \(nsw.gov.au\)](#)

VENUE INFORMATION

AMAI THE DOJO

Located at the corner of Mann and Chapel Streets. 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 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 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 LODGE HALL

Located at 147 Faulkner Street, Armidale. The entrance is from Barney Street. There is no on site parking unless by special, prior arrangement. There is plenty of parking in surrounding streets.

MASONIC RETIREMENT VILLAGE

Located at 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 2, 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)
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)
4:00pm	Every Monday	Yoga with Saroja Annesley (Afternoon)	ASCA House (East Room)
Tuesdays			
7:30am	Every Tuesday	Aquarobics	TAS Pool
9:30am	First, second & third Tuesdays of each month	Tuesday Talks	ASCA House (East Room)
10:00am	Every Tuesday	Armchair Theatre	Masonic Lodge Hall
10:30am	Every Tuesday	Crochet (Continuing)	ASCA House (South Room)
11:00am	Every Tuesday	Line Dancing for Seniors	Masonic Retirement Village
11:00am	Every Tuesday	Crochet (Beginners)	ASCA House (South Room)
11:15am	Every Tuesday	Yoga with Chairs with Maureen	ASCA House (East Room)
12.:30pm	Every Tuesday	Tuesday Zoom Forums (U3A Canberra)	Member's home
1:30pm	Every Tuesday	Bones and Balance with Heather Voskuyl	ASCA House (East Room)
2:00pm	Every Tuesday	Table Tennis	ASCA House (South Room)
Wednesdays			
7:30am	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 TBC	Armidale Bridge Club
10:00am	Every Wed & Thursday for 4 weeks	Agreeing to Peace : 1st Session	ASCA House (West Room)
10:00am	Every Wednesday	Gateball	Armidale City Bowling Club
10:00am	Second Wednesday of each month	Book Lovers	Private residence
1:00pm	Every Wednesday for 9 weeks	Agreeing to Peace : 2nd Session	ASCA House (South Room)
2:00pm	Every Wednesday for 10 weeks	Classic Movies	ASCA House (East Room)
2:00pm	Every Wednesday	Card Making	Private residence
3:00pm	Every Wednesday	Spanish for Beginners	ASCA House (South Room)
Thursdays			
7:30am	Every Thursday	Aquarobics	TAS Pool
9:30m	Every Thursday	Tai Chi for Health	Masonic Retirement Village
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	Private residence
11:15am	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	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
8:00am	First Friday of each month	Gardening	ASCA House (Garden)
8:30am	Every Friday	Tai Chi - Continuing	Legacy House
9:30am	Every Friday	Tai Chi for Health	AMAI The Dojo
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
10:00am	Every second Friday	Conversations on Zoom (U3A Canberra)	Member's home
11:00am	Every Friday	Yoga with Chairs with Bron Baker	ASCA House East Room)
2:00pm	Every Friday	Table Tennis	ASCA House (South Room)
Saturdays			
9:00am	Second Friday of each odd month Second Saturday of each even month	Bushwalking	Visitors Information Centre

