



U3A ARMIDALE INC

COURSE AND ACTIVITY BOOKLET

SEMESTER 1, 2025

JANUARY TO JUNE

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

**REVISION 8
31 MARCH 2025**

IMPORTANT – PLEASE READ THIS PAGE CAREFULLY

PAYING THE APRIL— DECEMBER MEMBERSHIP FEE OF \$60

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 (please ensure that you include your name!)
 - * for Regional Australia Bank customers please use the Regional Australia Bank U3AA Account Number 645377S3.

ENROLLING IN COURSES AND ACTIVITIES FOR SEMESTER 1, 2025

Enrolment may be done by either of these two methods:

1. Using the *U3AA Enrolment Form for Semester 1, 2025*
 - 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 (ie. those who have paid the 2025 membership fee). All people attending U3AA courses and activities must be members of U3AA however, there is also 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 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 this 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 this 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 2025 SEMESTER 1 COURSES / ACTIVITIES

ARTS AND CRAFTS

ART FOR BEGINNERS WITH YOUTUBE, CARD MAKING , CROCHET & KNITTING, CROSS STICH & NEEDLEWORK, DRAWING FUNDAMENTALS, FIBRE FUN – PAINT & STITCH, PATCHWORK, PHOTOGRAPHY, SPINNING

EXERCISE

AQUAROBICS, AQUASTRETCH, BONES AND BALANCE x 3, CROQUET, FIT AND BALANCED, GARDENING, GATEBALL, LINE DANCING FOR SENIORS, MEDITATION —AN INTRODUCTION, PICKLEBALL, TABLE TENNIS x 3, TAI CHI x 5 (ADVANCED, BEGINNERS, INTERMEDIATE, CONTINUING), YOGA (FLOOR) x 3, YOGA WITH CHAIRS x 2

HUMANITIES

INDIGENOUS ART AND CULTURE, AGREEING TO PEACE AND BUILDING CONNECTION, CONVERSATIONS WITH THE FAMOUS AND NOT SO FAMOUS (U3A CANBERRA), TUESDAY TALKS

LANGUAGES

FRENCH CONTINUING, ITALIAN: DO IT YOURSELF

LITERATURE, FILM AND MUSIC

ARMCHAIR THEATRE, BOOK GROUPS x 3, CLASSIC MOVIES, CLASSICAL MUSIC: AN EXPLORATION, DESCANT RECORDER (INTERMEDIATE AND CONTINUING), LOVERS OF WORDS, MUSIC APPRECIATION WITH GRETEL AND JAN, SING FOR LIFE, UKULELE AND GUITAR FOR BEGINNERS, WRITING FOR FUN

MINDGAMES

BRIDGE FOR BEGINNERS, MAHJONG, PLAY 500, SCRABBLE

SCIENCE

GREAT IDEAS AND SCIENTISTS THAT CHANGED THE WORLD

TECHNOLOGY

CYBERSECURITY : PROTECT YOURSELF ONLINE

WORLD AROUND US

TUESDAY ZOOM FORUMS (U3A CANBERRA), SUPERANNUATION – UNDERSTANDING THE SYSTEMS (U3A CANBERRA)

NEW!**AAA ART FOR BEGINNERS WITH YOUTUBE — 90
MAKE THE MOST OF THE FREE STUFF!**

YouTube has a wealth of knowledge about most art mediums for painting and drawing. This class will take a look at some of the options available and the class can decide on what they want to learn. The facilitator will be available to provide hands on assistance as participants create their chosen piece of art. The objective will be to create one or more works of art across a 10 week course. Students will be required to provide their own materials once they have selected their project. The facilitator has had some experience with a number of mediums including: oil paints, acrylic paints, watercolour, pastel chalks, colour pencils, watercolour pencils, pen ink drawings. Students will receive instruction and advice whilst following YouTube tutorials of their choice which will allow for progress at an individual level. The more you put in the more you will achieve.

Leader: **Terry Boys**
Phone: **0418 868 461**
Frequency: **Mondays for 10 weeks (weeks 2,4 (and 5) of each month)**
Time: **1 pm**
Duration: **2 hours**
Venue: **ASCA House (East Room)**
Incidental Costs: **Provision of your own materials**
Start Date: **24 February 2025**

NEW!**AGREEING TO PEACE AND BUILDING CONNECTION 93**

Agreeing to peace and building connection explores (NVC) Non Violent Communication. NVC teaches a way towards empathy and connection with self and others. The course is a series of practical step by step workshops. It will help us to profoundly understand what can be missing in the world and how alienation leads to violence. We learn and practice acting with empathy and thus understand how to connect more easily with ourselves and others. Connection can be learned, it is a skill. The first step is to understand how conditioning has led us to be self absorbed and honour being better, being winners, being more! When connection is our main goal, all the improvement and winning becomes irrelevant. Recognizing the deep significance of connection in our lives shows us how its lack can lead to developing enemy images and block compassion. That block is the cause of discrimination, racism, violence and even war. We use the text by Marshall Rosenberg, "Non-violent Communication a language of life", and material from the Centre for Non-Violent Communication, (CNVC), www.cnvc.org.

Each term of workshop will cover the full range of strategies and attitudes. However it will not be repetitive to participate in the course more than once.

It is 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 (except school holidays)**
Time: **10:00am**
Duration: **2 hours**
Venue: **Private residence**
Incidental Costs: **Course text approximately \$30**
Start Date: **5 February 2025**

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**
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: **7 January 2025**

AQUASTRETCH ON MONDAY, WEDNESDAY & FRIDAY 4

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 (Please leave a message)**
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: **6 January 2025**

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**
Time: **10:00am**
Duration: **2 hours**
Venue: **The Lodge Theatre**
Incidental Costs: **\$2 per week (morning tea and printing)**
Start Date: **4 February 2025**

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 Elizabeth Niven on 0409 457 416.

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: **10 February 2025**

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: **1¼ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **The only cost to members is the purchase of a set of hand weights**
 Start Date: **8 January 2025**

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**
 Frequency: **Every Tuesday**
 Time: **1:30pm**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **18 February 2025**

NEW!

BOOK CLUB – SILENT BOOK CLUB **95**

Have you heard of a Silent Book Club? If not, read on:

- the appeal being that you have the choice of what you read, whether a book, ebook or audiobook
- meetings are held in public places with access to edibles, coffee, tea etc
- meetings run for two hours – half an hour for general chat, followed by an hour of 'silent' reading, followed by another half hour of book chat.

Leader: **Laurel Bee**
 Phone: **0415 687 755 (sms only please)**
 Frequency: **Every Friday**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Armidale Ex Services Club (no membership fee required)**
 Incidental Costs: **Nil**
 Start Date: **7 March 2025**

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: **Hettie Lynch**
 Phone: **0428 752 175**
 Frequency: **Second Wednesday of each month**
 Time: **10:00am**
 Duration: **1½ hours**
 Venue: **Private residence**
 Incidental Costs: **Nil**
 Start Date: **8 January 2025**

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 (except school holidays)**
 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: **30 April 2025**

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: **22 January 2025**

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 twelve weeks**
 Time: **2:00pm**
 Duration: **2 to 3 hours**
 Venue: **ASCA House (East room)**
 Incidental Costs: **Nil**
 Start Date: **12 February 2025**

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.

You may also contact Ed by email : pdqb22@gmail.com

Leader: **Ed Hannah**
 Phone: **0427 188 734**
 Frequency: **Every Thursday in 2 blocks of 4 weeks (6-27 March; 1-22 May)**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Private residence**
 Incidental Costs: **Nil**
 Start Date: **6 March 2025**

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: **0456 864 389**
 Frequency: **Last Thursday of each month**
 Time: **10:00am**
 Duration: **1½ to 2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **27 February 2025**

CONVERSATIONS WITH THE FAMOUS AND NOT SO FAMOUS (U3A CANBERRA) 80

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. 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: **14 February 2025**

CROCHET & KNITTING 58

Come and have fun crocheting and/or knitting.. Work on individual or group projects. Come along any time between 9.30 and 11.30.

Leaders: **Catherine Michael Tracy Everett**
 Phone: **0421 431 381 0402 058 504**

Frequency: **Every Wednesday**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **ASCA House (West Room)**
 Incidental Costs: **The only cost to members is for their own materials**
 Start Date: **14 January 2025**

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— winter season 10am start. Players will be advised of any changes to start time when applicable.

The court is available Monday to Friday so we are able to schedule other sessions to accommodate player numbers and availability. Vacancies exist – intending new players please phone Helen for further information.

Leader: **Helen Garske**
 Phone: **0493 059 928**
 Frequency: **Every Monday and Thursday**
 Time: **9.30 am**
 Duration: **2 hours**
 Venue: **Autumn Lodge Croquet Lawn**
 Incidental Costs: **\$2.00 Green fee per game**
 Start Date: **6 January 2025**

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 February 2025**

NEW!

CYBERSECURITY : PROTECT YOURSELF ONLINE 99 (U3A NETWORK NSW)

As the volume and sophistication of cyberattacks continue to increase, it's crucial for Australians to be savvy about their cybersecurity. Seniors, in particular, are being targeted by scammers, hackers, and identity thieves now more than ever. Network NSW will be running a series of Zoom seminars open to all U3As and their members in NSW on how to improve cybersecurity. The talks will include a general overview of cybersecurity as well as follow-up seminars diving deeper into specific topics.

Leader: **Penny Nicholson**
 Phone: **0408 272 011**
 Frequency: **Tuesday**
 Time: **12:30pm**
 Duration: **1¼hours**
 Venue: **Zoom (ASCA House East Room & Member's home)**
 Incidental Costs: **Nil**
 Start Date: **27 May 2025 (further dates to be advised)**

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: **6 February 2025**

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: **6 February 2025**

NEW!**DRAWING FUNDAMENTALS 94**

This is a course for beginners or those with some experience. Learn the basics of construction and study drawing and build your skills to develop drawings in volume using a light source. These basic techniques will ground you for more complex studies with various rendering techniques and colour applications.

Learning to draw is learning to see; you don't need to be 'talented' to learn to draw, it is a skill that can be learned.

Leader: **Chris Pratt**
 Phone: **0432 651 247**
 Frequency: **Every Thursday (except the last Thursday of the month)**

Time: **9:30am**
 Duration: **1½ hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Purchase of materials: HB, 2B, 4B, 6B pencils, paper, eraser, pencil sharpener. Drawing board and bulldog clips are optional.**
 Start Date: **3 April 2025**

FIBRE FUN – PAINT & STITCH 69

Each session will enable participants to use fabric, thread, paint and other materials to create a memory. Participants are encouraged to experiment with a range of fibres to illustrate whatever they imagine. Participants can use hand or machine sewing to connect fabric, and embellish designs. Suitable casual dress to cater for participation in artistic activities is encouraged. Got an idea, join with others and create! Use my bits and pieces or your own.

Leader: **Cherry Stewart**
 Phone: **0481 894 203**
 Frequency: **Every Monday (except school holidays)**
 Time: **9:30am**
 Duration: **2 hours**
 Venue: **Private residence (transport available)**
 Incidental Costs: **Donations to help defray cost of equipment and materials**
 Start Date: **3 February 2025**

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: **1½ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Members will need to purchase resistance bands from the Course Leader**
 Start Date: **9 January 2025**

NEW!**FRENCH CONTINUING 91**

You've learnt French (perhaps years ago) and you know the basics. Now you'd like to revisit what you know and build on your ability to understand and converse in French. The emphasis this semester will be on different, real life situations, using audio, video, games and activities designed to build your vocabulary, and especially your confidence. Don't worry if you don't think you're good enough! Come and join us for what is always an enjoyable 90 minutes.

Leader: **Jill Turner**
 Phone: **0417 211 409**
 Frequency: **Every Wednesday (except school holidays)**
 Time: **10:30am**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **5 February 2025**

GARDENING**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: **8:30 am**
 Duration: **1 hour**
 Venue: **ASCA House (Garden)**
 Incidental Costs: **Nil**
 Start Date: **3 January 2025**

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: **8 January 2025**

RETURNING!**GREAT IDEAS AND SCIENTISTS THAT CHANGED THE WORLD** **50**

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

Leader: **Colin Sholl**
 Phone: **0458 483 315**
 Frequency: **Third Monday of the month**
 Time: **3:00pm**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **17 March 2025**

RETURNING!**INDIGENOUS ART AND CULTURE** **70**

Sessions feature a variety of perspectives and activities in visual, creative, and performing arts; local history; traditional and contemporary law Issues; storytelling and songlines. Participants may be actively involved in cultural activities.

Leader: **Rose Lovelock, Director ACCKP**
 Phone: **6771 3606**

Frequency: **Every Friday for 10 weeks**
 Time: **10:0am**
 Duration: **2 hours**
 Venue: **Aboriginal Cultural Centre & Keeping Place**
 Incidental Costs: **Donations to help defray the cost of equipment and materials**
 Start Date: **7 March 2025**

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: **11:00am**
 Duration: **1 hour**
 Venue: **Armidale Regional Library**
 Incidental Costs: **Nil**
 Start Date: **7 February 2025**

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: **28 January 2025**

NEW!**LOVERS OF WORDS****96**

Are you a secret/covert fan of quotations? I most decidedly am. Come along, share your favourite quotation/s. Let's chat about them and what they mean to us and gain the perspective of others. This can only be bettered by access to tea/coffee and snacks.

Leader: **Laurel Bee**
 Phone: **0415 687 755 (sms only please)**
 Frequency: **First Monday of each month**
 Time: **7:00pm**
 Duration: **1½ hours**
 Venue: **Armidale Ex Services Club (no membership fee required)**
 Incidental Costs: **Nil**
 Start Date: **3 March 2025**

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: **9:00am**
 Duration: **3¼ hours**
 Venue: **Armidale Golf Club**
 Incidental Costs: **\$2 for morning tea/coffee**
 Start Date: **8 January 2025**

MEDITATION – AN INTRODUCTION**86**

Regular meditation practice aids calmness, clarity of mind, and promotes contentment. Learn to meditate with a group. Various techniques will be offered with an opportunity to practice, and focus will primarily be on mindfulness of breathing meditation. Initially six weeks in length, but may extend longer for those wishing to continue to practice in a group.

Teacher has more than 20 years experience as a meditator, teaching and leading mindfulness of breathing meditation at the Armidale Community Buddhist Centre.

There will be lots of opportunities for questions. Bring a meditation bench or cushion if you wish to use one, but sitting on a chair is fine.

Leader: **Sylvia Ransom**
 Phone: **0458 728 938**
 Frequency: **Every Thursday for 5 weeks**
 Time: **3:30pm**
 Duration: **1 hour**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **6 March 2025**

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: **28 February 2025**

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

Patchwork for all levels. Bring your current project, or start a new one. Beginners are welcome and assistance will be available. Please contact the course leader prior to enrolment.

Leader: **Beryl Jordan**
 Phone: **6775 2134**
 Frequency: **Every Wednesday**
 Time: **8:30am**
 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: **15 January 2025**

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 Fleming**
 Phone: **0439 769 003** **0499 498 998**
 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 February 2025**

PICKLEBALL**81**

Pickleball is a paddle and ball sport combining elements of badminton, tennis and table tennis, to create a sport that's fun for all ages and skill levels. It is easy to learn and focuses on reflexes and aiming rather than power serves and running speed. It is played on a badminton court (about half the size of a tennis court) with a low net.

Pickleball is a fast-growing sport both in Australia and globally, and especially among the over 50s age group.

Leader: **Ann Gibbs** **Gail Rogers**
 Phone: **0427 751 106** **0408 253 601**
 Frequency: **Every Wednesday**
 Time: **2:00 pm**
 Duration: **1 hour**
 Venue: **SportUNE Campbell Hall**
 Incidental Costs: **Nil**
 Start Date: **12 February 2025**

PLAY 500**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. 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 February 2025**

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: **16 January 2025**

NEW!

SING FOR LIFE 97

Enjoy old fashioned community-style singing in a relaxed atmosphere. You don't need to be a singing star, there are no auditions, you won't be asked to sing solo. It's just about bringing people together who would like a friendly community-style singalong accompanied by our piano. There will be an eclectic mix of songs: popular, carols, songs from musicals, rock songs, national anthems, hymn-like songs, folk, country, Australiana etc. Come as often as you like, stay for as long as you like, leave when you must. Please don't come if you are feeling unwell. All you need to bring is your water bottle and a love of singing!

Leader: **Viv Sercombe**
 Phone: **0417 824 354**
 Frequency: **Every Thursday**
 Time: **11:30am**
 Duration: **1½ hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **6 March 2025**

NEW!

SPINNING (AND ALL THINGS FIBRE RELATED) 98

Do you have a spinning wheel languishing in your spare room? Then dust it off and bring it with you to ASCA House on Tuesday mornings. Spinning has come a long way since the 70's and 80's and while the principles remain, some of the old rules have been thrown out the window. We now have access to everything from carefully grown raw fleece (from many different breeds) to highly processed fibres in a multitude of stunning colours. Open your mind, explore the possibilities and learn from each other's experience. Fibre is available from outlets in Armidale, Guyra and Uralla - contact the leader for details. A small quantity of fibre will be available for beginner spinners. If your wheel needs attention, please advise beforehand.

Leader: **Tracy Everett**
 Phone: **0402 058 504**
 Frequency: **Every Tuesday**
 Time: **9:30am**
 Duration: **2½ hours (flexible)**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Equipment and fibre**
 Start Date: **8 April 2025**

SUPERANNUATION : UNDERSTANDING THE SYSTEMS 89 (U3A CANBERRA)

Superannuation is your second biggest lifetime investment, after your home. Like looking after your home, you need to look after your super. These ten sequential sessions explain: the system; what you should expect from the industry; and how to understand and talk to your financial advisers about making your money last.

No prior knowledge required. The course program is available. The course is face to face and live on Zoom on Tuesday mornings.

Please contact the U3A Canberra Course Leader, Carol Flynn,

at cpfn64@gmail.com or 0413610971, for further information and the detailed program.

Leader: **Penny Nicholson**
 Phone: **0408 272 011**
 Frequency: **Every Tuesday for 10 weeks**
 Time: **10:00am**
 Duration: **2 hours**
 Venue: **Member's home on Zoom**
 Incidental Costs: **\$20 payable to U3A Canberra (room rent, leader's Zoom membership and charitable donation to course lawyer)**
 Start Date: **18 March 2025**

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: **Gretel Kempster**
 Phone: **0493 137 402**
 Frequency: **Every Monday**
 Time: **10.00am**
 Duration: **1½ hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **20 January 2025**

TABLE TENNIS ON THURSDAYS 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: **Jenny Rees & Julie Kennelly**
 Phone: **0412 024 727 0455 166 443**
 Frequency: **Every Thursday**
 Time: **2:00pm**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **16 January 2025**

TABLE TENNIS ON TUESDAYS 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: **14 January 2025**

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

In this class we will explore the Sun 73. The forms start gently, but do make greater demands on balance, timing, and stability in the process.

Leader: **Mary Buck**
 Phone: **0432 403 452**
 Frequency: **Every Thursday**
 Time: **9.30am**
 Duration: **1 hour**
 Venue: **AMAI The Dojo**
 Incidental Costs: **Nil**
 Start Date: **6 February 2025**

TAI CHI FOR HEALTH (BEGINNERS)**73**

Tai Chi is an art of movement, a martial art, and the discipline of a philosophy in practice. It has many health benefits, including; reducing stress, deepening the breath, improving balance and thereby reducing the risk of falls, increasing energy, and improving the mind/ body connection through mindfulness. In the first year we will slowly compile up to 24 forms based on the Tai Chi for Health Arthritis program.

From time to time we also feed in shorter series of forms that are helpful for rehabilitation, diabetes, osteoporosis, and energy.

If you are new to Tai Chi, or are coming back after a long break, this is a good place to start your practice.

73-01	73-02
Leader: Mary Buck	Leader: Mary Buck
Phone: 0432 403 452	Phone: 0432 403 452
Frequency: Every Friday	Frequency: Every Tuesday
Time: 9.30am	Time: 9.30am
Duration: 1 hour	Duration: 1 hour
Venue: AMAI The Dojo	Venue: AMAI The Dojo
Incidental Costs: Nil	Incidental Costs: Nil
Start Date: 14 February 2025	Start Date: 18 February 2025

TAI CHI FOR HEALTH (INTERMEDIATE)**83**

The Yang 24 is the most popular series of Tai Chi forms in the world today. We will explore the beautiful, flowing movements of the Yang 24 in this class, in addition to deepening the practice of Tai Chi for Arthritis 1 & 2, and the shorter forms.

Leader: **Mary Buck**
 Phone: **0432 403 452**
 Frequency: **Every Thursday**
 Time: **10.45am**
 Duration: **1 hour**
 Venue: **AMAI The Dojo**
 Incidental Costs: **Nil**
 Start Date: **13 February 2025**

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: **1 hour**
 Venue: **Legacy House**
 Incidental Costs: **Nil**
 Start Date: **7 February 2025**

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: **4 March 2025**

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. 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: **12:30pm**
 Duration: **1 hour**
 Venue: **Zoom – Member's home**
 Incidental Costs: **Nil**
 Start Date: **11 February 2025**

UKULELE AND GUITAR FOR BEGINNERS**84***(ENROLMENT BY OFFICE ONLY)*

A fun music class for beginners on ukulele or guitar. Good old time songs if you wish to sing and play. If you don't have a ukulele or guitar please contact Sandy for assistance with purchase.

If you can't get through to the mobile, please email Sandy at mooney18@westnet.com.au

Leader: **Sandy Mooney**
 Phone: **0428 689 016**
 Frequency: **Every Friday**
 Time: **10:00am**
 Duration: **1 hour**
 Venue: **ASCA House (West Room)**
 Incidental Costs: **Purchase of an instrument if you do not have one**
 Start Date: **31 January 2025**

WRITING FOR FUN**71**

Writing is a gift we can give to ourselves and others by discovering the writer within. In her book 'With the Fire on High', Elizabeth Acevedo says "taking risks and making choices in spite of fears - it's what makes stories compelling".

In this writing group we can share our stories, our knowledge and encourage each other to write in an atmosphere full of joy and laughter, acceptance and tolerance, trust and encouragement, as we explore the beauty of writing words.

Leader: **Catherine Michael**
 Phone: **0421 431 381**
 Frequency: **Every Monday (except school holidays)**
 Time: **10:00am**
 Duration: **2¼ hours**
 Venue: **ASCA House (West Room)**
 Incidental Costs: **Nil**
 Start Date: **3 February 2025**

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: **6 February 2025**

YOGA WITH CHAIRS WITH BRON (FRIDAY) **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 ¼ 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: **7 February 2025**

YOGA WITH CHAIRS WITH MAUREEN (TUESDAY) **45**

If you are unable to enjoy floor Yoga because of physical limitations then perhaps Yoga with Chairs could be of benefit. These ¼ 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: **4 February 2025**

YOGA WITH SAROJA (AFTERNOON) **52**

(ENROLMENT BY OFFICE ONLY)

Deepening the Peace and Harmony in living life is no doubt a wonderful thing to do! These qualities bring deep rest and ease within. The aim of yoga is to live each day being more aware and in harmony with ourselves and be at peace with what it is we experience daily. The class brings enjoyment, and the company of others in a light, relaxed and peaceful way. There are some Asanas (Postures) then Prana Nigra (breathing practices) and lastly Yoga Nidra (a deep relaxation practice). Nothing is too hard but getting up and down on the floor is good to be able to do.

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: **3 February 2025**

YOGA WITH SAROJA (MORNING) **47**

(ENROLMENT BY OFFICE ONLY)

Deepening the Peace and Harmony in living life is no doubt a wonderful thing to do! These qualities bring deep rest and ease within. The aim of yoga is to live each day being more aware and in harmony with ourselves and be at peace with what it is we experience daily. The class brings enjoyment, and the company of others in a light, relaxed and peaceful way. There are some Asanas (Postures) then Prana Nigra (breathing practices) and lastly Yoga Nidra (a deep relaxation practice). Nothing is too hard but getting up and down on the floor is good to be able to do.

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: **3 February 2025**

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 GOLF CLUB

Located on Golf Links Rd off Bundarra 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.

ARMIDALE EX SERVICES CLUB

Located at 137 Dumaresq Street. There is parking available on site – enter from Dangar Street.

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 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.

SPORTUNE CAMPBELL HALL

The hall is located just past the front desk of the SportUNE building which is at the end of Sports Union Road. There is plenty of (free) available parking.

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.

THE LODGE THEATRE

Located at 119A Barney Street, Armidale. There is no on site parking unless by special, prior arrangement. There is plenty of parking in surrounding 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: u3aarmidale1@gmail.com 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, 2025
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	Croquet	Autumn Lodge Croquet Lawn
9:30am	Every Monday	Fibre Fun—Paint & Stitch	Private residence
10:00am	Every Monday	Table Tennis on Monday	ASCA House (South Room)
10:00am	Every Monday	Writing 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)
1:00pm	Second, fourth and fifth Mondays of each month for 10 weeks	Art for Beginners with YouTube	ASCA House (East Room)
1:30pm	First and third Mondays of each month	Photography – Discussion Group	ASCA House (East Room)
3:30pm	Third 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)
7:00pm	First Monday of each month	Lovers of Words	Armidale Ex Services Club
Tuesdays			
7:30am	Every Tuesday	Aquarobics	TAS Pool
9:30am	First and third Tuesdays of each month	Tuesday Talks	ASCA House (East Room)
9:30am	Every Tuesday	Tai Chi for Health (Beginners)	AMAI The Dojo
9:30am	Every Tuesday	Spinning	ASCA House (South Room)
10:00am	Every Tuesday	Armchair Theatre	The Lodge Theatre
10:00am	Every Tuesday for ten weeks	Superannuation: Understanding the System (U3A Canberra)	Member's home over Zoom
11:00am	Every Tuesday	Line Dancing for Seniors	Masonic Retirement Village
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 over Zoom
1:30pm	Every Tuesday	Bones and Balance with Heather Voskuyl	ASCA House (East Room)
2:00pm	Every Tuesday	Table Tennis on Tuesday	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)
8:30am	Every Wednesday	Patchwork on Wednesdays	ASCA House (South Room)
9:00am	Every Wednesday	Mahjong	Armidale Golf Club
9:30am	Every Wednesday for 8 weeks	Bridge for Beginners	Armidale Bridge Club
10:00am	Every Wednesday	Agreeing to Peace & Building Connection	Private residence
10:00am	Every Wednesday	Gateball	Armidale City Bowling Club
10:00am	Second Wednesday of each month	Book Lovers	Private residence
10:00am	Every Wednesday	Crochet & Knitting	ASCA House (West Room)
10:30am	Every Wednesday	French Continuing	ASCA House (East Room)
2:00pm	Every Wednesday	Pickleball	SportUNE Campbell Hall
2:00pm	Every Wednesday for 12 weeks	Classic Movies	ASCA House (East Room)
2:00pm	Every Wednesday	Card Making	Private residence
Thursdays			
7:30am	Every Thursday	Aquarobics	TAS Pool
9:30am	Every Thursday	Tai Chi Intermediate	AMAI The Dojo
9:30am	Every Thursday	Croquet	Autumn Lodge Croquet Lawn
9:30am	Every Thursday except last Thursday of each month	Drawing Fundamentals	ASCA House (South Room)
10:00am	Every Thursday	Fit & Balanced with Bev Pitt	ASCA House (East Room)
10:00am	Last Thursday of each month	Companionship in Reading	ASCA House (South Room)
10:00am	Every Thursday for 8 weeks	Classical Music: an Exploration	Private residence
10:45am	Every Thursday	Tai Chi for Health (Advanced)	AMAI The Dojo
11:00am	Every Thursday	Yoga with Bron Baker	Masonic Retirement Village
11:30am	Every Thursday for 6 weeks	Sing for Life	ASCA House (East Room)
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 on Thursday	ASCA House (South Room)
2:00pm	Every Thursday	Descant Recorder – Continuing	ASCA House (East Room)
3:30pm	Every Thursday for 5 weeks	Meditation – an Introduction	ASCA House (East Room)
Fridays			
7:30am	Every Friday	AquaStretch on Friday	TAS Pool
8:30am	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 (Beginners)	AMAI The Dojo
9:30am	Every Friday	Play 500	ASCA House (South Room)
10:00am	Every Friday	Ukulele and Guitar for Beginners	ASCA House (West Room)
10:00am	Every Friday	Book Club – Silent Book Club	Armidale Ex Services Club
10:00am	Every Friday for ten weeks	Indigenous Art and Culture	Aboriginal Cultural Centre & Keeping Place
10:00am	Every Friday for six weeks	Music Appreciation with Gretel and Jan	Private residence
11:00am	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

Office use only				Office use only			
Member Number	Payment method	Cash receipt #	Initials	Member Number	Payment method	Cash receipt #	Initials
1	ZLR <input type="checkbox"/>	CASH <input type="checkbox"/>	CHQ <input type="checkbox"/>	1	ZLR <input type="checkbox"/>	CASH <input type="checkbox"/>	CHQ <input type="checkbox"/>

2025 MEMBERSHIP RENEWAL AND ENROLMENTS

I hereby apply to renew my membership of University of the Third Age Armidale Incorporated for 2025.

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:

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

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

Mr Mrs Ms Miss Dr _____

Given name(s) _____

Known as (for Badge name) _____

Family name _____

Address _____

Telephone _____ Mobile _____

Telephone _____ Mobile _____

Email _____

DOB ____/____/____ (statistical purposes only)

Emergency contact details

Name _____

Telephone _____ Mobile _____

Name _____

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Mr Mrs Ms Miss Dr _____

Given name(s) _____

Known as (for Badge name) _____

Family name _____

Address _____

Telephone _____ Mobile _____

Telephone _____ Mobile _____

Email _____

DOB ____/____/____ (statistical purposes only)

Emergency contact details

Name _____

Telephone _____ Mobile _____

Name _____