



U3A ARMIDALE INC

COURSE AND ACTIVITY BOOKLET

**SEMESTER 2, 2024
JULY TO DECEMBER**

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

**REVISION 1
24 JULY 2024**

IMPORTANT – PLEASE READ THIS PAGE CAREFULLY

PAYING THE PART YEAR (SEMESTER 2) MEMBERSHIP FEE OF \$45

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 2, 2024

Enrolment may be done by either of these two methods:

1. Using the *U3AA Enrolment Form for Semester 2, 2024*
 - 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 2024 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 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 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 & KNITTING, CROSS STICH & NEEDLEWORK,
FIBRE FUN – PAINT & STITCH, PATCHWORK, PHOTOGRAPHY

EXERCISE

AQUAROBICS, AQUASTRETCH, BONES & BALANCE x 3, BUSHWALKING, CROQUET,
FIT & BALANCED, GARDENING, GATEBALL, LINE DANCING FOR SENIORS,
MEDITATION—AN INTRODUCTION, PICKLEBALL, TABLE TENNIS x 3, TAI CHI x 4,
YOGA (FLOOR) x 3, YOGA WITH CHAIRS x 2

HUMANITIES

AGREEING TO PEACE: YES OR NO, ART OF LIVING, CONVERSATIONS WITH THE FAMOUS
AND NOT SO FAMOUS (U3A CANBERRA), TUESDAY TALKS

LANGUAGES

FRENCH REFRESHER, 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 GRETTEL & JAN, UKULELE & GUITAR FOR BEGINNERS,
WRITE WRITE WRITE, WRITING QUIET TIME

MINDGAMES

BRIDGE FOR BEGINNERS, MAHJONG, PLAY 500, SCRABBLE

SCIENCE

TECHNOLOGY

WORLD AROUND US

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

AGREEING TO PEACE: YES OR NO**78**

How is it possible to resolve our differences when we disagree about important matters. For example in referendum for an Aboriginal Voice to parliament people were divided in favour or against.

This is a series of workshops that lead to understanding and practising strategies for living beyond blame and being positive 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).

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 approx. \$30**
 Start Date: **24 July 2024**

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: **2 July 2024**

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: **1 July 2024**

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: **The Lodge Theatre**
 Incidental Costs: **\$2 per week (morning tea and printing)**
 Start Date: **2 July 2024**

NEW!**ART OF LIVING****87**

This course examines an old concept—the notion that life is meaningful—from a unique point of view. We will attempt to explore the role of the arts in general and literature in particular, with regard to answering the question: what is the meaning of life?

By means of a play, some poems, a novel and music, we will show how these “imitations” or “intimations” of being are relevant to the meaning of life.

Beginning with a short digression on Shakespeare and his “stages” of life we progress via a short discussion of a time-worn topic—the seasons—and how they reflect human life. This is followed by a detailed dissection of various “artistic” expressions or representations of key questions in life.

The course concludes by trying to reconcile the various approaches to the question of “meaning” via a diverse group of creative/artistic forms.

A feature of the course will be the use of audiovisual items including poets reading their own work and other contextual materials.

Leader: **Gary Melville**
 Phone: **0432 659 792**
 Frequency: **Every Wednesday for 5 weeks**
 Time: **1:00pm**
 Duration: **Up to 2 hours**
 Venue: **ASCA House (East Room)**
 Incidental Costs: **Nil**
 Start Date: **7 August 2024**

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: **3 July 2024**

BONES AND BALANCE WITH HEATHER VOSKUYL 9*(ENROLMENT BY OFFICE ONLY)*

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: **2 July 2024**

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: **22 July 2024**

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: **18 July 2024**

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: **10 July 2024**

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: **25 September 2024**

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.

Leaders: **Sue Cameron**
 Phone: **0429 781 330**
 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: **12 July 2024**

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: **3 July 2024**

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**
 Time: **2:00pm**
 Duration: **2 to 3 hours**
 Venue: **ASCA House (East room)**
 Incidental Costs: **Nil**
 Start Date: **11 September 2024**

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: **25 July 2024**

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: **25 July 2024**

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 on Zoom**
 Incidental Costs: **Nil**
 Start Date: **12 July 2024**

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 Tuesday**
 Time: **9:30am**
 Duration: **2 hours**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **The only cost to members is for their own materials**
 Start Date: **2 July 2024**

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: **10.00 am**
 Duration: **2 hours**
 Venue: **Autumn Lodge Croquet Lawn**
 Incidental Costs: **\$2.00 Green fee per game**
 Start Date: **1 July 2024**

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: **1 July 2024**

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: **25 July 2024**

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: **25 July 2024**

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 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: **25 July 2024**

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: **4 July 2024**

NEW!**FRENCH REFRESHER 85**

Did you learn French at school (decades ago)? Are you interested in being able to function on a visit or when you meet French speakers? This course will be a revision of all you used to know! It will be based on situations you may encounter and what vocabulary and grammar you need. (Next year, in *French for Non Beginners*, we will try to have real life conversations, read simple texts and deepen our knowledge of how to use French. We will use games to help).

Leader: **Jill Turner**

Phone: **0417 211 409**

Frequency: **Every Wednesday (except school holidays)**

Time: **10:30am**

Duration: **1½ hours**

Venue: **ASCA House**

Incidental Costs: **Nil**

Start Date: **24 July 2024**

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: **5 July 2024**

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: **17 July 2024**

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: **5 July 2024**

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: **2 July 2024**

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: **3 July 2024**

NEW!**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 five 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: **1 August 2024**

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: **6772 6531** **0484 333 214**
Frequency: **Every Friday for six weeks**
Time: **10:00am**
Duration: **2 hours**
Venue: **Private residence**
Incidental Costs: **Nil**
Start Date: **23 August 2024**

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 (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: **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: **3 July 2024**

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: **1 July 2024**

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: **3 July 2024**

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: **5 July 2024**

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: **4 July 2024**

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 must have email and access to a printer.** 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: **3 July 2024**

NEW!**SUPERANNUATION : UNDERSTANDING THE SYSTEMS 89 (U3A CANBERRA)**

If you are retired or nearing retirement, this online course explains the systems of superannuation, pensions and financial investments for those who need to have better conversations with their super funds, financial institutions and advisers. While offering no financial advice, these ten sequential sessions explain the systems; how you can manage your superannuation to make your money last; and how to understand and talk to your financial adviser. No prior knowledge is required. There will be a maximum of 25 participants – a mix of people in the room with Carol and those participating via Zoom.

Comments from participants in the recent course include: *"brilliant course"; "relevant to all retirees"; "both the content and delivery to be exceptional"; "a very professionally presented course...you've made me aware of a whole field that I have steadfastly ignored because it was 'too hard'"; "I can see now that some of the basics are at least manageable"*.

Please contact the U3A Canberra Course Leader, Carol Flynn, at cpfn64@gmail.com or 0413610971, for further information and the detailed program.

Continued over the page

U3AA interested members : please enrol as usual either online or via the office. I will provide Carol with the U3AA list of enrolled members. Carol will accept enrolled U3AA members on a first come first serve basis from 9am Monday 26 August 2024 when you email her directly on cfn64@gmail.com

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: **10 September 2024 (no session 8 October)**

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: **6772 6531**
 Frequency: **Every Monday**
 Time: **10.00am**
 Duration: **1 hour**
 Venue: **ASCA House (South Room)**
 Incidental Costs: **Nil**
 Start Date: **1 July 2024**

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: **4 July 2024**

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: **2 July 2024**

TAI CHI FOR HEALTH (THURSDAY) 63

Tai Chi is a form of gentle exercise that boasts many positive side effects, including increasing immunity, building strength and flexibility, and improving balance. We aim to complete a series of 14 forms throughout the year. This class is an entry level class for those who have not experienced Tai Chi before, or who have had a break. The class is run using the Tai Chi for Health format.

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: **8 August 2024**

TAI CHI FOR HEALTH (FRIDAY) 73

Tai Chi is a form of gentle exercise that boasts many positive side effects, including increasing immunity, building strength and flexibility, and improving balance. We aim to complete a series of 14 forms throughout the year. This class is an entry level class for those who have not experienced Tai Chi before, or who have had a break. The class is run using the Tai Chi for Health format.

Leader: **Mary Buck**
 Phone: **0432 403 452**
 Frequency: **Every Friday**
 Time: **9.30am**
 Duration: **1 hour**
 Venue: **AMAI The Dojo**
 Incidental Costs: **Nil**
 Start Date: **9 August 2024**

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: **5 July 2024**

TAI CHI – INTERMEDIATE 83

(ENROLMENT BY OFFICE ONLY)

This is an intermediate Tai Chi class for those who have completed the 14 forms at the entry level.

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: **8 August 2024**

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: **6 August 2024**

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 to 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. U3A Canberra now offers 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: **12:30pm**
 Duration: **1 hour**
 Venue: **Member's home on Zoom**
 Incidental Costs: **Nil**
 Start Date: **2 July 2024**

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: **10:30am**
 Duration: **1 hour**
 Venue: **Private residence**
 Incidental Costs: **Purchase of an instrument if you do not have one**
 Start Date: **5 July 2024**

WRITE, WRITE, WRITE *(ENROLMENT BY OFFICE ONLY)***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: **2 hours**
 Venue: **ASCA House (West Room)**
 Incidental Costs: **Nil**
 Start Date: **1 July 2024**

NEW!**WRITING QUIET TIME****88**

Is it hard to find the time to write or research for your project? Is your writing/research time and other commitments battling each other? Are you finding it hard to settle into a writing/researching routine? This course is set up based upon the Writing NSW 'Write-ins' events, providing people who like to write a designated time and place, away from non-writing distractions and other commitments. We can also share and provide feedback to help and encourage each other to write. Bring your preferred writing instruments and needs to settle into a morning of writing.

Leader: **Catherine Michael**
 Phone: **0421 431 381**
 Frequency: **Every Tuesday**
 Time: **11:00am**
 Duration: **2 hours**
 Venue: **ASCA House (West Room)**
 Incidental Costs: **Nil**
 Start Date: **2 July 2024**

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: **1 August 2024**

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 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: **2 August 2024**

YOGA WITH CHAIRS WITH MAUREEN (TUESDAY) 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: **23 July 2024**

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: **22 July 2024**

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: **22 July 2024**

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 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 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	
Mondays			
7:30am	Every Monday	AquaStretch on Mondays	TAS Pool
9:00am	Every Monday	Yoga with Saroja Annesley (Morning)	ASCA House (East Room)
10:00am	Every Monday	Croquet	Autumn Lodge Croquet Lawn
10:00am	Every Monday	Table Tennis on Monday	ASCA House (South Room)
10:00am	Every Monday	Write, Write, Write	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)
9:30am	Every Tuesday	Crochet & Knitting	ASCA House (South Room)
10:00am	Every Tuesday	Armchair Theatre	The Lodge Theatre
10:00am	Every Tuesday	Superannuation: Understanding the Systems	Member's home on Zoom
11:00am	Every Tuesday	Line Dancing for Seniors	Masonic Retirement Village
11:00am	Every Tuesday	Writing Quiet Time	ASCA House (West 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 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: Yes or No	Private residence
10:00am	Every Wednesday	Gateball	Armidale City Bowling Club
10:00am	Every Wednesday	French Refresher	ASCA House (West Room)
10:00am	Second Wednesday of each month	Book Lovers	Private residence
1:00pm	Every Wednesday for 5 weeks	Art of Living	ASCA House (East Room)
2:00pm	Every Wednesday	Pickleball	SportUNE Campbell Hall
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
9:30am	Every Thursday	Tai Chi for Health	AMAI The Dojo
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	ASCA House (South Room)
10:00am	Every Thursday for 8 weeks	Classical Music: an Exploration	Private residence
10:00am	Every Thursday for 8 weeks	Fibre Fun—Paint & Stitch	Private residence
10:45am	Every Thursday	Tai Chi Intermediate	AMAI The Dojo
11:00am	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 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	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
11:00am	Every Friday	Italian – Do it Yourself	Armidale Regional Library
10:00am	Every second Friday	Conversations on Zoom (U3A Canberra)	Member's home on Zoom
10:30am	Every Friday	Ukulele & guitar for beginners	Private residence
11:00am	Every Friday	Yoga with Chairs with Bron Baker	ASCA House East Room
Fridays & Saturdays			
9:00am	Second Friday of each odd month	Bushwalking	Visitor Information Centre



Cybercriminals will impersonate government agencies and companies such as banks or utility companies. Their goal is to scam you into paying money or sharing your personal information.

For instance, they may ask you to pay an up-front fee before a larger rebate can be transferred to you. They may even tell you that you have an outstanding debt or that there are problems with your government benefits, immigration papers or visa status and may threaten you if you don't pay.

Know the signs and what to do. Be cyber savvy and follow these simple steps to stay secure online. For more information on common scams in Australia, visit

<https://www.scamwatch.gov.au/types-of-scams>

5 tips to stay cyber secure

Update your device www.cyber.gov.au/learn-basics/explore-basics/update-your-devices

Make sure your smartphone, computer or tablet is up to date. This will help safeguard you from current cyber-attacks.

Whether your device is Apple or Android, or your computer runs macOS or Microsoft Windows, check if you've got the latest software. You can even turn on automatic updates to give you peace of mind.

Turn on multi-factor authentication www.cyber.gov.au/learn-basics/explore-basics/mfa

Multi-factor authentication (MFA) makes it harder for cybercriminals to access your accounts.

MFA means you need two or more pieces of information to login. For example, logging into a website with your password then using a code sent to your phone.

Set up and perform regular backups

www.cyber.gov.au/learn-basics/explore-basics/set-and-perform-regular-backups

A backup is a digital copy of your information. It means if you lose your device, or if it's stolen or damaged, you can restore your files and settings.

Don't risk losing your cherished photos and documents. You should back up often or, even better, set up automatic backups.

Set secure passphrases www.cyber.gov.au/learn-basics/explore-basics/passphrases

A passphrase is a more secure version of a password. They are made up of four or more random words. For example, "purple duck potato boat". Passphrases are easy for you to remember, but hard for cybercriminals to guess. When creating a passphrase, make it:

- long (at least 14 characters in length)
- unpredictable (a mix of four or more unrelated words)
- unique (use a different passphrase for each of your accounts).

Recognise and report scams

www.cyber.gov.au/learn-basics/explore-basics/recognise-and-report-scams

Scams are a common way that cybercriminals can access your accounts and money. They will often pretend to be a person or organisation you know.

For example, you might receive an email that says you've won a prize. Or a message pops up saying your computer has a virus. Scams are becoming more sophisticated and harder to spot. If you have any doubts about whether a message is genuine, first check it is a scam by following the steps highlighted in the link above, then report it straight away.

U3AA ENROLLEMENT FORM FOR SEMESTER 2, 2024

Name _____

Member ID number _____

If your address, telephone number, email or emergency contact details have changed, please record changes below:

Address _____

Telephone _____ Mobile _____

Email _____

Emergency contact name _____

Emergency contact telephone _____

Please record the course number, course name, whether you are a **New**

member or a **Continuing member** from Semester 1 and any course fee(s) payable. Note: for courses with course fees, no enrolments will be recorded until the course fee is paid.

Course No.	Course Name	N or C	Course fee
Total payable if applicable			\$

Please return your completed Enrolment Form, together with any course fees payable to the U3AA office, either

- in person at ASCA House, 166 Barney Street; or
- by mail to PO Box 1440, Armidale, NSW 2350
- by mail to PO Box 1440, Armidale, NSW, 2350

U3AA ENROLLEMENT FORM FOR SEMESTER 2, 2024

Name _____

Member ID number _____

If your address, telephone number, email or emergency contact details have changed, please record changes below:

Address _____

Telephone _____ Mobile _____

Email _____

Emergency contact name _____

Emergency contact telephone _____

Please record the course number, course name, whether you are a **New**

member or a **Continuing member** from Semester 1 and any course fee(s) payable. Note: for courses with course fees, no enrolments will be recorded until the course fee is paid.

Course No.	Course Name	N or C	Course fee
Total payable if applicable			\$

Please return your completed Enrolment Form, together with any course fees payable to the U3AA office, either

- in person at ASCA House, 166 Barney Street; or
- by mail to PO Box 1440, Armidale, NSW, 2350