U3A Armidale Inc

Courses and Activities

SEMESTER 1, 2027

JANUARY TO JULY

U3A ARMIDALE OFFICE HOURS

JANUARY TO MID-DECEMBER

MONDAY TO WEDNESDAY, 9.30AM TO MIDDAY

CLOSED ON PUBLIC HOLIDAYS

PUBLISHED 3 NOVEMBER 2026

IMPORTANT – PLEASE READ THIS PAGE CAREFULLY

Paying the 2027 annual membership fee of $80

Payment of this fee may be made in several ways:

- online through Member Wizard using *Stripe* payment service
- by card at the U3AA office using the Zeller Terminal
- 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, 2027

Enrolment may be done by either of these two methods:

1. using the U3AA enrolment form for semester 1, 2027
   - 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(s)
   - return the form to the U3AA office at ASCA House, 166 Barney Street, Armidale
2. using Member Wizard online:
   - go to the U3AA web page www.u3aa.org.au
   - log into the Member Portal and follow the prompts.

Enrolment criteria

Enrolments will only be accepted from financial members (i.e. those who have paid the 2027 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 course/activity 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 course/activity leader in the first instance.

Waiting lists

Please note that with our system 'Member Wizard' to manage membership and enrolments, courses/activities will, if required, have a waiting list in date order of enrolment and course/activity leaders will invite members to join as vacancies become available.

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 course costs appear in this booklet.

Courses for which 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.

Membership badges

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

U3A ARMIDALE SEMESTER 1, 2027
COURSE / ACTIVITY CATEGORIES

Arts and Craft

Card Making, Cross Stitch & Needlework, Drawing and Media, Patchwork, Photography, Spinning (and All Things Fibre Related), Stitch and Chat

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 4 (Advanced, Beginners, Advanced Continuing, Yang 24), Yoga for Beginners, Yoga (Floor) x 2, Yoga with Chairs x 2

Humanities

Agreeing to Peaceful Living, Conversations with the Famous and not so Famous (U3A Canberra), Community Chats

Languages

French Cafe et Conversation, Italiano for Beginners, Italiano Insieme

Literature, Film and Music

Armchair Theatre, Book Groups x 2, Classic Movies, Classical Music: an Exploration, Descant Recorder – Continuing, Golden Age Detective Fiction – Discussion Group, Sing for Life, Guitar and Ukulele Sing-a-Long, Writing for Fun

Mindgames

Bridge for Beginners, Mahjong, Play 500, Scrabble

Science

Great Ideas and Scientists that Changed the World

Technology

Technology Fundamentals

World Around Us

Learning Culture - A Daughter's Perspective, Tuesday Zoom Forums (U3A Canberra)

AGREEING TO PEACEFUL LIVING 93

Non Violent Communication (NVC) is a way towards empathy and connection with self and others.
The course is a series of 4 lectures on the basic methods. One series will be held in August-September and another in November. 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.
It is possible to purchase the course text for self exploration. However, I have some extra copies to lend if you are unable to afford one.

Leader: **Roslyn Moran**
Phone: **0475 422 888**
Frequency: **Wednesdays as shown below**
Time: **2:00pm**
Duration: **1 hour**
Venue: **ASCA House (West Room)**
Costs: **Course text approximately $30**
Dates: **To be advised re 2027**

AQUAROBICS (ENROLMENT BY OFFICE ONLY) 3

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

Leader: **Kay Love**
Phone: **0468 774 814**
Frequency: **Tuesday and Thursday**
Time: **7:30am**
Duration: **45 minutes**
Venue: **TAS Sports Centre Pool**
Costs: **$5.50 pool entry per session payable to TAS Pool unless TAS membership is held**
Dates: **5 January - 29 June 2027**

AQUASTRETCH 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**
Costs: **$5.50 pool entry per session payable to TAS pool unless TAS membership is held. Dumbbells purchased by you.**
Dates: **4 January - 25 June 2027**

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**
Costs: **$2 per week (morning tea and printing)**
Dates: **2 February - 29 June 2027**

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.

Leader: **Robie Single**
Phone: **0439 889 089**
Frequency: **Every Monday (except school holidays)**
Time: **11:00am**
Duration: **45 minutes**
Venue: **ASCA House (East Room)**
Costs: **The only cost to members is the purchase of a set of hand weights**
Start Date: **8 February - 28 June 2027**

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)**
Costs: **Participants can either provide or borrow their choice of hand weights.**
Dates: **20 January - 30 June 2027**

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, strengthen bones and improve 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)**
Costs: **Nil**
Dates: **2 February - 30 June 2027**

Book Lovers (Enrolment by Office Only) 12

Discussion of a wide selection of books - fiction, non-fiction, classics - 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**
Costs: **Nil**
Dates: **10 February - 9 June 2027**

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. This introductory course will be followed by supported play that allows you to practise your new bridge skills under the guidance of experienced players.
Supported play sessions will be available Monday evenings 7-9pm and Tuesday mornings 9.30 -11.30am.

Leader: **Glenda Parmenter**
Phone: **0414 937 891**
Frequency: **Every Wednesday for 8 weeks**
Time: **9:30am**
Duration: **2 hours**
Venue: **Armidale Bridge Club**
Costs: **$20 payable to the Bridge Club for the cost of the book, Introduction to Bridge by Paul Marston, 6th edition**
Dates: **To be advised re 2027**

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 stenciling, also 3D cards. The ideas are endless and it's a lot of fun. All items made by members are theirs to keep.

Leader: **Lynn Ruthberg**
Phone: **0458 781 166**
Frequency: **Every Wednesday**
Time: **2:00pm**
Duration: **2 hours**
Venue: **Private residence**
Costs: **The only cost to members is $5.00 for card making materials supplied**
Dates: **21 January - 30 June 2027**

Classic Movies 15

Every Wednesday we show the best classic films, past and present, and enjoy discussions. The program includes 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)**
Costs: **Nil**
Dates: **10 February - 28 April 2027**

Classical Music: An Exploration 56

Six 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 for 6 weeks**
Time: **10:00am**
Duration: **2 hours**
Venue: **Private residence**
Costs: **Nil**
Dates: **4 March - 8 April 2027**

Community Chats 102

Formerly 'Tuesday Talks', this popular program is being re-imagined as an extended interview session with local citizens, both famous and less well-known.
On the first Tuesday of the month, one person with deep roots in our community and interesting stories to tell will be invited to answer questions from Bruce or Candy, as the interviewer, and then to respond to your questions from the floor.
In the process, we will all learn more about our local history, organisations, developments and people.

Leader: **Candy Baker** **Bruce Woolley**
Phone: **0401 056 894** **0488 798 679 (texts preferred)**
Frequency: **First Tuesday of each month**
Time: **9:30am**
Duration: **1 hour**
Venue: **ASCA House (East room)**
Costs: **Nil**
Dates: **2 March - 1 June 2027**

Companionship in Reading 17

(Enrolment by Office Only)

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)**
Costs: **Nil**
Dates: **28 January - 24 June 2027**

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, an "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: **U3AA contact Penny Nicholson**
Phone: **0408 272 011**
Frequency: **Every second Friday**
Time: **10:00am**
Duration: **1 hour**
Venue: **Member's home over Zoom**
Costs: **Nil**
Dates: **26 February - 25 June 2027**

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 Lee for further information.

Leader: **Lee Cutler**
Phone: **0447 222 828**
Frequency: **Every Monday and Thursday**
Time: **9.00 am**
Duration: **2 hours**
Venue: **Autumn Lodge Croquet Lawn**
Costs: **$2.00 Green fee per game**
Dates: **4 January - 28 June 2027**

Cross Stitch and Needlework 20

(Enrolment by Office Only)
This friendly and relaxed group meets to work on individual needlework projects.

Leader: **Noelene Raymond**
Phone: **0428 726 842**
Frequency: **Every Monday**
Time: **1:00pm**
Duration: **3 hours**
Venue: **ASCA House (South Room)**
Costs: **Personal craft costs only**
Dates: **1 February - 28 June 2027**

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.

Leader: **Laurie Pulley**
Phone: **6772 1124**
Frequency: **Every Thursday (except school holidays)**
Time: **2:00pm**
Duration: **1 hour**
Venue: **ASCA House (East Room)**
Costs: **Purchase of a descant recorder if you do not have one and an A4 folder with plastic inserts.**
Dates: **4 February - 1 July 2027**

Drawing and Media (Enrolment by Office Only) 94

Areas of study:
Still Life, Landscape, Urban Landscape, Object Drawing, Creative and Experimental Drawing, Mixed Media and Collage, Colour Studies.
This is a continuing group but new starters who have some previous experience would be able to enter this course. New enrolments would not be required to begin with all these materials and should consult with the Tutor prior to commencement.
Materials:
Basic materials: A3 cartridge paper sketch book. Kneadable eraser, soft eraser, ruler, scissors, glue, tracing paper, round brushes sizes 4 and 10.
Black medium: Charcoal (vine, compressed), Black waterproof ink, pen and brush, lead pencils HB, 2B, 4B, 6B etc conte crayon
Coloured mediums *may* include: colour pencils, pastels, conté crayons, watercolour pencils, inktense sticks and/or pencils, gouache, watercolour, wax crayons and oil pastels.
Papers may include: watercolour paper, mixed media papers, tinted papers.

Leader: **Chris Pratt**
Phone: **0432 651 247**
Frequency: **Every Thursday (except the last Thursday of the month)**
Time: **9:30am**
Duration: **2½ hours**
Venue: **ASCA House (South Room)**
Costs: **Purchase of materials for drawing and colour work. You will be advised by your leader about this.**
Dates: **4 February - 17 June 2027**

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: **1 hour**
Venue: **ASCA House (East Room)**
Costs: **Participants should provide their own resistance bands**
Dates: **21 January - 24 June 2027**

French Cafe et Conversation 110

A group of us meet every Wednesday morning at a private residence for coffee and conversation. We have a topic for each week, for which we all prepare. We have varying abilities, but it is definitely not a beginners group.
Contact Gaynor at gaymac2011@gmail.com if you would like to join us.

Leader: **Gaynor McGrath**
Phone: **0408 923 757**
Frequency: **Every Wednesday**
Time: **10:30am**
Duration: **1 hour**
Venue: **Private residence**
Costs: **Nil**
Dates: **3 February - 30 June 2027**

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 month (weather dependent)**
Time: **8:00am**
Duration: **1 hour**
Venue: **ASCA House (Garden)**
Costs: **Nil**
Dates: **8 January - 4 June 2027**

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 the 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**
Costs: **Nil**
Dates: **3 February - 30 June 2027**

Golden Age Detective Fiction – A Discussion Group 106

This is a reading and discussion group which will focus initially on Golden Age detective novels (those books written between the two World Wars). We'll look at both male and female authors including Agatha Christie, G K Chesterton, D L Sayers, Michael Innes, Ngaio Marsh and Margery Allingham among others.

If you are a lifelong fan, new to them, or just Golden Age curious, come along and share your thoughts and insights.

I will provide a reading list but it's not compulsory.

Leader: **Celia Munro**
Phone: **0411 205 687.**
Frequency: **Every Friday**
Time: **11:00am**
Duration: **1 hour**
Venue: **Cafe - check with Celia for current venue**
Costs: **Nil**
Dates: **12 March - 25 June 2027**

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: **Second Tuesday of each month**
Time: **9:30am**
Duration: **1 hour**
Venue: **ASCA House (East Room)**
Costs: **Nil**
Dates: **9 March - 8 June 2027**

Guitar and Ukulele Sing-a-Long 105

A get-together of beginners and intermediate players who would like to share the fun of playing and singing together to keep up their skills. We can support some complete beginners if you are interested in joining us.

Leader: **Margaret Sims**
Phone: **0421 659 467**
Frequency: **Every Friday**
Time: **10:00am**
Duration: **1 hour**
Venue: **ASCA House (West Room)**
Costs: **Purchase of an instrument if you do not have one**
Dates: **5 February - 25 June 2027**

Italian for Beginners 111

This group would suit an absolute beginner, or someone with a slight knowledge of Italian. We work with basic vocabulary, grammar, pronunciation, reading, writing and conversation, and hopefully have some fun.
You will need a notebook and pen, a folder for handouts and preferably an Italian dictionary.

Leader: **Gaynor McGrath**
Phone: **0408 923 757**
Frequency: **Every Monday (except school holidays)**
Time: **12:30pm**
Duration: **1 hour**
Venue: **ASCA House (West Room)**
Costs: **$5 per term for photocopying**
Dates: **1 February - 28 June 2027**

ITALIANO INSIEME 30

This group would suit people with a reasonable knowledge of reading, translating, writing, speaking, listening and maintaining Italian skills.

Leader: **Gaynor McGrath**
Phone: **0408 923 757**
Frequency: **Every Friday (except school holidays)**
Time: **11:00am**
Duration: **1 hour**
Venue: **Armidale War Memorial Library**
Costs: **$5 per term**
Dates: **5 February - 25 June 2027**

LEARNING CULTURE- A DAUGHTER'S PERSPECTIVE 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: **10:00am**
Duration: **2 hours**
Venue: **Aboriginal Cultural Centre & Keeping Place**
Costs: **Donations to help defray the cost of any equipment and materials**
Start Date: **16 April - 18 June 2027**

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 our 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.
Beginnners must contact Denise so that she can determine if a beginners' class will be provided.

Leader **Denise Finlay**
Phone**:** **0476 376 318**
Frequency: **Every Tuesday**
Time: **10:45am**
Duration: **1¾ hours**
Venue: **Masonic Retirement Village**
Costs: **Nil**
Dates: **19 January - 29 June 2027**

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. Beginners are very welcome.

Leader: **Maureen Lauder**
Phone: **0414 451 824**
Frequency: **Every Wednesday**
Time: **9:00am**
Duration: **3¼ hours**
Venue: **Armidale Golf Club**
Costs: **$4 for use of the urn**
Dates: **6 January - 30 June 2027**

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 with an option to extend, if agreed upon by tutor and those enrolled.
The 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)**
Costs: **Nil**
Dates: **4 March - 1 April 2027**

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: **0438 752 218**
Frequency: **Every Wednesday**
Time: **8:30am**
Duration: **3½ hours**
Venue: **ASCA House (South Room)**
Costs: **All participants need to supply their own: sewing machine; materials for projects; cottons; scissors, etc**
Dates: **13 January - 30 June 2027**

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)**
Costs: **Nil**
Dates: **1 February - 21 June 2027**

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:	**Gaye Preston Julie Waters**
Phone:	**0413 798 841 0419 163 141**
Frequency:	**Every Wednesday**
Time:	**2:00 pm**
Duration:	**1 hour**
Venue:	**SportUNE**
Costs:	**Nil**
Dates:	**3 February - 30 June 2026**

PLAY 500 (ENROLMENT BY OFFICE ONLY) 37

Five hundred (or 500) is a trick-taking game that is played by three to six players, and is most commonly played by four, in partnerships. We are looking for more players to join our small group of players who like the challenge of trying to win "tricks". New members are very welcome!

Leader:	**Kate Grant**
Phone:	**0427 412 506**
Frequency:	**Every Friday**
Time:	**9:30am**
Duration:	**2½ hours**
Venue:	**ASCA House (South Room)**
Costs:	**Nil**
Dates:	**1 January - 25 June 2027**

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 Wednesday**
Time:	**1:30pm**
Duration:	**2½ hours**
Venue:	**ASCA House (South Room)**
Costs:	**Nil**
Dates:	**13 January - 30 June 2027**

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:	**Margaret Sims**
Phone:	**0421 659 467**
Frequency:	**Every Thursday**
Time:	**11:30am**
Duration:	**1½ hours**
Venue:	**ASCA House (East Room)**
Costs:	**Nil**
Dates:	**11 February - 24 June 2027**

SPINNING (AND ALL THINGS FIBRE RELATED) 98

(ENROLMENT BY OFFICE ONLY)

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 Tracy 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:	**9:00am**
Duration:	**4¾ hours (flexible arrival and departure times)**
Venue:	**ASCA House (South Room)**
Costs:	**Equipment and fibre**
Dates:	**12 January - 29 June 2027**

STITCH AND CHAT 113

Self-directed needle craft. Please supply own materials.

Leader:	**Lorenne Michel**
Phone:	**0402 023 660**
Frequency:	**Every Wednesday**
Time:	**10.00am**
Duration:	**2½ hours**
Venue:	**ASCA House (West Room)**
Costs:	**Own materials**
Dates:	**3 February - 30 June 2027**

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)**
Costs:	**Nil**
Dates:	**11 January - 28 June 2027**

Table Tennis on Thursdays 53

(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. 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)**
Costs: **Nil**
Dates: **7 January - 24 June 2027**

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)**
Costs: **Nil**
Dates: **12 January - 29 June 2027**

Tai Chi Advanced - Continuing 54

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: **Carole Peacock Cris MacDonald**
Phone: **0438 237 990 0490 117 923**
Frequency: **Every Friday**
Time: **8.30am**
Duration: **1 hour**
Venue: **Legacy House**
Costs: **Nil**
Dates: **5 February - 25 June 2027**

Tai Chi for Health (Advanced) 63

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**
Costs: **Nil**
Dates: **4 February - 27 June 2027**

Tai Chi for Health (Beginners) 73-02

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.

Leader: **Mary Buck**
Phone: **0432 403 452**
Frequency: **Every Friday**
Time: **9.30am**
Duration: **1 hour**
Venue: **Masonic Retirement Village**
Costs: **Nil**
Dates: **5 February - 25 June 2027 (To be confirmed)**

NEW!

Tai Chi Yang 24 114

Yang 24 (Beijing style) is an open, expansive set of forms. It includes kicks and multiple changes of direction and hence is suitable for confident beginners and those returning to tai chi after a break. As with tai chi in general, it is excellent exercise for balance, stress relief, the immune system and the opportunity to practice waking meditation.

Leader: **Mary Buck**
Phone: **0432 403 452**
Frequency: **Every Tuesday**
Time: **9.30am**
Duration: **1 hour**
Venue: **AMAI The Dojo**
Costs: **Nil**
Dates: **2 February - 29 June 2027 (To be confirmed)**

Technology Fundamentals 109

This course is designed for mature learners who want to become more confident using technology. Bring along your device eg your tablet, smartphone or laptop for small group and one to one coaching with Jack.
The fortnightly content will rotate between PC/laptop/tablet topics and smartphone topics:

Leader: **Jack Coad**
Phone: **0461 333 184**
Frequency: **Every Tuesday for 8 weeks**
Time: **10:45am**
Duration: **1 hour**
Venue: **ASCA House (West Room)**
Costs: **Nil**
Dates: **To be advised re 2027**

Tuesday Zoom Forums (U3A Canberra) 79

The Forums have a strong lineup of highly respected speakers already confirmed. Early topics for 2026 include: the future of Australia's universities, US policy in South America, the changing nature of the "deathcare" industry, Australia's economic performance, the role of think tanks, climate change, and more.
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: **U3AA contact Penny Nicholson**
Phone: **0408 272 011**
Frequency: **Every Tuesday**
Time: **12:30pm**
Duration: **1 hour**
Venue: **Member's home over Zoom**
Costs: **Nil**
Dates: **16 February - 29 June 2027**

Writing for Fun 71

This will be the fifth year our group enjoys creating with words in a variety of genres. Our goals are to encourage one another, to continue developing our skills by learning together, and, of course, to have fun writing. The group has a limit of thirteen members to ensure there is time for each member to share. Each week of the month has a different focus: building knowledge, show and tell projects and books, fun writing activities and finally, the last week of the month is reserved for poetry. We very much look forward to welcoming new members and their contributions.

Leader: **Catherine Michael**
Phone: **0421 431 381**
Frequency: **Every Monday (except school holidays)**
Time: **10:00am**
Duration: **2¼ hours**
Venue: **ASCA House (West Room)**
Costs: **Nil**
Dates: **1 February - 28 June 2027**

Yoga (Floor) for Beginners with Amba 101

Enrolment by Office Only)

Members who are beginners are warmly invited to join a gentle yoga class on Wednesday mornings. The class offers the enjoyment of practicing yoga in a light, relaxed and peaceful way. There are some asanas (postures) and breathing practices followed by yoga nidra (a deep relaxation practice). Nothing is too hard but it's good if you can get up and down off the floor easily.Please bring a yoga mat, a warm blanket or shawl and a cushion.

Leader: **Amba Roberts**
Phone: **0413 115 586**
Frequency: **Every Wednesday (except school holidays)**
Time: **10.30am**
Duration: **1½ hours**
Venue: **ASCA House (East Room)**
Costs: **Nil**
Dates: **10 February - 30 June 2027**

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 and breathing practices 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: **NECOM Seminar Room**
Costs: **Nil**
Dates: **4 February - 8 April 2027**

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: **11:15am**
Duration: **1¼ hours**
Venue: **ASCA House (East Room)**
Costs: **Nil**
Dates: **5 February - 9 April 2027**

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 1¼ hour 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)**
Costs:	**Nil**
Dates:	**12 January - 29 June 2027**

YOGA WITH SAROJA 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 Pranayama (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)**
Costs:	**Nil**
Dates:	**1 February - 28 June 2027**

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 War Memorial 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 Dumaresq 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.

Boobooks
Located in the mall at 176 Beardy Street, Armidale. Parking may be available in Cinders Lane.

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.

NECOM Seminar Room
Located at the corner of Faulkner and Mossman Streets. Enter from Faulkner Street. There is plenty of parking in surrounding streets.

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) parking available.

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 at the rear of ASCA House, 166 Barney Street. Entry is via the automatic door at the rear of the building (not through the front door on Barney Street).
T: (02) 6772 2752
E: u3aarmidale1@gmail.com
W: www.u3aa.org.au
Office opening hours :
January to mid December — Monday, Tuesday and Wednesday — 9:30am to midday

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.

TIMETABLE FOR SEMESTER 1, 2027			
M	7:30am	AquaStretch on Mondays	TAS Pool
O	9:00am	Yoga with Saroja Annesley (except school holidays)	ASCA House (East Room)
N	9:00am	Croquet	Autumn Lodge Croquet Lawn
D	10:00am	Table Tennis on Mondays	ASCA House (South Room)
A	10:00am	Writing for Fun (except school holidays)	ASCA House (West Room)
Y	11:00am	Bones and Balance (Monday) (except school holidays)	ASCA House (East Room)
	12:30pm	Italian for Beginners (except school holidays)	ASCA House (West Room)
	1:00pm	Cross Stitch and Needlework	ASCA House (South Room)
	1:30pm	Photography - Discussion Group (first and third Mondays of each month)	ASCA House (East Room)
T	7:30am	Aquarobics	TAS Pool
U	9:00am	Spinning (and all Things Fibre Related)	ASCA House (South Room)
E	9:30am	Great Ideas and Scientists that Changed the World (second Tuesday of each month)	ASCA House (East Room)
S	9:30am	Community Chats (first Tuesday of each month)	ASCA House (East Room)
D	9:30am	Tai Chi Yang 24	AMAI The Dojo
A	10:00am	Armchair Theatre	The Lodge Theatre
Y	10:45am	Technology Fundamentals (dates to be advised)	ASCA House (West Room)
	10:45am	Line Dancing for Seniors	Masonic Retirement Village
	11:15am	Yoga with Chairs with Maureen (except school holidays)	ASCA House (East Room)
	12:30pm	Tuesday Zoom Forums (U3A Canberra)	Member's home over Zoom
	1:30pm	Bones and Balance with Heather Voskuyl	ASCA House (East Room)
	2:00pm	Table Tennis on Tuesdays	ASCA House (South Room)
W	7:30am	AquaStretch on Wednesdays	TAS Pool
E	8:30am	Patchwork	ASCA House (South Room)
D	9:00am	Bones and Balance with Beverley Pitt	ASCA House (East Room)
N	9:00am	Mahjong	Armidale Golf Club
E	9:30am	Bridge for Beginners (dates to be advised)	Armidale Bridge Club
S	10:00am	Stitch and Chat	ASCA House (West Room)
D	10:00am	Gateball	Armidale City Bowling Club
A	10:00am	Book Lovers (second Wednesday of each month)	Private Residence
Y	10:30am	Yoga for Beginners with Amba (except school holidays)	ASCA House (East Room)
	10:30am	French Cafe et Conversation (except school holidays)	Private Residence
	1:30pm	Scrabble	ASCA House (South Room)
	2:00pm	Pickleball	SportUNE
	2:00pm	Agreeing to Peaceful Living (dates to be advised)	ASCA House (South Room)
	2:00pm	Classic Movies (for 10 weeks)	ASCA House (East Room)
	2:00pm	Card Making	Private Residence
T	7:30am	Aquarobics	TAS Pool
H	9:00am	Croquet	Autumn Lodge Croquet Lawn
U	9:30am	Tai Chi for Health (Advanced)	AMAI The Dojo
R	9:30am	Drawing and Media (every Thursday except last Thursday of each month)	ASCA House (South Room)
S	10:00am	Fit and Balanced with Bev Pitt	ASCA House (East Room)
D	10:00am	Companionship in Reading (last Thursday of each month)	ASCA House (South Room)
A	10:00am	Classical Music : an Exploration (for 6 weeks)	Private Residence
Y	11:00am	Yoga with Bron Baker (except school holidays)	NECOM Seminar Room
	11:30am	Sing for Life (except school holidays)	ASCA House (East Room)
	2:00pm	Table Tennis on Thursdays	ASCA House (South Room)
	2:00pm	Descant Recorder - Continuing (except school holidays)	ASCA House (East Room)
	3:30pm	Meditation - an Introduction (for 5 weeks)	ASCA House (East Room)
F	7:30am	AquaStretch on Fridays	TAS Pool
R	8:30am	Gardening (first Friday of each month, weather dependent)	ASCA House Garden
I	8:30am	Tai Chi Advanced - Continuing	Legacy House
D	9:30am	Tai Chi for Health (Beginners)	Masonic Retirment Village
A	9:30am	Play 500	ASCA House (South Room)
Y	10:00am	Learning Culture - a Daughter's Perspective (for ten weeks)	Aboriginal Cultural Centre & Keeping Place
	10:00am	Guitar and Ukulele Sing-a-Long	ASCA House (East Room)
	10:00am	Conversations with the Famous and Not So Famous (U3A Canberra) (every 2nd Friday)	Member's home over Zoom
	11:00am	Golden Age Detective Fiction - A Discussion Group	Cafe - check with Celia
	11:00am	Italiano Insieme (except school holidays)	Armidale War Memorial Library
	11:15am	Yoga with Chairs with Bron Baker (except school holidays)	ASCA House (East Room)

Enrolments:

Please enrol me in the following courses/activities for 2027

For each course in which you wish to enrol in Semester 1, 2027, please refer to the Course Booklet and enter the appropriate information in each column, including the Course Number, the Course Name, then either **N** – if you will be a new participant in this course, or, **C** – if you are a continuing participant who attended this course in 2026, and finally, the amount of any Course Fee applicable to the course

Course Number	Course/Activity Name	**N** or **C**	Course fee if applicable
Membership fee for 2027			**$ 80.00**
Total payable			**$ __ .__**

Do you have any special areas of interest or skill for which you would be prepared to be a course/activity leader/facilitator?

If yes, please list here:

Signature_____

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Total payable			**$ __ .__**

Do you have any special areas of interest or skill for which you would be prepared to be a course/activity leader/facilitator?

If yes, please list here:

Signature_____

Office use only			
Member Number	Payment method	Cash receipt #	Initials
1 ___	ZLR CASH CHQ O/L	__ /__ /202_	

Office use only			
Member Number	Payment method	Cash receipt #	Initials
1 ___	ZLR CASH CHQ O/L	__ /__ /202_	

2027 MEMBERSHIP RENEWAL AND ENROLMENTS

I hereby apply to renew my membership of University of the Third Age Armidale Incorporated for 2027.

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.

- in person or by mail to: U3AA Office, 166 Barney Street, 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 _____

Email _____

DOB __ __ /__ __ /__ __ __ __ (statistical purposes only)t

Emergency contact details

Name_____

Telephone _____Mobile _____

Name_____

Telephone _____Mobile _____

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Name_____

Telephone _____Mobile _____

Name_____

Telephone _____Mobile _____