



# U3A Armidale Inc

# Courses and Activities

**SEMESTER 1, 2026**

**JANUARY TO JUNE**

**U3A ARMIDALE OFFICE HOURS**

**JANUARY TO MID-DECEMBER**

**MONDAY TO WEDNESDAY, 9.30AM TO MIDDAY**

**CLOSED ON PUBLIC HOLIDAYS**

**PUBLISHED 19 MARCH 2026**

## **IMPORTANT - PLEASE READ THIS PAGE CAREFULLY**

### **PAYING THE ANNUAL MEMBERSHIP FEE OF \$75**

Payment of this fee may be made in several ways:

- online through MyU3A using the eWAY Payment Gateway
- by card at the U3AA office using the Zeller Terminal (there is a 1.4% surcharge)
- by cash or cheque at the U3AA office
- by online banking to the U3AA bank account:
  - account name: University of the Third Age Armidale Inc (please do not abbreviate the name)
  - BSB: 932 000
  - account number: 100072308
  - reference/description: member's name (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, 2026**

Enrolment may be done by either of these two methods:

1. using the U3AA Enrolment Form for Semester 1, 2026
  - 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 MyU3A online:
  - log into MyU3A [www.u3aa.org.au](http://www.u3aa.org.au)
  - view or download the MyU3A Membership User Manual and follow the instructions for course enrolment.

### **ENROLMENT CRITERIA**

Enrolments will only be accepted from financial members (i.e. those who have paid the 2026 membership fee). All people attending U3AA courses and activities must be members of U3AA however, there is also provision for temporary membership for visitors to Armidale and residents of the district wishing to try out U3AA activities for a short period. Contact the U3AA Office for further details of temporary membership.

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

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

### **WAITING LISTS**

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

### **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.

### **NAMEBADGES**

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 SEMESTER 1, 2026  
COURSE / ACTIVITY CATEGORIES**

**ARTS AND CRAFTS**

**CARD MAKING , CROCHET & KNITTING, CROSS STITCH & NEEDLEWORK,  
DRAWING AND DESIGN CONTINUING, DRAWING FOUNDATION, PATCHWORK,  
PHOTOGRAPHY, SPINNING (AND ALL THINGS FIBRE RELATED), TEXTILE FUN**

**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, CONTINUING), YOGA FOR BEGINNERS,  
YOGA (FLOOR) X 2, YOGA WITH CHAIRS X 2**

**HUMANITIES**

**INDIGENOUS ART AND CULTURE, AGREEING TO PEACEFUL LIVING,  
CONVERSATIONS WITH THE FAMOUS AND NOT SO FAMOUS (U3A CANBERRA),**

**COMMUNITY CHATS**

**LANGUAGES**

**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, READING WITH FRIENDS,  
SING FOR LIFE, GUITAR AND UKULELE SING-A-LONG, WRITING FOR FUN**

**MINDGAMES**

**BRIDGE FOR BEGINNERS, MAHJONG, PLAY 500, SCRABBLE x 2**

**SCIENCE**

**GREAT IDEAS AND SCIENTISTS THAT CHANGED THE WORLD**

**TECHNOLOGY**

**TECHNOLOGY FUNDAMENTALS**

**WORLD AROUND US**

**ART, TRAVEL & REMINISCENCE, TUESDAY ZOOM FORUMS (U3A CANBERRA),  
SUPERANNUATION - UNDERSTANDING YOUR SUPERANNUATION (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 March and another in May. The lectures will take place at a time and venue to be advised.

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 (South Room)**  
 Costs: **Course text approximately \$30**  
 Start Date: **4,11,18, 25 March; 6,13,20,27 May 2026**

**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. 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**  
 Start Date: **6 January 2026**

**AQUASTRETCH MONDAY, WEDNESDAY & FRIDAY 4**  
(ENROLMENT BY OFFICE ONLY)

Slow stretching, emphasis on core muscle control, and the use of equipment, including dumbbells and noodles, makes this a complete workout, with everyone going at their own pace. It combines strength and balance training with some fast movement to make us feel good no matter our age or state of our bodies. Friendship is also important so we make sure we have a good laugh before breakfast along with our workout. If Margaret Milligan is unavailable, please contact either Margaret McDonald (0427 677 410) or Robyn Model (0472 658 964).

Leader: **Margaret Milligan**  
 Phone: **0427 726 452 (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.**  
 Start Date: **5 January 2026**

**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)**  
 Start Date: **3 February 2026**

**NEW!****ART, TRAVEL AND REMINISCENCE 107**

Travel is a great source of memories. As we get older, travel becomes more difficult. Relive your memories with the help of NERAM. Four/six times a year join NERAM staff, and relevant art works from the collection. Tea and biscuits will be available. Bring one memorable object from your travels, and be prepared to tell us about it (optional). Each session will have a geographic theme.

Among the possible are, in no particular order: India, Japan, North Africa, New Zealand, Polynesia and Fiji, Various areas of Australia, Cruising/sailing, Antarctica, Europe (country by country including England, Scotland, Ireland, France, Germany, Scandinavia, the Netherlands, Italy, the Balkans, etc.), America - Canada and the USA.

3 March will look at Japan, 26 May will look at Australian mountains.

Leaders: **Sylvia Ransom (U3AA), Anne Blair-Hickman, Rachael Parsons, (NERAM)**  
 Phone: **Sylvia 0458 728 938**  
 Frequency: **2 Tuesdays on dates shown below**  
 Time: **10:00am**  
 Duration: **2 hours**  
 Venue: **NERAM Mazda Room**  
 Costs: **Nil**  
 Start Date: **3 March and 26 May 2026**

**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: **9 February 2026**

**BONES AND BALANCE WITH BEV PITT 6**

(ENROLMENT BY OFFICE ONLY)

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: **The only cost to members is the purchase of a set of hand weights**  
 Start Date: **21 January 2026**

**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)**  
 Costs: **Nil**  
 Start Date: **20 January 2026**

**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**  
 Start Date: **11 February 2026**

**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**  
 Start Date: **1 April 2026**

**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: **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**  
 Start Date: **7 January 2026**

**CLASSIC MOVIES 15**

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

Leaders: **John Wearne AM**      **Michael Gibson**  
 Phone: **0418 419 684**              **0427 712 075**  
 Frequency: **Every Wednesday for twelve weeks**  
 Time: **2:00pm**  
 Duration: **2 to 3 hours**  
 Venue: **ASCA House (East room)**  
 Costs: **Nil**  
 Start Date: **11 February 2026**

**CLASSICAL MUSIC: AN EXPLORATION 56**

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

You may also contact Ed by email : [pdqb22@gmail.com](mailto:pdqb22@gmail.com)

Leader: **Ed Hannah**  
 Phone: **0427 188 734**  
 Frequency: **Thursdays as shown below**  
 Time: **10:00am**  
 Duration: **2 hours**  
 Venue: **Private residence**  
 Costs: **Nil**  
 Start Date: **5 - 26 March; 23 April - 14 May 2026**

**NEW!****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.

Every first and third Tuesday, one person with deep roots in our community and interesting stories to tell will be invited to answer questions from me, 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: **Bruce Woolley**  
 Phone: **0488 798 679 (Text messages preferred)**  
 Frequency: **First and third Tuesdays of each month**  
 Time: **9:30am**  
 Duration: **1 hour**  
 Venue: **ASCA House (East room)**  
 Costs: **Nil**  
 Start Date: **3 March 2026**

**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**  
 Start Date: **29 January 2026**

**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: **Penny Nicholson**  
 Phone: **0408 272 011**  
 Frequency: **Every second Friday**  
 Time: **10:00am**  
 Duration: **1 hour**  
 Venue: **Member's home over Zoom**  
 Costs: **Nil**  
 Start Date: **27 February 2026**

**CROCHET AND 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**  
 Phone: **0421 431 381**  
 Frequency: **Every Wednesday**  
 Time: **10:00am**  
 Duration: **2 hours**  
 Venue: **ASCA House (West Room)**  
 Costs: **The only cost to members is for their own materials**  
 Start Date: **4 February 2026**

**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**  
 Start Date: **5 January 2026**

**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: **0428 726 842**  
 Frequency: **Every Monday**  
 Time: **1:00pm**  
 Duration: **3 hours**  
 Venue: **ASCA House (South Room)**  
 Costs: **Personal craft costs only**  
 Start Date: **2 February 2026**

**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.**  
 Start Date: **5 February 2026**

**DRAWING AND DESIGN CONTINUING 94**

(ENROLMENT BY OFFICE ONLY)

Developing skills in drawing and design.

Genres include: Still Life, Landscape and Non-Objective work.

Developing skills in:

- study drawing
- experimental drawing
- non-objective work
- self-directed work.

Leader: **Chris Pratt**  
 Phone: **0432 651 247**  
 Frequency: **Every Thursday**  
**(except the last Thursday of the month)**  
 Time: **9:30am**  
 Duration: **2 hours**  
 Venue: **ASCA House (South Room)**  
 Costs: **Purchase of materials for drawing and colour work. You will be advised by your leader about this.**  
 Start Date: **5 March 2026**

**NEW!****DRAWING FOUNDATION 108**

This class will commence with foundation skills in drawing and will include drawing tasks such as:

- constructing basic solids
- drawing from life
- drawing and composition skills
- rendering to create volume
- mark making (skills development with drawing materials).

Materials:

- pencils (HB, 2B, 4B, 6B.)
- eraser (kneadable and soft erasers)
- A3 sketch book.

Other materials will be introduced in time, and these will include charcoal, conté crayon and pen and ink.

Leader: **Chris Pratt**  
 Phone: **0432 651 247**  
 Frequency: **Fridays, weeks 1,2 and 3 of each month**  
 Time: **1:30pm**  
 Duration: **1½ hours**  
 Venue: **ASCA House (South Room)**  
 Costs: **You will be advised by your leader about this.**  
 Start Date: **10 April 2026**

**FIT AND BALANCED WITH BEV PITT 24**

(ENROLMENT BY OFFICE ONLY)

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)**  
 Costs: **Purchase of resistance bands from the course leader**  
 Start Date: **22 January 2026**

**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: **8:00am**  
 Duration: **1 hour**  
 Venue: **ASCA House (Garden)**  
 Costs: **Nil**  
 Start Date: **2 January 2026**

**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](mailto:clausjehne@gmail.com).For further information visit [www.gateball.com.au](http://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**  
 Start Date: **21 January 2026**

**NEW!****GOLDEN AGE DETECTIVE FICTION - A DISCUSSION GROUP 106**

Strictly speaking, Golden Age detective novels were written between the two World Wars, but most authors continued long after and we'll include the later works.

If you are a lifelong fan, new to them, or just Golden Age curious, come along and share your thoughts and insights. We'll be looking at 7 female authors and 7 male authors to begin with. I will provide a reading list but it's not compulsory and our discussions can include any of the writers from the genre. We'll look at the authors' works, how the genre was developed as well as the changing social times and more, depending on your interests.

Leader: **Celia Munro**  
 Phone: **0411 205 687.**  
 Frequency: **Every Wednesday**  
 Time: **2:00pm**  
 Duration: **1½ hours**  
 Venue: **Armidale Regional Library**  
 Costs: **Nil**  
 Start Date: **4 February 2026**

## 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**  
 Start Date: **10 March 2026**

## NEW! 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 (East Room)**  
 Costs: **Purchase of an instrument if you do not have one**  
 Start Date: **6 February 2026**

## RETURNING! INDIGENOUS ART AND CULTURE 70

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

Leader: **Rose Lovelock, Director ACCKP**  
 Phone: **6771 3606**  
 Frequency: **Every Friday for 10 weeks**  
 Time: **10:00am**  
 Duration: **2 hours**  
 Venue: **Aboriginal Cultural Centre & Keeping Place**  
 Costs: **Donations to help defray the cost of any equipment and materials**  
 Start Date: **17 April 2026**

## 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 Regional Library**  
 Costs: **Nil**  
 Start Date: **30 January 2026**

## 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.

A beginners' class for newcomers will also be provided - time to be advised.

Leader: **Denise Finlay**  
 Phone: **0476 376 318**  
 Frequency: **Every Tuesday**  
 Time: **11:00am**  
 Duration: **1½ hours**  
 Venue: **Masonic Retirement Village**  
 Costs: **Nil**  
 Start Date: **27 January 2026**

## 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**  
 Start Date: **7 January 2026**

## MEDITATION - AN INTRODUCTION 86

Regular meditation practice aids calmness, clarity of mind, and promotes contentment. Learn to meditate with a group. Various techniques will be offered with an opportunity to practice, and focus will primarily be on mindfulness of breathing meditation. Initially six weeks in length, but may extend longer for those wishing to continue to practice in a group. 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**  
 Start Date: **26 February 2026**

**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**  
 Start Date: **14 January 2026**

**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**  
 Start Date: **2 February 2026**

**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**  
 Costs: **Nil**  
 Start Date: **4 February 2026**

**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](mailto: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)**  
 Costs: **Nil**  
 Start Date: **6 February 2026**

**NEW!****READING WITH FRIENDS 103**

There are no strangers, only friends not yet met. There are no prescribed books, so do bring your own book to read, among fellow booklovers. We begin with 30 minutes of chat, followed by an hour of companionable, silent reading and finishing with 30 minutes of sharing what we are reading.

Leader: **Laurel Bee**  
 Phone: **0415 687 755 (sms only please)**  
 Frequency: **First Saturday of each month**  
 Time: **2:00pm**  
 Duration: **2 hours**  
 Venue: **Armidale Ex Services Club (no membership required)**  
 Costs: **Nil**  
 Start Date: **7 February 2026**

**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.

**39-01**

Leader: **Barbara Archer**  
 Phone: **0438 475 201**  
 Frequency: **Every Thursday**  
 Time: **1:30pm**  
 Duration: **2½ hours**  
 Venue: **ASCA House (West Room)**

Costs: **Nil**  
 Start Date: **15 January 2026**

**39-02**

Leader: **Barbara Archer**  
 Phone: **0438 475 201**  
 Frequency: **Every Tuesday**  
 Time: **1:30pm**  
 Duration: **2½ hours**  
 Venue: **ASCA House (West Room)**

Costs: **Nil**  
 Start Date: **17 February 2026**

**SING FOR LIFE 97**

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

Leader: **Viv Sercombe**  
 Phone: **0417 824 354**  
 Frequency: **Every Thursday (except school holidays)**  
 Time: **11:30am**  
 Duration: **1½ hours**  
 Venue: **ASCA House (East Room)**  
 Costs: **Nil**  
 Start Date: **5 February 2026**

**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 the leader for details. A small quantity of fibre will be available for beginner spinners. If your wheel needs attention, please advise beforehand.

Leader: **Tracy Everett**  
 Phone: **0402 058 504**  
 Frequency: **Every Tuesday**  
 Time: **9:00am**  
 Duration: **4¼ hours (flexible)**  
 Venue: **ASCA House (South Room)**  
 Costs: **Equipment and fibre**  
 Start Date: **13 January 2026**

### **SUPERANNUATION : UNDERSTANDING YOUR SUPERANNUATION (U3A CANBERRA) 89**

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

No prior knowledge required. The course program is available. The course is live on Zoom on Tuesday mornings. Please contact the U3A Canberra Course Leader, Carol Flynn, at [cpfn64@gmail.com](mailto:cpfn64@gmail.com) or 0413610971, for further information and the detailed program.

Leader: **Penny Nicholson**  
 Phone: **0408 272 011**  
 Frequency: **Every Tuesday for 10 weeks**  
 Time: **10:00am**  
 Duration: **2 hours**  
 Venue: **Member's home on Zoom**  
 Costs: **\$30 payable to U3A Canberra (room rent, leader's Zoom membership and charitable donation to course lawyer)**  
 Start Date: **3 March 2026**

### **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**  
 Start Date: **16 February 2026**

### **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**  
 Start Date: **15 January 2026**

### **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**  
 Start Date: **13 January 2026**

### **TAI CHI FOR HEALTH (ADVANCED) 63**

(ENROLMENT BY OFFICE ONLY)

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

Leader: **Mary Buck**  
 Phone: **0432 403 452**  
 Frequency: **Every Thursday**  
 Time: **9.30am**  
 Duration: **1 hour**  
 Venue: **AMAI The Dojo**  
 Costs: **Nil**  
 Start Date: **5 February 2026**

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

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

From time to time we also feed in shorter series of forms that are helpful for rehabilitation, diabetes, osteoporosis, and energy. If you are new to Tai Chi, or are coming back after a long break, this is a good place to start your practice.

|                                    |  |
|------------------------------------|--|
| <b>73-01</b>                       | <b>73-02</b>                             |
| Leader: <b>Mary Buck</b>           | Leader: <b>Mary Buck</b>                 |
| Phone: <b>0432 403 452</b>         | Phone: <b>0432 403 452</b>               |
| Frequency: <b>Every Tuesday</b>    | Frequency: <b>Every Friday</b>           |
| Time: <b>9.30am</b>                | Time: <b>9.30am</b>                      |
| Duration: <b>1 hour</b>            | Duration: <b>1 hour</b>                  |
| Venue: <b>AMAI The Dojo</b>        | Venue: <b>Masonic Retirement Village</b> |
| Costs: <b>Nil</b>                  | Costs: <b>Nil</b>                        |
| Start Date: <b>3 February 2026</b> | Start Date: <b>6 February 2026</b>       |

**TAI CHI - CONTINUING** (ENROLMENT BY OFFICE ONLY) **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: **Greg Clarke**  
 Phone: **0427 109 085**  
 Frequency: **Every Friday**  
 Time: **8.30am**  
 Duration: **1 hour**  
 Venue: **Legacy House**  
 Costs: **Nil**  
 Start Date: **6 February 2026**

**NEW!****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.

**Week 1 – Getting Comfortable with Devices**

Turning devices on and off; Adjusting brightness, volume and text size; Connecting to Wi Fi; Understanding icons and menus; Practice: connect to Wi Fi and open the internet.

**Week 2 – Using the Internet**

What the internet is; Using Google to search; Finding reliable websites; Practice: search for weather, local services and news.

**Week 3 – Email Basics**

Creating an email account; Sending and replying to emails; Forwarding emails; Adding attachments; Practice: send an email with a photo.

**Week 4 – Smartphones for Everyday Life**

Taking photos; Sending photos; Using maps and directions; Setting reminders and alarms; Practice: take a photo and send it

**Week 5 – Internet Banking and Online Services**

Logging in safely; Checking balances; Paying bills online; Understanding verification codes; Discuss online safety

**Week 6 – Creating Documents**

Opening a word processor; Typing a simple document; Changing fonts and sizes; Saving and printing files; Practice: create a shopping list

**Week 7 – Introduction to AI (ChatGPT)**

What AI is in simple terms; How ChatGPT works; Examples of useful questions; Practice asking questions

**Week 8 – Practice and Problem Solving**

Participants bring technology problems; Practice using what was learned; Review safety tips; Questions and discussion

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**  
 Start Date: **7 April 2026**

**NEW!****TEXTILE FUN** **104**

Participants experiment with a range of textiles, yarns and threads, sewing tools, paints, dyes, markers, needles and thread sharing ideas and techniques. Themed topics lead to inspired creations. All participants are encouraged to wear old clothing and aprons. Tools and fabrics are available for use during class.

Leader: **Cherry Stewart**  
 Phone: **0481 894 203**  
 Frequency: **Every Monday (except school holidays)**  
 Time: **9:30am**  
 Duration: **2 hours**  
 Venue: **Cherry's Studio**  
 Costs: **Donations towards materials accepted.**  
 Start Date: **2 -23 February; 4 May - 29 June 2026**

**TUESDAY TALKS** **43**

Please refer to **COMMUNITY CHATS #102** for details of the revised *Tuesday Talks* program.

**TUESDAY ZOOM FORUMS (U3A CANBERRA)** **79**

In 2026 the Forums will transition to a webinar platform, which will improve professionalism. This will mean a new login process. Also planned are the occasional extended "keynote session" featuring multiple speakers and running for up to 90 minutes. The first such Keynote Session will be on "migration" in April. 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: **Penny Nicholson**  
 Phone: **0408 272 011**  
 Frequency: **Every Tuesday**  
 Time: **12:30pm**  
 Duration: **1 hour**  
 Venue: **Member's home over Zoom**  
 Costs: **Nil**  
 Start Date: **17 February 2026**

**WRITING FOR FUN** **71**

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

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

Leader: **Catherine Michael**  
 Phone: **0421 431 381**  
 Frequency: **Every Monday (except school holidays)**  
 Time: **10:00am**  
 Duration: **2¼ hours**  
 Venue: **ASCA House (West Room)**  
 Costs: **Nil**  
 Start Date: **2 February 2026**

**NEW!****YOGA 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 its 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 for 5 weeks**  
 Time: **10.30am**  
 Duration: **1½ hours**  
 Venue: **ASCA House (East Room)**  
 Costs: **Nil**  
 Start Date: **4 February 2026**

**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: **Masonic Retirement Village**  
 Costs: **Nil**  
 Start Date: **5 February 2026**

**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**  
 Start Date: **6 February 2026**

**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**  
 Start Date: **3 February 2026**

**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)**  
 Costs: **Nil**  
 Start Date: **2 February 2026**

## VENUE INFORMATION

### AMAI THE DOJO

Located at the corner of Mann and Chapel Streets. There is plenty of parking in surrounding streets.

### ARMIDALE BRIDGE CLUB

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

### ARMIDALE CITY BOWLING CLUB

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

### ARMIDALE GOLF CLUB

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

### ARMIDALE REGIONAL LIBRARY

Located at 2/182 Rusden Street, Armidale. There is limited parking available at the front of the library and plenty of parking in surrounding streets.

### ARMIDALE Ex-SERVICES CLUB

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

### ASCA HOUSE

Located at 166 Barney Street (the corner of Markham and Barney Streets). The venue provides disabled access and facilities. The U3AA Office is also located at ASCA House. Parking is available in both Barney and Markham Streets with easy, level access on concrete pathways to the building entrance. Two dedicated disability parking spots are available in Markham Street close to the gateway leading to the ASCA House entrance.

Care is required in crossing the roads in the vicinity of ASCA House – both roads are considered major thoroughfares of Armidale and carry heavy traffic at most times of the day. Please do not park cars across the ASCA House driveway as it is an entry for any emergency and service vehicles, and respect local residents' rights to access their properties.

### AUTUMN LODGE CROQUET LAWN

Located in the grounds of Autumn Lodge with access to the croquet lawn from Butler Street, just north of Donnelly Street. There is plenty of on-street parking available in Butler Street.

### LEGACY HOUSE

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

### MASONIC RETIREMENT VILLAGE

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

### PRIVATE RESIDENCE

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

### SPORTUNE CAMPBELL HALL

The hall is located just past the front desk of the SportUNE building which is at the end of Sports Union Road. There is plenty of (free) 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, 2026

|                 |         |   |  |
|-----------------|---------|---|--|
| <b>M</b>        | 7:30am  | AquaStretch on Mondays  | TAS Pool                                   |
| <b>O</b>        | 9:00am  | Yoga with Saroja Annesley (Morning)   | ASCA House (East Room)                     |
| <b>N</b>        | 9:00am  | Croquet   | Autumn Lodge Croquet Lawn                  |
| <b>D</b>        | 9:30am  | Textile Fun   | Private Residence                          |
| <b>A</b>        | 10:00am | Table Tennis on Mondays   | ASCA House (South Room)                    |
| <b>Y</b>        | 10:00am | Writing for Fun   | ASCA House (West Room)                     |
|                 | 11:00am | Bones and Balance (Monday)  | ASCA House (East Room)                     |
|                 | 1:00pm  | Cross Stitch and Needlework   | ASCA House (South Room)                    |
|                 | 1:30pm  | Photography - Discussion Group (1 <sup>st</sup> , 3 <sup>rd</sup> Mondays of each month)  | ASCA House (East Room)                     |
| <b>T</b>        | 7:30am  | Aquarobics  | TAS Pool                                   |
| <b>U</b>        | 9:00am  | Spinning (and all Things Fibre Related)   | ASCA House (South Room)                    |
| <b>E</b>        | 9:30am  | Great Ideas and Scientists that Changed the World (2 <sup>nd</sup> Tuesday of each month) | ASCA House (East Room)                     |
| <b>S</b>        | 9:30am  | Community Chats (1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays of each month)              | ASCA House (East Room)                     |
| <b>D</b>        | 9:30am  | Tai Chi for Health (Beginners)  | AMAI The Dojo                              |
| <b>A</b>        | 10:00am | Armchair Theatre  | The Lodge Theatre                          |
| <b>Y</b>        | 10:00am | Art, Travel and Reminiscence  | NERAM                                      |
|                 | 10:45am | Technology Fundamentals   | ASCA House (West Room)                     |
|                 | 11:00am | Line Dancing for Seniors  | Masonic Retirement Village                 |
|                 | 11:15am | Yoga with Chairs with Maureen   | ASCA House (East Room)                     |
|                 | 12:30pm | Tuesday Zoom Forums (U3A Canberra)  | Member's home over Zoom                    |
|                 | 1:30pm  | Scrabble  | ASCA House (West Room)                     |
|                 | 1:30pm  | Bones and Balance with Heather Voskuyl  | ASCA House (East Room)                     |
|                 | 2:00pm  | Table Tennis on Tuesdays  | ASCA House (South Room)                    |
| <b>W</b>        | 7:30am  | AquaStretch on Wednesdays   | TAS Pool                                   |
| <b>E</b>        | 8:30am  | Patchwork   | ASCA House (South Room)                    |
| <b>D</b>        | 9:00am  | Bones and Balance with Beverley Pitt  | ASCA House (East Room)                     |
| <b>N</b>        | 9:00am  | Mahjong   | Armidale Golf Club                         |
| <b>E</b>        | 9:30am  | Bridge for Beginners  | Armidale Bridge Club                       |
| <b>S</b>        | 10:00am | Gateball  | Armidale City Bowling Club                 |
| <b>D</b>        | 10:00am | Book Lovers (2 <sup>nd</sup> Wednesday of each month)                                     | Private Residence                          |
| <b>A</b>        | 10:00am | Crochet and Knitting  | ASCA House (West Room)                     |
| <b>Y</b>        | 10:30am | Yoga for Beginners with Amba  | ASCA House (East Room)                     |
|                 | 2:00pm  | Pickleball  | SportUNE                                   |
|                 | 2:00pm  | Agreeing to Peaceful Living   | ASCA House (South Room)                    |
|                 | 2:00pm  | Classic Movies (for 12 weeks)   | ASCA House (East Room)                     |
|                 | 2:00pm  | Golden Age Detective Fiction - A Discussion Group   | Armidale Regional Library                  |
|                 | 2:00pm  | Card Making   | Private Residence                          |
| <b>T</b>        | 7:30am  | Aquarobics  | TAS Pool                                   |
| <b>H</b>        | 9:00am  | Croquet   | Autumn Lodge Croquet Lawn                  |
| <b>U</b>        | 9:30am  | Drawing and Design Continuing (every Thursday except last Thursday of each month)         | ASCA House (South Room)                    |
| <b>R</b>        | 10:00am | Fit and Balanced with Bev Pitt  | ASCA House (East Room)                     |
| <b>S</b>        | 10:00am | Companionship in Reading  | ASCA House (South Room)                    |
| <b>D</b>        | 10:00am | Classical Music : an Exploration (for 8 weeks)  | Private Residence                          |
| <b>A</b>        | 10:45am | Tai Chi for Health (Advanced)   | AMAI The Dojo                              |
| <b>Y</b>        | 11:00am | Yoga with Bron Baker  | Masonic Retirement Village                 |
|                 | 11:30am | Sing for Life   | ASCA House (East Room)                     |
|                 | 1:30pm  | Scrabble  | ASCA House (West Room)                     |
|                 | 2:00pm  | Table Tennis on Thursdays   | ASCA House (South Room)                    |
|                 | 2:00pm  | Descant Recorder - Continuing   | ASCA House (East Room)                     |
|                 | 3:30pm  | Meditation - an Introduction (for 5 weeks)  | ASCA House (East Room)                     |
| <b>F</b>        | 7:30am  | AquaStretch on Fridays  | TAS Pool                                   |
| <b>R</b>        | 8:30am  | Gardening (1 <sup>st</sup> Friday of each month)  | ASCA House Garden                          |
| <b>I</b>        | 8:30am  | Tai Chi - Continuing  | Legacy House                               |
| <b>D</b>        | 9:30am  | Tai Chi for Health (Beginners)  | Masonic Retirement Village                 |
| <b>A</b>        | 9:30am  | Play 500  | ASCA House (South Room)                    |
| <b>Y</b>        | 10:00am | Indigenous Art and Culture  | 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)                            | Member's home over Zoom                    |
|                 | 11:00am | Italiano Insieme  | Armidale Regional Library                  |
|                 | 11:15am | Yoga with Chairs with Bron Baker  | ASCA House (East Room)                     |
|                 | 1:30pm  | Drawing Foundation  | ASCA House (South Room)                    |
| <b>SATURDAY</b> | 2:00pm  | Reading with Friends  | Armidale Ex Services Club                  |



|               |                |                |          |
|---------------|----------------|----------------|----------|
| Member Number | Payment method | Cash receipt # | Initials |
| 1 _____       | ZLR CASH CHQ   | ___/___/2026   |          |

### 2026 MEMBERSHIP RENEWAL AND ENROLMENTS

I hereby apply to renew my membership of University of the Third Age Armidale Incorporated for 2026.

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)

**Emergency contact details**

Name \_\_\_\_\_

Telephone \_\_\_\_\_ Mobile \_\_\_\_\_

Name \_\_\_\_\_

Telephone \_\_\_\_\_ Mobile \_\_\_\_\_

|               |                |                |          |
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