



NEWSLETTER

No: 237
1st February 2026

From the Desk of the President — Sue Cameron

Contact Details

University of the Third Age
Armidale Incorporated

Mail to: 166 Barney Street
ARMIDALE NSW 2350

Phone: 6772 2752
Email: u3aarmidale1@gmail.com
Office: Rear of ASCA House
(enter from Markham
Street through backyard)
166 Barney Street
ARMIDALE NSW 2350

Office Hours: Monday to Wednesday
9:30am to midday and at
other times by appointment

Web: www.u3aa.org.au

2026 is off to a flying start with 404 financial members - a steady stream of renewals and new members each week - and many courses already operational. Several new courses have been added to our extensive programme. Check them out on our website (www.u3aa.org.au) or read the hardcopy booklet available at the office counter.

Thank you to all our Course Leaders, particularly our new ones, also to our gardening team leaders, Ros Busby and Margaret Boundy and Web Master, Colin Sholl.



Special thanks must go to Bron Baker, who having been a course coordinator since 2015 (and joint course Co-ordinator with Penny since 2016), now feels it's time to hand over the reins. Bron will continue leading her two yoga classes, but plans to enjoy more of what U3AA has to offer. However, Helen McLennan has volunteered to take on the shared role with Penny, and will help in the office on Mondays. Thank you Helen. On the subject of the office, it would be very helpful if we could have a few members make themselves available on a casual basis. Everyone presently involved is happy to do the work regularly, however there are occasions when we need to be elsewhere, and to have some backup "staff" on which to call, would be great. Some office experience with basic computer skills would be an advantage. Have a chat with Penny.

Members continue to nominate our organisation for the Regional Australia Bank's Community Partnership programme. Many also add a donation when paying their subscriptions. To all of you a very big Thank You.

Our AGM is scheduled for Tuesday, 10th February, commencing at 2pm in the East Room. Please show your support for your many hardworking volunteers by attending. We have a vacancy on the Committee to fill. The job is not onerous, as we have a very capable management team, and we only meet bi-monthly.

Finally, please collect your name tags, from the box on the office counter. Not only is it a condition of your insurance that you wear them to your activities, it is also courtesy to your course leaders and fellow participants, that they know your name. Our memories are not always as good as we think! A large container of pin-on holders has been donated to us, so just ask at the counter if you need one.

Sue Cameron
U3AA President

NEXT NEWSLETTER DEADLINE

1st April 2026

Please email contributions to
u3aanewsletter@gmail.com

Please support our sponsors:

AMAI The Dojo, 2ARM-FM, Armidale City Bowling Club, Armidale Golf Club, Bunnings, CGA Country Glass and Aluminium, Chris Ferris Armidale Horticultural Services, Regional Australia Bank, SportUNE.

For further information sponsors' websites can be accessed from the U3AA website www.u3aa.org.au

U3AA Christmas Celebrations



Once again Jenny Cook and Kathy Harris have organised AquaStretch's famous and popular Muck up Day, this year they had us dressed as Ballet dancers. Claire Jennings ran the activities wearing her Master of Ceremonies yellow beanie, and of course she had The Whistle to try and keep some sort of order, not easy with over excited seniors out for a good time. She had us doing our normal schedule to ballet music supplied by Jenny and Kathy.

For some reason Margaret Milligan and Lyn Poulter were supplied with clown wigs and Margaret was told to carry a devil's fork with Pirouette written on it and was told to carry it while doing the lessons, this was quite a challenge for Margaret.

Everyone had a great time, with lots of laughter. Thank you Jenny and Kathy for organising the highlight of AquaStretch year.

Margaret Milligan, Leader



Mindy McDouall looking splendid!



Line dancing troupe



Sandy Mooney and the Ukulele and Guitar for Beginners group performing their Christmas concert