



Prospectus 2023

Enrolments for 2023 will be accepted (with payment) from the date of issue of the Term 4 2022 Newsletter and will be recorded in the order in which they are received.

See Page 3 for further details about enrolment deadlines.

REGISTRATION & ENROLMENT FOR 2023

Participation in U3A Campbelltown is by registration of membership, not by payment of course fees.

Membership of U3A is a commitment to participating in the life of the organisation, not just a means of accessing cheap courses.

Similarly, if you enrol in a course/group you are committing to attend every time. Please notify the U3AC Office as soon as possible and inform the tutor/leader if you cannot attend or are withdrawing from the course. This allows a new participant to be invited to attend in your place.

MEMBERSHIP DUES are annual and non-refundable - The Board of Management advises that 2023 Membership fees will be \$55/person or \$100/couple for a full academic year. An annual fee of \$10/person will be charged to those 85 years and over.

New members registering after the end of Term 2 pay \$28 per person or \$50 per couple.

Enrolment in all activities is then free other than:

- **Materials** (when provided as part of an activity)
- **Printed notes** (when provided)
- **Outing costs** (admissions, bus hire etc.)

Affiliate members from other U3As in South Australia pay \$5 per subject per term.

N.B. Our classes, groups and activities operate only during school terms.

**** ALL CLASSES ARE DECLARED VACANT AT THE END OF EACH CALENDAR YEAR ****

ENROLMENT DEADLINES:

Enrolments will be processed in the order in which they are received with payment. Enrolment forms will be accepted from the date of the issue of the Term 4 Newsletter and the enrolment form will be available with the Newsletter, from the office or downloadable from the U3A Campbelltown SA website:

<https://u3acampbelltownsa.org.au/>

Before the end of Term 4 2022 – with the enrolment form as outlined above:

- **By post:** with a cheque or EFT (electronic funds transfer) direct deposit transaction receipt to P.O. Box 359 Campbelltown 5074 by **Thursday 15 December**.
- **In person:** with correct cash, cheque or EFT (electronic funds transfer) direct deposit transaction receipt in a tightly sealed envelope with enrolment form delivered **in person** to the U3A Campbelltown Office **by Thursday 15 December**.
- **In person:** with credit card payment available on **Wednesday 7 December and Thursday 8 December from 10:00 to 11:30 am**.

January 2023 – with the enrolment form as outlined above:

- **By post:** with a cheque or EFT (electronic funds transfer) direct deposit transaction receipt to P.O. Box 359 Campbelltown 5074 as soon as possible.
- **Late enrolments will also be accepted at the Marchant Community Centre on Wednesday, 18 January from 9:15 to 11:30 am.**

NOTE: *Payment by EFT is the preferred method.*

Members are encouraged to REGISTER/ RENEW MEMBERSHIP and ENROL FOR COURSES for the whole year.

PLEASE NOTE:

- ***Changes and additions to enrolments can be made each term.***
- ***Members should note details of their enrolments and assume that their enrolment has been successful, unless advised otherwise.***
- ***Members should contact the office immediately if they withdraw from anything for which they have enrolled.***
- ***No waiting lists will be kept.***

PLEASE DO NOT ENROL in

- ***a class or group unless you intend to attend every time it meets,***
- ***both Balance and Bones and Bone Density classes, both Tai Chi classes,***
- ***or any two groups that meet at the same time.***

CLASS VENUES

- **Unless otherwise stated, all classes/meetings** are held at the Marchant Community Centre, 338 Gorge Road, Athelstone. (Bus 178 Stop 35);
- **Bone Density – Jumping in the Park** is at Foxfield Oval, Maryvale Road, Athelstone;
- **Circle Dancing** is at the Athelstone Community Hall, cnr Maryvale and Gorge Roads, Athelstone;
- **Film Go-ers Group** meet at the Regal Cinema, 275 Kensington Road, Kensington Park;
- **Photo-Shoots and Gardening Group “Snip & Swap”** will meet at various venues;
- **Reading for Pleasure** is at the Campbelltown Library, 171 Montacute Road, Newton;
- **Tai Chi and Yoga classes** are held at the Lutheran Homes Hall, 22 Avenue Road, Glynde.

VIABILITY OF COURSES, GROUPS AND ACTIVITIES

The viability of any activity is determined by the tutor, cost and venue availability. Groups smaller than 5 may be allowed if the tutor/leader agrees. Maximum class/group sizes have been set by the group leader and according to the venue. Rooms and times should not be changed without prior agreement with the President/Secretary (who must firstly notify Council).

How to pay U3A CAMPBELLTOWN INC by EFT (electronic funds transfer) direct deposit.

Bank: **Bendigo Bank**
Branch **Modbury**
BSB: **633-000**
Account Number: **192140481**
Account Name: **U3A CAMPBELLTOWN INC.**
Reference: InitialSurnameMemberNumber

Note: In the Reference field put your Initial followed by your Surname and your Member Number, no spaces, e.g **JBloggs0123**

Hint: Copy and Paste the BSB, Account Number and Account Name fields.

Attach a copy of the transaction to your Enrolment form.

Another Hint: Your U3A Membership number is on your Name Badge. New members also need to complete a Membership Form and be given a number.

COLLECTION OF PAPERWORK

If your class is in the Marchant Centre on Wednesday or Thursday, please call into the office to collect enrolment printouts, receipts, name badges (if requested) before the class or during office hours.

Printouts will be delivered via roll books for classes on all other days.

The office will also be open on Wednesday, 25 January from 9:15 to 11:30 am.

TERMS OF PARTICIPATION

COVID REQUIREMENTS

At the time of printing this Prospectus, COVID is still in the community. U3A Campbelltown South Australia is taking a common-sense approach to ensure the well-being of Members:



- Members are encouraged to be fully vaccinated.
- **DO NOT** come to the Marchant Centre if unwell.
- If showing any symptoms, such as sneezing, coughing or sore throat, please take a Rapid Antigen Test. If this proves negative, wear a mask to any indoor activities until symptoms disappear.
- At all other times, members have the choice to wear a mask while attending classes/meetings.
- It is recommended you bring your own pen and water bottle.
- Sanitiser is available at the Marchant Centre or bring your own.
- Social distancing of 1.5m is encouraged at all times.
- The kitchen may be used with social distancing. Please bring your own mug for tea or coffee. Shared foods are discouraged.
- Please observe time allocations for your class and do not enter until the previous class has cleared the room.

U3A members are generally in the vulnerable category and respect and consideration for colleagues and classmates is assumed.

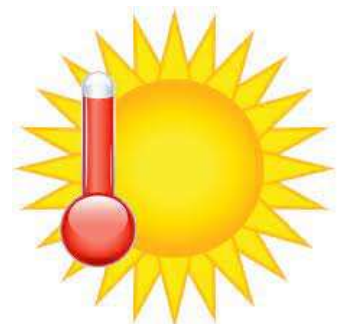


SAFETY & ETIQUETTE

- It is the responsibility of all members to note emergency evacuation procedures for any venue attended. They are generally mentioned by leaders at the commencement of each course/group/activity and displayed in all premises.
- Please send an apology if you are unable to attend a class. If you are going to be away for an extended period, please let us know.
- If you enrol and then change your mind please let the office know before the beginning of term, or as soon as possible, so you can be removed from the class roll.
- It is the duty of **all students** to help set up and later tidy the room, return furniture to its original position, close the blinds and store away any equipment.
- Clearly write your emergency phone number and any allergies or medical problems on the back of your Member Registration badge and wear it to all classes and outings. This will facilitate quick action in the case of any medical emergency.
- While we take every precaution to avoid accidents, they do sometimes happen.
- **Signing the roll for all classes and activities that you attend is your "safety net" in case of an accident.**

HOT WEATHER

Daytime activities may be cancelled when the estimated maximum temperature for the day is above 35C. However, different activities and locations have different demands. Classes should, therefore, make their own decision. Members should check with their course/activity leaders in Terms 1 and 4 to determine the policy for that class/activity. Leaders should ensure that the U3A office is advised of the Hot Weather policy for their class/activity and that students are reminded in Terms 1 and 4.



INSURANCE AND EMERGENCIES

Our insurance does not cover anyone over the age of 85 years, nor does it cover property of members. It is your responsibility to put your emergency contact details on the back of your badge and wear it to all classes. We have public liability insurance but do not have accident insurance.

We will call an ambulance if you collapse or injure yourself in class and notify your emergency contact person about what has happened.

It is the responsibility of all members to ensure they have personal ambulance cover. U3A Campbelltown cannot reimburse such expenses, even if it is shown later that it was not a life-threatening occurrence.

VOLUNTEERING YOUR TIME

In the main, our tutors and leaders are all volunteers, as are those who staff our Office. If you would like to start up a group or course or are able to spend regular time in the Office, please contact the Office staff and give details. Insurance is provided for volunteers.

PRIVACY

- **Contact telephone numbers** are printed on class/activity leaders' lists in case of sickness or accident. Members with "**silent/unlisted telephone numbers**" should indicate this on their enrolment forms. These **will** be provided to leaders/instructors, committee members and office volunteers ("U3A Campbelltown personnel") **confidentially** and **as required** for the purposes of safety and communication but will not be made public or released to other members.
- U3A Campbelltown personnel **will not** divulge contact or residential details and should not be asked to do so by members. If necessary, a message will be relayed to the person concerned, giving appropriate details for a return contact. U3A Campbelltown personnel **will generally** use "Blind Carbon Copy" (BCC) for group emails.

HOW TO USE THIS PROSPECTUS

Work your way through the Prospectus ticking items that interest you. You will find an index at the back.

There is a separately printed enrolment form where you can select your courses. It will be appreciated if the four terms are selected on the enrolment forms for those courses which run for a full year. Once you have completed that, add up the cost of your enrolment (\$55 plus individual costs for outings, etc), and pay it either by direct credit or in person, in cash. Make sure the enrolment form shows all your personal details and membership number.

The Office must receive your enrolment form for processing to begin. However, your choices will not be entered into the database without appropriate payment.

In referring to this Prospectus please note the symbols:

- **New Course/Group/Activity:**



- **Course or activity with limited enrolments:**



USING OUR WI-FI/NBN

While you are in the Marchant Centre, our Wi-Fi/NBN is available for members to use in classes, or just to use while you are seated in the "comfy chairs" using your iPad or laptop computer. See the Office for the code.

ACTIVITIES, COURSES & GROUPS



A FILM BUFF ODYSSEY

Tutor: Peter Richter, 2nd Tuesday of the month, 2:00 to 4:00 pm

This monthly course will focus on the transition from silent to sound cinema. Peter has an extensive personal collection of both early short and feature films with a focus on silent films. The year's viewing will begin with *The General* starring Buster Keaton. Each session will generally be about 2 hours long and will include time for discussion and coffee/snacks.



A WORD OR TWO ABOUT EPHEMERA

Tutor: David Figg, Friday 24 March, 2:00 to 4:00 pm.

David Figg is a philatelist, phillumenist, deltiologist, numismatist and ephemera collector. His talk will cover collectables, how to acquire them, what to collect, how to store, how to display, and how to sell. You may invite an interested guest to this talk, but please let the Office know.

AGATHA CHRISTIE READING GROUP

Leader: Kerrie Smith, 3rd Tuesday of the month, 1:30 to 4:00 pm approximately. Maximum group size: 12

This group is meeting for the 3rd year in succession and will read novels supplied mainly by the Campbelltown library. If members have personal copies of the novels, that will be useful. The length of the sessions have been extended this year to enable us to also watch a video version.



Planned syllabus: (*The first book will be available in January*)

February - *Lord Edgware Dies* (Hercule Poirot)

March - *The ABC Murders* (Hercule Poirot)

April - *Dumb Witness* (Hercule Poirot)

May - *Sad Cypress* (Hercule Poirot)

June - *Mrs McGinty's Dead* (Hercule Poirot)

August - *Ordeal By Innocence*

September - *Cat Among The Pigeons* (Hercule Poirot)

October - *Nemesis* (Miss Marple)

November - *Curtain* (Hercule Poirot)

December - *Sleeping Murder* (Miss Marple)

ARM CHAIR TRAVELLERS

Coordinators: Kerrie Smith and Marie-Antoinette Galletta, 4th Tuesday of the month, 2:00 to 4:00 pm

Come and share your stories, show off your souvenirs, and talk about where you would like to visit over tea/coffee and a biscuit. Sometimes we will include an illustrated talk by a member or another traveller.

AUSTRALIAN HISTORY STORIES

Coordinator: Lyndal Oakeshott, 2nd and 4th Thursdays of the month, 11:15 am to 12:30 pm. Maximum class size 24



Calling all history buffs ... join us to share your stories of our city, our state and our wide land. A varied program of member talks, discussions, films, guest speakers and the occasional visit to places of historical significance.

BACKGAMMON

Leader: Kerrie Smith, 1st, 3rd, and 5th Tuesdays of the month, 10:00 am to 12:00 noon.

You have all seen the old men playing this board game on your travels. Its history can be traced back for nearly 5,000 years. It is a mixture of strategy and luck. This group welcomes both experienced players and newbies.



BALANCE AND BONES EXERCISES

*Leader: Meredith Farmer, Thursdays, 10:00 sharp to 11:00 am.
Maximum class size 18*



This class uses a DVD prepared by a fitness instructor from U3ANSW, with exercises both standing and sitting, followed by a meditation session. Suitable for everyone.

Important: *If you have had a fracture or any problem with your bones, seek advice from your medical adviser/s before participating in this program and discuss this with the leader before participating.*

BASIC FLOWER ARRANGING

*Instructors: Carole Walter and Lynn McEwing, TERM 1
Wednesdays, 8, 15, 22 February and 1 March, 1:30 to 2:30 pm.
Maximum class size 12*



Have you ever bought or been given a bunch of flowers and plunked them in a vase of water and wondered how to make them look more appealing? This class will demonstrate the very basic art of arranging flowers. The introduction in



Week 1 demonstrates how to prepare your flowers and what equipment is needed. The remaining classes will run over the next 3 weeks, each week will demonstrate a different design.

BELLY DANCING

*Tutor: Donna Topaz, Wednesdays, beginning 8 February,
10:00 to 11:00 am. Maximum class size 10-12*



The word 'belly' is a derivative of an early word meaning 'dress'. It is believed this form of dancing originated from India. It provides good exercise to strengthen the tummy and other muscles. Participants are required to wear comfortable trousers and t shirt and bring a triangular scarf to fit around you. Good fun is assured!

BONE DENSITY – JUMPING IN THE PARK

Leaders: Vale Pederson and Jan Robin, Tuesdays & Thursdays, 9:30 am.

Venue: Foxfield Oval

This exercise class will be held in the fresh air, amongst the birds, on Foxfield Oval, Maryvale Road, Athelstone, on Tuesday and Thursday mornings, starting at 9:30 am and lasting for 20 minutes. This is followed by a lap of the oval walking at your own pace. Coffee and a chat afterwards are optional.

This class will follow the exercise routine compiled by Osteoporosis Australia in partnership with Aventis to improve bone density and strength. It will improve your balance and may help to prevent falls and fractures. Suitable for everyone.

You will need to provide your own chair and weights.

We do meet in all weather as there is some shelter at the oval.

Important: If you have had a fracture or any problem with your bones, seek advice from your medical adviser/s before participating in this program and discuss this with the leader before participating.

BRIDGE

Leader: Kerrie Smith, Mondays, 9:30 to 11:30 am.

Bridge is one of the world's most popular card games, particularly among seniors. The group will cater for both experienced players and learners. Come and join a social group playing contract bridge.

CHESS GROUP

Organiser: Kerrie Smith, Mondays, 1:30 to 3:30 pm.



Maximum class size 12

Perhaps you used to play chess, or you have always meant to learn. Maybe you think it is something you could play with your grandkids. This group will cater for both experienced players and those who want to learn. Whatever your reason, why not give it a try and have a great afternoon making new friends as well as challenging your brain.



CIRCLE DANCING

*Tutor: Lyn Porter, Fridays, 10:00 to 11:00 am (arrival from 9:45 am).
Maximum class size 20*

Venue: Athelstone Community Hall

Circle Dancing combines easy to learn steps such as walking, swaying, step touch and more to uplifting music from around the world. With careful teaching, dancers soon find their variations start to fall away as the music plays on and, by the end of the dance, the circle is often moving as one to the



delight of us all. The activity is an opportunity for individuals, couples and friends to come together for a fun time while nurturing their health and well-being and learning more about other cultures and musical styles. Please wear comfortable clothes and suitable shoes and bring a water bottle. No prior learning required; however, students must be able to stand and move unaided, and be medically capable of participating in a dancing class with gentle to moderately vigorous exercise.

COFFEE & CONVERSATION ABOUT BOOKS

Leader: Kerrie Smith, 2nd Tuesday of the month, 2:00 to 4:00 pm.
Share books, authors and ideas from your current reading over coffee/tea. Enthuse each other about new discoveries.

CRAFT & CHAT

Leader: Dianne Whittaker, Thursdays, 1:30 to 3:30 pm.
Maximum class size 15

Meet informally with others who enjoy making "things", eg Embroidery, Scrapbooks, Knitting, Cards, etc.



CREATIVE WRITING

Tutor: Peter Richter, 2nd Monday of the month, beginning 13 February, 12:00 noon to 1:00 pm.

Each month participants will work on topics arrived at by mutual agreement, with a new topic "set" each month. In the following month they will share what they have written with the group, for constructive criticism. Best works will be included in an anthology to be published at the end of the year (a small cost - to be determined - will be incurred in the production of the anthology).

CRIME FICTION READERS

Leader: Kerrie Smith, 1st Tuesday of the month, 2:00 to 4:00 pm.

Maximum class size: 12

During 2023 the group will be supplied with sets of books from the Campbelltown Library and will discuss their reactions to them as well as other books they are currently reading. The first book will be supplied at the first meeting on Tuesday, 7 February.



FAMILY HISTORY INTEREST GROUP



Instructor: Lyndal Oakshott, 1st Thursday each month, 11:15 am to 12:15 pm.



This is basically a self-help group to solve problems and share tips. Lyndal has been doing her own mostly online research for about 20 years and has trees on Ancestry.com (also a subscription) and Myheritage.com, as well as a blog of family stories on the web.

FILM GO-ERS

Leaders: Kerrie and Bob Smith, 2nd Tuesday of the month, from 10:30 am.

Venue: Regal Cinema

The focus for this group is on films being screened at the Regal Cinema, a large single screen cinema that features new releases. We will attend whatever is showing, probably at 10:30 or 11:00 am, and then follow up with coffee or lunch across the road or at the Marryatville Hotel. The theatre has a good car park. Tickets are usually \$9.

FRENCH FOR TRAVELLERS (Continuing class but come along to check out how you will cope if you are a new enrolment.)

Instructor: Marie-Antoinette Galletta, Thursdays, 2:00 to 3:30 pm.

Maximum class size 25



Would you like to learn the fundamentals of communicating in French? In this course over four terms, we will master key phrases and structures, listen to in-depth dialogues, practice our speaking and

comprehension skills, and do both written and oral exercises. To unwind in the last part of the lessons, we will watch a travelogue of beautiful places in France. We will use Eliane Kurbegov's book *French Conversation DeMYSTiFieD*, which comes with two audio CDs that include conversations performed by native French speakers. The book is published by McGraw Hill.

GARDENING GROUP "SNIP & SWAP"

Leader: Vale Pederson, Mondays, 1:30 to 3:30pm, once per term.

This group of gardeners meets once per term on a designated 3rd Monday of the month. We may meet in a member's garden and swap cuttings and potted plants, or have a guided tour of garden related venues. More details of events will be sent to members who enrol for this group.



ITALIAN FOR BEGINNERS (Continuing class but new enrolments will be accepted)



Instructor: Marie-Antoinette Galletta, Mondays, 12:00 to 1:30 pm.

Maximum class size 25

A simple course designed for people who would like to learn the basics of Italian going at a slow relaxed pace. No textbook required as handouts are emailed each week over the course of four terms. No exams to stress over. Simply learn to read and speak Italian as you build up your vocabulary. Then end each lesson with a visit to a beautiful spot in Italy.

ITALIAN FOR TRAVELLERS (Continuing Class)



Instructor: Marie-Antoinette Galletta, Mondays, 2:00 to 3:30 pm.

Maximum class size 20

This course is for people who have a basic knowledge of Italian and would like to improve their pronunciation and communication skills. Over the course of four terms, you will gain confidence as you learn new vocabulary, brush up on some grammar rules and participate in everyday conversations. There will also be a short Italian news item to read each week. Have fun learning how to construct sentences and do exercises from the textbook *Easy Italian Step-by-Step* written by Paola Nanni-Tate, and published by McGraw Hill. To finish off the lesson, enjoy watching a travelogue of beautiful places in Italy.

LADIES FRIENDSHIP GROUP

President: Chris Kitto, Tuesdays, 10:00 am to 12:00 noon.

This is a group of women over 55 years of age and with some ladies over ninety; all are very interested in what is happening in the world around us. For over 40 years this group, formerly known as Kotara, has met weekly for friendship and fun, sharing and caring, while learning from guest speakers, enjoying outings together, games and quizzes. The group collects \$1 each meeting to go towards gifts for speakers.

LET'S DO LUNCH



Coordinators: Jan Ness and Cindy Kaye

This group will meet each month at a different venue, maybe even on a different day, for lunch. While the group does have coordinators the responsibility for organising the day and venue will fall to a different person each month. The group will cater for people who love trying new venues and new food. Put your name down on the enrolment form if you would like a new social event on your calendar. The coordinators will contact you with a date and venue for February and then the group will discuss the next venue and date. Efforts will be made to keep the cost down and to choose an interesting venue.

MAH JONG

Leader: Vale Pederson, Wednesdays, 1:30 to 3:30 pm.



Maximum class size 30

Mah Jong is an ancient game, played with tiles, that came to the West from China over two centuries ago. In more recent times it has flourished in Europe and America and has become more complicated. It is good for memory skills and is fun to play. If you enjoy card games, you may enjoy playing Mah Jong. Beginners can join at the start of Terms 1 and 3 only.



MOSAIC COURSES



Instructor: Katrina Spencer

These will be project-based classes held in the back room of the Marchant Community Centre. Tools to share will be provided, and the price will include the base, glue, grout and tiles or glass depending on the project. You may choose one or both projects, and must pay with your enrolment form.

Mosaic Garden Paver

Tuesdays, 21 and 28 February and 7 March, 1:30 to 3:30 pm.

A 3-week course to design and make a garden stepping stone or decoration. You will design, mosaic and grout a paver of your design over 3 weeks using tiles and/or some of your favourite china.

Material costs: \$25.00

Mosaic Sun Catcher

Tuesdays, 14, 21 and 28 March, 1:30 to 3:30 pm.

A 3-week course to mosaic an acrylic sun catcher to hang in your garden or window. We will use translucent glass and mirror on acrylic shapes to design, mosaic and grout a sun catcher.

Material costs \$25.00. (This is using a basic tear drop shape. If you want to choose a butterfly the cost would be \$30.00 or a feather is \$35.00). Make sure you pay the appropriate cost (\$25/\$30/\$35).

MUSIC - KEYBOARD AND OTHER INSTRUMENTS

Leaders: Val Orrock and Margie Earl, Thursdays, 1:15 to 3:15 pm.



Maximum class size 12



Open to players of all skills who enjoy playing music of their choice with a small friendly group. Bring your keyboard, flute, trumpet, etc, and join us for an afternoon of music. No pressure or concerts – just an afternoon of fun. Please bring along the music you like.

PHOTO-SHOOTS

Leaders: Vale Pederson & Jan Robin, 4th Tuesday of the month, usually 9:30 am to 12:00 noon.

This group is an opportunity for photographers to meet at various pre-determined locations. We take our shots for approximately an hour, enjoy each other's company over coffee and post the best photos on our blog-site to share. It is not a class about the technical side of cameras or taking photographs.

PLAY READING

*Leader: Jill Whittaker, Fridays 24 February & 14 April, 1:30 to 4:00 pm.
Maximum class size 10.*



The focus in this group is to read one or two plays and to attend a Fringe or Festival play outing. No previous play reading experience needed. This group will continue throughout the year.



QI GONG SHIBASHI

*Leader: Lynn McEwing, Mondays, 10:00 to 11:00 am.
Maximum class size 15*

Qi Gong helps to cleanse the body of toxins, restore energy, reduce stress and anxiety, and helps individuals maintain a healthy and active life. The class follows Simon Blow's or similar DVDs – using energy techniques popular in China. It is excellent for everyone wanting gentle exercise to help reduce stress, improve well-being and promote relaxation.



READING FOR PLEASURE

*Leader: Sheralyn Robertson, 1st Monday of the month, 1:30 to 3:30 pm.
Maximum class size 10*

Venue: Campbelltown Library

Read a set book provided by the library, then share thoughts and criticisms. We will also share other books that we are reading individually.



RUMMIKUB

Leader: Marie-Antoinette Galletta, 1st, 3rd and 5th Tuesdays of the month, 1:30 to 3:30 pm. Maximum class size 16.

Join us on the first, third and fifth Tuesdays of the month to play this fast-moving, addictive and competitive game that keeps changing so quickly. Everyone has a chance to win until the very end. Try to outwit your opponents as you plan your strategy to win by placing all your tiles down first. If you are lucky to get a Joker or smiley face, use it to your advantage to thwart the other players. Rummikub is a great way to build your brain power while enjoying a delightful afternoon in great company. This is an easy game to learn and suitable for everyone.



SCRABBLE

*Leader: Margie Earl, Wednesdays, 9:30 to 11:30 am.
Maximum class size 16*



Have you always wanted to play Scrabble? Scrabble is a word board game where players use 100 tiles with printed letters to form words on a 15 x 15 grid with certain “premium squares” to accumulate points. The words are formed across and down in a crossword fashion. This group is for all levels of play, with beginners very welcome.



SKETCHING, WATERCOLOUR AND ACRYLIC PAINTING

Mondays, 1:00 to 3:00 pm. Maximum class size 16

This self-managed group meets to do some of their own sketching, watercolour, pastels or acrylic work and to support each other. Visitors and new members welcome.



TAI CHI FOR BEGINNERS

Instructor: Katrina Spencer, Tuesdays, 11:30 am to 12:30 pm.

Maximum class size 20

Venue: Lutheran Homes, Glynde

Slow exercise for mind and body. We follow Dr Lam's styles for Arthritis and Diabetes, but these are suitable for all in our age range.



TAI CHI AND QI GONG SHIBASHI

Instructor: Julie Muirson, Tuesdays, 1:30 to 2:30 pm.

Maximum class size 20

Venue: Lutheran Homes, Glynde



This class assumes that participants have experience of Dr Lam's Tai Chi for Arthritis and Diabetes. Slow continuous movement develops strength, balance and coordination. This class is not suitable for beginners.



VIDEO VIEWERS

Leaders: Kerrie and Bob Smith, 2nd Thursday of the month, 4:30 to 7:00 pm.

The aim is to watch an award-winning film on the Smart TV, perhaps a Golden Oldie. Participants should consider bringing a camping chair or similar for comfort, although we will be able to move the lounge chairs into the area.

Food will be organised afterwards within COVID-safe protocols.

WALKING GROUP

Leader: Julie Stapleton, 2nd and 4th Fridays of the month, 9:00 to 11:00 am.

Maximum group size 20.

Walks will be approximately 6 – 7 km, but starting points and destinations will vary.

Walking shoes are essential. On walks you will stop for a rest but should bring water with you. Some walks may involve bus travel so carry your Seniors Card for use

on public transport. It is understood some participants may also want to participate in Outings. Participants will be emailed a schedule of walks before the beginning of Term 1. Planned walks may change due to weather conditions. If the forecast temperature is 35 degrees or over, the walk may be cancelled, or a shorter walk starting at 8:30 am may be substituted. At some times it may be necessary for another group participant to lead the walk by arrangement with the leader.



YOGA

Instructor: Balbir Kaur, Tuesdays, 10:00 to 11:00 am.

Maximum class size 30

Venue: Lutheran Homes, Glynde

A combination of relaxation, breathing techniques and exercise, which combats stress, and helps circulation and movement of the joints. Yoga encourages a balanced all-round development of bodily health and emotional wellbeing.



COURSES (COMPUTING)

BE CONNECTED/MAKING THE MOST OF YOUR PC

Instructor: Glenda Sherwin-Lane. Thursdays: 9:15 to 11.00 am.



Maximum class size 10

Be Connected is a free Australian Government program to help you get the most out of going online. Learn the basics of getting online, being safe while you're online, talking to or seeing family and friends more often, keeping-up-to-date with what's happening in your community and around the world; building your confidence in using digital technology; learning how to shop online safely and securely; safely accessing online banking; creating and accessing your MyGov/SA Gov Account and more. The course is user friendly and can continue at home. You are invited to use the U3A Campbelltown SA wi-fi network free of charge during the lesson and at other times. **The course includes protocols of sending and receiving emails.**

This course can be completed in one term - enrol for Term 1, 2, 3 or 4.

Making the Most of Your PC – for those who wish to extend their knowledge with the Microsoft suite of applications – Word, Excel, PowerPoint, Photos.

Enrol for Terms 1 – 4. These courses will be held concurrently.

FAMILIARISATION WITH ZOOM



Tutor: Kerrie Smith

Tuesday, 7 February, 4:00 to 5.00 pm (face to face at Marchant Centre)

Tuesday, 14 February, 5:00 to 6:00 pm on ZOOM (by invitation)

ZOOM came into our lives at the beginning of the pandemic, and now courses are being offered online. However, we are aware that many U3A members are not sure whether they can participate, because they are not sure what device to use and how to set it up, and then, when they get into a ZOOM session, how it works.

The first session, face to face in the Marchant Centre, will be to ensure participants know what they have to do to install ZOOM on their computer/laptop/iPad and then go home with instructions on how to go about it.

The second session (an online workshop) will occur after you have installed ZOOM and aims to help users become confident in using ZOOM. If you enrol in this course you will come to the face-to-face session on 7 February, and then you will receive an invitation to join a ZOOM session on 14 February. You will then be able to join a lively discussion online with other members of U3A Campbelltown. We would like members who already use ZOOM to come in and join us, so enrol and then you are included in the invitation. If you already have ZOOM installed on your device you will not need to attend the session on 7 February.

iPAD SHARERS GROUP

Convenor: Kerrie Smith, 5th Tuesdays of the month, 2:00 to 4:00 pm

Bring your iPad and show us, on the smart TV, the apps that you are using. Learn about apps, tools, and games for yourself and the grandkids.

Q+A ON ZOOM: STAYING SAFE ONLINE



Instructor: Kerrie Smith, Tuesday 28 March, 4:30 to 5:30 pm

What steps should you take to keep you, your family, and your data safe online? What are the latest scams you should be aware of? How would you recognise a scam? Enrol in this session and you will be sent an email invitation containing a link to connect you to a ZOOM session where there will hopefully be a lively discussion.

If you do not have the technology to connect to ZOOM at home, some arrangements will be made to use the Smart TV and an iPad for a small group at the Marchant Centre. Talk to people at the office to join that group.

OUTINGS

THE BAY DISCOVERY CENTRE

- When:** Friday 17 February 2023
Time: 11:00 am for a guided tour of the Centre and an introductory talk
Cost: Gold Coin Donation
Meet: Prior to 11:00 am at the Centre in Moseley Square



- Transport:** Travel by car or catch the tram to Glenelg
Lunch: Lots of different places to choose from on the day
The Bay Discovery Centre is a social history museum in the heart of Glenelg, celebrating the cultural heritage of South Australia.

THE CHARLES STURT MUSEUM

- When:** Friday 31 March 2023
Time: 10:30 am
Numbers: 20 – 25
Cost: \$15. This includes on entry a morning tea of scones with jam and cream



- Meet:** 39D Jetty Street, Grange prior to 10:30am.
Lunch: There are several hotels in the area to choose from closer to the date

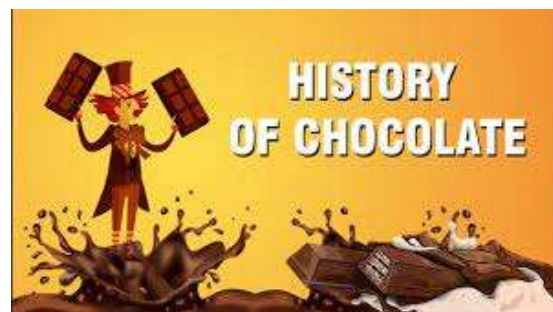
The Charles Sturt Museum was the home of Captain Charles Sturt from 1840 -1853.

More details re these outings are available in the Term 1 Newsletter and details of other outings will be available in future Newsletters.

ANNUAL GENERAL MEETING

Our Annual General Meeting will be held on Friday, 10 March in the Front Room of the Marchant Community Centre at 2:00 pm, where Reports for 2022 will be tabled and election of officers to the Board of Management for 2023 will take place.

This will be followed immediately by a General Meeting with Guest Speaker, Alan Starks, then light refreshments, concluding at 4:00 pm. Alan will speak on the topic of the *History of Chocolate - how it originated and developed into the product we know today*. Chocolate samples will be available.



The Annual Report will be available in print format at the meeting and immediately after on our website.

Please consider nominating as a Member of the Board of Management.



A.G.M. Friday, 10 March - Nomination Form for Position on Board of Management of U3AC in 2023

Name:.....

Position:

Proposed by:.....

Seconded by:

**Please return to Secretary/U3AC Office, Marchant Community Centre
OR Post to: P.O. Box 359 CAMPBELLTOWN 5074**

GENERAL MEETINGS & GUEST PRESENTERS

*Meetings in 2023 will generally be arranged for 2:00 pm start.
If you have a suggestion for a guest presenter please give the details
to the Office.*

WATCH FUTURE NEWSLETTERS & WEBSITE FOR DETAILS

NOTES



U3A STATEWIDE ONLINE

U3A Statewide Online is an initiative of the U3ASA committee, currently under the leadership of John Travers from U3A Adelaide. The vision is to facilitate the sharing of online courses between participating U3As. Participants in a course come from all over the state and will be members of their “home” U3A and will participate online through ZOOM. **There is no cost.** Courses will be listed at <https://u3asouthaustralia.org.au/courses-2/> and enrolments can be done online at that site. Dates for 2023 are yet to be set but participants may still enrol and the tutor will make contact in the new year.

At the time of publication, the following courses will be offered in 2023:

- Climate Change: Information Inspiring Action with Jock Churchman
- Biographies with David Kilner
- Geology: “Our Restless Earth” with Bob Dalgarno
- French 2 with Marie Antoinette Galletta
- Italian Conversation with Julie Marshall
- Philosophy: An Interactive Course with Travis James
- Moving Forward Positively with Priscilla Jordan
- Positive Psychology with Priscilla Jordan
- Writing Critique Group with Margaret Penhall-Jones
- Wordpress Workshop with John Travers
- Science with David Kilner

New courses will be listed over time and we will make members of U3AC aware of them as they are posted. If you would like to receive updates, please tick this item on the enrolment form.

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U3A CAMPBELLTOWN SOUTH AUSTRALIA INC

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Email: campbelltownu3asa@bigpond.com

Website: <http://www.u3acampbelltownsa.org.au>

Office Hours

**Wednesdays 18 and 25 January: 9:15 to 11:30 am
and then Wednesdays and Thursdays: 9:15 to 11:15 am,
(not during school holidays after Term 1).**

2023 Term Dates

Term 1: Monday, 6 February – Friday, 14 April

(NOTE - U3A term starts 2nd week of first school term)

(Adelaide Cup Day: 13 March)

(Easter: 7 to 10 April; School holidays: 15 to 30 April.)

Term 2: Monday, 1 May – Friday, 7 July

(King's Birthday: 12 June)

(School holidays: 8 to 23 July)

Term 3: Monday, 24 July – Friday, 29 September

(School holidays: 30 September to 15 October)

Term 4: Monday, 16 October – Friday, 15 December

(School holidays: 16 December to 27 January)