



CAMPBELLTOWN
SOUTH AUSTRALIA

Prospectus 2026

Enrolments for 2026 will be accepted from Monday, 15 December 2025, and will be recorded in the order in which they are received.

See Page 3 for further details about enrolment deadlines.

WELCOME FROM THE PRESIDENT

Staying active mentally, physically, and socially is imperative for us to enjoy our senior years with grace and style.

U3A Campbelltown South Australia provides a shared learning environment for people over 50 who are not working more than 20 hours per week. It is a safe, friendly, and supportive environment where you can find ways to challenge yourself in mind and body and build long-lasting friendships. With some sixty classes, groups, and activities per term on offer throughout 2026, we feel confident you will find something that appeals to you.

U3A (University of the Third Age) is an international organisation. U3A Campbelltown South Australia is an Incorporated Association, funded entirely by membership fees and operated entirely by volunteers. We are one of the nineteen member organisations under the umbrella of [U3A South Australia](#). Our membership is part of the approximately 5,000 members in South Australia alone.

Becoming a member of U3A is a wonderful opportunity to enjoy our 'third age of life' at a very reasonable cost. This means we do have certain expectations of our members. You will find these in the first part of this Prospectus, along with useful information about enrolment and registration – the how, the where and the when.

Please read them carefully and if you have any questions, please note our office hours on Wednesdays and Thursday 9:15am to 11:15am. Our volunteers in the office will be very happy to assist you.

Welcome to U3A Campbelltown South Australia 2026.

Katrina

Katrina Spencer

President



CAMPBELLTOWN
SOUTH AUSTRALIA

REGISTRATION & ENROLMENT FOR 2026

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 2026 Membership fees will be \$55 per person for a full academic year. An annual fee of \$15 per person will be charged to those 85 years and over.

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

Enrolment in all activities is 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.

**** ALL CLASSES ARE DECLARED VACANT AT THE END OF
TERM 4 EACH YEAR ****

ENROLMENT DEADLINES:

The Newsletter and enrolment form will be available from the end of November from the office or downloadable from the U3A Campbelltown SA website: <https://u3acampbelltownsa.org.au/>

Enrolments will be processed in the order in which they are received with payment. Enrolment forms will be accepted from Monday, 15 December 2025.

We will have two enrolment days at the Marchant Centre:

- Monday 15 December 2025 10:00 am to 2:00 pm in the Front Room, and
- Tuesday 16 December 2025 10:00 am to 2:00 pm in the Front Room.

Members are encouraged to pay their membership fees by EFT from mid-November. Those who wish to pay by cash or by credit card can call into the Office on Wednesdays and Thursdays 9:15 to 11:15 am during November 2025 to pay their membership fees. Last day for payment will be Thursday, 4 December.

Those who are confident in submitting enrolments through the Member Wizard Portal (see information on page 6) will be able to do so from Monday 15 December 2025, once their payment has been registered (this is a manual process by the Office and is not instant). If membership payment has not been received, they will be placed on a waiting list.

All other members are requested to come into the Marchant Centre on one of the two enrolment days to do their enrolments in person, with a completed enrolment form. Again, if a member has not paid the membership fee, they will be placed on a waiting list.

We will accept cash, debit or credit card at the Marchant Centre – we are not accepting cheques. Board Members will be present on those days to help members complete their enrolments online.

Members who have difficulty in fitting in with the above arrangements are encouraged to contact the Office or send an email to admin@u3acampbelltownsa.org.au

Processing of new members will be done at the Marchant Centre on the two enrolment days.

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

Late enrolments will take place at the Marchant Centre on Wednesday, 14 January 2026 from 9:15 to 11:15 am.

PLEASE NOTE:

- *Changes and additions to enrolments can be made each term.*
- *It is important you note details of your enrolments and assume that your enrolment has been successful, unless advised otherwise.*
- *It is important you contact the office immediately if you withdraw from anything for which you have enrolled.*

MEMBERS ARE REQUESTED NOT TO 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 for Beginners and Tai Chi Qi Gong Shibashi classes,*
- *or any two groups that meet at the same time.*

MEMBER WIZARD



Member Wizard is the software U3A Campbelltown uses for organising Members and Classes.

Once you are a paid Member of U3A Campbelltown you can register with Member Wizard to use the Member Portal.

How to Register:

- **Go to the U3A Campbelltown web site and click on Login**
- **Use your Member Number (or you can use an email address if you are the only one using that email address)**
- **A security code will be sent to your registered email address**
- **Use this security code to reach the next stage**
- **You will then be asked to enter a password or PIN (for easy remembering you can use your year of birth)**

You are registered!

As a Member you can:

- **Enrol in classes**
- **See a list of all classes you are enrolled in**
- **Advise of any absence**
- **Withdraw from any class**
- **Message your class leader**
- **Access documents (eg newsletters, Member Wizard Instructions)**

For instructions on how to use the Member Portal:

- **Click on Documents**
- **Click on the arrow to the left of Member Wizard Instructions and then click on Member Wizard Instructions for members.**
Information will then be displayed regarding enrolling in classes, etc

If you need any further help, there will be sessions once a month throughout the year, or pop into the office during Office Hours.

CLASS VENUES

Unless otherwise stated below, all classes/meetings are held at the Marchant Community Centre, 338 Gorge Road, Athelstone. (Bus 178 Stop 35).

- **Art Gallery Tours** meet at the SA Art Gallery, North Terrace, Adelaide
- **Bone Density – Jumping in the Park** is at Foxfield Oval, Maryvale Road, Athelstone;
- **Bus About** meet at the Bus Stop near the Baptist Church, corner of Montacute and Stradbroke Roads;
- **Circle Dancing** is at the Athelstone Community Hall, corner Maryvale and Gorge Roads, Athelstone;
- **Easy Walkers on Monday** meet at Thorndon Park, Hamilton Terrace, Paradise, just inside the gates.
- **Film Go-ers Group** meet at the Regal Cinema, 275 Kensington Road, Kensington Park;
- **Line Dancing** is at the Athelstone Community Hall, corner Maryvale and Gorge Roads, Athelstone;
- **Photo-Shoots** 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 Campbelltown Uniting Church Hall, 607 Lower North East Road, Campbelltown (enter from Hill Street and park in the car park off Rowney Avenue).

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 accommodated if the tutor/leader agrees. Maximum group sizes have been set by the group leader and according to the venue.

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 SOUTH AUSTRALIA INC.**

Reference: **InitialSurnameMemberNumber**

Note: In the Reference field put your Initial followed by your Surname and your Member Number, no spaces, eg **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, 21 January from 9:15 to 11:30 am.

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.

TERMS OF PARTICIPATION

HEALTH CONCERNS

COVID, RSV and Influenza are communicable diseases and as U3A Campbelltown South Australia is for over 50s our members are in a recognised vulnerable group.

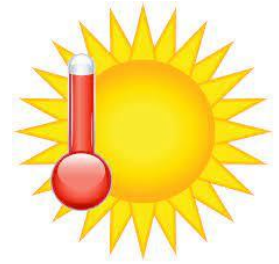
If you are unwell or have any symptoms of cold or flu, please DO NOT come to the Marchant Centre or classes. Please advise your leader/tutor of your absence.

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.
- If you enrol and then change your mind, please let the office know as soon as possible so you can be removed from the class roll.
- 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.
- You may be removed from the class roll if absent for more than three consecutive weeks without notification.
- It is requested that all group members help set up and pack up.
- 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 may, therefore, make their own decision. Check with your course/activity leaders in Terms 1 and 4 to determine the policy for that class/activity. Leaders need to ensure that the U3ACSA office is advised of the Hot Weather policy for their class/activity and that students are reminded in Terms 1 and 4.



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 SA 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 SA personnel **will not** divulge contact or residential details and must 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 SA personnel **will generally** use "Blind Carbon Copy" (BCC) for group emails.

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.

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 South Australia cannot reimburse such expenses, even if it is shown later that it was not a life-threatening occurrence.

NEWSLETTERS

Newsletters are published at the end of each term and provide course updates, notices, news and diary dates. They are available via email, on the website and from the office.

HOW TO USE THIS PROSPECTUS

Use this Prospectus to help you select classes you wish to enrol in. You can mark them on the separately printed enrolment form or, if you are enrolling in classes online in the Member Portal, you can select them there. If you are selecting online make sure you save your selections. If you are enrolling in person at the Marchant Centre bring your completed enrolment form with you.

In referring to this Prospectus please note the symbol:

- New Course/Group/Activity:



ACTIVITIES, COURSES & GROUPS

AGATHA CHRISTIE READING GROUP

Leader: Kerrie Smith, 3rd Tuesday of the month, 1:30 to 4:30 pm, Room 2.

Maximum group size: 12

The books for 2026 will be

- The Secret of Chimneys, Superintendent Battle 1925
- The Big Four, Poirot 1927
- The Sittaford Mystery, 1931
- Peril at End House, Poirot 1932
- Lord Edgeware Dies, Poirot 1933
- Murder on the Orient Express, Poirot 1934
- Why Didn't They Ask Evans, 1934
- They Do It with Mirrors, Marple 1952

Participants are encouraged to scour second hand bookshops, Rotary sheds, etc with their reading list in hand for cheap copies, borrow from the Library or on Libby (e-books), buy a complete collection for their Kindle, or beg, borrow or steal copies from friends or relatives.

We will meet at 1.30 pm to discuss the book, and complete each session by watching a television version of the story, finishing about 4.15 pm. Please attempt to read the first on the list, **The Secret of Chimneys**, by our first meeting, 17 Feb 2026



AN EXHIBITION OF PHOTOBOKS

Tutor: Kerrie Smith, TERM 1, Thursday, 26 February, 4:00 to 5:30 pm, Room 1. Maximum group size: 25

A display of photobooks by members of U3AC to demonstrate what can be achieved. Makers of the photobooks will be on hand to talk about the software they used and the costs.



ANDROID FUN

Tutor: Ali Warne, TERM 3, Thursday, 23 July, 9:20 to 11:00 am, Room 2. Maximum group size: 10

Learn about the fun things you can do with your Android phone, like making short movies.

ARM CHAIR TRAVELLERS

Coordinators: Kerrie Smith and Marie-Antoinette Galletta, 4th Tuesday of the month, 2:00 to 4:00 pm, Room 1. Maximum group size: 20

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.

ART GALLERY TOURS

Leader: Valerie Graydon, 1st Friday of the month, February to November (including school holidays), 10:30 to 11:30 am. Maximum group size: 10

Venue: SA Art Gallery, North Terrace, Adelaide

The Art Gallery of SA provides the group with their own guide for these tours. The guides are very enthusiastic and very knowledgeable giving us extra insight and understanding of the pieces they discuss. A fee will be charged, possibly \$20 per person per year. The price of the ten tours must be paid in full at the beginning of the year.



AUSTRALIAN STORIES – PAST AND PRESENT

Coordinator: Susan McIntosh and Vale Pederson, 2nd and 4th Thursdays of the month, 11:30 am to 12:30 pm, Room 2. Maximum group size: 24

This group has a varied program of discussions, films, talks and occasional guest speakers on topics that are predominately Australian.

BACKGAMMON

Leader: Kerrie Smith, 1st, 3rd, and 5th Tuesdays of the month, 10:00 am to 12:00 noon, Room 1. Maximum group size: 20



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 1: Julie Stapleton, Thursdays, 9:00 to 10:00 am, Room 1

Leader 2: Meredith Farmer. Thursdays, 10:00 to 11:15 am, Room 1.

Maximum group size: 16

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.

BONE DENSITY – JUMPING IN THE PARK

Leaders: Vale Pederson and Jan Robin, Tuesdays & Thursdays, 9:30 am to 9:50 am. Maximum group size:40

Venue: Foxfield Oval

This exercise class will be held in the fresh air, amongst the birds, on Tuesday and Thursday mornings, starting at 9:30 am 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 is suitable for everyone and will improve your balance and may help to prevent falls and fractures. . 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 Information for both Balance and Bones Exercises and Bone Density – Jumping in the Park: *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, Room 1.

Maximum group size: 32

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.

BUS ABOUT

Leaders: Wendy Richards and Kathy Cody, 1st Friday of the month, commencing 6 February, travel between 9:00 am and 2:00 pm.

Maximum group size: 20

Meet at the Bus Stop near the Baptist Church, corner of Montacute and Stradbroke Roads

This group will use public transport (bus, train, tram) to visit interesting destinations, have a coffee and chat, and return. It will give you an opportunity to visit suburbs and destinations that you rarely see, and to make good use of your Seniors Card. Some walking is involved and it is important that members have a good level of fitness and mobility. Registered members will be contacted by email with full details prior to each journey.



CANASTA CLUB

Tutors: Susan Gascoine and Julie Stapleton, Mondays, 1:30 to 3:30 pm, Room 1. Maximum group size: 12

This activity is aimed at those who want to learn to play canasta as well as experienced players. Sets of cards and scoring pads will be provided. Canasta is a card game of the rummy family of games believed to be a variant of 500 rum. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards.

CHAIR YOGA

Leader: Glenda Sherwin-Lane, Wednesdays, 12:00 to 1:00 pm, Room 2. Maximum group size: 16

Chair Yoga is a wonderful, modified form of traditional yoga. The class uses a DVD of approximately 50 minutes' length. All exercises are performed on a chair, which is ideal for anyone with joint, flexibility or mobility issues, or those who may not be able to comfortably exercise on the floor. Each exercise is explained and demonstrated by a qualified Chair Yoga instructor and offers alternatives to suit your physical needs. Please arrive at 11:50 ready to start class shortly after 12:00 noon. The class ends at 12:55 pm.

Important: if you have health problems, please seek advice from your medical adviser/s before participating and discuss with the leader.

CHESS

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

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, Wednesdays, 10:00 to 11:00 am (arrival by 9:50 am).

Maximum group size: 40

Venue: Athelstone Community Hall



Circle Dancing combines easy to learn steps such as walking, swaying, step touch, grapevines, to uplifting music from around the world. With Lyn's careful teaching, dancers soon find their feet and confidence. No prior learning is required.

Class is designed to suit both beginners and more experienced dancers with each dance being taught before the music commences.

Our class 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. We are an open, friendly group who enjoy socialising after class at the local café. Please wear comfortable clothes, suitable shoes and bring a water bottle.

Students must be able to stand and move unaided and be medically capable of participating in a dance 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, Room 1.

Maximum group size: 15

Share books, authors and ideas from your current reading over coffee/tea. Enthuse each other about new discoveries.

COMPUTING, COFFEE AND CHAT WITH BE CONNECTED

Instructor: Glenda Sherwin-Lane. 1st and 3rd Thursday of the month, 9:20 to 11.00 am, Room 2. Maximum group size: 10

The Be Connected courses will be covered during these sessions where you will work on individual computer projects using Word, PowerPoint and Publisher. A laptop, tablet or iPad is essential.



COMPUTING IT WORKSHOPS

Instructor: Glenda Sherwin-Lane. 2nd Thursday of the month, 9:20 to 11.00 am, Room 2. Maximum group size: 10

The following topics will be covered in Term 1:

12 February: Passkeys and Creating 3-jigsaw puzzles

12 March: MyGov – getting the most out of it and

Creating a digital Commonwealth Statutory Declaration

9 April: Understanding and managing data and

How to get better results from using Google Search.

A laptop, tablet or iPad is essential. Participants can choose which workshop they wish to attend.

CRAFT & CHAT

Leader: Anne Bovington, Thursdays, 1:30 to 3:30 pm, Room 1.

Maximum group size: 15

Meet informally with others who enjoy working on a variety of craft projects.

CREATIVE WRITING

Tutor: Peter Richter, 2nd Monday of the month, 12:00 noon to 1:00 pm, Room 1. Maximum group size: 10

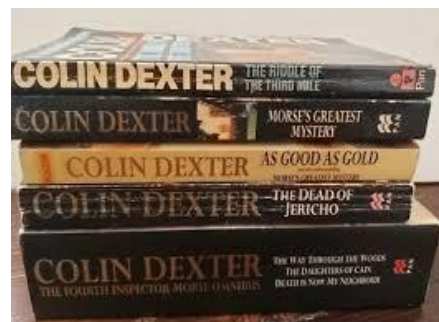
Each month, participants will work on a new topic arrived at by mutual agreement. In the following month they will share what they have written with the group, for constructive criticism. Best works will be included in an anthology to be published at the end of the year (a small cost - to be determined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

CRIME FICTION READERS

Tutor: Kerrie Smith, 1st Tuesday of the month, 2:00 to 3:30 pm, Room 1.

Maximum group size: 12

In this group we will discuss books by some internationally recognised award-winning crime fiction writers, and the awards they have won. The authors for 2026 are Mari Jungstedt, Robert Bryndza, Robert Goddard, George's Simenon, Peter Robinson, Colin Dexter, Margaret Hickey, Peter James and Andre Camillieri. We will begin the year in February discussing books by Colin Dexter so his novels are our "holiday" reading. Participants in the group will attempt to read at least one novel by each listed author. This might be a library copy, an e-book on Libby, Borrowbox or even Kindle. You might even try Op-Shop bookshelves to see if you can pick up a cheap copy.



DYEING YARNS

Tutor: Russell Dahms, 4 weeks commencing Tuesday, 24 March, 9:30 to 11:30 am, Room 3. Minimum group size: 4, maximum group size: 10.

Cost: \$25 to cover costs and materials, payable at first class



This course is an introduction to the history of dyeing and natural dyeing as well as a practical hands-on approach to single and multicolour acid milling dyeing.

EASY WALKERS ON MONDAY

Leader: Janice Marshall, Mondays, TERMS 1 & 4 -9:15 to 10:15 am, TERMS 2 & 3 – 9:30 to 10:30 am. Maximum group size: 12

This group meets at **Thorndon Park** just inside the gates ready to complete two circuits in approximately one hour.



E-BOOKS AKA NEVER BE WITHOUT A BOOK TO READ

Tutor: Kerrie Smith, Thursday, 26 March, 9:20 to 11:00 am, Room 2.

Maximum group size: 20



This single session will introduce you to e-books and the devices you can read them on. We will talk about Amazon and Kindle, Kobo, Libby and free e-books from the library system, Google books, and other systems. Some are free and some you pay for. Never be lost for something to read wherever

you are. If you are a member of a library make sure you have your card with you. Bring your device e.g. your iPad, tablet, laptop or phone and we will see if we can get you started!

If you are an experienced e-reader and feel you have tips to contribute by all means attend too. You will be very welcome!

FAMILY HISTORY INTEREST GROUP

Instructor: Grant McEwing, 1st Thursday each month, 11:30 am to 12:30 pm, Room 2. Maximum group size: 20

Whether you are new to doing your family tree, or an old hand, join in to share your tips and stories of your successful finds.



FILM BUFF ODYSSEY

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

Maximum group size: 12



This 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. Each session will generally be about two hours long and will include time for discussion and coffee.

FILM GO-ERS

Leaders: Kerrie and Bob Smith, 2nd Tuesday of the month, from 10:15 am.

Maximum group size: 70

Venue: Regal Cinema

The focus for this group is on films being screened by negotiation at the Regal Cinema on Kensington Road, a large single screen cinema that features new releases. The film usually starts at 10:30 am and will have subtitles if they are available. Some participants make arrangements for coffee or lunch afterwards. Tickets are usually \$9.50. Members may bring friends who may buy tickets for the same price. Not in school holidays.

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, Room 2.

Maximum group size: 25

This course is designed for people with a basic knowledge of French who want to brush up on the grammar rules, improve their reading ability and pronunciation skills. The aim of the course is to gain confidence in speaking



French and being able to understand the spoken language well enough to conduct a brief conversation. No textbook is required, as the Internet and various resources are used. Participants are expected to say something in French at the start of each lesson. Occasionally, homework exercises may be set. Although this is a continuing class, new enrolments will be accepted. Students will receive weekly emails containing a lesson outline with transcripts and translations to be used in that class.

GOLDEN MINDS



Leader: Wendy Richards, TERM 2, Thursday, 25 June, 9:30 to 11:00 am, Room 2. Maximum group size: 20

This session features engaging cognitive games using iPads and pen and paper. These activities focus on enhancing memory, attention, and problem-solving skills, helping keep your mind sharp and making everyday tasks easier.



INTRODUCTION TO AI

Tutors: David Viola and Ann Nelson, Fridays, 13 and 20 February, 10:00 to 11:30 am, Room 1. Maximum group size: 30



Artificial Intelligence (AI) is more than just a buzzword – it is transforming the way we live, learn and interact. These two sessions will help you to appreciate the breadth of AI applications and navigate how AI can be useful in daily living. You

will be introduced to widely available AI applications (e.g. ChatGPT, Gemini, CoPilot, etc) and guided to understand how the tools work and the techniques to get the best outcomes and responses. Practical uses may include:

1. Self-paced learning into areas of interest (e.g. art, philosophy, family history etc)
2. Travel planning
3. Health and lifestyle planning.
4. Helping grandkids with homework etc.

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

Instructor: Marie-Antoinette Galletta, Mondays, 12:00 to 1:30 pm, Room 2. Maximum group size 25

In this course, participants will acquire knowledge about Italian basic grammar rules, pronunciation, and how to construct a sentence in Italian. Reading practice is also a feature of each lesson, along with information about Italian culture, its customs, traditions, festivals and lifestyle. No textbook is required, as use will be made of the Internet and various resources. Although this is a continuing class, new enrolments will be accepted at the discretion of the tutor. Weekly emails will be sent to students informing them of what is to be covered in the lesson, along with any relevant transcripts and translations.

ITALIAN FOR TRAVELLERS (*Continuing Class but new enrolments will be accepted*)

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

Maximum group size: 20



If you studied Italian at school in your younger days and would like a refresher course to brush up on vocabulary, some points of grammar, sentence construction and pronunciation; or you may be planning a trip to Italy in the future, then this is the course for you. No textbook is required, as

the Internet and various resources are used. Although this is a continuing class, new enrolments will be accepted. It is also possible to participate in both the Italian for Beginners course, as well as the Italian for Travellers course, as different material is covered in both classes. Access to emails is vital, as each week students will receive course notes and a lesson outline via email.

KNITTING –BEYOND BEGINNERS: MOSAIC KNITTING

Tutor: John Fleming, Mondays, 10:00 am to 12:00 noon, Room 3.

Maximum group size: 10

Know how to knit but want to push your boundaries a bit further? Our group has looked at brioche, double knitting, socks, top down jumpers and provisional cast-on. What's next? Mosaic knitting! A supportive group to explore new techniques.

LADIES FRIENDSHIP GROUP

President: Chris Kitto, Tuesdays, 10:00 am to 12:00 noon, Room 2.

Maximum group size: 35

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 \$2 from those attending each meeting to go towards gifts for speakers.

LET'S DO LUNCH

Coordinator: Jan Ness. 2nd Friday of each month, 12:00 noon.

Maximum group size: 20

This group will meet at a different venue each month and will cater for people who love trying new venues and new food. The coordinator will contact you to confirm the date and venue for February and then will seek any suggestions for venues to try during 2026. Efforts will be made to keep the cost down and to choose interesting venues.

LINE DANCING

Instructor: Helen Gerrard, Wednesdays, 3:30 to 5:00 pm and Fridays, 10:30 to 12:00 noon, Maximum class group: 20

VENUE: Athelstone Community Hall

Line dancing is good for your physical and mental health as it improves cardiovascular health, coordination, balance and flexibility.

Most important of all, it also helps enhance and strengthen memory and cognitive function. Participants may attend one or both classes.

MAH JONG

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

Maximum group size: 40

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.

MAKING A PHOTOBOOK

Tutor: Kerrie Smith. TERM 2, day and time to be advised.



Maximum group size: 10

A short series of sessions aimed at advising how to go about using your own photos (or scanned images) to create photobooks.

Likely to be three weeks of about 90 minutes a session. The focus will be on the steps you need to take to get started, and the device/software you could use.

QI GONG SHIBASHI

Tutor: Lynn McEwing, assisted by Shirley Pearce, Mondays, 9:30 to 10:25 am, Room 2. Maximum group size: 15



Qigong for Health and Well-being: discover the gentle, flowing movements of Qigong. It is a relaxing way to restore energy, ease stress, and support a healthy, active lifestyle. We follow an inspiring DVD by Lee Holden, with some by Simon Blow, focusing on Upper Back, Neck, Strong Bones, Better Balance, Longevity,

Healthy Joints or Reducing Anxiety. Suitable for all, Qigong can be done standing or sitting, making it a wonderful way to move, unwind and be renewed.

READING FOR PLEASURE

Leader: Sheralyn Robertson, 1st Monday of the month, 1:00 to 2:00 pm.

Maximum group size: 10

Venue: Campbelltown Library

Read a set book provided by the library, then share thoughts and criticisms.

The group meets every month, including school holidays.



RUMMIKUB

Leader: Marie-Antoinette Galletta, 1st, 3rd and 5th Tuesdays of the month, 1:30 to 3:30 pm, Room 1. Maximum group size: 24.



This is an easy game to learn, played with numbered tiles from 1 to 13 and two jokers. You need 30 points or more to start and then you can try to outsmart your opponents and be the first one to get rid of all your tiles to win the game. Strategic moves and a bit of luck will help you thwart the other players as you enjoy this addictive, competitive game which is suitable for all ages.

SINGING FOR PLEASURE

Leaders: Wendy Richards and Ali Warne, Wednesdays, 10:00 to 11:30 am, Room 2. Maximum group size: 30

This is a group for people who enjoy singing. You may have been told that you have a great voice or that you can't hold a tune. No matter! People of all abilities are welcome. All you need is a passion for singing. All musical styles will be covered in a relaxed environment. Singing with others is an uplifting and joyous experience. Come along and feel the joy!



SKETCHING, WATERCOLOUR AND ACRYLIC PAINTING

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

This self-managed group meets to create 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, 11:15 am to 12:00 noon.

Maximum group size: 30

Venue: Campbelltown Uniting Church Hall

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

Leader: Julie Muirson, Tuesdays, 1:30 to 2:30 pm. Maximum group size: 20

Venue: Campbelltown Uniting Church Hall

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.

TAI CHI – SEATED

Instructor: Katrina Spencer, Tuesdays, 12:15 to 1:00 pm.

Maximum group size: 25

Venue: Campbelltown Uniting Church Hall

Seated tai chi is a great option for those with mobility or balance concerns as it provides the health and wellness benefits of tai chi without the risk of a fall. Studies have shown that tai chi improves flexibility, immune system, sleep, happiness, sense of self, strength, cardiovascular endurance, and concentration.

UKULELE FOR BEGINNERS

Leader: Lionel Frost, Wednesdays, 3:00 – 4:00 pm, Room 3.

Maximum group size: 10

If you have ever wished you could play a musical instrument, but never tried it because you think music is too complicated, here's your chance! Join our ukulele class for beginners, and you will soon be strumming your favourite tunes from the Beatles to Bob Dylan! And if you love to sing, so much the better (you don't have to be good at it, just enthusiastic). Join in class singalongs and take your new-found talents home to get family and friends into the swing of it! Please contact Lionel via the office if you need purchase advice.



UKULELE: ROCK AND ROLL, CALYPSO AND REGGAE

Leader: John Mansfield, FROM TERM 2, Thursdays: 11:00 am to 12:00 noon, Room 3. Minimum group size: 5, maximum group size: 10

A fun group, focussing on simple chords, C, F, G and D and based on learning, playing and singing songs.

VIDEO VIEWERS

Leaders: Kerrie and Bob Smith, 2nd Thursday of the month, 4:30 to 7:00 pm, Room 1. Maximum group size: 24

Watch an award-winning film, usually under 2 hours, on the Smart TV, perhaps a Golden Oldie. Afterwards, enjoy a shared meal, often themed with that film.

WALKING FROM THE GUMS TO THE GUMS

Leader: Glenda Sherwin-Lane, Every Monday to Friday: 8:00 to 8:30 am.

Maximum group size: 8

For regular exercise, walking at a medium to brisk pace in the safety of a group. A 2-kilometre loop through part of the Third Creek Walking Trail. Meet at the carpark of The Gums Reserve, Shakespeare Avenue, Tranmere. A regular commitment will be expected so no-one finds themselves walking alone. Wear good walking shoes, carry dumbbells if you have them, bring a water bottle. Public Toilet at The Gums Reserve. This group may walk through the school holidays.

WALKING GROUP

Leader: Julie Stapleton, Friday, 9:15 Sharp to 11:15 am.

Maximum group size: 20



We walk eight kilometres in two hours including walking the Linear Park as far as Adelaide Oval and maybe up to Morphett Bridge., with many variations of this track. Other walks include: Morialta, 1st and 2nd Falls and Wadmore Park/Black Hill Buffer Zone.

WHICH DEVICE WILL SUFFICE?



Tutors: Robin Baxter, Kirt Highett and Kerrie Smith, TERM 2, Thursday, 28 May, 9:20 to 11:00 am, Room 2. Maximum group size: 12

An information session to help participants which device they should buy or run: desk top computer, laptop, iPad, Android tablet, or just a phone. It will focus on the advantages and limitations of various devices. Current members are welcome to attend with regard to the device they have settled for.

YOGA 1 AND 2

Yoga 1 Instructor: Reeva Bryce, Tuesdays, 9:15 to 10:00 am

Yoga 2 Instructor: Balbir Kaur, Tuesdays, 10:10 to 11:10 am

Maximum group size: 25

Venue: Campbelltown Uniting Church Hall

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.

YOGA – INTERMEDIATE LEVEL

Tutor: Kaye Parnell, Mondays: 10:30 to 11:45 am, Room 2.

Maximum group size: 12

This class is for those interested in experiencing an improvement in general wellbeing using the four-part breath and gentle body movements. You will have the opportunity to experience how the breath can be beneficial in helping move the body in different ways while addressing balance and body strength. The session will include sitting, kneeling, lying and standing postures (asanas) as well as gentle twists and end with a short relaxation. Please dress warmly in loose comfortable clothing and bring a yoga mat and one or two blankets that can be folded to sit on for height and a flat pillow/cushion if needed when lying down. If you have a bolster, please bring it along. Please advise Kaye before class of any injuries or discomforts (eg high/low blood pressure) that may inhibit movement. Beginners are welcome.

NOTES

OUTING: TERM 1

YITPI YARTAPUULTIKU - ABORIGINAL CULTURAL CENTRE

- Date:** 27 February 2026
Time: Meet at 10:30 am
Cost: Nil
Numbers: Unlimited
Meet: At the entrance to the Cultural Centre,
1300 Old Port Road, Port Adelaide
Lunch: TBA



Yitpi Yartapuultyiku is a new and exciting Aboriginal Cultural Centre situated on the banks of the Port River, in the heart of Port Adelaide. It offers a mix of attractions and services including guided tourism experiences, art exhibitions, nature play spaces, community services and educational programs that invite exploration in a rich natural setting.

GENERAL MEETINGS & GUEST PRESENTERS

General Meetings are held each term in the Middle Room of the Marchant Centre from 2:00 to 4:00 pm and are social meetings for members to connect and hear an interesting speaker.

Dates and details will be included in your newsletters each term.

ANNUAL GENERAL MEETING

Our **Annual General Meeting** will be held on Friday, 6 March, in the Front Room of the Marchant Community Centre at 2:00 pm, where Reports for 2025 will be tabled and the election to the Board of Management for 2026 will take place. The Annual Report will be available in print format at the meeting and immediately after on our website. Following the Annual General Meeting, there will be a presentation of membership awards followed by light refreshments.

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



A.G.M. Friday, 6 March - Nomination Form for Position on Board of Management of U3ACSA in 2026

Name:

Position:

Proposed by:

Seconded by:

**Please return to Secretary/U3ACSA Office,
Marchant Community Centre
OR Post to: 338 Gorge Road, ATHELSTONE SA 5076**

DIARY DATES

Wednesday, 14 January – Late Enrolments, 9:15 to 11:15 am
Wednesday, 21 January – Collection of printouts, etc, from office,
9:15 to 11:30 am
Wednesday, 21 January – Leaders and Tutors Meeting from 10:00 am
Monday, 2 February – Term 1 Commences
Friday, 6 February – Board Meeting, 2:30 to 4:30 pm
Friday, 27 February – Outing: Aboriginal Cultural Centre, 10:30 am
Friday, 6 March – Annual General Meeting, 2:00 to 4:00 pm
Friday, 20 March - Board Meeting, 2:30 to 4:30 pm
Friday, 10 April – Term 1 Concludes
Monday, 13 April – Leaders and Tutors Thank you
Monday, 27 April – Term 2 Commences
Friday, 15 May - Board Meeting, 2:30 to 4:30 pm
Friday, 29 May – General Meeting, 2:00 to 4:00 pm
Friday, 3 July – Term 2 Concludes
Monday, 20 July – Term 3 Commences
Friday 24 July - Board Meeting, 2:30 to 4:30 pm
Friday, 21 August – General Meeting, 2:00 to 4:00 pm
Friday, 11 September - Board Meeting, 2:30 to 4:30 pm
Friday, 25 September – Term 3 Concludes
Monday, 12 October – Term 4 Commences
Friday, 30 October - General Meeting, 2:00 to 4:00 pm
Friday, 13 November - Board Meeting, 4:00 to 6:00 pm
Friday, 11 December – Term 4 Concludes
Monday, 14 December – 2027 Enrolments, 10:00 am to 2:00 pm
Monday, 14 December – Leaders and Tutors Thank You
Tuesday, 15 December - 2027 Enrolments, 10:00 am to 2:00 pm



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**CAMPBELLTOWN
SOUTH AUSTRALIA**

U3A CAMPBELLTOWN SOUTH AUSTRALIA INC

ABN 47 874 424 693

Office and Postal Address:

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Bus 178 Stop 35**

Phone: 08 8337 7940

Email: admin@u3acampbelltownsa.org.au

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

Office Hours

**Wednesdays 14 and 21 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).**

2026 Term Dates

Term 1: Monday, 2 February – Friday, 10 April

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

(Adelaide Cup Day: 9 March)

(Easter: 3 to 6 April)

(School holidays: 11 to 26 April)

Term 2: Monday, 27 April – Friday, 3 July

(King's Birthday: 8 June)

(School holidays: 4 to 19 July)

Term 3: Monday, 20 July – Friday, 25 September

(School holidays: 26 September to 11 October)

Term 4: Monday, 12 October – Friday, 11 December

(School holidays: 12 December to 26 January)