



2025 Program U3A Inner North

Term 1	Monday	03 February	-	Friday	11 April
Term 2	Monday	28 April	-	Friday	04 July
Term 3	Monday	21 July	-	Friday	26 September
Term 4	Monday	13 October	-	Friday	05 December



Please Note: there may be changes to the program. Up-to-date accurate information is available on the website: use this QR code or go to the link www.u3ainnernorth.org.au

This program is accurate as of 25th February 2025

Changes since original publication 01 Dec as highlighted

Information

Message from the President

I'm pleased to say that we have much to look forward to in 2025 with our Inner North program. It is our most extensive, diverse and stimulating program for our seventh year of operation. The 2025 program has so many choices which should enable all members to participate in many events and class activities.

As I look at the program, I'm in awe of the talent within Inner North, I also wonder how and why some people have such intense interest in some topics particularly the obscure ones. I suppose I'll find out when I attend some of these.

Well, here's a challenge! Why not join me and get out of your comfort zone and enrol in a course which will challenge you (and me) and learn something different. That is what U3A is about, it's about continuous learning and, as we know, the more you put into it, the more you are likely to get something out of it.

During 2025, we'll also be looking for and encouraging members to lead/present or coordinate a group, we have many great suggestions for activities from the 2024-member survey, we just need to find volunteers to lead them.

Enjoy 2025!

Wayne Turner

President

U3A Inner North

Comments/Feedback?

If you have any comments or feedback regarding the 2025 program OR have suggestions for the 2026 program, please contact either:

Wayne Turner (President) at president@u3ainnernorth.org.au

Program Manager at program@u3ainnernorth.org.au



Kindly printed by,

Steve GEORGANAS MP

FEDERAL MEMBER FOR ADELAIDE

Your Community Voice

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Information

General Information

Membership

- You can register for new membership or renew your existing membership and pay online at any time from 09 December 2024.
- Full: \$55; Half year: \$35 (from term 3); Term 4: \$15; Affiliate: \$35; Affiliate (term 4): \$15.
- New members will be given a member ID and a password. When your payment has been processed, you will be sent an email of confirmation. Our database will not allow you to enrol until payment is processed and you have received your confirmation email.

Attendance and Wait Lists

- If you can't attend a class, a session or an activity in which you are enrolled, please contact your tutor, leader, coordinator or presenter to let them know either directly or via the online portal. There may be some classes which have wait lists for enrolments.

Venue

- Most classes are held at the Enfield Community Centre (ECC), 540 Regency Road, Enfield.
- Please check the venue against the program activity. Rooms at ECC are: Meeting Room 1 (MR1); Meeting Room 2 (MR2); Hall; Stadium and Creche.

Key Dates

Wednesday 1 January: Online enrolments available from 9.00am

Monday 06 January: In Person Enrolments at ECC, 10.00-11.30am

Thursday 23 January: Tutor Training at ECC, 10.00-12.00pm

Tuesday 28 January: Tutor Meet and Greet at ECC, 10.00-12.00pm

Thursday 30 January: Welcome New Members at ECC, 2.00-4.00pm

Thursday 17 July: Mid-Year Social

Monday 17 November: AGM

Tuesday 9th December: End of Year Celebration

For membership/enrolment enquiries contact: membership@u3ainnernorth.org.au

For general enquiries contact: admin@u3ainnernorth.org.au

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Arts and Crafts

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Personalised Children's Book	Mon am	1	7
Unleash Your Inner Thespian	Mon pm	1-4	8
Armchair Movie Critic	Tue am	1-4	9
How to make a Photo Book	Tue pm	2	10
Christmas Hearts	Tue pm	4	10
Triore Cards	Tue pm	4	10
Tuesday Film Group	Tue pm	1-4	14
Singing for Pleasure	Wed am	1-4	17
Craft Group	Wed am	1-4	18
Watercolours	Wed pm	1-4	18
Art Gallery Wanderings	Wed am	1-4	19
Photography	Wed am	1-4	19
Ukulele Jam Session	Thu am	1-4	21
Mosaics	Thu pm	1-4	23
Art Appreciation	Thu pm	1-4	23
Classical Music Appreciation	Fri pm	1-4	25

General Interest

Women Working with Wood	Mon pm	1, 3	8
Ask the IT Expert	Tue am	1-4	9
Cryptic Crosswords	Tue am	1	9
See You at the Shed	Tue am	1,2	14
Armchair Travel	Thu am	1-4	20
Birds	Thu am	1-4	20
Op Shop Wanderings	Thu am	1-4	23
Tell Me What You Think	Fri pm	1-4	22
Jigsaw Swap Group		1-4	25

Guest Speakers

Gold Medals, Parking Fines and More	Tue pm	1	15
Friendship Force International	Tue pm	1	15
Never Too Old to Play	Tue pm	2	15
Voluntary Assisted Dying	Tue pm	2	15
A New Guinea Life	Tue pm	2	15
A Year Living in Antarctica as a Young Scientists	Tue pm	3	15
On Water Matters	Tue pm	3	16
Nothing and Everything	Tue pm	3	16
Japanese Art and Craft	Tue pm	4	16
Jack the Ripper	Tue pm	4	16

Content

Physical Activity

Walking on Mondays	Mon am	1-4	7
Pickleball for Intermediate	Mon am	1-4	7
Pickleball Beginners	Mon pm	1-4	7
Tai Chi	Mon pm	1-4	7
Happy Feet Circle Dancing	Tue am	1-4	14
Balance and Flexibility	Tue am	4	14
Social Table Tennis	Wed am	1-4	18
Tap Dancing	Thu am	1-4	21

Languages

French Continuing Level 2 (by Zoom)	Mon am	1-4	7
Chinese for Beginners (Continuing)	Tue pm	1-4	9
French 1	Wed am	1-4	17
Japanese for Beginners	Wed pm	1-2	17
Italian for Beginners	Thu am	1-4	19

Out and About

Planetarium Mawson Lakes	Friday am	1	26
The Australia Space Discovery Centre	Thu am	1	26
Haigh's Chocolate Factory Tour	Mon am	1	26
Campbelltown Food Trail Bus	Tue am	1	26
River Walk	Mon am	2	26
Adelaide Botanic Gardens	Mon am	2	27
Tea Tree Gully Heritage Museum	Mon am	2	27
Backstage Tour of the Tea Tree Players Theatre	Thu am	2	27
SA Aviation Museum	Wed am	3	27
Historic Medindie Walk (1a)	Mon am	3	27
Historic Medindie Walk (1b)	Wed am	4	27
Historic Medindie Walk (2a)	Mon am	3	28
Historic Medindie Walk (2b)	Wed am	4	28
North Road Cemetery – Tragic and Unexpected Deaths	Mon am	3	28
Prohibition Gin Masterclass	Tue am	3	28
Tour of Torrens Island and the Quarantine	Mon am	4	28
Water Treatment Works – Bolivar	Wed am	4	28

Games

Mah Jong for Beginners	Tue am	1-4	8
Brain Games	Tue am	2,4	10
Mah Jong - Competent	Fri am	1-4	24
Canasta	Fri pm	1-4	24
Quiz Session – On the Tip of My Tongue	Fri pm	1-4	24

Content Book Groups

Murder Mystery Book Group	Tue pm	1-4	9
Men's Interest Book Group	Wed am	1-4	17
Science Fiction Book Group	Wed am	1-4	18
Friday Book Group	Fri am	1-4	24

Food

Yummy Lamb's Fry Lunch	Wed pm	1-4	19
Let's Do Lunch	Fri pm	1-4	24
Men's Lunch Discussion Group	Fri pm	1-4	25
It's Five O'clock Somewhere	Fri pm	1-4	25

Talks by Members

Old Menus	Tue am	1	10
Zuid-Australië – Story of South Australia's Garden City in Belgium	Tue am	1	10
Art Deco	Tue am	1	10
Adventures in Australian Drug Policy	Tue am	1	11
The Rum Rebellion	Tue am	2	11
Stabbed in the Back	Tue am	3	11
How Does A State Election Work	Tue am	3	11
Challenges of Writing Other People's Lives	Tue pm	1	11
Love Your Park Lands	Tue pm	1	12
Marriage and Kinship – The Nayar Warriors of Kerala	Tue pm	1	12
Venturing into the Pacific	Tue pm	1	12
History of Mannum	Tue pm	2	12
The "Merry Trio"	Tue pm	2	12
Trove: A Treasure	Tue pm	2	12
Exploring the Mysteries of Food Labels	Tue pm	2	13
Explorations in Food Technology	Tue pm	2	13
Edward Gibbon Wakefield – Builder of the British Commonwealth	Tue pm	4	13
An Overview of Correctional Services – South Australia	Tue pm	3	13
Kidney Health	Tue pm	3	13
This is Your Life Series	Tue am	1-4	13
History of Medicine	Thu pm	1	21
From the Great War to the Great Depression: Four Prime Ministers	Thu pm	2	22
Sir Charles Todd" More than a Telegraph	Thu pm	3	22
Anglo Saxon England	Thu pm	3	22
Scientists: The Person, Their Times and Their Achievements	Thu pm	1-4	25

MONDAY

STADIUM

Pickleball Intermediate

Monday Weekly 11.30-1.00pm Max 14

For experienced players and those who have played for 2 years or more, you will continue to develop skills using a variety of shots. Play will mostly be doubles but singles can also be played. Players must wear sneakers and loose-fitting clothes. All equipment supplied.

Leader: Jenny Rossiter started playing pickleball in 2022 after a lifetime of racquet sports.

Pickleball for Beginners

Monday Weekly 1.00-2.00pm Max 12

For beginners and those who have played for 12 months or less. Come and learn pickleball including the rules, how to serve and to play various shots. It is a low impact game and brings together elements of tennis, badminton and table tennis and is played on a badminton-sized court using a wooden paddle and a plastic ball. It is simple to learn, very social and mainly played in doubles. Players must wear sneakers and loose-fitting clothes. All equipment supplied.

Leader: Margaret McPhee is an original "pickleballer" having played and enjoyed the game for nearly 3 years.

MR2

Tai Chi

Monday Weekly 12.45-1.45pm Max 17

Come and learn Sun Style Tai Chi. The class is suitable for beginners. It is gentle and relaxing and the flow of movements has the benefits of developing or maintaining upper and lower body flexibility, leg strength and balance.

Leader: Meg Hutton has been practicing Tai Chi since 2000 and has trained in the traditional Yang style as well as Tai Chi for Health Programs. She also teaches Tai Chi at Mawson Lakes Helping Hand.

EXTERNAL

Walking on Mondays

Monday Weekly 9.00-10.00am Max 30

Start your week with positive energy by taking a one-hour morning stroll through beautiful natural surroundings in the relaxed company of other walkers. Every week, a different location is explored, each with its own unique points of interest. There are over 30 walks at various locations in the Torrens River Linear Park and other suburban parks. On average, each stroll covers a distance of 4kms, possibly some undulations.

Leader: Maureen McLuckie is a keen walker and hopes to inspire people to walk regularly and enjoy their surroundings.

French Continuing (Level 2)

Monday Weekly 9.00-10.30am Meeting by Zoom Max 14

A basic knowledge of French is required for this Zoom course in which you will master key phrases and structures, listen to interesting dialogues covering many everyday situations and practice your speaking and comprehension skills. In addition, there will be both written and oral exercises to do. The textbook to be used is *French Conversation Demystified* by Eliane Kurbegov which includes two CDs with two and a half hours of audio programs. The book is published by McGraw Hill.

This is a continuing class but new enrolments will be accepted.

Tutor: Marie-Antoinette Galletta has been teaching French at U3A Inner North since 2019 and at U3A Campbelltown since 2013.

Personalised Children's Book

**Monday Weekly 10.00-11.30am Max 6
Meeting in the home (Nailsworth) Term 1**

Learn how to make a personalised children's book by manipulating photos and super-imposing images of a child's head onto various cartoon pictures (available on the internet). You can insert the child into a book of nursery rhymes, write a simple story of their adventures or simply produce a book of

MONDAY

their life's moments to celebrate the child's birthday.

Please bring a laptop with photos. Note: two computer programs will be installed at the first lesson.

Leader: Jackie Holloway is a retired primary teacher and has made numerous books for her grandchildren.

Unleash Your Inner Thespian

3rd Monday Monthly 1.30-3.30pm Min 8 Max 10 Meeting in the home (Prospect)

Have you always enjoyed drama and going to the theatre or maybe you had previous experience in a theatre environment or always wanted to? During the monthly 2-hour sessions, the group will read chosen plays and share news of theatre experiences in a relaxed home setting. You don't have to learn lines! Many scripts are available for free on Gutenberg or you may have copies of your favourite plays in your personal library.

Leader: Fiona Wald majored in drama at Teachers College, taught drama in primary school and directed school productions as well as having a lifelong interest in the theatre.

Women Working with Wood

**Information Session Max 8 Women Only
Monday 10 February 1.30-2.30pm OR
Monday 30 June 1.30-2.30pm**

Keen to have a go at making things from wood – picture frames, wooden boxes, Christmas decorations, bird boxes, fairy houses, plant boxes then come along to the Open Session at the Regency Community & Men's Shed. Have a chat to some of the members, view some finished products and have all your questions answered about membership of the Shed. The Shed is located at the back of Enfield Community Centre – access from the carpark. Members must wear closed shoes.

Leader: Jenny Rossiter has been a member of the Shed since its opening in Feb 2020. Having no woodwork experience, she has since made a variety of items and used tools she had never even heard of. Her

current passion is using the laser cutting machine!

Important Note – ECC Rooms

Did you know that ECC has over 60 different organisations using their facilities and expanding. As a result, they are keen to maximise time use of their facilities. Therefore:

Tutors

Please manage your activities at ECC within the times that your session has been booked.

Members

Please arrive at your session just before commencement.

TUESDAY

MR1

Mah Jong for Beginners (no wait list)

Tuesday Weekly 10.00-12.30pm Max 24

Mah Jong is a table game for three to four players using a set of 144 special tiles and includes features of the old Chinese game but has been adapted for Western players. Beginners will be offered a four-week tuition course after which they can join the experienced players in a very relaxed environment. Mah Jong sets are supplied. Experienced players may attend subject to availability of seats at the tables.

Leader: Daniel Turner is an avid player.

Murder Mystery Book Group

1st Tuesday Monthly 1.00-2.30pm Max 12

Note: The group meets every month throughout the year.

An opportunity for enthusiastic readers to come together once a month to discuss a particular murder mystery book. A book list for the year will be provided to members – members to get the nominated monthly book from the Library Network or by other means.

Leader: Angy Henn is an avid murder mystery reader.

Chinese for Beginners (continuing)

**Tuesday Weekly except 1st of the month
1.30-3.00pm Max 12**

Chinese is a fascinating language to try and the tutor loves helping people understand its beauty! This is a course for anyone with some experience of Chinese – please discuss the suitability of the course with the tutor before it starts. The classes follow the textbook but also sidetrack to other interesting and useful aspects of the language. Some breaks in the course will occur when the tutor is away.

Book: *New Practical Chinese Reader vol 1, 2nd Edition* by Xun Liu. Both the workbook and textbook are required (approx \$80) but see the tutor for a possible second-hand copy.

Tutor: Jo Kemp

MR2

Ask the IT Expert

Tuesday 9.30-11.30am 04 March, 08 April, 13 May, 24 June, 26 August, 16 September, 21 October, 02 December.

Ask our IT expert anything and everything about IT. Is your computer running slow? Should you back up your data? What is cloud computing? Or other topics such as cyber security, password protection, zip files, phishing and deciding what you really need. The tutor will email those in the class a week before asking for topics or questions.

Tutor: Arno Attema has worked for over 45 years as an electronics and communications professional in radio and television. He's been a volunteer for 55 years with the State Emergency Service as a trainer in IT and communications, he's spent five years as a volunteer tutor at the Prospect Library NBN Digital Hub and a U3A IT tutor for 6 years.

Cryptic Crosswords

Tuesday 04 February 9.30-11.00am

Cryptic Crosswords are fascinating puzzles that can appear mystifying at first. Come along to solve a cryptic crossword with others just for fun or to learn how these puzzles are solved. This is a follow up from Linda's 2024 presentation on Cryptic Crosswords. Linda can provide notes if you didn't attend that talk.

Leader: Linda Christy is an avid Cryptic Crossword enthusiast.

Armchair Movie Critics

Tuesday 1.30-3.00pm Max 12

04 March, 03 June, 05 August, 04 November

Here's your chance to be a movie critic – with a couple of twists. The first twist is you will be able to watch all movies at your leisure on either 'free to air' TV or Netflix. The second twist is there may be two movies to review at each session. You could be reviewing different versions of the same movie, the same principal actor across two movies, two movies of a similar theme or it could simply be one movie.

Leader: Wayne Turner

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How to Make a Photo Book

Tuesday 06 May 1.30-3.00pm Max 4

Learn how to create lasting memories of your travels or family events in a classy hard cover photobook.

You will need to bring a laptop with the free software from "The Photobook Club" already installed, plus your prepared photos either on your laptop or on a USB. If you don't have a laptop, please contact the tutor for possible alternative arrangements.

Leader: Pauline Kemp

Brain Games

Tuesday 9.30-11.00am Max 20

03 June, 10 June, 17 June, 04 November, 11 November, 18 November and 25 November

Mental exercise is important for keeping our brain strong and resilient. Brain games will cover verbal, numerical, spatial recognition, logical thinking, short and long-term memory, creativity and lateral thinking.

Participants will engage in a range of games and puzzles to encourage mental agility in a friendly, fun and non-competitive way played individually, with a partner or as a group. No skills required, just be ready for some fun!

The program is based on the U3A NSW Network Brain Games Project plus other resources. Please pay the leader \$3 cash to cover photocopying costs.

Leader: Jenny Rossiter loves to play and teach games and to have lots of fun!

Christmas Hearts

Tuesday 11 November 1.30-3.00pm Max 8

Learn how to make Danish Christmas hearts – all you need are scissors, a pencil and fingers and \$1 charge for materials.

Leader: Marja Nielson has been making Christmas hearts since she met her husband in 1959. It is now a tradition in her family and one can never have too many hearts.

Triore Cards

Tuesday 25 November and 02 December 1.30–3.00pm Max 8

Marja is very creative and loves to make all kinds of greeting cards and came across a specific style called "Triore". All you need is a pair of scissors, sticky tape, different coloured paper, cards, a craft knife and \$1 charge for materials.

Leader: Marja Nielsen

INNER NORTH – MEMBERS' TALKS

Tuesday Morning – 9.30-11.00am for the following sessions:

Old Menus

11 February

Here's an unusual hobby – Chris collects dated menus (i.e. with a specific date) and researches their histories, artwork and changing tastes. Many relate to ships, restaurants and the military dating from 1910 to the 1990s.

Presenter: Dr Chris Bunn

Zuid-Australië - The Story of South Australia's Garden City in Belgium

18 February

The Garden District Zuid-Australië (South Australia) was built between 1921 and 1923 in Lier, Belgium on behalf of the "Society for Affordable Housing". The money raised for the project came primarily from South Australian contributions to the Belgian Relief Fund. Learn more about the history, architecture and the South Australian connection to this unique social housing development.

Presenter: Alison De Backer is a Designer and Heritage Enthusiast

Art Deco

11 March

Sandra became interested in Art Deco after purchasing an Art Deco bookcase at a secondhand furniture shop in Port Adelaide. After moving to Canberra, she worked at Old Parliament House which was an Art Deco building with bespoke furniture and fittings. She became a member of the Art Deco Society based in Melbourne and joined the Adelaide chapter of the Art Deco

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Society upon returning to Adelaide.

Presenter: Sandra Bunn gives regular tours at Glenelg and contributes to the Preservation Committee.

Adventures in Australian Drug Policy

18 March

Australia's National Campaign against Drug Abuse, which commenced in 1985, ushered in a world leading approach to policy development in alcohol and other drugs. Sue Henry-Edwards fell into this field in 1986 and for much of the next 35 years held a range of positions which contributed in various ways to alcohol and other drugs policy. Sue will talk about what makes the Australian policy framework unique and about some of the key events and contributions from her own career.

Presenter: Sue Henry-Edwards was Senior Research Officer for the National Expert Advisory Committee on Illicit Drugs, and Principal Advisor, Alcohol and Drugs and Health Promotion at Corrections NSW among many other positions. She has a Bachelor of Education and a Master's degree in Applied Social Research.

The Rum Rebellion

29 April

The date January 26 is important for more than one reason. In 1808, a British army regiment carried out a military coup, imprisoning the King's representative in NSW. The colony was subsequently ruled as a republic by a succession of rebel dictators. It was also a clash between two controlling men –John Macarthur (the hero?) and Captain Bligh (the despot?).

Presenter: Chris Bunn's interest in this topic came after finding a book written by Doc Evatt in the 1930s and another written in 1808. To this day it seems to be a poorly understood part of Australia's history

Stabbed in the Back

(dates below)

A look at 5 famous people from history who were stabbed in the back, either

metaphorically or literally by people they thought they could trust – namely friends, colleagues and even family members. They are Julius Caesar, King James II of England, Captain Alfred Dreyfus of the French army, Leon Trotsky and finally a local story – Gough Whitlam.

Julius Caesar

22 July

King James II of England

29 July

Captain Alfred Dreyfus (French Army)

05 August

Leon Trotsky

12 August

Gough Whitlam

19 August

Presenter: Sue Garforth

How Does a State Election Work - A Returning Officer's Viewpoint

02 September

Have you ever wondered what goes on behind the scenes to ensure the election process is well scrutinised and visible and the result is accurate. Now is your opportunity!

Presenter: Wayne Turner has been the Returning Officer for a key District in SA State election cycle twice and the Assistant Returning Officer for the same District.

INNER NORTH – MEMBERS' TALKS

Tuesday Afternoon – 1.30-3.00pm for the following sessions:

The Practical and Ethical Challenges of Writing Other People's Lives

11 February

Writing about other people's lives, especially when subjects are still living, is an ethically fraught practice. Sandra Lindemann draws on her own writing experience as well as her research into the experiences of other writers to identify five stages in the process of "as-told-to" life

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writing or edited memoir. She discusses the practical and ethical challenges that arise at each stage.

Presenter: Dr Sandra Lindemann is an experienced practitioner of as-told-to life writing. She has a PhD in the field of Life Narrative Studies and holds honours and masters degrees in anthropology.

Love your Park Lands

11 March

What is unique about the city of Adelaide? It is a city inside a park (not the other way around). There are 29 named parks encircling the city and each one has its own character and its own history.

Learn the stories from this passionate supporter of the Adelaide Park Lands.

Presenter: Dr Sandra Lindemann is Secretary of the Adelaide Park Lands Association.

Marriage and Kinship – the Nayar Warriors of Kerala

25 March

The Nayars of Kerala are matrilineal, that is, they trace descent through the maternal line. They are not matriarchal, men hold most of the power but the structures are different. Dr Sandra Lindemann presents an introduction to the marriage practices and kinship structures of the traditional Nayar community as it existed prior to European and British colonisation.

Presenter: Dr Sandra Lindemann

Venturing Into the Pacific

01 and 08 April

This presentation covers the Pacific from Medieval/Middle Ages when the Polynesian expansion across this vast ocean space first occurred to present day. It covers the geographical/ political/ economic/ cultural and historical content of this zone. Lots of helpful hints for intending tourists too.

Presenter: Nadene Esposito was a high school teacher prior to retirement and is an avid traveller.

History of Mannum

13 May

One of the most interesting towns along the Murray and just short drive from Adelaide is Mannum. Mannum has a fascinating history which contributed much to South Australia's early development. The talk explores the birth and rise of the steam paddle steamer trade, the famous Randell family, the industry of David Shearer and the periodic floods that Mannum endured.

Presenter: David Wilson

The Merry Trio – A Shot Put Champion, A Pageant Clown and An Itinerant Teacher

27 May

Listen to three of Inner North's "Pickleballers" tell a short story each.

Mary Abbott spent six years as an itinerant teacher for the School of the Air which is part of the Open Access College. She was based in Burra and visited students from the other side of Broken Hill to Mt Gambier.

Robyn Lecornu has been involved in the Christmas Pageant for many years as various characters but most often as a clown. She has great stories to tell of what happens behind the scenes to make the pageant such a success.

Cherie Dempsey is a seasoned Masters sports person primarily in athletics and recently in pickleball. She will talk about her years as a "Senior" sportsperson and how you might learn from her experiences.

Coordinator: Mary Abbott

Trove: A Treasure

10 June

Trove is a free resource which is unique. It provides the ability to search and browse through the vaults of the National Library of Australia (and associated institutions), without leaving your own computer. It's not just about using old newspapers for family history research. This presentation (not a workshop, as in the past years) will explore

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how to use Trove effectively with plenty of examples, tips and tricks.

Presenter: David Wilson

Exploring the Mysteries of Food Labels

24 June

Learn how to read a food label on some common foods and explore its features, both those parts required by law and the parts that are optional but really useful.

Find out about the difference between a "best before" and "use by" date code and why some labels have neither as well as country of origin labelling and how allergens are described. Also learn how to get the most out of all that (too) small print and discover a bit about what companies do to provide it for you. All this will be explained in plain language.

Presenter: Sue Carter, BSc GradDip Dairy Tech has 30+ years in food safety and quality, mostly in dairy (milk, cheese) but also baking, high risk ready to eat foods, juice and carbonated beverages, wine packaging and fresh produce.

Explorations in Food Technology

01 July

Learn about some of the common processes used in food manufacture eg what does pasteurised, UHT, cold pressed or homogenised actually mean?. What about freeze dried, vacuum packed or retorted? and reconstituted or concentrated?

Sue will give a brief explanation of these terms and discuss why a manufacturer might choose one over another, because each one has advantages and disadvantages and influences the type of packaging that can be used. If you are curious about these terms, Sue will explain what's actually going on behind the long word.

Presenter: Sue Carter

Edward Gibbon Wakefield – "The Builder of the British Commonwealth"

Can this claim be substantiated?

26 August – New Zealand

Does it fit in with his writings on systematic colonisation loosely applied to the foundation of South Australia?

02 September – Canada

How large a part did he play here? Who else was involved?

Presenter: Jenny Booth has had a long interest in history and politics and just "finding out". Lifelong student really!!!

An Overview of Correctional Services in South Australia

12 August

Hear about the important role of the Correctional Services Department in the South Australian criminal justice system.

Presenter: Ann Finlay is a Clinical and Forensic Psychologist with 30 years' experience in SA Correctional Services.

Kidney Health

Tuesday 23 September 9.30-11.00am Max 50

Kidney disease is a serious health issue affecting 1 in 10 Australians. It's called the silent disease as it is often not diagnosed until in the early stages as symptoms are not noticeable until a significant amount of kidney function has been lost. The talk will cover the anatomy and functions of the kidney, the risk factors for kidney disease and how it is detected, how to care for your kidneys and the treatment of kidney disease and kidney failure

Presenter: Linda Christy is a retired renal nurse and is a volunteer for the Kidney Health Australia Helpline.

This Is Your Life – Member Series

9.30-11.00am for the following sessions:

Life in the Bush – Pam Jenkins

01 April

Ever since Pam was a child she always wanted to live on a farm..... and she did.

A Light in the Darkness – Dianne Sly

06 May

As a 3-year-old girl, Dianne boarded a big

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ship and sailed to Althorpe Island with her parents. They landed on a small jetty where she saw a track going up a high cliff which the family climbed to their new life.

My Art World – Anneke Hoffman **20 May**

How often does a random piece of information have an impact on the choices we make. Hear about Anneke's life journey to finally becoming that artist.

A Life on L-Plates – Jo Kemp **14 October**

Finding new skills to learn and trying something different – it seems there is always so much more to discover..... forgetting must be part of the learning process too.

Coordinator: Angy Henn

HALL

Happy Feet Circle Dancing **Tuesday Weekly 10.00-11.30am Max 50**

Bring your happy feet along and enjoy the fun, health and well-being benefits of Circle Dancing to beautiful music from around the world. No dance experience needed and all dances taught every week. Includes a unique combination of new and repeated dances sourced from the Worldwide Circle Dancing network.

Note: Participants must be able to stand and move unaided and be medically capable of participating in a dance class with gentle to moderately vigorous exercise. Please wear comfortable clothes and shoes suitable for dancing on a wooden floor. Please bring a water bottle.

Leader: Lyn Porter continues in 2025 with inspiring weekly dance programs, new choreographies and celebratory events as she draws ideas from the vast World Circle Dancing network.

STADIUM

Balance and Flexibility **Tuesday Weekly 11.00-12.30pm Term 4**

A fun class for people who want to have a go at a series of activities that help with improving balance and flexibility. Individuals will choose activities they wish to participate in. People will be working in pairs (different pairs each session). All equipment will be supplied. Comfortable clothing and light shoes are recommended.

Leader: Iwona Pattison is an active person who believes that physical movement helps us to enjoy life more.

EXTERNAL

Tuesday Film Group

1st Tuesday Monthly incl term breaks **Palace Nova Cinema Prospect Rd Max 30**

Members are encouraged to take out a Seniors Membership to obtain savings on purchasing of tickets and accumulating points. Members buy their own ticket.

Members will be emailed a few days prior advising which film is chosen that month. Usually, sessions are chosen before 2.30pm. Meet beforehand in the Prospect Cinema upstairs foyer and stay afterwards for a drink and the film discussion. The group meets monthly from February to December including term breaks.

Leader: Jenny Smith

See Ya' At the Shed Open **Information Session – Max 8 Men Only** **Tuesday 11 February 9.15-10.15am OR** **Tuesday 01 July 9.15-10.15am**

Keen to fix a chair, make some wooden toys, or have a project in mind? Then come to the Open Session at the Regency Community & Men's Shed and chat to members, view finished products and enquire about membership of the Shed which is at the back of Enfield Community Centre. Members must wear closed shoes.

Leader: Jenny Rossiter on behalf of Peter Rawlins. Peter is currently President of the Men's Shed and has been a member and supervisor since its opening in Feb 2020. His current passion is using the laser cutting machine to create a wide variety of items.

TUESDAY – GUEST SPEAKER SERIES

MR2

Each session of the Guest Speaker Series involves a different topic. Please enrol in individual sessions.

3rd and 5th Tuesday 1.30-3.00pm

Guest Speaker Organiser: Sue McMillan

Gold Medals, Parking Fines and More

18 February

Hear a story of courage, determination and success despite hardship, systemic prejudice and incredible barriers.

Speaker: Libby Kosmala OAM represented Australia at twelve Paralympics from 1972 to 2016, winning nine gold medals. She also played a part in the introduction of disabled parking permits in SA. In 2013, she became the inaugural patron of Technical Aid to the Disabled South Australia (TADSA) charity that designs and builds/modifies devices where no other solution is readily available.

Friendship Force International

18 March

Travel is more than taking a vacation. With over 300 clubs and thousands of members worldwide, Friendship Force International connects people with its mission to promote global understanding across the barriers that separate people. Through home-hosting and meaningful travel experiences, participants develop a better understanding of our world and discover our shared humanity. This presentation has been rescheduled from 2024.

Speaker: Annette Lennon will share her experience as both a visitor and a host.

Never Too Old to Play!!!

29 April

Play isn't just for kids. And it's not just for Google. There's a growing body of evidence that using play in our grown-up lives is a seriously smart strategy to create high performing teams, connect communities and nourish our wellbeing. Experience how it helps individuals and businesses succeed. It could be fun!!! And at the very least, it will be interesting!!!

Speaker: Erin Faehrmann is a Chief Play Officer and is currently Business Readiness Lead with TAFE SA. She graduated from the Governor's Leadership Foundation Program in 2020. Erin's previous roles have included 17 years with SA Water and 8 years as CEO at Youth Opportunities Australia Ltd.

Voluntary Assisted Dying

20 May

The Voluntary Assisted Dying law (VAD) is state legislation. After 27 years and 17 attempts at law reform, the law's legal use commenced in South Australia on 31 January 2023. Frances Coombe, the president of Voluntary Assisted Dying South Australia (VADSA) will discuss the VAD pathway and the benefits for a suffering person of having choice at end of life.

Speaker: Frances Coombe has been the President and a tireless influencer (along with a dedicated team) for Voluntary Assisted Dying South Australia for many years.

A New Guinea Life

17 June

An interesting and fun story of life in the 60's in Papua New Guinea where Greg arrived as a young, single 19-year-old and returned a number of years later as a married man with 2 kids.

Speaker: Greg Holden worked initially in New Guinea as a Patrol Officer. He then spent 4 years as a Maths/Science High School teacher, teaching the local kids in remote areas. In one school he coached the successful rugby league team (at their first games, they played bare footed against the opposition who all wore footy boots).

A Year Living in Antarctica as a Young Scientist

22 July

An amazing story which recounts Mike's experience of working and living in Antarctica for over a year.

Speaker: Mike Burch graduated with Honours in Biology from the University of Adelaide in 1976. He then worked as

TUESDAY – GUEST SPEAKER SERIES

Scientist for the Australian Antarctic Division from 1977 to 1980 travelling to stations as an Expeditioner Scientist. His experience as a Biologist in the 1979 Davis Station wintering-party involved spending 16 consecutive months with 15 people (two summers and one winter) – longer than current scientific expeditions. It was a fantastic experience and a big adventure to work in a unique and challenging place. Mike is an honorary Visiting Associate Professor in the School of Biological Sciences in the Faculty of Sciences, Engineering and Technology at the University of Adelaide.

On Water Matters 19 August

Everything you need to know about our water! Where our water comes from, water treatment, how to save water around the home and garden, how to reduce our water bill and healthy sewers. No secrets here – your questions answered!

Speaker: Steph Frick is the Community Relations and Education Coordinator at Water SA. She has held a range of roles in TV including producer of Totally Wild for Ch10 and has also been Family Liaison Manager with the Children's Hospital Foundation.

Nothing and Everything – Poverty, Politics and Change 16 September

Sandra's presentation explores the first 20 years of her life and her emergence as a young woman with a future of political activism. She is living proof that a tough start to life need not determine one's destiny and that we each have the power to break loose from our personal shackles to create our own futures.

Speaker: Sandra Kanck was born in Broken Hill, the oldest of seven children. She became a primary school teacher and during that time, anti-nuclear issues beckoned her into environmental politics. In late 1980 Sandra moved to Adelaide where she volunteered in the newly formed Australian Democrats party which led to 15 years'

service as a Member of the Legislative Council of the South Australian Parliament. She has published her memoir.

Japanese Art and Craft 21 October

Travel to Japan in the 70's kindled a fascination for Japanese *netsuke* (toggles) and *ukiyo-e* (wood block prints) which led to 20 years as a collector. *Netsuke*, initially just a simply carved button fastener on the cords of an *inrō* box, evolved into ornately sculpted objects made of expensive, rare materials that bear the signature/seal of the carver. This presentation gives us a chance to explore the history, appreciation and value of both *netsuke* and *ukiyo-e*.

Speaker: Anne Keast has over 37 years' experience as an art/design teacher and senior. Her roles included Education Officer at both the Art Gallery of SA and Country Arts SA where she prepared education material for the Jam Factory and other community art exhibitions.

Jack the Ripper: – The Enduring Fascination with Unsolved Murders 18 November

This is no ordinary talk. Enjoy a fascinating account of the police investigation, the media coverage of the crimes and the public response. Also explore the way in which the crime scene was (mis)managed.

Speaker: Martina Taeker BA (Hons), Grad Dip Ed, M Spec Ed, is a published poet and short story writer whose works have been published in several countries including Japan, the UK, the USA and Australia. She has been teaching writing and creativity courses for over ten years and is the SA Representative of HaikuOz, the Australian Haiku Society. She also makes superb marmalade.

WEDNESDAY

MR1

French 1

Wednesday Weekly 9.30-11.00am Max 12

Would you like to learn the fundamentals of communicating in French? If you studied a little French at school and would like to refresh your memory, this course is for you. Over four terms, we will master key phrases and structures, 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 *Basic French* which covers basic vocabulary and grammar in bite-sized lessons. The book is published by McGraw Hill. In addition, Usborne's *French for Beginners* and CD will be used. Occasionally, handout sheets will also be emailed to students.

This is a continuing class but new enrolments will be accepted.

Tutor: Marie-Antoinette Galletta has been teaching French at U3A Inner North since 2019 and at U3A Campbelltown since 2013. Marie has visited France four times and loves travelling and cruising.

Men's Interest Book Group

1st Wednesday Monthly 11.15-12.45pm Max 12

Note: This group meets every month from February to December including during term breaks. Men and women all welcome!

Many books discussed by the group are non-fiction covering a wide range including biographies, science, history and social commentary. It also includes works of fiction but not romantic novels. For 2025, the group has chosen a broad range of topics including fiction, science, history and autobiographies. Some books are obtained through the Burnside library.

Leader: Chris Bunn reads many books and likes to discuss with others what he has read.

Singing For Pleasure

Wednesday Weekly except 1st of the month 11.30-12.30pm Max 30

Come and enjoy singing together in a relaxed social atmosphere. Easy familiar songs, variety of styles including popular songs from the 50s, 60s & 70s and some old time favourites. No experience is needed and the ability to read music is not necessary. Participants will need to purchase a song book for \$25. Details will be sent once you have enrolled in the course.

Leader: Lesley Doughty is a retired music teacher. She has sung in various choirs over many years.

Japanese for Beginners

Wednesday 1.00-2.30pm Max 12

Dates: 10 lessons – Term $\frac{3}{4}$ dates to be confirmed

February: ~~05, 12, 19, 26~~; March: 26; April: 02, 09, 30; May: 07; 14

This course is an easy introduction to the Japanese language. It will include learning to read and write the Hiragana characters as well as some basic kanji. Each week, the class will build basic vocabulary and simple sentence structure through fun role plays and games. Exploring Japanese ritual and traditions will further enhance the experience of learning the language of this exquisite country. Note: A \$10 charge for photocopying and flash cards as no textbook is required.

Tutor: Cathy Birchmore has been acquiring the Japanese language over many years through various sources including Adelaide University courses and an intensive 6-week course in Kobe, Japan. She has taught in a Japanese international school and introduced and taught Japanese to primary school students. She was drawn to pursuing the Japanese language because of its logical grammar structure and its consistent easy pronunciation.

WEDNESDAY

MR2

Science Fiction Book Group

4th Wednesday Monthly 9.30-11.00am Max 12

In 2024, the book group read some of the “classics” of science fiction including Verne, Wells, Huxley, Stewart, Wyndham, Herbert and Dick. In 2025, the group will read a broader selection of books suggested by the members. The discussions in 2024 were lively and many books had a connection to issues which are still well alive today, such as AI, pandemics, social engineering and apocalypses.

2001 Space Odyssey (AC Clarke)

26 February

Service Model (A Tchaikovsky)

26 March

Ringworld (Larry Niven)

23 April

Not Alone (S Jackson)

28 May

Foundation (I Asimov)

23 July

Wool (H Howey)

27 August

The Left Hand of Darkness (U Le Guin)

24 September

Never Let Me Go (K Ishiguro)

22 October

Space Station Down (B Bova)

26 November

Leader: David Kilner

Watercolours

Wednesday Weekly 1.00-3.00pm Max 6

This basic course is intended for those who have some experience using watercolours but would like to expand their skills. Those wishing to participate will go on the waitlist where the Tutor will contact you to assess your current level of expertise and, based on that, will set specific class exercises in which you will be expected to participate to

improve your watercolour skills.

It is requested that students arrive on time to help the Tutor with the setting up of the room and remain until the end of class to help your fellow students to put everything away.

Participants should bring their own materials as listed: Materials: 300GSM cold pressed watercolour paper, paints, Glad Wrap, sea sponge, small piece of white candle, paper towels, spray bottle, masking tape, masking fluid, sizes 4, 8 and 10 round watercolour brushes with a good point, two water containers, pencils and kneadable eraser.

Tutor: Vonney Karpinski completed her Art degree in the 1980s. She enjoys painting all topics including life drawing and portraits and works in all mediums. Since retiring from running her own business, she now enjoys “me time” in her own art studio and offers personalised tutoring.

HALL

Craft Group

Wednesday Weekly 9.15-11.15am

Join the craft group and work on your portable crafts while sharing conversations, skills and ideas with like-minded people. Demonstrating your unique gifts can inspire others and bring back some crafts which have been forgotten.

Bring along any type of craft: knitting, crochet, embroidery, tapestry, cross stitch, macramé, weaving, origami, beading, whatever your passion is!

Leader: Jude Hennig

STADIUM

Social Table Tennis

Wednesday Weekly 9.30-11.30am Max 16

It's like riding a bike – if you played in your younger days, it will come back! 1½ hrs of social doubles table tennis for fun. Have a dabble, no experience is needed, beginners are very welcome. Please bring your own bats if you have them but some are also provided.

Leader: **Fiona Wald** has played table tennis

WEDNESDAY

since she was 10 years old and still plays occasionally, socially and competitively.

EXTERNAL

Art Gallery Wanderings

2nd Wednesday Monthly 11.00am Max 15

Come along for a visit to a local gallery and enjoy this opportunity to explore different art spaces and art practice styles. This group is for those who have an interest in exploring Adelaide's art galleries and their current exhibitions. After the gallery visit, there's an option to have lunch and discuss what was seen.

The Group Leader will send out details of the selected venue prior to each visit including public transport access information.

Leader: Carolyn Chinca is an interested art enthusiast, keenly exposing herself to different art styles and techniques while always willing to increase her knowledge and share these experiences.

Yummy Lamb's Fry Lunch

3rd Wednesday 2 monthly 12.00-2.30pm, 19 March, 21 May, 16 Jul, 17 Sep, 19 Nov

Yes, there are still hotels around that serve lamb's fry, so if you enjoy the dish come and join this lunch group (strictly only for lamb's fry eaters, no ring-ins).

An email will be sent a week prior with the name of the venue, the meeting time and an email for rsvp. Lunch is at your expense.

Leader: Sue Henry Edwards attended the yummy lamb's fry lunch in 2024 and loved it.

Photography

2nd Wednesday Monthly 9.30-11.00am Max 15

Sessions will include photoshoots, sharing of photos and going to exhibitions. Photoshoots will be at various venues such as the Botanic Gardens and may be based on a theme.

This is not a technical course to learn how to operate your camera but rather a get together of like-minded enthusiasts. Suitable for beginners.

Participants will need to bring their own camera – any type of point and shoot, phone or DSLR.

Leader: Janet Hawkes is an enthusiastic photographer, not professional but she enjoys experimenting, being creative and having fun!

Reminder

Enrol early and select the course(s)/ activities you wish to join so you don't miss out plus diarise your critical dates.

Remember - if you can't attend a booked class, a session or an activity during the year then contact your Tutor or Group Leader etc to let them know (directly or via the online portal).

Also, if you are no longer able to continue with an activity, let your Tutor or Group Leader etc know, (directly or via the online portal) - there may be a waitlist.

THURSDAY

MR1

Armchair Travel

1st, 3rd and 5th Thursday 9.30-10.45am

This year our members will take us to exotic places far and wide. This is a very relaxed forum. Once you enrol you can attend as many or as few sessions as you like. Please note that the program is subject to change, so check the website for up-to-date information.

Leader: Rodney Gracey is a keen traveller and hopes to continue travelling.

Some UNESCO sites in Italy
06 February - Pauline Kemp

Morocco
20 February – Rodney Gracey

Story of Malta
06 March – Pauline Kemp

The Faces of India
20 March – Mary Abbott

Lap of England Part 1
03 April – Iwona Pattison

East Timor
01 May – Cathy Birchmore

Northern India
15 May – Paul Collins

Back-packing – Out of India into Afghanistan
29 May – David Wilson

A Talk About Train Travel
05 June – Daniel Turner

A Lap of England Part 2
19 June – Iwona Pattison

Canada – Tourist Hot Spots
03 July – Trudy Hocking

Cathedrals, Castles and Churches
31 July – Marja Nielsen

A Tour of The Balkans
07 August – Martin Crowe

A Gourmet Safari & Grand Tour of Greece
21 August – Rodney Gracey

Cruising the Yangtze River
18 September – David Kilner

A Trip to Antarctica
16 October – Alan Mauger

Kenya
30 October – David Wilson

“Vera Country” – The Delights of Northumberland
06 November – Liz Kerby-Eaton

East Coast USA
20 November – Trudy Hocking

Into the Midnight Sun
04 December – Karen Tierney

Birds

Talks: 2nd Thursday Monthly 9.30-10.45am

Field Trips: 4th Thursday 8.30am

27 February, 27 March, 22 May, 26 June, 24 July, 28 August, 25 September, 23 October, 27 November

Anyone can join, even those who don't know a duck from a grebe!

Our field trips will usually take us to local birding spots, often followed by a visit to a local coffee shop with occasional longer trips eg to Laratinga Wetlands. All trips will start at 8.30am at the site, there are spare binoculars for those who need them.

Leader: Pauline Kemp took up birding when she retired and loves it!

Program of Talks: please note that this is subject to change so watch the website.

Classification and Identification of Birds
13 February – Pauline Kemp

Habits & Habitat
13 March – Pauline Kemp

Feeding & Breeding
10 April – Pauline Kemp

Eyre Bird Observatory
8 May – Linda Christy

Birds and Water
12 June – Chris Bunn

THURSDAY

Owls

14 August – Pauline Kemp

Caring for Eggs

11 September – Chris Bunn

National Birds of the World

13 November – Pauline Kemp

Ukulele Jam Session

4th Thursday Monthly 9.30-11.15am

Dust off your ukulele, tune it up and join in a jam session plus a good ol' sing-a-long. If you can play 4 or more chords you will get a lot from these sessions as the more you play the better you become. You'll be advised a week before each session of the list of songs that will be played.

Note: song sheets will be emailed to you the weekend prior to each class. For those who have access to electronic devices such as iPads, tablets or laptops etc, the tutor will provide you with a link to a shared folder on google drive where you can access the songs directly. Bring a music stand if you have one.

Leader: Denise Connor is not a music teacher but really enjoys the fun of playing the ukulele with other ukulele players.

Tap Dancing

Weekly Thursday 11.30-12.30pm Min 8

Always wanted to tap dance? Here's your chance. Tap dancing is great for the bones; it improves cognitive function, muscle strength and flexibility, and it's fun!

The class introduces tap steps which eventually will become routine. The class will especially cater for seniors - no jumping or twisting or low-to-the-ground steps.

Wear casual clothing and tap shoes or alternatively wear flat shoes with a thick heel (approx 19mm).

Leader: Kathy Sampson was a SA U12 and U14 tap dancing champion. She obtained a Teachers Diploma specialising in tap dancing and taught dancing in schools.

MR2

Italian for Beginners

Thursday Weekly 11.00-12.30pm Max 16

The text book for the year in Italian for Beginners is *Buongiorno Italia!* by Joseph Cremona, published by BBC Active. It is based on authentic conversations and interviews recorded in Italy in simple, everyday Italian. The dialogues and reading passages offer a fresh perspective on modern Italian society, life-style and culture. In addition, we will also use Usborne's *Italian for Beginners* and CD, along with occasional handout sheets emailed to students. Each lesson will finish with the ever-popular travelogue where we visit a beautiful place in Italy.

This is a continuing class, but new enrolments will be accepted.

Tutor: Marie-Antoinette Galletta is of Italian descent and has visited Italy numerous times. In 2021, Marie began teaching Italian at U3A Inner North and has run Italian classes at U3A Campbelltown since 2014.

HISTORY ON THURSDAY

Thursday Afternoon Sessions **1.00-2.30pm**

History of Medicine

In the past two series Pauline has talked about many topics including the beliefs of the ancients, the dreadful plagues of the Middle Ages and diseases of famous people. This new series of 10 talks covers even more about the history of medicine.

Presenter: Pauline Kemp graduated in Medicine from the University of Adelaide in 1974 and spent 40 years as a General Practitioner. She sees herself as something of a historical figure because everything has changed since she went through medical school!

Early Medical Trailblazers

06 February

More Trailblazers

13 February

History of Childhood Diseases 1

THURSDAY

20 February

History of Childhood Diseases II
27 February

Medical Scandals and Disasters 1
06 March

Medical Scandals and Disasters II
13 March

Women's Business 1 – Women's Health
20 March

Women's Business II – Reproduction
27 March

Women's Business III – Cancers
03 April

Let's Not Forget the Men
10 April

From the Great War to the Great Depression: Four Australian Prime Ministers

The period 1914 to 1938 were dramatic and traumatic years for Australia, as we were impacted by the major international events of the early twentieth century. Four leaders grappled with these events. These talks will discuss who they were, what they did, and how successful they were. One was solidly Labor (Scullin); one was solidly conservative (Bruce); and two were Labor turncoats (Hughes and Lyons).

Billy Hughes – turncoat
01 May

Stanley Bruce – solidly conservative
08 May

James Scullin – solidly Labor
15 May

Joseph Lyons – turncoat
22 May

Presenter: David Kilner graduated with a Ph-D in political science from the University of Adelaide in 1989 and is an avid student of Australia's political history.

Sir Charles Todd: More Than the Telegraph
11 September

Most people associate Charles Todd with the building of the overland telegraph from Adelaide to Darwin, but he was far more than that – Government Astronomer, Head of Posts and Telegraphs and Government Meteorologist. He is buried in the North Road Cemetery, Nailsworth.

Presenter: David Kilner worked in social policy but has always enjoyed learning about science and scientists, especially polymaths like Todd.

Anglo Saxon England
14, 21 and 28 August

They lasted for 650 years, a third of the entire recorded history of England, yet are almost unknown to most people. We look at the abandonment of Britannia by Rome and subsequent Anglo-Saxon invasions, their culture, the gradual emergence of separate kingdoms and the rise of Christianity. Then the struggles against the Vikings, the centralising of power under the kings of Wessex and the emergence of an English nation. And finally, the arrival of the Normans.

Presenter: Sue Garforth

Scientists: The Person, their Times and their Achievements

In these ten talks, the focus will not only be on the scientific achievements of these scientists but also on who they were, where and when they lived and the social context in which they lived.

Scientist: Archimedes
18 September

Scientist: Copernicus
25 September

Scientist: Kepler
16 October

Scientist: Galileo
23 October

THURSDAY

Scientist: Newton
30 October

Scientist: Darwin
06 November

Scientist: Clerk Maxwell and Faraday
13 November

Scientist: Einstein and Hawking
20 November

Scientist: Non-European Science
27 November

Scientist: Women in Science
04 December

Presenter: David Kilner

HALL

Mosaics

Thursday Weekly 1.00-3.00pm Max 15

Learn basic mosaic techniques. Your first project is to decorate a garden pot (\$5.00 material cost, paid direct to the group leader). After that, you will be given ideas for your own project including types of resources available and where to purchase suitable materials. Teresa will guide you and teach you tricks and tips that she has learnt over the years. You will enjoy good company in a relaxed and fun environment.

Leader: Teresa Pizzino has been a mosaic artist for over 10 years and is the group leader of Cracked Pot Mosaics, a local community group.

Art Appreciation

Thursday Weekly 1.00-3.00pm

This class is suitable for beginners or skilled artists who wish to paint in oils, acrylics or watercolors. Attendees may use any medium except oil paints that use turpentine. Students to bring all materials used during the class.

Leader: Alicja Cheshire enjoys all aspects of art.

EXTERNAL

Op Shop Wanderings

4th Thursday Monthly 11.00am Max 10

With sustainability being the buzz word and recycling being the best sustainable action, come and discover the treasures in local Op(portunity) Shops. You might discover a new addition to your wardrobe, a longed-for book or music performance or just a chance to look at a reminder of times gone by!

A variety of locations will be visited, like Findon, Blackwood, Norwood, Semaphore and afterwards have a coffee/lunch with a chance to chat about our experience.

Leader: Carolyn Chinca's first job was as a cashier in an Op Shop and she has been driven to discover their treasures ever since.

**Looking for something else and
can't find it here**

South Australia - Other U3As

In addition to U3A Inner North, there are 19 other U3As in South Australia, most of which have their own website.

As a financial member of U3A Inner North, you can also become an affiliate member of another U3A and pay an affiliate membership fee (varies per club).

Then, as an affiliate member you can apply to participate in that U3A's activities (...but you have no voting rights).

FRIDAY and OTHER

MR1

Mah Jong – Competent (no wait list)

Friday Weekly 10.00-12.30pm Max 20

Mah Jong is a table game of three to four players and is played with a set of 144 special tiles. The game includes many interesting features of the old Chinese game but has been adapted to meet the demands of Western players. Mah Jong sets are supplied.

Leader: Daniel Turner is an avid Mah Jong player.

MR2

Canasta

1st, 3rd and 5th Friday 1.30-3.30pm

Classic Canasta version is played but other versions may be on offer depending on player numbers. The objective of the card game Canasta is to beat the opposing team (or opposing players) by scoring more points. 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. If you have a Canasta pack of cards, please bring it along to ensure we have enough packs. Beginners and those who already know how to play are all welcome.

Leader: Kristina Barnett

Tell Me What You Think

2nd Friday Monthly 1.30-3.00pm Min of 15

Tell Me What You Think is a current affairs discussion group for people who like a lively conversation about matters of importance. The discussions are stimulating and informative and you get adequate opportunity to express your views in a non-confrontational, respectful environment.

The discussion topics are eclectic and the choice is largely democratic but we are also open to suggestions. Usually, the topics have been in the news recently and are often contentious! If your suggestion is accepted, you may choose to "lead" the discussion and provide reading resources, so that they can be distributed to everyone.

Leader: David Kilner has a background in social work and social policy development and is a keen student of current affairs.

Quiz Session – “On the Tip of My Tongue”

4th Friday Monthly 1.30-3.00pm

Stretch your brain at the monthly quiz sessions. Questions will be in different categories on a range of topics and will be held like good old-fashioned quizzes from years ago. There are no prizes, just the accolade for being able to remember the most that week!

Participants will be on tables of four persons. You can make up your own table or be placed on a table on your arrival at each session. The idea is to move around each session and meet lots of people!

Leader: Linda Christy is an avid quiz night attendee playing on many teams.

EXTERNAL

Friday Book Group

1st Friday Monthly 11.00-12.30pm Meet at Payinthe, Prospect Road Max 10

Note: The group meets every month from February to December including term breaks.

Read books and meet new people. This is an opportunity for enthusiastic readers to come together monthly to discuss a chosen book. Books are chosen by the group from a range of sets available at the Prospect Library hence the limitation to 10 people. Members do not need to purchase books.

Leader: Jenny Smith is an avid reader and talker.

Let's Do Lunch

3rd Friday Monthly 12.30-2.30pm Various Locations Max 12

Meet up with other Inner North members and enjoy a meal at a different local pub.

An email will be sent a week prior with the name of the pub, the meeting time and an email address for an RSVP. Lunch is at your own expense.

FRIDAY and OTHER

Leader: Lee Tai enjoys going out with people for casual meals and having a break from cooking and washing up. She likes to discover nice pub food in the local area.

Men's Lunch Discussion Group

3rd Friday Monthly 12.00-3.00pm various locations Max 15

This is a men only group.

A monthly meeting of gentlemen at a selected nearby lunch venue for the purpose of having a relaxing meal and discussion about matters of importance, both historical and current.

Leader: Jeff Standfield is a retired public servant qualified in the areas of chemistry and public health and safety. He is fascinated by the artistic achievements of others and is searching for some philosophy that explains what he sees happening around him.

Classical Music Appreciation

2nd Friday Monthly 2.00-4.00pm Max 15 Meeting in the home (Prospect)

Come and relax with our group of people who enjoy celebrating different genres of classical music from many cultures and places. We all share our knowledge and experience.

Leader: Jude Hennig

It's Five O'clock Somewhere

Different days, different times, different places Max 12

Calling members who are interested in getting together for a chat and dinner. "It's Five O'clock Somewhere" is an expression that means it's time for a meal or drink or quit work regardless of the time in your time zone. There are a few lunch groups already within Inner North, but this will be different as we venture for a late afternoon/evening get together at a local hotel, cafe or restaurant on a chosen day.

Please enrol if you are interested and you will be contacted with details.

Coordinator: Anneke Hofmann

Jigsaw Swap Group

Do you have a pile of jigsaws in your cupboard which you have already done but are reluctant to part with?

Pauline is forming a U3A Inner North jigsaw group, so members can swap jigsaws amongst themselves. Members will retain ownership of their jigsaws.

Please enrol if you are interested and you will be contacted with details.

Coordinator: Pauline Kemp is a self-confessed jigsaw junkie.

Now that you've nearly come to the end of the booklet and you're excited about all the activities and talks and thinking about what to enrol in,

**PLEASE ALSO THINK ABOUT
Volunteering to be a
Tutor/Group Leader etc**

Our tutors and group leaders are central to our organisation, they freely give their time and knowledge to make U3A Inner North what it is.

Besides having fun, the sharing of skills and knowledge amongst us is core behind our organisation.

If you have some special knowledge or skill etc that you would like to share in any format, please contact the Program Manager program@u3ainnernorth.org.au

OUT AND ABOUT - VARIOUS DAYS – EXTERNAL

Planetarium Mawson Lakes

Friday 7 February 10.30am Max 45

Duration: 1½ hours Fee \$12-\$20 depending on number attending (cash on entry).

University of SA lecturer, Mary Adam, will take us on a tour of the night sky at the Adelaide Planetarium. Mary will explain the planetary movements and star constellations, followed by a screening of a special film, “Capturing the Cosmos” which will be projected up under the domed ceiling. This film explores cutting edge astronomical discoveries, focusing on Australian scientists using advanced technologies to map the far reaches of the universe, study galaxy formation, and unravel the mysteries of dark matter. After the session, interested people can meet for lunch in one of the Mawson Lakes eateries.

Meet and travel details will be provided in the reminder notice.

Leader: John Whitehead

Visit to the Australian Space Discovery Centre

Thursday 27 March 10.00am Max 45

Duration: 1½ hours No Fee

Assisted by a Space Communicator, we will explore the latest innovations in space technologies, learn about Australia’s role in space and be inspired by stories of opportunity, curiosity and technology. After a live presentation in the theatre, proceed to view various exhibits and displays which highlight Australia’s role in space exploration and the growing local space industry. There is a viewing area that overlooks the Mission Control Centre.

Meet and travel details will be provided in the reminder notice.

Leader: Cathy Birchmore

Haigh’s Chocolate Factory Tour

Monday 31 March 11.00am Max 18

Duration: tour 30min plus time in the Visitor Centre No Fee

Take a guided tour of Haigh’s Chocolate Factory and restock just before Easter. Haigh’s chocolatiers will show their artisan techniques in handcrafting the iconic range of chocolate delights plus you’ll enjoy special chocolate tastings during the tour. After the tour there will be time to spend at the shop to look around and get some bargains.

Meet and travel details will be provided in the reminder notice.

Leader: Jane Lee

Campbelltown Food Trail – Bus Tour

Tuesday 8 April 10.00am Max 19

Duration: 4 hours Fee \$45 including morning tea and lunch and a small bag of goodies.

The Flavours of Campbelltown Food Trail® Bus Tour will take you into the heart of the City of Campbelltown’s vibrant community to enjoy the hospitality of selected local businesses. Campbelltown celebrates many cultures from pre-settlement to today where many waves of migration have influenced the changing food culture in the region. The tour includes locally-made morning tea (hot drink and cake/slice) and lunch and provides an opportunity to purchase local products from renowned local businesses.

Meet at the Campbelltown Council, 172 Montacute Road, Rostrevor at 9:50am

Leader: Mary Abbott

River Walk

Monday 5 May 10.30am Max 20

Duration: 1½ hrs No Fee

Take a stroll along the River Torrens Linear Park and discover what happened there in the past. Participants will learn about the daily chores of the Aboriginal people who used to live there and how pioneers farmed the land leaving behind a few now historic buildings. It is a gentle 2.5km walk mostly on asphalt paths and small sections of grass.

Meet opposite 46 Historic Drive, Highbury by 10.20am, park on the street in proximity to the address.

Leader: Iwona Pattison

OUT AND ABOUT - VARIOUS DAYS – EXTERNAL

Adelaide Botanic Gardens

Monday 19 May 10.30am Max (12)

Duration: 1½-2 hrs No fee

Adelaide Botanic Gardens (ABG) is recognized as one of the most beautiful Botanic Gardens in the world. The Adelaide Garden has a series of historic features and the visit will include the Palm House, the Amazon Waterlily Pavilion, the unique Museum of Economic Botany, the Bicentennial Conservatory and a couple of trees that predate European settlement in South Australia.

Meet and travel details will be provided in the reminder notice.

Leader: Ray Fife

Tea Tree Gully Heritage Museum

Monday 2 June 10:30am Min 12 Max 20

Duration: 1½ hrs Fee \$10 (pay on arrival) which includes admission to the museum and morning tea with homemade biscuits.

The Tea Tree Gully Heritage Museum was previously the Highercombe Hotel which opened in 1854. It has also been a community meeting room, a post office, a school room and a residence for postal officers, teachers and a private family. A guided tour will take participants through the main building to several outdoor pavilions displaying the themes of: *Slab Hut to Food Bowl, Vines to Wines, Hoe to Harvest and Carts to Cars*. Note: there is a flight of stairs to get to the first floor and no lift.

Meet at the Museum, 3 Perseverance Road, Tea Tree Gully at 10.20am

Leader: Linda Christy

Backstage Tour of the Tea Tree Players Theatre

Thursday 26 June 10.00am Max 20

Duration 1½ hrs No fee voluntary donation

Known as “The Best Little Theatre in Adelaide” the Tea Tree Players have delighted audiences for almost 50 years. Learn about the history of the theatre and venture backstage to learn how plays are

created and delivered. Run entirely by volunteers, this theatre is full of wonderful stories. Our tour guide will be the theatre’s president, Theresa Dolman.

Meet at 9.50am at the main entrance to the theatre, Yatala Vale Rd, Surrey Downs.

Leader: Rick Mills

SA Aviation Museum

Wednesday 23 July 11.00am Max 12

Duration: 1hr-1½ Fee \$15 (Conc \$10.50)

Take a guided tour of 27 aircraft (all of them under cover) each with its own unique story. Several are the only examples of their type on display in Australia. Visitors will be able to enter the cabins of 7 of the aircrafts. The museum also boasts various collections including communications equipment, missiles and rockets, models, uniforms and more. SAAM is a private museum run entirely by a small group of volunteer aviation enthusiasts. Perhaps meet for lunch afterwards in the nearby area.

Meet outside the Museum by 10:50am – Entry is 16 Bedford Street, Port Adelaide. Look for the museum’s colourful sign.

Leader: Ian Drake

Historic Medindie Walk (1a)

Monday 04 Aug at 10.30am Max 15

Historic Medindie Walk (1b)

Wednesday 05 Nov at 10.30am Max 15

Note: Please register for one date only.

Duration: 1½ hrs-2 hours No fee

Medindie contains many fine homes and historic mansions. In South Australia the gentry usually came to live in the city or nearby on “country” acres convenient to town. The first walk will go along Herbert St, The Avenue and Robe Terrace and includes historic Willyama, Farlea, Rhylo, Stonehenge and Glenroy/Ennis (where the Pope stayed in 1986).

Meet at (location to be confirmed) at 10.20am. Wear enclosed walking shoes.

Leader: Sue McMillan

OUT AND ABOUT - VARIOUS DAYS – EXTERNAL

Historic Medindie Walk 2a

Monday 18 Aug 10.30am Max 15

Historic Medindie Walk 2b

Wednesday 19 Nov at 10.30am Max 15

Note: Please register for one date only.

Duration: 1½-2 hrs No fee

We continue our exploration of the many fine Medindie homes and historic mansions by meandering along Hawkers Road and Dutton Terrace. Our historical journey includes *The Myrtles*, *The Briars*, Medindie School and Kindergarten (Wilderness School) and *Sunbury* (whose owner was at one time press secretary to Prime Minister Billy Hughes).

Meet at (location to be confirmed) at 10.20am. Wear enclosed walking shoes.

Leader: Sue McMillan

North Road Cemetery – Tragic and Unexpected Deaths

Monday 01 September 10.00am Max 15

Duration: 2 hrs No fee

Third time lucky to offer this tour! North Road Cemetery has published a book titled *Tragic and Unexpected Deaths*. You will take a walk around the Cemetery while talking about some of the tragic stories highlighted in the book. Some people died in the line of duty, some by random accidents, some by suicide and there are even a few murders.

Meet at eastern end of the Cemetery (off D'Erlanger Avenue, Collinswood). Wear enclosed walking shoes.

Leader: Angy Henn

Prohibition Gin Masterclass

Tuesday 23 September 11.00am Max 30

Duration: 1hr Adults: \$27pp

The Prohibition Liquor Co. Distillery is the only fully functioning distillery located in the heart of Adelaide and offers a unique opportunity for guests to see the process and meet the makers in a genuinely interactive environment.

The masterclass will include a staff-led

tasting of three Prohibition gins along with mixers and garnish. Participants will be taken on a tour of the still as part of this experience. Food will be available to order from the Tasting Room menu (not included in admission)

Meet at **10:50am** in front of the Prohibition Liquor Co, 22 Gilbert St, Adelaide

Leader: Ian Drake

Tour of Torrens Island and the Quarantine Station

Monday 13 October 11.00am Max 15

Duration: 4.0 hrs No fee

Torrens Island, located off Garden Island, has played a varied role in the history of South Australia. Isolated enough to be used as a long-standing Quarantine Station for people and animals, it has had various other interesting uses as well e.g. as the site of a WW1 detention camp. Tour leader Dr Chris Bunn, a former resident veterinarian, has interesting stories to tell of both the island and the Quarantine Station. Chat over a BYO lunch.

Detailed travel directions will be provided. Wear enclosed walking shoes.

Leader: Dr Chris Bunn

Water Treatment Works, Bolivar

Wednesday 12 November at 10.30am Max 15

Duration 2 hrs No fee

The largest treatment plant of its kind in South Australia, it serves customers across the greater Adelaide region. At Bolivar, sewage is taken through a number of treatment process stages before it is ready for reuse as biogas, biosolids and recycled water, or for release back into the environment. Join this “behind the scenes” look into how we treat sewage and give it another useful life.

Travel directions will be provided. Uneven surfaces, wear enclosed walking shoes.

Leader: Sue McMillan