



UNIVERSITY
OF THE
THIRD AGE
STRATHALBYN

*Courses &
Activities*

2026

E: strathalbynu3a@gmail.com

<https://www.strathalbynu3a.com>

Connect . Learn . Community

The University of the Third Age, or U3A, is a world-wide organisation of more than fifty years standing and offers a range of activities aimed at stimulating and supporting retired or semi-retired people.

At U3A Strathalbyn we actively encourage people of any age to join. We have adopted this policy largely to encourage interaction between the generations with a view to promote understanding and share ideas and values. Modern-day segregation has done little to elevate the value and wisdom of the older generation, nor the skills that the younger generations can share.

Our membership is not restricted to residents of the Strathalbyn area.

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MEMBERSHIP FEES .

The payment of an annual membership fee of \$50 entitles members to attend any course and special events listed in the program. Some courses attract a venue fee and a charge for materials. For further details please refer to the enrolment form. If you join any time after 1 July, all fees are reduced by 50%. Membership is free for Activity Leaders.

ENROLMENT .

Depending on vacancies, enrolments are accepted at any time. If a course is full, you will be advised and your name placed on a waiting list. You will be contacted when there is a vacancy.

An enrolment day is held in January – date and location to be advised.

Enrolment forms can be:

- * Downloaded and printed from the U3A website and emailed to strathu3a@gmail.com
- * Returned to the U3A drop box at the Strathalbyn Neighbourhood Centre
- * Printed copies are available at the Strathalbyn Neighbourhood Centre.

PAYMENT .

Payment can be via Electronic Funds Transfer to:

- * University of the Third Age, Strathalbyn BSB 105 019 Account 047010340

*If paying on-line, your transaction should be clearly identifiable with your family name and initials.
Payment notifications can be emailed to strathalbynu3a@gmail.com.*

- * Cash deposits are accepted at Bank SA Strathalbyn if you carry ID. The deposit slip should clearly state your full name and that the payment is for Strathalbyn U3A membership.
- * Cash /cheque to the U3A drop box at the Strathalbyn Neighbourhood Centre in a clearly named envelope with the correct money.

Email: strathalbynu3a@gmail.com

Website: <https://www.strathalbynu3a.com>



SUBJECT	PRESENTER	PHONE	VENUE	FREQUENCY	COMMENCING / THEN	TIME
ART - MIXED MEDIA *	Adrian Lose	0419 951 101	Red Hen, Railway Station	Twice monthly	5/2/26 - 1st & 3rd Thursday	10.00 - 12.30pm
FIRST WEDNESDAY BOOK CLUB	Jasmine Hunt	0423138311	Private residences	Monthly	4/2/26 - 1st Wednesday	2 - 3pm
FLOWER ESSENCES	Marilyn Henn	0419 188 162	Red Hen, Railway Station	Weekly	27/1/26 - Tuesdays (10 Weeks)	12.30 - 2pm
FRENCH - BASIC CONVERSATION	Pat Eglinton	0418956725	94 Phillips Hill Rd, Bull Creek	Fortnightly	6/2/26 - 1st & 3rd Friday	10.30 - 12 noon
GENEALOGY	Caroline Dennis	0419811384	Angas Room Strath Library	Monthly	17/2/26 - 3rd Tuesday	10.00 -12 noon
HISTORY TALKS	Alan Atkinson	0437862 794	Red Hen, Railway Station	Fortnightly	2/3/26 - Mondays (7 Weeks)	10.00 - 11.30am
ITALIAN *	Doriana Barone	0401717756	Red Hen, Railway Station	COURSE FULL	11/2/26 - 2nd & 4th Wednesday	10 - 11.30am
JAPANESE FOR BUSY PEOPLE *	Pat Eglinton	0418956725	94 Phillips Hill Rd, Bull Creek	Twice monthly	5/2/26 - 1st & 4th Thursday	10.30 -12 noon
MAHJONG *	Mandy Walker	0403126386	Jack's Café, High Street	Weekly	27/1/26 - Tuesdays	12.30 - 3.30pm
MEDITATION & HUMMING *	Ingrid Johansson	0404765753	Red Hen, Railway Station	Twice monthly	11/2/26 - 2nd & 4th Wed	12.30 - 2pm
PETANQUE (BOULES)	Maria Maxwell	0412321036	Lawns at Colman Terrace	Twice monthly	19/1/26 - 1st & 3rd Monday	9.00 am
PHILOSOPHY AT THE VIC	Ingrid Johansson	0404765753	Conference Room, Victoria Hotel	Fortnightly	8/5/26 - 2nd and 4th Friday	10.30 - 12 noon
PHOTOGRAPHY	John Keating	0467722195	Red Hen, Railway Station	Monthly	17/4/26 - 3rd Friday	10:00 - 11.30am
SOCIAL ART	Rhonda McCarthy	0473111516	Scout Hall Milnes Road	Weekly	29/1/26 - Thursdays	9:30 - 11:30am
SPANISH FOR FUN	Margaret Skene	0400365385	Red Hen, Railway Station	Weekly	3/2/26 - Tuesdays	10.30 - 12 noon
WALKING FOR FUN	Di Picard	0478391304	Meet at Colman Top car park	Monthly	18/3/26 - Wednesdays	9.00am
WALKAEROBICS	Bronwyn Holdsworth	85362085	Lutheran Hall, Commercial Rd	Twice weekly	6/1/26 - Tues and Fridays	8.00 - 9.00am
WINE APPRECIATION	Colin Forbes	0400029771	Uniting Church Hall, Alfred Pl	Monthly	6/3/26 - 1st Friday	5:30 - 7pm
YOGA *	Gaynor Hartvigsen	0409363907	Anglican Hall, East Terrace	Weekly	27/1/26 - Tuesdays	9 - 10.30am

* **School terms only**

Enrolment forms are available at the Strathalbyn Neighbourhood Centre, 6 Parker Ave, Strathalbyn or are downloadable from our website - <https://www.strathalbynu3a.com>

Last updated 30/12/25



Courses & Activities for 2026



U3A Strathalbyn's courses and activities can be divided into six major categories.

Art & Media	Art Classes (Mixed Media), Photography and Social Art
Fun & Games	Mahjong, Petanque
Health & Wellbeing	Flower Essences, Meditation & Humming, Walk Aerobics, Yoga
History & Genealogy	Genealogy, History Talks
Languages	Conversational French, Italian, Japanese for Busy People, Spanish for Fun.
Lifestyle	Philosophy at the Vic, Walking for Fun, Wine Appreciation

For those looking for something a little different we have five new classes, Art – Mixed Media, Mahjong, Flower Essences and Spanish for Fun and History Talks. Many of your old favourites are back too. Full details are on the following pages.

ART CLASSES – MIXED MEDIA .

(new in 2026)

A relaxed and creative class suitable for both beginners and experienced artists.

Learn and apply the principles of design, tone and colour, while exploring a variety of media. These include pastels, watercolours, acrylic, pencil and charcoal (excluding oils). Adrian brings over sixty years of artistic experience and teaching across Queensland, Tasmania and South Australia, inspiring students to express their unique style.

When: 1st and 3rd Thursdays (during school terms), 5/2/26 to 19/11/26

Time: 10:00 am – 12:30 pm

Where: Redhen Railway Carriage, Strathalbyn Railway Station

Leader: Adrian Lose, 0419 951 101

FIRST WEDNESDAY BOOK CLUB .

Every month we enjoy a light-hearted meeting that springs from a love of literature.

Opinions on the Book of the Month always spark an interesting discussion. Our reading list comes together from a combination of novels, classics, short stories and biographies by established authors and new voices too.

Join us to share your favourites and make discoveries in the wonderful world of books and reading!

When: 1st Wednesday each month, 4/2/26 to 2/12/26

Time: 2pm

Where: Private premises (on rotation)

Leader: Jasmine Hunt, 0423 138 311

FLOWER ESSENCES .

Step into the World of Flower Essences (new in 2026)

This ten-week course explores the history, ideas and emotional language behind Flower Essences.

This course focuses on education and discussion - not diagnosis or treatment, but questions on the traditional manufacture of essences are welcome. However, participants are encouraged at all times to consult their preferred medical or veterinary professional for any personal health decisions.

Enjoy sharing and learning in a safe, relaxed and supportive environment, as Marilyn furthers your understanding.

When: Commencing 27/1/2026 (10 weeks)

Time: 12:30 – 2 pm

Where: Redhen Railway Carriage, Strathalbyn Railway Station

Leader: Marilyn Henn (Dip. In Shiatsu), 0419 188 162

FRENCH .

Basic Conversation

This course is suited to anyone keen to brush up on their school room French or to maintain their linguistic skills. Beginners are welcome to join.

When: 1st and 3rd Friday (during school terms), 6/2/26 to 4/12/26

Time: 10.30 - 12 noon

Where: 94 Phillips Hill Road, Bull Creek

Leader: Pat Eglinton, 0418 956 725

GENEALOGY .

Join our enthusiastic group of family history sleuths and share your ideas and problems, progress and achievements while you trace your family history. Find out about researching on-line, genealogy resources, methods of preserving and sharing your family history for future generations, and much more.

When: 3rd Tuesday each month, 17/2/26 to 17/11/26

Time: 10.00 -12 noon

Where: Angas Room, Strathalbyn Library

Leader: Caroline Dennis, 0419 811 794

HISTORY TALKS .

From Colonisation to Federation (new in 2026)

New for 2026, this group explores the various elements of early Australian history. Talking points for this interesting series of talks will include the British Empire, Convicts, Invasion vs settlement, First Peoples and the Law.

Initially running for seven fortnightly sessions during, there is scope for this course to continue into Semester 2.

When: Monday fortnightly, 2/3/26 – 15/6/26

Time: 10:00 – 11:30 am

Where: Redhen Railway Carriage, Strathalbyn Railway Station

Leader: Alan Atkinson, 0437 862 794

ITALIAN .

This course is designed to introduce you to the Italian language and culture through a variety of enjoyable listening, reading, writing and speaking exercises. These exercises cover the essentials such as greetings, grammar and everyday interactions.

Learning a new language can have many benefits including improving cognitive skills, cultural understanding and communication. This course highlights how the use of language allows us to develop these skills. Join in the fun while Doriana guides you through the intricacies of the Italian language, while learning the many gestures that are used by Italians, and some interesting facts about Italy. Participate in Italian conversation, listening to and writing dictation

When: 2nd and 4th Wednesdays (during school terms), 12/2/26 – 25/11/26

Time: 10.00- 11.30am

Where: Redhen Railway Carriage, Strathalbyn Railway Station

Leader: Doriana Barone, 0401 717 756

JAPANESE FOR BUSY PEOPLE .

Conversational Japanese taught using a simple method developed for teaching school students. Students learn the sentence structure, vocabulary and grammar used in common situations such as travelling, shopping and weekend activities.

Recognition and writing of Japanese characters is also encouraged, along with composing sentences, speaking, listening and responding to the group. Beginners are welcome.

When: 1st and 4th Thursdays (during school terms), 5/2/26 – 3/12/26

Time: 10.30 - 12 noon

Where: 94 Phillips Hill Road, Bull Creek

Leader: Pat Eglinton, 0418 956 725

MAHJONG

At Jack's Café. (new in 2026)

Join this new group as they take part in their weekly games at Jack's Café.

Mahjong is a game of strategy originating in China and is usually played in groups of four.

Enjoy the benefits of the game including improved memory, strategic thinking and problem solving. Make new friends and stay socially connected.

When: Tuesday weekly (during school terms) 27/1/26 – 8/12/26

Time: 12:30 – 3:30 pm

Where: Jack's Café, High Street

Leader: Mandy Walker, 0403 126 386

MEDITATION & HUMMING .

Take a gentle pause from the busyness of life.

Through simple meditation and the healing vibration of humming you'll learn how to calm your mind, restore energy and bring harmony to body and spirit. Even a few minutes of humming can ease stress, up lift mood, and bring clarity and peace. (continued next page)

Beginners to advanced meditators are warmly welcome.

When: 2nd and 4th Wednesdays (during school terms), 11/2/26 – 25/11/26

Time: 12.30 - 2pm

Where: Redhen Railway Carriage, Strathalbyn Railway Station

Leader: Ingrid Johansson, 0404 765 753

PETANQUE (BOULES) .

Petanque is a simple and non-threatening game played by a rather exuberant group of people who try to adhere to a simple set of game rules.

The game is usually followed by refreshments at a local café. What better way to start the week.

When: 1st and 3rd Mondays, 19/1/26 – 21/12/26

Time: Begins at 9am

Where: Coleman Terrace Lawns

Leader: Maria Maxwell, 0412 321 036

PHILOSOPHY AT THE VIC .

Peter Sutton and Ingrid Johansson will lead this popular discussion group during 2026. Join in the conversation as they ponder a diverse range of topics, from the newsworthy to the obscure. Present a topic of your own.

Recommencing on the 8th of May, the group meets at 10:30 on the second and fourth Friday mornings in the Conference Room at the rear of the Victoria Hotel. Come a little earlier to grab a coffee in the gaming room on your way through.

When: 2nd and 4th Fridays, 9/5/26 – 30/10/26

Time: 10:30 - 12 noon

Where: Conference Room, Victoria Hotel (entrance through side alley)

Co-Leader: Ingrid Johansson 0404 765 753

PHOTOGRAPHY .

Getting the Most from Your Digital Camera

Whether you are new to photography or an experienced hobbyist this course will be beneficial. Designed for DSLR or mirrorless cameras, with fixed or interchangeable lenses John's course will help you to get the best from your camera and to take photos that meet your needs and expectations. Understanding the basics of exposure, getting desired focus, learn the various settings and what makes a great composition; **the camera is a tool, we make the photograph.**

The course will involve some theory and concepts, but the emphasis will be on getting out there and making photos. You will also have the opportunity to submit a portfolio of five photos from each of the field trips for the course leader to review and critique before the next session.

When: 3rd Friday each month (six sessions) 17/4/26 – 18/9/26

Time: 10 – 11:30 am

Where: Redhen Railway Carriage, Strathalbyn Railway Station

Leader: John Keating, 0467 722 195

SOCIAL ART .

This long-standing group provides an opportunity to gather up your canvas and paint, or pencils and paper to spend time doing your own art among congenial like-minded people.

Take the opportunity to extend your skills and to explore new techniques using a variety of mediums.

Anyone with an interest in art is welcome to join us.

When: Thursday weekly, 29/1/26 – 17/12/26

Time: 9.30 - 11.30am

Where: Scout Hall, Milnes Road, Strathalbyn

All Enquiries: Jasmine Hunt, 0423 138 311

SPANISH FOR FUN .

Join this energetic group for Spanish conversation, music and grammar. Beginners are welcome as our flexible format will help you get started with the language while more advanced learners will have the opportunity to put their knowledge into practice.

All resources will be provided.

When: Tuesday weekly, 3/2/26 – 30/6/26, then 4/8/26 - 1/12/26

Time: 10:30 – 12 noon.

Where: Redhen Railway Carriage, Strathalbyn Railway Station

Leader: Margaret Skene, 0400 365 385

WALK AEROBICS .

Walk aerobics involves gentle exercises to music, some in the form of simple dance routines but all designed to keep the body as supple as possible. The focus is on maintaining flexibility, balance and aerobic health as well as bone density and mental well-being.

Get moving and enjoy the fun.

When: Tuesdays & Fridays, 6/1/26 – 18/12/26

Time: 8am

Where: Lutheran Hall, Commercial Rd

Leader: Bronwyn Holdsworth, 8536 2085

WALKING FOR FUN .

Designed with an emphasis on fun, fresh air, friendship and gentle fitness, our walks take place once a month.

Of approximately one and a half hours duration, the group leaves for various destinations within a 65 km drive of Strathalbyn. The walking routes taken can differ in degree of difficulty but are mostly easy going - it's certainly not a power walk! Members are encouraged to take a turn in organising a walk. Carpooling is practical and convenient.

When: 3rd Wednesday each month, 18/3/26 – 18/11/26

Time: 9am

Where: Meet at Colman Terrace car park

Leader: Di Picard, 0478 391 304

WINE APPRECIATION .

Do you enjoy a glass of wine but would like to know more about how to truly appreciate the colour, smell and taste. Would you like to find out more about what goes into your glass and some of the nuances of wine making?

This convivial group meets on a Friday evening once a month at the Uniting Church Hall.

A \$10 charge per session covers the cost of the wine sampled.

When: 1st Friday of each month, 6/3/26 – 4/12/26

Time: 5:30 – 7:00 pm

Where: Uniting Church Hall, Alfred Place

Leader: Colin Forbes, 0400 029 771

YOGA .

Bringing mind, body and spirit together is the mantra of yoga. Gaynor's sessions are so designed with emphasis given to breathing and gentle stretching.

You are encouraged to work within your own capabilities.

When: Tuesday weekly (during school terms), 27/1/26 – 8/12/26

Time: 9.00am

Where: Anglican Hall, East Terrace

Leader: Gaynor Hartvigsen, 0409 363 907

Enrolment Form



Email: strathalbynu3a@gmail.com

Website: <https://www.strathalbynu3a.com>

ph. 0423 138 311 (Jasmine Hunt, Secretary)

New Member **Continuing Member** (Please Tick) **Enrolment Date:**// 20.....

How did you first hear of U3A? (Please tick as appropriate in the space provided)

Website Facebook Community Noticeboard Neighbourhood Centre Press Release Word of Mouth Other

Your Name:	Year of birth (for data collection purpose)
Street address:	Postal address (if different):
Email:	
Mobile:	Home phone:

Emergency contact:

Name	Relationship to you	Phone

Please tick which courses and activities you plan to attend. A full description is available on our website. A \$50 membership fee is payable prior to attending a course.

If a course is full, you will be advised and your name placed on a waiting list. You will be contacted when there is a vacancy.

Venue Charges: Please note that some courses also attract a venue charge as noted below. (EXAMPLE 1) if you enrol in Social Art alone, you pay an annual membership fee of \$50 + \$25 venue charge; (EXAMPLE 2) enrolments in both the Genealogy Group and Social Art will attract one annual membership fee of \$50 + \$25 venue charge. The second (lesser) venue charge is free.

<input type="checkbox"/>	Art - Mixed Media	<input type="checkbox"/>	First Wednesday Book Club
<input type="checkbox"/>	Flower Essences	<input type="checkbox"/>	French Conversation
<input type="checkbox"/>	Genealogy (\$10 venue charge)	<input type="checkbox"/>	History Talks
<input type="checkbox"/>	Italian	<input type="checkbox"/>	Japanese
<input type="checkbox"/>	Mahjong	<input type="checkbox"/>	Meditation & Humming
<input type="checkbox"/>	Petanque (Boules)	<input type="checkbox"/>	Philosophy at the Vic
<input type="checkbox"/>	Photography	<input type="checkbox"/>	Social Art (\$25 venue charge)
<input type="checkbox"/>	Spanish	<input type="checkbox"/>	Walking for Fun
<input type="checkbox"/>	Walkaerobics (\$25 venue charge)	<input type="checkbox"/>	Wine Appreciation (\$10 venue charge)
<input type="checkbox"/>	Yoga (\$15 venue charge)	<input type="checkbox"/>	Other

I have read and will abide by the Code of Conduct on the reverse.
 (PLEASE TICK)

EFT payments to: University of the Third Age, Strathalbyn, BSB 105 019, Account no. 047010340

If paying on-line, your transaction should be clearly identifiable with your **family name and initials only**.

Cash deposits are accepted at Bank SA, Strathalbyn if you carry ID, and the deposit slip clearly states your full name and that your payment is for Strathalbyn U3A membership.

Please e mail the completed form to strathalbynu3a@gmail.com, or leave it within the U3A box at the Strathalbyn Neighbourhood Centre, 6 Parker Ave, Strathalbyn.

Code of Conduct

University of the Third Age, Strathalbyn

This Code of Conduct is designed to maintain positive and harmonious relationships between our members, the community and other organisations.

As a self-funded, not for profit, member based, organisation there is an expectation that all members and presenters behave in a courteous manner in all dealings by following the Code of Conduct, organisational Policies and Procedures.

1. Participating in activities in a friendly and positive way.
2. Being honest and ethical in all dealings between all members, presenters, the community and other organisations.
3. Show respect, courtesy and consideration to other members, presenters, guests, the community and other organisations at all times.
4. Being punctual and reliable in attending classes and events. Apologies are expected for the inability to attend classes.
5. Confidentiality is required regarding organisational and members personal information.
6. Avoiding all forms of discriminatory behaviour in regard to nationality, ethnicity, gender, sexuality, culture, religion, age and mental or physical disability.
7. Never engaging in behaviour that is disruptive or intimidating that breaches the rights of other members, presenters or guests when participating in classes or events.
8. Abiding to the Risk Management Policy to safeguard the well-being of our members, presenters or guests and the organisation.
9. Avoiding the promotion of personal business or interest which might place our members of our organisation in a vulnerable situation for example: financially, physically, or psychologically.
10. Avoiding any wilful damage to premises, any materials or equipment.
11. Promoting U3A in a positive way to maintain and expand our reputation between members, presenters, the community and other organisations.

In order to participate in any courses a yearly membership fee is payable unless an exemption is approved by the U3A Committee. Prior to joining, a trial session may be organised with a course presenter.

Suspensions of memberships may become necessary for failure to abide to the Code of Conduct.

(MINUTED 1/7/2025)

OFFICE USE ONLY

Total received \$ _____ (date) _____ Receipt no. (if applicable) _____

Name badge issued (new members only) (initials) _____