



UNIVERSITY
OF THE
THIRD AGE
STRATHALBYN

*Courses &
Activities*

2026

E: strathalbynu3a@gmail.com

<https://www.strathalbynu3a.com>

Connect . Learn . Community

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 strathalbynu3a@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>



THIS PAGE IS RESERVED FOR THE PROGRAM

Cut and paste a screenshot of page 2 of the document Program 2026 (substitute current year)

Resize to fit page

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,

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,

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),

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

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

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

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

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

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

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,

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,

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

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,

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,

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,

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,

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,

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,

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)