

U3A Inner North acknowledges the traditions and culture of the Kaurna People, the First Peoples of the Adelaide plains . We respect and acknowledge their Elders, past, present, and emerging.

President's Report



Hi Members, Tutors and Group Leaders.

Phew...its been a busy 2025 with a well-deserved break to be enjoyed by all. Personally, I think 2025 came and is now almost gone, in the blink of an eye. Maybe you feel the same. Hopefully U3A Inner North's program kept you engaged and delighted throughout the year and contributed to that feeling of... where did the year go? So now we have a chance to focus on summer holidays, Christmas and New Year celebrations, activities with family and friends, and keeping cool.

I hope you are looking forward to enrolling in various classes and activities shown in the 2026 program. There are many continuing activities and exciting new additions to the program. Our program continues to be successful through the wonderful support of volunteer tutors, presenters and group leaders. Please remember you must register in Member Wizard (our new system) to participate in the 2026 program. Information about registering has already been sent to members. You must register before you can enrol in those activities that interest you.

The end of year morning tea on 9 December, will be an opportunity to celebrate 2025, socialise and to look forward to 2026. We are expecting over 130 members to attend. It is also an opportunity for the Board to thank members for participating throughout the year.

Very importantly it will be an opportunity to recognise and thank our volunteer tutors and group leaders for their exceptional effort during 2025.

Enjoy 2026.

Wayne Turner President

president@u3ainnernorth.org.au

2026 Magnetic / Hard Plastic Badges

We will be putting in an order for these late February/early March 2026.

You can now get them with a pin or magnetic backing, and if you have lost your magnetic backing, you'll be able to order a replacement.

Look out for an email in mid-February !

BALANCE AND FLEXIBILITY

This was a new activity for Term 4, running for 8 weeks. Balance and flexibility can help prevent falls. The exercises strengthen various muscles and increase our confidence in our body's ability. Being a physically diverse group Iwona was constantly tweaking the activities to enable all of the group to be involved.



It was a fun experience, some of the activities included stretching, walking forward and backwards, balancing on your heels, some brain games and motor skills that required using your dominant and non-dominant hands.

Thanks to Iwona our talented tutor for checking on us and making sure we listened to our body, so we didn't overdo it.

Susan F - Participant



Reminder: Members End of Year Social Event

This member only event is being held on Tuesday 9th Dec 10am to 12pm. This year we will be collecting donations for Foodbank of non-perishable foods, toiletries and gifts, so if you are able to, and wish to contribute, please bring these along with you. You may like to wrap your gift, if appropriate, and label with the age and description.

Also, our industrious and creative Craft Group will again have their fantastic stall with a range of handicrafts for sale as well as a raffle. First, second and third choice from 3 prizes - a handmade bear, a mosaic birdhouse and snappy red retro-case with some essential sewing supplies. Cash and card facilities available. All proceeds will go to the local Prospect Food Bank. Thank you to Helen and Jude for co-ordinating this activity, that invites members to share some joy and hope with those less fortunate than ourselves this Christmas.



We look forward to seeing you there to celebrate another great year at U3AIN!

Pickleball End-of-Year Morning Tea

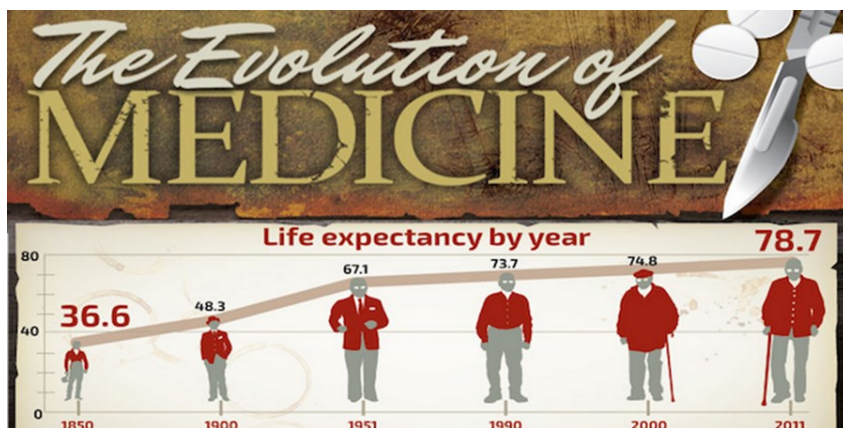
Our pickleball players wrapped up the year with a relaxed morning tea in the courtyard, celebrating a great season on and off the court. Throughout the year, players learnt new skills, developed their game, and even mastered a few more dinks (those tricky drop shots!). It was a wonderful chance to enjoy good company, share a laugh and reflect on how far everyone has come. Looking forward to an even better year ahead in 2026.

Jenny Rossiter and Margaret McPhee -Pickleball Group Leaders



"Congratulations to the winners of the free movie tickets to 'Familiar Touch' - Kay E Hamilton, Helen Griffin, Rick Burge and Teresa Pizzino"

History of Medicine - Back by Popular Demand!



This series of talks has been ongoing for 3 years, but it is such a huge subject we have hardly scratched the surface yet. There will be new topics in 2026 but instead of being concentrated into one term the talks will be held fortnightly over the year (with a holiday in the middle.)

Amongst other topics we will be looking at eponyms. Eponyms are named after historical figures like Dr Alzheimer. Did you know there are over 8000 medical eponyms in use today? Don't worry, we won't look at all of them...

Thanks to those who faithfully attend the talks and here's hoping that in 2026 you will continue to find them informative, interesting and enjoyable!

Pauline Kemp -Tutor



Photography Group

At our last session for the year, we were very fortunate to have a guest speaker, arranged by Chris Jordison. Shane is a judge at the Royal Show photography competitions and a retired schoolteacher of photography. He gave a very interesting presentation on aspects of



photography which was followed by lively discussion and questions. Chris then showed some of his great South American photos of birds. A delicious morning tea concluded the proceedings.

Janet Hawke -Tutor Photographs courtesy of Danni Oliver - Black Hill



Mahjong

Yet another successful year almost done, with both Mahjong classes oversubscribed. This has meant that a third "Beginners" class will be offered on a Monday morning 10.00 -12.00 in 2026.

We have acquired two additional sets of Mahjong tiles to cater for greater numbers of participants, as

most current players intend to re-enrol next year in their respective classes. Of the 16 new players who commented in 2025, 14 have indicated their intention of continuing in the Tuesday class, with a couple considering joining the Friday more advanced class. It should be noted that all current participants are welcome to join any of the 3 classes offered next year.



Thanks to all participants for making 2025 fun to co-ordinate and here's hoping that 2026 will be just as successful. *Merry Christmas & a Happy New Year. Daniel –Tutor*

Tell Me What You Think

Our group continues to meet on the second Friday of the month in the afternoon. It is always good to hear other people's views. There has been no shortage of topics. In one recent session we explored the advantages and disadvantages of Adelaide hosting the COP31 conference; the safety of e-scooters; and about heads rolling at the BBC after misleadingly editing a speech by Trump in a Panorama documentary - a cautionary tale for the ABC to strive to be unbiased. We finish each meeting with a 'Get It Off Your Chest' session for those who are itching to talk about something that's bugging them. This term we've had some new members who are very welcome but there's always room for more! We'll be back in 2026 under a new name - 'Current Affairs.'

David Kilner



Passing on the Circle Dancing Baton

Happy Feet Circle Dancing class under Lyn Porter's tutelage has danced from 2018 at the Prospect RSL to Broadview Uniting Church Hall in 2019, paused for a few months at the start of COVID and then waltzed over to the Enfield Community Centre in term 4 of 2020. Danced through the name change from U3A Prospect to U3A Inner North and the change in Presidents from Jenny Rossiter to Pauline Kemp to Wayne Turner. Now on the eve of moving to the Wizard Membership system, Lyn is passing on the baton to Heather Purcell who is in step and enthusiastic about leading the group onto more fun and dance adventures on ECC Hall dance floor on Tuesday mornings in 2026 and beyond.

Thank you Lyn for your dedication, energy and commitment to our members of U3AIN.

Out and About



On Monday 13 October, several U3A Inner North members were privileged to visit the [Old Quarantine Station on Torrens Island](#). Chris Bunn, former Veterinary Officer and resident of the Island when it was an animal quarantine station, led our tour. He shared fascinating stories of the Island's history and showed us through the buildings related to quarantining migrants and their luggage, to protect South Australia from smallpox and Spanish Influenza. We all took a keen interest in this well-preserved time capsule! After our lunch break in the sun, under the whispering she-oak trees, we went to see the Conservation Park on the northern tip of the Island, and glimpse what the untouched Adelaide coast once looked like. A very satisfying day. *Julia Archer*



Science Fiction Book Club

We've had some great reads this year, ranging from pure but thought-provoking adventure ('Space Station Down'), to the deeply soul-searching

('Never Let me Go', 'Left Hand of Darkness'), gigantic leaps of imagination ('Ring World' and '2001: A Space Odyssey') and technology gone wrong ('Service Model') plus a couple of post-apocalyptic stories ('Not Alone' and 'Wool').

Next year we'll explore the impact of AI ('Player Piano'), climate change ('Ghost Species'); technology gone wrong ('The Ferryman', 'Flowers for Algenon', 'Machines Like Me') and some others yet to be finalised. The group is small and we would welcome new members. Members nominate the books they would like to read. *David Kilner - Tutor*



**INAUGURAL U3AIN
TABLE TENNIS
TOURNAMENT**

Fiona organized a round robin competition in pairs. Congratulations to Iwona and Brenton who were presented with hand made perpetual trophies. Thanks to Barb for umpiring a tight grand final .



Walking on Mondays

Each Monday our tutor Maureen leads us on another brisk paced walk through local off-road scenery. We find breath for friendly chats, enjoy the birds we meet along our route, and even spotted a koala. Spring brought out carpets of flowers as week by week we progressively walked the Dry Creek Trail. We set out from the Greenfield Wetlands on the Salisbury Highway, trekked through Mawson Lakes, Walkley Heights, Modbury, and after many walks, we finally reached Wynn Vale Dam. And, of course, we have to walk back to our parked cars, so the distance is doubled.



Along the way we learned a little history, geology and botany. Many thanks to Maureen, who scopes out the route ahead of time and is patient with stragglers. Next year, new adventures and discoveries await.

Julia Archer



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U3A Inner North is a member of [U3A SA](#)

Out & About - Glenelg Waste-Water Treatment Plant



On a sunny morning in November we assembled inside the gate, donned our PPE and joined our guides and resident engineer for a tour of the Glenelg wastewater treatment plant which has been serving customers since 1933.

Each year 2.8 gegalitres of treated wastewater returns along the Glenelg–Adelaide pipeline to the central Adelaide area to help green public areas such as the

Adelaide Oval and Adelaide Parklands, public gardens and sporting facilities. This also produces large scale environmental heat reduction for the city. Recycled water is also supplied to the Adelaide Airport for toilets.

As well as household sewage, the plant manages trade waste - used water and substances from commercial, industrial, business trade or manufacturing activities. Some of this trade waste is suitable for adding to the digesters at the plant to increase the production of biogas which in turn helps power the treatment plant itself.

An added bonus was the excitement created by being directly under the flight path of Adelaide Airport runway 05/23 with landing aircraft passing overhead at about 1000 feet!

Sue M



Term 1 9 Feb 2026 - 10 Apr 2026

Term 2 27 Apr 2026 - 3 Jul 2026

Term 3 20 Jul 2026 - 25 Sep 2026

Term 4 12 Oct 2026 - 11 Dec 2026



U3AIN Contacts

Office Hours: Wednesdays from 9.30am to 10.30am during term time in the Hall. Cash only.

Location: Enfield Community Centre (ECC), 540 Regency Road, Enfield, South Australia

Post Office Box 2008, Prospect, South Australia, 5082

admin@u3ainnernorth.org.au – general enquiries

membership@u3ainnernorth.org.au – membership and enrolment enquiries

Member Portal Reminder:

Have you viewed the amazing array of classes/activities for 2026 as yet?

You'll see this once you have registered for the new Member Wizard, **Member Portal**.

The **Member Portal** is where you manage your membership and enrolments and communicate with your tutor/leader.

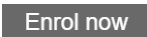
If you can't find the instructions sent to you telling you how to register, please email membership@u3ainnernorth.org.au

Membership Fees:

Look out for an email in December that has your invoice for you to pay your 2026 membership fees – payment by card, bank transfer preferred, but cash accepted on enrolment day 12 January.

2026 Class/Activity Enrolments:

Monday 5 January: Online enrolments available from 9.00am at which time a

Enrol now

button will appear in each class for you to select.

Monday 12 January: In Person Enrolments at ECC, 10.00am - 12.00pm

It is recommended to enrol online so you don't miss out on the classes/activities you want to participate in, and also helps our volunteers in reducing administration effort.



Thank you to all contributors to our Term 4 2025 Newsletter.
Wishing all members a safe, peaceful and happy January break.
Cathy Birchmore - Editor