

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 All



Daylight savings has ended, summer has given way to autumn, a quarter of 2026 has gone already, which also means we have completed term 1 at U3A Inner North. Where did that term go? Well for me a large slice of the term disappeared whilst I was involved full time with the SA State Parliamentary elections. Now that has been completed, I am very happy to return to the normality of life and involvement with U3A Inner North. As the saying goes "I'm Back!"

I hope everyone is looking forward to the start of term 2 with enthusiasm.

In regard to membership, comparing with same time last year, we have grown by over 22% to 396 members. Based on new memberships we should be able to celebrate passing 400 members during the next few weeks. That is a magnificent and positive accolade for us all, demonstrating that the program we provide (and adjust regularly) is appreciated by members and is attractive to people wanting to join and participate in our innovative activities and presentations.

Thank you to all the tutors, coordinators and members who have volunteered the time to write about the your activities for this Newsletter. The diversity and originality of our courses offered is what makes our U3A such a vibrant community.

Continue to enjoy the term break, refresh, and I together with the U3A Inner North Board look forward to seeing you again in term 2.

Wayne Turner President

president@u3ainnernorth.org.au



Can't make a class/activity for particular days? Please let your Tutor/Leader know by updating your absence in the Member Portal.

Can no longer attend a class? Please withdraw via the Member Portal so we can give the spot to a member on the wait list.

Circle Dancing

With the only other male member Stan, we make up the men in the group. I enjoy the music, the dances and of course the company. Plus, the benefits are it helps with balance, cognitive skills etc. Heather, our instructor is so welcoming!

Some of the highlights so far this year were Celebrating International Women's Day, and dancing to "I am Women", also St Patrick's Day provided us with some challenging dances which required full concentration.

Circle dancing is a social activity where participants connect in a circle moving together to music. Dancers usually move together, often following the leader, with steps commonly including walking, swaying, or grapevines, often moving left, right, toward/away from the centre. It serves as a gentle to moderate exercise for body and mind while encouraging feelings of togetherness and joy. No partners are required.

Fred Marshall - Circle Dancer

Heritage Craft Workshops: Creativity and Tradition



Adriana displaying her paper mosaic work

Our Heritage Craft Workshops offer a hands-on way to explore traditional crafts while creating unique keepsakes. Recent sessions focused on paper mosaics and cross stitch. In the paper mosaic workshops, led by the talented Adriana Briar, members experimented with colour, texture, and pattern, producing miniature artworks inspired by nature-themed designs. The cross-stitch sessions, led by experienced stitcher Jackie Holloway, introduced beginners to needlework while allowing experienced participants to refine their skills. Everyone created elegant stitched floral bookmarks, enjoying the calming, meditative rhythm of this timeless craft.

These workshops highlight the importance of preserving traditional skills, fostering both creativity and appreciation for heritage techniques. Participants learn, experiment, and proudly showcase their finished pieces, building confidence along the way.

Looking ahead, upcoming workshops will feature punch needle and crochet. These tactile crafts offer beginners and experienced crafters alike the chance to learn new skills, explore texture and pattern, and continue connecting with the rich traditions of heritage craft.

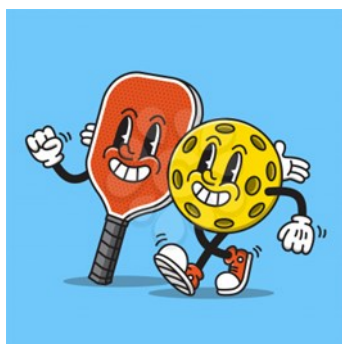
Jenny Rossiter - Co-ordinator



Cross stitchers and tutor Jackie Holloway

The University of the Third Age (U3A) was established at the University of Toulouse in France in 1972. The aim was to improve the quality of life for older people by maintaining their contact with information and educational programs. When the concept spread to the United Kingdom in the early 1980s, its nature became one of a more self-help organisation. Australia's first University of the Third Age (U3A) began in Melbourne in 1984. There are now U3As Australia wide, based in metropolitan, regional and rural areas. The model followed is to learn over a wide range of subject areas through the lifetime of expertise from its volunteer tutors.

Pickleball Grows in Popularity: Skill, Strategy and Smiles on Court



Our Pickleball program is thriving, with 45 participants across three groups catering to a range of abilities. From beginners picking up a paddle for the first time to experienced players refining their skills. Sessions are full of energy and enthusiasm.

Pickleball's simple rules make it easy to learn. Players quickly become familiar with the "kitchen," along with key shots like the dink and drop, building confidence and enjoying longer rallies.

Skills are progressing across all groups, with players developing sneaky drop shots, powerful volleys, accurate shot placement and deep serves. Just as importantly, participants are enjoying the social side of the game, supporting one another in a friendly environment.

Group leaders—Cherie Dempsey, Margaret McPhee and Jenny Rossiter—provide coaching, encouragement and support, helping everyone improve and feel confident.

With growing numbers and improving skills, Pickleball continues to be a fun, social and rewarding activity for all.

Current Affairs Discussion Group

We have a large group subscribed this year, starting with a waiting list. Recently the discussion topic was "Trump Derangement Syndrome", which we dismissed fairly quickly for the nonsense it is. That lead us on to a more serious consideration of US politics. To ensure the conversation remained dispassionate and civilised, it was agreed not to mention the "Trump" word if possible, but to refer to him as "DJT". It was a great discussion but as always, we did not end with any resolutions.

David Wilson – Co-ordinator



2026 DIARY DATES

Thus 16 Jul 10am to 12pm:
Mid-Year Social Event

Tues 17 Nov 12pm to 1pm:
AGM

Mon 14 Dec 10am to 12pm:
End of Year Social Event

TERM DATES

Term 2 Mon 27 Apr – 03 Jul
Term 3 Mon 20 Jul – 25 Sep
Term 4 Mon 12 Oct – 11 Dec



Photography Group



The Photography group has had an influx of new members this year which is marvellous. The gold star for the most determined member goes to Nick L. who has attended two sessions while on crutches. Our first meeting was at Thorndon Park Reserve, where everyone found inspiration from the sculptural adventure playground and the lake. In March we went to the Botanic Gardens where the gorgeous flowers were a highlight.

Our most recent subject matter was the historic mansion and garden at Carclew and panoramic views from Light's Vision at Montefiore Hill.

We enjoy sharing our photos on our WhatsApp page, so we can see the wide variety of shots the group has taken.

Janet Hawkes -Tutor



Trish Benson would like to thank to all the members who entered the draw for the CALLE MALAGA movie tickets. Congratulations to the winners:

Melissa Doody Kathy Riley Heather Browning Martin Cini

Community Groups Give Back

In a wonderful display of community spirit, members of the U3A Craft Group and the Regency Men's Shed (Ladies Group) joined forces to support those in need.

Together, they created and donated 45 handcrafted bunnies—both wooden and hand-knitted—to a Domestic Violence Women's Shelter and to disadvantaged children. These thoughtful gifts brought comfort and joy to many recipients at Easter.

A small amount of money remained from the U3A Xmas craft stall. This was used to purchase food items, which were donated to Lutheran Community Care in Prospect to assist individuals and families facing hardship. Lutheran Community Care said they were very grateful as their clientele had tripled in number in recent times.

This initiative highlights the generosity, creativity, and compassion of our local community, showing how simple acts of kindness can make a meaningful difference.

Jenny Rossiter



U3AIN member and Shedder, Teresa, getting the bunnies ready for distribution.

PAPER MOSAICS New Course Term 2

A new creative course, *Paper Mosaics*, is launching in Term 2, offering members the chance to explore colour, texture and pattern while creating beautiful miniature artworks, using paper primarily from recycled magazines. No experience is necessary, making it perfect for beginners and those looking to try something new.

Thanks to the success of the Heritage Craft Workshops, Adriana Briar will continue sharing her skills and passion in these relaxed, hands-on sessions. Beginners will receive a starter kit to help them get underway, with guidance provided throughout. The starter kit is \$10 payable in cash to the tutor. Workshops will be held on Wednesdays from 9.15–11.15am in the Hall. Come along, get creative, and enjoy a welcoming and supportive environment. Enrolments are now open online.



Jenny Rossiter - Coordinator

Out and About



Our first Out and About trip was to Willy Wonker's Chocolate.....whoops, no, Haigh's Chocolate Factory! The group enjoyed the informative session and delicious samples. They admired the skilful workers at work (not the Oompa Loompas) before indulging in some Easter egg hunting in the shop. Thankyou to Pauline Kemp for leading this group.

Our second excursion was to the Museum of Economic Botany. What a treat. Adelaide has the only lasting Museum of Economic Botany

left in the world! The tour was held in conjunction with Adelaide's Festival event Yield Strength. We observed artwork from Archie Moore titled " Remnants of my Father" and instalments in the Conservatory from Erika Scott "Infill Panoramas" and Robert Andrews "Country, Ground, Earth, Space, Time". We were lucky to have valuable input from our own U3A members Ray Fife and Carolyn Cinca who are also Botanic Garden volunteers as well as from the Cultural Collection Curator Lindl Lawton.

Thanks to all for an informative morning.

Teresa Diorio - Out and About Coordinator



Out and About



SCI-FI BOOK CLUB



It's been a great First Term here at the sci-fi book club. We first read Kurt Vonnegut's ***Player Piano***, a prophetic 1950 novel about what happens when automation strips away the bulk of jobs, leaving people with empty lives. Not pretty! Then we read ***Ghost Species*** by Australian author James Bradley,

set in Tasmania and about a brave but futile effort to reverse all the environmental damage which humans have inflicted on the planet, including a tragic revival of the extinct species Homo Neanderthalis.

Finally, we read ***Cold People***, Tom Rob Smith's dramatic impression of a world where humanity is expelled from most of the planet by colonising aliens. Those expelled then indulge in a Frankenstein experience, with disastrous consequences.

In Term 2, we will read Daniel Keys touching book ***Flowers for Algernon***, about a simple man who is given a brief glimpse of genius.

Then comes master writer Ian McEwan's ***Machines Like Me***, which explores the relationship between human beings and the robots which we are now creating. In the light of AI forming close relationships with users – especially vulnerable young people – this is a very pertinent novel! Is a love triangle between a human couple and their robot possible? The group still has vacancies if you'd like to join.

David Kilner – Co-ordinator

REACH FOR THE STARS

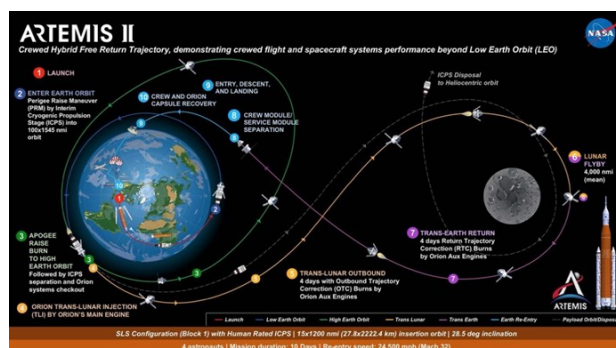


Our most recent Guest Speaker, Dr. Kym Thalassoudis inspired us to observe the night sky from our back yard. His comprehensive talk prompted us to explore the vastness of space and distances (in light years). He also provided information about the most suitable binoculars and telescopes for beginning astronomers. We left the afternoon better informed and poised to watch the Artemis II launch on April 2nd.

More information is available on the Stargazing SA Facebook site.

<https://www.facebook.com/stargazingSA>

Sue McMillan - Guest Speaker Coordinator



Rummikub Term 1



Newcomers to this strategic game will find it easy to learn but a challenge to perfect. While players rearrange table sets, this game offers a different and engaging puzzle in every round.

In Term 1 there were six enrolled members so there are many vacancies for those who want to enjoy a couple of hours on a Friday morning in congenial company to learn this fast-moving tile game which blends skill with luck. 5 vacancies.

Tutor: Nan van Dissel

Table Tennis

Wow, our table tennis group has grown! We have welcomed new members who say they haven't really played before but we are beginning to wonder about that after witnessing some very skilful shots played! For SOME of us who have been playing for a while, we now realise we have been playing illegal serves!! Our mission therefore, is to learn how to play legally which requires a bit of brainpower! 🙄



It all leads to a fun packed one and a half hours where the shouts of euphoria and dismay can be heard and which is of course ably led by our Guru, Fiona Wald.

Teresa Diorio - Player

Medical Emergencies

Members are advised to have suitable ambulance cover. In the event of collapse or sudden illness U3A policy is to call an ambulance. U3AIN will not cover costs involved.

Please note that when involved in U3AIN activities/classes it is your responsibility to carry medical and/or emergency information on your person and/or have a medic alert bracelet etc. to assist first aiders/ ambulance officers.

Your emergency contact person registered with U3AIN will be contacted as appropriate and as soon as possible. It is recommended that they are aware of your pre-existing medical conditions to assist with your medical care.

Follow us on Facebook: <https://www.facebook.com/U3A-Inner-North-SA>

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

WALKING BASKETBALL SEEKING NEW PLAYERS

Thursdays 1.00 – 2.00pm Stadium



Walking Basketball is a fantastic way to stay active in a safe, supportive environment. Designed for all abilities, sessions focus on building skills such as catching, passing, dribbling (bouncing) and shooting.

Each session includes simple, structured drills to help participants develop confidence and coordination, followed by short 10-minute games. Teams are randomly selected each week.

With no running, jumping or physical contact, Walking Basketball is a low-impact option ideal for beginners or anyone who hasn't played in years. Despite the slower pace, participants still enjoy a great workout, improving fitness, mobility and overall wellbeing. Come along and have a try or just come to have a look.

Jenny Rossiter - Coordinator

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

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  [LawrenceBenEnfield](#)

Special thank you to
Lawrence Ben MP.
Local Member for
Enfield and staff for
printing this
newsletter



Thank you to all contributors to our Term 1 2026 Newsletter

Cathy Birchmore - Editor

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