

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



I hope everyone has enjoyed the past term and now enjoying the break. With renewed energy I hope you are looking forward to participating in term 3 activities.

I am also using this newsletter to promote a couple of activities.



Social Table Tennis (held Wednesday mornings) has recently increased the number of tables available which will allow more members to participate. Please enrol through the Member Portal.



A few weeks ago, I emailed all members to seek expressions of interest in **Social Badminton** on a Thursday afternoon. The response was fantastic which means Badminton will be placed in the program from the beginning of third term. Please register through the Member Portal, so we know how many members will be involved. We need 12 registrations for this activity to occur.

The U3A Inner North course program is amended on a regular basis as new activities are included and some activities unfortunately deleted due to dwindling attendance. This means the program provided on the portal is always up to date whereas any printed programs are only accurate at the time of printing. Whilst the program is printed when first established (around December the year before), we are hopeful more members will use the U3A Inner North web site or Members Portal as a reference rather than printed programs. Nevertheless, we are looking at all forms of printed documents to see what will work for current and potential new members.

Enjoy term 3.

Wayne Turner President

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My circle dancing is one of my favourite activities. I have been doing it for about 7 years! It feels like yoga to music and I enjoy all the steps to the different styles of dances. Heather gives us a good variety of gentle and lively dances, and I enjoy the meditative approach to some of them. It gives us balance, memory work, exercises of legs and arms and laughter. I particularly enjoy music from different nationalities. We may miss a few sessions at times but always feel welcomed back. The friendships that are formed are also a very big part of circle dancing and we really appreciate the time and skill our instructor gives us.

And so a big thank you to Heather!

Val Jarvis

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.

There are seven enrolled members and five vacancies for those who want to enjoy a couple of hours on a Friday morning in congenial company learning this fast-moving tile game which blends skill with luck. Go to the Member Portal to enrol. Give it a try and see how it goes.

Tutor: Nan van Dissel

A vibrant display of various flowers, including sunflowers, daisies, and gerberas, arranged in small glass jars and vases. The display is set against a dark background with white floral patterns and a sign that reads "Florist". Price tags are visible, showing \$40 and \$10.

During Term 2 the Photography group has had two outings. The first was to the SAHMRI precinct in the city, known as the "Cheesegrater", and the TAFE City West campus. The buildings provided many interesting angles and sculpture-like photo opportunities.

The second outing was to the Central Market where the bustling atmosphere inspired interesting close-ups of unusual fruits and vegetables together with shots of the quirky stalls, people and produce.

The photos are from the Photography Group's trip to the Central Market. The one of fruit, smallgoods etc is by Alison McQuaid and the one of the florist stall is by Heather Foster.

Kind regards,

Janet Hawkes Coordinator



Heritage Craft Workshop – Punch Needle

Creativity was on display at our recent 3-week series of Heritage Craft Workshops.

Four enthusiastic participants learned the traditional art of punch needle embroidery under the guidance of experienced tutor Sue Carter. The workshop focused on skill building using a coaster set, creating small sample pieces to learn the basic punch needle technique. This introductory project allowed everyone to become familiar with the tools, materials, and stitching methods of punch needle with embroidery floss.

Once confidence and skills had developed with the coasters, participants were helped to tackle designing and creating their own unique tote bags. Throughout the workshop, Sue provided expert instruction, encouragement, and plenty of helpful tips, ensuring that participants could progress at their own pace while exploring this heritage craft. The small group setting allowed plenty of opportunities for questions, sharing ideas, and learning from one another.

By the end of the 3 week workshop, participants had gained a new crafting skill and the confidence to continue on their individual path.

The Heritage Craft Workshops highlight how traditional crafts can continue to inspire modern makers and demonstrates U3A Craft Group ethos of creating together. Thank you to Sue Carter for sharing her knowledge and enthusiasm, and to all participants for making the workshop such an enjoyable and successful event.

Jenny Rossiter



Mosaic Girls Decorate a Pole.

In case you were not aware, there is a bit of a stobie pole decoration movement happening in South Australia at the moment. Designs are popping up in country towns and many council areas. Our U3A mosaic members decided to hop on the bandwagon and also decorate a pole. Over the past months members of the group made mosaic roundels with the common theme of Australian flora. The roundels were then collectively made into a design for a pole during a workshop conducted at the Prospect Council Chambers. Members of the community were also invited to participate. Finally, the design was installed on a pole in Margaret Street near the ECC. We all enjoyed the process.

Anneke Hoffman



Table Tennis

It's with great sadness that our Table Tennis group had to say goodbye to two of our original players with the passing of Carlene Grovenor and Vesna Lucic this term. Carlene's wonderful smile and Vesna's humility and positive outlook will be greatly missed.

On a more mundane note, we have been fortunate this term to acquire two new tables. The original ones have served us well but are now a little tired. PAE purchased one and U3A the other which means we can increase the numbers for table tennis from next term. And so, if you think you would like to give table tennis a go, go on to the Portal and enrol. We are a friendly and social group of people as you can see by our traditional end of semester lunch at The Windmill.

Thanks to all the 'ping pongers' that make Wednesday mornings such fun.

Fiona Wald Coordinator



Guest Speaker Series.

We have enjoyed the amazing stories and diversity of topics provided by our invited guests in the first two terms.

Places are now available in the following sessions in semester 2. Go to your Member Portal to explore the topic summaries and enroll.

Sessions are held on Tuesdays 1.30pm – 3.00pm. at the ECC.

Date	Topic	Speaker	Description
July 21 st .	Haiku What is it? Can I do it?	Marina Taeker	An introduction to the art of Japanese Haiku poetry.
Aug. 18 th .	The King of Rock'n'Roll	Sound of Elvis Fan Club	A fun and informative afternoon – get rocking!
Aug. 25 th .	Life in the Women's Royal Australian Army Corps.	Sandra Lindemann	A personal journey which was a stepping stone to the future
Sept. 15 th .	Growing Orchids	Michael Gray	Tips for successful orchid growing
Oct. 20 th .	Let's Talk Aged Care	Hannah Cortes Uniting SA	Explore retirement living options and services
Nov. 17 th .	The Chosen Son	Leanne Weber	A stolen generation story with a difference

Our Friday **Move n' Groove** has certainly got the group moving and grooving AND, as Hercule Poirot would say, "using the little grey cells!" Unless we get distracted by Fred's orange trainers we're all doing a great job learning steps to Achy Breaky Heart, Elvira, The Bus Stop, Madison, Edelweiss, Ding Dong, Ding Dong (that's a good one!), One Way Ticket and Nutbush.

Thanks to Trudy and Pauline for leading us in many of the line dances and a big thankyou to our group leader Sue McMillan for providing the music for the warmups and cool downs but most importantly providing the incentive to 'move' and 'groove'.

Teresa Diorio, Participant



SATURDAY AT THE THEATRE – Lead by Carolyn Chinca

The theatre group has enjoyed a range of diverse experiences so far this year beginning with an exciting "one man" theatre production of cycling legend Cadel Evans winning the Tour de France in 2011. This was followed by a modern twist on a classic story in Ballet of Lights: Cinderella. On Anzac Day we were treated to an afternoon of music from the Payneham City Concert Band followed by a very apt afternoon tea of Anzac biscuits. In May, which was history month, Caroline expertly lead us on a local heritage walk along Hindley Street. Our latest venture transported us back to the early 19th century with a spectacular production of Oliver. Most of our outings have been followed by an opportunity to get together for a drink and snack and to discuss our latest outing.



Thank you, Carolyn, for leading the group and making it such a great way to experience the theatre and for finding such interesting places for us to get together after the performance which has provided an excellent opportunity to get to know the other members of the group.

Dorothy Hall

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

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

Class Absences

Unable to attend a class?

Make sure that you register your absence/apology via the Member Portal.

Your absence, and any message included, will automatically be seen by the tutor as well as recorded on the attendance sheet.



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  **LawrenceBenEnfield**

Special thank you to
Lawrence Ben MP,
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newsletter



Thank you to all contributors to our Term 2 2026 Newsletter

Cathy Birchmore - Editor

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