

THE CONVEYOR

October 2025 | Issue 4



Welcome to Term 4

You may, when going for a coffee have noticed someone at a table nursing a coffee and working on a laptop. Their reasons for working we don't know but we do know that they are connected to the Internet wirelessly.

Such connections are available in many places, and are a free service. Examples are cafes, hotels, libraries, shopping centres. Westfield TTP uses Optus and allows users 180 minutes per day. The same service is available at U3A.

We have a top of the range internet package which is connected to all the computers in the rooms and the office, but we also have 2 wireless channels available for members.

If you have a phone, tablet or laptop, each one can be set up so that when you come to U3A you are using our Internet. Your data allowance from your plan is not affected.

Your phone, tablet or laptop only needs to be connected once and after that connection is made, the device will retain that password and automatically log you on to the U3A Internet network as soon as you walk in. It takes a minute or two for the initial setup. You can then read the news, watch TV, check the weather, look up recipes, knitting patterns, music, movies; download apps or software, the limit is your imagination.

Instructions & password are displayed on the Foyer Office Noticeboard and you can also get assistance from the Help Desk Service.

Registrations for 2026 will be in January

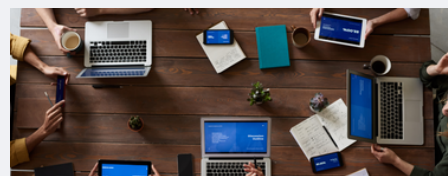
- Monday 19th January to Friday 23rd January 10.15 a.m. to 1.15 pm
- Monday 26th is Public Holiday
- Tuesday 27th January to Thursday 29th January 10.15 to 1.15 p.m
- Office Closed, Friday 30th January
- Term 1 to start on February 2nd, 2026

VOLUNTEERS NEEDED FOR REGISTRATION

Please register your availability with the Office Manager at u3attgoffice@gmail.com

Help Desk Service:

with Lawrie Fahy & Kevin Pollett.
IT assistance for U3A TTG Members continuing in Term 4. Help with your iPhones, iPads, Macs and Androids!
Monday 10am – 12pm in Room 6.
Wifi assistance also available.
What an awesome opportunity!



Help Desk Service

continuing in Term 4



U3A Term Dates

Term 4, 2025

Monday 13 October – Friday 5 Dec

Term 1, 2026

Monday 2 February – Friday 10 April

Term 2, 2026

Monday 27 April – Friday 3 July

Term 3, 2026

Monday 20 July – Friday 25 Sept

Term 4, 2026

Monday 12 October – Friday 4 Dec



CLASH OF THE TITANS

with U3A Campbelltown Bridge Tutor, Kerri Smith & U3A TTG Bridge Tutor, Milton Hart

Contract Bridge – the most complex of card games – millions play it – no-one has ever mastered it.

Here at U3A we have three bridge sessions each week – two on Tuesday and a third on Friday morning – everyone having fun while chasing the elusive dream. Some of our members also play at Campbelltown U3A, including our President, Tony Mittaga. He recently suggested a Bridge Challenge between our two campuses.

The concept of a challenge was enthusiastically accepted on both sides of the Torrens – to be fought out on Tuesday, October 7th at Modbury.

Each U3A is represented by 3 teams of 4 players. Each team will play 3 matches – clashing with each of the opposition teams in turn.

In teams bridge all 'tables' play the same deal of the cards, 2 playing East-West and 2 North-South. The idea being to see which team can maximise the score they can achieve with those same cards and thus outperforming the opponents.

The matches are scored using an International Match Point system. Milton Hart has organized the event and will direct and score it. The stakes are high!

A perpetual trophy – the "Mod-Cam Bridge Challenge" has been donated and will hopefully become a prize to be fought over at least once or twice a year. The rivalry will challenge that of a Crows – Port Power Showdown.

The Inaugural winner for 2025 was U3A TTG (at Modbury), who won the event comfortably. The most successful of the 6 individual teams was U3A TTG 1 – Liz McDonald, Mandy Tomney, Debbie Cowell and Audrey Donsen. CONGRATULATIONS!

Milton Hart



WINE APPRECIATION FRIDAY EVENING

with Tutor Graham Hawke

Once a month on the 4th or 5th Friday night the Wine Class meets for a social night. This is an adjunct to the Thursday wine class where Tutor, Pauline Martin shows us some wine varieties which we can taste. The Friday night is a more relaxed occasion where the class members can bring along their partners or friends who are U3A members but not attending the Wine Class. On this evening we bring our own food and wine – maybe something we tasted in the wine class or just a favourite wine to share. For 2 hours we engage in friendly banter and conversation while enjoying fine wines and food. And drinking and driving responsibly of course. Cheers! 🍷

Graham Hawke



UPBEAT LINE DANCING WITH SHIRL

with Tutor, Shirley Reardon

Get ready to move, groove, and have a great time! Our Line Dancing Class is a friendly, low-impact way to keep active and is perfect for older adults. Whether you're an absolute beginner or have danced before, you'll feel right at home.

Each class features simple, easy-to-follow routines set to upbeat music – from country favourites to timeless classics. Shirley's warm, bubbly personality makes every session fun, and sometimes we use YouTube so you can practise at home between classes.

Line dancing is not only enjoyable, it's also a wonderful way to stay active and improve fitness, boost balance, coordination and memory and connect with others in a welcoming social setting.

No partner required! – just wear comfortable shoes and bring your smile! So why wait? Join us for a class and discover the joy of Line Dancing with a wonderful community of people. Let's dance our way to better health and happiness together! 🕺👯👯🕺



KARATE FITNESS GROUP

with Tutor, Joseph Lamarca

Karate is so much more than just a martial art – it's a way to look after both your body and your mind, no matter what age you are. Many people are surprised to discover just how much Karate can improve their balance, coordination, memory and general sense of well-being. It's not just about learning techniques – it's about feeling stronger, more confident, and more capable in everyday life.

At U3A, our Karate classes are designed especially with mature adults in mind. The sessions are low impact, safe, and suitable for beginners. Every class gently works all the major muscle groups, improves posture and encourages better breathing. It's an excellent way to stay active without the strain that often comes with high-intensity exercise.

What many members enjoy most is how Karate trains both the mind and the body together. You learn to focus, stay calm under pressure, and develop discipline – skills that carry over into daily life. Over time, this combination of physical movement and mental training can make a real difference in how you feel day-to-day.

Perhaps mostly important, Karate at U3A is fun and social. You'll meet friendly, like-minded people who encourage each other along the way. It's a great opportunity to share a laugh, have some fun, celebrate small achievements, build your strength and some long lasting friendships.

It's worth remembering that inactivity, not ageing, is the main cause of many common

health problems. By staying engaged, moving regularly, and challenging yourself to learn new things, you can keep your independence and quality of life for longer. Karate offers a positive, enjoyable way to do just that – all while keeping your body strong and your mind sharp.

Why not come along and give it a try? You might be surprised by how much you enjoy it – and how much better you feel.

We meet with Tutor, Joe Lamarca, every Wednesday in U3A School Terms at 12pm – 1:15pm in Rooms 8 & 9 and alternatively, with Tutor George Clantar on Mondays 12pm – 1:15pm, also in Rooms 8 & 9. Come for a trial visit to see if it is for you and bring a friend!



OUR UNSEEN VOLUNTEERS

Celebrating and honouring our wonderful volunteers!

Colleen Braham – Front Office Volunteer



I first became associated with U3A TTG in 2023 when I was semi-retired. In 2025 I started volunteering in the front office mainly responding to queries in person, by email or by phone. It wasn't long until I became aware of how busy the office is. Shannon, Barbara and Margaret do an amazing job managing many diverse tasks. I am also involved in photographing the many assets at U3A and entering them on the asset register. When required, I also support Gail and Marie with 'Folk Dancing for Fun' and Jenny with the Scrabble Group along with Lis and others who are far more punctual than I am.

I presently enjoy 'Folk Dancing for Fun' (I have the 'Fun' bit down pat and am working on the Dancing); 'Muscles in Motion', Scrabble, 'Heart

Moves', 'Book Discussion' (Bookmarks), QiGong and Meditation.

Outside of U3A I enjoy catching up with and spending time with family and friends, swimming, walking, and Tai Chi. I am also tackling the decluttering task – something I should have started earlier. This is definitely a 'tortoise task'.

I really appreciate the opportunities that U3A provides so that I can stay physically and mentally active. Along with this comes the added bonus of social interaction with others. I love the enthusiasm of the Group Leaders, Office Staff, Committee Members and volunteers who give freely of their time, energy and generosity. I greatly appreciate those who support others to engage in an active life-style.

Diane Rollings – Group Leader

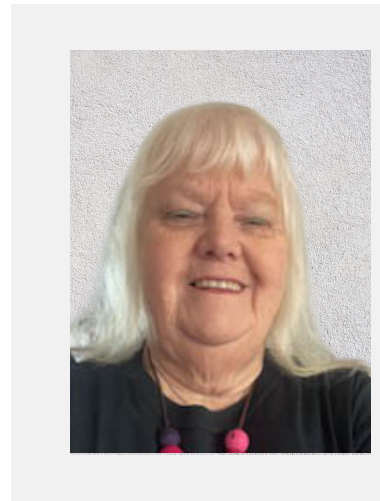
I have lived in the Tea Tree Gully area for over 33 years and have been coming to U3A for 8 years. I was looking for something to do after retiring from work. I had always been interested in Ancestry and I saw on line that U3A ran courses I might be interested in, so I came along to see what it was about. I was introduced to June who took a class in Family History Research. June taught me how to find my family background and where to find out further information.

Unfortunately, after three or four years that I had been in her class, June was unable to continue, due to failing eye sight. At the same time, I was introduced to Howard, who ran a class once a month. Howard continued to encourage me to write about my own life story, putting together an unpublished book about my family. Ancestry starts today, with stories to leave behind about my life.

I am also interested in the Card Making, a class run by Lorraine Watts. This has brought me enormous pleasure. We meet weekly and I

look forward to seeing everyone on a Thursday who have a common interest. Making cards now takes up a lot of my free time. I am looking forward to making Christmas Cards as fourth term starts. It was while I was in this class I met Tina Loch, who asked if I would like to join her Fitness and Flexibility class on a Tuesday morning. My friend said she had been going for a while, so I thought I would give it a try. This is another class I have enjoyed, which I have now been doing for about five years.

At the start of this year Tina told us she was retiring from this class due to ill health and asked if anyone would like to run this class. I stepped into this roll at the early start of Term one and I am enjoying being the group Tutor. It's a small class of around eleven or twelve, but very friendly, with both woman and men who attend, all with one goal in mind, to keep active and stay as strong as we can. We know in later years how a trip becomes a slip and can result in serious injuries. I have enjoyed my time with U3A TTG



and have met and made friends with many people over this time. I enjoy the different classes it has to offer. If a class comes to an end, there is always another class I could pick up on. We are lucky to have U3A, with so much knowledge from so many, all of whom are volunteers.

Linda Joy Sullivan – Group Leader



Around three and a half years ago I first came to the U3A TTG's 'Joy of Conversation' group on Monday mornings. This group literally saved my life, as I had been in a very dark place!

The two gentlemen who had run the group for many years eventually reached a time when their health and mobility has declined and they reluctantly moved on. I didn't really want the responsibility of running the group, but was also concerned it might wind up, so I agreed to take on the group leader role.

With invaluable help from my wing-woman, Anne

it has turned out to be a good experience. The people in our group are all so different and so interesting. They are very supportive and we all really enjoy our weekly get together.

I would also like to say that the variety of classes offered at U3A TTG are amazing. I also did Tai Chi, Meditation and the 'Cool It, Climate Change' class which were all really good. The Climate Change class is so lucky to have 2 University Professors who provide their time and experience. Due to family commitments, I am limited to the classes I am able to attend, but really look forward to trying some others in the future!