



## Welcome to U3A Armadale

Welcome to the University of the Third Age, Armadale Incorporated (U3A Armadale Inc.) U3A Armadale, which commenced in 1997, is part of an international network which was founded in France in 1973.

We are part of the U3A Network of WA which in turn is part of the Australia wide U3A network. U3A provides opportunities for seniors to stay both mentally and physically active and to continue learning during our retirement years. To achieve this goal, we provide presentations and courses on a variety of subjects as well as group activities and outings. You are encouraged to suggest short educational courses that may appeal to members. There is also access to U3A Online where you can study further courses either as part of our education sessions or via their website.

Some of our activities are cost free and where a cost is incurred, it is passed on to those members participating in the activity. The most common cost is room hire for group activities.

We have a free hearing augmentation programme which enables all members who may be concerned that they will not be able to hear the presenter, to participate in the meetings. The free headphones are available at the back of the hall before the meeting starts. The headphones do not interfere with hearing aids.

We invite you to attend one meeting without payment. After that the charge is \$5.00 per meeting and \$30.00 per year per person for membership. Our membership year runs for 12 months from the date of joining.

Attached is a current list of activities available to you. We are always keen to run specific interest groups and if you would like to be involved, please let us know. If you wish to discuss membership of U3A Armadale Inc. please speak to our Membership Officer at the meeting or by email: [hello@u3aawa.tidymail.co](mailto:hello@u3aawa.tidymail.co) Our telephone number for the Secretary is 0414 053 421.

Thank you for visiting a Tuesday morning meeting of U3A Armadale. The Management Committee hope that you do become a member and that this is the beginning of a long and interesting association with us at the University of the Third Age Armadale.

**The Committee U3A Armadale Inc.**

## **Current group activities**

### **Educational Courses**

During the year, our Education Officers source and organise educational courses for members to enjoy. Recent courses have included: Mammals of Western Australia, Politics, and the History of Perth. Our 'Be Connected' course will help members improve various skills using modern technology. There is also access to some on-line courses. If you have an interest in something specific or have knowledge and are prepared to run a course, please let us know. For further information contact Judy on 0438 656 153 or Marilyn on 0413 550 553. We also utilise the U3A on-line courses as a group and you can do these on your own too.

### **Book Club**

The Book Club is held on the fourth Friday of each month at Kelmscott Library. It runs from 1pm to 3pm, from February to November. For further information contact Sheila on 0439 926 333.

### **Cinema/Theatre Group**

Visit the Armadale cinema on the second Tuesday of the month with other U3A members. Visits to the theatre may also be arranged. For further information contact Veronica on 0417 755 235.

### **Recreational Walking Group**

Enjoy a gentle walk, through parts of the City of Armadale you may never have seen before. Walks are tailored to the capabilities of members and are held on the 4th Friday of each month from February to November. For further information contact Pat on 0422 020 044.

### **Coffee/lunch group (CL)**

This is a monthly social group that provides an opportunity for you to get to know your fellow U3A members in a relaxed informal setting. The group visits various cafes for Morning Tea or lunch throughout the year. All new members of U3A Armadale are invited to attend the group and enjoy a complimentary cup of coffee or tea on your first visit as you get to know some of our members.

For further information contact Sheila on 0439 926 333 or Denise on 0424 779 115.

### **Walk in Water**

This is a weekly, gentle, exercise activity our members can choose to do and join other members who may turn up every Monday at 10:30 am at the Armadale Fitness and Aquatic Centre (60 Champion Drive). Come along to walk in 1m deep water in the designated walking lane of the undercover 25 m heated pool to help improve balance, strength and well-being – and have a chat with others at the same time! The cost of casual entry for pensioners is \$6 to be paid at the front counter on each visit. Please contact Annika if you are interested - phone 0407 782 177.

### **Day trips.**

Coach trips are arranged by Maureen Pease when there is a 5<sup>th</sup> Tuesday in a month when we are meeting. Past trips have included Wellington Dam, Fremantle Prison, Kings Park and New Norcia amongst others. The cost can vary between \$60 and \$90 and usually includes the hire of the coach and lunch and/or morning tea.

## **Welfare.**

U3A Armadale is not set up to provide welfare or support services to its members, but we do have a policy of contacting members who have not been seen or heard from for a while. This is seen as a safety net. For further information contact Caroline on 0408 931 936.

## **Our meetings**

We meet on the first and third Tuesdays of each month at 9.30 to 12 noon from February to November at the Evelyn Gribble Community Centre, 140 Ninth Road in Brookdale.

The meeting commences with a guest speaker on a particular topic, followed by morning tea from 11-11.30 and the meeting continues with updates on the various activities from the group organisers and concludes with general notices. This is also an opportunity for members to raise any concerns or ask questions relating to our U3A club. During morning tea and before the meeting commences you are invited to talk with the committee members and group organisers and sign up for courses or trips. Take the time to chat and connect with other members!

Morning tea is provided by our members based on a 'bring a plate' roster. Bringing a plate should not be onerous. You might like to bring a plate of homemade sandwiches, a cake or any savoury items, but conveniently shop-bought sweets, cakes and biscuits etc. are also appropriate and welcome. To ensure a supply of food for each meeting members are rostered to 'bring a plate' on specific dates. An email will be sent out to rostered members as a reminder to 'bring a plate' on their rostered meeting date and to ensure we can cover any shortfall in food items that may occur at various times.

In addition to the 'bring a plate roster', we also have a 'kitchen helper' roster as we need some members to be part of the kitchen crew to put out the morning tea as well as clear away and wash up crockery.

If you know you will be absent or unable to assist when your turn comes up on the kitchen or 'bring a plate' roster please let Rose, the Kitchen Coordinator know – Phone: 0427 087 436

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## **About U3A Armadale Inc.**

### **Governance**

We are a not-for-profit incorporated body governed by the requirements of the *Associations Incorporation Act 2015* (the Act). We are required to have, and we do have Public Liability insurance. The Act also requires that we have a set of rules by which the organization is governed. This set of rules is known as 'The Constitution' which can be viewed on our website at [www.u3aarmadalewa.org.au](http://www.u3aarmadalewa.org.au)

U3A Armadale Inc is managed by an elected committee, consisting of a President, Vice President, Secretary, Treasurer, Membership Officer and six ordinary committee members.

The committee is responsible for the overall running of the organization but many features and activities on offer to members very much depend on our members becoming involved. Elected committee members are all volunteer members and the 'work' they do (such as sending out emails and flyers, processing applications, collecting monies, purchasing equipment, maintaining the budget, banking, reporting to various governing bodies, and organizing functions, events and activities – to name just a few tasks - are done in their own time and for the benefit of all members.

Elections for the Committee are held on the first Tuesday of August each year and all positions are vacated at this time.

Our current activities, including the education courses on offer, are run by members who volunteer a few hours each month to run a specific activity. A Committee handbook which details how various functions are organized is available for all members on our website. We are open to other activities and encourage members to bring their ideas forward to the committee or raise them at a general meeting.

### **Financial**

As a community-based organization, we are entirely reliant on our members to meet the costs of running the organization.

To help boost our income we hold a raffle at each Tuesday meeting and tickets are \$2 each, or \$5 for three tickets. Participation in the raffle is entirely voluntary.

The prize is generally a \$30 Coles or Woolworths shopping voucher although members donate additional prizes from time to time.

Government or Lottery West grants are sometimes available to organizations such as U3A. These grants are offered for specific purposes and if they suit our needs or requirements we may submit an application. We are not always successful in obtaining such grants, so we do not budget for this type of income.

Our accounts are independently audited each year and all members receive a copy of the audit report in time for the Annual General Meeting that is held in August each year.

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