



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 and now has chapters in many different countries.

Our group is 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 physically and mentally active and to continue learning during their retirement years. To achieve this goal, we provide presentations on a variety of subjects as well as group activities and outings.

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 and the cost of transportation and refreshments on outings.

We have a hearing augmentation programme which enables all members to participate in the meetings. The free headphones are available at the back of the hall.

We invite you to attend for 3 meetings without payment and one of those could be our Coffee/lunch group where you will receive a free cup or tea or coffee. After the 3rd visit, the charge is \$3.00 per meeting and \$30.00 per year per person for membership. Our membership year runs from July to June. There is a pro-rata fee if you join between February and June.

Attached is a full list of activities currently 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, Patsy, at the meeting or by email u3aarmadalewa@gmail.com. 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 U3A Armadale.

The Management Committee U3A Armadale Inc.

Current group activities

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 movies each month on the second Tuesday of the month with other U3A members. Visits to the theatre are also part of this group's activities. For further information contact Judy on 0438 656 153 or Marilyn on 0413 550 503.

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.

Educational Courses.

During the year our Education Officer sources and organises educational courses for members to enjoy. Recent courses have included: Reptiles of Western Australia, Politics, History of Perth and Be Connected. There is also access to some on-line courses. For further information contact Judy on 0438 656 153 or Marilyn on 0413 550 553.

Coffee/lunch group (CL)

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

For further information contact Dene 0417 400 918 or Val on 6461 6334.

Chair Yoga.

This is a weekly activity which can benefit all seniors and help improve balance, strength and well-being. It is currently run at the Armadale Scout Hut on Townley Street, Armadale on a Wednesday morning. Please contact Marian if you are interested on 0478 595 508.

Day trips.

Coach trips are arranged by Maureen if there is a 5th Tuesday in the month. Recent visits have included Wellington Dam and Fremantle Prison. Trips planned for this year are to Kings Park and New Norcia amongst others.

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 Peter on 0467 091 279.

Our meetings

We meet on the 1st and 3rd Tuesdays, 9.30 to 12noon from February to November at the Evelyn Gribble Community Centre, 140 Ninth Road in Brookdale. The meeting commences, currently, with a speaker on a particular topic, then morning tea from 11-11.30 and the meeting concludes with updates on the various activities from the group leaders and other notices. This is also an opportunity for members to raise any concerns or ask us questions relating to the group. During morning tea and before the meeting commences you can talk with the group leaders and sign up for courses or trips as well as meeting other members.

Morning tea is provided by our members based on a "bring a plate" roster. Bringing a plate is not onerous, it can be a plate of sandwiches, cake or savouries and it can be as convenient as bringing a shop bought cake. To ensure a supply of food for each meeting members who indicate they are willing to bring a plate are rostered to specific dates.

In addition to the plate roster, we also have a kitchen helper roster as we do need some members to be part of the kitchen crew who put out morning tea as well as clear away and wash up the dirty dishes and crockery. If you are unable to assist, then please let the Kitchen Coordinator know.

About U3A Armadale Inc.

Governance

We are a not for profit incorporated body that is governed by the requirements of the Associations Incorporation Act 2015.

We are required to have and do have Public Liability insurance.

The Act requires that we have a set of rules by which the organization is governed. This set of rules is generally known as The Constitution which can be seen on our website at

www.u3aarmadalewa.org.au

The Association is managed by an elected Management Committee, consisting of: President, Vice President, Secretary, Treasurer and seven ordinary committee members. We also operate sub-committees for specific functions: e.g. Outings sub-committee.

The Management Committee is responsible for the overall running of the organization but many elements of the organization very much depend on ordinary members becoming involved in organizing activities. Some of our current activities are run by ordinary members who can give a few hours a month to run a specific activity but do not have the time required to be a member of the Management Committee.

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

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, Participation in the raffle is entirely voluntary. The prize is generally a \$25 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 usually for specific purposes and if they offer an opportunity to meet a need we apply. 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.
