

OUR COMMUNITY

U3A Bairnsdale operates as a RESPECT Community. The practices of our community include:

- ~ **Respect for Self:** in the way we speak, participate, and present ourselves and our ideas that allows each member of a class to feel comfortable in their environment.
- ~ **Respect for Others:** in encouraging participation of others in activities and discussion, respecting their views and ideas and accepting that all individual ideas or may not be accepted by others.
- ~ **Respecting the Environment:** there is an expectation that rooms are left clean and tidy and ready for the next class.
- ~ **Respecting the Opportunity:** to learn by sharing skills and knowledge, taking time to listen to others and by allowing all to participate.

HOW TO JOIN

1. ONLINE

~ Visit our Website: <https://u3abairnsdale.org.au>

Click the symbol for how to join and follow the prompts

Complete the details required

~ Once you have joined follow the prompts to choose the available classes

2. MANUALLY

~ Call at the office between 10am ~ 3pm daily

Collect a membership form, complete and hand it in at the office

3. PAYMENT

- Online using direct debit or PayPal
- Obtain a pay-in slip from the office and pay directly at Bendigo Bank
- Pay Cash or EFTPOS at the Office



UNIVERSITY OF THE THIRD AGE

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BAIRNSDALE & DISTRICT INC. INFORMATION BOOKLET



By The Members For The Members



ABOUT US

- ~ U3A Bairnsdale is an independent, self-funding incorporated body that provides a wide range of activities for members of the community.
- ~ Established in 1987, volunteer tutors provide approximately 60 courses per term over six days of the week.
- ~ A committee elected by the members operates U3A as a not for profit incorporated body. U3A operates within the governance ASSOCIATIONS INCORPORATION REFORM ACT 2012 and complies with meeting schedules, financial audits and reporting as required.

MEMBERSHIP

WHO MAY JOIN?

Membership is open to community members over the age of 50.

WHAT DOES IT COST TO JOIN?

An annual fee of \$50

Members pay \$2 per class that covers the cost of refreshments and class expenses.

WHAT IS UNIQUE ABOUT U3A?

U3A differs from other organisations in that it offers programs six days of the week and no qualifications are required.

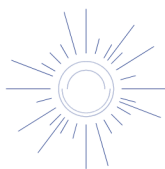
FUNDING

All of our tutors are volunteers. Fees are kept to a minimum as it is intended to be accessible regardless of income. The major expense for our U3A is the rental fee for the facility.



A number of programs are available for Vision Impaired members including:
Tai Chi & mobile phone assistance.

Brenda (pictured) experiences limited vision but participates actively on the committee, as well as tutoring her chosen classes and participates in others.



BENEFITS

WHY JOIN U3A?

- ~ Provides a means of meeting people with similar interests
- ~ A connection point for information and learning in the community.
- ~ Provides support for older members of the community in a safe environment.
- ~ Contributes in a positive way to the mental health of the older population in the community.
- ~ Encourages mental and physical activity.
- ~ Access for people with physical disabilities to companionship and learning.
- ~ A means for new community members to become part of the community

PROGRAMS

WHAT PROGRAMS ARE OFFERED?

A feature of U3A Bairnsdale is the diverse range of activities that are offered including:

- ~ Arts and Crafts
- ~ Music - Guitar, Ukulele and Celtic
- ~ Discussion groups
- ~ Foreign languages
- ~ Health and wellbeing - Tai Chi, Qigong, Arm chair aerobic
- ~ Technical activities such as robotics, computer programs
- ~ Literature - book clubs, writing and poetry
- ~ Games - Chess, Mahjong, Pétanque, Canasta
- ~ Special interest groups such as fly tying and photography
- ~ Assistance with phones and computers
- ~ Social Activities

FACILITIES

DO CLASSES AND FACILITIES CATER FOR ALL?

- ~ Disability friendly toilets
- ~ Ramp Access
- ~ Tables and chairs chosen for comfort and functionality
- ~ Equipment for hearing impaired is available



JIGSAW FUN! We have an ongoing jigsaw puzzle set up in our community room, free for anyone to attempt to find the right spot for a piece or two! Make yourself a cuppa and while away some hours ~ Jigsaw puzzles allow for increased mental stimulation, increased “good-feelings”, and improved Interactions with others.

SATURDAY IS MOVIE DAY! Come along and join us for some good old fashioned viewing from 1pm - 3pm

