



Stryder Socials

going places.

KEEP
COOL
IT'S
SUMMER

January, February & March 2025

Happy New Year and a big welcome back to everyone. We are looking forward to bringing some exciting new adventures which will include short days and long days.

We are also very excited about Seniors Week in March. We have lots of events which will spill over a few weeks. Seniors Week celebrates the role and contributions of older adults to our local communities and offers great opportunities and experiences to get together with friends or go out and meet new people. Discover new products and services to help improve your quality of life. Learn new skills in fitness, technology and home organisation. Enjoy live music and comedy from popular performers. Check out our program that includes local council events, morning teas and the Seniors Expo/Festival in the city. Something for everyone. Get in early to book.

Upcoming Highlights

- Australia Day Morning Tea
- Lunch at Hunters Hill Lodge with Guest speaker
- Consumer's Meeting
- Seniors Week Activities
- Hunters Hill Theatre
- April 23rd – The Vegas Song Book – Dame Joan Theatre.

New Taxi System

We have introduced a new Taxi Cabcharge system. If Stryder is unable to supply a driver to a medical appointment, we may choose to drop off a Cabcharge Voucher to your home. Included in the envelope will be a voucher, instructions on how to use the voucher and a return envelope. You will need to call and book your own taxi. Please ask for a receipt from your taxi driver and then return the receipt to our office in the enclosed reply paid envelope when your trip is completed.

Free Transport to North Ryde RSL

Please be advised that this service will now only be available from Monday to Friday, 9.00am -5.00pm. This is a free service and when making your bookings please specify what time you would like to arrive at the club and what time you wish to be picked up to return home. We also ask that you please contact the office when you are finished at the club so we can advise our drivers you are ready to go home.

East Side vs West Side

We have noticed in the last couple of programs that numbers are falling on the West Side. So, we have decided that if you are on a waiting list for the East Side you can then ask if there is any room on the West Side. Just to clarify East & West Sides – “**Eastside**” = For those who live on the City side of Lane Cove Road (Devlin/Church Street) “**Westside**” = For those who live on the West Ryde or Marsfield side of Lane Cove Road. We want to try and make sure that everyone is getting out and about. Please spread the word to your neighbours and friends about our social trips. We'd love more people to join in.





Social Contributions & Stryder Membership

Thank you all for attending our last AGM in November. It was great to catch up with everyone. Just to clarify when you pay to receive the social program each year, this is to help cover the cost of producing and sending out the program. If you would like to become a paid member of the organisation, this is a separate payment, and the cost is \$20 per year. If you become a paid member, you are able to vote at our AGM. Please contact the office and Lara can organise this for you or you can click on the following link www.stryder.org.au

General News

This year we farewelled Jean who was our dispatcher and welcomed Karl into the role. You may have met Karl on your travels as he is one of our fantastic drivers. He brings to the operations team a wealth of knowledge regarding the local area, and client needs. We also welcome our new drivers Neil Harris, Neil Newstead, Joon Seo, Richard Webb and Campbell Nicholson.

Robyn Musgrave – Social Coordinator

Accessible Key Guide	
Good Access	✓
Stairs	
Easy Walking	
Moderate Walking	
Lots of Walking	
We have introduced these accessible symbols that indicate whether the social trip has stairs to be negotiated and the amount of walking required.	

What's on at Hunters Hill Theatre



7-30 MARCH 2025

Sylvia



By A.R. Gurney

Directed by Moja Band

Guide To Bus Cost

Bus Cost for subsidised clients	The subsidised rate is for eligible clients over 65. It is called the Commonwealth Home Support Program (CHSP). The majority of Stryder's clients already receive CHSP subsidised rates. We also have a different bucket of funding we can use for eligible clients under 65. Please call the office and discuss with the client service team to see if you are eligible.
Standard Bus Cost for Home Care Package Clients	For clients who are on a Home Care Package (HCP), we charge our standard rate to your HCP provider. Other clients who choose <u>not</u> to go through My Aged Care are required to pay the standard rate and be on account (no cash payments).

NOTE: Cost of trip includes the bus trip only. Any morning tea, lunch and entry fees are extra and paid directly to the venue (unless we request prepayment).



Bowral Overnight Trip






JANUARY SOCIALS



View and book at www.stryder.org.au/events
Or call **9816 5000**



- Subsidised bus cost is GST free
- Standard Fee Bus Cost includes GST

Date	Description	Details	
Monday 6th January	North Ryde RSL = Value + Cheap and Cheerful day out at the local. Enjoy \$15 lunch at the Bistro or dine in the café. The choice is yours. They also have a delightful gift shop with lots of unusual items for sale and an aviary with exotic birds. Grab your Stryder friends and organise a catch up.	Free Transport	Lunch Cost \$15-\$30 No bus assistant today
			✓
Tuesday 7th January EAST SIDE	Long Reef Golf Club, Collaroy - Come and enjoy the spectacular scenery overlooking Fisherman's Beach and Long Reef Headland. The White Rock Café offers amazing food in a very relaxed atmosphere.	Bus Cost: (subsidised) \$25	Lunch Cost \$25 - \$35
Thursday 9th January WEST /BOTH SIDES		\$60.50 standard fee clients	✓
Tuesday 14th January EAST SIDE	Blues Point Hotel, McMahons Point/Scenic Drive to Balmoral - A charming small hotel that brings the best of McMahons Point to your doorstep. Built in 1864 it oozes the atmosphere of an old school pub. They also offer \$15.00 lunch specials. After lunch we will take a lovely scenic drive to Balmoral.	Bus Cost: (subsidised) \$20	Lunch Cost \$20 - \$30
Wednesday 15th January WEST/BOTH SIDES		\$55 standard fee clients	✓
Saturday 18th January BOTH SIDES	Malia's Mystery Trip. We could go North, South, East or West, it's a Mystery to us. Jump on Board the "Malia Express" for a fun day out.	Bus Cost (subsidised) \$30	Lunch Cost \$20 - \$30
		\$66 standard fee clients	✓
Tuesday 21st January BOTH SIDES	Hunters Hill Lodge – Guest Speaker & Lunch. We are excited to invite the local community to a special event featuring guest speaker Andrew Campbell , an expert in audiology and brain health. He is passionate about the connection between untreated hearing loss and cognitive decline, a subject explored in his books <i>Hearing & Brain Health</i> and <i>Your Resilient Brain</i> . Lunch includes main, dessert and a glass of wine.	Bus Cost (subsidised) \$15	Pre-payment \$20
		\$44 standard fee clients	✓
Thursday 23rd January BOTH SIDES	Australia Day Morning Tea/Drummoyne Sailing Club Come and enjoy a delicious morning tea in the Stryder Gardens, afterwards we will travel to Drummoyne Sailing Club for a mouthwatering lunch looking out over the water.	Bus Cost (subsidised) \$25 (includes Morning Tea)	Lunch Cost \$25 - \$35
		\$60.50 standard fee clients	✓

Monday 27th January	Public Holiday – Office Closed		
Wednesday 29th January EAST SIDE	Carnarvon Golf Club, Lidcombe – Come and take time out to relax in the Nottingham Bistro overlooking the luscious green golf course. The chef’s blackboard menu offers fantastic seasonal dishes as well as weekly specials. Something for everyone!	Bus Cost (subsidised) \$20	\$20 - \$30
Thursday 30th January WEST/BOTH SIDES		\$55 standard fee clients	✓
	FEBRUARY SOCIALS View and book at www.stryder.org.au/events Or call 9816 5000	9816 5000 Subsidised bus cost is GST free Standard Fee Bus Cost includes GST	
Date	Description	Details	
Saturday 1st February BOTH SIDES	Malia’s Mystery Trip – A very exciting day awaits you when you jump on board the Malia express.	Bus Cost (subsidised) \$30	Lunch Cost \$20 - \$30
		\$66 standard fee clients	✓
Monday 3rd February BOTH SIDES	North Ryde RSL = Value + Cheap and Cheerful day out at the local. Enjoy \$15 lunch at the Bistro or dine in the café. The choice is yours. They also have a delightful gift shop with lots of unusual items for sale and an aviary with exotic birds.	Free Transport	\$15 Specials
			✓
Tuesday 4th February WEST /BOTH SIDES	Innovations/Forestville RSL - Shop till you drop! Come and browse around the Innovations shop which has an extensive range of fashion products and homewares including a clearance outlet shop. There is a café near the shop so you can grab a cup of coffee and morning tea for \$6.50. Lunch will be at Forestville RSL which offers delicious meals at affordable prices. Please bring your own shopping bag.	Bus Cost (subsidised) \$20	Lunch Cost \$20 - \$30
		\$55 standard fee clients	✓
Wednesday 5th February BOTH SIDES	The Vicar, Dural – Back by popular demand! Inspired by Dural’s history and rural surrounds, the venue was once known as the “The Vicar of Wakefield”. The venue has been revamped and reconstructed to give you a superb place to gather with friends for a delicious lunch.	Bus Cost: (subsidised) \$25	Lunch Cost \$20 - \$35
		\$60.50 standard fee clients	✓
Thursday 6th February EAST SIDE	Innovations/Forestville RSL - Shop till you drop! Come and browse around the Innovations shop which has an extensive range of fashion products and homewares including a clearance outlet shop. There is a café near the shop so you can grab a cup of coffee and morning tea for \$6.50. Lunch will be at Forestville RSL which offers delicious meals at affordable prices. Please bring your own shopping bag.	Bus Cost (subsidised) \$20	Lunch Cost \$20 - \$35
		\$55 standard fee clients	✓

<p>Monday 10th February EAST SIDE</p> <p>Thursday 13th February WEST/BOTH SIDES</p>	<p>Headlands Hotel – Austinmer Beach - Head Chef Jake is committed to creating a relaxed dining experience. Sit back and soak up the spectacular view of the Pacific Ocean whilst consuming a delicious lunch of locally sourced ingredients. Afterwards we will take a scenic drive home across the Sea Cliff Bridge. Comfort stop included.</p>	<p>Bus Cost: (subsidised) \$30</p> <p>\$66 standard fee clients</p>	<p>Lunch Cost \$25 - \$35</p> <p>✓</p>
<p>Saturday 15th February BOTH SIDES</p>	<p>Scenic Saturday – Terry Hills Tavern/West Head Lookout This pub is the heart of the community and offers genuine pub classics. Afterwards we will take a lovely drive through the bushy Ku-ring-gai Chase National Park to the vistas of West Head looking out over Palm Beach and the Pittwater Basin.</p>	<p>Bus Cost: (subsidised) \$30</p> <p>\$66 standard fee clients</p>	<p>Lunch Cost \$20 - \$30</p> <p>✓</p>
<p>Tuesday 18th February BOTH SIDES</p>	<p>Consumer’s Meeting – North Ryde RSL. Come and meet the team and tell them how we can improve our socials and our other services. We would really love to have some of our medical clients attend so please RSVP to Robyn on 9816 5000 or email social@stryder.org.au Meeting is 11.00am – 12.00pm and you can stay for lunch in the bistro at your own expense. Bus will depart club at 12noon or 2.00pm. Please advise when making your booking. Morning tea will be served, and we ask for a \$5 donation.</p>	<p>Free Transport</p>	<p>Lunch Cost \$15 - \$30</p> <p>✓</p>
<p>Wednesday 19th February WEST/BOTH SIDES</p> <p>Thursday 20th February EAST SIDE</p>	<p>Cronulla RSL – Located next to South Cronulla Beach and overlooking Cronulla’s picturesque coastline. Come and enjoy fresh vibrant flavours from light bites to hearty favourites. Also look out for the summer specials. There is something for everyone. A pure indulgence.</p>	<p>Bus Cost (subsidised) \$25</p> <p>\$60.50 standard fee clients</p>	<p>Lunch \$20- \$30</p> <p>✓</p>
<p>Monday 24th February BOTH SIDES</p>	<p>St Ives Shopping Village is your one-stop shop for fashion. Boasting names like Black Pepper, W Lane and Fella & Hamilton just to name a few. After browsing, take a break in one of the many eateries. Our driver will drop clients off at 11am and return to collect them at 1.30pm. Please note no bus assistant on this outing.</p>	<p>Bus Cost (subsidised) \$20</p> <p>\$55 standard fee clients</p>	<p>Lunch at own expense – No bus assistant today</p> <p>✓</p>
<p>Wednesday 26th February WEST /BOTH SIDES</p> <p>Thursday 27th February EAST SIDE</p>	<p>Carmens on the Park – Barnwell Park Golf Course – Five Dock - Come and enjoy a taste of modern Italian Cuisine with water views over Hen & Chicken Bay. Carmens offer a delicious set menu consisting of: Mushroom & Spinach Risotto, Grilled Lemon Sole, Battered Fish & Chips, Chicken Caesar Schnitzel, Chargrilled New York Steak, Chicken Parmigiana (all meals served with salad and chips) and Dessert of the day. Afterwards we will take a scenic drive around the bay and stop for some Gelato. Please advise choice of meal when booking your trip.</p>	<p>Bus Cost (subsidised) \$15</p> <p>\$44 standard fee clients</p>	<p>Lunch Cost \$30 (pay on the day)</p> <p>✓</p>

	MARCH SOCIALS View and book at www.stryder.org.au/events Or call 9816 5000	9816 5000 Subsidised bus cost is GST free Standard Fee Bus Cost includes GST	
Date	Description	Details	
Saturday 1st March BOTH SIDES	Malia's Mystery Trip - Come along for a day full of fun and adventure. Malia is looking forward to organising a special day for you. Be assured, it will be a fun day out.	Bus Cost (subsidised) \$30	Lunch Cost \$20 - \$35
		\$66 standard fee clients	✓
Monday 3rd March BOTH SIDES	North Ryde RSL = Value + Cheap and Cheerful day out at the local. Enjoy \$15 lunch at the Bistro or dine in the café. The choice is yours. They also have a delightful gift shop with lots of unusual items for sale and an aviary with exotic birds.	Free Bus Cost	Lunch Cost \$15 - \$30
			✓
Tuesday 4th March WEST/BOTH SIDES Thursday 6th March EAST SIDE	Yarra Bay Sailing Club – This is one of our all-time favourites. Come and enjoy a set menu of delicious Greek inspired food whilst watching the boats sail by. The set menu includes choice of Crumbed Calamari with chips & salad, Beer Battered Fish & Chips with salad, Grilled Fillet of Fish, Chicken Schnitzel, Penne Boscaiola – bacon, shallots, mushrooms & cream. Beef Burger & Chips, other meals served with chips & salad, dessert of the day with ice-cream and tea & coffee. Please advise meal choice when booking.	Bus Cost (subsidised) \$25	Pre-payment \$25
		\$60.50 standard Fee clients	✓
Wednesday 5th March BOTH SIDES	Seniors Week Event – North Ryde School of Arts. A community event sponsored by Ryde Council. Join in the fun of Seniors Week with a free morning tea and entertainment and a chance to learn about other activities in the area. Starting at 10am – 12pm.	Bus Cost (subsidised) \$15	Free Morning Tea & Entertainment
		\$44 standard fee clients	✓
Monday 10th March BOTH SIDES	St Patrick's Day Celebrations – The Fiddler, Rouse Hill You all enjoyed the Christmas Lunch so much we have booked the Fiddler again for some Irish fun. Menu includes 2 course meal, drink on arrival and entertainment. Limited tickets so when making your booking we will need payment to secure your seat. There will probably be time to dance the Irish jig! Prize for best dressed.	Bus Cost (subsidised) \$20	Pre-payment \$60
		\$55 standard fee clients	✓
Tuesday 11th March BOTH SIDES	Seniors Week Event – Stryder Morning Tea – Deckhouse, Woolwich - Join us in celebrating seniors' week. A delicious morning tea will be served at the Deckhouse overlooking Sydney Harbour from 10am – 12pm. If you would like to invite a friend or neighbour, this is a great opportunity for them to experience a Stryder Social.	Bus Cost (subsidised) \$15	Pre-payment \$25
		\$44 standard fee clients	✓
Wednesday 12th March BOTH SIDES	Seniors Week Event – Garden Party – Blackman Park – Lane Cove, Don your sunhat, hop on the bus and join others at this community event at Lane Cove. A free event, including a delicious morning tea, entertainment and an opportunity to meet with your local services – Sponsored by Lane Cove & Hunters Hill Councils and supported by local community organisations. Don't miss out – come and soak up the sun and savour the music of time gone by.	Bus Cost Flat rate \$15 for all	Free Morning Tea
			

<p>Thursday 13th March BOTH SIDES</p>	<p>Seniors Expo/Gala Concert – ICC Theatre, Darling Harbour Show starts at 2.45pm, limited tickets, walkers are not recommended due to accessibility in the theatre. Lunch at own expense. We will arrive in time to have a look at the expo and have lunch before the Gala Event. This is a very busy full day out and not for the faint hearted.</p>	<p>Bus Cost: (subsidised) \$25 \$60.50 standard fee clients</p>	<p>STEP ALERT! </p>
<p>Tuesday 18th March BOTH SIDES</p>	<p>Strathfield Golf Club – Come and enjoy this sleek new bistro which has stunning views over the Golf Course. Pavilions Eatery offers delectable options for every type of diner.</p>	<p>Bus Cost: \$20 (subsidised) \$55 standard fee clients</p>	<p>Lunch Cost \$20 - \$35 ✓</p>
<p>Wednesday 19th March EAST SIDE Thursday 20th March WEST/BOTH SIDES</p>	<p>Guildford Leagues Club/Monte Fresco Cheese Factory Who does not love the taste and the smell of cheese! We will lunch at Guilford Leagues Club before heading off in search of some mouthwatering cheese. Make sure to bring your own carry bag with an ice brick.</p>	<p>Bus Cost: (subsidised) \$25 \$60.50 standard fee clients</p>	<p>Lunch Cost \$20 - \$35 ✓</p>
<p>Tuesday 25th March EAST SIDE Thursday 27th March WEST/BOTH SIDES</p>	<p>Trojan’s Restaurant & Sports Bar – Terrigal Hooray – we’re heading to the Central Coast. This very popular venue is uniquely positioned at the picturesque Haven and Skillion in Terrigal. Sit back and enjoy the view whilst munching on some fresh seafood, or whatever takes your fancy. Long day and early pick ups but rest assured, we will have a comfort stop on the way.</p>	<p>Bus Cost: (subsidised) \$30 \$66 standard fee clients</p>	<p>Lunch Cost \$20 - \$35 ✓</p>
<p>Saturday 29th March BOTH SIDES</p>	<p>Hunters Hill Theatre – “Sylvia” – She’s young, frisky with big eyes and a cold wet nose. Sylvia’s a stray that comes to stay when middle-aged businessman Greg stumbles upon her in the park. Wife Kate soon realises that Sylvia is chewing a hole in their marriage as this canine cutie becomes a major bone of contention between husband and wife. A classic love triangle with a twist. Lunch before the show at Club Ryde at own expense.</p>	<p>Bus Cost: (subsidised) \$15 \$44 standard fee clients</p>	<p>Pre-payment Ticket \$32.50 </p>
<p>Wednesday 23rd April BOTH SIDES</p>	<p>Dame Joan Theatre – Penrith – The Vegas Song Book (limited tickets) Join renowned singer Craig Martin, accompanied by his talented pianist and backing vocalist, as he performs hits from legends like Sinatra, Dean Martin, Sammy Davis Jr., Elvis, Tom Jones, Franke Valli, Judy Garland, Michael Bubl�, Celine Dion and Robbie Williams. Early pickups, morning tea offered at 10am at the Theatre.</p>	<p>Bus Cost: \$25 \$60.50 standard fee clients</p>	<p>Pre-payment Tickets \$23.00 ✓</p>

SHOPPING & SHUTTLE SERVICES

All Services must be pre-booked and are door-to-door

SERVICE	DAY	TIMES
Macquarie Shopping Centre Assisted Service \$15/\$44	TUESDAYS	Arrive 10.00am Depart 12.00 noon
Macquarie Shopping Centre Assisted Service \$15/\$44	FRIDAYS	Arrive 9.30am Depart 12.30pm
Cox's Rd, North Ryde Shopping Centre \$15/44	THURSDAYS	Arrive 10.00am Depart 12.00 noon
Gladesville Shopping Centre \$15/\$44	FRIDAYS	Gladesville pickups Arrive 9.25am Depart 11.30 Hunters Hill pickups Arrive 10.15 Depart 12.30
Lower North Shore Shuttle	MONDAY - FRIDAY	Operates between 8.00am and 5.00pm
North Ryde RSL Shuttle FREE SERVICE	MONDAY - FRIDAY	Operates between 9.00am and 5.00pm
Limit of 2 bags per person. No Shopping trolleys. All Services must be pre-booked.		

COMMUNITY NOTICE BOARD

“What’s on in your local area”

Book our Flexiride transport if you would like a lift. Call 9816 5000




Seniors Week Morning Tea Thursday 20 February | 10:30am
Members \$10 | Non Members \$15

Join in the fun of our annual Seniors Week morning tea. Raising funds for the Special Olympics, this is an uplifting, entertaining and truly special event. Enjoy Devonshire Tea, entertainment, prizes and more.

Bookings are essential via Customer Service on 9876 4357
or book online at www.eppingclub.com

SPECIAL GUEST PAULA DUNCAN

Paula Duncan, a recipient of the Order of Australia for her contributions to Business, Government, and the Arts, is a celebrated actress and advocate. With seven Logie Awards to her name, Paula's impact extends beyond entertainment as she serves as Patron for the Special Olympics and NOVA Employment and acts as an Ambassador for Volunteers.




**Join our fun,
inclusive
community choir!**

Good Life Chorus is a dementia-inclusive community choir for singers of all abilities.

Where?
West Ryde Community Hall,
3-5 Anthony Rd, West Ryde

When?
Wednesdays 1.30-2.40pm.

CONTACT:
Website: goodlifechorus.org
Email: enquiries@goodlifechorus.org
Phone: (02) 9868 6404




17
FEB 2025

Core Skills | Basic Computer Skills | Term 1

This 8 session course that will give you the basic computer skills you need for work, study or in the community.

 Ryde Library, 1 Pope Street, Ryde 2112

 7 more dates

Tagged as: Council
Event, Libraries, Workshops & Talks

Pre-payment Summary

NOTE: Please make prepayment when booking via phone - have your credit/debit card ready.
 Bus Cost is charged on day of outing. **Sorry, but no refunds if you cancel.**

Lunch & Guest Speaker – Hunters Hill Lodge <ul style="list-style-type: none"> Tuesday, 21st January 2025 Bus Cost - \$15/\$44 	Lunch	\$20
TOTAL PREPAYMENT		\$20

Yarra Bay Sailing Club – Set Menu <ul style="list-style-type: none"> Tuesday, 4th March & Thursday, 6th March Bus Cost - \$25/\$60.50 	Lunch	\$25
TOTAL PREPAYMENT		\$25

St Patrick’s Day – The Fiddler <ul style="list-style-type: none"> Monday, 10th March 2025 Bus Cost - \$20/\$55 	Lunch	\$60
TOTAL PREPAYMENT		\$60

Seniors Week – Deckhouse Morning Tea <ul style="list-style-type: none"> Tuesday, 11th March 2025 Bus Cost - \$15/\$44 	Morning Tea	\$25
TOTAL PREPAYMENT		\$25

Hunters Hill Theatre Saturday, 29 th March 2025 – “Sylvia” - Session Time: Matinee 2.00pm <ul style="list-style-type: none"> Bus Cost - \$15/ \$44 Lunch prior to show: Club Ryde – Bistro ATE (pay for lunch on the day) 	Ticket cost	\$32.50
TOTAL PREPAYMENT		\$32.50

Dame Joan Theatre – Penrith – The Vegas Song Book <ul style="list-style-type: none"> Thursday, 23rd April 2025 Bus Cost - \$25/\$44 	Ticket Cost	\$23
TOTAL PREPAYMENT		\$23

Our Advertisers

Retirement living in Hunters Hill available from \$260,000 to \$960,000* Heritage Apartments coming in 2025



Delightfully renovated and secure one-bedroom units nestled in the leafy residential streets of the Hunters Hill peninsula.

Wurley Court offers just 35 units surrounding the original heritage listed home of the Windeyer family, incorporating a tastefully renovated community room. In early 2025 we will be fully renovating two large apartments in the original heritage listed home. Express your interest NOW!

Open to view -

Wednesday 8th January 2025 - 10am to 11am

Wednesday 5th February 2025 - 10am to 11am

Wednesday 5th March 2025 - 10am to 11am

Contact Janne Scott on 9299 3951 or visit vasey.com.au for more information.

Vasey.
WURLEY COURT

8 Passy Avenue, Hunters Hill

*Price based on your choice of Contract. Correct as at December 2024.

SYDNEY u3a



YOUR RETIREMENT YEARS CAN BE THE BEST YEARS OF ALL



Are you retired, semi-retired or nearly retired?

Do you enjoy learning?

Do you want to make new friends, have fun, socialise and learn?

If so, join Sydney u3a and meet like-minded people.

A warm welcome is extended to anyone regardless of age who would enjoy the friendly environment of following their interest at any course, Zoom presentation or activity.

If you are not a member, you may book a course and then attend up to two sessions, before you need to become a member.

Enquiries: <https://sydneyu3a.org>
Telephone: (02) 9267 9056

What do we do? Sydney u3a members share knowledge and experience through a vast variety of face-to-face course, Zoom presentation and activities. All presenters are volunteers, sharing the gems of their profession and interests.

PLEASE CONTACT US FOR FURTHER INFORMATION

