

Some sad news

For those members who knew Pearl Phillips, a past tutor of Folk Dancing, Pearl sadly passed away on 7th May 2023.



Maryborough U3A Constitution

For those interested in reading the Maryborough U3A Constitution, it is available on the website – www.u3amaryborough.org



First Aid Certificate holders

If you have a First Aid Certificate, could you please let a committee member OR a tutor know.



Name badges

Please remember to wear your name badge to your classes as this assists everyone to get to know each other and please write your emergency contact details on the back of your name badge.



Everywhere you go, take a smile with you.



To keep up-to-date with what is happening within your Maryborough U3A and to see photos etc., visit the website –

www.u3amaryborough.org

Pickleball.

Pickle Ball will commence in Term 3 on a **Monday and/or Thursday afternoon** for up to 2 hours. **Venue to be advised.**



\$15.00 per member to enrol.



Book Club.

The Book Club will meet at the Light Christian Bookshop in Bazaar Street, opposite the Library.



Term 3 – 14th July 10.00am

Discuss the Books that you have Read, Swap Books, Recommend Books to Others.



Art for Fun.

Jane, Judy and Anne invite you to



BUBBLES and BRUSH STROKES

Be an Artist for a Few Hours
Sip Champagne, Enjoy Morning Tea, and Chat with Friends



SATURDAY, 29th July, 2023
&
SATURDAY, 2nd September 2023

9:00am – 1:00pm

B.Y.O. Apron, Chair, and Your Smile
\$8.00 for Canvas and Paint
Please **RSVP**
Anne 0412 655 129 OR Judy 0408 999 363



BUSHWALKING – in Term 3



If you are interested in Bush Walking with Marlene Luce, the following dates & venues have been set.

Tuesday 18th July at 9.00am

New Maryborough to Hervey Bay rail trail section. Start Walker Street and walk part of rail trail and complete circuit through bushland. 2.6kms

Tuesday 1st August at 4.00pm

Mary Poppins Kangaroo Reserve Naturelle, Banana Street, Granville. Visit the horses near the Mary River with an apple. Then see a magnificent Mary Poppins statue and parkland circuit. 1km.

Tuesday 15th August at 10.30am

Granville Conservation Park. Beaver Rock. A part will be on animal trails to a magnificent billabong. Walk along slashed cane headlands and more bushwalking and sightings of numerous bird species. 2.75kms.

Tuesday 29th August at 4.00pm

Bushnell Street, Granville, bushland circuit with options to shorten walk for individual walkers. Repeat by popular demand. 2.5kms.

Tuesday 12th September at 9.00am

Police Paddock, Tinana with visit to American Army Base remains. Approx 2.5kms.

Please remember to wear a name tag with your emergency contact details on the back.

For further details contact our class coordinator, Anne on 0412 655 129

Visitors to Maryborough or friends who are interested in joining our classes

If you have friends visiting Maryborough who are interested in joining our U3A classes, or if you have a friend/s who have expressed an interest in trying our classes, they are welcome to attend 2 classes before needing to join U3A & pay the class fees, but they will not be covered by our insurance.

*You've got to look for the good
in the bad,
the happy in the sad,
the gain in your pain
and what makes you grateful
not hateful*

Maryborough U3A Committee meetings

Your Maryborough U3A committee meet at 1.00pm on the 2nd Monday of each month at Homewares from Everywhere on Gayndah Road.

All members are welcome to sit in on a committee meeting and perhaps share your ideas around additional classes / interests etc.

Items / photos for Newsletter

If you would like your group mentioned in this newsletter, please email photos and / or a short write-up to - u3amaryborough@gmail.com

Christmas Craft



Christmas Craft to be held on Monday afternoons.

Commencing -

Monday 7th August - then
Monday 4th September.

Term 4 –

Monday 16th October and
Monday 13th November.



Venue - Judy's garden or Jane's place – to be advised.

- A variety of different Christmas Wreaths
- card making
- decorations
- Christmas Placemats

For further details contact our class coordinator, Anne on 0412 655 129 or Judy 0408 999 363

Dance, Dance, Dance - event No 2



Rock & Roll, Jive, Disco
afternoon

Saturday 9th September 1.00pm to 3.30pm.

Enjoy afternoon tea at 3.00pm



Come along for a fun
afternoon of dance. No partner
required – just have fun and
meet new people.



Maryborough COMMITTEE 2023 / 2024

President	Judy	0408 999 363
A/Secretary (minutes)	Helen	0487 063 846
Secretary	Tony	0407 776 574
A/Secretary (n'letter distrib)	Peter	0488 240 649
A/Treasurer	Anne	0412 655 129
Class Co-ordinator	Anne	0412 655 129

Committee: Barb, Ellen, Gale, Lauren, Marcia,
Mary-Anne, Pat, Wendy

u3amaryborough@gmail.com

U3A Maryborough Bank Account BSB 645 646
Account No 102363714

Health does not always come from
medicine
Most of the time it comes from peace
of mind, Peace in heart, Peace of
soul.
It comes from laughter and love.

PHOTOS

We are looking for someone who may be interested in taking some photos of our U3A members during classes to post on our Website. Phone Anne 0412 655 129 if you are interested.



Our first Bush walking group – behind the showgrounds



DANCE, DANCE, DANCE – Saturday 3rd June
Above – some of the dancers & below the winners of the raffles





Art for Fun



Judy & Anne had fun painting Christmas trees

U3A MARYBOROUGH CLASSES 2023 (Enquiries – Anne 0412 655 129 & Judy – 0408 999 363)

DAY	TIME	ACTIVITY	VENUE	TUTOR
Monday	8:30am-9:30am	Marcia's  Exercise Fitness	Pensioners Hall	Marcia 0423 068 311
	10:00am-11:00am	Beginners Tai Chi	Pensioners Hall	Anne 0412 655 129
	9.30am-11.00am	Creative Writers' Group	Pensioners Hall	Wendy 0419 783 478
Tuesday	9:00am-10:00am	Pilar's Exercise Dance	 Pensioners Hall	Pilar 0413 342 976
	1.00pm-2.00pm	Yoga 	Pensioners Hall	Marjorie 0409 710 605
Wednesday	8:30am-9:30am	QiGong Exercise	 Pensioners Hall	Anne 0412 655 129
	10.00am-12.00	Partner Dancing (With or Without Partner)	Pensioners Hall	Chris & Denny 4121 6175
	10:00am-11:30am	Matters Arising from Current Affairs	QCWA Hall	Sheila 0409 526 263
	1:00pm-2:00pm	Scottish Country Dancing	Pensioners Hall	Judy 0408 999 363
	1:00pm-4:00pm	Mahjong 	QCWA Hall	Ann 0439 449 859
Thursday	8:30am-10:30am	Line Dancing 	MADCOTA Community Hub	Lorraine 0409 280 855
	9:00am-10:30am	 Tai Chi Thursday	St. Stephen's Uniting Church Hall	Anne 0412 655 129
	11:00am-12:30pm	Introduction to Philosophising	Library Bazaar Street	Steve 0478 316 814
	1:00pm-3:00pm	Ukulele Beginners & Advanced	 QCWA Hall	Gayle 4123 5272 Frank 41212330
	1:00pm-5:00pm	Cards 500	Computer Users Hall, Sussex Street	Linda 4122 2874
	1:00pm-5:00pm	Hand and Foot (Canasta)	Presbyterian Church Alice Street	Judy 4123 3235
Friday	9:30am-11.30am	Sing-A-long	 QCWA Hall	Neva 4122 1895
	On Request	Learn How to Play Chess	R.S.L. Lennox Street	David 0418 732 872
Friday or Saturday	9:15am-12:15am	Art for Fun (Twice a Term) 	QCWA Hall or Garden Venue	Judy 0408 999 363 Anne 0412 655 129

Do you have knee arthritis and are considering keyhole surgery?

If so, the DECIDE study may be for you.



Participate for a chance to win a \$500 voucher.

Many people are unsure whether or not to have knee surgery. Information about osteoarthritis and its management may help people to make better decisions.

The DECIDE study is looking for people with knee osteoarthritis who are considering keyhole surgery. The team will examine the value of two different information handouts for these people.

Are you eligible?

- You are aged 45 years or older
- You have knee osteoarthritis
- You are considering keyhole surgery

Location

- Online and via telephone

What happens if I decide to participate?



Benefits of participation

- Go into the draw for a \$500 gift voucher
- Receive information that may help you make better decisions about the care you receive

How to get involved?

Go to www.decidestudy.com

or

Scan this QR code



For more information, contact:

E: decidestudy@monash.edu

Ph: 03 9903 8885

This project is funded by the Cabrini Foundation and received approval from the Monash University Human Research Ethics Committee (project number 25864).



MONASH University



Memory Support Cafe

Bluecare is now taking interest for a Memory Support Cafe

The Cafés are especially for people living with Dementia, their partners or family carers.

Memory Support Café provides an opportunity to come together and meet others in a relaxed atmosphere. It's a time to share conversation, information and ideas over a cuppa and something to eat.

When: Second Wednesday of each month

Time: 11:30am – 1:30pm

Venue: Our first meeting will be held at the Maryborough Respite Centre. Future meetings will be at various venues, Uniting Church has kindly offered their hall.

If you are interested in attending the Memory Support Café please call;

Corryn on 0438 511 681 / 41202700 or let your Blue Care staff member know.

Date is subject to change depending on demand.

[Enrol Now in the Understanding Dementia MOOC](#)

[View in browser](#) | [Print](#)



Hello to all at Maryborough U3A Inc,

The **Understanding Dementia MOOC** (massive open online course) will be opening on **4th July 2023**, and we need your help in promoting this **FREE** online course from the Wicking Dementia Research and Education Centre to your members.

Dementia has a profound impact on individuals, families and communities, posing significant challenges to quality of life. The number of people with dementia across the world increases every year as our global population ages, and dementia is fast becoming known as *the* public health concern of the 21st Century.

We appreciate your assistance in helping us spread the word about this valuable learning opportunity.

Ways to let others know

- Share the [Understanding Dementia MOOC link](#) with your members in your next newsletter or email.
- Display our poster on your community noticeboard. [Click here](#) to print a copy.
- Forward this email to your members, as it contains all the information about this informative course.
- Visit the [Understanding Dementia Facebook Page](#) and share our post to 'enrol today' with your networks.

Course details

- It's **FREE** and you can enrol today
- Course opens on Tuesday 4th July 2023
- Duration is 7 weeks, with an estimated effort of 3 hours per week
- You can study day or night, on your smartphone, tablet or computer
- Receive a personalised certificate on completion
- Course content includes how the brain is affected by the diseases that cause dementia, symptoms, diagnosis, stages and management, and personal and carers' perspectives of living

with dementia

Enrolments are now open at mooc.utas.edu.au

Find out more and enrol

“

I thoroughly enjoyed this course and have learnt so much more about dementia than I already knew. I would highly recommend this to anyone interested. It would also be a great course for dementia caregivers and support staff.

”

- Miriana, past Understanding Dementia MOOC participant

Thank you for taking the time to read about the Understanding Dementia MOOC. We hope to see you and members of your network in the course soon.

Kind regards,



James Vickers

Professor James Vickers
Director
Wicking Dementia Research
and Education Centre



Stay connected:



utas.edu.au/wicking

CRICOS Provider Code: 00586B | ABN 30 764 374 782