



U3A – University of the Third Age – The Life Period of Active Retirement.

U3A, a community organisation that promotes healthy ageing by sharing educational, creative, leisure activities provided by our own members.

President's Report

Hello everyone. Hope you are all fit & well as we approach the end of another year.



It has been a good year with no major catastrophes.

We have had great response to new classes introduced, the main contender being Pickleball. It's wonderful to see the enthusiasm this has created. Thanks go to Barb who has worked tirelessly to bring this about.

The whole committee have worked really well together. Thank you all.

As I have been President now for three years, my time has come to hand over the reins. Please give serious thought to taking on this role. It is not difficult believe me. To keep our U3A going we need a President, Secretary, Treasurer, Class Coordinator, Newsletter Editor, and Advertising Coordinator. All these jobs may seem daunting, but everyone helps each other to make it all come together. Please think about this.

I do hope you all have a wonderful Christmas, and we look forward to another year of fun and fitness.

Merry Christmas to you all.

Judy, President



TERM DATES - 2024

Term 1 -	22 January to 28 March
Term 2	15 April to 21 June
Term 3	8 July to 13 September
Term 4	30 September to 13 December

Sign On days for 2024 will be held on **Friday 12th January & Wednesday 17th January from 9.00am to 12.00noon**. We will have EFTPOS facilities, so you can bring cash or card. However, you can pay on-line (from 8th January 2024) and drop your enrolment forms off at sign-on days.

Payments for 2024 using internet banking opens Monday 8th January 2024.

Name Badges

If you have a pin on or clip on name badge, please bring this to the sign-on days as when you register for 2024, you will be given a new style name tag to insert into the clear plastic holder.



Wishing a speedy recovery to all our members who may not be in the best of health or who have loved ones who need your love.

Happy Birthday to all our members celebrating a birthday this month / term.



*Don't worry about being old,
Worry about thinking old.*

LIVE, LAUGH, LEARN
Fun For Over 50's

SIGN ON DAYS for 2024

FRIDAY 12TH JANUARY 2024, and
WEDNESDAY 17TH JANUARY 2024
FROM 9AM to 12PM

MADCOTA COMMUNITY HUB,
333 ALICE STREET, MARYBOROUGH

Everyone is welcome. Learn New Things.
Be Active. Make Friends. Enjoy.

CLASSES AVAILABLE:

Pickleball, Exercise Dance Fitness Classes,
Bushwalking, Beginners & Advanced Tai Chi,
Creative Writers' Group, Yoga, Qigong,
Partner Dancing (w/wo partner), Mahjong,
Ukulele, Cards 500, Cards Hand & Foot
Canasta, Line Dancing, Scottish Country
Dancing, Chess, Philosophy, Sing-along,
and Art for Fun.

FEES: Registration Fee for full year \$35.00
and \$25.00 yearly fee for most classes.
(Some classes may incur a weekly or half
yearly term fee).

EXPRESSIONS OF INTEREST

Do you have a special interest? We would
like to add more classes to our program and
would be happy to hear from people who
would be willing to tutor on a voluntary basis.

FOR MORE INFORMATION CONTACT:
Anne: 0412 655 129 or Judy: 0408 999 363

New Month, New beginning,
New start, New mindset,
New focus, New intentions,
New results!

Do you want to improve your
physical balance, maintain your
fitness levels, improve your
cardiovascular health and improve
your memory –

Consider joining Marcia's Exercise Dance Fitness
Class on Mondays



or Tuesday with Pilar.



Perhaps you prefer partner dancing – then join
Chris & Denny on a Wednesday.



You may prefer Scottish
Country Dancing with Judy on
a Wednesday or Line Dancing on a Friday with
Monica.



You may even enjoy bushwalking fortnightly on a
Tuesday.

Perhaps you prefer to create social opportunities and build friendships while enhancing your mental health and increasing your confidence through music, writing or playing cards –

Then you might prefer to join the Ukulele group on a Thursday, or the Sing-along group on a Friday, or join the Creative Writers on a Monday.



Or perhaps the Book Club once a month on a Friday. There is also Cards 500, Cards Hand & Foot on Thursdays



or Mahjong on Wednesdays, perhaps even chess.



Try Introduction to Philosophising on Thursdays.



If relaxation is more your thing – Try Yoga on a Tuesday, Tai Chi (for beginners) on Mondays, Tai Chi (including Fan and Sword Routines) on Thursdays, or Qigong (including Short Stick Routine) on a Wednesday.



You may want to join the recent popularity of –

Pickleball on Mondays or for beginners on a Thursday. There may even be a Badminton class or you could join the Monday class with another group.



For the artist in you - Art for Fun held twice a term, usually on a Saturday.



If you like Crosswords, you might like this new class – On-line.

Cryptic Crosswords

Barry Lynch (U3A Redcliffe) has created On-Line Tutorials to teach U3A Members (and others) how to complete Cryptic Crossword Puzzles. His You-tube Channel contains Tutorials, Practice Exercises on each Tutorial (with answers fully explained) and Full Cryptic Crossword Puzzles (also with answers fully explained).



Barry's site name is: Cryptics ABC for ALL

[Cryptics ABC for ALL - YouTube](https://www.youtube.com/channel/UC2whB5l_IHbNSLeW6BfDvng)

The fastest method is to Google the direct link:
https://www.youtube.com/channel/UC2whB5l_IHbNSLeW6BfDvng

Once on the site, the most popular approach is to click on Playlists.

Barry has given avid Crossword fans this wonderful opportunity as he retires from his U3A tutor roll.

Please let a Committee member know if you enjoy the crosswords and tutorials.

There are many options to enable you to maintain or improve your physical and mental health while socialising in a fun atmosphere with like minded & like aged people. See the attached class list or visit www.u3amaryborough.org

Items / photos for Newsletter

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

Name badges

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



Maryborough COMMITTEE 2023 / 2024

President	Judy	0408 999 363
Secretary	Tony	0407 776 574
A/Treasurer	Anne	0412 655 129
Class Co-ordinator	Anne	0412 655 129

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

u3amaryborough@gmail.com

U3A Maryborough Bank Account BSB 645 646
Account No 102363714

Maryborough U3A Committee meetings

Your Maryborough U3A committee meet at 1.00pm on the 3rd 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.

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.



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.

Photos of members having fun at their classes







Merry Christmas everyone
And a Fun, Happy & Healthy 2024

U3A MARYBOROUGH INC. - MEMBERSHIP AND CLASS ENROLMENT FORM 2024

Section 1 – Personal Details (All attendees to register separately for insurance purposes) (Print in **BLOCK LETTERS**)

Surname	First Name	Date of Birth (Day/Month/Year) ____/____/____
Address: Street, Suburb, City and Post Code		
Email: For class notifications and Newsletters		
Mobile Number	Home Number	Emergency Number and Contact Name

Section 2 – Membership and Class Enrolment 2024

Please tick ✓ boxes or circle answers. payable.		Please complete total amount	Amount Payable \$
New Member in 2024 x \$35 <input type="checkbox"/>	Previous Member Rejoining in 2024 x \$35 <input type="checkbox"/>		\$ 35.00
I wish to enroll as per Class List <input type="checkbox"/>	Number of Classes enrolled # x \$25 <input type="text"/>		\$
Special Classes ✓ ART FOR FUN <input type="checkbox"/> CARDS 500 <input type="checkbox"/> HAND & FOOT <input type="checkbox"/>	Payment on Day \$8 Art for fun \$2 Cards 500 \$2 Hand & Foot		
MID-YEAR ONLY New Member Mid-Year - July 2024 \$25 <input type="checkbox"/>	MID-YEAR ONLY Previous Member Mid-Year 2024 \$25 <input type="checkbox"/>		\$
Classes Mid-Year - July x \$15 <input type="checkbox"/>	Number of Classes Mid-Year 2024 x \$15 <input type="text"/>		\$
Tutor Discount / Helper Discount e.g. Piano / Carer Discount (For Tutors who only Tutor their class and do not attend other U3A classes)			\$ - (\$35.00)
TOTAL AMOUNT PAYABLE	Cash / Cheque / Bank Debit (see below) Cheques – payable to U3A Maryborough Inc.		\$

Bank: Auswide Bank - BSB 645 646 - Account Number 102 363 714

Bank Reference Your date of birth (6 characters) combined with the first letters or all the letters in your Surname will be your unique reference number for Internet Banking or Bank Deposits for the U3A.

For example, if your birthday is 15th August 1948 and your name is Worthington, your identifying number for U3A Bank Account would be 150848worthi (12 characters) (depending on your Bank's allowable number of characters).

Whilst all care will be taken, U3A Maryborough Inc. takes no responsibility for personal injuries of members while attending classes. By joining U3A, I agree to adhere to the Code of Conduct Policy available at www.u3amaryborough.org

Signature: **Date:**

To submit completed forms and payments:


1. Hand in on Sign-On Day.
2. Deposit into U3A box at MADCOTA Hub, 333 Alice Street.
3. Post to U3A Maryborough, PO Box 1009, Maryborough. 4650.
4. Email to u3amaryborough@gmail.com

Please enclose payment, details of payment and/or completed forms. A receipt will be issued as proof of payment.

Office Use Only:

Receipt No.: _____ Amount Paid: _____ Entered DB _____ Date: _____

U3A MARYBOROUGH CLASSES 2024 **Print Name:** _____

DAY	TIME	ACTIVITY	VENUE	TUTOR	Enrol ✓
Mon	8:30am-9:30am	Marcia's Exercise Fitness	Pensioners Hall 84 Adelaide St.	Marcia 0423 068 311	
	10:00am-11:00am	Beginners Tai Chi	Pensioners Hall 84 Adelaide St.	Anne 0412 655 129	
	9:30am-11:00am	Creative Writers' Group	Pensioners Hall 84 Adelaide St.	Wendy 0419 783 478	
	12:00-2:00pm	Pickle Ball	Recreation Centre Ariadne St.	Barb 0478 607 531	
Tues	9:00am-10:00am	 Pilar's Exercise Dance	Pensioners Hall 84 Adelaide St.	Pilar 0413 342 976	
	1:00pm-2:00pm	Yoga 	Pensioners Hall 84 Adelaide St.	Marjorie 0409 710 605	
	TBA	Bushwalking Term 2/3	Various Venues	Marlene 0424 711 098	M'ship only
Wed	8:30am-9:30am	QiGong Exercise 	Pensioners Hall 84 Adelaide St.	Anne 0412 655 129	
	10:00am-12:00	Partner Dancing (With or Without Partner)	Pensioners Hall 84 Adelaide St.	Chris & Denny 4121 6175	
	1:00pm-2:00pm	Scottish Country Dancing	Pensioners Hall 84 Adelaide St.	Judy 0408 999 363	
	1:00pm-4:00pm	Mahjong 	QCWA Hall 124 Wharf St.	Ann 0439 449 859	
Thurs	9:00am-10:30am	Tai Chi Thursday 	St. Stephen's Church Hall, 25 Sussex St.	Anne 0412 655 129	
	9:00am-12:00	Pickle Ball (includes Beginners Class)	Recreation Centre Ariadne St.	Barb 0478 607 531	
	11:00am-12:30pm	Introduction to Philosophising	Library 127-129 Bazaar St.	Steve 0478 316 814	M'ship only
	1:00pm-3:00pm	Ukulele Beginners & Advanced 	QCWA Hall 124 Wharf St.	Gayle 4123 5272 Rocky 0412988655	
	1:00pm-5:00pm	Cards 500	Computer Users Hall, 199 Sussex St.	Linda 4122 2874	\$2/wk.
	1:00pm-5:00pm	Hand and Foot (Canasta)	Presbyterian Church 523 Alice Street	Judy 4123 3235	\$2/wk.
Fri	8:30am-11:30am	Line Dancing (includes Extension Group)	MADCOTA Hub 333 Alice St.	Monica 0400 362 141	
	9:30am-11:30am	Sing-along 	QCWA Hall 124 Wharf St.	Neva 4122 1895	
	10:00am	Book Club – share, discuss.	Light Christian Bookshop, Bazaar St.	Class Coordinator 0412 655 129	M'ship only
	On Request	 Chess	Services Club (RSL) 163 Lennox Street	David 0418 732 872	M'ship only
Sat.	9:00am-1:00pm	Art for Fun (Twice a Term)	QCWA Hall or Garden Venue	Judy 0408 999 363 Anne 0412 655 129	\$8/session paid on day
TOTAL NUMBER OF STANDARD CLASSES ENROLLED IN					#
TOTAL AMOUNT MID YEAR X \$15					\$
FULL YEAR X \$25					

U3A MARYBOROUGH INC.

CODE OF CONDUCT POLICY

Introduction:

1. The ethical climate of an organisation is an essential element in establishing its credibility and furthering its mission. The U3A movement in Queensland provides a competent and ethical service to Third Age members of the community and undertakes to provide its members with a trustworthy, fair, honest environment based upon equal opportunity to participate in U3A programs and activities. This Code of Conduct is designed to meet the legal requirements of both State and Federal Governments regarding "Duty of Care".

Purpose:

2. The purpose of this policy is to document U3A Maryborough's Code of Conduct for members and the processes that will be followed where a breach of the Code of Conduct is reported.

Policy:

3. U3A Maryborough commits itself to operating in accordance with this Code of Conduct for the benefit and protection of the organisation and of members' personal rights.
4. Every member of U3A Maryborough has the right to: feel safe and respected; a supportive and positive learning environment; participate in learning, social and recreational opportunities; receive services fully compliant with U3A norms; make a complaint and receive prompt and fair resolution thereof; have access to guidelines, policies and procedures adopted by U3A Maryborough. Every member of U3A Maryborough has the responsibility to: respect the beliefs, needs and background of others; act and speak respectfully; understand and follow the organisation's guidelines, policies and procedures; carry out all activities in an appropriate manner; work cooperatively for the benefit of all members; maintain positive relationships; care for the property and possessions of the organisation and members; help create an inclusive environment; report actual or potentially unsafe situations or conduct and wear a name badge to assist in the governance of the organisation.
5. The principles set out in this Code of Conduct are intended to apply to any U3A-related context including classes, activities, social functions, meetings, conferences, and holiday trips.
6. The principles set out in this Code of Conduct apply equally to all members and volunteers/employees.
7. A breach of this Code of Conduct will result in disciplinary action.

Procedures:

8. Where a person believes they have been subject to treatment or conduct that is in breach of this Code of Conduct he/she may lodge a complaint with U3A Maryborough's President or Secretary. The Secretary will inform the President immediately.
9. Any complaint of a breach of this Code of Conduct will be managed in accordance with U3A Maryborough's Grievance Policy.
10. Any queries about this Code of Conduct should be referred to U3A Maryborough's President or Secretary.

Responsibilities:

11. U3A Maryborough's Committee is responsible for: developing, adopting, implementing, publishing, and reviewing this Code of Conduct investigating and resolving any complaint made about a breach of this Code of Conduct.
12. U3A Maryborough's President or Secretary is responsible for receiving and responding to enquiries about this Code of Conduct, receiving complaints about an alleged breach of this Code of Conduct and for bringing the matter before the Committee promptly.

Queensland Health Department Requirements:

13. U3A Maryborough Inc and all members must abide by any regulations of the Queensland Health Department with regard to entering buildings. This includes the current and changing conditions required re COVID.

Photos:

14. At times photographs will be taken at classes or events. These could be used by U3A Media. Please step out of the photograph if you do not wish these to be used for any U3A media event or publication such as Facebook or check with the photographer if the photographer intends to publish on U3A social media.



Up to 10% discount on your first year's premium if you are a U3A member and buy a new home and contents, landlord, comprehensive car or caravan policy over the phone*

COTA Insurance is a not-for-profit organisation with funds raised used to improve the health, wellbeing and social connectivity of older people. We were the first insurance specialist to focus on the needs of older Australians and, backed by leading insurers, we provide quality insurance products for home, contents, car, travel, caravan and more. Talk to our friendly, local staff who understand.

Call us to find out more
1300 1300 50

Offer valid over the phone only, excludes online enquiries, until Dec 31st 2024 for U3A members who mention this ad. Insurance and Membership Services Ltd ABN 59 057 159 743 trading as COTA Insurance, arranges these insurances (home & contents, comprehensive car, landlord, and caravan & trailer) as an Authorised Representative of the insurer Allianz Australia Insurance Limited (Allianz) ABN 15 000 122 850 AFSL 234708. We do not provide advice based on any consideration of your objectives, financial situation or needs. Policy terms, conditions and exclusions apply. Before making a decision about insurance, please consider the Product Disclosure Statement available by calling 1300 1300 50. The relevant Target Market Determination is available by calling 1300 1300 50. If you purchase this insurance, COTA receives commission which is calculated as a percentage of your premium. Ask us for more information. Rounding adjustments and financial institution transaction fees may apply. *Up to 10% discount applies to new policies only, does not apply to renewals of existing policies. When you buy a Comprehensive Car and/or Caravan insurance policy a premium discount is applied to your first year's premium including optional covers. When you buy a Home insurance policy a premium discount is applied to your first year's premium including optional covers except Domestic workers' compensation. When you buy a Landlord insurance policy a premium discount is applied to your first year's premium including optional covers except landlord workers' compensation. Other discounts may apply for customers who apply for insurance via other methods. Minimum premiums may apply. Any discounts/entitlements may be subject to rounding and only apply to the extent any minimum premium is not reached. If you are eligible for more than one, we also apply each of them in a predetermined order to the premium (excluding taxes and government charges) as reduced by any prior applied discounts/entitlements. Other discounts may not be applied to the premium for optional covers.



**Cover
for some
COVID-19
related
events***

**10% off
travel insurance
for U3A members
over the phone#**



**Call us to find out more
1300 1300 50**

Consider the PDS & TMD available from us and if the product is right for you. Insurance issued by nib Travel Services (Australia) on behalf of Pacific International Insurance.
*Cover is subject to the terms, conditions, limits, and exclusions in the PDS. #The discount applies to the total COTA travel insurance premium and is for U3A members by advising they are a U3A member over the phone at time of purchase. Discounts do not apply to the rate of GST and stamp duty or any changes you make to the policy. nib has the discretion to withdraw or amend this discount offer at any time. This discount cannot be used in conjunction with any other promotional offer or discount. Offer is valid from 1st July 2023 9am AEST until 31st December 2024 11:59pm AEST. For full T&Cs visit <https://www.cota.com.au/termsandconditions-u3adiscount/>