

February 2024 Newsletter

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're enjoying your classes this term. Lovely to see old faces and new members. Didn't mean 'old', I meant familiar.



Unfortunately, I have lost members from my Scottish Dance group and have put it on hold for this term. Would love to welcome you to have a try. It is NOT highland dancing, but more like square dancing as it is done in groups of 6 or 8. No partners are required to as we share roles & it is a lot of fun. Please think about it.

New classes have been added and I thank the tutors for giving up their time.

In all our classes our aim is to keep us fit and healthy as we age gracefully. Even if you don't feel you can participate you are more than welcome to sit and watch.

Our AGM is coming up on 17th April at the Pensioners Hall starting at 2.00pm. Your attendance would be appreciated.

Hope you are all keeping well,

Regards
Judy Anderson

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



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

Name Badges

We ask that everyone write their emergency contact details on the back of their U3A name badge and that these be worn to all classes. This not only helps us all to get to know each other's name, but also in the event of an incident, your emergency contact details would be at hand.



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

Maryborough U3A webpage

Lots of information can be found on our website – www.u3amaryborough.org - check it out as you might just find the information you are looking for.

**LIVE, LAUGH, LEARN
 Fun For Over 50's**

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

*In memory of those members
 who have sadly passed on*

*Although they
 have passed on,
 Their memory
 forever stays.*



*Remember how
 they smiled and the joy they
 always gave.
 They lived their lives to the fullest,
 we will remember them always.*

*Change of Venue for some
 classes*

Thank you to the Uniting Church, for being so accommodating with the changes to venues this term whilst the Pensioners' Hall air-conditioning and roof are repaired.

The following classes are being held at St. Stephen's Auditorium for the rest of this term –

- Marcia's Monday class – Dance Exercise
- Anne's Monday Tai Chi class
- Anne's Wednesday's Qigong class

*Annual General Meeting 17th
 April at 2.00pm*

Our Maryborough U3A Club's AGM will be held on Wednesday 17th April at 2.00pm at the Pensioners' Hall, Adelaide Street, Maryborough. See attached nomination form.

All positions will be declared vacant, so please consider joining our happy committee.



Currently your committee is -

- President – Judy
- Vice President - Wendy
- Treasurer – Anne
- Assistant Treasurer – Wendy
- Class Coordinator – Anne
- Secretary & Newsletter distributor – Tony
- Assistant Secretary – Laureen
- U3A Policy Coordinator – Mary-Anne
- Web-Masters – Anne & Mary-Anne
- Advertising Coordinator – Barb
- Pickle Ball Coordinators – Barb & Mary-Anne
- Newsletter Creator – Gale

Everything assistants – Judy, Wendy, Barb, Mary-Anne, Gale & Pat

As you can see – we all help each other. If anything needs to be done, one of the above will get it done.

ALSO, a big Thank You to our Tutors and those who help us, and offer help, to keep our U3A running smoothly.

Life is a game, play it
 Life is a promise, fulfill it
 Life is sorrow, overcome it
 Life is a song, sing it
 Life is a struggle, accept it
 Life is an adventure, dare it
 Life is luck, make it
 Life is precious, do not destroy
 it
 Life is life, fight for it

Scottish Country Dancing



Scottish Country Dancing is like 'square dancing' or 'country dancing' – NOT Highland dancing. Dancing improves our health in a variety of ways. It can improve our strength, endurance, balance and cognition. Yes, it's energetic and yes, it's loads of fun.

Numbers have dropped due to member health and travel so we are looking for more members to join us on a Wednesday from 1.00pm – 2.00pm at the Pensioners' Hall – **recommencing in Term 2.**

Yoga



Thank you to Marjorie for organising some lovely ladies to take over the Yoga class while she isn't able to attend. Thank you to Desley & Mandy who have stepped in to take these classes and also to Judy who is able to step in

when tutors aren't available.



Dance

Thank you also to Marcia, Ann W & Beryl W for taking Pilar's dance class while Pilar is not able to do so. We wish Pilar all the best and look forward to her being able to return to us as a member of class or future Tutor.

Without these volunteer tutors, we would not be able to run our classes.

If writing is more your interest

Our Creative Writers are a friendly and enthusiastic group, now meeting at the Maryborough Services & Citizen's Memorial Club (RSL), Mondays at 9.30am.

Photography & Video for Smart phones



Are you interested in learning photography & videoing using your own phone. David Rolfe has offered to tutor a class. Classes would be 1 hour long so if you are interested contact David 0431 466 082 OR Anne 0412 655 129 or any committee member or tutor will pass your interest on so a class timetable can be organised.

Art for Fun

Art for fun will be held on Saturday 23rd March 9.00am – 12.30pm at the QCWA Hall, Wharf Street.

Bring an apron and your smile.

Enjoy morning tea & a chat.

Let us know if you can be there.

Anne 0412 655 129 or Judy 0408 999 363



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 YouTube 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](#)

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.

If you love the outdoors, maybe Bush walking is for you

Join Marlene and her enthusiastic group on **Tuesday 12th March** at 8.30am for the first Bush Walk of the year.

The group is meeting at the Showgrounds to walk the 4km Showground Circuit. Coming from the Bruce Highway, just after the horse arena, drive right over grass to the white fence. Walking on lawn, bush track, then around the lake. Please remember your water, hat, name badge & a snack.



On Tuesday **26th March** at 8.30am the group walks the Takura Environmental Reserve, Barnett Road, Takura.

Turn left at the big roundabout on the way to Hervey Bay. Drive 8kms and turn left. Drive to the top of the hill. It's the last patch of remnant rainforest in Takura. Approx a 4km walk.

Marlene is happy for you to contact her with any questions – phone 0424 711 098 or via email marleneluce64@gmail.com

If you love music, dancing & keeping fit – try our Line dancing class



Welcome to our new Line Dancing tutor – Monica. I'm sure Monica will welcome any new members who would like to try their 'hand' or 'feet' at Line Dancing.

Friday 8.30 – 11.30am at the MaDCOTA Hub in Alice Street.



What about trying a different or additional classes -

Mondays – Marcia's Exercise Dance Fitness; Tai Chi or Pickleball

Tuesdays – Pilar's Dance or Yoga

Wednesdays – Qigong, Partner Dancing or Mahjong

Thursdays – Tai Chi, Ukulele, Cards Hand & Foot, Cards 500 or Pickleball

Fridays – Sing-along or Line Dancing

Have you considered learning how to play Chess or are you just wanting to have a game: David is happy to help.

The very popular Pickleball



Our Pickleball class on Mondays are full & there are limited spaces available for the Thursday class.

For Pickleball it is **most important** to do warm-up exercises before going on court and also cool-down exercises after finishing your game.

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

Friends 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.



Maryborough COMMITTEE 2023 / 2024

President	Judy	0408 999 363
Secretary	Tony	0407 776 574
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 next meet at 1.00pm on the 15th April 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.

LET'S RUN AWAY... I'M NOT GOING TO END UP IN A HOSPICE AND YOU IN A SHELTER



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



Having fun at Yoga



Scottish Country Dancing group enjoying a social gathering



Some of our Pickleball members





Members playing Pickleball & trying to be shy 😊



Happy members enjoying Partner Dancing (with or without partners)



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 style="width: 50px;" type="text"/>	\$
Special Classes ✓ ART FOR FUN <input type="checkbox"/> CARDS 500 <input type="checkbox"/> HAND & FOOT <input type="checkbox"/>	<u>Payment on Day</u> \$8 Art for fun \$2 Cards 500 \$2 Hand & Foot	
<u>MID-YEAR ONLY</u> New Member Mid-Year - July 2024 \$25 <input type="checkbox"/>	<u>MID-YEAR ONLY</u> 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 style="width: 50px;" 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			TOTAL AMOUNT CLASSES		\$
FULL YEAR X \$25					



Get equipped for further study with our free workshops

Have you ever thought about starting uni, or taking your studies further, but feel like you don't have the confidence, information or resources to make it happen? If so, the **UniSC Equip workshops** are for you.

What is it?

The UniSC Equip program is a series of free workshops where you'll gain the skills, direction, knowledge and confidence to take on your career and study goals. Specifically designed for adults thinking of taking the first steps towards uni or TAFE, the program will help you understand your uni options, and prepare you for your future.

Who is it for?

The program is designed for adults (18+) of all ages and experiences, including those who may not have undertaken formal study for some years, or who did not finish high school.

What will I learn?

You can complete one, two or all three workshops, depending on your needs and preferences. These workshops will help you:

- Understand what uni is like and how to overcome any challenges or fears
- Discover career options that match your values, goals and lifestyle
- Learn useful skills that will boost your confidence and success in tertiary studies.

Workshop 1: Conquer the challenges and start your studies

Learn how to overcome any challenges or fears that may be stopping you from achieving your study goals. You will get honest and helpful information about uni and the support available for you to make a confident decision. You will also hear from former UniSC students who have been in your shoes and can share their insights.

Workshop 2: Define my direction

With your future goals in mind, explore what options you have for further study based on where you are now. We'll give you the tools you need to assess what's right for you, to help you choose your career path. Jobs are evolving with the future, so you'll get a preview of what skills you need to succeed in a changing workforce.

Workshop 3: Upskill for study

Discover the essential skills and resources you need to prepare for uni study. You'll learn how academic skills can help you achieve your goals and develop the skills employers are looking for. You'll be connected with a wealth of learning resources to help you succeed with your further studies.



Is there a cost?

No, it's completely free! UniSC Equip is funded through the Australian Government's Higher Education Participation and Partnerships Program (HEPPP).

Where can I study the UniSC Equip program?

The UniSC Equip program is delivered at all UniSC campus locations, online and at various community settings.

Bring the UniSC Equip program to your organisation

If you're part of a community organisation in one of the following regions, an experienced UniSC staff member can deliver one or more UniSC Equip program workshops to your members.

- 📍 Fraser Coast and Wide Bay
- 📍 Gympie
- 📍 Sunshine Coast and Noosa
- 📍 Moreton Bay

UniSC will require a minimum of 10 people registered to deliver these workshops.

Got questions? We're here to help.

Scan the QR code to register for the latest series of workshops, or contact us at:
mature@usc.edu.au
Tel: (07) 5459 4675

 usc.edu.au/equip



Please note: The UniSC Equip workshops cannot be used towards gaining admission into a UniSC program. This program is only for domestic students and is not suitable for current UniSC students.

University of the Sunshine Coast | CRICOS-Provider Number: 30000