

**U3A MARYBOROUGH QLD Inc**  
[www.u3amaryborough.org](http://www.u3amaryborough.org)

**June 2024 Newsletter**

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**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.

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**President's Report**

Hello again,

We held our AGM in April and your new committee is listed on the next page. Thank you all for volunteering to take on these positions.



Our Open Day was held on 22<sup>nd</sup> June and was well attended and enjoyed by all. We gained several new members and gave all a chance to see what each class does.

Remember you are welcome to come to any class to try it out a couple of times to see if it suits you. Thanks to the tutors who gave up their time once again to demonstrate their activity. I know I enjoyed having a go at each one. Not that I followed instructions, but had fun which is what it's all about.

I can't believe we are heading into the second half of the year. Where has the time gone? Enjoy the break and come back refreshed for the 3d term.

Best wishes  
Judy A

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



**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.

**TERM DATES - 2024**

Term 3 8 July to 13 September  
Term 4 30 September to 13 December

**TERM DATES - 2025**

Term 1 28 January to 4 April  
Term 2 22 April to 27 June  
Term 3 14 July to 19 September  
Term 4 7 October to 12 December

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*Changes to class times & venues – for Term 3*

**Beginners Tai Chi** will be back to the Pensioners' Hall on Mondays commencing at 10:00am.

**Qigong** will be back at the Pensioners' Hall Wednesday commencing at 8:30am

**Partner Dancing** will be from 10.00am to 12.00noon on Wednesdays at the Pensioner's Hall

**Philosophising** will re-commence approx. mid-late August – to be advised.

**Art for Fun** will be held Saturday 27<sup>th</sup> July & Saturday 24<sup>th</sup> August

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**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.





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, Art for Fun, Photography – mobile phone.

**FEEES:** Registration Fee for half year \$25.00 and \$15.00 half yearly fee for most classes. (Some classes may incur a weekly 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



**COMMITTEE 2024 / 2025**

President	Judy
Secretary - minutes	Mary-Anne
Secretary - correspondence	Barb
Treasurer	Wendy
Class Co-ordinator	Anne
Publicity	Barb
Pickle Ball Coordinators – Barb & Mary-Anne	

Committee: Gale, Judy, Marcia, Pat  
Everything assistants – Anne, Barb, Gale, Judy, Judy, Marcia, Mary-Anne, Pat & Wendy.

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.

[u3amaryborough@gmail.com](mailto:u3amaryborough@gmail.com)

*U3A Maryborough Bank Account BSB 645 646*

# Why join the Creative Writing group?



"It is friendly, encouraging and well organised. After only one term in this group, my writing has improved, with more depth and more interest."  
written by Robin, newest group member.

A small friendly group. We don't take ourselves too seriously but all share a love of putting words down on paper over coffee. Lots of laughing and sharing tall tales not always true. Come along, 9.30am Mondays at the MS&CMC (RSL). We recently had fun re-writing classic nursery rhymes -

I'm a little teapot short and stout  
Why am I not slim and tall  
Just like that milk bottle.  
The person who designed me  
I'd dearly like to throttle.

**ROBIN**

Baa baa Black sheep  
Have you any wool?  
I must say I've plenty  
Or do have as a rule

But now I'm in the shearing shed  
My legs begin to quiver  
Not looking forward to tonight  
I'm really gonna shiver

**ROBIN**

Humpy Dumpty sat under the tree  
He's very excited by what he can see  
Little Miss Muppet, Jill and Jack  
Five little ducks on the way back  
and a white rabbit whats waiting for tea.

**LESLEY**

Humpy Dumpty sat on a wall  
Till someone knocked him off with a ball.

**ROBIN**

Little Miss Twiggy was so very pretty  
The boys always helped her so.  
Along came the day when her looks went away  
And now she must fend for herself.

**JACKIE**



**Give, but don't allow yourself to be used.  
Love, but don't allow your heart to be  
abused.  
Trust, but don't be naïve.  
Listen, but don't lose your own voice.**

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## Yoga

Thank you to Marjorie for organising Mandy to take over the Yoga class while she isn't able to attend.



Thank you to Mandy who has stepped in to take these classes and also to Judy who is able to step in when tutors aren't available.

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## 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.

So come and join us on a Wednesday from 1.00pm – 2.00pm at the Pensioners' Hall.

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## Photography & Video for Smart phones



David Rolfe tutors this class on Tuesdays from 10.00 to 11.00am. at Sea Eagle Drive, Yengarie.

Contact David 0431 466 082

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## Art for Fun

Art for fun will be held twice a term – **27<sup>th</sup> July and 24<sup>th</sup> August** at Judy's house. Bring an apron and your smile. Enjoy morning tea & a chat.

For more information contact Anne 0412 655 129 or Judy 0408 999 363



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

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.



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## If you want to learn how to play Chess

If you want to learn how to play Chess, this can be organised to be held at the MS&CMC (RSL), Lennox Street. Contact David 0418 732 872 or Anne 0412 655 129

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

Join Marlene and her enthusiastic group fortnightly on a Tuesday.

**16 July**, Ferguson State Forest. Watson Rd Dunmora. Drive along Watson Rd, past the No Through Rd sign and continue 500mts. 6.5km circuit around the edge of the forest.

**30 July**, St Mary Forest circuit. Meet at the Cnr of Mungar and Glenbar Rd. We can carpool if interested. 6.4km circuit. Shorter option of about 4.4km available. Let me know on the day at Glenbar Rd if anyone wants the shorter route.

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

Future walks  
11 Aug Colliery Circuit  
27 Aug Wongi Forest Reserve

*If you have told yourself the story for years about what you can and can't do, why not change the narrative. It doesn't matter what age or stage you're at, you can alter the direction on your own compass.*

*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](http://www.u3amaryborough.org)*

What about trying a different or additional classes -

**Mondays** – Marcia's Exercise Dance Fitness; Tai Chi, Creative Writing or Pickleball

**Wednesdays** – Qigong, Partner Dancing or Mahjong or Scottish Country Dancing

**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 classes are held on Mondays 12.00noon to 2.00pm and Thursdays 9.00am to 12.00noon at the Recreation Hall, Ariadne Street.

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

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](mailto:u3amaryborough@gmail.com)

Maryborough U3A webpage

Lots of information can be found on our website – [www.u3amaryborough.org](http://www.u3amaryborough.org) - check it out as you might just find the information you are looking for.

**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.



\* Community Notices \*



### SOCIAL BADMINTON

MONDAY 9.30am  
WEDNESDAY 7.30pm

Played at Recreational Hall, Cnr. Woodstock & Ariadne Streets, Maryborough

All welcome

Enquires Phone Chris 0427 809 601

### SUGAR SHACK CRAFTERS

Do you like Card making, Scrapbooking, Macrame, Patchwork, Hand sewing, Knitting, Crochet or other crafts?

Would you like to enjoy your craft OR learn a new craft on a Saturday in air-conditioned comfort, if so, come and join Sugar Shack Crafters on the 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Saturday of each month at the Canegrowers Assoc. Hall, 106 Bazaar St, Maryborough from 9.00am – 3.00pm  
For further information – Gale 0407 728 10

## Emergency Medical Information Book



The Emergency Medical Information Book contains all of your information and medical records which is needed if or when an ambulance is called and you need to be transported to a hospital. This small book contains patient contacts, service or carer provider information, medications and any medical condition, so a paramedic is able to treat and ready a patient for transport to a hospital.

Each book has a clear plastic sleeve with strip magnets and is placed on the fridge door once the book has been filled out by the owner (patient).

A few of these books MAY be available at U3A classes, for purchase at approx. \$2.50each.

This book can be purchased from the website – [www.emib.org.au](http://www.emib.org.au) - this could save your life.



VIEW is a national women's organisation exclusively supporting the work of education charity The Smith Family. Clubs sponsor students, volunteer, fundraise and advocate to improve the life outcomes of Australian children of disadvantage. VIEW members sponsor more than 1,700 *Learning for Life* students.

*Looking for fun and forming new friendships* - Maryborough VIEW Club meets the 2<sup>nd</sup> Friday each month for a luncheon meeting at the Maryborough Services Club (RSL), Lennox Street, 11.00am for 11.30am start – we have a lucky door prize, raffles, guest speakers & a trading table. We also have social morning teas on the alternate Friday fortnights. For more information visit [www.view.org.au](http://www.view.org.au) or email [maryboroughviewclub@gmail.com](mailto:maryboroughviewclub@gmail.com)



The Maryborough Neighbourhood Centre is a place for all people. We work with our community to identify needs and opportunities and strive to provide high quality services in partnership and collaboration with relevant organisations and agencies of government.

Neighbourhood Centres are critical social infrastructure. They identify local strengths and priorities, design, coordinate and implement strategies and solutions that build community capacity to realise their potential.

It is a place where all the diverse cultures that make up our community can come together to learn, share, and celebrate their diversity together. Our focus is to build neighbourly support for the most vulnerable, disadvantaged and socially isolated members of our community.

Key activities of Neighbourhood Centres:

- Link people with formal and informal support.
- Create social connections and inclusion.
- Integrate local community action.

These are the core key activities that are at the heart of what the Neighbourhood Centre system delivers. For details on programs and services please call 41212141 or email [programs@maryboroughnc.org](mailto:programs@maryboroughnc.org), alternatively visit our website:

### “Chatty Tuesdays”

Wesley Auditorium – 22 Sussex St, Maryborough  
9.30 – 12.00pm

**Join us for a chat & make some new friends**

- Play Scrabble, Cribbage & other games
- Bring along your Craft projects to work on
- Have fun with jigsaws, puzzles, colouring etc.
- Stay as long as you like
- Explore new ideas & Hobbies

For mor information contact  
Irene Leegwater on 0408 068 194  
OR Fay Blackshaw on 0407 812 914

## 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



Above - Having fun at Scottish Country Dancing with Judy



Above - Exercising at Marcia's Exercise Fitness class on a Monday morning



Above - Anne's Tai Chi class



Left – some of the Pickle Ball group

Tutor's morning tea





Some of the great paintings from Art for Fun which is held twice per term with Anne & Judy



Enjoying bushwalking with Marlene

Creative Writers' Group enjoying a coffee while working on their creative writing





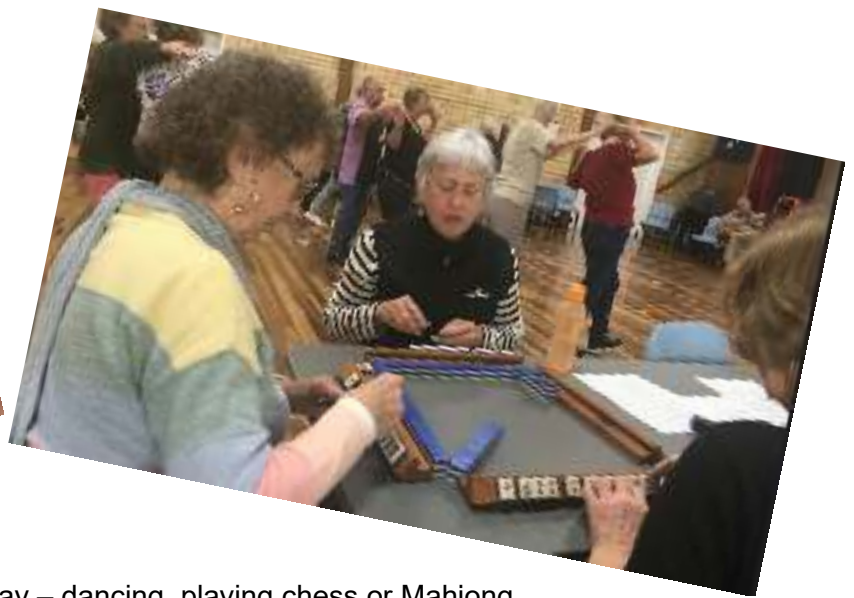
## OPEN DAY 22<sup>nd</sup> JUNE



Pirko Monds gave a talk on her book 'How I Healed Myself of Chronic Pain after 17 years'



The Ukulele group entertained us and also had ukuleles for sale



Everyone had fun at the Open day – dancing, playing chess or Mahjong, doing exercises and Yoga – but most of all enjoying themselves



# U3A MARYBOROUGH INC. - HALF YEAR - MEMBERSHIP AND 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 – Half Year - Membership and Class Enrolment 2024

Please tick <input checked="" type="checkbox"/> boxes or circle answers.		Please complete total amount payable.	
Special Classes <input checked="" type="checkbox"/> ART FOR FUN <input type="checkbox"/> CARDS 500 <input type="checkbox"/> HAND & FOOT <input type="checkbox"/>	<b>Payment on Day</b> \$8 Art for fun    \$2 Cards 500    \$2 Hand & Foot		
Membership Only Classes <input checked="" type="checkbox"/> INTRO TO PHILOSOPHYSING <input type="checkbox"/> PHOTOGRAPHY <input type="checkbox"/> BUSHWALKING <input type="checkbox"/> CHESS <input type="checkbox"/>	Amount Payable \$		
<b>MID-YEAR</b> New Member Mid-Year - July 2024		\$25 <input type="checkbox"/>	\$
<b>MID-YEAR</b> Number of Classes 2024    x \$15 <input type="text"/>			\$
Tutor Discount / Helper Discount eg Piano / Carer Discount			\$ - (\$25.00)
TOTAL AMOUNT PAYABLE (Circle type of Payment)	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 15<sup>th</sup> 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. take no responsibility for personal injuries of members while attending classes. By joining U3A, I agree to adhere to the Code of Conduct Policy which is available to read on our Website at [u3amaryborough.org](http://u3amaryborough.org) and our end of year Newsletter.

Signature: ..... Date: .....

**To submit completed forms and payments:**

- Hand into registration table at Open Day.
- Deposit into U3A box at MADCOTA Hub, 333 Alice Street.
- Post to U3A Maryborough, PO Box 1009, Maryborough. 4650.
- Email to [u3amaryborough@gmail.com](mailto: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 on DB \_\_\_\_\_ Date: \_\_\_\_\_

**U3A MARYBOROUGH CLASSES 2024**    Print Name: \_\_\_\_\_

DAY	TIME	ACTIVITY	VENUE	TUTOR	Enrol ✓
<b>Mon</b>	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	R.S.L. 175 Lennox St.	Jacki 0410 480 094	M'SHIP ONLY
	12:00-2:00pm	 Pickleball	Recreation Hall, Ariadne Street	Barb 0478 607 531	
<b>Tues</b>	8:30am	Bushwalking (Fortnightly)	(See Website Events)	Marlene 0424 711 098	M'SHIP ONLY
	10:00am-11:00am	Photography (Mobile Phone)	Sea Eagle Dr. Yengarie	David 0431 466 082	M'SHIP ONLY
	1.00pm-2.00pm	Yoga 	Pensioners Hall 84 Adelaide St.	Marjorie 0409 710 605	
<b>Wed</b>	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	
<b>Thurs</b>	9:00am-10:30am	 Tai Chi Thursday	St. Stephen's 25 Sussex St.	Anne 0412 655 129	
	9:00am-12:00	 Pickleball	Recreation Hall, Ariadne Street	Barb 0478 607 531	
	11:00am-12:30pm	Introduction to Philosophising	Library 127-129 Bazaar St.	Steve 0478 316 814	M'SHIP ONLY
	12:30pm-3:00pm	Ukulele Beginners & Advanced 	QCWA Hall 124 Wharf St.	Gayle 4123 5272 Rocky 0412 988 655	
	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	Wendy 0408 492 073	\$2/wk
<b>Fri</b>	9:30am-11.30am	Sing-along 	QCWA Hall 124 Wharf St.	Neva 4122 1895	
	8:30am-11:30am	Line Dancing 	MADCOTA Hub 333 Alice St.	Monica 0400 362 141	
	On Request	Learn How to Play Chess	R.S.L. 175 Lennox St.	David 0418 732 872	M'SHIP ONLY
<b>Sat.</b>	9:00am-1:00pm	Art for Fun (Twice a Term)	Garden Venue	Judy 0408 999 363 Anne 0412 655 129	\$8/session
<b>TOTAL NUMBER OF STANDARD CLASSES ENROLLED IN</b>					<b>#</b>
<b>MID YEAR X \$15</b>					<b>\$</b>
<b>TOTAL PAYMENT FOR THIS ENROLMENT</b>					<b>\$</b>