

Newsflash 24 April 2024

NEW ACTIVITIES

XMAS IN JULY – Friday 26 July. Good food – good cheer – good times.
Koorringal Golf Club, Wilga Ave Altona. Parking available on site

Bust out your finery, make merry and enjoy some winter cheer with scintillating entertainment in the company of your fellow members. Marvel at the musicians, tremble over the trivial, cry over the cryptic and more.

This is our only U3A-wide function for 2024, so come along and celebrate with the rest of the gang.

Cost: \$47, 2 courses, buy drinks at bar prices.

Enrol and pay through UMAS by 12 July. Please include your name as reference when making the payment.

Withdrawal after 12 July will not be refundable due to the venue's conditions.
Please email any dietary requirements to members@u3ahbwilli.org.au when you enrol.

Note: If you have difficulty using UMAS to enrol in the event or making the payment please ask for support. Phone 0437 622 602 or email members@u3ahbwilli.org.au

Big events like XMAS in JULY would be difficult to organise without UMAS.



LIFE SAVING VICTORIA - MEET A LIFE GUARD

10:00am – 12.00pm 14 May 2024 - Williamstown Swim Life Saving Club – Hall

Water safety across Australia has become very topical with so many drownings occurring especially over the summer months. Life Saving Victoria (LSV) are responsible for the promotion and training of water safety and are very keen to cover all sectors of the community to ensure there is a greater awareness when people are around water, including Bays, Ocean and River systems.

Due to our close proximity to these water environments LSV are very conscious that our community is potentially vulnerable to the dangers and want to provide a program targeted to our needs. If you spend time in and around water, this one-off session will provide you with plenty of information about water safety for you and your family. Enrol through UMAS.

Convenor: Ian Barclay

FIRST AUSTRALIANS

Altona U3A is running a First Nations course, which takes us from 70000 years ago to today. The 8-week course gives the history of the Australian Indigenous people from the Day of Creation, to the

landing of Captain Cook, and ending with the Uluru Statement from the Heart. Needless to say, we can't cover everything in just 8 weeks!

Videos showcasing the Indigenous voice (such as First Australians, directed by Rachel Perkins) followed by discussion, are at the core of the program.

It runs from 19 April until 7 June, every Friday morning from 10.00 until 12.00 at the Beryl Hevey Centre, 2 Sargood Street Altona.

Altona U3A has opened this up to any of our members who would like to participate. Although the program has started, members are welcome to join up to week two or three. If you are interested, please email Graeme Reilly at graemereilly@hotmail.com

YOGA

Starts Wednesday 11:00am - 24 April 24. Williamstown Swim and Life Saving Club - Hall.

Maggie Flanagan is again conducting yoga sessions starting in April. Maggie has run these sessions previously for our U3A with a lot of positive feedback from members., This is a great opportunity to improve your fitness and flexibility. Enrol through UMAS.

Convenor: Ian Barclay

BEGINNERS CRYPTIC CROSSWORDS

Deb McDonald - the friendly voice at the end of our U3A phone hotline, has proposed a Cryptic Crossword solving activity for absolute beginners like herself. She has a few names but would like to hear from anyone interested to make it a going concern. Please contact Deb on the U3A hotline: 0437622602 or via email on deb_mcd@outlook.com. Start date, time and venue will be negotiated when the numbers grow some more.

BUSH AND BEACH WALKS

There are vacancies in the Bush and Beach walks just waiting to be filled! Jump in and see some great parts of Victoria while getting some exercise! Enrol via UMAS.

COTA WORKSHOPS

Introduction to My Aged Care

Date: Wednesday, June 12

Time: 12:00 -12:30 Light Lunch followed by presentation and questions 12:30 - 2:00

Location: Pavilion

This session is for members wanting to know the basics about the My Aged Care Process as well as some basic tips and service navigation around getting the most out of an aged care package. This session is most appropriate for people about to begin their My Aged Care journey, or those who are in the process of applying for assessment for themselves or other family members or friends.

Positive Ageing

Date: Wednesday, June 19th

Time: 12:00 - 12:30 Light lunch followed by presentation and questions 12:30-2:00

Location: Pavilion

This session is for members wanting to understand the common themes of positive ageing and how they impact people as they age. The session is interactive and includes an opportunity for members to explore their health and wellbeing goals, navigate relevant local programs and services and understand other protective factors/health influences they have in their lives.

GENERAL STUFF AND NONSENSE

It is a good idea for convenors to put the U3A hotline (to Deb) in your contacts in case of emergency or in case she needs to ring you for some reason - that way you might not treat the call as scam as your phone recognises the caller. The number is 0437622602.

Also, we did have an incident where someone was locked out of an activity in the Pavilion. The Cottage activity had finished and they locked the gate. So, lesson is, before you lock the gate check if others are in the Pavilion or Cottage as appropriate.