

# NEWSFLASH 23<sup>th</sup> October 2024

## ACTIVITIES

**Just a quick reminder that the following activities still have some vacancies. Go to UMAS to find out details and enrol in the following activities.**

- **Bush & Beach Walks** to Currawong Falls on 28<sup>th</sup> November.
- **Beach Safety Program** on 4<sup>th</sup> December at Williamstown beach.
- Ann Goodwin is looking for more people to join the **Woodwind Ensemble**.
- The **Christmas Party** is still taking enrolments.
- **Historic walks** are still available.
- Annual **U3A Art Exhibition** is still on for another week at Dennis Reserve.
- Magnet Gallery in Docklands on 21<sup>st</sup> November for a viewing of photographs and talk by the artist about his **life on Tiwi Islands. NO TAKERS SO FAR AND IT IS FREE!**

## ARRANGING A FUNERAL, 14<sup>th</sup> November at Pavilion 10am-noon

Anne Young is a registered **End of Life Celebrant**. Drawing on her extensive and personal experience, she has compiled a helpful checklist for “Arranging a Funeral”.

As a volunteer for 13 years with palliative care patients, Anne has first-hand experience with families who are struggling with the emotions and the roller coaster of pain and loss. She is a trained and registered End of Life Doula with [The Australian Doula College](#) and [Preparingtheway.com.au](#)

Anne is keen to educate others on what options are available for arranging a funeral and has put together a document outlining her own personal experiences and will share this information.

## HEALTHY AGEING & WELLNESS SEMINAR

**Sharon Doheny, Activities Coordinator, U3A Altona** has passed on information about a free Healthy Ageing & Wellness seminar U3A Altona is hosting in November. There’s no need to set up associate membership of U3A Altona to attend –just register for the seminar by 20 November by sending your name to their email address: [altonau3a@yahoo.com.au](mailto:altonau3a@yahoo.com.au). Include the subject line “Registration for Healthy Ageing & Wellness seminar”. The seminar is being delivered by an organisation called Equip4Life. The seminar details are: 10.30am-11.30am, Tuesday 26 November, Beryl Hevey Centre Hall, 2 Sargood Street, Altona

## FACEBOOK

Ann Banham - Facebook Guru, Originator and Editor wants to bring to your attention the U3A Hobsons Bay/Williamstown Facebook page. It’s a private group (only open to our U3A members) and only members can see posts and photographs uploaded there. There are new posts nearly every day, ranging from wonderful photos taken by our outdoors groups, such as bird watching, walking, cycling and en-plein air art, creative work produced by the craft and art groups and other things of interest and relevance to us.

If you would like to feel more involved in your U3A community and see what is going on within our group and perhaps share your own events, and you're not already a member, please consider joining our Facebook page.

<https://www.facebook.com/groups/U3AHBWILLI>

## **ROCK AND ROLL BABY!**

**Peter Taylor** runs a seniors group called "Jam Band for seniors" [aka The Wannabee Rockers]. The group was established 5/6 years ago [Via the Meetup App] to cater for seniors/retirees who had limited musical experience/exposure in the rock music genre. Two groups currently exist:

- Monday morning [O'65]
- Thursday morning [The Refugees]

The sessions last for about 2hrs; 10.30 -12.30. They play at Newport Hub music studio which has a community/seniors' concessional rate of \$50 which works out to approximately \$6-8 if there are 6-8 people playing.

If you are interested, please express your interest to Yvonne through [info@u3ahbwilli.org.au](mailto:info@u3ahbwilli.org.au) or talk to Peter Taylor himself on 0418363214.

## **ASSISTANCE WITH ITALIAN**

Glenda has asked us to tell Italian learners about CO.AS.IT's offerings. There are three live theatre shows which are part of La Mama's Festival of Mother Tongues:

- 1. THE LAST SICILIAN.**
- 2. AN ITALIAN WEDDING.**
- 3. I TOPI NON AVEVANO NIPOTI.**

For further information and tickets, go to: <https://lamama.com.au/whats-on/festival-of-mother-tongues-2024/>

## **ANYONE FOR GOLF?**

Martina Ryan, President, U3A Maribyrnong sent a heads-up that their U3A are looking for expressions of interest to take part in the 'Give Golf a Go' course at the Westgate Golf Club. There is a maximum of 10 spots available, and they need a minimum of 5 to go ahead with the course. The details are as follows:

5 x one-hour sessions of professional coaching from professional staff at Westgate Golf Club in a friendly and supportive environment. All equipment is provided with a light lunch after the clinic.

Cost is \$130 per person (\$26 per session)

If you are interested, please email [info@u3amaribyrnong.org.au](mailto:info@u3amaribyrnong.org.au) and they will get back to you with dates etc.