

U3A Altona Newsletter

Term 1, 28th January to 8th April 2022

PRESIDENT'S MESSAGE

Dear U3A Altona members,

Welcome to our first newsletter of classes and activities for 2022.

Our Program Coordination Team, (Marijke, Rudith, Wendy and Ann), have worked hard to put together an expanded program for term 1 - we do hope you find something of interest.

As always, your health and safety are our highest priority, so we will have in place COVID safe measures for our face to face classes.

One thing we have learnt during the last 2 years is that we do need to be flexible if COVID restrictions change - and these changes can happen at very short notice.

Our plan B will be to use the Zoom technology for classes if required - as we did in the second half of 2021.

Looking forward to seeing you in 2022

You can register for classes from Monday 31st January - either via email, or by phoning the office (please be prepared to leave a clear phone message if the office is unattended).

All attendees must be able to show proof of vaccination and also check in with the Victoria Services QR code, or via our manual written system.



Hobsons Bay City Council is again making one of their **minibuses** available for us to do trips - a cost of \$3.80 will be billed by the council. At this time masks must be worn in bus.

Thursday 17th February

Pick up at BHC 9.30am to travel to

Cranbourne Botanic Gardens.

There is a café on site for refreshments.

Preference will be given to those who were registered for this trip which was cancelled in 2021 due to Covid 19 lockdown

Thursday 17th March

Pick up at BHC 10.00am to travel to


Woodlands Homestead & Living Legends Farm

Explore the homestead which was established in 1843 brought here from England in kit form, explore the gardens and wild life, enjoy their famous scones with jam and cream (at own expense), do a self-guided tour and view the horses, or just sit on verandah and enjoy the view.

Term 1 Classes

NEW **Chess for every level—Karl Loibl** Chess is an ancient art, game and sport known as the 'Royal Game'; it has a rich tradition. An excellent form of brain gym for Seniors. Chess offers you the opportunity to be imaginative and creative. We have adopted an Australian program of training and no prior knowledge is required. Alternatively, experienced players can practise their skills. Why not try it in a casual and friendly environment. **Tues 10.30-12.00 BHC Boardroom**

Current Affairs – Ann This popular course will once again cover a range of global, national and issues and participants bring a range of points of view to the discussion. **Mon 10.30-12.00 BHC Lounge**

Be-Connected  **Be Connected** Every Australian online. This popular program will continue as a short **5 week** course - focusing on the safe use of iPads and tablets. You will work safely in small groups and 1:1 - through a range of short online courses using either an iPad or an Android tablet.

These courses include messaging and privacy, using the camera, and saving and sharing files. We have a team of excellent volunteer IT helpers, to patiently guide you through the various activities at your own pace. BYO iPad or tablet, or we can supply an Android tablet for you to use at these sessions. **Wed 10.45-11.45 BHC Hall starting Wed 16th Feb for five weeks**

Tai Chi—Jess - We are thrilled that this class is returning in 2022. Our volunteer trainer Jess has both Tai Chi and first aid training, and the class will be held in the hall on Wednesday mornings (9.45am to 10.30am) throughout the term. This course would suit both beginners, and those with some Tai Chi skills. **Wednesday 9.45-10.30 BHC Hall**



Ukeleles – Graham Join this fun class to learn how to play the Ukelele in a small group. Bring your own instrument or borrow one for the Term (we have 3). **Wed 10.00-11.30 Altona Homestead**

Tang Dynasty – Ted Ted will continue sessions on the Tang Dynasty in China, discussing its rich history, power struggles and culture. **Thurs 10.30-12.00 LJAC Boardroom**

All Things French – Jerome Champetier de Ribes This group mainly conducts their conversations in French so is suitable for people who are wanting to practice their French conversation skills. Topics for discussion all relate to French language and culture. **Fri 10.30-12.00 LJAC Boardroom**

Spanish for Beginners – Juan Pablo Navarrete Want to learn the basics of Spanish? Then this is the class for you. Juan is continuing introductory Spanish . Also covers some Chilean and Latin -American culture from Juan Pablo. This class is held via **Zoom** and participants are supplied with a digital copy of a written text **Wed 5.30-7.00pm Zoom**

DISCLAIMER: *Members need to be aware that they must accept responsibility for their own welfare when attending any U3A Altona classes or social activities*

Term 1 Classes

Book Club – Ann Book Club meets 4th Monday of month to discuss a topical book. Discussions are varied but generally based on questions from internet sources that may include studies about the author, the plot, the setting and the themes included in the text. **10.30-12.00 BHC Lounge**

NEW Tea and Talk—Ann One of the things we missed during Covid Lockdown was the chance to get together with friends and have a chat over coffee.

We thought we might try meeting in the very comfortable lounge in the Beryl Hevey Centre to do just that ... have a talk over a tea or coffee. There will be no agenda- just whatever comes up- family, TV shows, places we have been or are going to, recipes, books, good places to shop.

We hope this will be a good way to meet new members, make new friends and to relax in good company.

Please bring your own tea/coffee/drink for the first meeting. This might be from home in a keep cup or from a local takeaway. Refreshments will be provided.



130-3.00pm 2nd Mon of month BHC Lounge

Floral Art with Carole is back. There will be 4 classes at 2 weekly intervals. The first week Carole will give a demonstration and a summary of what will be covered in the weeks to come and any equipment needed. There will be no fee for this class.

1.30-3.00pm starting Fri 11th February LJAC Boardroom

GUEST SPEAKERS—TERM 1

1. History of Karate & Martial Arts in Victoria

Presenter **Jim Hevey** has been getting a kick from Karate for 39 years!

In this presentation Jim will trace the history of Martial Arts in Victoria.

This will include an in-depth look at Karate, including it's origins, styles, grading systems, and the benefits of practicing Karate (these include fitness, self-defence, Chi – the inner energy, and focus / problem solving).

Jim will also discuss the similarities and differences between Tai Chi and Karate.

Monday Feb 21st 1.30-3.00pm BHC Lounge



2. Navigating the Aged Care System

This presentation introduces members to My Aged Care (Government Funded Aged Care System) and guides them through their options and next steps. Presented by **Latrobe Community Health**.

Topics Include:

- What is My Aged Care (About Commonwealth Aged Care Services)
- How to Register with My Aged Care (To Access Services)
- What is the Commonwealth Home Support Program
- What is a Home Care Package
- Accessing services as a full pensioner, part-pensioner or as a self-funded retiree

Monday 21st March 10.30-12.00pm BHC Hall

Please register for classes via email : altonau3a@yahoo.com.au or telephone 9398 1346.

If you are unable to attend class please advise the office or tutor prior to class.

	Current Affairs	10.30-12.00pm	Starts 7th Feb for 6 weeks	BHC Lounge
MON	Tea & Talk	1.30-3.00pm	2nd Monday of month	BHC Lounge
	Book Club	1.30-3.00pm	4th Monday of month	BHC Lounge
TUE	Chess for every level	10.30-12.00pm	Starts 8th February Weekly	BHC Boardroom
	Tai Chi	9.45-10.30am	Starts 9th Feb weekly	BHC Hall
	Be Connected	10.45-11.45am	Starts 16th Feb weekly	BHC Hall
WED	Ukuleles	10.00-11.30am	Starts 9th Feb weekly	Homestead
	Spanish for Beginners	5.30-7.00pm	Starts 9th Feb weekly	Zoom Class
THU	History - Tang Dynasty	10.30-12.00pm	Weekly Starts 10 February	LJAC Boardroom
	All things French	10.30-12.00pm	Weekly Starts 11th Feb	LJAC Boardroom
FRI	Floral Art	1.30-3.00pm	Fortnightly Starts 11th Feb, 25/2 , 11/3, 25/3	LJAC Boardroom

LJAC = Louis Joel Arts & Community BHC = Beryl Hevey Centre



History Martial Arts - 21st Feb

Mini Bus Trip 1 - 17th February

Navigating Aged Care -21st Mar

Mini Bus Trip 2 - 17th March

Trivia - 1st April

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