

# U3A Altona Newsletter

Term 3, 11th July to 16th September 2022

Issue 60

## ANNUAL GENERAL MEETING

The 2022 AGM of U3A Altona will be held at **1.00pm, Friday 5th August** at Louis Joel Arts and Community Centre.

Our guest speaker is Sandra Wilson, who will talk about her extensive involvement with the Hobsons Bay Wetlands Centre. It's sure to be a very interesting and engaging talk by Sandra.

Call for Nominations for Office Bearers and Committee Members.

All **financial** members of U3A Altona are eligible to stand for election as President, Vice President, Secretary, Treasurer, plus the 5 additional Committee member positions.

Nominations of candidates must be made on the nomination form, available from our U3A office in the Beryl Hevey Centre.

Nomination forms should be returned prior to the AGM or handed in person to the secretary at the commencement of the AGM.

We look forward to seeing you and sharing a cuppa and chat after the meeting - COVID restrictions permitting.

Membership fees of \$25 can be paid on the day or prior to the meeting. Our new membership period is now from 01 July 2022 to 30th June 2023 - in line with the business financial year.

Please register if you wish to attend via email: [altonau3a@yahoo.com.au](mailto:altonau3a@yahoo.com.au), or telephone our office: 9398 1346



## Term 3, Mini Bus Trips

**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.

**As Trip 1 is only 10 days after start of term be sure to register early to secure your place and allow us to notify Council 7 days in advance who is attending**

Trip 1 **Thursday 21st July** - 10am pick up, BHC.  
Drive up the highway to **Bacchus Marsh** and visit **Jeff Jones Plants & Produce** outlet. Not sure if the produce is any cheaper than the supermarket but they will be much fresher if you wish to purchase.  
After looking at plants and produce we will drive into Bacchus Marsh and find a nice café, possibly with an open fire, for lunch before returning home.

Trip 2 – **Thursday 18th August** 10am pick up, BHC  
We will visit **Melbourne Museum**, there are always new exhibits to see. You can wander there all day and not see everything. Café on site so you can have morning tea or lunch whenever you want. We will leave museum in time to return home by 3:00 pm. Entry fee for seniors \$10.00, concession card holders free.

## Term 3 Classes


Please remember to re- enrol for your favourite class

### Book Club - Ann

This enthusiastic group meets once per month to discuss a book borrowed through Hobsons Bay Book club service. We don't all like each book, or even the same book but we never fail to have a lively discussion about many aspects of the book. This is often about the plot or the characters or the setting or how the author captures our interest.

We often relate a part of the book to our own lived experiences and sometimes compare one book to another we have read. A shared discussion usually makes the book more memorable and the companionship of a group is something to treasure. **Book Club meets the 4<sup>th</sup> Monday afternoon 1.30pm till 3pm BHC**

### Free Seniors Pool Program

 Life Saving Victoria is offering a free 4-week Seniors Pool Program at Bayfit Leisure Centre. The 4 sessions will run on Friday mornings from 10am for 2 - 2.5 hours and will be targeted toward seniors who are not regular pool users.

Life Saving Victoria (LSV) can assist with any mobility and accessibility concerns to make sure you and your group have a great time at the pool and enjoy a coffee and cake after each session.

Activities will include aqua exercise, hydrotherapy, and basic water safety. All ability levels will be catered for.

Starting **Friday 10am, 15th July to Friday 5th August, at Bayfit Leisure Centre, 257 Mason Street, Altona North.**

**Tai Chi—Jess** - Our volunteer trainer Jess has generously agreed to continue Tai chi classes in Term 3. Jess has both Tai Chi and first aid training, and the class will be held in the hall on Wednesday mornings throughout the term. This course would suit both beginners, and those with some Tai Chi skills. **Wednesday 9.45-10.30 BHC Hall starting 13th July**



**Current Affairs with Ann** U3A members are invited to come along and join in the discussion of a never-ending world of real life events. Whether local or around the world. Every day there are tragic happenings but also magic happenings. Last term the Federal Election was a dominating weekly topic, but who knows what new events will capture our interest.

Participants are invited to share concerns, ideas and to join the discussion in a friendly and tolerant atmosphere. **Mon 10.30-12.00 BHC Lounge starting 11th July for six weeks**

**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 15th July**

**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 3 Classes

Please remember to re- enrol for your favourite class

**Spanish for Beginners – Jorge Gatica** Want to learn the basics of Spanish? Then this is the class for you. Jorge is continuing introductory Spanish . Also covers some Chilean and Latin -American culture.

**Weekly Thursday 10.30-12.00pm starting 14th July, BHC Boardroom**

**Tang Dynasty – Ted** Tang Dynasty - Ted will continue sessions on the Tang Dynasty in China, looking at it's incredibly rich history in the arts. This will include Tang pottery, silverware, figurines, porcelain, cave painting and sculpture. Also, some sessions on Tudor fashion will follow later in the term.

**Weekly Thursday 10.30-12.00 LJAC Boardroom starts 14th July**

**Floral Art with Carole is back.** 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. Carole will cover a variety of floral art using a variety of fresh and dried/silk materials. .  
**1.30-3.00pm starting 15th July—private residence. Details available from office**

**Trivia** This fun afternoon is held once a term in the Louis Joel Arts and Community Centre. Join a team of 3 or 4 people and test your general knowledge skills then enjoy afternoon tea provided by our members.



**Friday 26th August, 1pm start at Louis Joel Art & Community Centre**

## Term 3, Presentation—Are you Prepared for the Unexpected?

**Monday 22nd August 10.30am**

We would all like the later stages of our life to be as easy as possible for our family to cope with. That does require a bit of organisation and planning on our part. If we are hospitalised it would be helpful for family, friend or neighbour to know a few important things about us.

- What medication/health needs are required
- Phone numbers of relevant people
- What happens to our pet
- Who should be notified that we are unavailable
- What clothing/toiletries are needed
- Where do we keep passwords/spare key/security codes
- How do we manage when we come back home and need support

We will also cover “Advanced Care Directive” which is the Government program that allows us to clearly make our wishes known if resuscitation is involved or end of life decisions are required.

Please register for classes via email : [altonau3a@yahoo.com.au](mailto:altonau3a@yahoo.com.au) or telephone 9398 1346.

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

MON	Current Affairs	10.30-12.00pm	Starts 11th July for 6 weeks	BHC Lounge
	Book Club	1.30-3.00pm	4th Monday of month	BHC Lounge
	<b>Presentation</b>	<b>10.30-12.00pm</b>	<b>22nd August (One off)</b>	BHC Lounge
WED	Tai Chi	9.45-10.30am	Starts 13th July weekly	BHC Hall
THU	<b>History - Tang Dynasty</b>	<b>10.30-12.00pm</b>	<b>Starts 14th July Weekly</b>	<b>LJAC Boardroom</b>
	Spanish for beginners	10.30-12.00pm	Starts 14th July Weekly	BHC Boardroom
FRI	<b>All things French</b>	<b>10.30-12.00pm</b>	<b>Starts 15th July Weekly</b>	<b>LJAC Boardroom</b>
	<b>Floral Art</b>	<b>1.30-3.00pm</b>	<b>Starts 15th July Bi weekly</b>	Private Residence
	<b>Trivia</b>	<b>1.00pm</b>	<b>26th August (One off)</b>	<b>LJAC</b>

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

**Altona U3A AGM - 5th August**

**Mini Bus Trip 1 - 21st July**

**Are You Prepared— 22nd August  
For the Unexpected**

**Mini Bus Trip 2 - 18th August**



Special thanks to HOBSONS BAY CITY COUNCIL for their support.



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MANCINI Real Estate Agents  
61 Pier St ALTONA P 9398 6366