

# U3A Altona Newsletter

Term 4, 3rd October to 20th December

Issue 61

## PRESIDENT'S MESSAGE

Dear U3A Altona members,

Welcome to our term 4 newsletter, with an expanded range of classes and activities. With the weather slowly warming up, we hope that you will be keen to participate in our new program. Thanks to Ann, Marijke, Rudith, Dorothy for the considerable time and effort they put in to planning a new program each term. Also thanks to Marion for putting together yet another very professional newsletter.

**You can register for classes and activities from Monday 26th September - either via email, or by phoning our office (please be prepared to leave a clear phone message if the office is unattended).**



### **MORNING MELODIES has returned – Altona Sports Club.**

Morning Melodies are held the 1<sup>st</sup> Wednesday of each month at the Altona Sports Club. We have booked a table so be sure you phone or email the office to book in. Starts at 10:30 am, free of charge, with tea and coffee provided.

After the show you can stay on for lunch at your own expense

**Dates: 5<sup>th</sup> October, 2<sup>nd</sup> November and 7<sup>th</sup> December – remember to book.**

**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. Masks must be worn in bus.



TRIP 1.  
NARANA Aboriginal Cultural Centre, Grovedale

**Thursday 20<sup>th</sup> October** – Bus leaves BHC at 10.00am sharp.

Narana Centre has an Art Gallery, cultural exhibitions, animals in the wild plus a café where you can get refreshments.

Return to Altona by 3.00 pm. Please note you are still required to wear mask on bus.

TRIP 2.  
MOUNT MACEDON lookout

**Thursday 17<sup>th</sup> November** – Bus leaves BHC at 10.00 am sharp.

Travel up the highway to Mount Macedon lookout where you have a beautiful view of the surrounding country and city. There is a café at the top for refreshments, on leaving will probably drive through the township depending on time.

### **Explosives/Wetlands Reserve– Queen Street, Altona Thursday 13th October** (Opposite Koorungal Golf Course)

Join us for a guided tour through the wetlands, visit an historical homestead and learn the history of the area. We will meet at the front gate at 10:00 am and the Ranger will conduct the tour. If you do not have transport please let the office know when you book in and we will try and arrange transport for you.

**End of Year Picnic in the Park - Logan Reserve (behind the Beryl Hevey Centre)**  
Join us for a pre-Christmas celebration and a final U3A get together for 2022.

It is so nice to see everyone in person. BYO chair, food, drinks.

**WEAR SOMETHING CHRISTMASSY !!!!! Friday 9th December 12.00pm**



## Term 4 Classes

Please remember to re- enrol for your favourite class

### Williamstown Heritage Walk - Thursday 3rd November, 11.00am start.

This is a delightful and easy walk around the Nelson Place area of Williamstown following a self-guided guide from the Hobsons Bay Visitor Information Centre. It is a short walk of about an hour to be followed by coffee/lunch in one of the many cafes along Nelson Place.

Walkers will meet at the **Visitor Centre at Commonwealth Reserve at 11.00am.**

Please leave details at U3A office if you require transport to and from Williamstown.

### Knit n Sip - Starting Monday 3<sup>rd</sup> October. Lounge room BHC.



We have decided to run our knitting/crochet group once again. It will be held the **1<sup>st</sup> and 3<sup>rd</sup> Monday** of the month 1:00-3:00pm. We will continue to knit/crochet for charity OR you can bring your own knitting to do or just come along for a chat and a cuppa. There will be patterns and wool for those knitting for charities.

**Trivia** - This fun afternoon is usually held once a term in the Louis Joel Arts and Community Centre, but we are lucky to have a bonus session this term.

Join a team of 3 or 4 people and test your general knowledge skills then enjoy afternoon tea provided by our members.



**Friday 28th October and Friday 25th November, 1pm start at Louis Joel Art & Community Centre**

### Presentation—Staying Safe Online - Tuesday 11th October 10.30-12.00pm

There has been an increase in online scammers during the pandemic - often targeting senior Australians. In this 90-minute session, Peter and Graeme will take you through an online safety checklist, to help you stay safe online.

Common phone, text and email scams will be explained, plus how to spot and avoid being tricked into disclosing your personal and financial information. Also, links to trusted websites will help keep you up to date with advice on avoiding the latest online scams.

**Tai Chi—Jess** - Our volunteer trainer Jess has generously agreed to continue Tai chi classes in Term 4. 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 so please come along and join in. **Wednesday 10.00-10.40 BHC Hall starting Wed 5th October**



**Ukuleles with Bob** - It is well known that playing a musical instrument and singing are both good for our mental wellbeing. If you would like to join our group, come along in Term 4 and find out if this activity is for you.

Bob has been playing ukulele for several years and enjoys it immensely. He would like to pass this enjoyment to others but does stress that he is not a music teacher. He can show you the basic chords and provide lots of music and encouragement. Why don't you give it a try? Bring your own ukulele or borrow one from U3A. **Tuesday 4th October 10.00-11.30, BHC Boardroom** (there will be a short break after week one then will resume weekly on 25th October)

**DISCLAIMER:** Members need to be aware that they must accept responsibility for their own welfare when attending any

## Term 4 Classes

**Please remember to re- enrol for your favourite class**

**Current Affairs with Ann**—This group meets on Monday mornings and there is never any shortage of topics to discuss. It is fairly predictable that the British Monarchy and the Victorian State Election will be discussed in the next few weeks.

Participants are invited to share topics that interest them or to take part in the facilitator's prepared topics. We generally finish the session with a pros/cons discussion of both sides of a topic.

**Mon 10.30-12.00 BHC Lounge starting 3rd October for six weeks**

**Bookclub with Ann**—Bookclub discussions are lively, interesting and usually varied. It is always revealing to consider another reader's point of view. A new Altona Library system allows Book Clubs to select and borrow the latest acquisitions rather than make selections for the whole year. This should give us even more choice. Some people like to discuss and others like to listen. Participants are offered the opportunity to facilitate the discussion, make suggestions for books to read each month and to have coffee after the meeting.

**Book Club meets the 4<sup>th</sup> Monday afternoon 1.30pm till 3pm BHC**

**Floral Christmas Decorations with Carole** - There will be two sessions to this course. In Part 1 Carole will demonstrate how to make a Christmas table arrangement and a wreath for the front door. Carole will then help you to design what you will make for the next session. In Part 2 Carole will advise and assist you to create your own Christmas feature. **Thursday 27th Oct & 10th Nov**

**Christmas Beading with Rudith** - Are you interested in making a beaded Christmas star for your Christmas tree? Join this craft session at Rudith's place early in December. These are a lovely addition to any Christmas setting and can be made to match your colour scheme. The group is limited to 8 people so book early. Cost of materials: \$10 per person. **Friday 2<sup>nd</sup> December 1.00pm**

**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. Jerome and the group conduct some sessions in person and sometimes on Zoom. **Fri 10.30-12.00 LJAC Starts 28th October**

**Presentation—Are you prepared for the Unexpected? Monday 21st November**

This presentation was cancelled in Term 3 but will now go ahead in Term 4. It is one of a group of presentations and discussions that will spur us into action to get our affairs in order, make some decisions about our future, be prepared for both the expected and the unexpected and to communicate with our family about our future plans and wishes.

Some considerations are:-

- What medication/health needs are required
- Are relevant phone numbers accessible to those who need them
- What happens to our pet
- Who should be notified if we are unavailable
- Do we have emergency clothing/toiletries organised
- Where do we keep passwords/spare key/security codes
- How do we organise home assistance if we need it
- Where is relevant documentation kept
- Talking to the family

We will also cover "Advanced Care Directive" which is the government program that enables us to clearly make our wishes known if resuscitation is involved or if end of life decisions are to be made. Sessions to follow include "Making a Will", and "Funeral Options"

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 3rd October 6 weeks	BHC Lounge
	Book Club	1.30-3.00pm	4th Monday of month	BHC Lounge
	Knit n Sip	1.00-3.00pm	3rd October Fortnightly (1st & 3rd Monday)	BHC Lounge
TUE	Staying safe Online	10.30-12.00pm	11th October ( 1 Session)	Council Office (Colab Space)
	Ukuleles	10.00-11.30	Starts 4th October	BHC Boardroom
WED	Tai Chi	10.00-10.40am	Starts 5th Oct weekly	BHC Hall
THURS	Floral Art	1.30-3.00pm	27th Oct & 10th Nov	LJAC
FRI	All things French	10.30-12.00pm	Starts 28th Oct weekly	LJAC Boardroom
	Trivia	1.00pm	28th October and 25th November	LJAC
	Christmas Beading	1.00pm	2nd December	Private Residence

**Staying Safe Online - Tuesday 11th October**

**Explosives/Wetlands Reserve - Thursday 13th October**

**Mini Bus Trip 1 - 20th October Mini Bus Trip 2 - 17th November**

**Trivia - Friday 28th October and 25th November**

**Williamstown Heritage Walk - Thursday 3rd November**

**Are you Prepared Presentation - Monday 21st November**

**Picnic in the Park - Friday 9th December**



**HOBSONS  
BAY CITY  
COUNCIL**



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