

# U3A Altona Newsletter

Issue 62

Term 1, 30th January to 6th April 2023

## PRESIDENT'S MESSAGE

Dear U3A Altona members,

Welcome to our latest newsletter of classes and activities for term 1, 2023.

Our Program Team (Ann, Rudith, Marijke and Dorothy) have put in a lot of time and effort to produce an expanded program for term 1 - we hope you find something of interest.

With your health and safety as our top priority, we would still recommend wearing a mask indoors, and staying home if you are feeling unwell. There is no need to sign in at the Beryl Hevey Centre - we follow our local Council's COVID rules.

Looking forward to seeing you all in our various programs and activities this year.

Regards,  
Peter— President U3A Altona

***You can register for classes from Monday 23rd January - either via email, in person at our office, or by phoning on 9398 1346. Please leave a clear phone message if our office is unattended***

## Term 1 Presentations

### **Presentation—Staying Safe Online - Tuesday 14th March 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.

### **Presentation—Restoring Old Photos—Monday 20th March 10.30-12.00pm**

Jim will host this demonstration of software that can restore, crop and colourise old photos. He will discuss the various applications of this program and show us some before and after shots. In his discussion Jim will use photos showing early Altona.

Participants are invited to bring along an early photo which Jim may be able to copy and restore.

**Trivia** - Come along and test out your general knowledge at this fun afternoon held at the Louis Joel Arts and Community Centre. Trivia is held once a term and teams of 3 or 4 people are made up to answer questions delivered by our quizmasters Dorothy and Carole. After stretching your brain join us for afternoon tea provided by our members.

**Friday 10th March , 1pm start at Louis Joel Art & Community Centre**



## Term 1 Classes

Please remember to re- enrol for your favourite class

### Current Affairs—Starting Monday 30th January 10.30am Boardroom BHC

Stephen and Ann present information about recent events in the local and global world. We invite participants to bring information about issues that have caught their interest. We often debate topics, watch short videos and try very hard to stay relevant, focussed and positive. Coffee usually follows at a local café.

**Morning Melodies** are held the 1<sup>st</sup> Wednesday of each month at the Altona Sports Club. We book 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

**Term 1 2023 dates Wednesdays :1st February, 1st March and 5th April**



### Knit n Sip - Starting Monday 6th February. 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.

### Tai Chi—Jess - Wednesday 10.00-10.40 BHC Hall starting Wed 1st February

A very popular weekly activity that keeps participants healthy and active. Tai Chi develops many skills including focus, balance and relaxation and harmony. Suitable for beginners



### Ukuleles for Beginners with Bob - Tuesday 31st January 10.00-11.30, BHC Boardroom

This is an opportunity for you to learn the first three chords of this very versatile instrument. If you want to see if the ukulele suits you we have some that can be borrowed by those wanting to learn. These first chords are enough to have you singing along to lots of songs.

**Book Club**—Altona U3A have two Book Clubs of enthusiastic readers who enjoy a get together once a month to discuss what we have read. Ideas and opinions often vary but this makes for a good discussion. The facilitator may lead the group to talk about the author, the story or the themes and perhaps how it relates to our own life.

**Book Club #1 meets 4th Monday, Book Club #2 meets 2nd Monday at BHC**

**All Things French – Jerome Champetier de Ribes** Jerome and his small group meet regularly to speak French and generally enjoy the company of others who love to practise French speaking skills. A knowledge of French is required for this course. **Starts Friday 3rd Feb 10.30-12.00pm**  
**LJAC**

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



We have launched our Facebook Page.  
Find us on Facebook @u3aaltona and like our page



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## Term 1 Classes

Please remember to re- enrol for your favourite class

**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. MELBOURNE FIRE MUSEUM

**Thursday 23rd February** – Bus leaves BHC at 10.00am **\$8 entry Fee**

The Fire Services Museum of Victoria boasts one of the largest collections of fire fighting memorabilia in Australia, with many interesting things to see.

There are several cafes nearby where we can stop for lunch. Bus will return by 3.00pm

### TRIP 2. VAN LOON'S NURSERY—Wallington

**Thursday 23rd March** – Bus leaves BHC at 10.00.

Van Loons nursery has a large selection of indoor/outdoor plants. Even if you are not interested in purchasing anything it's worth a walk around to view the plants and trees. They also have a range of gifts and home-wares. There is a café on site for those wishing to have lunch or just coffee and cake.

**Due to popular demand and in order to share the bus trips around all members, bookings are restricted to one per term for each member. You are welcome to add your name to a waiting list for a second trip in the term.**

**Art and Crafts**—Each month Rudith and Marijke will give participants a chance to be creative with a range of art and craft materials. This is planned to be a relaxing and creative afternoon and a chance to meet other members. **Scheduled 2nd March and 6th April 1.30-3.00pm BHC Lounge**

### Are you interested in trying croquet?

The Williamstown Croquet Club has invited us to try this fascinating game on a Tuesday afternoon in February. Coaches and mallets will be provided as well as a cup of tea following the session. This may become a regular event or you may find that you want to join the croquet club. Let U3A know if you are interested.

### A few activities and trips from 2022



Chess



Tai Chi



CPR-WLSC



Book Club



Trips



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 30th Jan 6 weeks	BHC Lounge
	Book Club #1	1.30-3.00pm	4th Monday of month	BHC Lounge
	Book Club #2	1.30-3.00pm	2nd Monday of month	BHC Lounge
	Knit n Sip	1.00-3.00pm	1st & 3rd Monday (6th Feb)	BHC Lounge
	Restoring old Photos	10.30-12.00pm	20th March (1session)	BHC Lounge
TUE	Ukuleles-Beginners	10.00-11.30	Starts 31st January Weekly	BHC Boardroom
	Staying safe Online	10.30-12.00pm	14th March (1session)	BHC Lounge
WED	Tai Chi	10.00-10.40am	Starts 1st February weekly	BHC Hall
THURS	Art & Craft	1.30-3.00pm	2nd March & 6th April	BHC Lounge
FRI	All things French	10.30-12.00pm	Starts 3rd Feb weekly	LJAC Boardroom
	Trivia	1.00pm	Friday 10th March	LJAC

### DATES TO REMEMBER

Mini Bus Trip 1 - 23rd February      Mini Bus Trip 2 - 23rd March

Trivia - Friday 10th March

Staying Safe Online - Tuesday 14th March

Restoring Old Photos - Monday 20th March



HOBSONS  
BAY CITY  
COUNCIL



Special thanks to HOBSONS BAY CITY COUNCIL for their support.

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