

U3A Altona Newsletter

Issue 64

Term 3, 10th July to 15th September 2023

PRESIDENT'S MESSAGE

ANNUAL GENERAL MEETING

The 2023 AGM of U3A Altona will be held from **1.00pm to 3.00pm on Friday 28th July**, at the Louis Joel Arts & Community Centre, 5 Sargood Street, Altona.

Our AGM will be a celebration of the previous 12 months achievements at U3A Altona. We are delighted to announce well-known local artist and conservationist Rob Mancini as our guest speaker.

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 at our AGM, and sharing a cuppa and chat after the meeting - COVID restrictions permitting.

Please note that our new membership period is now from **01 January to 31 December** each year. It would be helpful for catering purposes if you would register to attend our AGM via email: altonau3a@yahoo.com.au, or by telephoning our office on 9398 1346.

Let's Do Lunch 12.30pm - Thursday 3rd August

We invite members to get together to meet and share lunch. Crème restaurant is a very suitable venue as we have space to move around and talk, as well as offering a wide variety of meal options. Crème is in Pier St. Altona. If you need transport to and from venue, please contact the U3A office.

Let's Do Dinner 6.30pm - Thursday 7th September

We invite members to meet at Koorringal Golf Course restaurant as an opportunity to meet up with other members, and to share a meal. Koorringal offers a Seniors meal or a variety of menu options. If you need transport to and from the venue please inform the U3A office.

Melbourne Cultural Tour - Wednesday 26th July

After a very enjoyable trip to the NGV in Federation Square in Term 2, we again offer a train trip into Melbourne. In Term 3 we will visit the State Library of Victoria at the top of Flinders Street to see "Mirror" a photographic exhibition as well as to view the display of the Ned Kelly Story and see his original armour. There is no charge for these displays This will be followed by lunch at one of the lovely eateries at Melbourne Central.

Meet at Altona Station at 10.15am to catch 10:22 am train.

First Australians - Friday 10.00-12.00pm BHC Boardroom 21st July

First Nations is a course which takes us from 70000 years ago to today. The 8-week course gives the history of the Australian Indigenous people from the Day of Creation, to the landing of Captain Cook, and ending with the Uluru Statement from the Heart.

Term 3 Classes

Morning Melodies are held the 1st Wednesday of each month at the Altona Sports Club. We book a table so be sure you register through UMAS or ring Dorothy. 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 3 2023 dates Wednesdays : 5th July, 2nd August, 6th September

Chess - Thursday 20th July , 1.30-3.00pm at LJAC This class is open to all chess players whether a beginner or for any level no matter how “rusty” you may be. **Karl** will provide all the equipment and you just have to turn up and learn the basics, or come along for a game. There is no better way to keep your brain active and to meet other members who share an interest.

Floral Art- Tuesday 18th July 1.30-3.00pm Louis Joel Arts & Community. Come along each fortnight with a bunch of flowers from the supermarket, florist, or from your own garden and learn creative ways to arrange and display them. With a little imagination and Carole’s knowledge and ideas you can transform a humble bunch of flowers into a work of art. Carole has planned for three sessions at fortnightly intervals.



Ukuleles - Tues 11th July 10.00-11.30am BHC Boardroom This is an opportunity for students to learn the first three chords of this very versatile musical instrument. If you want to see if the ukulele suits you first we have several that can be borrowed term by term. These first three chords are enough to have students singing along to most songs. Music is supplied. If you are looking to extend your ukulele skills we would love to hear from you. An extension group can be formed if you contact Bob

Ongoing Classes

(More information available on website under Courses Tab)

Current Affairs -Starting Monday 10th July 10.30-12.00pm BHC Lounge

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

Knit’n’Sip – 1st and 3rd Monday as usual – starting Monday 17th July 1.30pm Held in the BHC lounge

Tai Chi - Starts Wednesday 12th July 10.100-10.40 Beryl Hevey Centre

All things French - Starts Friday 14th July 10.30am LJAC

Presentation - Are You Prepared? Planning a Funeral This will be the final in the series we have called “Are You Prepared”. The sessions have been designed to help us to organise ourselves when we face those decisions that are inevitable in later life. Funerals have definitely changed in recent years, and can follow our own wishes or include Powerpoint presentations from the grandchildren, and everything in between. This session will explore many possibilities with Anne Young who is a local Funeral Celebrant and Death Doula. We are sure participants will each have lots to contribute.

10.30am-12.00pm BHC Lounge Mon 24th 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

Hobsons Bay City Council provide the council buses and a volunteer driver for our trips. Council will also send an account for \$3.80 for each trip which you can pay at Post Office or at Council office.

**There is new criteria for community transport with Council:
Members need to be 65+ and registered with My Aged Care for transport.
Members who receive homecare packages do not qualify, it is up to their agencies to provide transport which is covered with their package, sorry for any inconvenience to our members.**



Trip 1. GEELONG GAOL MUSEUM – Thursday 27th July – 10am pick up BHC

Come and unlock the history of Victoria's longest running colonial gaol and walk in the footsteps of our convict past. Entry fee \$12.00 concession.

As the gaol doesn't open till 12 noon we will stop at "Son of an Elk" in Geelong for refreshments at own expense prior to booking in to gaol.

Trip 2. SHRINE OF REMEMBRANCE - Thursday 24th August – 10am pick up BHC

Visit the Shrine and all its history, then we will walk across the road to the Botanic Gardens Café and enjoy coffee and cake amongst all the greenery before heading home.

Trivia – Friday 11th August 1 pm start. Louis Joel Arts and Community Centre. Test your general knowledge in a fun environment and afterwards enjoy afternoon tea provided by our members



Presentation— Zoom Thursday 13th July 10.30-12.00pm BHC Boardroom Zoom is a great way to keep in touch with distant family and friends, and has been the most popular video communication software since early in the COVID lockdowns. Graeme and Peter will show you how to use the basic features of Zoom to get the best out of this online experience. Bring your own tablet / iPad to create your own free Zoom account.



Presentation—UMAS for Members. Thursday 10th August BHC Boardroom 10.30-12.00pm UMAS is our new secure membership database system, which enables members to log in from home, enrol in courses, pay the annual membership fee, and update personal details - such as emergency contact details. Graeme and Peter will take you through the process of setting up your own free and secure UMAS account, and fully managing your U3A Altona membership. This will be a hybrid session, giving participants the option of attending face to face, or joining the session online via Zoom.

Spanish For Beginners—Thursday 13th July 1.30-3.00pm Come along and learn Spanish for beginners with an experienced teacher who has taught U3A classes before. Students will begin with the most common words and phrases needed for common situations. We have multiple copies of popular Spanish textbooks to work through. Why not give it a try.



Walking Football Wednesdays 12pm - 1pm, Altona Sports Centre

Play football (soccer) in a fun, social and safe environment. Prior experience is not required to join, as the indoor sessions focus on health & wellbeing.

Contact Abraham (at Football Victoria) on 0403 335 888

(Non members are also welcome as this activity is run by Football Victoria)

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

MON	Current Affairs	10.30-12.00pm	Starts 10th July weekly	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	1.30-3.00pm	1st & 3rd Monday of month	BHC Lounge
TUES	Ukuleles for beginners	10.00-11.30am	Starts 11th July	BHC Boardroom
	Floral Art	1.30-3.00pm	Starts 18th July	LJAC activity room
WED	Tai Chi	10.00-10.40am	Starts 12th July weekly	BHC Hall
THURS	Chess	1.30-3.00	Starts 20th July	BHC Boardroom
	Spanish	1.30-3.00pm	Starts 13th July	LJAC Boardroom
FRI	All things French	10.30-12.00pm	Starts 14th July Weekly	LJAC Boardroom
	First Australians	10.00-12.00pm	Starts 21st July	BHC Boardroom
	Trivia	1.00pm	11th August	LJAC Activities room

DATES TO REMEMBER

Zoom presentation—Thursday 13th July

Mini Bus Trip 1 - 27th July Mini Bus Trip 2 - 24th August

Melbourne Cultural Trip Wed 26th July

Morning Melodies Wed 5 July, Wed 2 August, Wed 6 Sept

Are you prepared - Planning a Funeral Monday 24th July

Let's do Lunch Thurs 3rd August — Let's do Dinner Thurs 7th September

UMAS for members Presentation—Thursday 10th August

Trivia - Friday 11th August



**HOBSONS
BAY CITY
COUNCIL**



Special thanks to HOBSONS BAY CITY COUNCIL for their support.

**Thank you to Melissa Horne's office
with assistance in printing of
Newsletter.**



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A few of the activities our members have shared this year



Current Affairs



Tai chi



Lets do Dinner- Koorngal Golf Club



Bus Trip—Melbourne Fire Museum



Bus trip -Winter Vibes
Queen Victoria Market



Lets do Lunch
Creme



Beanies on Parade and winners



Free Little Art Gallery



Book Club