

U3A Altona Newsletter

Issue 66

Term 1, 29th January to 28th March 2024

PRESIDENT'S MESSAGE

Welcome to Term1 of 2024. We hope you will try our new activities and I encourage you to help our hardworking volunteer tutors whenever possible. Our U3A depends on your support and assistance. U3A (University of the Third Age) is a worldwide organisation that began from a course at Toulouse University, France in 1968 and quickly spread through the world. It is based on the recognition that retired people have many skills and much knowledge that can be passed on in an atmosphere of self-help and mutual support.

In Australia the first U3A began in Melbourne in 1984 and spread rapidly throughout the country. There are now more than 200 groups with regional and state affiliation.

Ann Nicol President – U3A Altona

GETTING READY FOR 2024 KEY DATES

Thursday 30 November 2023 – from this date, courses for 2024 are available on the U3A Altona Website for your review and enrolment. An invoice for your 2024 membership fee will be generated and payable with your first 2024 course enrolment. **

Thursday 7 December 2023 – our **End of the year** event runs from 12-2pm at the heritage Altona Homestead, Logan Reserve, Altona. You must have enrolled in order to attend.

Friday 8 December 2023 – the last day of our U3A Altona year. All 2023 courses finish this week. The office is not staffed and the telephone is not monitored until we reopen in 2024.

Send any questions by email to altonau3a@yahoo.com.au

Monday 29 January 2024 – U3A Altona opens for 2024

**** Members who paid their membership fee on or after 1 July 2023 will not have to pay again and won't be invoiced. Email the U3A Altona office if you are invoiced.**

Mini Bus Trips - Pick up is at 10.00 am at the Civic Theatre at the Hobsons Bay Civic Centre, 115 Civic Parade, Altona, where there is all-day parking. This is also the drop off point after the trip. Hobsons Bay City Council provide the council buses and a volunteer driver for our trips, Council will also send an account for \$4.00 for each trip which you can pay at Post Office or at Council office. **To qualify for community transport with Council, members need to be 65+ and be 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.

BUS TRIP 1. Thurs 22nd February

Australian Flight Museum, Moorabbin - The Museum has one of the most significant collections of aircraft and engines in Australia. You will have time to walk around the Museum and then stop for lunch, returning by 3.00 pm. There is an admission fee of \$10.00 or \$7.00 for Concession holders.



BUS TRIP 2. Thurs 28th March

Skyhigh, Mount Dandenong - You can stroll through the landscaped gardens, take a forest walk or just enjoy the beautiful views. There is a bistro for lunch, and we return by 3.00 pm.



Term 1 Classes

Current Affairs—Starting Monday 29th January 10.30am Boardroom BHC

Stephen and Sharon 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, focused and positive. Coffee usually follows at a local café.

Knit n Sip - Starting Monday 29th January 1pm. Lounge room BHC.

1st and 3rd 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

Italian Conversation – Starting Monday 29th January 2-3pm BHC Boardroom

This weekly course is for people with a good working knowledge of Italian, both written and spoken, with all the basics of grammar, irregular verbs etc. The class will choose a topic/activity/theme from week to week, from the selection offered. The tutor is bi-lingual and an accredited NAATI translator (IT) since 1990. Barbara lived in Italy for 27 years and has several years of experience in teaching Italian, and teaching English to Italian-speakers. She uses both languages regularly.

The tutor will have a chat with potential participants to ensure the class is at the same level as far as possible.

Ukuleles for Beginners with Bob – Starting Tuesday 30th January 10.00-11.30, then fortnightly. 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 first we have several that can be borrowed term by term. These first chords are enough to have you singing along to lots of songs. Music is supplied. If you are looking to extend your ukelele skills we would love to hear from you.

All Things Film – Starting Tuesday 30th January 1-3pm BHC Boardroom

Join us to watch, share and discuss all things film. Perhaps you have a DVD/Blu Ray collection that you'd love to share, or there's a youtube clip that's caught your attention, or there's a film, TV program or documentary that's haunted you for years. The weekly program will be set by the group

Electric Guitar Group – Starting Wednesday 31st January 6-8pm BHC Hall

“Rockin’ Oldies” are now part of Altona U3A. They are an Electric Guitar Group and were formed by Clive Pattie in 2018.

They have performed at Altona Men’s Shed, Laverton Bowls Club, Western Bulldogs Men’s Health Group, and at Altona Meadows Uniting Church. They have even toured as far as Castlemaine. They recently performed at the Beryl Hevey Centre (Altona U3A) with a free concert for Seniors Month in October.

Most of the players learned as beginners and have progressed to the band.

New players are always welcome

Book Club #1 meets 4th Monday of the month, Book Club #2 meets 3rd Thursday of the month at BHC.

Book Club—Altona U3A has 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. There are ten meetings held during the year from February to November

Tai Chi—Jess -Starting Wed 31st January 10.00-10.40 BHC Hall

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 and continuing students. Participants should wear loose comfortable clothing and suitable footwear.

Mahjong – Starting Wed 31st January BHC Boardroom 12noon-1pm Beginners; 1.30-3.30pm Advanced

Mahjong is a popular Chinese game played with sets of tiles. It is a game of skill, strategy, and calculation, which also involves a degree of chance. It offers enjoyment and challenges to both skilled and novice players.

There is a minimum requirement for at least four members.

Learn Spanish – Starting Thursday 1st February BHC Boardroom 1.30-3.30pm

Come along and learn Spanish for beginners with an experienced teacher. 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? The Tutor, German (pronounced 'Herman'), is a Spanish speaking Chilean with a wide variety of work experiences and interests.

All Things French – Jerome Champetier de Ribes. Starting Friday 2nd Feb 10.30-12.00pm

Jerome and his group meet regularly to enjoy speaking French, giving students the opportunity to retain French language skills and share and enjoy French culture.

A basic knowledge of French is required for this course.

Trivia - Friday 15th March 1.00-3.00pm Louis Joel Arts and Community Centre

Come along and test out your general knowledge at this fun afternoon at the Louis Joel Community Centre. Teams of three or four people answer questions (or not) delivered by our quizmasters Dorothy and Carole. After stretching your brain, join us for afternoon tea provided by our members.

Regional Discovery - Bendigo 20th March Wednesday 9:00am - 5:00pm Take advantage of your seniors Myki to have a round trip to Bendigo by train for \$5.20. We will visit the Bendigo Art Gallery, which is showing the exhibition "Paris: Impressions of Life 1880–1925", which takes visitors on a journey through the lively and picturesque streets of historic Paris. Other Bendigo attractions are the Golden Dragon Museum, the Vintage Talking Tram, and many others. See <https://www.bendigoregion.com.au/explore-bendigo/blogs/your-guide-to-bendigos-best-attractions> for more information.

We meet at Footscray Station, platform 4, to catch the 9.13am train to Bendigo. The train also departs from Southern Cross at 9.05am and Sunbury at 9.35am This trip is designed for people who lead relatively active lives. You should be able to comfortably handle the day's physical activity, including walking at an easy to regular pace between locations, standing in galleries, and getting on and off the train unassisted.

Lets do Dinner Thursday 14th March 6.30pm We invite members to get together to meet and share dinner at **Koorinal Golf Course**, on the corner of Queen Street and Wilga Avenue, Altona. If you would like to join us for an evening meal and meet some of the other members of Altona U3A, here is the perfect opportunity.

Lets do Lunch – Thursday 8th February 12.30pm

We invite members to get together to meet and share lunch. **Crème** (now renamed The Forester) 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.

Should you require transport to and from the event please let the office know and we will arrange to have you picked up.

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

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

2024 LONG AND SHORT COURSES

DAY	COURSE	TIME	FREQUENCY	START DATE	VENUE
MON	Current Affairs	10.30-12noon	Weekly	29 January	BHC Lounge
	Knit n Sip	1.30-3pm	1 ST & 3 RD Monday	5 February	BHC Lounge
	Book Club 1	1.30-3pm	4 TH Monday	26 February	BHC Lounge
	Italian Conversation	2-3pm	Weekly	29 January	BHC Boardroom
TUE	Beginners Ukulele	10-11.30am	Fortnightly	30 January	BHC Boardroom
	AI Things Film	1-3pm	Weekly	30 January	BHC Boardroom
WED	Tai Chi	10-10.40am	Weekly	31 January	BHC Hall
	Learn Mahjong	12noon-1pm	Weekly	31 January	BHC Boardroom
	Advanced Mahjong	1.30-3.30pm	Weekly	31 January	BHC Boardroom
	Electric Guitar Group	6.00-8.00pm	Weekly	31 January	BHC Hall
THURS	Book Club 2	12-1.30pm	3 rd Thursday	15 February	BHC Boardroom
	Learn Spanish	1.30-3.30pm	Weekly	1 February	BHC Boardroom
FRI	All Things French	10.30-12noon	Weekly	2 February	BHC Lounge

TERM 1 - ONE-OFF EVENTS



Let's Do Lunch - 8 February

Bus Trip 1 - 22 February

Let's Do Dinner - 14 March

Trivia - 15 March

Regional Discovery - 20 March

Bus Trip 2 - 28 March



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