



NEWSLETTER TERM 4, 7 OCTOBER – 6 DECEMBER 2024 Issue 69

PRESIDENT’S MESSAGE

Welcome to Term 4! We hope that more members will take the opportunity to attend a class or two, just out of interest or maybe with the intention of meeting new friends. The Committee is proud to continue to offer an increasing variety of courses, programs and events.

We are a group of volunteers, so it is always important to remember that tutors give their time and effort for the benefit of members. Without volunteer tutors U3A can't operate. Tutors don't need to be experts, as we have a list of ideas and opportunities for programs requiring a facilitator, ie. someone willing to view a video ahead of the class and lead a friendly discussion.

Term 4 begins with Seniors month at Hobsons Bay City Council. There are many activities advertised free of charge to seniors by a range of local volunteer organisations. Altona U3A encourages members and friends to take advantage of the opportunity to try something new, different and interesting.

And remember, keep learning, just for the fun of it.

Ann Nicol, President



**JOIN U3A
ALTONA**

Go to
www.u3aaltona.org.au



The End of the Year celebration will be on Thursday 5 December



We'll send out a separate invitation for this event.

NEW TERM 4 COURSES – MEMBERS MUST ENROL FOR THESE

ENROL NOW!



Weather, Climate & Renewables

Tuesday weekly, 10.30am-12noon, BHC Boardroom

What is going on with our climate and what can we do about it? This five-week course covers climate change, emissions, nuclear energy, renewables, and developing your own energy plan.

Heroes & Villains in History

2nd & 4th Tuesday, 2-3.30pm, BHC Boardroom

History remembers great individuals as heroes or often villains. This Term, we'll look at Ghandi, Mandela, Mussolini and Hitler - their time in history, their motivations, achievements, character and legacy.



Board Games in the Boardroom, Tuesday fortnightly, 1-3pm, BHC Boardroom

Join us for a social afternoon of games, and a cuppa. (Games not compulsory if you just want to chat.) Maybe you'd like to bring your own games. It's all about being social, meeting friends, new and old and having fun.

Walking group, Wednesday fortnightly, 11am-1pm

Introducing U3A Altona's very own walking group. Join us for a fortnightly walk that is all about exercise while enjoying our beautiful local reserves. The destinations for the walks will be decided at the end of each walk.



Ancient Mythologies – Thursday, fortnightly, 1.30-3pm, BHC Boardroom

Explore the rich mythologies of ancient Mesopotamia, Persia, Egypt, Greece, and Rome. Delve into the gods, goddesses, heroes, and creation stories that shaped these civilisations and influenced later cultures.

NEW TERM 4 ONE-OFF EVENTS – MEMBERS MUST ENROL FOR THESE

ENROL NOW!

Bus Trip 1 Thursday 24 October



Abbotsford convent

Home to wellbeing practitioners, a gallery, cafes, two schools, and an abundance of gardens

Bus Trip 2 Thursday 28 November



Preston Market

A one-stop location for fresh local food, a great mix of shops and fantastic eating places.



Meet, greet and eat

Join us for convivial conversation and great food.

Let's Do Lunch – Tuesday 8 October, 12.15-1.30pm

Let's Do Thai Dinner – Thursday 17 October, 6.30-8pm



Regional Discovery - Castlemaine, Wednesday 16 October

Castlemaine is renowned for its eclectic arts scene, gold rush history, and growing reputation as a fine food destination. After traveling by train to Castlemaine, we'll visit The Mill - a centre of vintage markets and makers of clothing, furniture, art, small-batch coffee, beer, wine, smallgoods, cheese and more. After lunch, we'll explore the Botanic Gardens, before walking back to the station for our train trip back to Melbourne.

Local and Family History, Part 2 Monday 21 October, 10.30am-12pm, BHC Lounge

This is the follow-up to the session we had in September. It is a Q&A forum to explore questions that were raised in the first session. If you have questions or need some direction, then this is a great opportunity to learn from other members in a friendly and supportive environment.



Devonshire Tea Sunday 3 November, 11.30am-1pm, Altona Homestead

Come and enjoy Devonshire Tea in the heritage Altona Homestead, Logan Reserve, Altona. For a cost of just \$10, you will enjoy Devonshire tea which comes with two freshly made scones, home-made mixed berry jam, whipped cream and your choice of a pot of coffee or a pot of tea.

Creative Genealogy Thursday 7 November, 1-4pm, BHC Lounge

Have you inherited old photographs from family members, maybe tucked away in boxes? if the answer is yes then scrapbooking is a way of displaying and preserving them for future generations. This workshop is an introduction.



Trivia, Friday 22 November, 1-3pm Louis Joel Art & Community Centre

Test your general knowledge at this fun trivia afternoon that is a celebration of friendship, knowledge, and the joy of being together. After stretching your brain, join us for afternoon tea provided by our members.



Healthy Ageing & Wellness seminar Tuesday 26 November, 10.30-11.30, BHC Hall

A free seminar that provides positive health and wellbeing tips. An introduction to a fully government-funded wellness program that we hope to run in 2025.

Christmas Star workshop, Tuesday 3 December, 1-3pm, BHC

Boardroom - Make a Christmas Star with wire frame and pearls. Perfect to hang on your Xmas tree or as a gift.



EXISTING COURSES –no need to re-enrol for these if you're already enrolled

Current Affairs – Monday, 10.30am-12pm
 Italian Conversation – Monday, 2-3.30pm
 Tai Chi – Wednesday, 10-10.40am
 Electric Guitar Group – Wednesday, 6-8pm
 Ethics Matters – Thursday 10 & 24 October, 1.30-3pm
 All Things French – Friday, 10.30-12pm

Knit 'n' Sip – 1st and 3rd Monday, 1.30-3pm
 Book Club #1 – 4th Monday, 1.30-3pm
 Advanced Mahjong – Wednesday, 1.30-3.30pm
 Book Club #2 – 3rd Thursday, 12-1.30pm
 Drawing - Friday, 10am-12pm

2024 TERM 4 LONG AND SHORT COURSES

| DAY | COURSE | TIME | FREQUENCY | START | VENUE |
|-------|------------------------------|--------------|--|------------|----------------|
| MON | Current Affairs | 10.30am-12pm | Weekly | 7 October | BHC Lounge |
| | Knit n Sip | 1.30-3pm | 1 st & 3 rd Monday | 7 October | BHC Lounge |
| | Italian Conversation | 2-3.30pm | Weekly | 7 October | BHC Boardroom |
| | Book Club 1 | 1.30-3pm | 4 th Monday | 28 October | BHC Lounge |
| TUE | Weather NEW | 10.30am-12pm | Weekly | 8 October | BHC Boardroom |
| | Heroes & Villains NEW | 2-3.30pm | 2 nd & 4 th Tuesday | 8 October | BHC Boardroom |
| | Board Games NEW | 1-3pm | Fortnightly | 15 October | BHC Boardroom |
| WED | Tai Chi | 10-10.40am | Weekly | 9 October | BHC Hall |
| | Walking group NEW | 11am-1pm | Fortnightly | 9 October | External |
| | Advanced Mahjong | 1.30-3.30pm | Weekly | 9 October | Altona Library |
| | Electric Guitar Group | 6-8pm | Weekly | 9 October | BHC Hall |
| THURS | Ethics Matters | 1.30-3pm | 2 nd & 4 th Thursday | 10 October | BHC Boardroom |
| | Book Club 2 | 12-1.30pm | 3 rd Thursday | 17 October | BHC Boardroom |
| | Mythology NEW | 1.30-3pm | Fortnightly | 17 October | BHC Boardroom |
| FRI | Drawing | 10am-12pm | Weekly | 11 October | BHC Boardroom |
| | All Things French | 10.30am-12pm | Weekly | 11 October | BHC Lounge |

TERM 4 ONE-OFF EVENTS

Let's Do Lunch - 8 October
 Regional Trip Castlemaine - 16 October
 Let's Do Thai Dinner - 17 October
 Local and Family History - 21 October
 Bus Trip 1 - 24 October
 Devonshire Tea - 3 November
 Creative Genealogy - 7 November
 Trivia - 22 November
 Healthy Ageing - 26 November
 Bus Trip 2 - 28 November
 Xmas Stars - 3 November

ENROL NOW!



Special thanks to **HOBSONS BAY CITY COUNCIL** for its support

Thank you to **Melissa Horne's office** for assistance in printing the newsletter

