# Celebrating 20 years of U3A Altona

**TERM 4 5 OCTOBER - 4 DECEMBER 2026** **ISSUE 77**

## A MESSAGE FROM OUR PRESIDENT

Welcome to Term 4.
By 2045, one quarter of Victorians will be over 65. U3A Victoria continues to work towards U3As having a say in matters related to this demographic.
At a recent online meeting we were able to put questions to the Victorian Minister for Ageing, Nick Staikos. His portfolio is charged with “creating opportunities for seniors to participate”, and to “ensure that seniors are well provided for.”
The Victorian Government has convened the Senior Victorian Advisory Committee which has formulated an Ageing Well Action Plan. The targets for this plan can be seen on the Victorian Government website.

"You don't stop laughing when you grow old, you grow old when you stop laughing." George Bernard Shaw

Ann Nicol, President

**Join U3A Altona**

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## NEW term 4 courses – members must enrol for these

ENROL NOW!

**Interview with Elon Musk –** In this two-part course, we'll watch Elon Musk being interviewed by *The Economist* magazine. Musk, in his telling, is better than most at predicting the future, but doomed to be disbelieved.

**Monday fortnightly x 2**
**10.30am-12pm**
**BHC Lounge**

**Chop & chew –** Lively mini-lessons in practical cooking skills, food presentation and professional kitchen tips from a passionate chef. Includes audience participation and food tasting.

**Monday x 3 sessions**
**1.30-3pm**
**BHC Lounge**

**Random acts of knowledge –** Take a dive into different concepts, artefacts or big ideas, ranging from the Bayeux Tapestry to Heraldry to Phages. We'll move across history, science, mythology and the arts, based on the group's shared interests

**Tuesday fortnightly**
**10.30am-12pm**
**BHC Boardroom**

**The coffeehouse –** Gather together to discuss matters of mutual intrest and concern. Everything from love, anecdotes from your childhood to modern-day communism could be covered. There's nothing off the table.

**Wednesday fortnightly**
**10.30am-12pm**
**Louis Joel Boardroom**

**Writing your story -** your story is unique and you are the only person who can tell it from your own perspective. Each week we will focus on a different aspect of your life.

**Wednesday weekly, 1-3pm,**
**Port Phillip Village**

## NEW term 4 one-offs – members must enrol for these

ENROL NOW!

**Bus trip 1, Rippon Lea, Thursday 29 October**
Heritage-listed historic house and gardens located in Elsternwick.
**Conditions apply.**

**Bus trip 2, Como, Thursday 26 November -** This Melbourne icon overlooks the river and is surrounded by parkland. We'll be able to enjoy the house decorated for Christmas.
**Read description in website.**

**Myki adventures –** Have Myki Will Travel. This term we're using our Seniors myki to stay local with a visit to the South Melbourne Market, the oldest continuously operating market in Melbourne. We'll travel to the city by train then travel to the market by tram. **Conditions apply. Read description in website.**

**Wednesday**
**28 October**
**South Melbourne Market**

**Trivia** – Question 1 - What's better than one Trivia session? Answer – two Trivia sessions. Test your general knowledge at these fun afternoons that celebrate friendship. Then, join us for afternoon tea.

**With Robert, 23 October**
**With Dorothy, 20 November**
**Friday 1-3pm, Louis Joel**

**U3A Altona, 2 Sargood Street, Altona, Victoria 3028**
**Phone: 9398 1346 Email: info@u3aaltona.org.au Web: www.u3aaltona.org.au**

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**Meet, greet and eat**
Join us for convivial conversation and great food.

**Dinner – Thursday 19 November, 6.30-8pm Mascalzone**

**End of the year celebration –** Come and celebrate 2026. We are also acknowledging the achievements and dedication of our volunteers.
**Conditions apply. Read description in website**

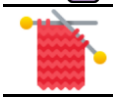
**Friday 4 December 12-2pm, Altona Homestead**

## Ongoing courses – no need to re-enrol for these if you're already enrolled

***Non fiction reading, Moral mazes & Electric guitar group* have ended.**

**Current affairs, Monday fortnightly, 10.30am-12pm, BHC Lounge**
Come and join the discussion on local, state and national events.

**Italian conversation, Monday weekly, 2-3.30pm, BHC Boardroom**
This weekly course is **for people with a good working knowledge of Italian.**



**Knit 'n' sip, 1st and 3rd Monday, 1.30-3pm, BHC Lounge**
This is a social knitting group. Tea and coffee provided.

**Book club 1, 4th Monday, 1.30-3pm, BHC Lounge**
**Book club 2, 3rd Thursday, 12-1.30pm, BHC Boardroom**
Altona U3A has two book clubs of enthusiastic readers.

**Snooker & billards, Tuesday weekly, 10am-12pm & Thursday weekly, 9am-12pm, BHC Billiards Room –** Two opportunities to learn new skills or remember a misspent youth.

**World history, Tuesday fortnightly, 10.30am-12pm, BHC Boardroom**
This term, the team is covering **Australia's Near Neighbours.**

**Board games in the boardroom, Tuesday fortnightly, 1-3pm, BHC Boardroom** - Join us for a social afternoon of games, and a cuppa.

**Tai Chi, Wednesday weekly, 9.30-10.10am, BHC Hall –** Tai Chi is a very popular weekly activity. Conditions apply. See website. **There is a charge of $5 per student per lesson.**

**Exercise class, Wednesday weekly, 10.15-11am. BHC Hall -** Resistance training focusing on building strength and mobility. Conditions apply. See website. **$5 per student per lesson.**

**Mahjong, Wednesday weekly, 1-3pm, Altona Library -** Mahjong is a popular Chinese game played with sets of tiles. **This class is for experienced players.**

**Mahjong for beginners, Wednesday weekly, 3.15-4.30pm, Altona Library -** Learn how to play this popular Chinese game, that offers enjoyment, challenges and fellowship.

**Travel club, Thursday monthly, 10.30am-12pm, Louis Joel Boardroom**
A chance to show and/or tell about your trips with fellow travel enthusiasts.

**French conversation – Friday weekly, 10.30am-12pm, BHC Boardroom -** The group meets weekly to enjoy speaking French. **A basic knowledge of French is required.**

**Writing for the Joy of It – Friday fortnightly, 10.30am-12pm, Louis Joel Boardroom**
This class is supportive and fun: just bring writing materials, and let's get creative.

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## 2026 TERM 4 LONG AND SHORT COURSES

| DAY | COURSE | TIME | FREQUENCY | START | VENUE |
|---|---|---|---|---|---|
| MON | Current affairs | 10.30am-12pm | Fortnightly | 5 Oct | BHC Lounge |
| | Knit 'n' sip | 1.30-3pm | 1st & 3rd Monday | 5 Oct | BHC Lounge |
| | Italian conversation | 2-3.30pm | Weekly | 5 Oct | BHC Boardroom |
| | Elon Musk NEW | 10.30am-12pm | Fortnightly | 12 Oct | BHC Lounge |
| | Chop & chew NEW | 1.30-3pm | Variable | 12 Oct | BHC Lounge |
| | Book club 1 | 1.30-3pm | 4TH Monday | 26 Oct | BHC Lounge |
| TUE | Snooker & billiards | 10am-12pm | Weekly | 6 Oct | BHC Billiards |
| | Acts of knowledge NEW | 10.30am-12pm | Fortnightly | 6 Oct | BHC Boardroom |
| | Board games | 1-3pm | Fortnightly | 6 Oct | BHC Boardroom |
| | World history | 10.30am-12pm | Fortnightly | 13 Oct | BHC Boardroom |
| WED | Tai Chi | 9.30-10.10am | Weekly | 7 Oct | BHC Hall |
| | Exercise class | 10.15-11am | Weekly | 7 Oct | BHC Hall |
| | The coffeehouse NEW | 10.30am-12pm | Fortnightly | 7 Oct | LJAC Boardroom |
| | Writing your story NEW | 1-3pm | Weekly | 7 Oct | Port Phillip |
| | Mahjong | 1-3pm | Weekly | 7 Oct | Altona Library |
| | Beginners Mahjong | 3.15-4.30pm | Weekly | 7 Oct | Altona Library |
| THU | Snooker & billiards | 9am-12pm | Weekly | 8 Oct | BHC Billiards |
| | Travel club | 10.30am-12pm | Monthly | 8 Oct | LJAC Boardroom |
| | Book club 2 | 12-1.30pm | 3rd Thursday | 15 Oct | BHC Boardroom |
| FRI | Writing for fun | 10.30am-12pm | Fortnightly | 9 Oct | LJAC Boardroom |
| | French conversation | 10.30am-12pm | Weekly | 9 Oct | BHC Boardroom |

### TERM 4 ONE-OFF EVENTS

Trivia with Robert – 23 October
Myki adventures – 28 October
Bus trip 1 – 29 October
Let's do dinner – 19 November
Trivia with Dorothy – 20 November
Bus trip 2 – 26 November
End of the year celebration – 4 December

HOBSONS BAY CITY COUNCIL

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

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

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