



U3A Townsville Inc.

SUPPORTED BY



NEWSLETTER JANUARY 2020

Hi Everyone,

Well, what just happened? One minute it was Xmas eve and the very next minute the Festive Season was over, and we were back at work. Well it felt like that anyway or maybe the holidays were just an illusion.

Well your committee has been working hard and some of them right through the holidays, registering your enrolments and sending out your new name badges, updating our finances and paying bills. We thank those diligent workers for all their hard work over the holidays.

Some of the various classes have already started back so if you're unsure of the start date, ring the office as they have a list. Lyn has made a few changes to the classes over the holidays, one of them being the finance class which has been split into two, to widen the area covered and meet members requirements. All classes can be seen on the website so log on and see what is on offer.

We've had word from "Be Connected," that they are going to extend the computer classes into the New Year so please sign up and continue on that great computer training facility.

The Committee has had its first meeting for the year on the 15th January and are hard at work improving our organization for all of you "Lucky People." Our next Committee Meeting will be on Wednesday the 19TH February and the A.G.M. will be held on Friday 13th March at a venue yet to be found. We are always looking for people to take positions or help the Committee improving our systems and facilities, so, download a few nomination forms and nominate and second some likely people for Committee at the AGM. Don't forget to ask them if they are prepared to work on the committee first.

Our relocation to Seniors is ongoing and the Memorandum of Understanding is almost complete and will soon be passed onto Townsville Senior Citizens Welfare Association for final approval. Once we have their approval, we will both engage Solicitors to work out a legal agreement that binds both parties.

continued; over

Seniors is an asset rich, member poor organization and U3A is an asset poor, member rich organization – A perfect fit. The whole concept about moving to Seniors, was **never**, to rush out and relocate all our classes to this new venue. Those classes that are located at libraries, hotels etc. will stay where they are in the foreseeable future. The classes located in our rooms can either move over to Seniors or stay in their present locality providing we can organize library room space or other venues in that area.

We currently have seven or eight classes in our Churches of Christ rooms and our office. If you divide the \$15,000 P.A. that it is costing for those rooms by the number of classes held there, then the cost per class is about \$2,000 P.A.

As far as the office goes, it is more a cupboard than an office with only 2 people able to fit into the space at one time. The TSCWA office that they have offered us is about ten times the size of our current cupboard. The ones most likely to be inconvenienced are our office staff, some of which will have to travel a little further once per week. The large hall, kitchen and library will be a big boon to our organization and Seniors have great fun on the days they meet.

Our current lease runs out on the 31 March 2020, so some decisions need to be made in the very near future. All the very best to you all,

Peter Hurst, President for 2019 and a small part of 2020.

U3A ANNUAL GENERAL MEETING

will be held on

Friday March 13th 2020

All positions will be declared vacant.

Should you feel able and/or willing to take on one of the above roles

please feel free to contact one of the current committee members or the office

(details below).

A role on the committee requires you to be available for a monthly meeting, and work with a team on the role you choose.

Venue to be advised

CHRISTMAS BREAK UP

A large number of members attended the U3A Christmas party which was held at the Senior Citizens complex at Belgian gardens.

The event was capably organised by Bev Ponder and her group of willing helpers.

Our Indonesian group entertained us in style as did many others. We had poetry, comedy skits and a one act play. Altogether a colourful and joyous occasion.

Many thanks all who participated.

Some of our entertainers were Graham and Mary Collins, Kathy Priestly, Barry Graham, Ewe Cheng and the Indonesian groups choir. Thank you one and all.





Christmas Breakup

Pictured are the raffle and food tables.

Thanks to those who donated prizes; quite a few attendees went home with a lovely prize.

Food was plentiful, with a variety of Christmas treats and other cultural dishes. Soooo yummy, thanks to all.

SHAKESPEARE – plays and poems

(You quote Shakespeare on a regular basis and may not even know it)

Romantic Poetry (Wordsworth, Keats, Byron, Blake)

If you are interested in reading, analysing,
or simply enjoying the Works of these famous poets and dramatist,
contact Lyn Rooke on 0458 469 444 to register your interest.

CRAFT GROUP

Bev ponder would like to get the craft group up and running as soon as possible.

As well as beading Bev would like to add other craft such as knitting, crotchet and sewing.

If you are interested in any of these please contact **Bev 0413 389 534** and she will organise whatever is needed to commence. Maybe you could share with the group your craft??





2020 U3A Membership Renewal

Your U3A Townsville membership renewal is due effective from 1st November 2019.

The membership fee for 2020 remains at \$40.00 for the calendar year.

Your membership can be paid

first option in cash at the U3A Office which is located at Church of Christ Centre,
Unit D.3 Cnr Palmerston St and Ronan St, Vincent 4814 between the hours of 9.00am to
mid day Monday to Friday.

second option is to pay by cheque and if you use this method please write your full
name and membership number on the back of the cheque.

third option is to pay by bank transfer to the U3A Bank account and the details are

BSB	064-823 (CBA)
Account number	10553473
Account name:	U3A Townsville Inc.

If you are going to use the bank transfer method of payment it is extremely important to enter your full name and membership number into the reference field of your transaction.

***If you don't do this it makes it very difficult
to match your payment to your name.***

During 2019 we had 11 payments from members that we have not been able to process because U3A does not have their full details with their payment made to U3A. So far this year 5 payments have been made with no details.

Larry Frazer

Secretary U3A Townsville Inc.

U3A Walking Group Timetable for March to May 2019

Day Friday

Time 7.00am for 7.15am - 8.15am walk

Contact: Margaret on 4779 1882

Come join us!

Month Date	Meet	Walk	Month Date	Meet	Walk
March 6	The Rockpool North Ward	The Strand	April 10	Kimball St. Aitkenvale Rossiter Park	Ross River Up-stream
March 13	Cape Pall Rd/Esk Str. Rowes Bay Beach Car	Towards Pallarenda	April 17	Weir School Carpark Ross River Road.	Ross River Circuit
March 20	O'Reilly St. Mundingburra Cnr Burt St.	Mundingburra Ross River Upstream	April 24	Cape Pallarenda Rd. Far end carpark	Pallarenda
March 27	Balls Lane Mundingburra	Anderson Park	May 1	Murry Lyons Cr Annandale Skate park near	Fairfield Waters downstream
April 3	Palmer St. South Townsville	Port Area	May 8	Paxton St. North Ward Queens garden gate	North Ward

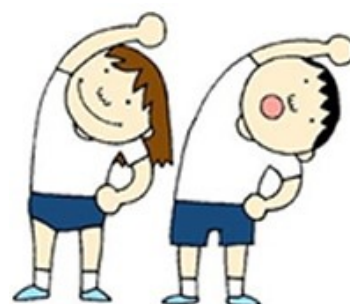
Come and join us, get some fresh air, exercise and explore Townsville. We walk at a pleasant pace that allows for chatting or stopping to see wildlife. The itinerary above gives you an idea of where we go. Mostly on walking paths. This is a very friendly social group. many of the walkers regularly adjourn to a coffee shop afterwards.

The Importance of Exercise for Seniors

Exercise has countless benefits for those of all ages, including a healthier heart, stronger bones and improved flexibility. For seniors, there are additional benefits, like the fact that regular exercise reduces the risk of chronic diseases, lowers the chance of injury and can even improve one's mood.

As we age, our muscle mass begins to decrease. When we enter our forties, adults can lose 3-5% of muscle mass with each subsequent decade of life. Muscle is an essential contributor to our balance and bone strength; it keeps us strong. Without it, our mobility and independence become compromised.

Exercise is also a key for cognitive function. Scientists have found that brain neurons- the special cells that perform all the necessary function to keep you alive, as well as help you think and improve your memory- all increase after a few weeks of regular exercise. In fact, some researchers found that when individuals walk three or more times a week, the occurrence of dementia was 35% lower than those seniors who were not involved in any type of physical activity.



Message from the Class Coordinator

I extend my very best wishes to members for a bright and happy 2020.

Tutors and Facilitators: thank you for your commitment to U3A's goals and for your continuing support in the New Year.

We could not provide the fun, social engagement, and commitment to lifelong learning without you.

MEMBERS: if you haven't engaged with U3A in the past 12 months, why not check out our website (u3atownsville.com) for things to do - to exercise the mind and the body.

If we don't have classes or activities that interest you, contact the office to let us know.

If any member would like to teach a class, talk to one of the office volunteers or email admin@u3atownsville.com to register your interest.

You do not need to have formal teaching qualifications to act as a volunteer tutor.

Lyn Rooke Class Co-ordinator

Our Activities Class Co-ordinator Lyn Rooke

will be retiring at the AGM, Lyn is returning to Israel to spend time in a Kibbutz, Lyn has done this previously; we will miss her and we wish her well in her travels

However that leaves this job vacant,

if you would like to take on the role please put your name forward,

Lyn will be able to advise you as to what the role entails.

Within U3A over the past year or so we have introduced teams that cover a lot of the positions that help keep U3A running smoothly.

We have a Friday talks team, a web team, an office team, a computer team as well as the committee. Each team gets on dealing with their responsibility and function, then the team keeps the committee informed as to the delivery of their area.

JOIN A TEAM!!!

U3A TOWNSVILLE CLASS TIMETABLE

Current as at 19.01.2020
(subject to change; check website regularly for updates)

Monday		
Computer. Learn to develop your computer and digital skills.9:15am-10:15am ON HOLD	Contact the U3A office on 4724 3530 for further information Waiting on information for 2020	Aitkenvale Library
Book Club monthly, 2 nd Monday 9:00am-10:00am	Jenny Marks 0407 484 240	Aitkenvale Library Foyer
Mah Jong 9:00am-12:00pm	Gwen Wilson 4723 7142	Thuringowa Library
Social Art (No tutor) 10:00am-4:00pm	Judy Osborne 0409 764 184	Soundshell Building, Dan Gleeson Gardens
Stock Market Trading 12:00pm-2:00pm	Terry Lambrose 0434 634 822	U3A Vincent
Indonesian 1:00pm-2:00pm	Eric Campbell 4779 8947	Aitkenvale Library
Italian for absolute beginners 2:30pm-4:30pm	Trish Jordan 0408 741 347	U3A Vincent
Tai Chi	Suspended until 2020. Check website periodically for updated information – day, time & venue may change.	
Philosophy 2:30pm-4:00pm	Jan Hynes 0419 723 640	Aitkenvale Library
Tuesday		
Spanish 9:00am-10:20am	Graham Collins 4789 0590	U3A Vincent
Creative Writing 10:00am-12:00pm	Valda Spencer 4723 6083 Ann Krome 0400 822 973	Vale Hotel, Ross River Road Motel Breakfast Room
Computer. Learn to develop your computer and digital skills. 1:15pm-2:30pm ON HOLD	Contact the U3A office on 4724 3530 for further information Waiting on information for 2020	Learn Space Thuringowa Library
Swim Program	Program finished for 2019. Waiting on information for 2020 program.	
History 2:00pm-3:30pm	Nanette Grace 4721 4484	U3A Vincent
Wednesday		
Canasta 9:30am-12:30pm	Bev Ponder 0413 389 534	German-Australian Club 56 Ann Street, Aitkenvale
Art Class (no tutor) 9:30am-12:30pm <i>Class Full, Waiting List only</i>	Kate Eagling 0429 419 580 <i>Please call office</i>	U3A Vincent
Woodwork 2:00pm-4:00pm	Ray Hatton 0400 840 114 Due to unavailability of facilitator, re-sumption is delayed. Keep checking for updates.	Flexible Learning Centre 22-26 Ingham Road (Service Road, next to St Mary's Church)
Thursday		
Art (Watercolour, Acrylic and Oil Painting) 9:00am-12:00pm	Jan Fels 0490 014 373 Kathleen Feaver 4779 1252	CWA Hall 36 Latchford Street, Pimlico
Digital Photography 9:00am-11:00am	John Webster 0438 322 666 E:webj1@hotmail.com	U3A Vincent
Conversational French - Intermediate 11:30pm-1:30pm	Georgina Valdeter 0410 454 420	U3A Vincent
Science 2:00pm-3:00pm	Susan Dellow, text 0408 984 019, or susan.dellow@bigpond.com	U3A Vincent
Beading 2:00pm-4:00pm	Bev Ponder 0413 389 534	<i>Phone Bev to Book</i>

Friday		
Walking 7:00am-8:45am	Margaret Cuthbert 4779 1882	<i>See Table page 6</i>
Exercise Class 9:00am-10:00am	Val Grogan 4723 5432	Health Studio Hyde Park Centre
Mah Jong 9:00am-12:00pm	Gwen Wilson 4723 7142	Thuringowa Library
Computers, Tablets & Phones. Learn to develop your computer and digital skills. 9:15am-11:00am	Gaye Higgins gayehiggins@hotmail.com 0419 732 311	Learn Space Thuringowa Library
Scrabble 10:00am-12:30pm	Kate Eagling 0429 419 580	U3A Vincent
Friday Talks (A variety of topics) 2:00pm-3:00pm	Check member emails or website for de- tails	Aitkenvale Library Meeting Room
Saturday		
Social Group 10:30am	Bev Ponder 0413 389 534	<i>Phone Bev for details</i>
Sunday		
Social Games 1:30pm-4:00pm	Bev Ponder 0413 389 534	<i>Phone Bev for details</i>
Other		
James Cook University (various sub- jects)	Lori McGuire 0418 874 844 Check U3A TSV website for information	James Cook University
Gardening in the Dry Tropics	Maureen Wright 0498 572 717	Various locations
Excursions, Events	Emails sent to members with details	

Magnetic Island		
Monday		
Monday Talks 10am-12pm	Mike Keating 0437 432 251 Liz McDine 0422 190 455	RSL, Arcadia
Stock Market Trading 7:00pm-9:00pm	Terry Lambrose 0434 634 822	<i>Contact Terry for further information</i>
Tuesday		
Tai Chi & Qigong 7:00am-8:00am	Peter Duckworth, Tania Thoreau 4758 1981	Esplanade
Recorder Ensemble 1:30pm-3:30pm	Una Glavin 0403 644 341	Contact Una
Wednesday		
French Conversation 9:00am-11:00am	Gisela Edwards 4778 5548	Contact Gisela
U3A Singers 7:00pm-8:30pm	Tania Thoreau 4758 1981	RSL, Arcadia
Thursday		
Spanish 9:30am-11:00am	Tania Thoreau 4758 1981	8 Lilac Street
Canasta 1:00pm-3:30pm	Kaye Lambrose 0403 255 805	Golf Club
Friday		
Tai Chi & Qigong 7:00am-8:00am	Peter Duckworth 4758 1981	Esplanade
Other (By appointment)		
Computer. Learn to develop your computer and digital skills.	Terry Lambrose 0434 634 822 Waiting on information for 2020	<i>Phone Terry to book</i>

2019 Committee members

Name		Committee Role
Alan	Williams	Acting Vice President
Beverley	Ponder	Major Events Coordinator
Christine	Douglas	Office & Volunteer Manager
Graham	Collins	I.T. Coordinator
Jenny	Sebba	Assistant/ Backup Treasurer
Kate	Eagling	U3A Facility Maintenance Coordinator
Pauline	Woodbridge	Promotions/Publicity Coordinator
Larry	Frazer	Secretary & Treasurer
Liz	McDine	U3A Magnetic Island Coordinator
Catherine	Smith	Minute Secretary
Terry	Lambrose	Be Connected Coordinator
Lyn	Rooke	Activities Program Coordinator
Peter	Hurst	President

AGM FRIDAY 13TH MARCH



Contact Details for the office are:

PO Box 374, Aitkenvale QLD 4810

PH; (07) 4724 3530

Email; admin@u3atownsville.com

New Website; <http://u3atownsville.com>

*Your next newsletter date will be April 2020 Please keep your stories rolling in.
I enjoy reading them as do members, Pictures are most welcome Thanks Christine*