

Learn, laugh, live!



Southport
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

March 2023

Annual General Meeting

The U3A Southport AGM will be held

**At 10am on Thursday 16th March 2023
at the Southport Community Centre.**

All Members and Tutors are warmly encouraged to attend this important meeting.

There will be no classes prior to 11am that day.

A formal Notice of AGM and a Nomination Form was emailed to all members on 20 February 2023. Copies are also available from Reception. **Nominations close 3pm Thursday 2 March 2023.**

Welcome

Welcome to all of our new members, we do hope you are enjoying our extensive range of classes in 2023.

Remember you can now renew your membership online and select classes after payment has been made at u3asouthport.au

Enrolments are now open for our **new Philosophy class** commencing Tuesday 21 March 2023. This class will be held fortnightly on Tuesdays from 11am – 12.30pm at the Southport Community Centre - Room F2.

Acknowledgement: *The U3A Southport Newsletter is kindly printed by the office of ROB MOLHOEK M.P. Member for Southport.*

Have fun keeping fit!

- Tap Dancing
- Line Dancing
- Pilates
- Tai Chi
- Chair Yoga
- Fitness



Office: Australia Fair, Level 1, Shop 1074. Open 9am-1pm Mon-Fri.

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NEWS FROM THE PRESIDENT & CLASS CO-ORDINATOR

Lou Stevens

We hope you have enjoyed your first few weeks back this Semester.

It has been a busy time in the office with a lot of new members joining and others renewing. **Our front of office volunteers have been doing an amazing job** but there is always room for more to come and help out. It is not arduous and the procedures are very simple. **Please let us know if you can spare a few hours a week.**

Some members are having difficulty in reaching our new website with the old web page coming up as you have searched for this previously. If you are having this problem, we suggest you delete your browsing history and try again. An alternative is to use a different browser, for example, if you usually use Chrome Google try Microsoft Edge.

When joining on-line you may choose your classes, however, membership is not effective until the funds reach our bank – this sometimes can take several days. You will also need your 2023 Membership Badge which must be worn to class. You can collect your badge from the office or, if a renewing member, bring in your old badge and we will validate your 2023 membership.

Please check the day, time and location for your classes as some have changed from last year's timetable. We have quite a few classes that have waiting lists so we remind you that three consecutive absences from a class, without an apology, will result in deletion from the class list to make room for those on the waiting list.

Check out the Classes tab on our new website to keep up to date with new classes being added plus availability in currently scheduled classes. There is also a description of the class with notes on any essential requirements.

We have been able to find a new Philosophy Tutor and enrolments are now open, this class will be scheduled at the Community Centre 1st and 3rd Tuesday of the month from 21st March.

Please note the **starting time for Line Dancing is now 1.30pm** on Wednesday, Margaret Street Upper Level.

An update on **Pilates A & B Classes – there will be a break in classes this Semester between 8 March and 15 May.** Last class will be on 7 March, recommencing on 16 May 2023.

Beginners Mahjong will now be held fortnightly from Friday 3 March from 1.30pm-3.00pm in the Australia Fair Study Room.

If you have a particular area of expertise, and would like to share it with your fellow U3A Southport members, we would love to hear from you.



LIVE! LAUGH! LEARN!

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SOCIAL COMMITTEE

Margaret K. and Pat Jones

Wear something green and a funny hat
and join us for a fun



ST PATRICK'S DAY LUNCH

12.00pm on Friday 17th March

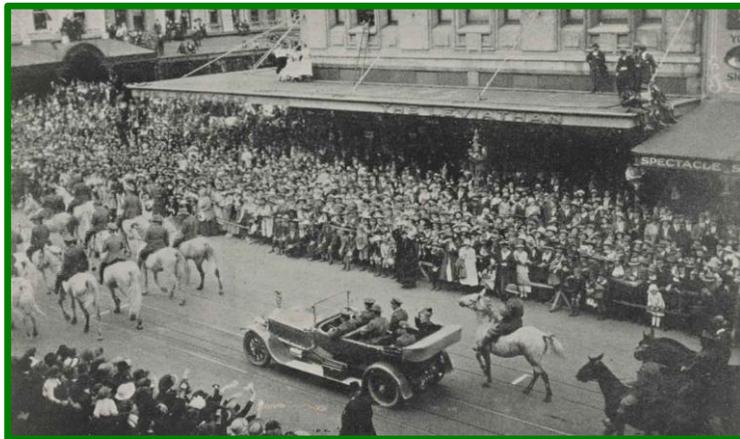
The Pacific Hotel, 1st Floor Australia Fair

RSVP on the noticeboard or call the office

About St Patrick's Day in Australia

St Patrick's Day has always been the day for the Irish in Australia. On 17 March 1795 there were rowdy festivities among the Irish convicts, and the cells were filled with prisoners. Later the occasion gained in respectability, marked by formal dinners attended by the colonial elite, many with no Irish connections.

By the early 20th century, parades were held in capital cities and rural centres. These were demonstrations of connections with an Irish Catholic past, or support for Irish political causes.



St Patrick's Day, Melbourne 1920

Today, St Patrick's Day in Australia has evolved into a fun day marked by revelry, green beer and comical hats. On that day, some say that there are only two kinds of people — those who are Irish, and those who wish they were.

Don't forget our Monthly "Get Together" Lunches on the last Saturday of the month. Venue and time on the noticeboard.

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Next Trip

Wednesday 29th March 2023

**Fo Guang Shan
Chung Tian Temple**

Includes a light lunch and escorted tour.

Chung Tian Temple, which means "Middle Heaven", was constructed in 1992 using traditional Chinese Buddhist architecture – it is situated between Brisbane and Logan. Surrounded by nature, the Temple provides a peaceful and culturally beautiful venue for the community to celebrate its multicultural diversity and multi-faith harmony through Humanistic Buddhism.



Photo of Pagoda

The Temple's facilities include the Bodhisattva Hall, Blessing Bell, Lotus Treasury World, Meditation Hall, Sutra Transcript Room, Museum, Chung Tian Art Gallery, Water Drop Teahouse, Tea Room, Temple Pagoda and Chan, Zen & Arhat Gardens. For further information visit <http://www.chungtian.org.au/>



Albert River Winery Trip

What a fantastic day was had by all who went on the recent Albert River Winery Trip. The bus driver gave an excellent commentary and everyone enjoyed their two-course lunch, walk through Auchenflower House, Tamborine House and Taabinga Chapel and, of course, the sheep dog demonstration.

Thanks to Margaret K. for arranging the trip – we look forward to many more exciting trips this year!

Upcoming Trips



Art, etc
Brisbane
Tours

Tropical Fruitworld

Valley Tours
Spectacular

Maleny
North
Coast



Register your interest by writing your name on the noticeboard or call the office.

If you have any other ideas, we would love to hear from you.

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SIDE-HUSTLES TO IMPROVE RETIREMENT INCOME

No matter how financially ready you may be for your retirement there is always a small part of you that wants to strengthen your financial security, or things may have changed and you need to supplement the income you are getting in retirement.

Here are some ideas that do not require a full-time commitment and can still provide a significant addition to your income.

Freelance Writing and Editing

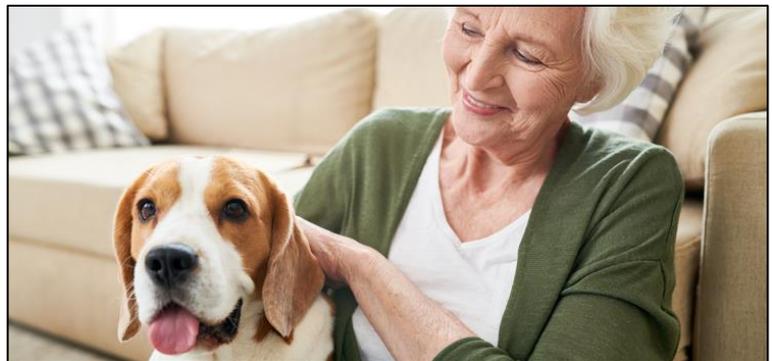
Freelance writing jobs are extremely popular among all age groups today– all thanks to the technology that allows it. Whether you wish to write a novel, e-books, blog posts, articles or copywriting, there are plenty of companies that are looking for freelance writers.

Translation

If you are fluent in any language apart from English, translation jobs are a lucrative side-hustle for you. These jobs are in high demand across the world and many organisations and companies are looking out for translators and interpreters who can work as freelancers. These gigs are flexible and offer good pay while keeping you busy in your free time post-retirement.

Pet Sitting

Love animals? Well, this side-hustle is for you! Pet-sitting is becoming increasingly popular and in high demand. Pet-sitting involves you to take care of the pet either at your home or the owner's home. If you wish to earn more money, you can also choose to dog-walk along with pet sitting. Pick the service based on your lifestyle and energy levels.



Party Planner

If organising and throwing a party has always been your forte, it's time to use your passion and skill. You can set up your own party planning venture and offer a range of services including theme selection, booking and arranging vendors, decoration and post-party clean-up.

Mystery Shopper

Mystery shoppers get paid to shop and give feedback on their shopping experience. Shopping is a fun enough reason to head out and make some money?!



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Tutoring, Coaching, and Mentoring

One does not need to have a teaching background to become a coach or tutor. All you need is to be well-versed in a field or subject and have the ability to break it down into easier parts to allow others to learn. You can also choose to mentor students and professionals on certain subjects that you are an expert on.

To become a coach or tutor, you need to have the required skill or education. However, to become a mentor, you need to work with your experience and help your mentees find their solutions.

Freelance Photographer

If you love photography all you need to do is put your skill to use with children's or pet photography at parties or events like weddings. You can choose pay per hour gigs or charge per event.

You can also upload photographs clicked by you on stock image websites where people can buy your photographs for a certain rate.



Baking, Cooking, and Selling

Baking or cooking and selling your baked goods and delicious recipes is a very lucrative side-hustle. You could take party orders, home deliver, set up your own stall at local fairs or supply to local retailers such as patisseries or delicatessens.

For this venture, however, always be aware that there will be food preparation health and safety regulations you must comply with.

Local Tour Guide

If you live in a city popular for its tourist attraction or considered to be a holiday destination, you could use your time and knowledge about your city to become a tour guide in your free time. There are multiple websites and apps where you can sign up or set up your own social media page and begin offering your services independently. Portals like Airbnb allow individuals to offer fun experiences for tourists too.

When you are looking up the right side-hustle for you, always remember to take all important factors like your physical health, time availability and prior commitments into account. Have fun!

Courtesy of Australian Over 50s Living & Lifestyle Guide

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GOLD COAST REGIONAL BOTANIC GARDENS - ASHMORE

Get on Board the Botanic Gardens Glider

Find out more about your local Botanic Gardens



Experience the Gold Coast Regional Botanic Gardens from the comfort of their 8-seater electric Botanic Gardens Glider.

This service allows visitors with limited mobility to enjoy the Gold Coast Regional Botanic Gardens and can carry a maximum of 6 passengers at any time.

Glider Services run on Tuesday and Thursday morning at 9:30am and 10:45am and on the first and third Saturdays of each month from 10:00am. The tour takes approximately 50 minutes and along the way your tour guide will point out the unique and interesting native flora and fauna.

Tour cost is \$5 per person, bookings ESSENTIAL. To make a booking www.trybooking.com/CCSSZ.



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JUST FOR FUN!



Brain Teasers

1. A man pushes his car to a hotel and tells the owner he's bankrupt. Why?
2. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or boat. How did the dog do it?
3. Your parents have six sons including you and each son has one sister. How many people are in the family?
4. A man describes his daughters, say "they are all blonde but two; all brunette but two and all redheaded but two". How many daughters does he have?
5. What is unusual about the following words: revive, banana, grammar, voodoo, assess, potato, dresser, uneven?



Laugh Out Loud!



Answers:

1. He is playing Monopoly.
2. The river was frozen.
3. Seven.
4. Six.
5. If you move the first letter to the last letter, it spells the same word backwards.