

Learn, laugh, live!



**Southport**  
UNIVERSITY OF THE THIRD AGE

## NEWSLETTER

June 2023

### Get Your Groove On!

*Dance Fit* is a combination of aerobic exercise, cardio, and dance fitness - safe and effective for all ages and fitness levels. Yoga mat required, comfortable clothing, water bottle, non-slip shoes.

We cannot ignore the mental health benefits of dance workouts: they lift the mood and help people with depression and anxiety. Dance workouts are full-body workouts, so you will be able to tone and strengthen your muscles too.

#### *Dance Fit Classes:*

Tuesday 12.00pm – 1.00pm  
Margaret St Hall, Upper Level

### Mother's Day Raffle Results

*Thank you to all those members who bought tickets. The winners were:*

*1<sup>st</sup> prize: Trish Darnedde*

*2<sup>nd</sup> prize: Bev Jones*

*3<sup>rd</sup> prize: Gai Fardell*

### Thank You! to our Volunteer Tutors

Four of our Volunteer Tutors, Lynda Chapman, Marie Pryce, Lou Stevens & Michelle De La Rente attended a Volunteer Thank you Event at HOTA in May organised by City of Gold Coast to acknowledge the generous contribution volunteers and volunteering organisations make to our community.

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



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

Website:

u3asouthport.au

Contact:

(07) 5591 6671

Email:

admin@u3asouthport.au

ABN:

17 993 804 260

Newsletter Editor: Kim Carter

U3A Gold Coast Inc



## NEWS FROM THE CLASS ADMINISTRATOR

**Kim Carter**

### Tutors:

**Please remember to email your Class Attendance Sheets** through to [admin@u3asouthport.au](mailto:admin@u3asouthport.au) regularly, so that if members have 3 unexplained absences in a row without an apology, they can be removed from your class to allow members from the waitlist to start attending.

*You can request an updated Class Attendance List at anytime from the office.*

**It is important** that you email your Class Attendance List after your last class at the end of Semester 1.

*If you are unable to take your Class,* please contact your students to let them know and also let the office know so that we can save costs by cancelling your room booking in advance.



**Our French Tutor, Jocelyn Bull, will be returning to France next Semester.** We would like to thank her for her huge contribution to U3A Southport during her time with us and wish her all the best for the future.

## SEMESTER 2

Our new **French Tutor for Semester 2 is Aurelia Guillon.** She will be taking French Beginners, French Beginners Plus and possibly an Intermediate class to replace French conversation.

### Upcoming Classes:

- A series of three 90 minute classes on [DNA](#) held on Thursday - 17 August, 7 September and 28 September.
- A further three classes on [Australian Historical Events](#) will be held on Thursday – 19 October, 9 November and 30 November.

More classes planned for Semester 2 are:

- [Wine Appreciation](#)
- [Understanding Art and Art Appreciation](#)
- [Artificial Intelligence and Robotics](#)
- [Understanding the Weather](#)
- [Oceanography for Beginners](#)
- [Sounds of the Sea](#)
- [Clean Technology & Climate](#)

Details to be advised once dates confirmed.

**ENGAGE! ENRICH! ENJOY!**





## **SOCIAL TOURS & EVENTS**

**Margaret K. & Michelle De La Rente**

### **SURFERS PARADISE RIVER CRUISE**

**WEDNESDAY 14 JUNE**



**COST: \$35 PER PERSON**

**INCLUDES:** 1 ½ Hour sightseeing cruise, morning tea, fun facts commentary, homes of the rich and famous, sundeck and inside seating, fully licensed bar.

**PAYMENT IN FULL AT TIME OF BOOKING AT U3A RECEPTION**

### **THE MARIAN VALLEY SHRINE BUS TOUR**

**MONDAY 14 AUGUST 2023**



**COST: \$40 PER PERSON (includes morning tea)**

**Lunch at Canungra Hotel at own cost or BYO in the nearby park**

**Pick up points:** 9am at SOPO Southport, 9.30am Helensvale Station (return approx. 4pm)

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**JOIN US FOR SOME FUN!**

**Come Along to a Show?**



**Saturday 29<sup>th</sup> July at 2.00pm**  
**\$29**

### **Let Yourself Go!**

Enjoy a musical revue featuring the songs of COLE PORTER, IRVING BERLIN, GEORGE and IRA GERSHWIN and more. Revisiting the Great American Songbook!

*Let Yourself Go!* features a cast of some of the Gold Coast's best-loved and talented singers and dancers, performing songs from some of the biggest hits from the 20s, 30s and 40s. Hear the hits of Tin Pan Alley, Fred Astaire and Ginger Rogers, Judy Garland, Bing Crosby and the early days of Broadway!

The songs will be enhanced by narrative about Broadway and the composers, and background images of the stars of the 1930s and 40s, show triumphs and life.

**\$29 - Book and pay at Reception.**

## **THE NEXT "GET-TOGETHER" LUNCH**

*Organiser: Pat Jones*

**SATURDAY 24<sup>TH</sup> JUNE**

Approx. 11.30am / 12.00pm

**will be held at**

**ROSS EVANS NURSERY  
- CAFÉ 63**



**300 Oxley Drive, Coombabah**  
(Bus No. 713 from Southport  
and return)



Come along to one of our  
Monthly **"Get-Together Lunches"**  
on the last Saturday of the month.  
Try some different venues on the  
Gold Coast and meet new friends.  
Details are on the noticeboard or call  
the office for more information.

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## U3A Southport are having a stall at the Botanical Bazaar.

*The beloved gardening festival Botanical Bazaar is back in 2023, amidst an explosion of horticultural activity and a colourful, sensory overload for our Gold Coast community.*

Rotary Gold Coast are proud to present the Botanical Bazaar - the Gold Coast's premier Gardening and Sustainability Festival where naturally wild, urban gardeners and nature lovers connect. This festival is truly a community driven day with all profits raised being directed to community causes such as youth development, domestic violence, homelessness, and our Gold Coast Regional Botanic Gardens.

Set in the magnificent Country Paradise Parklands in Nerang, the event will be held on Saturday 5<sup>th</sup> and Sunday 6<sup>th</sup> August - 9am – 4pm.

"The conveniences of modern society have led to a rapid regression of skills and knowledge, and we have become dependent on the system to survive. Growing your own food is an important life skill, gardening supports your physical and mental health, and wellbeing and we have everything you need over the festival weekend to help you on your journey of productive, organic gardening and sustainable living."

This year we welcome ABC Gardening Australia's Sophie Thomson and Jerry Coleby-Williams, along with rockstar in the gardening world, MC and Speaker Phil Dudman. We have an amazing and diverse line-up of speakers across three stages this year with the full program being released in early July.

There will be approx. 100 green inspired exhibitors, industry experts, garden walks & talks, workshops & demonstrations, botanical art, community groups and of course plants galore! Explore varied plant nurseries and landscape designers, shop for garden materials and tools, organic beauty products and botanical homewares. From composting to keeping chickens, creating habitat gardens to beekeeping, bushfood to food preservation and survival skills. Learn how to live off the grid and many other sustainable living concepts.

Relax around **The Musical Tree** and enjoy live music and entertainment.

The **Birdwing's Kid's Hub** will be offering family entertainment with a bunch of nature-inspired arts and crafts.

There will be lots of food and drink vendors to keep you fed and hydrated.



**Tickets are on sale now!**

**Adult \$15, Concession \$10, Children - free**

Website

[www.botanicalbazaargc.com.au](http://www.botanicalbazaargc.com.au)

Email

[grow@botanicalbazaargc.com.au](mailto:grow@botanicalbazaargc.com.au)

Facebook

<https://www.facebook.com/botanicalbazaar>



**CYCLING  
WITHOUT AGE  
GOLD COAST**



Cycling Without Age Gold Coast is a not-for-profit charity that connects our elderly and people with a disability with their community and the outdoors by giving them free rides on trishaw e-bikes, piloted by volunteer cyclists.

The Gold Coast Chapter started in 2020 and is now the largest in Australia providing almost 600 rides per month. Operating regularly from Paradise Point Parklands, our rides take passengers along the very scenic boardwalk area in comfort and style. Our passengers come from all walks of life and backgrounds. Our oldest passenger was 104 years old! The joy they display after a ride is so rewarding for the volunteers involved.

**Cycling Without Age Gold Coast** was recently awarded the **Queensland Volunteering Impact Award 2023** for making a positive, sustainable social impact to the community.

<p><b>Rides available:</b></p> <p>Tuesdays Thursdays and Fridays 9am-12noon (<i>last ride at 11.30am</i>)</p>	<p><b>Book you free rides now at:</b></p> <p><a href="mailto:ride@goldcoast-cyclingwithoutage.org.au">ride@goldcoast-cyclingwithoutage.org.au</a> or Phone: 0492 977 280</p>
<p><b>Community Free Ride Days</b></p>	<p>1st Saturday and 3rd Sunday each month</p>

### Interested in volunteering?

Join our team today and experience the joy of making a difference in your community!

### Contact us at:

[volunteering@goldcoast-cyclingwithoutage.org.au](mailto:volunteering@goldcoast-cyclingwithoutage.org.au)



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## HOW TO KEEP YOUR POT PLANTS ALIVE!

### Choose plants based on available light

Knowing how much light your chosen space gets each day is critical to the plant you choose to place there. With this information up your sleeve, reading those helpful plant care tags at the nursery will have more meaning, so you buy your next indoor plant with a plan, rather than just because it looks pretty.

Most houseplants prefer bright, indirect sunlight, but there are plenty that tolerate low-light levels. Some succulents and cacti can handle direct, brighter sunlight but, for any happy plant, a good rule of (green) thumb is to avoid under or over-exposure of light.

### Watch the watering!

When it comes to indoor plants, under-watering is better than giving them too much to drink. Check your plant's drainage too. Root rot is no fun for anyone! If the soil looks dark and is moist enough to stick to your finger, your plant has enough water. Plants need less water during the dormant winter growth phase, when sunlight is softer and sunlight hours are shorter.

To tell if your plants need an extra drink, look for wilting leaves or soil that is pulled away from the pot. Sometimes, plants appreciate extra humidity.

If you love tropical plants, create a space of high humidity, with brighter indirect light. When its dry, in winter, grouping plants closer together helps create a more humid microclimate. But when it comes to desert-dwellers, such as cacti and succulents, keeping the air dry is what they need most of all.

### Skip the fertiliser

Feeding your plant is good for it – just not too much. Houseplants don't need fertilising as much as outdoor plants do. Fertilising is best added during the growing season (from early spring-early autumn). Be sure to read the instructions to get the concentration levels right.

### Repot when needed

Repotting isn't always about transplanting your house-plant to roomier digs. You can keep the same pot (if it fits) and simply refresh the potting mix every 12-18 months, to add extra nutrients.

If your plant has outgrown its home, choose a new pot that is only about 4-8 cm bigger than its current home. Your plant doesn't want to swim in too much soil (and too much water) but it just needs a bit more room to grow.





**JUST FOR FUN!**

## **U3A Library: Books, DVDs and Jigsaw Puzzles**

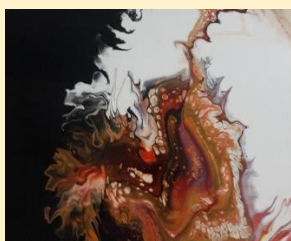


**U3A Southport Reception have Books, DVDs and jigsaw puzzles** that you may borrow or swap.

Come in and have a browse. Donations of jigsaws and DVDs are welcome.



## **Looking for a unique artwork or gift?**



**There are a number of unique artworks by U3A Art Students for sale in the hallway at U3A Reception at very reasonable prices.**

Next time you are at Australia Fair, take time to have a look – you might see something you really like.

## **A pair of cows were talking in the field.**



One says, "Have you heard about the mad cow disease that's going around?"

"Yeah", the other cow says.

"Makes me glad I'm a penguin."



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