

Learn, laugh, live!



**Southport**  
UNIVERSITY OF THE THIRD AGE

## NEWSLETTER

July 2023

### SEMESTER 2 CLASS LIST

We hope you all enjoyed your classes during the 1<sup>st</sup> Semester. **Included with this newsletter is the Semester 2 Class List.**

If you would like to attend any of our new classes, please select those classes online at [CLASSES \(u3asouthport.au\)](https://u3asouthport.au) or talk to our lovely staff at Reception.



There will be **NO CLASSES** from **Monday 4 July to Friday 29 July (inclusive).**

The Australia Fair Office will be **closed** from **Monday 3 July until Friday 21 July**, and will reopen in the last week of July between 10am – 1pm.

**Semester 2 will commence on Monday 31 July.** All members registered for classes in Semester 1 will continue in those classes in Semester 2 unless you advise the office otherwise.

Enjoy your semester break!

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

How about joining us on a  
bus trip to  
**Marian  
Valley  
Shrine**  
on  
**14  
August**



See Social Tours & Events for details

**Congratulations to the  
Winners of the Christmas  
in July Raffle**

1<sup>st</sup> prize: Sheila Perry  
2<sup>nd</sup> prize Lou Stevens  
3<sup>rd</sup> prize Gale Allman



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U3A Gold Coast Inc



## NEWS FROM THE PRESIDENT

### Nigel Hennessy

#### 2023 Committee

**President:** Nigel Hennessy

**Vice-President:** Lou Stevens

**Treasurer:** Wendy Barker

**Secretary:** Amanda Cowser

**Committee Members:**

- Lesley Northey
- Lou Stevens
- Kim Carter
- Margaret Karakatsanis
- Michelle De La Rente
- Robyn Todd

Pick up your **FREE**  
**Australian Over 50s Living  
& Lifestyle Guide** from U3A  
Reception or Margaret St Hall

**\*Look out for U3A Southport  
– we feature on pages 22-23\***

You may also read the e-copy by  
clicking on the image below to link  
to the book.



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



Having just returned to the Gold Coast last week from climbing Pyramids (Egypt) and Glaciers (Norway) it is time to re-join reality at Southport. We complain about rising costs, but the UK is expensive – lamb is about \$55 per kg and a cup of coffee about \$8.

I managed to get a few things done during my holidays. Firstly, I submitted an application for a small grant for Seniors Month and spoke with the Centre Managers at Australia Fair. We may have some support to put on a few demonstration classes outside Coles.

I also met up with Regional Development Australia (RDA) for the Gold Coast to see if they have anything of interest we could support and also for any grants. Unfortunately, the grants are too large (\$500K plus) and need to be matched. I am currently speaking with AusIndustry to obtain a list of smaller grants. An application for a grant has been submitted for repair of the Margaret Street Hall roof through the Council. The outcome will be known soon.

With the new semester starting we are excited about a few extra courses. A key one is on Wine Appreciation, and we are hoping this will be ready to proceed in August, starting with Sparkling Wines. A small fee will need to be charged to cover the cost of the wine. We are hoping for a few subsidies to minimise the extra costs.



**Nigel Hennessy**  
**President U3A Gold Coast Inc**

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## NEWS FROM THE CLASS CO-ORDINATOR

Lou Stevens

### ENGAGE! ENRICH! ENJOY!

Members, if you have been enrolled in Semester 1 classes, your enrolment will continue into Semester 2 unless you advise the office otherwise.

Please remember that classes are not held on Public Holidays:

- Friday 1 Sept (Gold Coast Show Day)
- Monday 2 Oct (King's Birthday)

### Class News:

#### **iPhone for Beginners**

5-week course: 3 – 31 August  
11am – 12.-15pm Thursdays  
Australia Fair Study Room

Aurelia Guillon will be taking over Jocelyn Bull's **French Beginners** and **Beginner Plus** classes. She will also be resurrecting the **French Intermediate** class which has not been available for the last couple of Semesters. **There will be no French Conversation class.**

Due to the popularity of **Rummikub** and **Beginners Mahjong**, these classes will become **weekly** classes in Semester 2, sharing the Study Room at Australia Fair.

**German class** will continue during the Semester break but will be held in the Australia Fair Study Room instead of the Community Centre.

**History of the Italian Renaissance** classes recommence on Monday 14 August.



## NEW CLASSES – SEM. 2

- *iPhone for Beginners*
- *French Intermediate*  
(replaces French Conversation)
- *Music Appreciation*
- *Synonym Rolls*  
(Just like Grammar used to make)  
English Grammar taught by Sean Ikin. Will be invaluable for Creative Writing and Memoir students.
- *Dance for Fitness & Fun (replaces Dance Fit)*  
Starts 10 August. Movement to music. A simple series of easy to follow steps. No dance experience required - just have fun and keep fit. Experienced Dance Tutor and Teacher. This is a collaborative class - the Tutor is open to suggestions as to tempo, music and style of dance.
- *IT Interest Group (not for beginners)*
- 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, 30 November.



## SOCIAL TOURS & EVENTS

Margaret K. & Michelle De La Rente

### Marian Valley Shrine, Witheren Canungra.



Tour includes the history of the Abbey and morning tea, followed by lunch (own cost) at Canungra RSL or BYO in the nearby park.

**Monday 14 August 2023**  
**Cost: \$40**

#### Pick up points:

- SOPO Southport 9am
- Helensvale Station 9.30am

Return approx. 4pm

***\$40 Book and pay at U3A Reception.***

Bookings close 11 August.

### Surfers Paradise River Cruise

Due to popularity of the June River Cruise, we are taking bookings for another on

**Wednesday**  
**13 September**  
**10.30am – 12.00pm**



**COST: \$35 PER PERSON**  
**Friends and Family Welcome**

#### **INCLUDES:**

1½ hour sightseeing cruise and morning tea. Sit back, relax & enjoy the magnificent views as you cruise past homes of the rich & famous. Listen to a fun facts commentary as you cruise and capture that breathtaking photo from the sundeck. Be sure to keep a watch out for the playful pod of dolphins that call the river home.

***\$35 Book and pay at U3A Reception.***



## SOCIAL TOURS & EVENTS

Margaret K. & Michelle De La Rente

NOTE: THERE WILL BE NO GET TOGETHER LUNCH IN JULY

### THE NEXT "GET-TOGETHER" LUNCH

WILL BE ON

**SATURDAY 26<sup>TH</sup> AUGUST**

Approx. 11.30am / 12.00pm at

**SUNSET CAFÉ**

**Marina Mirage**



Seaworld Drive, Main Beach

**Organiser: Pat Jones**



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.



### The Caboolture Abbey Medieval Festival

8-9 July 2023

In July each year, the Abbey Museum welcomes thousands of visitors to our Medieval Festival to experience life in the Middle Ages in Europe and the Middle East, from 600 to 1600AD. The Abbey Museum of Art and Archaeology, together with re-enactors, jousters, performers, food vendors and merchants, deliver one of Australia's premier living history events.

This is a traditional medieval festival for **HISTORY LOVERS** and those of us with grandchildren.

It's a fun day of historical tradition and by all means, **traditional dressing of the period is very welcome!**

You can make your own way there by catching the train from Helensvale station to Caboolture and then catch the free shuttle to the Abbey or make your own way by car with friends and family.

*Note: This is not a U3A organised tour.*

For further information and tickets  
<https://www.abbeymedievalfestival.com>

Website:  
u3asouthport.au

Contact:  
(07) 5591 6671

Email:  
admin@u3asouthport.au

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





## WHAT'S SO GRAND ABOUT GRANDPARENTING?

**Grandparenting is an opportunity to play, to love someone new, to appreciate the magic of a developing mind, and to be needed by someone again.**

### **Grandparents can:**

- ❖ Share the things they're passionate about with a new audience.
- ❖ See the world in a new way through younger eyes.
- ❖ Experience games, music, nature, reading, and other interests in conjunction with a curious young mind.
- ❖ Provide expanded support and encouragement to their grandchildren.
- ❖ Use their breadth of experience to avoid the pitfalls they may have encountered as parents the first time around.
- ❖ Watch children develop through all stages of growth.
- ❖ Learn about their grandkids' music and passions.
- ❖ Provide input that parents cannot.



### **Making the most of your grandparenting time**

- ❖ Carve out one-on-one time. On occasion, spend time with individual grandchildren. It will give you an opportunity to bond, without competition, with one grandchild at a time.
- ❖ See the sights. Concerts and plays, movies, science centres and museums, parks, or walks in the neighbourhood provide opportunities to be together and to exchange ideas and opinions.
- ❖ Play games. Board and card games are a unique opportunity to watch kids in action and to see how they operate in the world. Games also allow you to help your grandchild learn to be a good sport and play fairly.
- ❖ Communicate family history. Tell stories about games or trips you shared when the grandchild's parents were young. This is a great way to weave a 'tapestry' of shared experiences for the whole family.



## MARKETS NEARBY

### AN ICONIC GOLD COAST EXPERIENCE, SURFERS PARADISE BEACHFRONT MARKETS



*Where: Surfers Paradise Esplanade*

*When: Wednesday, Friday and Saturday  
4pm-9pm*

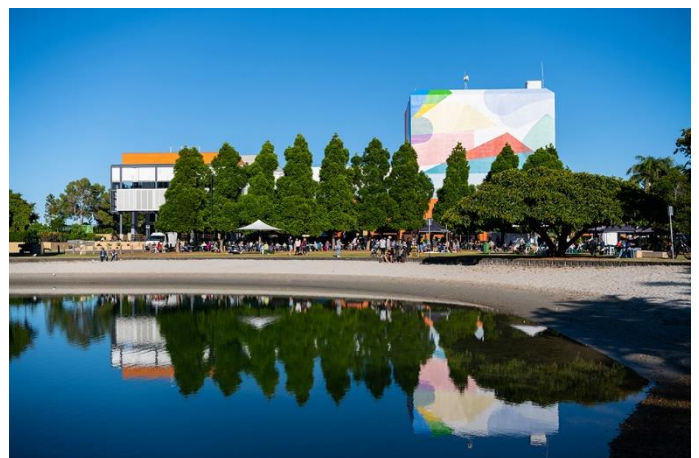
Surfers Paradise Beachfront Markets has been serving up twilight vibes by the sea for over a quarter of a decade. More than a hundred stalls festooned with fairy lights line the iconic Surfers Paradise Esplanade, creating a fiesta like ambience for locals and tourists alike to forage for fashion, food, art, craft and souvenirs while listening to live local music.

### HOTA FARMERS & ARTISAN MARKETS

*Where: HOTA – Home of the Arts, 135 Bundall Road, [Bundall](#)*

*When: Every Sunday morning  
from 6am-11.30am*

Meet the local farm folk, growers and producers at HOTA Farmers & Artisan Markets. Load up the hamper with fresh fruit and vegetables, indulge in goodies that are baked, smoked, cured and crafted with a paddock-to-plate philosophy in mind, and don't forget to pack the picnic rug to bask in the sunshine while sampling your finds. You can opt to start with breakfast, stay for brunch and add a side of art appreciation at the HOTA gallery – open from 10am to 5pm on market day too.



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## JUST FOR FUN!



Little Johnny's neighbor just had a baby. Sadly, the baby was born without any ears. Johnny's family was invited over to see the baby. Before they left their house, Little Johnny's dad had a chat with him and explained how the baby had no ears. Johnny's dad also told him that if he so much as mentioned anything about the baby's missing ears or even said the word "ears," he would get the hiding of his life when they came back home. Little Johnny told his dad he understood and agreed not to mention the baby's lack of ears. Johnny looks in the bassinet and says, "Wow, what a beautiful baby." The mother replies, "Why, Thanks, Johnny." Johnny says, "He has beautiful little feet, beautiful little hands, a cute little nose, and really beautiful eyes. Is he able to see alright?" "Yes," says the mum, "we are so grateful, the Doctor said he will have perfect vision." "That is great," says Little Johnny, "cause he'd be stuffed if he needed glasses!"

**A shout out and "THANK YOU" to the local businesses that have supported U3A Southport recently.**



### Meals on Wheels, Southport



Nutritious 3 course meals incl. soup, main, dessert or fruit and juice delivered to you for only \$13, other options available. Deliveries Mondays and Thursdays. Ph. 5532 1429 or 0456 882 339. 7.30am-2.00pm Mon & Thurs (or leave a message) Email: mowsouthport@gmail.com

### D'arcy Arms Hotel

2923 Gold Coast Highway,  
Surfers Paradise  
Bookings Essential Ph. 5592 0882



## EVENT CINEMAS

# SENIORS SCREENINGS

Join us at Event Cinemas Australia Fair every Wednesday (excluding school holidays) morning at 10:30AM for our seniors morning tea screenings! We play a new film every week and included with each ticket is a complimentary small barista coffee, tea or hot chocolate and a morning tea snack pack!

**Join Cinebuzz online for tickets from just \$10.50!**

## EVENT CINEMAS

**Upcoming Releases**

JULY 8TH

JULY 20TH

JULY 16TH

JULY 27TH

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