

Learn, laugh, live!



Southport
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

September 2023

Gold Coast Show Day

There will be **NO CLASSES** this Friday 1st September – Gold Coast Show Holiday.

Redcliffe Bus Trip

This Bus Trip has been **postponed** from Wednesday 6 September to **Monday 30 October**.

Calling all Members!

Do you have a few hours to spare? We are always on the lookout for volunteers and would love to hear from you if you can spare a few hours a week to help out at *Reception*, on the *Committee* or as a *Tutor*.

We especially need you to come along in October and volunteer during *Qld Seniors month* for a couple of hours. We will be having a **"U3A Showcase" at Australia Fair in October**: Tuesday 3, Thursday 5, Monday 9, Wednesday 11 and Friday 13 October.

There are no skills required to promote U3A, just tell people what U3A has meant for you - whether it has been learning new skills, making new friendships, the social connection, something to do and to give you purpose to come to reception, committee, class, tour, event, TGIF, or our monthly lunch.

Please contact the office if you can assist.

**HAPPY FATHER'S DAY
TO ALL THE DADS
FOR THIS SUNDAY
3RD SEPTEMBER.**

**ENJOY
YOUR
DAY!**



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



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U3A Gold Coast Inc



NEWS FROM THE CLASS CO-ORDINATOR

Lou Stevens

GUEST SPEAKER

The Memoirs Class is hosting a guest speaker in the Australia Fair Study Room on **Wednesday 20 September from 1.30pm – 2.30pm**. *Aldwyn Altuney, who bills herself as the Media Queen*, is a Gold Coast mass media specialist who has been working in the business for nearly 40 years. She describes herself as a mass media marketing futurist, speaker, publicist, host on-line TV performer, animal activist and more. There's plenty of her TV work on YouTube.

All members are welcome, even if you are not enrolled in the Memoirs Class. Please let the office know as there are extra places available.

NEW CLASSES:

Android for Beginners

5-week course: 12 Oct – 9 Nov

Thursdays 11.15am – 12.15pm
Australia Fair Study Room

Cyber Security

1 class only

Tuesday 5 September 1.00pm – 2.30pm

Margaret St Hall – upper level

VPN - What is a Virtual Private Network?

1 class only

Tuesday 12 September 1.00pm – 2.30pm

Margaret St Hall – upper level

Cloud Storage

1 class only

Tuesday 19 September 1.00pm – 2.30pm

Margaret St Hall – upper level

CLASS CANCELLATIONS:

There will be no classes this Friday 1st September – Gold Coast Show Holiday.

Members are asked to check your email for last-minute cancellations of your class prior to leaving home. Those not on email will be called or sent a text.

Choir – there will be no Choir on Friday 8 Sept.

French Absolute Beginners and Beginners Plus – there will be no classes on Tuesday 19 & 26 Sept.

French Intermediate – there will be no class on Monday 18 & 25 September.

Music Appreciation, Synonym Rolls, Family History & Australian Historical Events classes have been cancelled due to lack of enrolments.

Ray Symes is no longer able to teach *Tai Chi*. We thank Ray for tutoring for the last 3 years and wish him well. We are currently advertising for a new tutor.

Thank you to all the Tutors who have volunteered their time and those who spend hours researching before classes. We really value and appreciate you!

We ask that all members are respectful and courteous to their Tutors and other class members and please apologise if you are unable to attend class.



All apologies:

Please call the office on 5591 6671 or email u3agcfrontoffice@gmail.com

Website:
u3asouthport.au

Contact:
(07) 5591 6671

Email:
admin@u3asouthport.au

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TOURS & SOCIAL EVENTS

Margaret K. & Michelle De La Rente

REDCLIFFE BUS TRIP

TO EVERGREEN (CHING CHUNG) TAOIST TEMPLE AT DEAGON & BEE GEES MEMORIAL

NOW MONDAY 30th OCTOBER

(Postponed from Wed 6 Sept)



Cost: \$45 Per Person

INCLUDES:

A visit to the Evergreen (Ching Chung) Taoist Temple at Deagon and Bee Gees Memorial, Redcliffe Pier and shopping followed by lunch (own cost) at a nearby café, RSL or BYO lunch.

Pick up points:

- SOPO Southport 9am
- Helensvale Station 9.30am

Return approx. 4.30pm

\$45 Book and pay at U3A Reception.

Bookings close 20 October.

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OTHER SOCIAL EVENTS

SURFERS PARADISE RIVER CRUISE

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

WED 13th SEPTEMBER
10.30am – 12noon



Cost: \$35 Per Person

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.

Departing 10.30am from river end of Cavill Ave.

\$35 Book and pay at U3A Reception.

Bookings close 6 September.

THE NEXT "GET-TOGETHER" LUNCH

SATURDAY 30th SEPT

Approx. 11.30am / 12.00pm

will be held at

**ROSS EVANS NURSERY -
CAFÉ 63**

Let's Celebrate Spring at this lovely garden centre



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

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.



WHAT'S ON AT THE BROADWATER PARKLANDS IN SEPTEMBER

GOLD COAST SHOW

FRIDAY, 01 SEPTEMBER 2023 | 09:00 AM TO SUNDAY, 03 SEPTEMBER 2023 | 09:00 PM

Broadwater Parklands



- Arts, Homecrafts and Horticulture exhibits
- Main Stage entertainment and Rovers
- Woodchop competition
- Show Dogs competition
- Stall Holders/Exhibitors
- Animal Farm/Petting Zoo
- Equestrian and much more.

Come join in the fun!

Keep up to date on the schedule and events at the Show on www.goldcoastshow.com.au and on Facebook and Instagram.

SALSA IN THE PARK

SUNDAY, 10 SEPTEMBER 2023 | 03:00 PM TO 06:00 PM

Broadwater Parklands

Salsa dancing is a great way to get active, meet new people and learn some new moves.

No partner? No problem. Just come down and we will take care of it all.

This free class caters to beginners and advanced dancers. Just turn up on the day, no bookings required.

Come down and get ready to shimmy and shake your troubles away!





GET A DOSE OF VITAMIN N "NATURE"

GOLD COAST REGIONAL BOTANIC GARDENS – FREE GUIDED WALKS

Ashmore Road, Benowa



Friday, 01 September 2023 | 09:00am to 10:00am – **Native Bee Walk**

Tuesday 05 September 2023 | 10:00am to 11:00am – **Butterfly (Ride on Glider)**

Thursday 14 September 2023 | 10:00am to 11:00am – **Dragons & Other Wildlife**

Friday, 15 September 2023 | 09:00am to 10:00am – **Native Bee Walk**

Tuesday 19 September 2023 | 10:0am to 11:00am – **Butterfly (Ride on Glider)**

Tuesday 26 September 2023 | 09:00am to 10:00am – **Birds of the Gardens**

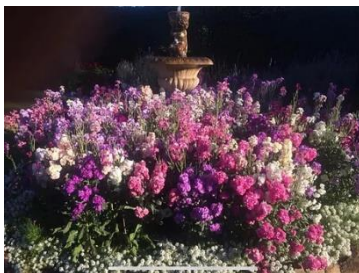
Wednesday 27 September 2023 | 10:00am to 11:00am – **Endangered Plant Trail**

Meet at the Guidepost on the path near the Friends Centre 10 minutes prior to start. Please bring a hat, water, a camera and wear sunscreen. Guided walks are **free**, but a donation is welcome.

SPRINGTIME ON THE MOUNTAIN

FRIDAY, 29 SEPTEMBER & SATURDAY 30 SEPTEMBER 2023 | 10:00 AM – 4:00 PM

Tamborine Mountain



The Tamborine Mountain Garden Club is proud to present the Springtime on the Mountain Festival. There are five beautiful and diverse home gardens that will be open for display.

Tickets \$20 online or \$5 cash at each gate (correct change requested)

Check out the full program and locations:

www.tamborinemountaingardenclub.org.au/springtime-on-the-mountain

Website:
u3asouthport.au

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Email:
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DECLUTTER
YOUR LIFE

HOW TO DECLUTTER A LIFETIME OF TREASURES

There is a world of difference between collectables that family members would like to inherit versus inheriting a household of old rubbish because mum and dad could not let go of it.

Some people find themselves overwhelmed by souvenirs from their life. Books they've not read in decades, clothes not worn, and other relics from years gone by. Each item contains a memory but as we enter what are euphemistically called our "sunset years" we must face the unspoken late life crisis known as 'decluttering.' It should be as simple as chucking out the old stuff we will never use again. If only...

It is now that we face the harsh reality that the things we have hoarded for decades are well past their use-by date. But how do you bring yourself to just throw out items that you have cherished for a lifetime?

How do we convey the importance of such items to our children and is it fair to expect them to take on ownership of old stuff from mum and dad's youth that they may not relate to?

If we do downsize from a house to an apartment or nursing home, we have to make the painful decision to cull our collected treasures and take only what is crucial for the remaining years.

What do we keep and what do we throw out? Keeping old photo albums is important, it makes sense for you to have a photographic record of your life. However, people can also have lifetime memories encapsulated in inanimate objects like, for instance, an old radio? *The irony here is that in our lifetime we make and lose friends and regard this as part of life. So why can we lose touch with people but fixate on keeping dusty inanimate relics of our past life?*

Here are some decluttering tips to help you reorganize your own home into a clutter-free haven:

- 1. Think about your overall goal. Decluttering is often associated with minimalism—owning as few things as possible.
- 2. Break up the work. ...
- 3. Separate donations and rubbish. ...
- 4. Don't worry about the price. ...
- 5. Get rid of duplicates. ...
- 6. Make your smaller storage spaces beautiful. ...
- 7. Ask for help. ...





JUST FOR FUN!

SCRABBLE

Do you like to play scrabble? You can play scrabble on-line for free with your friends, family or against the computer in real time at www.playscrabble.com

We do have Scrabble games and Chess sets available at U3A. *If you would be willing to "facilitate" Scrabble Sessions or even a Games Session which could include Chess and any other games members would like to bring along, please let us know.* Sessions would need to be held at Margaret Street.



There is some real talent amongst us.



It was a pleasure to meet one of our many members recently.

Mariella Barnes was enjoying her Acrylic & Oil Painting class at the Margaret St Hall.

What a talented artist - painting a picture of her home country, Peru. Well done Mariella!

Thank you to all those members that bought tickets for the recent *Artworks Raffle*. The raffle was drawn on 13 August and *the winner was Bo from Nerang*.



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