



Seniors Month is here!

Queensland Seniors Month is celebrated from 1 to 31 October each year. It celebrates the valuable contributions seniors make to our State as well as encouraging community connections and participation.

U3A Southport, in collaboration with Retail First, are pleased to be able to present **"Connect Fest"** to celebrate Seniors Month at **Australia Fair** from **Tuesday 3rd to Friday 13th October**. **"Connect Fest"** will showcase **U3A Southport's** activities to Seniors.

The *Connect Fest* will be officially launched by Rob Molhoek MP and Cr Brooke Patterson at **10am on Tuesday 3 October** and there will be a U3A Southport information stand, a number of demonstrations, classes, guest speakers, free goodie bags and an art and leatherwork exhibition. *We hope to see you all at the launch and enjoying all the activities!*



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

King's Birthday Holiday 2 October



There will be NO CLASSES on Monday 2nd October.

Registrations for 2024

Membership registrations and renewals for 2024 open on **Monday 6 November**.

Redcliffe Day Trip

Now **on Sunday 29 October to also include the Redcliffe Markets**. Enjoy a leisurely trip to Redcliffe and do some Christmas shopping at the markets. Friends and family welcome.



NEWS FROM THE PRESIDENT & CLASS CO-ORDINATOR

Lou Stevens

CLASS CANCELLATIONS:

There will be no classes this Monday 2nd October – King's Birthday Holiday.

EXPRESSIONS OF INTEREST:



If you are interested in *Ten Pin Bowling* or a *Craft Group*, please note your name on the "Expression of Interest" Notices on the Noticeboard at Reception.



We are hoping the Craft Group will encompass a range of activities including knitting, card-making, embroidery and more... If you have expertise in any craft and would like to participate, we would love to hear from you - please contact the office.

THANK YOU TO ALL TUTORS

I am sure we speak for all members who participate in their classes in offering *our gratitude to all the tutors* whose time and expertise are given so freely. We hope they will continue to do so in 2024.

All Class Apologies:
Please call the office on 5591 6671 or
email u3agcfrontoffice@gmail.com

2024 MEMBERSHIP REGISTRATION:

Membership registrations and renewals for 2024 open on *Monday 6 November*.



We regret to inform you of the recent passing of *Colleen Feehan* and *Myra Dawson* who were both valued members of U3A Southport.

Our lovely Colleen passed away recently after battling ill health for the last few years. Colleen was a stalwart on U3A Reception working 2 or 3 shifts a week. She had a wicked sense of humour, very dry and was beautifully groomed, always looking like she had stepped from the pages of Vogue. We all miss her terribly and our sincerest condolences go out to her husband Tommy and her family.

Our sympathies also go out to Rhonda Cummings and her family on the loss of her husband, *Norm Cummings*.

On behalf of all U3A Southport members, we extend our condolences to their families and friends.





TOURS & SOCIAL EVENTS

Margaret K. & Michelle De La Rente

REDCLIFFE DAY TRIP

TRIP AMENDED

**to include Redcliffe Markets and new date
Sunday 29th October.
Come along and do some Christmas shopping**

NOW SUNDAY 29th OCTOBER



Cost: \$45 Per Person

Friends and family welcome to join you.

INCLUDES: Visit to the **Redcliffe Markets**, 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 8.15am
- Helensvale Station 8.45am

Return approx. 4.30pm

\$45 per person - book and pay at U3A Reception.

Bookings close 20 October.

Website:
u3asouthport.au

Contact:
(07) 5591 6671

Email:
admin@u3asouthport.au

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



OTHER SOCIAL EVENTS

Save the Date!

More details in the November Newsletter.

Tuesday 7th November



AUSTRALIA FAIR STUDY ROOM

THE NEXT "GET-TOGETHER" LUNCH

SATURDAY 28TH OCTOBER

Approx. 11.30am / 12.00pm

will be held at

KOKONUT WILLYS

Grand Hotel, Labrador



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.

**Saturday
18th November
4pm**

**U3A SOUTHPORT
35th Birthday
Celebrations**

MARGARET ST HALL

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Contact:
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OCTOBER IS *Seniors Month*

Message from COTA Queensland

Let's come together Queensland! Get ready to socially connect this October as Queensland Month Seniors Month, 1-31 October, returns for another year.

Beginning on the United Nations International Day of Older Persons (1 October) and including the celebration of National Grandparents Day on Sunday 29 October 2023.

Seniors Month provides a great opportunity to:

- connect people of all ages and abilities
- provide opportunities to discover supports and services to support people's care needs if and when they need it
- celebrate the many contributions older people make in their communities.

Reinforced by the continued theme of 'Social Connections', Seniors Month aims to increase the social connectedness of communities throughout Queensland. Simply put, *it's going to be a Connect Fest!*

Social connectedness is one of the most important factors in creating strong communities. It allows us to build relationships with people we might not otherwise meet, share common values and experiences, and can help us to become more aware and engaged.

From fitness classes, art and craft workshops, technology courses, social events, concerts, excursions, expos and so much more, there will be a wide variety of events and activities on offer.

As a result of these events, we can increase the feeling of social connectedness for all Queenslanders. To find out more about Seniors Month, visit the [Queensland Seniors Month](https://www.qld.gov.au/seniors-month) website.



South East Queensland Forum – Livestream

THURSDAY 5 OCTOBER | 09:30 AM TO 4:00 PM

We **invite you** to join us online to celebrate the contribution of older people and allow the voices and choices of older people to be heard by the Queensland Government and the sector, on how we can all partner for an Age-friendly Queensland.

The forum will be opened by the Hon Craig Crawford, Minister for Child Safety and Minister for Seniors and Disability Services and will feature demographer Bernard Salt providing an exclusive update on the key demographic changes affecting older people in Queensland. Visit the [Queensland Seniors Month](https://www.qld.gov.au/seniors-month) website to find out more and register.

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Celebrate with **U3A SOUTHPORT** at Australia Fair!

DAY/TIME	ACTIVATION AREA (outside Commonwealth Bank)	STORE (outside Cinema)
TUES 3 OCT	U3A Information Desk	Art & Leatherwork Exhibition all day
10am – 11am	Official Launch by Rob Molhoek, MP and Cr Brooke Patterson	
10am – 12pm	Rock'n'Roll Demonstration	
12pm - 1pm	TBA	
1pm - 2pm	TBA	
2pm - 3pm	TBA	
THURS 5 OCT	U3A Information Desk	Art & Leatherwork Exhibition all day
10am – 12pm	Police Seniors Safety & Security	
12pm - 1pm	TBA	Art Demonstration (Basic Drawing)
1pm - 2pm	Mah-jong	Art Demonstration (Basic Drawing)
2pm - 3pm	Mah-jong	Art Demonstration (Basic Drawing)
MON 9 OCT	U3A Information Desk	Art & Leatherwork Exhibition all day
9am – 11am		Cards - 500
10am – 1pm	Guest Speaker from ADA (Aged Disability Advocacy)	
12pm - 1pm	Fluid Acrylic Art Demonstration	
1pm - 2pm	TBA	
2pm - 3pm	TBA	
WED 11 OCT	U3A Information Desk	Art & Leatherwork Exhibition all day
10am – 11am	Chair Yoga	Cards - Bridge
11am - 12pm	Guest Speaker from Aged Disability Advocacy (ADA)	Cards - Bridge
12pm - 1pm	Guest Speaker from Aged Disability Advocacy (ADA)	Art Demonstration (Mixed Media)
1pm - 3pm	Art Demonstration (Acrylic & Oil)	
2pm - 3pm	Line Dancing	
FRI 13 OCT	U3A & G-Link Information Desks	Art & Leatherwork Exhibition all day
10am – 11am	Choir	
11am - 12pm	Yoga	Cards - Cribbage
12pm - 1pm	Transcord Information desk	Cards - Cribbage
1pm - 2pm	Leatherwork	
2pm – 3pm	Leatherwork	Mah-jong / Rummikub

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Seniors Rockin' the Vale

THURSDAY, 05 OCTOBER

10:00 AM TO 12:00 PM

HELENSVALE LIBRARY & CULTURAL CENTRE

Seniors Rockin' the Vale show returns to celebrate Queensland Seniors Month! Join us for a morning of live music outdoors in the piazza, starring The Dukes five-piece band and guest artist Samantha Mooney.

Enjoy a free bacon and egg roll, view the displays and be in the running to win one of the fantastic prizes provided by businesses in our local community. *Tickets are free.* Bookings essential on [07 5582 9187](tel:0755829187).



Mayor's Seniors Concert

WEDNESDAY, 18 OCTOBER

09:30 AM, 12:00PM & 2.30PM

HOTA, 135 BUNDALL RD

This year's Mayor's Seniors Concert presents an exciting flashback of the biggest signature tunes written especially for movies.

See your favourite cinematic classics come to life as the talented cast of singers and dancers take you on an hour-long journey of the greatest moments from Hollywood.

Tickets are free and will be available from 9am on Wednesday 27 September through the HOTA Box Office in person, by phone on 07 5588 4000 or online at www.hota.com.au

Complimentary parking for up to four hours is available at the HOTA carpark, however, ensure you register your vehicle at the parking meter to redeem these four hours (failure to do so may result in parking penalties).

For more Gold Coast Events visit <https://www.goldcoast.qld.gov.au/Things-to-do/Gold-Coast-Events-Calendar>

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Seniors Month

Queensland Justice Association

Gold Branch of the Queensland Justices Association presents a

FREE SENIORS' EDUCATION FORUM

with morning tea included, about Estate Planning Matters.

Take the mysteries out of preparing for your Life-Style Changes.

When: 9am to 12:30pm, **Saturday 21 October 2023**

Where: Conference Room Lvl 1, **Southport Community Centre**, 6 Lawson Street, Southport

The forum will be opened by *John-Paul Langbroek MP* for Surfers Paradise, Shadow Minister for Seniors, Communities & Disability Services

Program Speakers include:

- ❖ **Crime Stoppers - Keith Knight** - Crime Stoppers Key Note Speaker
- ❖ **Preparing for Life-Style Changes** - Ann Robilotta-Glenister OAM - Aged Care Provider
- ❖ **Probate Matters** - Danielle Lim - Probate Lawyer, DSL Law
- ❖ **Elder Coercion and Abuse** - Kathleen Simpson - Principal, DV Lawyer

Raffles & Lucky Door Prize

Bookings are Essential as places are limited.

Register at QJA website: www.qja.com.au

No later than Friday 13 October 2023.

Phone enquiries for assistance: QJA **(07) 3392 2455** or email goldcoast@qja.com.au



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3G

3G NETWORK IS SHUTTING DOWN - How Will it Affect You?

WILL YOUR MOBILE PHONE OR MEDIC ALERT BE AFFECTED WHEN TELSTRA, OPTUS AND VODAFONE SHUT DOWN THEIR 3G NETWORKS?

The change will affect more than mobile phones (although they are the most common devices which will be impacted). Medical-alert technology, baby monitors, EFTPOS machines and farming equipment all use the 3G network. A lot of devices like medical equipment will need to be upgraded.

One provider said it had sent more than 4,000 notices to customers who were using *medical alert devices* which will stop working when the network is abandoned.

You can check if your device depends on 3G with the manufacturer, and if it does, they should be able to tell you how you can stay connected.

Telcos will begin shutting down their 3G networks from December 15, 2023. Vodafone will be the first network to disconnect, followed by Telstra on June 30, 2024 and finally Optus network in September 2024. The 3G network is being scrapped Australia wide; so regardless of where you live, you will lose your connection.

Telstra has warned devices that cannot access the 4G network will NOT be able to call triple-0. If another provider in the area is still operating a 3G network calls may connect but there is no guarantee.

Not so seriously...



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GOOD NEWS!

COST OF LIVING REBATE FOR HOUSEHOLDS

Queenslanders will pay less for electricity in 2023–24 through the Cost-of-Living Rebate, with households receiving one of the following:

- *\$700 Cost of Living Rebate* on electricity bills for vulnerable households, plus a further \$372 under the Queensland Electricity Rebate Scheme, bringing total rebates for Queenslanders doing it toughest to \$1,072
- *\$550 Cost of Living Rebate* on electricity bills for all other Queensland households.

For most households, the rebate will be credited to electricity bills on a quarterly basis commencing from 1 July 2023. For more information see [Cost of Living Rebate for Households | Community support | Queensland Government \(www.qld.gov.au\)](#)

SEPTEMBER 2023 AGE PENSION INCREASES

The Federal Government have confirmed the *new payment rates from 20 September 2023* for recipients of the Age Pension, Disability Support Pension, and Carer Payments. **Singles can expect an increase of \$32.70 a fortnight and couples can expect an increase of \$24.70 a fortnight.**

ARE YOU GETTING THE SUPPORT YOU'RE ENTITLED TO?



Did you know *rebates of up to \$1,000 are available now for energy efficient appliances* through the new Climate Smart Energy Savers program. This is just one of the rebates on offer.

Explore the range of Queensland Government funded savings and support services. Visit [Queensland Savers website](#) or ph 13 74 68.