



End-of-Semester Get-Together



IMPORTANT DATES

SEMESTER BREAK 30 JUNE - 25 JULY

Australia Fair Office

Closed: Monday 30 June - Friday 18 July

Reopens: Monday 21 July - Friday 25 July
10am – 12noon.

SEMESTER 2 COMMENCES MONDAY 28 JULY

All members registered for classes in Semester 1 will continue in those classes in Semester 2 unless you advise the office otherwise.

Those members who have paid membership for Semester 1 only – if you would like to continue in your classes in Semester 2, you will need to pay \$50 for Semester 2 and re-enrol in your classes.

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

👏 **You're Invited!** 👏

As the semester comes to an end, let's gather to celebrate our achievements, unwind, and enjoy the company of friends and classmates.

Event Details:

Friday 27 June 2025

3.30pm – 5.00pm

Australia Fair Study Room

Drinks and nibbles provided

RSVP by 5pm Tuesday 24 June to Reception on 5591 6671 or
Email: u3agcfrontoffice@gmail.com

This is the perfect opportunity to relax and bond before heading off for the break. We can't wait to see you there!



PRESIDENT'S MESSAGE

Trish Darnedde

Dear Members,

As we conclude another semester, I would like to acknowledge what we have accomplished together and express appreciation for your support and dedication.



This month, I had the honour of presenting **Pat Jones** with a Certificate of Appreciation for organising the Monthly Get-together Lunches for many years. Thank you Pat!

Photos: Pat Jones receiving her certificate with Committee Members Trish Darnedde, Wendy Barker & Lesley Northey

This semester included major events, new classes, and successful fundraisers. Each of these milestones reflects the efforts of our team and members.

Our **Self-Defence Classes** with **Bill Wakefield** have been a real *hit!* These dynamic sessions have not only equipped our members with practical techniques, but also boosted their confidence and awareness in everyday situations. Bill's expert guidance and empowering approach have made each class both informative and inspiring. Take a look at some action-packed moments captured during training - our members are not just learning to defend themselves, they're having a great time doing it!



Looking ahead, we're already planning for our strategic plan, goals and events. I'm confident that with the same passion and teamwork, we'll continue to grow and make a meaningful impact.

Before we all head into a well-earned break, don't forget to join us for our **End of Semester Celebration** on **27th June!** It'll be a great chance to relax, reconnect, and celebrate everything we've accomplished together.



U3A Southport will be exhibiting at the **Seniors Health & Lifestyle Expo** on **Thursday 24 July, 9am-1pm at the Southport Community Centre.**

Come along and join us for free information and advice. Free eyesight and hearing checks, travel advice, residential aged care providers, mobility aids, financial planners, Centrelink, legal advice, over 50's resort-style living, in-home care and much more.

Thank you all for your continued support and enthusiasm.
Wishing you a restful and refreshing break!

Warm regards,
Trish Darnedde
President, U3A Southport



NEWS FROM CLASS CO-ORDINATOR

Lou Stevens

SEMESTER 2 - NEW CLASSES

Crochet

Thursdays 11.00am – 12.00pm

Australia Fair Study Room



A Rewarding, therapeutic and practical tuition of crochet for making knee rugs, baby rugs. Yarn and hook are provided and are yours to keep.

Fishing – short course

**Commencing Monday 28th July
– Friday 15th August**



In collaboration with the Southport Amateur Fishing Club, we are offering a short course on fishing.

Self Defence

- **5 weeks on Fridays – dates to be confirmed**
11.30am-12.30pm upstairs at Margaret St Hall

Social Scrabble

2nd & 4th Wed of the month

1.30pm-3.00pm Australia Fair Study Room

If you like a game of scrabble, please enrol. We need more members to continue with the class.

French Beginners (repeat of Course 1)

10 weeks on Wednesdays 3 Sep – 5 Nov

10am-12pm Southport Community Centre

Technology Classes



Artificial Intelligence

**4 weeks on Thursdays
commencing 31 July**

9.30am – 11.00am

Australia Fair Study Room

iPhone Beginners

- **5 weeks on Tuesdays commencing 5 August**
11.15am-12.30pm Australia Fair Study Room
- **4 weeks on Tuesdays commencing 11 Nov**
11.15am-12.45pm Australia Fair Study Room

Android Phone Beginners

- **5 weeks on Thursdays commencing 28 Aug**
9.15am-10.45am Australia Fair Study Room

Basic Computer Skills - Beginner

- **5 weeks on Tuesdays commencing 9 Sept**
11.15am-12.45pm Australia Fair Study Room

Online Banking

- **1 class only on Tuesday 14 Oct**
12.00pm-1.00pm Australia Fair Study Room

Social Media

- **1 class only on Tuesday 21 Oct**
12.00pm-1.00pm Australia Fair Study Room

Introduction to Email

- **1 class only on Tuesday 28 Oct**
12.00pm-1.00pm Australia Fair Study Room

Online Shopping

- **1 class only on Tuesday 4 Nov**
12.00pm-1.00pm Australia Fair Study Room

Griffith University Lectures

Recycling Aspects of Plastics

Friday 8 August

1pm-3pm, Griffith University



Space

Exploration

Friday 24 October

1pm-3pm, Griffith University

Tutors: If you are not using the Tutor Portal, please email your Class Attendance Sheet after your last class at the end of Semester 1 to admin@u3asouthport.au or drop it into the office. An updated list will be provided at the beginning of Semester 2. Thank you.

To all our Tutors, Committee Members and Volunteers - thank you so much for the time and effort you have put in during Semester 1 to make our members' lives more rewarding and memorable.



SOCIAL TRIPS

Bev Leahy, Jude Bowie & Wendy Barker

NEXT TRIP:

TOOWOOMBA CARNIVAL OF FLOWERS



SATURDAY 20 SEPTEMBER

COST: \$55 PER PERSON

INCLUDES:

Celebrate Spring with our next bus trip to Toowoomba by chartered coach, with morning tea at Picnic Point.

See The Grand Central Floral Parade.

Visit the floral displays at Queen's Park Gardens, Laurel Banks Park and the Japanese Gardens.



The Botanical Gardens are at Queens Park and a Farmers Market is just across the road – if time permits.

You can either BYO lunch or purchase lunch from one of the food vendor vans in Queen's or Laurel Bank Parks, at your own expense.

PICK UP/DROP OFF:

1. SOPO, Scarborough St, Southport
2. Helensvale

Times to be confirmed

INTERESTED?

Book and pay \$55 at Reception

LATER IN THE YEAR....

CHRISTMAS MARKETS - HARRISVILLE, SCENIC RIM



SATURDAY 1ST NOVEMBER

MARKETS / FOOD & BAR / LIVE MUSIC / KIDS' FUN / CAMEL RIDES

Experience the best of a boutique country market! Come and support local Scenic Rim producers and businesses, as well as others from around Southeast Qld. Eat, shop, have a great time with friends, enjoy the stunning views from Summer Land Camels, and relax to the sounds of a local entertainer while you browse through the stalls.



Watch this space... Cost and more details to be advised closer to the time.



SOCIAL TRIPS

Bev Leahy, Jude Bowie & Wendy Barker

A snapshot of our day trip to Brisbane on Sunday 22 June

The trip got off to a great start with everyone boarded on time and off we went to Manly Markets. The weather was great and enabled everyone to have a good look around the markets.

The Manly Hotel lunch was yummy. They were very well organised and onto it - they were so onto it that they knew I hadn't paid for my lunch and I was gone. Thanks Sue for stepping in and paying 😊

We made good time to Mt Cootha and were able to spend time at the summit and take in the spectacular views. Then we were off to the Planetarium for the "Passport to the Universe" movie. We all had a great day and were back in Southport by 5.20pm.

Wendy Barker





KEEPING ACTIVE DURING SEMESTER BREAK

Looking for Something to do during the Semester Break? Here are some suggestions:



Australia Fair Shopping Centre

- **Walking Group**, *Tuesday & Thursday* at 7.30am.
Meet at customer service desk on level 1.

Broadwater Parklands

- Active & Healthy **Dance Exercise**. *Tuesday, Thursday & Saturday* at 10am. Northern Pavilion \$5
- Active & Healthy **Seniors Keep Moving. Ageility Mature Fit**. *Wednesday* 10am. Northern Pavilion
Ph David 0418 189 389



Southport Community Centre, Lawson St, Southport



- **Dance & Fitness for seniors** *Tuesday* 8.30-9.30am.
Multipurpose Hall \$13
- **I Love Me Fitness class**. *Tuesday* 11am-12pm \$8.
Ph Anna 0413 110 870
- **Active & Healthy Inclusive / Chair Yoga**. *Tuesday* 11.15 am, Room F3.
Ph Garry 0412 007 689. Free
- **Senior Tap Dance** *Wednesday* 12-2pm Performing Arts Room 2 Southport Community Centre. Ph Rhonda 0412 674 511
- Active & Healthy **Chair Yoga**. *Wednesday* 15th, 22nd, 29th July. 11.15am -12.30pm.
Call to check availability Garry 0412 007 689
- **Yoga** by Australian School of Yoga & Meditation.
Thursday 9.15am \$5. Ph 5554 5440
- **Zumba Gold**. *Friday* 9.30am-10.30am \$12





KEEPING ACTIVE DURING SEMESTER BREAK

Southport Uniting Church

- **2 games of Bowls** every *Monday* 8.50am. \$5
- **Craft Group** at Southport Uniting Church *Monday* 7th and 21st July 2pm. BYO Craft or Ph 55325915 for details.
- **Gentle Exercise** every *Tuesday* at 9.30am. \$3
- **'Market Day'** *Wednesday* 9th July at 10am. Bric a Brac, Plants, Coffee, Stalls.
- **'Cake Market Day'** *Wednesday* 23rd July at 9am. Cakes, Sausage Sizzle, Plants, Craft, Coffee, Jams, Relishes.



Gold Coast Aquatic Centre



- Active & Healthy **Water Therapy** *Mondays* 12pm \$5.50
- Active & Healthy **Aqua Aerobics** Classes *Thursdays* 8.30am \$5.50

Star Casino

- Click [HERE](#) to search **FREE movies at the Star Casino.** *Monday & Thursday* at 2pm & 7.30pm. Free for members. \$5 non-members



For more activities:

- Click [HERE](#) to search **Active and Healthy Website**
- Click [HERE](#) to search **What's on at Southport Community Centre**

Or just take time out, relax and enjoy your Semester break!





TAKE PART IN IMPORTANT RESEARCH

U3A Network Queensland have asked our members if they would like to participate in this research:



University of the
Sunshine Coast
Australia

Intergenerational Home-Sharing



The University of the Sunshine Coast and Anglicare SQ are undertaking a research project to contribute to the alleviation of the housing crisis through intergenerational shared housing.

Many people think that home-sharing is a great idea, and they can see the benefits, such as companionship and having someone to help with household tasks and bills. But they also have questions about issues such as privacy, available space, safety, finances, and how to negotiate potential conflict. Understanding these concerns is critical to ensuring any home-sharing support service is successful.

We are not recruiting or selling anything, we'd just love to hear your thoughts.

https://uniofsunshinecoast.syd1.qualtrics.com/jfe/form/SV_3I62Y60uHXbx31A?Org=U3A

For more information on this research contact Dr Anna McKinlay (amckin1@usc.edu.au)

Ethics approval: A242200



Digital Health Engagement Research



RMIT University PhD Candidate Joyce Lau is conducting a study on how older adults engage with digital health technologies. *This research explores the use of health-related mobile apps and wearable devices, such as those for fitness and exercise monitoring, healthy eating tracking, medication management, and other health-related functions using wellness apps on smartphones or tablets, as well as wearable devices like smartwatches and fitness trackers.* The findings from this study aim to improve the design and implementation of digital health systems. Your insights will contribute to creating more inclusive and effective digital health solutions, helping to shape the future of digital health for the ageing community.

Joyce is seeking volunteers aged 55 and above to participate in a one-hour online interview about their experiences with these technologies. Whether you are just starting out or very experienced, your perspective is valuable. Even if you have only tried using these technologies briefly, we want to hear from you!

If you are interested in contributing to this important research, please contact Joyce Lau by email joyce.lau@student.rmit.edu.au for more information or to participate. For additional information, visit RMIT's [Consumer Wellbeing Research Group](#) website.