



Southport
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

October 2025

Do you sing or play an instrument?

Are you looking for someone to have a jam with? Are you bored with music lessons, chords and scales? Or perhaps you have just started out on your musical journey and you are looking for a bit of encouragement and support from experienced musos.

Jamming with others has proven to be the best, fastest and most enjoyable way to master that instrument, and get the best from your singing.



So don't sit at home playing by yourself. Come and join our *Acoustic Jam Sessions* and experience the joy of making music with others. All levels are welcome. It's easy, there is no pressure to perform. Join in at your own pace.

Bring a bit of music to share and any instruments you have laying around at home. We play anything from the 50s, 60s and 70s today.

Acoustic Jams are held every second Monday 1.00pm-3.00pm downstairs at the Margaret St Hall. A great afternoon is guaranteed.

Enrol today or call Rob on 0420 861 911 for details.



**NO CLASSES
MONDAY 6 OCTOBER
KING'S BIRTHDAY
PUBLIC HOLIDAY**



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



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PRESIDENT'S MESSAGE

Trish Darnedde

Dear Members,

Another month has passed, and I am pleased to share some updates following on from my last message.

We are delighted to welcome two new members to our U3A Southport Committee.

- *Alison O'Keefe* brings a wealth of experience from her background in consulting and working with Government Departments. With the transition to the purchase of our new premises underway, we are very grateful for Alison's support and guidance as we move forward.
- *Raewyn Mannix* joins us with extensive experience in compliance and the management of policies and procedures. Her expertise will be invaluable as we continue to strengthen our governance and operations.

We thank both Alison and Raewyn for making the time to join us on this important journey.

Seniors Month Activities



I have been liaising with some of our Tutors who have generously volunteered their time, together with members, to help promote U3A at Australia Fair during the Seniors Month celebrations. We are pleased to present the following program, outside Coles in Australia Fair, on Thursday 16th October and Friday 17th October. Please come along and join us.

THURSDAY 16TH OCT	ACTIVITY	FRIDAY 17TH OCT	ACTIVITY
10.00AM - 3.00PM	U3A Information Desk	10.00AM - 3.00PM	U3A Information Desk
10.00AM - 10.45 AM	Chair Yoga Demonstration	10.00AM - 10.30AM	Yoga Demonstration
11.00AM - 12.00PM	Acoustic Jam Session	11.00AM - 11.30AM	Rock'n'Roll
12.30AM - 1.30PM	Tai Chi	12.00PM - 1.00PM	Ukulele
1.45PM - 2.45PM	Line Dancing	1.30PM - 2.45PM	Sing Along

I would also like to mention the success of the *Social Trip to the Toowoomba Carnival of Flowers*. Congratulations to everyone who assisted in the correlation of this event. Wendy, Jude, Lesley and Kim. Plus, all the office reception team.

Finally, I am very pleased to share some exciting news. Each year, Angie Bell MP calls for nominations to recognise volunteers who have made an outstanding commitment to the community. *This year, U3A Southport proudly nominated two of our wonderful long-serving receptionists – Liz Stanton and Sue Ward for the 2025 Community Volunteer Awards.* I am delighted to advise that both Sue and Liz have been accepted for this recognition. We congratulate them warmly and thank them for their dedication and many years of service to U3A Southport.

Thank you all for your ongoing support, and I look forward to sharing more with you next month.

Warm regards,
Trish Darnedde
President, U3A Southport



NEWS FROM CLASS CO-ORDINATOR

Lou Stevens

Class News

Please note there are no classes Monday 6th October – King's Birthday Public Holiday.

New Classes

A warm welcome to *Amanda Campbell*, Tutor for our new *Pilates* class, which has been very popular – held 8.45am-9.45am on Tuesdays upstairs at the Margaret St Hall.

Energy4Seniors Workshop by Sherree Fleming from **Council on the Ageing (COTA) Queensland**. COTA bust myths, shares practical advice, and gives you clear, simple information so you can make **wise energy choices**.



9.30am-10.45am Thursday 23 October in the Australia Fair Study Room. Enrol now for this one-off workshop that includes:

- Concessions, rebates, and supports - informs participants of eligibility, rebates and supports available.
- Energy Efficiency – why it matters and providing easy, low-cost energy efficiency tips.

Class Changes

Bridge Social is now held downstairs at the Margaret St Hall on Tuesdays 8.30am - 11.45am.

Ukulele has changed from Fridays to Tuesdays upstairs at the Margaret St Hall.

Ukulele Beginners: 1.00pm – 1.45pm

Ukulele Play Along: 2.00pm – 4.00pm



Playing the ukulele is good fun! If *you're after a no-pressure, inexpensive, healthy and fast way to unwind*, then the uke is certainly the instrument for you!

Tutor: Graham Baker

Dance for Fitness

What an amazing tutor. Thank you *Maria Radcliff*, here is a photo of your final class. We would love to have you back sometime.



One Free Class for Volunteers

You may not be aware that if you Volunteer on Reception for two hours a week during the year or Tutor a class, you can attend one free class for that year. What a great incentive!

Member Portal

If you need any assistance with the Member Portal you can click on this video "[The Member Portal - What is it and how do I use it?](#)" or feel free to contact admin@u3asouthport.au or call the office on 5591 6671.

In addition to **advising absences** and **enrolling for classes**, you can also **read this newsletter through your Member Portal** by clicking on the Documents tab.



If you, or anyone you know, might be interested in a rewarding and fulfilling volunteer tutor role with U3A Southport in 2026, please let us know.

We are currently seeking tutors for the following classes:

- Art
- Exercise
- Korean
- Mandarin
- Japanese
- Tap Dancing for Beginners



SOCIAL TRIPS

Jude Bowie & Wendy Barker

JOIN US FOR A DAY TRIP TO THE CHRISTMAS MARKETS - HARRISVILLE, SCENIC RIM



SATURDAY 1ST NOVEMBER

COST \$50 (includes bus trip and morning tea)

Due to popular demand, we now have an additional bus so
you are welcome to bring a friend along.

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. The Christmas Markets are from 8.30am until about 2.00pm.



Optional Extras available on the day at an additional cost:

- ❖ **LUNCH/FOOD/DRINKS.** The Homestead Cafe will be open and there will be multiple food trucks offering a variety of different food and drink options to choose from.
- ❖ **CAMEL FEEDING** is available throughout the day for \$3 per bag.
- ❖ **CAMEL RIDES** can be booked at the information tent by the Homestead Cafe for \$35 per adult (closed in shoes need to be worn to ride and there is a weight limit of 100kgs per person)
- ❖ **FARM TOURS** \$25 per person at 10am or 12pm. These can be booked online or on the day.



PICK UP/DROP OFF

7.15am SOPO, Scarborough St, Southport

7.30am Helensvale Train Station

(Kiss'n'ride pick up area out the front)

Book and pay \$50 at Reception





SOCIAL TRIPS

Jude Bowie & Wendy Barker

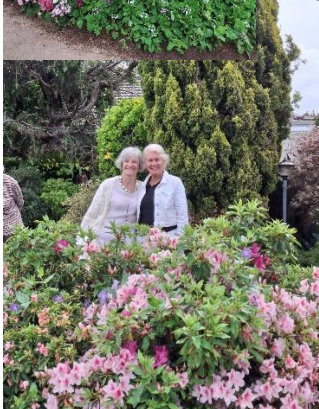
What a great trip we had to the Toowoomba Festival of Flowers on 20th September. 46 of our members joined the trip on two buses.



Unfortunately, it rained on their parade, but it did clear up later in the day. It was great to see lots of community groups' floats taking part in the parade.

There were lots of "Oh Wow's!" when we hopped out of the bus at Queens Gardens. Cherry trees in bloom welcomed us to the Gardens and we all enjoyed the colourful garden beds. Onto Laural Banks Park from there for a bite to eat from the food trucks. There was a great show of topiary trees, a beautiful wisteria arbour, tulips under the trees with a windmill, a topiary Thomas the Tank Engine and a whole set of gardens in a witch theme that could be viewed from a platform. Just stunning!

From there we headed to the Japanese Gardens. They were so picturesque and serene with the lakes, bridges and blossoming cherry trees. Then it was off to a quick stop at a prize-winning private garden before the drive home.



A big thank you to our Social Committee trip organisers - Jude Bowie & Wendy Barker - and the bus drivers for another very enjoyable day out.



Queensland Seniors' Month



Get ready for an unforgettable day filled with live music, delicious food, dancing, and so much more.

WHAT TO EXPECT:

A special musical surprise performance that will have you tapping your feet and singing along!

A delectable lunch and dessert that will tantalize your taste buds and leave you craving for more.

An exciting raffle with fantastic prizes up for grabs – who knows, you might just walk away with a surprise!

Plenty of dancing to keep the energy high and the smiles wide. We'll be groovin' all afternoon long!

EVENT DETAILS:

- **Date:** Thursday, 16 October
- **Time:** 11:30 AM to 2:30 PM
- **Venue:** Augusta Doral Ballroom, Mercure Gold Coast, 64 Palm Meadows Drive, Carrara

These events are well-known for being packed with fun, and this one will be no different. Seats are limited, and tickets are expected to sell out quickly, so make sure to book early to secure your spot!

- **Tickets:** \$30 (all-inclusive)

How to Book:

Register your interest or call (07) 3624 6100 to reserve your ticket and guarantee your place at this fabulous celebration.

It's going to be a day to remember, full of laughter, joy, and wonderful company.



Improving community healthcare and advancing medical research through clinical trials.

Griffith University's Clinical Trial Unit, located within the Gold Coast Health and Knowledge Precinct and adjacent to the Gold Coast University Hospital, provides state-of-the-art facilities and professional coordination services for Phase I-IV clinical trials. With almost 10 years' experience, they have a track record of success conducting trials across a diverse range of therapeutic areas.

The **Clinical Trial Unit** provides the opportunity to participate in clinical research within a supportive and safe environment.

Volunteers play a vital role in medical research. Your participation enables the development of new medicines and therapies.

View current trials below

If you see a trial that interests you, follow the links to register and a Clinical Trial Coordinator will contact you to discuss the eligibility criteria. You can also sign up to Griffith's [volunteer database](#) to be contacted about future trials.

- ❖ Spinal Injury Project Trial. For more information: [Link 1](#), [Link 2](#), [link](#)
- ❖ Knee Osteoarthritis Trial [Find out more](#)
- ❖ Primary Membranous Nephropathy Trial [Find out more](#)
- ❖ Myositis Trial [Find out more](#)
- ❖ Insomnia Trial [Find out more](#)
- ❖ Chlamydia Vaccine Trial [Find out more](#)
- ❖ FSGS Kidney Disease Trial [Find out more](#)
- ❖ Idiopathic Pulmonary Fibrosis Trial [Find out more](#)
- ❖ Dupuytren's Contracture Trial [Find out more](#)
- ❖ Chronic Fatigue Syndrome Research Participation [Find out more](#)



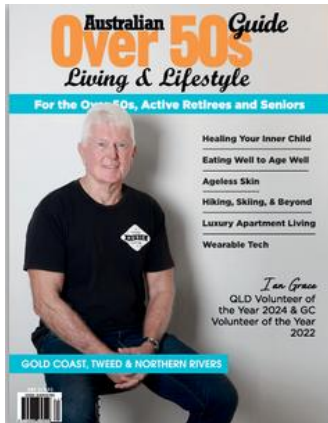
"It's exciting to be able to contribute to the progress and advancement of medicine."

If you are able to participate in a clinical trial, I would recommend applying and being involved. It may be of direct benefit to yourself, but more importantly for the benefit of our society. The medicines we use to help us now had to have been trialled by others for us to receive their benefit, it's exciting to be able to contribute to the progress and advancement of medicine."

Ramona O, Osteoarthritis participant



JUST FOR FUN



We are pleased to be able to provide you with a **Free copy** of the

Australian Over 50's Living & Lifestyle Guide

Pick up one from Reception or the Margaret St Hall.



Did you know that **HOTA** offer *free movie tickets* to selected movies? Check out what's on offer on their website:

<https://hota.com.au/whats-on/cinema#free-screenings>



Thanks to everyone that supported the Father's Day Raffle. Congratulations to all the winners:

Sonia Martello, Pauline Cassidy, Jude Carling-Sacharias, Sheila Perry and Lou Stevens.

Thank you for all those who donated including **Event Cinemas**, Australia Fair.



The winner of the **Free ticket to Songs & Soirée** at Paradise Bowls Club on Friday 24 October is *Sandra King*. Congratulations and enjoy the show!

