



Congratulations!

Doyles Art Award Winner!

Congratulations to *John Swadling*, one of our Art Tutors, for winning the Landscape category at the 2026 Doyles Art Awards recently.



Members' Survey Winner!

Our lucky winner was *Aggie Partridge*, who won a year's free membership to U3A Southport for completing our Member Survey.

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



29 JUNE-24 JULY

SEMESTER BREAK -

NO CLASSES

MONDAY 20 JULY

OFFICE REOPENS 10AM-12NOON

MONDAY 27 JULY

SEMESTER 2

CLASSES COMMENCE

Notice to Tutors

If you are not using the Tutor Portal, **it is important that you email your Class Attendance Sheet after your last class at the end of Semester 1 to admin@u3asouthport.au** An updated Class Attendance Sheet will be provided to you before your classes recommence in Semester 2.



PRESIDENT'S/VICE-PRESIDENT'S MESSAGE

Wendy Barker & Trish Darnedde



Hello everyone,

The Semester break for July is upon us. The first 6 months of the year have flown by. We have been very busy this year, and we would like to take this opportunity to thank everyone for their valued contributions. U3A Southport would not manage without everyone's input.

We welcome a new Committee Member, *Alison Newitt*, and welcome back *Amanda Cowser* into the Secretary role. *Alison O'Keefe* has been appointed Director of Special Projects. Thanks for stepping up.



Thank you to all the volunteers that helped with representing U3A Southport at the Gold Coast Seniors Health & Lifestyle Expo in Southport on 25 June, including: *Kim Carter, Natalie France, Amanda Cowser, Alison Newitt and Kym Campbell.*

Pictured left to right: Alison Newitt, Kym Campbell and Amanda Cowser

On Tuesday 23rd June, Wendy had the privilege of attending the Stakeholders Budget at Parliament House and representing U3A Southport. It was a great day and very enlightening. Wendy got to meet the *Honourable Amanda Camm*, Minister for Families, Seniors and Disability Services and Minister for Child Safety and the Prevention of

Domestic and Family Violence. Minister Camm will be coming to our grand opening in August along with *Rob Molhoek MP* State Member for Southport. We don't have a set date yet for the grand opening but will keep everyone posted.

One great thing about the budget is that 50 cent public transport fee is now going to be permanent.

It has been noted that there has been concern about ongoing classes at the Margaret Street Hall. We are renewing our lease and getting quotes for repairs and maintenance to fix the stairs, leaks etc.

We are expanding and very appreciative that we can use Australia Fair, Margaret St, Southport Community Centre and, very soon, our new premises at 5 Lawson St. The refit at 5 Lawson St is now in progress, which is very exciting. We will keep you updated on further developments.



Margaret St Hall

At this time of the year, we seem to get unexpected ailments, and we would like everyone to take the semester break to recharge their batteries, where possible. I know we all think we are 20 years younger than we are in our mind but our bodies might disagree, so please listen to your body and let it catch up. Let's face it, we don't bounce back as quickly as we used to, and we have to be kind to ourselves and take it easy if need be.

For those of you travelling during the break, have a safe trip and a fabulous time. Enjoy your Semester break everyone and see you when we return for Semester 2.

Kind regards,

Wendy & Trish
President & Vice-President



NEWS FROM CLASS CO-ORDINATOR & ADMIN

Trish Darnedde & Kim Carter

NEW CLASSES

- ♦ *Master your Mobile Phone & Laptop One-on-One 1-hour Sessions with Jason Potter*



Mondays for one hour, either 11.15am-12.15pm or 12.15pm-1.15pm from 27 July – 7 September – Australia Fair Shop 1012

Be the master of your smartphone, tablet and laptop with hands on one-on-one tailor-made help. Your tutor will sit beside you and help with your technology questions — at your own pace, on your own device.

You must bring your own device - please make sure it is charged and you have your list of questions ready.

Bookings by appointment only at Reception.

- ♦ *Tap Dancing for Beginners*

Wednesdays, 9am-10am at the Southport Community Centre commencing 29 July.

Learn tap the fun, easy way with an experienced dancer who'll guide you step by step. This class will boost fitness, balance, coordination, memory, and confidence while you enjoy great music and friendly company. Bring your enthusiasm and start tapping your way to better wellbeing.



- ♦ *French for Beginners*

10 weeks: 30 Sep – 2 Dec (to be confirmed)

Wednesdays 10am-12pm

Southport Community Centre

This course is a good overview for those intending to travel to France.

- ♦ *What is a VPN?*

Monday 12 October 1.15pm-2.30pm

Australia Fair Study Room

- ♦ *Cyber Security*

Monday 19 October

1.15pm-2.30pm

Australia Fair Study Room

- ♦ *Cloud Storage*

Monday 26 October 1.15pm-2.30pm

Australia Fair Study Room



- ♦ *Introduction to Email*

Monday 2 November 1.15pm-2.30pm

Australia Fair Study Room

- ♦ *Griffith University Lecture: Swell Festival and Environmental Sustainability on the Gold Coast*

Friday 14th August at Griffith University

Speaker: Founder and Executive Artistic Director of the SWELL Sculpture Festival (SWELL), Natasha Edwards has led an extraordinary 24-year journey expanding both permanent and temporary public art. Under her visionary leadership, SWELL has become a cultural cornerstone, significantly enhancing Queensland's arts and cultural landscape. The festival is now renowned for uniting local, national, and international artists in Queensland's largest free outdoor public art and sculpture exhibition.

- ♦ *Lecture: The Impressionists*

Thursday 17 September 11.15am-12.45pm

Australia Fair Study Room

An introduction by John Hudson to the

Impressionist painters and how

Impressionism transformed the course of

modern art, by breaking

away from academic rules

and embracing a new way of seeing the world.

Their approach was revolutionary: loose, visible

brushstrokes, bright, en-plein air and compositions that

carried a moment rather than a story.



- ♦ *Lecture: Migratory Birds of the Gold Coast*

Thursday 24 September 11.15am-12.45pm

Australia Fair Study Room

Come and join John Hudson for an informative and colourful presentation on Migratory birds to the Gold Coast.



This is an extension of his previous presentation on Birds of the Gold Coast, when he introduced the beautiful array of local birds that we have here on the Gold Coast. In this new presentation, he will introduce you to the vast array of migratory birds that travel thousands of kilometres from the northern hemisphere to spend their summer break roosting on the Broadwater.



NEWS FROM CLASS CO-ORDINATOR & ADMIN

Trish Dervedde & Kim Carter

♦ *Chi (Pa Tuan Tsin)*
10.30am-11.30am on Thursdays at Australia Fair, commencing Thursday 30th July.
Tutor: John Silingardi



Chi (Pa Tuan Tsin) is a gentle, flowing exercise system ideal for older adults who want to improve their health, mobility, and overall sense of wellbeing - suitable for all fitness levels.

This ancient practice focuses on slow, mindful movements that enhance balance, flexibility, circulation, and joint comfort. These simple yet powerful techniques help calm the mind, strengthen the body, and support graceful ageing.

There are still a few vacancies in the following courses starting soon:

♦ *Fishing – Semester 2: 3 classes only*

Commencing Monday 27th July – Monday 10th August



at the Southport Amateur Fishing Club.

♦ *Self-Defence – Semester 2: 5-week course*

Tutor: Bill Wakefield
Commencing Friday 31st July 11.30am-12.30pm,
upstairs at the Margaret St Hall.



CLASS CHANGES

Armchair Travel – no class on 28 July.

Spanish – no class on 29 July. First class on 5 August with a new time of 10.30am-12.00pm.

Tai Chi for Health B – has been combined with Tai Chi for Health A and will be held on Mondays 10am-11am at the Community Centre.

French Intermediate – No classes on 13 & 20 August. Extra classes will be held 1.00pm-3.00pm on 2 July at the Australia Fair Study Room and 9 July at the Community Centre.

EXPRESSIONS OF INTEREST

♦ *Japanese for Beginners*

10-week course: Commencing late August (venue, dates and times to be confirmed). You will be taught by an experienced Tutor and each class will be 1½ hours in duration, with a maximum of 10 students.

♦ *Learn How to Play Croquet*



4 weeks: September

(dates/times to be confirmed)

Venue: SOUTHPORT CROQUET CLUB

4-week introductory course

\$5 per session

All equipment provided

Croquet is a fascinating sport that combines gentle exercise, strategy, skill, and great company. It is sometimes described as "chess on grass" — but far more sociable!

Interested? Please call the U3A office on 5591 6671 and ask them to add your name to the Expressions of Interest List on the Noticeboard.

TUTORS RETIRING

Sadly, we have two tutors who have recently retired due to health issues.

We would like to thank *Lee Bradstock* who has led our **Current Affairs Class** for many years. She is a well-liked and very respected member of U3A Southport. Her students have enjoyed discussing current affairs with her and appreciate her knowledge, dedication and the effort put into every class.

We would also like to thank our **Card-Making** Tutor, *Patricia Sandry*, who joined us this year. Patricia is a very talented lady who shared her creativity, patience, and passion for card-making. Her gentle encouragement helped her students grow more confident and creative.

We wish them both the very best with their health journeys ahead.





SOCIAL TRIPS

Trish Alomes & Jude Bowie

If you're looking for something to do during the Semester Break, why not visit:



The Gold Coast Historical Museum

est 1972

8 ELLIOT STREET, SURFERS PARADISE
(off Bundall Rd just north of Ashmore Rd & Salerno St)

Opening Hours

Sunday 10am- 3pm
Tuesday & Wednesday 9am - 1pm

Entry is by \$5 cash donation

If you've ever wondered how the Gold Coast was before your time here, or if you just want to take a trip down memory lane, the Gold Coast Historical Museum provides an enjoyable escape from the modern world.

With everything from an 1860's pioneer home on site, machinery from early cane and timber mills, memorabilia from the fabulous and famous (including original meter maid costumes) and a plethora of photographs, paintings, aerial shots of the Gold Coast, maps and documents, it's a good way to fill a couple of hours. It not only offers a thought-provoking glimpse of the past, but showcases the amazing growth from seaside sand dunes, to what we know as the Gold Coast today.

The location also features a bush tucker walk, original grave sites, and a garden setting for those who wish to spend time in the sunshine.



How to get there by public transport

Take the 747 bus from Southport and get off at the stop on Bundall Road just past Ashmore Rd, then walk back to Elliot St. Return to Southport on the 747 from the Stop at Sorento Shops on the other side of Bundall Rd.

This is not a U3A Southport organised tour



KEEP ACTIVE DURING THE SEMESTER BREAK

Try something new...



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
- **I Love Me Fitness class**. *Tuesday* 11am-12pm \$8.
Room PA1. Ph Anna 0413 110 870
- **Active & Healthy Inclusive / Chair Yoga**. *Tuesday* 11.15am, Room F3.
Ph Garry 0412 007 689. Free
- **Forever Young Exercise Program**. *Thursday* 12.00pm-1.00pm.
Room PA2. Ph. Feros 1300 418 418
- **Yoga** by Australian School of Yoga & Meditation.
Thursday 9.15am. Ph 5554 5440
- **Zumba Gold**. *Friday* 9.30am-10.30am \$12





KEEP ACTIVE DURING THE SEMESTER BREAK

Southport Uniting Church

- **'Market Day'** *Wednesday* 22nd July at 9am. Bric a Brac, Plants, Coffee, Cakes, Preserves, Craft and Gift Stalls.



'Gold Coast Aquatic Centre



- Active & Healthy **Water Therapy** *Mondays* 12pm \$5.70
- Active & Healthy **Aqua Aerobics** Classes *Thursdays* 8.30am \$5.70

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!





EASY RECIPES

The recipes in last month's newsletter were a hit and some members have now kindly shared their favourite recipes below:



3 Ingredient Apple Cake



Ingredients:

- 1 tin pie apples
- 4 large eggs
- 1 packet yellow cake mix (vanilla, butter or lemon)

Tips:

You can also add 1/8tsp cinnamon or some chopped walnuts.

Use a tin of strained crushed pineapple (instead of pie apple) and 3 tbsps of coconut. Brush the warm cake with some of the pineapple juice and grated lime zest.

*Courtesy of
Amanda Cowser*



Method:

1. Pre-heat oven to 180c.
2. Spray a 9 x 13 pan with cooking spray or line with baking paper.
3. In a bowl, combine the eggs and the apple pie mixture using a large spoon to break up the apple pieces.
4. Add the cake mix and stir until there are no visible flour chunks left (take care not to over-mix or the cake will turn out dense).
5. Pour batter into pan and bake for approx. 35-45 mins until the top is golden brown and a skewer inserted into the centre comes out clean.
6. Remove the cake from the oven and let it cool on a wire rack before slicing.
7. Enjoy warm or cold with cream, if preferred.
8. Cake can be stored in the fridge for 4-5 days or freeze in an airtight container for up to 3 months.

Thai Coconut & Broccoli Soup (with or without chicken)

Creamy, fragrant, *and* spicy - this Thai Coconut Broccoli soup uses simple ingredients that pack a big punch. Great for meal prep and keeping in the freezer.



Ingredients (4 servings)

2 tbsp (60g) green curry paste
500g broccoli, chopped
3 cups (750ml) GF vegetable stock
270ml can coconut milk

Optional: Add 2 or 3 boneless chicken thighs when heating curry paste.

Optional: Add 1 cup (50g) fresh baby spinach and serve dotted with 1 tsp (10g) coconut cream and a few fresh coriander leaves.

Preparation

1. Place the curry paste in a saucepan over medium heat and cook, stirring for 30 seconds or until fragrant.
2. Add broccoli and stir to coat.
3. Pour over the stock, cover and cook for 10 minutes or until the broccoli is tender.
4. Reduce heat and stir in the coconut milk.
5. Cool for 10 minutes, then use a stick blender to puree.

*Courtesy of
Sue Ward*