



New Email Address

Please note our new Reception email address is **reception@u3asouthport.au**

Please use this address for **class apologies and contact with the Front Office.**

Australian Census

As you are aware the *Australian Census of Population and Housing 2026* will be conducted on **Tuesday 11 August 2026.**

Every five years the Census counts every person and household in Australia. The Census allows us to understand the cultural, economic and social diversity of our communities. This information helps community groups, not-for-profit organisations, businesses, and governments make important decisions. Census data informs planning for schools, health care, transport, and infrastructure. It is also used to help plan local services for individuals, families, and communities.

To assist you understand what's involved and support your participation, the Australian Bureau of Statistics (ABS) has made available a full range of information available here: [Help and support | Census Information](#)

For help and support over the phone, call the Census Contact Centre on 1800 181 227.

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

City of Gold Coast Free CPR Awareness Session



Could you help in an emergency?

Join a free non-accredited CPR awareness session presented by the Queensland Ambulance Service at Southport Community Centre on **Thursday 6 August** and learn simple, lifesaving skills that could make a difference when every second counts.

The practical session will cover CPR techniques for adults, children and infants.

For more information and to register press Ctrl + click on [Free CPR Awareness Session | What's On Gold Coast](#) to open the Hyperlink

Why not try your hand at Bridge?

Weekly on a Tuesday 9.00am – 11.30am at Australia Fair Shop 1012.





PRESIDENT'S/VICE-PRESIDENT'S MESSAGE

Wendy Barker & Trish Darnedde



Hello everyone,

Welcome back to all our fantastic tutors and members! I hope you all had a restful and enjoyable break.

As we move into the second semester, we are excited to share that **we are making great progress with the upgrade of our new premises**. We're nearly there, and it's looking fantastic! We are in the process of finalising an official opening day with the Minister and dignitaries, which will be a wonderful occasion to celebrate our new space.

Over the break, we've been hard at work recruiting new tutors to help reduce the waiting lists for our classes. We want to extend **a heartfelt thank you to all the new volunteers who have stepped in to lend their support**. Your contributions are invaluable to our growing community.



Due to the popularity of the following classes, we are **seeking additional Tutors** for:

- ◆ *Mahjong – Beginners*
- ◆ *Exercise*
- ◆ *Art*
- ◆ *Chess*

Please contact Trish Darnedde if you are willing to take a class or know someone who is.

With our expansion, we are looking forward to utilising all our premises, including Australia Fair, Margaret Street, Southport Community Centre, and the three office units at 5 Lawson Street. This will allow us to accommodate even more classes and enhance our offerings.

A reminder about **Class etiquette**. Our Tutors volunteer their valuable time to take our classes, and for the enjoyment of everyone in the class, we ask that you please respect them by:

- putting in an apology if you cannot attend (*use the Member Portal, email reception@u3asouthport.au or call Reception on 5591 6671;*
- turning off your mobile phone (*if you must use it for an urgent call, leave the classroom to talk*); and
- giving the Tutor or speaker your full attention during class.



Please keep an eye out in our communications for updates on classes and locations. Exciting times are ahead for U3A Southport, and we can't wait to share them with you!

Kind regards,

Wendy & Trish
President & Vice-President



NEWS FROM CLASS CO-ORDINATOR & ADMIN

Trish Darnedde & Kim Carter

CLASS CHANGES

- ♦ *Spanish* – no class on 29 July. First class on 5 August with a new time of 10.30am-12.00pm.
- ♦ *French Intermediate* – No classes on 13 & 20 August.

NEW CLASSES

♦ *Social Table Tennis B*

Tutor: Cherry Sanfuentes

We are pleased to announce this additional Table Tennis Class

weekly on a Wednesday commencing 29 July from 3.15pm-5.15pm, upstairs at the Margaret St Hall. Enrolments are now open.



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

Tutor: Jason Potter



Mondays for one hour, either 11.15am-12.15pm or 12.15pm-1.15pm from 10 Aug – 7 Sept – 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*

Tutor: Felicity Stephens

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.



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

Tutor: Bill Wakefield



Commencing Friday 31 July 11.30am-12.30pm, upstairs at the Margaret St Hall.

Self-defence training teaches you how to stay aware of your surroundings and focus on your safety.

♦ *French for Beginners*

Tutor: Jean-Pierre D'Anna

10 weeks: 30 Sep – 2 Dec

Wednesdays 10am-12pm

Southport Community Centre

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

♦ *Generative AI Chatbots: Your New Digital Asst C*

Tutor: Thomas Wong

3-week course:

Tuesday 6-20 October 9.30-11.00am

Australia Fair Study Room



♦ *What is a VPN?* Tutor: Gordon Cowser

Monday 12 October 1.15pm-2.30pm

Australia Fair Study Room

♦ *Cyber Security* Tutor: Gordon Cowser

Monday 19 October 1.15pm-2.30pm

Australia Fair Study Room

♦ *Cloud Storage* Tutor: Gordon Cowser

Monday 26 October 1.15pm-2.30pm

Australia Fair Study Room

♦ *Introduction to Email* Tutor: Gordon Cowser

Monday 2 November 1.15pm-2.30pm

Australia Fair Study Room



NEWS FROM CLASS CO-ORDINATOR & ADMIN

Trish Darnedde & Kim Carter

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

Friday 14 August 1pm-3pm at Griffith University



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.

- ◆ *Griffith University Lecture: Aged Care*

Friday 30th October 1pm-3pm Griffith University

Speakers: Sue Cooke, CEO at Anglicare Southern Queensland & Karne Crouch, CEO at Feros Care



Explore Ageing in Australia, where the opportunities lie, and what we can do now to age well, focusing on maintaining physical strength, cognitive health, and social connection. They will highlight simple technologies that can make a meaningful difference, from fall-prevention tools and smart home features to medication reminders and mobility supports that help people remain safe and independent at home. The speakers will also demystify how to navigate Australia's aged care system.

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



SOCIAL TRIPS

Trish Alomes & Jude Bowie

**Meet at
Helensvale
Train Station
8.10AM**

Sandgate Walking Tour

Thursday 27th August

**COST
\$5
CASH**

Back by popular demand, 'Brisbane Greeters' will guide you on another walking tour (around 3 hours).



Sandgate, with its beautifully preserved heritage houses and buildings and scenic bay vistas is our next walking adventure. It begins at the Sandgate Railway Station and is easily reached by public transport from the Brisbane CBD. Sandgate, on Brisbane's bayside, was originally home to the Yugarabul people who called the area *Warra* – which means "open sheet of water" and this is exactly what you're going to experience as you weave your way through this beautiful bayside suburb.

Come and discover why it's a favourite sea and beach playground of the northern suburbs. Don't miss out. Numbers are limited to 20. Public transport & lunch at own expense.

Remember to wear your Lanyard, comfortable clothing and footwear, sunscreen (even on cloudy days), a hat, and bring a bottle of water.

BOOK NOW at reception.



EXPRESSIONS OF INTEREST NOW OPEN FOR



Trip to the Toowoomba Carnival of Flowers 25 Sept

What a wonderful day out at the Queensland Garden Show in Nambour in July.



We enjoyed browsing the many stalls, admiring the beautiful plants on display, exploring the impressive poultry competition, and finishing the day with a delicious lunch at the Nambour RSL. A great day full of gardening inspiration, good company and lots of fun!



JUST FOR FUN

Did you know **Laughter** strengthens your immune system, boosts your mood, diminishes pain, and protects you from the damaging effects of stress. It's also contagious!

