



Mackay

THE UNIVERSITY OF THE THIRD AGE

Connecting Seniors to Lifelong Learning

NEWSLETTER

FEBRUARY 2024



President's Report

Hello Everyone – U3A Open Day – what can I say? Thank you everyone who came along to see what we have on offer. A massive thank you too, to the committee, convenors and volunteers who generously gave of their time to bring the message to Mackay – that older persons in the community have a lot to offer and a lot of life to live. The winner of the lucky door prize was Denise Townsend – Congratulations Denise!




Remember if you have a skill or talent that you are willing to share with others, please let us know. We now have 5 new groups under way – Coins; Scale Modelling; Chair Yoga; Fitboy International Balance Class and U3A Ukes. All of our convenors are volunteers and they do a great job. Please treat them with the courtesy and respect that they deserve.

Check out our Facebook page – University of the Third Age – U3A Mackay and also so our updated website www.u3amackay.org.au

That's it from me – until next time

Muriel Kilcullen



BALANCE CLASS
(4 Week Program)

- Increase mobility
- Gain strength
- Build confidence
- Improve flexibility
- Focus on balance & coordination

SPECIALISED SMALL GROUP CLASS FOR SENIORS
Every Tuesday 10:30am
45 mins
\$40 for 4 weeks
Senior citizens centre

58 MacAlister St Mackay

0466185005 Chantelle or 0409272573 Jen
Fitboyinternational@gmail.com

U3A Mackay Committee 2024

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Cath Davis

Jan Wilkie

Winsome Brown



Course Coordinator's Report

Thank you to all those people who helped at our Open Day. I believe we had a successful event. This year showcases some new courses such as Ukelele and Coins with others in the pipeline. I am hoping that Craft will start in March – details are being finalized. Convenors had a successful luncheon at the end of January and gave excellent reports and feedback on their activities. Members, please check course times and venues in this newsletter.

Thank you to all Convenors who have stepped up for 2024. We could not function without you!

Iris Harvey

Course Coordinator

courses@u3amackay.com

0418 620 589

Get Moving

CQU Gym is offering a class on Wednesdays 9.30-10.15 The class is supervised by teachers from the school of Health , Medicine and Science. The class commenced on 14.02.24. Contact Marlene on 49572129 for any limited availability



Chimes

Our Chimes group recommenced Monday 29th January, 12.35pm-2.30pm at St Ambrose Church Hall. It was lovely to see all the ladies from last year return ready to play again in 2024. Laurel Etwell is conducting our group this year and has chosen some new music for our chimers to play. After the Open Morning we are very excited to welcome four new members who joined us Monday after the U3A Open Morning.

Mary Orchard

Contact – Marie Veney 0419732855



GREEN THUMBS

. Because of the hot weather, our first meeting was held in the air conditioned room at 60 Wellington St. Bev Woodward demonstrated how to make bird baths with ceramic pots. After smoko we watched a DVD on gardening.

On the 13th.of March we will meet at 60 Wellington St. I hope to have a demonstration of flower arranging and a plant swap ,so bring plants for the swap also a mug and goodies for afternoon smoko.All welcome

All enquiries to Hector on 49514145

Hector Keioskie



Ancient History (formerly Anthropology)



On the 7th.of March we will be continuing watching The Normans this is an interesting DVD socome along and enjoy some ancient history.

All welcome.

Hector Keioskie

Creative Writers



We are in full swing and the stories are just getting better. Trish has taken the challenge of

sending a piece to the national geographic story competition. I am waiting to hear from Paul Van der Loos re the Mackay writers 2 day seminar on writing memoirs. Welcome to Hans, who has joined our group. With some members touring and meeting family and health obligations, we do have limited space. I still have a list of those who put down their names and will email a personal invitation when we have space available. Thank you to those who replied and find that they cannot join our group, even on a waiting list. Liz has made out our roster for this term with apologies noted so that I can "slip" someone in perhaps.

Our group now has a very solid base of regulars .

Rae Halpin

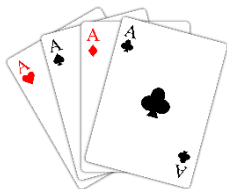
Tuesday Cards

A bumper crowd of 38 attended

Tuesday cards

last week. (See photo at top) But Jackie says there's always room for new members to join the fun!

Call Cath on 0437 902 310 for information.



Friday Lunches

An enjoyable lunch was held at the Mount Pleasant Tavern in February.



Mark your calendars for the next Friday lunch at Goosie's (on Malcolmson Street)

On Friday March 8th.

12 noon for a 12.30pm sit down

Please contact Glen if you are attending (by March 6th.)

My e-mail address is arosfa2010@yahoo.com, and my telephone number is 0415383028.

Looking forward to a great meal and chat .

Glen George

Happy March birthday to these Members

SHARYN ANDREWS	ANGELA WESTON
STEPHENY BARFIELD	KERRIE WHITE
SANDRA BARTLEM	JANICE WILKIE
PATRICIA BROWN	JANE WUNDERLICH
DAVID BUTLER	ROSEMARY YOUNG
KERRY ANNE CASEY	LYN STEED
DESLEY CATLING	KAY THRUPP
VAL CLARK	KEVIN McEVOY
MARIANNE COLL	PATRICIA McPHEE
YVONNE EVERETT	MERV NAIRN
LYNETTE FIELD	JULIE NEAL
BETH FORD	DOROTHY NEWTON
BARBARA FORSYTH	PATRICIA RIDDLE
DIANE FROST	MAUREEN RUGE
STEVEN ROSS GILLIS	LUISA SHAW
VICKI RITA HALL	PAULINE LISLE
RAE HALPIN	RONDA MANERA
CAROL HAMILTON	ALISON MARTIN
IRIS HARVEY	HEATHER MASON
DON HARVEY	DEL KENNEDY
JEAN JACKSON	MARGARET KERR

Line dancing



5,6,7,8 and line dancing has resumed for 2024. New and returning members took advantage on the 9:00 am start for the absolute beginners class with 24 dancers taking the floor. This year, Deb Wookey, our instructor is catering for the absolute beginner with an instructional session on the basic steps commencing at 9:00 am. For the more experienced dancer, the class begins at 9:30 am. If you are interested all you need is comfortable shoes with soles that don't have too much grip, comfortable clothing and a water bottle. Line dancing class is every Thursday from 9:00 until 10:30 at the Senior Citizens Centre in Macalister Street. Call the Convener (Winsome Brown) on Ph 0448 937 245 for details.

Winsome Brown



Lawn Bowls

What a great start to the new year at the Open Day. Lawn bowling started on Friday, 9 February and Monday, 12 February for six weeks (until Easter) for U3A beginners, bowlers or expert bowlers at Mackay City Bowls Club in Shakespeare Street. It was such hot weather but 8 attended on the first Friday session and 7 the next session. 13 attended on the first Monday session and 11 on the 2nd session. We'll welcome anyone to a group even if it has started. Those who attended last year – we'd love to see you back too.

It is a fun morning meeting, new people as well as some exercise. The club provided bowls to play with and club members were there to help you and show you the basics of the game. There is no charge unless you wish to purchase coffee/tea from the coffee machine.

A "give it a go" attitude and the ability to have fun are the requirements which sounds like most of U3A members. Unfortunately there will not be any bowls on Monday, 4 March and Friday 8 March as the Club has a previous booking but come to the other sessions in March.

Anyone interested please contact Janette Dark on 0427 275 492.

Janette Dark

The following opportunity came through the office. Please contact via the email or phone numbers in the letter if you are interested.

Research Opportunity

Pearson is looking for people aged 16 to 90 years to take part in a study on cognition, memory, and daily living skills!

Participation takes place over three sessions. Session 1 takes 2 to 3.5 hours and session 2 takes 1 to 2 hours. Session 3 takes 30 minutes. In the first session you will do problem solving tasks, puzzles, and answer knowledge questions. In the second session you will do memory tasks. In the third session you will do practical tasks such as telling time and counting money.

The aim of this research is to create Australian versions of three psychological tests, the WAIS-5, WMS-5, and TFLS-2. The WAIS-5 is a test of cognitive skills (e.g., the ability to think, problem solve, remember, and pay attention). The WMS-5 is a test of memory and learning. The TFLS-2 is a test of functional ability, such as the ability to communicate or prepare food. Because each test was made in the United States, we need to make sure they give accurate results for Australians. To do this, we need people from around the country to take the tests so we can understand how people typically do.

As a thank you, each participant will receive two \$100 gift cards for completing sessions 1 and 2, and a \$50 gift card for completing session 3.

To find out more and register, visit www.pearsonclinical.com.au/participant

If you're invited to participate, Pearson will connect you with a psychologist in your area who can complete the study sessions with you.

These tests are for research purposes only. The tests will not result in a diagnosis. It is not considered treatment or intervention. Participants will not receive any results or feedback.

For further questions, you can contact the Pearson Team at research@pearson.com.au or on +61 3 7065 8533

PARTICIPANTS NEEDED

Pearson is looking for people aged 16 to 90 years to take part in a study on cognition, memory, and daily living skills!

You will complete problem solving and memory tasks, puzzles, and answer knowledge questions. You will also do practical tasks such as telling time and counting money. Participation takes place over three sessions.

- Session 1 takes 2 to 3.5 hours
- Session 2 takes 1 to 2 hours
- Session 3 takes 30 minutes.

As a thank you, each participant receives two \$100 gift cards for completing sessions 1 and 2, and a \$50 gift card for completing session 3.

FIND OUT MORE AND REGISTER:

www.pearsonclinical.com.au/participant



We have received the notice below from the popular vocal group "Tutti" for your information.

Tutti Presents - Hot Note

When: Sat 09 March 7:30pm & Sun 10 March at 2:00pm

Where: CQCM Theatre Building 21 University Drive, 151 Boundary Rd, Ooralea

Cost: Adult \$30, Concession \$25, Child \$20, plus family and group specials

Book at: trybooking.com/CNYAC or call 0415167533

Following on from their successful concert series, *Swing & Song* in 2021 and *Summertime and All That...* in 2023, local vocal ensemble Tutti is proud to present *Hot Note* this March at the Conservatorium of Music Mackay.



TUTTI
presents
HOT NOTE

SAT 9TH MARCH 2024 - 7:30PM
SUN 10TH MARCH 2024 - 2:00PM

Central Queensland Conservatorium of Music
Boundary Road, Mackay

Tickets \$20 - \$30
Bookings: www.trybooking.com/CNYAC





PLEASE NOTE THE CONTACTS LISTED BELOW ARE NOT NECESSARILY TUTORS
They are happy to provide details on the activities listed

TABLE OF ACTIVITIES

SUBJECT	CONTACT	PHONE NO	VENUE	TIME
MONDAY				
CARDS	Cath Davis	0437 902 310	Senior Citizens Centre 58 Macalister St	9:00am – 12:00 noon
COINS	Sam Patti	0401 435 990	Harrup Park Country Club Juliet Street	Starts 10:00am
COMPUTERS FOR BEGINNERS	Susan Vince	0417 784 499	Jubilee Centre Alfred St	By Arrangement
*FITTER FOR LIFE	Amba	07 4942 0032	Mackay Gymnastics 5 Snow Wright Court	9:00 -10:00am
I-PAD / I-PHONES	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	12:30 – 2:20pm Bookings Essential
LAWN BOWLS	Janette Dark	0427 275 492	City Bowls Shakespeare St	1:15pm – 2:15pm
MUSICAL CHIMES	Marie Veney	0419 732 855	St Ambrose Church Hall 28 Glenpark St Nth Mackay	12:45pm – 2:30pm
UKULELE STRUMMING	Muriel Kilcullen	0409 495 525	Senior Citizens Centre 58 Macalister St	3:00pm – 4:30pm
TUESDAY				
CARDS	Cath Davis	0437 902 310	Senior Citizens Centre 58 Macalister St	1:00m – 4:30pm
GET MOVIN' BEGINNERS	Marlene May	07 4957 2628	CQU (City Campus) Sydney St	9:15am – 10:15am
GET MOVIN' ADVANCED	Marlene May	07 4957 2628	CQU (City Campus) Sydney St	10:30am – 11:30am
*GOLF CROQUET	Paul Lanigan Croquet Centre	0466 289 174 0413 500 897	Mackay Croquet Ground Juliet St	1:30pm – 5:00pm
SCRABBLE / UPWORDS	Judy Petersen	0436 572 767	60 Wellington St	2:00pm start 2 nd and 4 th Tuesday of month
U3A SNAPPERS (PHOTOGRAPHY)	Alan Porter / Don Harvey	0467 939 665 07 4954 7608	Mackay Golf Club	4 th Tuesday of month
WEDNESDAY				
GREEN THUMBS (GARDENING)	Hector Keioskie	07 4951 4145	See Newsletter for this month's venue	1:30pm – 2 nd Wednesday of month
MAH JONGG	Jan Gordon	0408 156 657	Senior Citizens Centre 58 Macalister St	9:00am – 12:00pm
MOVIE BUFFS	Glenda West	0438 179 751	Mt Pleasant Cinema	Last Wednesday of month – see Newsletter for details

THURSDAY				
ANCIENT HISTORY (Prev. ANTHROPOLOGY)	Hector Keioskie	07 4951 4145	60 Wellington St	9:00am – 11:00am 1 st and 3 rd Thursday of month
ART GROUP	Rosemary Sunner	0409 635 001	Mackay Art Soc Snow Wright Crt Beaconsfield	9:00am – 12:00pm
BOCCE	Shelley Field	0419 430 384	Botanic Gardens Lagoon St	2:45pm – 4:00pm
CHAIR YOGA	Deb Lebsanft	0434 940 300	Palmview Village Bradford St	1:00pm Bookings Essential
*FITTER FOR LIFE	Amba	07 4942 0032	Mackay Gymnastics 5 Snow Wright Court	9:00 -10:00am
LINE DANCING BEGINNERS / ADVANCED	Winsome Brown	0448 937 245	Senior Citizens Centre 58 Macalister St	Absolute beginners start at 9:00am 9:30am – 10:30am
MAH JONGG	Bernie Royes	0400 348 683	Northern Beaches Community Hall Bucasia	8:30am – 12:00pm
TAI CHI BEGINNERS	Monica Stewart-McLean	0408 549 527	14A Tennyson St	9:15am – 10:00am 10:15am – 11:15am
TRIVIA	Muriel Kilcullen	0409 495 525	Senior Citizens Centre 58 Macalister St	1:30pm – 4:00pm 2 nd Thursday of month
FRIDAY				
ANDROID PHONES / TABLETS	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	9:00 – 11:00am Bookings Essential
CREATIVE WRITING	Rae Halpin	0407639356	Jubilee Centre Alfred St	9:30am – 11:30am
FRIDAY LUNCHES (DINING OUT GROUP)	Glen George	0415 383 028	See Newsletter for this month's venue	11:30am for 12:00pm 2 nd Friday of month
LAWN BOWLS	Janette Dark	0427 275 492	City Bowls Shakespeare St	10:00am – 11:00am
OPERA APPRECIATION	Noel Flor	07 4942 4776	Breezes Beaconsfield Rd	12:00pm – 4:00pm 1 st Friday of month
SATYANANDA YOGA	Carol Single	0429 131 313	Senior Citizens Centre 58 Macalister St	9:00am – 11:00am

WATCH THIS SPACE – THESE ACTIVITIES ARE IN THE PIPELINE – NOT YET CONFIRMED

SCALE MODELLING				
HOW TO DO CRYPTIC CROSSWORDS				

* Items marked with a * are activities open to the public as well as U3A members



Proudly Printed By



Andrew **WILLCOX** MP

Federal Member for **DAWSON**

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Authorised by Andrew Willcox MP, LNP, Level 2/45 Victoria Street, Mackay 4740



Mackay Office
Senior Citizens Centre
68 Wellington Street
Mackay
Open Mondays and Fridays
9am-11am

OUR SINCERE THANKS:

We, the members of U3A Mackay Inc., would like to acknowledge the generous assistance of the office of Andrew Wilcox MP for printing our newsletter ; CQU City Campus for the use of various venues, the Mackay Regional Council (Library and Jubilee Community Centre), The Centre at Wellington Street, Mackay & District Senior Citizens for venues, Media (Radio, TV and Newspapers), for their valued and continuing support. Transtech for their invaluable technical advice and support



Learn, laugh, live

U3A Mackay Inc.

University of the Third Age



Web: www.u3amackay.org.au Email: secretary@u3amackay.com Facebook: www.facebook.com/universityofthethirdagemackay/

Connecting Seniors to Lifelong Learning

MEMBERSHIP NEW/RENEW FORM 2024

PLEASE USE BLOCK LETTERS

Section 1- Personal Details (Use one form per person)

Form with fields: Last Name, Given Names, Preferred Name, Date of Birth, Address, Email, Mobile Phone No, Home Phone, Emergency Phone No, Emergency Contact Name

Section 2 – Membership and Class Enrolment 2024

Form with fields: Please tick boxes or circle answers in the boxes below. Complete total amount payable, Amount Payable \$, I am a new member applying to join 2024, I am a member re-joining for 2024, TOTAL AMOUNT PAYABLE, Cash / Bank transfer (see below)

Section 3 – Payment Details

Form with fields: EFTPOS, Cash, Direct Bank Transfer, Bank: Bank of Queensland, BSB: 124049, Account No: 100065150, Account Name: U3A Mackay Inc., (please put your name as reference and email this membership application to treasurer@u3amackay.com)

NOTES:

- U3A Mackay Inc carries Public Liability Insurance to the value of \$20 million.
All the Tutors at U3A Mackay are volunteers, sharing their knowledge. Some classes may have a small cost for materials or facilities. Payment of membership fee does NOT guarantee a place in a class as the class may be full, but you may be able to put your name on the waiting list.
Photographs taken of U3A Mackay activities and members are sometimes published on our website, in our newsletter and in the local newspaper. If you do not wish this to happen, please advise the office in writing.
U3A collects your personal information in order to process your application. This information will not be disclosed to any third party without your written authorisation or as we are required by law.
Optional: :I am also a member of Mackay Senior Citizens Y / N

Signature: _____ Date: ____/____/____

OFFICE USE ONLY: Date Form Received: ____/____/____ Receipt No: _____
Date Badge: MAILED [] GIVEN [] ____/____/____ DATABASE ____/____/____ SCANNED: ____/____/____