



Mackay

THE UNIVERSITY OF THE THIRD AGE

Connecting Seniors to Lifelong Learning

NEWSLETTER

April 2024



## President's Report

Hello All.

It feels as though the year has barely begun and yet here we are – into May! I'm sure we will experience some cooler weather pretty soon.



I'm very pleased to say that our Walking Group has kicked off – Monday and Thursday mornings – 9:30am at the Botanic Gardens. The Scale Modellers have begun their meetings on Friday evenings and our regular groups continue to grow and keep our members learning, living and having fun. Check the Activity Sheet and see what interests you.

Remember, if you have a skill you would care to share, please let the Course Coordinator know – [courses@u3amackay.com](mailto:courses@u3amackay.com)

Just a reminder once more that if you attend any of the activities held in the Senior Citizen's Centre in Macalister Street, we ask that you join or renew your membership with Mackay and District Senior Citizen's Association. This is the only way that we can keep the cost of attending down to \$2 for each activity – your membership of Seniors covers public liability insurance and contributes to the cleaning and maintenance of the facility that we enjoy.

That's it from me – until next time

*Muriel Kilcullen*

### Newsletter Deadlines

<b>May</b>	<b>29th May</b>
<b>June</b>	<b>26<sup>th</sup> June</b>
<b>July</b>	<b>24<sup>th</sup> July</b>
<b>August</b>	<b>28<sup>th</sup> August</b>
<b>September</b>	<b>25<sup>th</sup> September</b>
<b>October</b>	<b>23<sup>rd</sup> October</b>
<b>November</b>	<b>27<sup>th</sup> November</b>

Notices, information and photos for immediate attention can be shared via facebook or to editor on 0438103372

## U3A Mackay Committee 2024

M: 0493 360 261

Website: [www.u3amackay.org.au](http://www.u3amackay.org.au)

### **President**

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### **Vice President**

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### **Website administrator**

Judy Morris

Dianne Harvey

Susan Vince

Cath Davis

Winsome Brown

## U3A Webpage

**Community events, of interest to Mackay U3A members, are now advertised on our Web Page. If you would like an event added to the page, please let one of the Committee Members know.**

[www.u3amackay.org.au](http://www.u3amackay.org.au)



## Course Coordinator's Report

Craft- cancelled due to unforeseen circumstances. Chair Yoga has resumed at Palmview under an interim instructor. Model Makers have started their modelling, and the Walking Group is happening on Mondays and Thursdays at the Botanic Gardens at 9.30am. Convenors workshops on Member Wizard are happening this week on Wednesday 1<sup>st</sup> May and Friday 3<sup>rd</sup> May at 10.00am in the meeting room at Senior Citizens with Bobbie. Please check the U3A Mackay website for additional information appropriate to Seniors and ageing.

*Iris Harvey*

Course Coordinator

[courses@u3amackay.com](mailto:courses@u3amackay.com)

0418 620 589

## *Chimes*

Our Chimers meet each Monday at St Ambrose Church Hall in Glenpark Street from 12.45pm to 2.30pm.

Currently music from "Around the World" is being played and members are enjoying this experience. Some new music as well as old favourites like "The Rose and The Blue Danube" is being practised each week.

Over the Easter Holidays, everyone had a short break from our weekly chimes and will regroup on Monday 15 April when school returns.

Mary Orchard

Contact – Marie Veney 0419732855



**This fella in the pub sold me a rare, antique map of the Sahara Desert for only £20 last night....**

**This morning when I sobered up I realised that it was a sheet of sandpaper...**



## GREEN THUMBS

Our last gathering was at the Keioskie residence, 25 members enjoyed a pleasant afternoon and admired Hector's woodwork, as well as the garden. .Every one wanted to win the great lucky door prize (a dachshund pot holder) made by Hector!

Our next gathering on the 8th of May is at Bev Woodward's 75 Weddell's Road Richmond.(If you get lost ring 0490054586!).

There will be a car pooling meeting at the Gordon White library be there before [1pm.as](https://www.google.com/search?q=1pm.as) they will be leaving at 1pm.sharp.

Please bring chairs , a mug & goodies for afternoon tea. Info from Hector on 49514145

*Hector Keioskie*

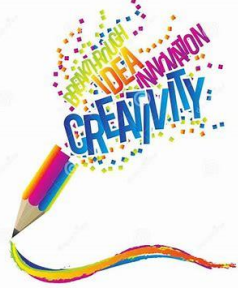


*The Green Thumbs lucky door prize carved by Hector*



*Green Thumbs ; A carving of Hector by Hector!*

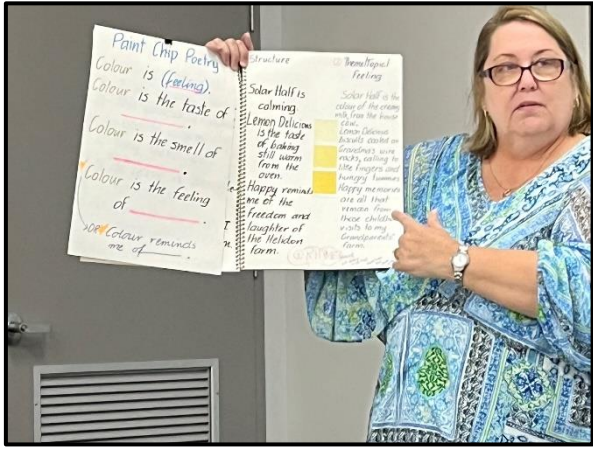
*Creative Writers*



This week, under the leadership of Lyn we explored "Paint Strip Poetry" Who would have guessed such a thing was possible? Using the paint strip names e.g. Majestic Moon, Midnight Purple we wrote a sentence for each title producing some innovative and creative work. Thank you Lyn. Next week Beverley has set the topics of Nomophobia, The Moving Figer writes, and having Writ moves on or A suspicious man was leaning against the fence post.

Happy Writing

*(For )Rae Halpin*



Lyn outlines "Paint Strip Poetry"

**Bocce**



Playing Bocce is relatively easy peasy, each player having two "BOULES" thrown at a "JACK" but we use a golf ball. As seen

here, we were all playing pretty well!

Contact Shelley if you would like to play 0419 430 384

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*Fell asleep in the chair yesterday but when I awoke I realised someone had put a teabag in my mouth. I hate being taken for a mug.*

*Movie Buffs*

Movie group outing this month was on Wednesday 27th March. The movie "Wicked little Letters" was enjoyed by us all, and much conversation followed on "those words!" during our lunch at Roshni Restaurant after the movie. Welcome to our new members, we were a large group today. We are away for next month's movie, but members will still receive the usual email prior to the movie and Glen will make sure everyone is taken care of. Thanks Glen. Thank you everyone, it was a good day. Please contact me on [glendanne246@gmail.com](mailto:glendanne246@gmail.com) if you have any queries re the movie outings. Glenda



Movie Goers enjoying lunch at Roshni

*Friday Lunches*

A good time was had by all at Harrup Park Very reasonable prices and a free dessert. Cant beat that !! The next Friday lunch shall be on 10 May and we shall be eating at The Northern Beaches Bowls Club .As usual 12 midday meet for 12.30 sit down. Hope to see you all there

tel 0415383028 e-mail arosfa2010@yahoo.com

*Glen George*



Dining at Harrup Park





## Line Dancing

The beginners group has mastered two versions of the waltz and the improver group has added two new dances to their repertoire.

'Heave Away' is a faster-paced dance that is performed to a sea shanty and 'Banjo' is a dance that tests your coordination. Thank goodness we are now familiar with terms such as jazz box, side tap and cross point because these have made mastering the steps for these dances much, much easier.

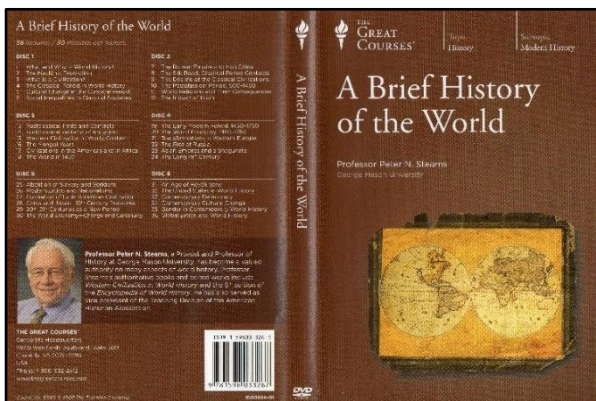
Line Dancing is on every Thursday from 9:00-10:30 am at the Senior Citizens Centre. Contact the Convenor (Winsome Brown) on Ph 0448 937 245 for more information.

*Winsome Brown*

*Line Dancing Easter Bunnies Debbie Deguara, Rose Patroni, Berris Jeffery & Veronica Tolcher demonstrate a hitch.*

## Ancient History

This Month the group will be watching "A Brief History of the World".



All are welcome to come along to the group. For all enquiries contact Hector on 49514145

*Hector Keioskie*

*"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!" Ingrid Bergman*

## Happy Snappers



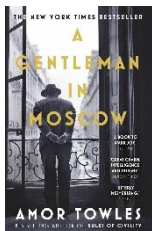
The Happy Snappers travelled to Calen for their March outing.

We visited the OH Deere Farm Stay,

where our host, Karinda Anderson, showed us through her collection of all things John Deere. It was an informative and entertaining outing, topped off by a delicious morning tea.

At our regular Tuesday meeting at the Golf club, we shared our best shots with the group and donated them to Karinda to use on the Oh Deere Farm Stay website and Facebook page. If you have an interest in photography contact Alan Porter on Ph 0467 939 665

U3A Happy Snappers meet at the Mackay Golf Club on the 4th Tuesday of every month 10am.



# Book Review

Reviewed by Judy Morris

## A Gentleman in Moscow (2016)

Amor Towles



This book is everything a great book should be, both entertaining and eloquently written. In Russia, in 1922, Count Alexander Ilyich Rostov is placed under house arrest at the grand Metropol Hotel in Moscow. Over the years of his confinement, Rostov maintains his dignity, taking the reader on an intriguing journey as he accepts his challenges with courage and humour. The author has woven a rich story, within the walls of the grand Metropol Hotel, and among the unforgettable characters who become part of Rostov's world.

QUOTE: "In principle, the Count generally regarded a barrage of interrogatives as bad form. Left to themselves, the words *who, what, why, when, and where* do not a conversation make."



Available on Mackay Library's Borrow Box as an **Audiobook** and **eBook**.  
Available from Mackay Libraries as a **Hard Copy Book**.

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## *HAPPY BIRTHDAY TO THESE MEMBERS FOR MAY*

NATHALIE MARIAH	GOERKE-CHILDS
KIM	MURRAY
BERNIE	WATSON
BILL	McCURRY
CAROL	PATTERSON
CATHRYN	BISHOP
CHRISTINE	CRONIN
COLIN	BRETT
DAVE	VONHOFF
DAWN	KEIOSKIE
DAWN	McLEAN
DENISE	HANSEN
DOT	MORRIS
FRANK	FORSYTH
GERRY	BRIMMELL
GORDON	ORR
GORDON	WHITE

GREG	PARKS
HELEN	HARRIP
IRENE	SCHULTE
JG	GLANVILLE
JILL	STEVENS
JOHN	McGEE
JOSIE	FORSYTH
JOYCE	SIXSMITH
JUDY	ELLIS
LORRAINE	HANSEN
MARGUERITA	CHRISTENSEN
MARVYN	TRIM
MARY	ORCHARD
MICHELLE	REGAN
MONIQUE	PERSHOUSE
NOEL	FLOR
PAUL	ANDREW

PHILIP	MARTIN
RAY	VENEY
ROBYN	McCURRY
SUE	CLARKE
TIANA	FRY
TREVOR	WOOD
VAL	PEARCE
WENDY	JUNG



*There was a time when a new hip joint meant  
someplace I would go on the weekend 😊*

# MEMBER OF THE MONTH



Each month we will talk to a member, we all have a story to tell.

In April we meet our U3A Mackay President

## *Muriel Kilcullen*

### **1. *Where were you born and raised?***

My family lived at Marian (in the Pioneer Valley) when I was born. We moved to North Mackay when I was 3 and I lived there until I was married. We lived locally but travelled many and varied places in Australia – enjoying the outdoors

### **2. *When did you (or your ancestors) arrive in Mackay and why Mackay?***

My ancestors came here from Glasgow (Scotland) Surrey and Northumberland (England) and Sligo (Ireland) - mostly in the 1880s. I've been fortunate to visit their birthplaces.

Farmers, a blacksmith and a ferry-man amongst them. They mostly came with families and siblings, seeking a better life.

### **3 *What career/s did you have in your working life? What did you enjoy about this work?***

On leaving school, following a brief stint in retail, I commenced working at the Daily Mercury – the local newspaper – where I remained for 35 years – progressing from office junior to office manager. It was like family in the early years. The latter part of my career (20 years) was in Customer Service and training at Mackay Regional Council. I like people and this was a perfect fit for me – especially the tricky customers – loved the challenge

### **4 *How long have you been a member of U3A and what activities do you participate in?***

I've been a member of U3A Mackay for 4 years. I play cards, attend exercise class, run trivia each month and teach ukulele. I'm trying to fit in at least one session each week with the newly formed walking group.

### **5 *What do you like about the Mackay area and where is your favourite place to visit?***

It is my belief that Mackay is the best place in the world to live ....and yes, I **am** biased! I have a few happy places – A trip up the mountain to Eungella is always good, but I love our beautiful beaches and can contemplate the water for hours – especially from the iconic Eimeo Pub.



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
<b>MONDAY</b>				
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	<b>Starts 10:00am</b>
COMPUTERS FOR BEGINNERS	Susan Vince	0417 784 499	Jubilee Centre Alfred St	<b>By Arrangement</b>
*FITTER FOR LIFE	Amba <a href="mailto:fitterforlifemackay@outlook.com">fitterforlifemackay@outlook.com</a>	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 <b>Bookings Essential</b>
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
WALKING GROUP	Angela Weston	0417 483 193	Botanic Gardens Café Lagoon Street West Mackay	9:30am
<b>TUESDAY</b>				
*BALANCE	Fitboy International	0409 272 573	Senior Citizens Centre 58 Macalister St	10:30am – 11:15am
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 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of month
U3A SNAPPERS (PHOTOGRAPHY)	Alan Porter / Don Harvey	0467 939 665 07 4954 7608	Mackay Golf Club	4 <sup>th</sup> Tuesday of month
<b>WEDNESDAY</b>				



<b>GREEN THUMBS (GARDENING)</b>	Hector Keioskie	07 4951 4145	See Newsletter for this month's venue	1:30pm – 2 <sup>nd</sup> Wednesday of month
<b>MAH JONGG</b>	Jan Gordon	0408 156 657	Senior Citizens Centre 58 Macalister St	9:00am – 12:00pm
<b>MOVIE BUFFS</b>	Glenda West	0438 179 751	Mt Pleasant Cinema	Last Wednesday of month – see Newsletter for details
<b>THURSDAY</b>				
<b>ANCIENT HISTORY (Prev. ANTHROPOLOGY)</b>	Hector Keioskie	07 4951 4145	60 Wellington St	9:00am – 11:00am 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of month
<b>ART GROUP</b>	Rosemary Sunner	0409 635 001	Mackay Art Soc Snow Wright Crt Beaconsfield	9:00am – 12:00pm
<b>BOCCE</b>	Shelley Field	0419 430 384	Botanic Gardens Lagoon St	2:45pm – 4:00pm
<b>CHAIR YOGA</b>	Deb Lebsanft	0434 940 300	Palmview Village Bradford St	<b>Bookings Essential</b>
<b>*FITTER FOR LIFE</b>	Amba	07 4942 0032	Mackay Gymnastics 5 Snow Wright Court	9:00 -10:00am
<b>LINE DANCING BEGINNERS / ADVANCED</b>	Winsome Brown	0448 937 245	Senior Citizens Centre 58 Macalister St	<b>Absolute beginners start at 9:00am</b> 9:00am – 10:30am
<b>MAH JONGG</b>	Bernie Royes	0400 348 683	Northern Beaches Community Hall Bucasia	8:30am – 12:00pm
<b>TAI CHI BEGINNERS</b>	Monica Stewart-McLean	0408 549 527	14A Tennyson St	9:15am – 10:00am 10:15am – 11:15am
<b>TRIVIA</b>	Muriel Kilcullen	0409 495 525	Senior Citizens Centre 58 Macalister St	1:30pm – 4:00pm <b>2<sup>nd</sup> Thursday</b> of month
<b>WALKING GROUP</b>	Angela Weston	0417 483 193	Botanic Gardens Café Lagoon Street West Mackay	9:30am
<b>FRIDAY</b>				
<b>ANDROID PHONES / TABLETS</b>	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	9:00 – 11:00am <b>Bookings Essential</b>
<b>CREATIVE WRITING</b>	Rae Halpin	0407639356	Jubilee Centre Alfred St	9:30am – 11:30am
<b>FRIDAY LUNCHES (DINING OUT GROUP)</b>	Glen George	0415 383 028	See Newsletter for this month's venue	11:30am for 12:00pm <b>2<sup>nd</sup> Friday</b> of month
<b>LAWN BOWLS</b>	Janette Dark	0427 275 492	City Bowls Shakespeare St	10:00am – 11:00am
<b>OPERA APPRECIATION</b>	Noel Flor	07 4942 4776	Breezes Beaconsfield Rd	12:00pm – 4:00pm <b>1<sup>st</sup> Friday</b> of month
<b>SATYANANDA YOGA</b>	Carol Single	0429 131 313	Senior Citizens Centre 58 Macalister St	9:00am – 11:00am
<b>SCALE MODELLING</b>	Ross Moore	0488 758 206	Senior Citizens Centre 58 Macalister St	

# COMMUNITY NOTICEBOARD

## Australia's Biggest Blood Pressure Check

1-31 May 2024

High blood pressure remains the single largest risk factor for stroke – and it's preventable.



Visit your doctor or pharmacy for a quick and easy check today!



## Aged Care and Dementia Consumer Forum

Enhancing pathways to living and ageing well in the Mackay, Isaac and Whitsunday regions.

To celebrate Dementia Action Week (13-19 May), Mackay Hospital and Health Service, together with Northern Queensland Primary Health Network (NQPHN) invites consumers to attend the Aged Care and Dementia forum.

Guided by the theme, the forum will include the following presentations and workshop opportunities:

- An introduction to healthy ageing – Geniatric Care Australia.
- 'A Better Visit' – a workshop for families and friends of a loved one living with dementia – Dementia Australia.
- Last Days Program, Navigating Death and Dying – HammondCare and NQPHN.
- Launch of Dementia consumer resources.

Consumers will have the opportunity to connect with other participants, presenting organisations, and aged care and health care providers servicing our communities.

Light refreshments will be provided on arrival and a light lunch will be served during the break.

Please RSVP by COB, Thursday 9 May 2024 for catering purposes.

**Date**  
Friday 17 May 2024

**Time**  
Registration: 8am  
Program: 8.30am-2.10pm

**Where**  
Harrup Park Country Club  
89 Juliet Street, South Mackay

**Register online**  
[forms.office.com/r/XFwtdLbtAM](https://forms.office.com/r/XFwtdLbtAM)



For more information, contact:  
Korja Vella  
p: 0488 223 301  
e: [korja.vella@phn.qld.gov.au](mailto:korja.vella@phn.qld.gov.au)



[www.nqphn.com.au/events](http://www.nqphn.com.au/events)



## Compassionate Communities

Everything you need to know to support you or a loved one as they age.

Suitable for those at or near the end of their lives or who are grieving a loss from a sudden death.

### Gordon White Library

What are compassionate communities?

Friday, February 16, from 9.30am to 11am

Aging and end of life - preparing now

Friday, March 15, from 9.30am to 11am

Accessing care and superannuation

Friday, April 19, from 9.30am to 11am

Wills, powers of attorney and guardians

Friday, May 17, from 9.30am to 11am

Advance care directives and voluntary assisted dying

Friday, June 21, from 9.30am to 11am

Delivered in partnership with Services Australia, OzCare, and Kelly Legal.

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### Save the date:

June 14<sup>th</sup> 9.30-11.30 am in Senior Citizen's Hall

Relationships Australia and Mackay Council are holding a Seniors Morning Tea for

## World Elder Abuse Awareness Day

Stalls and guest speakers (more info soon)



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. Trantech for their invaluable technical advice and support



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Andrew **WILLCOX** MP  
Federal Member for **DAWSON**

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







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 (Day/Month/Year), 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., Post to: The Treasurer, U3A Mackay Inc., PO Box 1431, Mackay Qld 4740, In person: U3A Mackay Office, Senior Citizen's Building 58 Macalister St. 9 -11am Monday or Friday, 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: \_\_\_\_/\_\_\_\_/\_\_\_\_