



Learn, Laugh, Live

NEWSLETTER April 2023

Contact us:

U3A Mackay Committee 2022/2023
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Newsletter and Social Media
Liz Springall
editor@u3amackay.com

Marie Veney

Cath Davis

Winsome Brown

PRESIDENT'S REPORT

President Paul is currently away , busy with family matters. We all send love and best wishes to Paul and Rosemary (our Art convenor) and look forward to seeing them back on board in Mackay very soon.

Liz (Editor) here , with a few updates and information from the committee.

In the interests of sustainability and in an effort to reduce postal costs members with a shared postal address receive ONE newsletter in the mail. If this does not suit your circumstances, you are asked to notify Bobbie on membership@u3amackay.com.


As always , if an email address is given on your application/renewal form this is the method of delivery per individual member, not couple. Please notify Bobbie if your contact details change so the database can be amended. If a newsletter is not received please notify myself or Bobbie to check details.

It has been suggested that members may like a U3A teeshirt. If this is something you would like please advise your convenor or a committee member in order that we can gauge interest. If you have paid/renewed membership for 2023 and do not yet have your badge , these can be picked up at the U3A office Mondays or Fridays 9-11am

Very best wishes and don't hesitate to contact a committee member if you have any queries or suggestions.

Liz Springall for Paul Sunner

Reports in by:	
MAY	24 MAY
JUNE	28 JUNE
JULY	26 JULY
AUGUST	23 AUGUST
SEPTEMBER	27 SEPTEMBER
OCTOBER	25 OCTOBER
NOVEMBER	22 NOVEMBER

Calling all convenors! Please have your reports and photos from your group or activity into Liz (Editor) by May 24th (last Wednesday of each Month) for inclusion in next newsletter. 

Coffee & Chat



This month **Marion Healy** was our guest speaker in conjunction with **Seini Willett**. We learnt a lot about the significance of Yarning Circles as well as the South Sea Islander culture in Mackay and the making of the film Black Snow. A very enjoyable and informative morning. Thank you ladies. A special thanks to Cath Davis for the beautiful morning tea. **Our next session on 19th May 10.00am-11.00am is a Stroke Safe Talk by Stroke Foundation. Don't miss it.**

Iris Harvey

COURSE COORDINATOR'S REPORT

Numbers are exploding in some courses like Line Dancing. Thank you to all Convenors who are doing an excellent job. We have the possibility of a Keyboard class starting up- watch this space. Any further suggestions for courses please contact me. Enjoy your activities!
Iris

courses@u3amackay.com

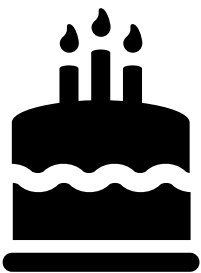
Iris Harvey



Craft

Calling all Crafters- The next meeting will be **Thursday 4th May – 10.30am-12.00am**. Craft will run on a fortnightly basis. Come and join us and bring along your ideas to share. Call Iris on 0418620587

Happy birthday to the following members with a birthday this month!



PAUL	ANDREW	MONIQUE	PERSHOUSE
COLIN	BRETT	MICHELLE	REGAN
MARGUERITA	CHRISTENSEN	MARVYN	TRIM
SUE	CLARKE	DAVE	VONHOFF
CHRISTINE	CRONIN	BERNIE	WATSON
JUDY	ELLIS	GORDON	WHITE
FRANK	FORSYTH		
TIANA	FRY		
DENISE	HANSEN		

Good to see our Bucasia Mah Jongg group growing with 7 tables playing, and a special visitor at Easter! If you would like to join this group call Bernie on 0400348683



In an office:
AFTER TEA BREAK, STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD





Creative Writing

On our first session back after the school holiday break, we start at the new time on 9.30 to 11.30 to dodge school traffic. After negotiation with Teagan Phillpott, we welcomed Edward Jackson from ABC Tropical North who recorded our Anzac for possible inclusion in Anzac day broadcast. Our new member Di Grech has submitted her stories via email as she is enjoying a holiday in New



Zealand. Our new roster for the term was circulated thanks to Liz. Our Coffee morning at the Florist at 4 Ways was a lovely finish to last term. New members with an interest words and writing are always welcome. We meet at the Jubilee Rooms on Fridays. Contact Rae on 0407 639356

Rae Halpin

HAPPY SNAPPERS

The Photography Group's visit in April was to the Mackay General Cemetery. Twelve members attended and later retired for coffee. The next outing planned is for the 19th of May to a location to be notified, with the follow-up meeting at the Mackay Golf Club on the 23rd of May.

New members are welcome to attend - please contact Alan Porter (0467-939-665) if you wish to join our group.



Richard Ruddock

Green Thumbs

The group enjoyed a talk at 60 Wellington Street by Ron Mclean on native bees. This was followed by a plant exchange and all went home happy with their new plants.

The next meeting will be held at Desley Newcombes residence at 8 Swift Street Slade Point at 1.30 There will be a U3A sign outside , We will be carpooling, meeting at Gordon White Library, North Mackay at 1pm Desley has a wide selection of bromeliads. Bring a garden chair, a mug and some afternoon tea goodies.

Further information from Hector on 49514145



Hector Keioskie



Line Dancing.

This year has decided it will wait for no man as our Line Dancing class has discovered.

We have come a long way since February, building up a solid repertoire of dances.

Deb Wookey, our instructor, has demonstrated immense patience and our participants have reaped the rewards.

Our next goal is to perfect the Line Dancing Waltz, ready for a Synchronised Social to be held in June.

This is a function where Line Dancing classes perform the same dance, at the same time, on the same day across Queensland to raise funds for a nominated charity.

If you are looking to improve upon your co-ordination and balance, consider joining the weekly Line Dancing class. The class is held every Thursday from 9:30 to 10:30 at the Senior Citizens Centre in Macalister Street Give the convenor a call on Ph 0448937245.

Winsome Brown



CROQUET

World Croquet Day is Saturday 6th May. This year we are having a Come & Try beginner's Croquet from 9.00 am to 5.00pm. All ages welcomed.

The Croquet Club is offering U3A members covered by U3A insurance, an introduction to Golf Croquet at 1.30pm for 2.00pm start on Tuesdays and Saturday at no charge for the first 6 weeks then \$5.00 each time for a period of 3 months.

Remember – come and give Croquet a go

Address:

Mackay Croquet Club

105 Juliet Street,

South Mackay (next to Basketball).hone for more details 0413 500 897

Friday Monthly Lunches.

Mark your calendar for 2nd Friday of each month.

**** Come & meet old and new friends !! ****

DATE: Friday 12th May, 2023

TIME: 11.30 for 12 lunch

WHERE: Taylors Hotel, Cnr Wood & Alfred Street (opposite TAFE/Mifsuds Fruit Barn)

COST: order from menu board

REPLY BY: Tuesday 9th

May...to Marion Brown

- 1) Text by giving your name & how many attending 0428 319 611**
- 2) E: marcec1948@hotmail.com**

If you know of any other/new members please pass this information on please.

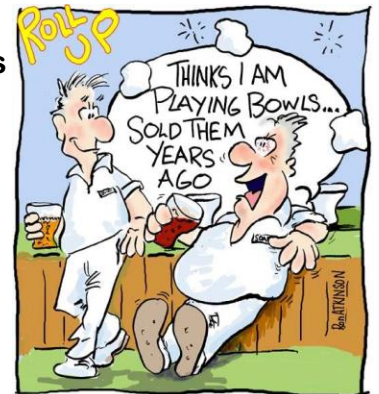
Marion Brown

Lawn Bowls

Anyone is welcome to join the Lawn Bowls group on Mondays 1.15-2.45pm and/or Fridays 10.00-11.30pm at City Bowls Club, 305 Shakespeare Street. It's fun, some exercise and a chance to meet new friends. Bowls are provided. Now that the kitchen is finished, we will be able to have a cup of tea or coffee and a chat after bowls.

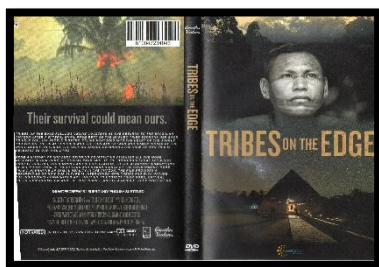
Contact Janette 0427 275 492 for more information.

Janette Dark



. My mother taught me TO APPRECIATE A JOB WELL DONE .

"If you're going to kill each other, do it outside. I just finished cleaning."



This month on May 4th the group will watch Tribes on the Edge following Celine Cousteau as she returns to the Brazilian Amazon to tell the story of the Marubo tribe.

Further information from Hector on 49514145

Hector Keioskie

STIR A CUPPA FOR SENIORS

June 15, 2023
North Foyer of the MECC
9.30 am to 11.30 am

Join us for a purple themed morning tea with some great prizes, entertainment, activities and guest speakers.

Save the date

For your Information:

SAVE THE DATE

Stir a Cuppa for Seniors

Join us for a purple themed morning tea with some great prizes, entertainment, activities, and guest speakers.

June 15, 2023, in the North Foyer of the MECC from 9.30 am to 11.30 am.

Tickets are free and can be reserved through Eventbrite or by phoning or text to either of the below numbers.

A more detailed program will be circulated closer to the event.

This event is proudly sponsored by Relationships Australia, Mackay Regional Council, and the Carer Gateway to recognise World Elder Abuse Awareness Day.

For further information please contact Julie Appleton (Relationships Australia) on 0439

959 508; or Alesha Duff (Carer Gateway) on 0403 093 165.



U3A MACKAY FACEBOOK PAGE

Have you “liked” our U3A Mackay facebook page? We keep it up to date with news from the groups and items of local interest .

If you have anything of interest that you would like to share with our members or the wider community, please send them to Liz Springall (editor@u3amackay.com) who will be happy to add them to our Facebook page.

Members who have paid their membership fees and not yet received their 2023 badges may pick them up from the U3A office Mondays and Fridays between 9am and 11



USA Mackay Inc.



Learn, laugh, live

University of the Third Age
Connecting Seniors to Lifelong Learning

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

MEMBERSHIP NEW/RENEW FORM 2023

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

PLEASE USE BLOCK LETTERS

Last Name	Given Name	Preferred Name	Date of Birth (Day/Month/Year) / /
Address: Street address, Suburb, Town, Post Code			
Email: (Newsletters will be sent to email address where available)			
Mobile Phone No:		Home Phone:	
Emergency Phone No:		Emergency Contact Name:	

Section 2 – Membership and Class Enrolment 2023

Please tick boxes or circle answers in the boxes below. Complete total amount payable		Amount Payable \$
I am a new member applying to join 2023. Joining fee \$5.00 + \$20.00 Membership <input type="checkbox"/>	I am a member re-joining for 2023. Membership Fee \$20.00 <input type="checkbox"/>	\$
I wish to enrol in classes as per list. (Next page)		Yes / No
TOTAL AMOUNT PAYABLE	Cash / Cheque / Bank debit (see below) Cheques - payable to USA Mackay Inc.	\$

Section 3 – Payment Details

<input type="checkbox"/> EFTPOS <input type="checkbox"/> Cash <input type="checkbox"/> Cheque (Please make cheques payable to USA Mackay Inc.) Post to: The Treasurer, USA Mackay Inc., PO Box 1431, Mackay Qld 4740 In person: USA Mackay Office, Senior Citizen's Building 58 Macalister St. 9 -11am Mon & Fri	<input type="checkbox"/> Direct Bank Transfer: Bank: Bank of Queensland BSB: 124049 Account No: 100065150 Account Name: USA Mackay Inc. (please put your name as reference and email this membership application to treasurer@usamackay.com)
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NOTES:

- USA Mackay Inc carries Public Liability Insurance to the value of \$20 million.
- All the Tutors at USA 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 USA 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.
- USA collects your personal information in order to process your application. This information will not be disclosed to any third party without your written authorization or as we are required by law.

Signature: _____ Date: ____/____/____

OFFICE USE ONLY: Date Form Received: ____/____/____	Receipt No: _____
Date Badge: MAILED <input type="checkbox"/> GIVEN <input type="checkbox"/>	____/____/____ DATABASE ____/____/____

**PLEASE NOTE THE CONTACTS ARE NOT NECESSARILY TUTORS.
They are happy to provide details on the activities listed below.**

TABLE OF ACTIVITIES

SUBJECT	CONTACT	PHONE #	VENUE	TIME
MONDAY				
Balance Exercise Class	Cath Davis	0437 902 310	Senior Citizen's Centre 58 Macalister St Mackay	1.00 pm – 2.00 pm TEMPORARILY SUSPENDED
Cards	Cath Davis	0437 902 310	Senior Citizen's Centre 58 Macalister St Mackay	9.00 am—12 noon
Computers For Beginners	Susan Vince	0417 784 499	Jubilee Community Ctre Alfred St Mackay	11.30 am – 1.30 pm Bookings Essential
Fitter for Life	Amba or Steph	4942 0032	Mackay Gymnastics, 5 Snow Wright Court Beaconsfield	9.00am – 10.00am
I-Pad	Rob Lucas	4957 5558	Senior Citizen's Centre 58 Macalister St Mackay	9.00 am – 11.00 am Bookings Essential
Musical Chimes	Marie Veney	0419 732 855	St Ambrose Church Hall, 28 Glenpark St Nth Mackay	12.45 pm—2.30 pm
Lawn Bowls	Janette Dark	0427275492	Mackay City Bowls Club Shakespeare Street	1.15pm-2.45pm
TUESDAY				
Cards	Paul Sunner	0406 930 910	Senior Citizen's Centre 58 Macalister St Mackay	1 pm - 4.30 pm
Get Movin' Beginners	Marlene May	4957 2628	CQU (City Campus) Sydney St Mackay	9.15 am - 10.15 am
Get Movin' Advanced	Marlene May	4957 2628	CQU (City Campus) Sydney St Mackay	10.30 am - 11.30 am
Mindfulness	Judith Grieve	401036662	Senior Citizen's Centre 58 Macalister St Mackay	9 am - 11 am
Golf Croquet	Paul Lanigan Croquet Centre	0466 289 174 0413 500 897	Mackay Croquet Ground Juliet Street	1.30pm to 5pm
Scrabble / Up Words	Judy Petersen	0438 572 767	60 Wellington St Mackay	2.00 pm start 2nd and 4th Tuesdays
U3A Snappers (Photography)	Alan Porter Don Harvey	0467 939 665 4954 7608	Mackay Golf Club	4 th Tuesday of month
WEDNESDAY				
Golf Croquet	Paul Lanigan Croquet Centre	0466 289 174 0413 500 897	Mackay Croquet Ground Juliet Street	1.30pm to 5pm
Green Thumbs	Hector Keioskie	4951 4145	See newsletter for this month's venue	1.30 pm 2nd Wed of month
Mah Jongg	Jan Gordon	0408 156 657	Senior Citizen's Centre 58 Macalister St Mackay	9.00 am—12 noon
Movie Buffs	Glenda West	0438 179 751	Mt Pleasant Cinema	Last Wed of month - see newsletter for details
Writing Works	Judith Grieve	0401 036 662	Jubilee Community Ctre Alfred St Mackay	9 am - 11 am

THURSDAY				
Anthropology (History)	Hector Keioskie	4951 4145	60 Wellington Street	9.00 —11.00 am 1st & 3rd Thurs of month
Art Group	Rosemary Sunner	0409 635 001	Mackay Art Soc Bldg Snow Wright Crt, Beaconsfield	9.00 am—12 noon
Bocce	Shelley Field	0419 430 384	Botanic Gardens	2.45 pm—4.00 pm
Book Club	Muriel Kilcullen	0409 495 525	Senior Citizen's Centre 58 Macalister St Mackay	1.30pm - 3.00pm 3rd Thursday of month
Craft	Iris Harvey	0418 620 589	Senior Citizen's Centre 58 Macalister St Mackay	1pm - 3pm confirm meeting with Iris
Fitter for Life	Amba or Steph	4942 0032	Mackay Gymnastics 5 Snow Wright Crt, Beaconsfield	9.00 am – 10.00 am
Line Dancing	Winsome Brown	0448 937 245	Senior Citizen's Centre 58 Macalister St Mackay	9.30am – 10.30am
Mah Jongg	Bernie Royes	0400 348 683	Northern Beaches Community Hall	8.30am - 12 noon
Tai Chi - Beginners	Monica Stewart- McLean	0408 549 527	14A Tennyson St, Mackay	9.15 am – 10.00 am 10.15 am – 11.15 am
Trivia	Muriel Kilcullen	0409 495 525	Senior Citizen's Centre 58 Macalister St Mackay	1.30pm - 3.30pm 2nd Thursday of month
FRIDAY				
Android Phones	Rob Lucas	4957 5558	Senior Citizen's Centre 58 Macalister St Mackay	9.00 am – 11.00 am
Coffee and Chat	Iris Harvey	0418 620 589	Senior Citizen's Centre 58 Macalister St Mackay	10 am - 11 am 3rd Friday of month
Creative Writing	Rae Halpin	0407 639 356	Jubilee Community Ctre Alfred St Mackay	9.30 am—11.30 am
Cricut with Claire	Claire McVeigh	0407 018 943	Senior Citizen's Centre 58 Macalister St Mackay	9.00am - 12 noon 1st Friday of month
Friday Lunches (Dining Out Group)	Marion Brown	4959 7298 0428 319 611	See newsletter for this month's venue	11.30 for 12.00 pm 2nd Friday of month
Lawn Bowls	Janette Dark	0427 275 492	Mackay City Bowls Club Shakespeare Street	10 am-11.30 am
Opera Appreciation	Noel Flor	4942 4776	Breezes Beaconsfield Rd, Beaconsfield	1.00 pm—4.00 pm 1st Fri of month
SATURDAY				
Golf Croquet	Paul Lanigan Croquet Centre	0466 289 174 0413 500 897	Mackay Croquet Ground Juliet Street	1.30pm to 5pm



OUR SINCERE THANKS:

We, the members of U3A Mackay Inc., would like to acknowledge the generous assistance of CQ University, City Campus, for publishing our Newsletter, the CQU Ooralea Campus and 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.