

Enrolment Day Calendar 2018

TERM 2 (8 WEEKS)

Kempsey Enrolment

THURSDAY APRIL 26

Kempsey-Macleay RSL Club

1 York Lane

10.30 am – 12 noon

SWR Enrolment

MONDAY APRIL 30 Boronia
Gardens, 10 Lawson Street

1030 am to 12 noon

CLASSES START

Monday May 7

CLASSES END

Friday June 29

Mid-Year Function

Wednesday July 4

Kempsey-Macleay RSL Club,

1 York Lane Kempsey

TERM 3 (8 WEEKS)

Kempsey Enrolment

Thursday July 19

10.30 am – 12 noon

SWR Enrolment

Monday July 23

10.30 am – 12 noon

CLASS LEADERS MEETING

Friday July 27 10.00 am

Tozer Street Hall

CLASSES START

Monday August 6

CLASSES END

September 21

Onwards to Term 2!

It is time to begin again the busy round of activities that signals the commencement of another term of great programmes for the Kempsey Macleay Valley University of the Third Age.

Term 1: The year started well with 25 new members and 30 well attended courses including several at South West Rocks. We currently have 286 members and urge everyone to talk to their friends about U3A, as there are still people out there who don't know about this wonderful organisation which contributes so much to our community.

Seniors' Week: Term 1 ended well with KMOVU3A's participation in Seniors' Week activities by having a stall at the Riverside Markets on Saturday 7 April. Committee members, class leaders and U3A members spent the morning talking to interested passers-by about available courses. 30 people gave their names and contact details, with a view to either trying one of the courses in the last week of term or receiving our quarterly newsletter. There were even folk considering being a class leader. Many thanks to everyone who made the stall possible. It was an enjoyable morning but without the participation of all the people who organised it, then gave up their time to be there on the morning, it would not have happened.

Mid-year lunch: The lunch will be held at the Kempsey-Macleay RSL on 4 July. KMOVU3A has been operating for 15 years and your committee is planning to invite the first committee members to help celebrate the anniversary and continuing growth of KMOVU3A. We hope many of them will be able to attend, giving us all the opportunity to meet up with old friends. Full details are available on page 11 of this newsletter. We hope to see you there.

Term 2: There will be five new and returning courses next term: Aboriginal History, an additional Balance'n'Bones @ SWR on Mondays, Buddhist Meditation, Mahjong with a Twist and Scrapbooking @ SWR. See full details in the body of this newsletter. The course co-ordinator works very hard to track down class leaders, persuade them to give up their time and offer their expertise for the benefit of our members. They then organise venues and create that wonderfully complicated time-table that takes up the middle of your newsletter.

Enrolment Days: Kempsey – Thursday 26 April, 10.30-12.00, at the Kempsey-Macleay RSL – note change of venue.

South West Rocks – Monday 30 April, 10.30 -12.00 at **Boronia Gardens**. If you are unable to attend an enrolment day – and you can enrol for all courses at both venues – there are several other ways to enrol which are outlined on page 2 of this newsletter. Please make sure that your payment is received before 26 April so you don't miss out on a place in popular courses.

Committee changes: Bob Birrer has resigned from the position of President and from the KMOVU3A committee thereby creating a casual vacancy which will be dealt with later. Many thanks to Bob for his participation in the committee and especially for all his work in helping to organise the market day stall. Gabi Brie is the Acting President. The names and contact details of committee members are on page 2 of this newsletter.

KMOVU3A Committee.

SPECIAL NOTE: Changed venue for Kempsey Enrolment –
Kempsey-Macleay RSL Club 1 York Lane on Thursday April 26

COMMITTEE CONTACTS 2018

ACTING PRESIDENT	Gabi Brie	6566 8319	president@kempseymacleay3a.com.au
SECRETARY	Fran Tarbox	6562 7797/0408 627 797	secretary@kempseymacleay3a.com.au
TREASURER	Chris Pateman		treasurer@kempseymacleay3a.com.au
COURSE CO-ORDINATOR	Kerry Sharp	6566 5963/0416 002 380	course_coordinator@kempseymacleay3a.com.au
MYU3A ADMINISTRATOR	Jan Shore	6562 3627 / 0408 668 441	MyU3A_Help@kempseymacleay3a.com.au
COMMITTEE MEMBER	Judy Addleton	6565 0149 / 0428 450 149	committee_member1@kempseymacleay3a.com.au
COMMITTEE MEMBER	Beth Fuller	0427 455 517	committee_member2@kempseymacleay3a.com.au
COMMITTEE MEMBER	Jenny Sproule	6562 1141 / 0429 453 753	committee_member3@kempseymacleay3a.com.au



Judy Addleton and Pauline McFerran at the Kempsey Markets' Seniors Week U3A stall on Saturday April 7.

Judy has been learning to play the ukulele for 12 months, never having played a musical instrument before, and is so impressed with teacher Pauline's skill, enthusiasm and patience.

The group has learned over 30 songs, with more every week, so there is a song for every taste – from Blue Suede Shoes to 12 Bar Blues, by way of Pokarekare Ana.

The group ranges from beginners to advanced, and the beauty of the uke is that we can all play, sing and strum together at our own level, and have fun.

HOW DO I ENROL AND PAY?

At present, there are five ways you can enrol and make your payment for the course/s you are doing:

1. Electronically using PayPal;
 2. Electronically through a direct deposit
 3. At the Credit Union;
 4. By post; or
 5. By attending the enrolment day.
1. **Electronically:** If you choose this option, you need to ensure that you have logged on to the MyU3A link <http://myu3a.net/> KempseyMacleay using the unique ID and password previously sent to you, enrol in your selected classes and make your payment using PayPal. Should you have mislaid your ID and password, please contact the MyU3A administrator directly on jan.shore@outlook.com and request they be resent to you.

2. You can also direct deposit or make a bank transfer to the following account:
BSB: 704-189 (Coastline Credit Union)
Account No.: 00008731
Account Name: Kempsey Macleay Valley U3A (or KMVU3A)
Please ensure you add your last name as an identifier so your payment can be readily identified.
If you choose this option, you will need to download and complete your enrolment form and scan it to send electronically to <http://myu3a.net/KempseyMacleay> or post it directly at the Post Office.
3. You may call in to Coastline Credit Union and **deposit your payment in person** using the above account details. Your enrolment form will need to be :-
sent by email info@kempseymacleay3a.com.au OR

posted to Kempsey Macleay U3A Inc, PO Box 3666, Kempsey NSW 2440.

4. **By post:** If you decide to send your enrolment form and payment (cheque or voucher) by post, they need to be addressed to

Kempsey Macleay U3A Inc, PO Box 3666, Kempsey NSW 2440.

Please be mindful that posted articles often take several days to arrive, so remember to post early to meet enrolment deadlines.

DO NOT SEND CASH.

5. **Enrolment Day.** The procedure is straightforward. You can take your form and the payment to the Enrolment Day, lodge the form and make the payment. ♦



KEMPSEY ENROLMENT TERM 2: Kempsey-Macleay RSL Club, 1 York Lane, Thursday April 26 – 10.30 am to 12 noon.
SWR ENROLMENT TERM 2: Boronia Gardens 10 Lawson St SWR, Monday April 30 – 10.30am to 12 noon



The \$46.5 billion-dollar key held by older Australian volunteers

Leon Della Bosca, *Your Life Matters*, 2 March 2018

If older Australians were to cease donating their time for volunteering it would leave the Government with a \$46 billion hole to fill.

The Modern Australian Communities report reveals that 53 per cent of Australians aged over 50 are involved in organised volunteering within the community.

This equates to 2.2 million seniors donating their time each week, at an average of around 411.9 hours a year (8 hours a week) which, at minimum wage, would add up to \$46.5 billion in unpaid work.

Should the rate of volunteering decline, which more than two thirds of those surveyed are concerned will happen, the economy would surely take a massive hit.

"Aussie seniors are already seeing a downward trend in volunteering, which is likely to continue over the next decade as the current generation of over-50s starts to wind back their volunteering commitments," said Australian Seniors Insurance Agency spokesperson Simon Hovell.

"Nearly a third of seniors say they're less likely to volunteer in ten years' time due to their health, mobility or availability of time."

However, volunteering also has positive benefits aside from economic concerns, and this is also reflected in the survey results, with most respondents believing it helps to keep the mind healthy, improve self-esteem and promote self worth. Around nine in 10 say it reduces loneliness and improves their mental health.

Three reasons to volunteer during retirement

Community Volunteering during your retirement can be a great way to get out and meet new people while supporting the causes you believe in, and using the skills you've spent so many years building up. There's far more to volunteering than sausage sizzles and cake stalls. Volunteering can be the perfect way to

put your talents and skills to good use – and learn some new ones along the way. Plus, there are some more surprising benefits of volunteering which you may not have thought of:

1. Volunteering makes you feel less time-poor

Studies have found that volunteering time makes people feel less time-poor than wasting time, spending it on themselves, or even having more free time. So if you volunteer your time, you'll feel like you have more of it!

2. Volunteering is good for your health

Research has also shown that volunteering leads to better health. Volunteers have greater functional ability and lower mortality rates, as well as lower rates of depression later in life than those who don't volunteer. Volunteering can combat depression by creating a solid support system and providing a sense of purpose. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety. Plus, older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities!

"US based The National Institute on Aging has reported that participating in social leisure activities and meaningful activities such as volunteering may lower the risk of health problems in seniors, including dementia."

3. Volunteering makes you happier

Researchers at the London School of Economics discovered that the more people volunteered, the happier they were. Part of the reason for this is that volunteering serves to build empathy, strengthen your social bonds and make you smile, and these factors also increase the feeling of love.

Read the report at www.seniors.com.au ♦

KMVU3A Course Etiquette Suggestions

The committee has generated a Course Etiquette Guide to ensure that course participation is pleasant for all U3A members and leaders alike.

In the interests of common respect for each other, should members of any group have any problems to address with each other, this should be done in private at an appropriate time so as to minimise any embarrassment to other group members and leader.

All courses should commence on time and participants should be courteous enough to be punctual. Any members who may have ongoing problems with being on time for a course, please talk to the course leader on enrolment day.

Members who know they will be absent for several weeks of a course might also like to talk to the course leader on Enrolment Day.

Some classes have restricted numbers and often have a waiting list of people who would like to attend, or due to the nature of some courses, prolonged absences might impede members from gaining most benefit from the course.

Members should familiarise themselves with their class leader(s)' phone number and maybe one other class member so that they can contact someone if they cannot attend a class.

All members are asked to make sure they understand the requirements of a course, both in levels of skills required

and materials needed.

With the exception of classes held at club or outdoor venues, tea and coffee are provided for classes with members of the group taking it in turns to provide the "milk and bikkies" for morning/afternoon tea.

All groups are asked to assist with the setting up, cleaning and packing up of their venue.

Any difficult class situation or behaviour deemed by a Class Leader as unacceptable or offensive, may be referred to the Management Committee for further determination. ♦

Courses Taking a Break in Term 2

Around The World – Circle of Peace – Minims Crochets Quavers – Novel Adventures

NEW/RETURNING COURSES FOR TERM 2 2018

BALANCE 'N' BONES MONDAY @ SWR

Leader: Rhona Murphy

Due to the popularity of this program, there will now be an extra class each week on Monday @ SWR. This program on DVD has been developed by U3A for mature aged participants at all levels of fitness. It includes warm up, balance, stretch, cool down and relaxation – all in 50 minutes!

BUDDHIST MEDITATION

Leader: Viryadana

Viryadana is an experienced meditator and member of the Triratna Buddhist Order. Meditation is a chance to stop the busy whirl of our daily lives and develop quiet awareness. Suitable for both beginners and experienced meditators.

In this 5 week course we will be doing two traditional Buddhist practices: one based on the breath and the other on developing positive mental states. A cushion to support your back while sitting on a chair could be helpful. If you prefer to sit on the floor, bring a yoga mat.

HISTORY OF THE DUNGHUTTI PEOPLE

Leader: Uncle Bob Mumbler

This course will cover the Background of the Dunghutti people, dating back to 10,000 years of occupation, relating to the research of the UNE.

There will be discussion on the present time and the future of the Dunghutti people.

Topics will include the education system; Local, State and National current affairs concerning Aboriginal people; the Seasons (Aboriginal compared to Anglo seasons); other issues of interest.

MAHJONG WITH A TWIST

Leaders: Gwen Norton and Ros Banner

Mahjong with a twist is back! The twist is we switch play from Western to American to Chinese. It is a fun afternoon. Hoping to see the same enthusiasm as we had before. Thursday afternoon at Tozer Street – see you there!

SCRAPBOOKING

Leader: Dianne Dunkley

Come and join this popular craft, and have fun doing it. Learn how to preserve those precious documents and photos, from simple pages to the more complex. I'd love to help you with: Photo storage and organisational products, Quick Album ideas, Photo albums (traditional slide in style or plain), simple scrapbooking, to the more elaborate pages. So for all your scrapbooking supplies and ideas come to my workshed (at the rear of my house), and join us for a fun and informative 2 hour class. ♦

COURSES FOR TERM 2 2018

BALANCE 'N' BONES

Leaders: Monday @ Kempsey – Robyn Forrest & Tien Officer;

Monday @ SWR – Rona Murphy

Wednesday @ Kempsey – Margaret Jopling;

Thursday @ SWR – Rona Murphy.

This program on DVD has been developed by U3A for mature aged participants at all levels of fitness. It includes warm up, balance, stretch, cool down and relaxation — all in 50 minutes!

(Due to limited space at Tozer St there will be a maximum of 13 participants in the class on Wednesday.)

BEADING WORKSHOPS

Leader: Judy van Raak

Tiles, Tilas, Twins, Berries and Peanuts all have something in common — they are beads and may be the star of our next project. Fun? Frustration? Probably both. The penny will drop and after several hours that special necklace will be well on the way to completion. Wear comfortable clothing and bring your lunch. Tea and coffee supplied.

Beads available for purchase on the day.

BRIDGE

Leader: Margaret Corley

Team Leader Margaret has been playing bridge for about 30 years, loves it and wants to teach others to play. She has never played at a club and has no wish to do so. Margaret is purely a social player.

CANOEING

Leaders: Kevin Prescott, John Cruickshanks, Wendy and Roger Anderson.

Canoeing will continue as an ideal pastime for mature people to enjoy the beautiful Macleay waterways in good company not only on Mondays, but with a second class on Wednesdays.

Please check with your doctor before undertaking canoeing (you can be over an hour away from medical help). You will need a canoe, buoyancy vest, paddle or paddles (depending on the boat). Unfortunately, there is no perfect canoe for all purposes, so it is best to try before you buy and get good advice before purchasing.

CARD MAKING WORKSHOP — ADVANCED

Leaders: Brenda Prescott & Elinor Dowman

This group is for the more experienced card makers. Participants must have completed at least 1 term with the Wednesday group. You will share ideas and learn new skills and techniques.

See class leaders on enrolment day for 1st week's requirements.

CARD MAKING GROUP — WEDNESDAY

Leaders: Brenda Prescott & Elinor Dowman

Course requirement list will be available on enrolment day.

Come along to our friendly card making group and learn practical skills that result in a lovely and usable product. If you have the will, Brenda will show you the way. So surprise your family and friends with a personalised and unique greeting card.

Beginners are very welcome.

COURSES FOR TERM 2 2018

CARDS, PEGS & TILES

Leader: Judy Nisbet

Each afternoon class members can decide for themselves which of our games they wish to play. So if you would like to participate and share a relaxing afternoon you will be able to decide to play Cribbage, Canasta, Samba, Bolivia, 500 or Rummy King. This often means on any afternoon each table of four players, will be playing a different game.

CRYPTIC CROSSWORDS

Leader: Vivien Doyle

Cryptic crosswords challenge your mind to think differently in order to solve clues. Push back dementia as it has been found to be successful when puzzles are solved in groups.

FRENCH — BEGINNERS

Leader: Marlene Holland

What a thrill it is to read something in another language and suddenly realise you actually understand what you have read! This class has some members who have never learned French before. Usually they find it is not as difficult as they feared. Then there are those who perhaps did the subject at school and would like to refresh their knowledge. It is recommended that they attend the beginners for one term to get "the little grey cells" (to quote Poirot) working but they can move on to the other class at any time that they feel comfortable doing so. You need to have only a reasonable dictionary as all other materials are found.

FRENCH — INTERMEDIATE

Leader: Marlene Holland

Perhaps the term *intermediate* should be upgraded for this group as they are very good at reading excerpts from the classics, writing short stories and speaking – all in French. But don't be afraid of thinking you don't know enough. You could be very pleasantly surprised. Especially as it is all mixed up with a good dose of fun.

FRIDAY FILMS

Leaders: Bob Ecclestone, Maryanne Kelly

Friday Films will continue in Term 2 2018. Class members seem to enjoy the "Class Choice" format introduced in Term 2 last year. We have been watching a few lesser known movies in Term 1 as well as some perennials. We encourage suggestions for both themes and titles and we are managing to maintain an eclectic mix of both, so come along to Tozer Street on Friday afternoon at 12.30pm and join us for a cuppa and discussion after the movie.

FUN AND GAMES @ RSL

Leader: Jacky Booth

We are continuing to play the Canasta derivative Bolivia but looking to boost the fun factor by progressing to the next level: Hand and Foot. Involving two hands of cards each this sounds complicated but can be mastered by any experienced player with relative ease and provides much enjoyment for all concerned. As one of our players commented, "I love Wednesday afternoons, we laugh a lot!". If you'd like to participate in an activity that sends you home with a smile on your face - give this one some thought.

MACLEAY MEANDERS

Leaders: Bruce Cumming, Margaret Jopling

Can you think of a more pleasant way to spend Friday mornings than being part of a happy, friendly, fitness-conscious group walking around the beautiful Macleay Valley?

We explore coastal areas, country roads and forest trails and usually have a surprise walk during the term.

Members are welcome to bring their dog, provided the walk is outside National Park restrictions.

We send an email each Tuesday giving details of that week's walk so members can decide whether to participate.

Term 2 will offer new routes as well as old favourites and everyone is welcome regardless of their fitness level.

MAHJONG

NB. Mahjong is held on Tuesday in South West Rocks, Wednesday in Kempsey.

Due to its popularity, class numbers are limited.

See Course timetable for individual group limits.

MAHJONG @ SOUTH WEST ROCKS

Leaders: Jim and Margaret Harris-Walker

Now in its 9th year, Mahjong has become very popular in South West Rocks with players learning Western, Chinese and variations on the game. Continuing players only in Term 2. Margaret and Jim look forward to another term of fun, friendship and entertainment.

MAHJONG @ WEST KEMPSEY

Leader: Margaret Emerson

This ancient Chinese tile game continues into its 15th year with KMVU3A. Over those years many wonderful friendships formed and there is great caring, tolerance and acceptance in our members.

As we grow 'a little less young' it is important wherever possible to stay active, both physically and in the field of learning. Mahjong is a wonderful fun way to exercise the brain and meet new friends.

In terms 1 and 3 we will be accepting beginners to our course. The game may seem complicated at first, but beginners remain with a tutor until they feel confident to play with more experienced players.

MACLEAY SOCIAL GARDENERS

Leaders: Mary Sweeney & David Wood

If you have a balcony, patio, small town garden or acreage then this course is for you. Whatever your garden interests are: Fruit trees, vegie patch or just pottering in the garden, you are welcome to come along and share your gardening experiences with like-minded, friendly people.

We have guest demonstrators and garden/nursery visits during the term. We have a trading table at each meeting to share cuttings, plants, excess vegies/fruits, etc.

For Garden and Nursery trips please bring a chair, suitable walking shoes and a hat. Remember to bring a mug to each meeting.

Come along and be inspired to exercise your green fingers!

SOCIAL CROQUET @ SMITHTOWN

Class Leader: Lyn Gleeson

Croquet is a game for two or four players. Men and women can play with or against each other – no special strength or skills are required.

The Smithtown Croquet Club has practice mallets available for new players to use and all balls are supplied.

No special clothing is needed – just loose comfy shirt and pants and flat shoes, and of course a hat and sunscreen. Tea and coffee are available. Bring your lunch or visit the takeaway in Smithtown or the bakery across the river in Gladstone.

If you enjoy chess or snooker – you will LOVE croquet!

COURSES FOR TERM 2 2018

SPANISH

Leaders: Richard Mackay

Continuing classes for students who have started Spanish language study. The textbook *ELE Actual* is used as well as other audio resources. A knowledge of Spanish pronunciation is required. Students who have learnt Spanish elsewhere are very welcome.

TABLE TENNIS WEDNESDAY @ RSL BOWLO

Leaders: Steve Tarbox and Shirley Mayhew

The Kempsey-Macleay RSL Bowling Club is a good venue and all equipment can be supplied. Non slip sports footwear is recommended. Qualified coaching is provided. Friendly games of singles or doubles are played.

So, why play table tennis?

- Gentle on your body, yet you will have a good workout.
- You will improve your mobility and reflexes
- There is plenty of thinking and strategy development
- But – most of all – it is fun!

TUESDAY TAPPERS

Leader: Gloria Markovina

For fun, laughter and good company come to Sherwood Hall Tuesday 9 to 11am. No experience necessary, just a love to dance. Fitness is a bonus. Please wear comfortable clothes and don't forget your water.

UKULELE FOR BEGINNERS @ SWR

Leaders: Pauline McFerran, Dereck Smith, Margaret White

I first picked up a ukulele when I was 2 years old, playing tunes at 4 years old, so I have played the ukulele and guitar for a long, long, time (no mention of age!)

You can become part of the South West Rocks Ukulele Sing-along – a happy, fun loving group – where you will learn about your instrument and how to care for it, to play basic chords, to strum, to tune, how to read and play music and singalong whilst you play! If I can sing a tune you can too...

I will have you playing simple tunes in a short time. You say impossible – nothing is impossible!

You will need a ukulele, a music stand and a tuner. These can be bought at The Music Zoo, online or at other music stores.

Further details on enrolment day or contact Pauline – 6566 7632 or 0447 282 573

Happy Strumming!

YOGA

Leader: Maree Taylor

This is a gentle yoga class via a DVD. A yoga mat or similar will be required; a cushion and small blanket may also be helpful. Wear comfortable, loose clothing.

Come along and give it a go. ♦

CLASS REVIEWS FROM PARTICIPANTS...

FRENCH

Marlene's Intermediate French class has been a wonderful challenge in every way – reading, writing, speaking (and hearing!); plenty of laughter too!

Marlene, herself, planned and presented work aimed at taking us further than the basics for traveling, by asking us to untangle tricky stories written by well known French writers. Lots of fun!

Next term the class is hoping to write a book with animals as characters. It's a friendly class really worth joining.

Lorna Jennaway

BRIDGING THE GAP

Thank you U3A and our guru Margaret. Learning to play bridge hasn't been anything but pleasurable... the teacher is patient and wonderful, the atmosphere is friendly and the game challenges.



What more could a new chum like me ask?

Lynette Jacka.

THE GLORY OF GARDENING

You don't need 'green fingers' to join the Social Gardeners. And it doesn't matter if your backyard space is a small verandah filled with cracked pots or an acreage where you have to fight the weeds to walk across.

Anyone and everyone is welcome. We are a friendly, laid back group of Macleay Valley folk who enjoy sharing our creative ideas, plant cuttings and home grown remedies with each other in a non-competitive fashion. Each term includes talks from local experts and regular visits to nearby nurseries and home gardens. Just byo cup for afternoon tea and a bucket load of enthusiasm... You won't go away empty-handed!

'The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the

body, but the soul' — Alfred Austin, 19th century English poet.

Debra Holland

CROTCHETS (NOT CROCHET), MINIMS AND QUAVERS

I have just finished this U3A course with Christine Wells. What a good and enjoyable use of my time. It was straightforward, informative and fun!

Christine was wonderful — such a good, patient musician and teacher.

I'm not sure that any of us are up to sight-reading standard yet...I still have to do my "every, good, boy, deserves, fruit" etc.... but I really feel I learnt a lot and look forward to doing more later in the year.

A big tick of appreciation from me (although my crocheting is still hopeless!!)

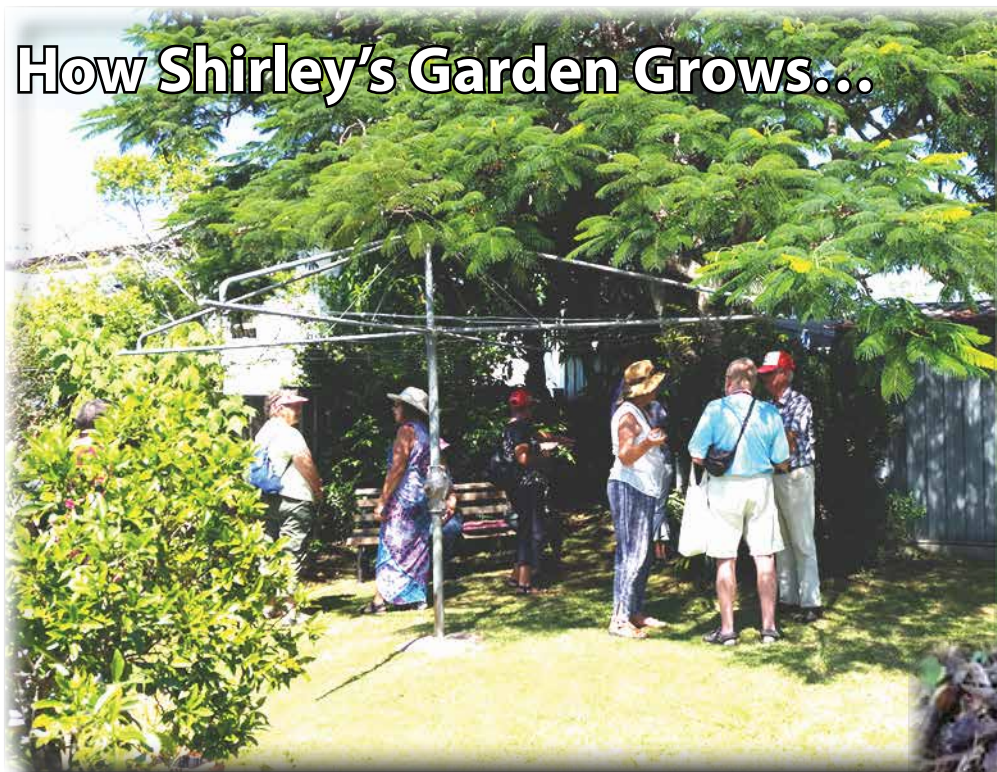
Elisabeth Evill



How's that! — There are now four opportunities for you to join a Balance 'n Bones course with U3A.

**Please submit your postal or electronic
Enrolment info by Thursday April 26**

How Shirley's Garden Grows...



Clockwise from above: The Gardening Group deep in conversation under the Poinciana tree in Shirley Mayhew's garden recently.

*Beautiful hibiscus in Shirley's garden;
and glowing gerberas*

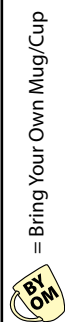


Lost Meanderers Bruce Norton, Lee Hoinville and Bruce Cumming.



June Barnes, Marg Jopling and Mariette Maclurcan having Fun at French...

KMV U3A TERM 2 2018 TIMETABLE



DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Monday 9am to 10am	Balance 'n' Bones – Monday @ Kempsey	Robyn Forrest 6562-7180 Tien Officer 6599-2037	May 7	Anglican Youth Centre, 25 Marsh St, West Kempsey	Everyone Welcome Maximum 15	\$5
Monday 9.30am to 10.30am	Balance 'n' Bones – Monday @ SWR	Rona Murphy 0417-668-489	May 7	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 15	\$5
Monday 8.30am to 12 noon	Canoeing	Kevin Prescott 6566-0468 John Cruickshanks 6562-4486	May 7	Eden Street Boat Ramp and other venues	Restricted Maximum 20	\$5
Monday 11am to 12 noon	Yoga	Maree Taylor 0428-317-121	May 7	Anglican Youth Centre 25 Marsh St West Kempsey	Everyone Welcome	\$5
Monday 1pm to 3pm	Spanish	Richard Mackay 6562-7174	May 7	Uniting Church Hall, Wide St, West Kempsey	Everyone Welcome Prior Knowledge Necessary	\$5
Monday 1pm to 4pm	Cards, Pegs, Tiles	Judy Nisbet 0449-876-173	May 7	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Tuesday 9am to 11am	Tuesday Tappers	Gloria Markovina 6561-7340	May 8	Sherwood Hall	Everyone Welcome Maximum 16	\$5
Tuesday 9.30am to 12.30pm	Mahjong @ SWR	Jim/Margaret Harris- Walker 6566-7434	May 8	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 30	\$5
Tuesday 10am to 12 noon	Scrapbooking	Dianne Dunkley 0428-550-012	May 8	95/38-98 Gordon Young Drive, SWR	Everyone Welcome	\$5 + materials
Tuesday 10am to 3pm	Card Making Workshop – Advanced	Brenda Prescott 6566-0468 Elinor Dowman 0437-628-165	May 8	46a Tozer Street West Kempsey	Min. 4 – Max. 12 No Mail Bookings	\$5
Tuesday 10.30am to 12.30pm	French – Intermediate	Marlene Holland 6566-8702	May 8	4 Bede Lawrence Close Frederickton	Prior Knowledge Necessary Maximum 10	\$5
Tuesday 1pm to 4pm	Mahjong @ SWR – Experienced	Margaret Harris- Walker 6566-7434	May 8	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 30	\$5
Tuesday 1.30pm to 4.30pm	Bridge	Margaret Corley 6562-4330	May 8	All Saints Catholic Parish Hall cnr Kemp & Marsh Streets West Kempsey	New & Continuing Players	\$5

KMV U3A TERM 2 2018 TIMETABLE



= Bring Your Own Mug/Cup

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Tuesday 2pm to 4pm	French – Beginners	Marlene Holland 6566-8702	May 8	4 Bede Lawrence Close Frederickton	Everyone Welcome Maximum 10	\$5
Wednesday 9am to 10am	Balance 'n' Bones – Wednesday @ Kempsey	Marg Jopling 6562-6044	May 9	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Wednesday 9am to 12 noon	Canoeing	Roger & Wendy Anderson 6567-4204	May 9	Eden Street boat ramp and other venues	Restricted Maximum 20	\$5
Wednesday 9.15am to 12.30pm	Mahjong @ West Kempsey	Margaret Emerson 6566-8273	May 9	Uniting Church Hall, Wide St West Kempsey	Continuing Players Maximum 28	\$5
Wednesday 10am to 3.30pm	Card Making – Wednesday	Brenda Prescott 6566-0468 Elinor Dowman 0437-628-165	May 9	All Saints Catholic Church Meeting Room Kemp & Marsh Streets, West Kempsey	Min. 5 – Max. 12 (No Mail Bookings)	\$5
Wednesday 10.15am to 11.45am	History of the Dunghutti People	Uncle Bob Mumbler 0448-100-263	May 9	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Wednesday 10.30am to 12 noon (5 weeks)	Buddhist Meditation	Viriyadana 6567-1416	May 16 to June 13	Masonic Hall, Tozer Street, West Kempsey	Everyone Welcome	\$5
Wednesday 10.30am to 2.30pm	Social Croquet @ Smithtown	Lyn Gleeson 6562-6707	May 9	Smithtown RSL Memorial Bowling Club	Everyone Welcome	\$5 + \$11 club m'ship + \$5 wk game fees
Wednesday 1.15pm to 4.30pm	Fun and Games @ RSL	Jacky Booth 6567-4511	May 9	Kempsey-Macleay RSL Club	Everyone Welcome Maximum 24	\$5 + club m'ship
Wednesday 1.30pm to 3.30pm	Table Tennis Wed. @ RSL Bowlo	Steve Tarbox 6562-7797 Shirley Mayhew 6562-7134	May 9	Kempsey-Macleay RSL Bowling Club 13 Austral St Kempsey	Everyone Welcome	\$5 + club m'ship
Thursday 9.30am to 10.30am	Balance 'n' Bones – Thursday @ SWR	Rona Murphy 0417-668-489 Isobel Hennessy 6566-7878	May 10	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 15	\$5
Thursday 9.30am to 12 noon	Cryptic Crosswords	Vivien Doyle 0400-372-749	May 10	46a Tozer Street, West Kempsey	Everyone Welcome	\$5

KMV U3A TERM 2 2018 TIMETABLE

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Thursday 10.45am to 12.15pm	Ukulele@ SWR	Pauline McFerran 6566-7632 Derek Smith 0412-906-025 Margaret White 6566-6027	May 10	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 30	\$5
Thursday 1pm to 3pm	Macleay Social Gardeners	Mary Sweeney 6566 9348 David Wood 0429-317-199	May 10	Masonic Hall, Tozer Street West Kempsey	Everyone Welcome Maximum 45-50	\$5
Thursday 1pm to 4.00pm	Mahjong With A Twist	Gwen Norton 0418-633-903 Ros Banner 0421-325-653	May 10	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Friday 8.30am to 12 noon	Macleay Meanders	Margaret Jopling 6562-6044 Bruce Cumming 6566-8286	May 11	Car Park behind Caltex, Verge Lane, Kempsey	Everyone Welcome	\$5
Friday 12.30pm to 4pm	Friday Films	Bob Ecclestone 0419 414 412 Maryanne Kelly 0407-222-591	May 11	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Saturday 10am to 4pm (2 weeks)	Beading Workshops	Judy van Raak 6562-2684	May 12 & June 9	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 10	\$5



= Bring Your Own Mug/Cup

Living Well in Later Life

The NSW Mental Health Commission has released a publication as part of the Commission's Living Well in Later Life project. (pub. July 2017) and includes a case study. "Learning in the Third Age" which describes the "unique" contribution that U3A makes to the physical and mental wellbeing of older Australians, offering a range of activities in a friendly supportive environment while encouraging social interaction and enabling the formation of new friendships.

The article cites a 2009 study of 975 members of U3A undertaken by the University of Sydney's Faculty of Health Sciences which concluded that, on the basis of eight health criteria, members of U3A "had a better-than-average general, physical and mental health, and that membership pf U3A can, even in the very elderly, assist in conferring a much more positive perception of well-being."

A copy of the publication called 'Living Well In Later Life- The Case for Change can be found at https://nswmentalhealthcommission.com.au/sites/default/files/documents/living_well_in_later_life_the_case_for_change.pdf.

Why Join U3A?

An active social, mental and physical life is essential as we grow older – Keeping the brain working, especially with activities that involve new learning, is particularly advantageous.

All this and more are at U3A.

See you at Enrolment Day!



MID YEAR

LUNCHEON

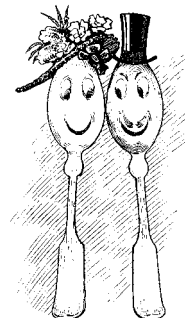


*Come and Celebrate
15 Years of U3A!*

At the...

Kempsey-Macleay RSL

1 York Lane



Wednesday, 4th July 2018

12 noon for 12.30pm – \$33 per head

- Menu:**
- Main
 - Chicken masala with green beans and potato bake
 - Barramundi fillet in filo pastry with cheese sauce and cauliflower puree.
 - Alternate drop
 - Dessert
 - Butterscotch bread and butter pudding
 - Tiramisu with strawberries Romanov Alternate drop.
 - Bread roll, tea and coffee.

RSVP: Wednesday 27th June, 2018

Special Dietary Requirements by Wednesday 20th June



KMVU3A LUNCHEON ACCEPTANCE FORM

NAME:

ADDRESS:

NUMBER ATTENDING: I NEED TRANSPORT YES/NO

AMOUNT ENCLOSED: \$ CHEQUE/MONEY ORDER/CASH/BANK TRANSFER

SPECIAL DIETARY REQUIREMENTS:

SIGNATURE: PHONE:

**POST TO: The Events Co-ordinator, Kempsey-Macleay Valley U3A
PO Box 3666, West Kempsey 2440**



The U3A Herald

APRIL 2018

If undelivered please return to
KEMPSEY-MACLEAY VALLEY U3A
PO BOX 3666 WEST KEMPSEY 2440

TERM 2 ENROLMENT DAYS:

Kempsey-Macleay RSL Club, 1 York Lane, Thursday April 26 – 10.30 am to 12 noon.

Boronia Gardens 10 Lawson St SWR, Monday April 30 – 10.30am to 12 noon

Please submit your Postal or Electronic Enrolment before Thursday April 26

Classes Start on Monday May 7

ON-LINE ENROLMENT IS NOW AVAILABLE!

See KMOVU3A Website for full details. Follow the prompts!

Change of Details

If any of your details have changed, please fill out the following and bring it to enrolment or post it to:

MEMBERSHIP SECRETARY
KEMPSEY-MACLEAY VALLEY U3A PO BOX 3666, WEST KEMPSEY 2440

NAME

ADDRESS

POSTAL ADDRESS

E-MAIL ADDRESS

PHONE MOBILE PHONE

SIGNATURE