



Paddy O'Donoghue Centre  
Buckley St, Noble Park  
Phone: 9546 2997  
Email: [Enquiry@dandenongu3a.org.au](mailto:Enquiry@dandenongu3a.org.au)



## FROM THE PRESIDENT

Hello U3A members,

It has been great to get back to face to face courses this semester and have the restrictions eased.

We also enjoyed being able to get together for our AGM in person, enjoy each other's company over lunch and be entertained by the Effective Communication group at the Sandown Park hotel. Thank you to all the committee who worked hard to organize this event and to all the members who attended.

We welcomed a new member, Angela, to the committee and she has very kindly agreed to put together this newsletter and to try a new format. The Newsletter will be issued 4 times a year instead of 2 and each Newsletter will have only one or two different categories of activities. The category for this Newsletter is Exercise.

For October, we advertised some of our courses in the Seniors Festival booklet and online. From this, we welcomed some visitors to our courses. Hopefully they enjoyed the experience and will join U3A Dandenong. This is the first time we have tried this method for increasing our membership and have gained some learnings from this and are planning to participate again next year. Thank you to all the Tutors/Course coordinators and members of the courses that volunteered to accept visitors and for making them feel welcome.

Also, in October I attended the U3A Network conference hosted by U3A Bendigo. It was great to meet up with members from other U3A's and find out a bit about how they work and what their issues are and it was reassuring to find that we all had similar but different experiences.

We are participating in the Dandenong Show on 12<sup>th</sup> & 13<sup>th</sup> November as a new way of promoting U3A Dandenong. By the time you are reading this the event is most likely over and hopefully went well. Thank you to those that helped. Again, learning from how successful this was in promoting U3A Dandenong will be reviewed to determine what we could do better next year and if it was worthwhile.

Since we are able to get together, we have decided to have an in-person enrollment day for those who prefer to pay their membership fees and enroll in person. This will be on Wednesday 23 November at Latham Crescent – details in the Class Notice – November.

Thank you to the committee, Tutors and Course Coordinators and all the other members who provided additional assistance to keep U3A Dandenong activities happening for all your hard work – It is much appreciated.

**Jeanette Keane**  
**President U3A Dandenong**

## FROM THE EDITOR

Something I noticed about Senior's month visitors and is relevant for new members at the start of the year. - I think we underestimate the courage that is needed to walk into a room or group of strangers and if that group, unwittingly, ignores the new member, there is every reason not to turn up again. Please take the time to make yourself known and get to know any newcomers. After all, that's where friendships start. When a new member turns up in your class, I would like to think that the tutor and the other class members make that person feel welcome.

**Angela Enache**

**Newsletter Editor**

## FROM THE PROGRAM COORDINATOR

I do enjoy putting programs together and coordinating them, but there are many other jobs within, namely some Public Relations in the absence of a publicity person on committee. We need to be recognised in the community. Word of mouth is a great way to do this but we need the events to be seen.

One of the jobs to do this semester has been to coordinate the Dandenong Show Expo stall. This job has been made very difficult due to the reluctance of members to volunteer a few hours to help. Our committee is very small and we cannot do it all, we also do it for all the members, thus a few hours of people's time to help would be appreciated. Mainly as the ones who have volunteered are the same people time and again. Having said that I do appreciate that we have many members who have done a lot in the past, and are no longer able to help, but we have a lot of younger members who are more able and not availing themselves to assist when asked.

The majority of our members are between 70 and 75 next is 65-70 which is still young enough in my thoughts. It seems a lot of people are all take and do not give. As a voluntary organization, without volunteers we cannot exist, none of us receive any payment and all volunteer. Those who are guilty of this please consider this when you attend your next class and take it for granted, or receive a request and ignore it. Ok I have had my rant.

A big thank you to all who have made themselves available and a special thank you to all the Tutors who will be suitably thanked at the Tutor's luncheon at the end of the month.

**Raelene Curtis**

**Program Coordinator**

## FROM THE OFFICE MANAGER

### Office Volunteers Needed

We are seeking extra volunteers to work in our U3A office. This is a great way for you to contribute to your U3A, which is dependent on volunteers to operate successfully. Office volunteers usually work a 2–3-hour shift once a week over a Semester. Familiarity with personal computers is an advantage, as is a clear speaking voice for communicating with members, both on the phone and at the office. Both males and females are most welcome. All necessary training will be provided. Phone Alan Beale on 0407 097 347 if you can help.

### Visiting the Office

The Dandenong U3A office is located at the Paddy O'Donoghue Centre (POD), 18 Buckley St, Noble Park. There is a free public car park behind the Centre at 3 Frank Street, Noble Park.

The Paddy O'Donoghue Centre (POD) is operated by the City of Greater Dandenong Council and is closed to the general public. This means that if you wish to visit us at the Dandenong U3A office you need to call us when you arrive at the front door to gain access.

### The Office – Services

At the Dandenong U3A Office we provide the following services :

- Responding to Enquiries regarding DU3A activities and operations
- Updating Membership Details
- Processing Payments
- Creating Membership Badges
- Photocopying of Course Material
- Processing of Class Attendance Documents
- Receiving Class Absence Notifications
- Making Available Hard Copies of Promotional Material and Course Timetables

### Office Volunteers - A Vote of Thanks

Once again, I would like to acknowledge the invaluable assistance of our hard-working office volunteers: Evelyn Beaucasin and Claudia Cespedes. Both are very conscientious, reliable, efficient and effective.

### Name Tags

Please ensure you have the current Name Tag. You can identify the latest format Nametag by the absence of a date. In the office we are holding quite a few Name Tags which have not been distributed to members. You can call us to make arrangements to pick up your Nametag.

### Emergency Contact Details

We don't hold Emergency Contact details for some of our members. We encourage members to log in and ensure these details are correct and up-to-date. It is very important that this information be readily available to the tutor or office in case of emergency. Please contact the office if you need assistance with this.

### Absences

A reminder that it is courteous to advise of absences from classes. We have several ways this can be done:

- If you know in advance that you will be away you can tell the person responsible for the class roll (usually your tutor) that you will be away for the next class and then they can mark it on the roll.
- You can log into UMAS, select the "My Absences" menu option and send a notification to the tutor.
- If your tutor has given you their contact details you can notify them directly.
- Alternatively, you can phone your absence into the office or email to [admin@dandenongu3a.org.au](mailto:admin@dandenongu3a.org.au). The office will then notify the tutor.

### Class Withdrawals

If you decide that you no longer wish to participate in a class, please contact us so we can arrange for the system to be updated to reflect this.

Alan Beale  
Office Manager

## The category for this Newsletter is Exercise

Monday 09-10 Exercise and  
10.30- 11.30 Tai Chi



This semester both classes started with good numbers of new and previous members. We actually have people on the waiting list on both classes but they were able to join us several weeks later. The weekly attendance fluctuates especially when members start using their credits on canceled holiday trips during COVID.

Nevertheless, we enjoy every Monday as it comes. Tried to focus on benefits we get from both classes. None of us are getting anymore younger but we are still managing to meet our objectives from doing the exercises and the slow, peaceful movements of Tai Chi plus Qigong: to improve our cardiovascular fitness, strength, balance, flexibility and joints mobility. Sometimes movements are easier sometimes more challenging.

Thank you to all my students for their effort in getting up and finding the motivation to attend the classes.

Looking forward to enjoying our summer break. Do not forget to keep safe and fit!

Lolita Briones



Hiking - First Tuesday of each month

Since the middle of this year our group has remained close to home with some adventures locally. We also seem to be very blessed with the weather each month even during the winter, with mostly sunny days.

Our lovely group of people adventured to Jells Park and Blind Creek trail in July; Wilson Botanic Park Berwick in August; Edithvale Wetlands in September and our Seniors festival hike at Lysterfield Park in October. Our hikes average 10km but are not a real challenge for any of us as the longer hikes are usually flatter.

Whilst we have 11 members on our list, we average about 7 members at each hike and could have more.

Our Seniors hike, what a great success this was! It saw us with more visitors than members (was to be 13 but last-minute cancellations made 10) all very keen and able; and 7 of us, totaling 17 hikers. Again, the sun shone on us and we achieved a longer distance than first thought, but with our chatter no one noticed the extra kms completing 11.5 kms on the day. It was a very popular activity listed for Senior's month and I was turning people away. Most of the visitors are very keen to join up next year. The proof will

be in the pudding. Everyone mixed well and chatter was happening everywhere. Enroll as soon as possible to avoid disappointment!

Our thoughts are that if there is someone out there who is able to lead hikes maybe we can introduce a second group if we get more people to sign up for hiking. Maybe on a different day of the week doing the same hike so there is less preparation for the leaders who can work together. If this sounds like something that interests you, please contact me and chat.

We were planning to finish the year on Puffing Billy and a short hike at Lakeside. But due to unforeseen circumstances this will have to be a celebration of the new year ahead instead. So, if you enjoy the great outdoors and a good walk come and join us on the first Tuesday of each month.

Some of next year's thoughts are: Birdsland Reserve, Belgrave Heights.; Hastings foreshore; Arthurs Seat State Park; Langwarrin Flora and Fauna Reserve; Clematis to Emerald; Cardinia Reservoir. We are always open to any hike that members may suggest.

I just love the opportunity to be able to go hiking with a group of like-minded people.

**Raelene Curtis**  
**Hike Leader**



**Wednesday 10 -12**

Line dancing has proven to be a perfect exercise for those who need to work on their coordination and balance. The quick movements are good for increasing brain memory and heart health. With any weight bearing exercise your bones get a good work out and help increase your bone density.

There are many benefits: it's the best fun, you will make new friends, you don't need a partner, you will enjoy the exercise, it is a feel-good factor, improves your memory, relieves stress, sense of achievement and , most important, it is easy to learn with your patient teacher!

It is a fact that dancers became really engaged with lane dancing in a very short time. Often they join more than one class. With so many benefits, come and join our friendly class on your own or bring a friend.

We look forward to seeing and welcoming you.

**Lorraine Bishop**



**Walking - Wednesday**  
**9 - 12**

We meet Wednesday at 8.30 in the car park off Corrigan Rd near Lightwood Rd. We walk and talk as we walk around Ross Reserve running track until 9.30 or so. Then, go to Noble Park RSL for coffee and tell all stories. It's a walk at your pace and time so would love to see you. 😊 😊

**David Pateman**  
**Group Leader**



**Easy rider cycling -  
Wednesday 8.30 - 12  
Cycling  
Friday 8.30 - 12.30**

### **Easy rider cycling**

The past few months have seen participant numbers drop off. Some like to take a winter sojourn, usually heading north. This includes myself and partner Ross. With the lifting of Covid restrictions, others have decided to do some overseas travel.

The La Nina weather event is really putting a damper on the number of cycling days lately! Several bike paths have minor flooding and others are unpassable. Unlike some motorists though, we have not lost any members in the floods!

Three people have opted to have worn out body parts attended to / replaced so they can continue cycling well into their old age. This is quite a change from hearing about bicycle components needing replacing.

Magpie attacks have been almost non-existent. Is the weather affecting them also or is it because we haven't been cycling as much?

Thanks go to Craig and Margot for leading the group while I was away.

We look forward to some good weather and anticipate cycling during the holiday breaks. New members are most welcome, this includes e-bike users. Advice and assistance gladly given.

**Marge Angelucci**  
**Group Leader**

### **Cycling**

Activity of the Friday riding group has continued through a fairly dreary winter. The number of riders has been lower than usual since some members escaped to warmer climes for extended periods. As usual, the rides have mostly started at Tirhatuan Park in North Dandenong.

Earlier in the year some rides were undertaken further afield requiring a car drive to the start including the popular Warbuton rail trail ride and an all-day expedition starting at Sorrento, catching the ferry to Queenscliff and then riding to Drysdale for lunch.

However as the weather turned colder, the difficulty of predicting Melbourne's capricious weather from the weather radar made planning extended outings less viable, so rides invariably started from Tirhatuan Park. Nevertheless, during these rides we managed to find a couple of new cafes to visit for the mid-ride coffee break!

New members are of course always welcome and of recent times we have welcomed Felix and Louis to the group. Although the Friday rides are meant to be more challenging in terms of distance and speed and include a few moderate hills, the increasing popularity of electric bikes makes the rides accessible to virtually anyone.

**Craig Gliddon**

Group Leader

## Exercise - Thursday 9.30 - 10.30



All participants in the Thursday exercise class have made great progress this year in stamina and strength. I am constantly amazed at how hard everyone works. Just a small reminder to all participants not to overdo things and work within your own ability.

Don't forget, none of us bend and stretch as easily as when we were younger! However, as we can see over the past year, all participants have improved so much and it's all due to your hard work and consistency in coming to the classes, with everyone willing to have a go at most things.

There is however one thing that I want to push harder on and that is floor exercise. I know some of us are afraid to get on the floor because they have great difficulty in getting up again. That is nothing to be embarrassed about and we are all willing to help each other to get back up. The whole idea behind these floor exercises is to help us in getting stronger so that we can eventually get up on our own again. It will be hard but it will be worth it in the end. The more you practice the easier it will become.

Just remember the tremendous progress everyone has made so far. Tummies are stronger, legs are stronger, backs are stronger, arms are stronger and endurance has quadrupled.

Excellent work everyone! Let's do it again next year. Have a wonderful Christmas and do a little bit of exercise every day over the Christmas break.

Rikki Davies

***On behalf of our committee and our Tutors I wish you all a safe and happy Christmas and New Year break!***

***Jeanette Keane***





**Semester dates**

**Semester 1** - 06/02/2023 – 23/06/2023

**Semester 2** – 24/07/2023 – 24/11/2023

**Contact Information**

**Telephone:** 03 9546 2997

**Web:** <http://www.dandenongu3a.org.au>

**Facebook:** Facebook.com/u3adandenonginc/

**Office Hours:**

**Monday:** 12pm - 2pm

**Tuesday & Wednesday:** CLOSED

**Thursday:** 9.30am - 3pm

**Friday:** 9.30am - 11.30am

**Committee Contacts:**

Name	Position	email
Key Roles		
Jeanette Keane	President	president@dandenongu3a.org.au
	Membership	membership@dandenongu3a.org.au
	Health & Safety	healthandsafety@dandenongu3a.org.au
	Secretary	secretary@dandenongu3a.org.au
Claudia Cespedes	Treasurer	treasurer@dandenongu3a.org.au
Raelene Curtis	Program	program@dandenongu3a.org.au
David Nassau	Webmaster	webmaster@dandenongu3a.org.au
Alan Beale	Office Manager	admin@dandenongu3a.org.au
Support roles		
Margot Schuhmacher	Grants & Sponsorship	funding@dandenongu3a.org.au
Angela Enache	Newsletter	news@dandenongu3a.org.au
Dorothea Kassell	Social	social@dandenongu3a.org.au

# U3A Dandenong Inc. Time Table 2023 - Semester 1 06/02/2023 - 23/06/2023

This Timetable is a draft.  
Please check the website  
for current information.

Day	TIME IN	TIME OUT	SUBJECT	Room	Venue	VENUES	
						Code	Venue
	9:00	10:00	Exercise Class		LCC		
Monday	9:30	11:15	Genealogy	Dream	GPNS	POD	Paddy O'Donahue 18 Buckley St, Noble Park
	10:30	11:30	Tai Chi / Qigong	Hall	POD		
	10:15	12:00	Historical Battles		LCC	LCC	Latham Cres.
					On line		Latham Cres. Dandenong North
	12:00	1:45	Italian Language	16	POD		
	12:15	2:00	History of the Ancient Worlds		LCC	GPNS	Gloria Pyke Netball Stadium Greaves Reserve, Bennett St, Dandenong West
	2:15	4:00	Australian History		LCC	NPCC	Noble Park Community Center Memorial Dve, Noble Park
Tuesday	9:30	11:30	Current Affairs	Dream	GPNS	Ross	Ross Reserve Memorial Dve, Noble Park
					On line		
	10:00	11:45	Spanish Language		LCC	TIR	Tirhatuan Park Kriegal Way, Dandenong North
	10:00	2:00	Hiking 1st Tues- monthly		Various		
	1:00	3:00	Behavioural Science		LCC	BR	Blue Bridge Dandenong Park
	10:30	12:30	Mahjong	meeting	GPNS	On line	On line classes via Zoom
2:00	4:00	Scrabble	meeting	GPNS	EHL	Endeavour Hills Library 10 Raymond MEMORIAL BLVD, Endeavour Hills	
Wednesday	8:30	12:00	Easy Rider Cycling		BR		
	9:00	11:00	Walking		ROSS		
	10:00	12:00	Drawing/Painting		LCC		
	10:00	12:00	Line Dancing	Hall	POD		
	1:30	3:30	Effective Communication		LCC		
Thursday	9:30	10:15	Exercise Class	courts	GPNS		
	9:30	11:30	Gardening		NPCC		
	9:30	11:30	Philosophy	dream	GPNS		
	10:00	12:00	Photography / Photoshop	3	POD		
	12:30	2:30	Knitting & Crochet	dream	GPNS		
	1:00	0:00	Book Club/ 2nd Thursday - mthly		EHL		
	1:00	3:00	Rummikub	4	POD		
Friday	8:30	12:00	Cycling		TIR		
	10:00	12:00	Spanish Beginners Conversation	dream	GPNS		
	10:00	12:00	Singing Group	4	POD		
	12:30	2:00	Karaoke	4	POD		
	2:00	4:00	Parchment / Paper Craft	dream	GPNS		

**There may be courses added before the start of semester. if successful in sourcing volunteer Tutors/ Course Coordinators Computer course - date and time to be confirmed. Powerpoint course only happening second semester.**



## Photo page



**To the right or to the left?**



**Line dancing in full swing**



**Line Dancing class celebrated Lorraine's birthday at the Sandown Park Hotel.**



**Tai Chi is about coordination and ...**



**...challenge. Well done ladies!**