



Paddy O'Donoghue Centre
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FROM THE PRESIDENT

Again, we have had a busy start to the year with many changes to the timetable with some Tutors/ Course Coordinators stepping down from the role or taking an extended break.

New Courses are "Sharing Memorabilia", "Social studies" "Meditation and Positive Thinking", "Walk our Local Parks" and "Italian conversation" (starting on Monday after Anzac with a new tutor). There has also been a change in coordinator for the "Papercraft" group.

The Tutors/Course coordinators who have stepped down from the role have all provided excellent activities over the years and their efforts are much appreciated by the members who have attended their courses. It is also much appreciated that we have members willing to have a go at leading a course to keep a good variety of activities on offer to our members.

This year U3A Dandenong inc. is celebrating 30 years! To celebrate we will be having an EXPO on Friday 18th October. October was chosen so that we can have the EXPO as part of Seniors month, so members of the public can see what activities we do. More details will be announced closer to the event. It is hoped most courses will have members volunteer to either demonstrate their activities as a performance or an opportunity for others to join in, or have a stall to display items they have created, whichever is most suitable to promote their course. It is a great opportunity for members to see how fun other courses can be. Our AGM will be held on this day after the EXPO.

As part of our fundraising efforts, we will be having some more Bunnings sausage sizzles and hope that members will continue to volunteer to make these successful fundraising events. The next Bunnings sausage sizzle has been booked for 4th May – we will be seeking volunteers to help out on the day, so please keep the day free if you can and watch for our call for volunteers to help on the day.

We are planning to hold another "Resuscitate a Mate Session" in July, and are awaiting confirmation from Life Saving Victoria. This event was very well received in June last year, and it's a First Aid awareness session and so it is a good idea to have an annual refresher. More information will come when we receive confirmation from Life Saving Victoria.

Our webpage is undergoing a refresh, with updates to navigation and information. This is a work in progress, so next time you go to the web page see if you can spot the changes. At this stage most are quite subtle.

Reminder on mobile phone etiquette while participating in courses. Please have phones on silent and refrain from using your phone as you are at a U3A activity to have face to face interactions with other members. If you must take a call, please excuse yourself and leave the room. Remember most calls don't have to be answered straight away and can wait till the break or when your session is finished to call back.

Let's continue to enjoy participation in U3A Dandenong activities and stay safe!

Jeanette Keane

President U3A Dandenong

The categories for this Newsletter are Life and Games



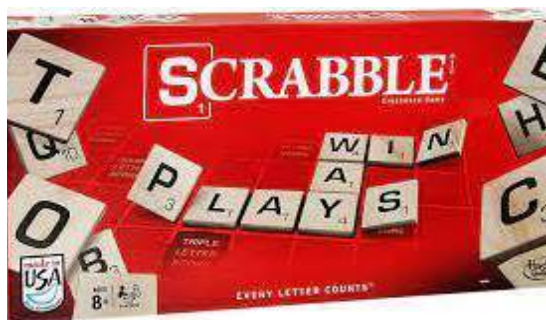
Tuesday 9.30 - 11.30

This class is divided between those present and those on zoom.

The subjects covered are fairly associated with the current world events, plus the in and outs of our political leaders, examples that would be covered the United Nations and its role in regulating world events, the High Court decision re the release of stateless individuals, despite some with very questionable identities. The conflict in Gaza, Europe, Africa and the upheavals in America's backyard. The coming election in America is raising eyebrows.

Current Affairs seeks out the interesting events around the world and in our own backyard.

Richard Ryan



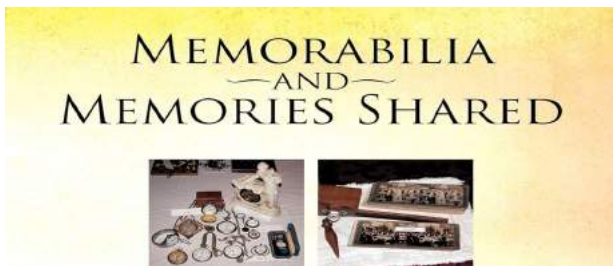
Tuesday 2.00 - 4.00

On Tuesday afternoons we play Scrabble at the Gloria Pyke Netball Centre. We currently have 8 regular players enrolled.

Scrabble is a good game to give your brains a good workout. It is not just a matter of making new words & getting a high score, but you also use strategies to prevent your opponent from making high scoring words. And, of course, it's also good fun to spend some time in the company of others.

We always welcome new members, so do drop in & give Scrabble a go. I'm sure you'll enjoy it!

Els Harris



Tuesday 1.00-3.00

There are 10 members in our happy group where we bring treasures from our past and share their story. We open our class with a theme song.

The topics are determined alphabetically.

Nellie Roberts



Thursday 1.00 - 3.00

We started this year with a few more members in our RummiKub Group, some were familiar with the game and others were beginners. We call our rules the U3A rules as Rummikub can be played using other rules. All our members play by the U3A rules at the POD center.

Most weeks we are able to play 4 separate games with either 3 or 4 people in each group. We continue to have a break at about 2pm with an array of snacks.

All our members have their own RummiKub sets and enjoy the challenge of the game with family members and friends. Some of us also play RummiKub online and this can be quite addictive.

Gill Sladen



Monday 12.00 - 1.00

The time is ripe for an increase in awareness in the field of mental health. Learning how to manage our thoughts and hence save both time and energy is critical, especially at this time, when both time and energy are in short supply. The call of time is for collective self management. Those enrolled in the course have provided positive feedback and more importantly benefited from the sessions. Many thanks to the course coordinating team and all those involved in making these sessions possible.

Bhavani Padmanabhan



Monday 12.00 - 1.00

Politics is only a new subject under social studies. Its aim is to look at the political structure of the Federation and the individuals who have inputted our society; the workings of legislation and the policies that have guided the nation since 1901 .

The class is small but input from those in attendance is encouraged and welcome.

Richard Ryan



Semester dates

Semester 1 - 05/02/2024 – 28/06/2024

Semester 2 – 29/07/2024 – 29/11/2024

Contact Information

Phone: 9546 2997 (office hours) or 0494 018 356 (outside office hours)

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Email for course enquiries: umas@dandenongu3a.org.au

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Facebook: [Facebook.com/u3adandenonginc/](https://www.facebook.com/u3adandenonginc/)

Office Hours:

Monday 12:00pm – 2:00pm

Tuesday CLOSED

Wednesday CLOSED

Thursday 9:30am – 12:00pm

Friday 10:00am – 12:00pm

The office is closed on public holidays.



Photo page

**We don't stop playing because we grow old;
we grow old because we stop playing.**

Just follow our president's example!!



2023 - End of the year celebration

Line dancing class



RummyKub Class

