



## FROM THE PRESIDENT

This year, we celebrated our 30<sup>th</sup> anniversary with an Expo, Lunch and AGM at Gloria Pyke Netball complex. Despite the rain making it a bit of a challenge to get into the venue we had a good turnout. A special thank you to David and Margot for directing traffic to parking on the outside courts even though they got rather wet in the process.

Over the past 2 years, the Effective Communication group has provided us with highly entertaining performances at our AGMs. We gave them a well-deserved break this year. Instead, we held an EXPO where various groups entertained us by showcasing how much fun they have in their courses while others displayed the results of their activities.

We were pleased to have some guests join us - Ladies from Probus had a table and shared information about their organization. We also welcomed a reporter from the Dandenong Star Journal. If you happened to get a copy of the 29th October 2024 edition you would have seen the article. (Here is the link to the electronic version [https://issuu.com/starnewsgroup/docs/2024-10-29\\_djs\\_657](https://issuu.com/starnewsgroup/docs/2024-10-29_djs_657)).

The Honourable Gabrielle Williams, member for Dandenong in the Victorian government, gave a short speech at the AGM.

We concluded the AGM by celebrating our 30th anniversary, singing "Happy Birthday" and enjoying cake.

Our next event is our end of year BBQ and Enrolment Day. This will be held at Latham Crescent on Wednesday 27<sup>th</sup> November from 10am. Online enrolments for courses will also open on that day.

**Jeanette Keane**  
President U3A Dandenong

**The category for this Newsletter is**  
**Exercise**



## Easy Rider Cycling

Wednesday 8.30 - 12

The Wednesday Group now has some new paths to cycle due to the completion of road works in the Cranbourne Narre Warren area. A new train station at Narre Warren adds to the novelty. We can add even more variety to our cycling routes plus new coffee shops to try out, the latter most important! Destinations include Seaford, Mordialloc, Ferntree Gully, Cranbourne, Pakenham, Oakleigh and many locations in-between. And mostly all on dedicated cycling / walking paths.

Our "special ride" on King's Birthday took us to The Convent at Abbotsford. The start point for this was at Forster Rd Mt Waverley. The weather was perfect which meant looking out for many pedestrians, scooters and dogs along the way.

Apart from wintertime, when some people are taking a holiday, attendance has been very good. We intend to keep cycling over the holiday periods including some rides out of our usual area.

We welcome new members, including e-bike users, and can provide advice on most bicycle related issues. Usually, our rides commence in Dandenong and are about 30 kms in total with a very social morning tea stop.

Many thanks to Kevin, Craig and Margot for leading and sending emails while I have been out of action.

### Marge Angelucci



## Hiking

First Tuesday - monthly

We had a very successful year with most hikes going ahead with great attendance, although there were some people going on holidays etc.

**February** was a warm day but we met at Hampton Park shopping center and followed the River Gum trail. Returning to the Shopping Centre for coffee at Sugar Gums.

**March** we embarked on a there and back hike from Aspendale Gardens to Mordialloc return with a coffee break in a little shop just off the trail. The Trail followed the Extension of the Edithvale wetlands to the North.

**April** saw us back in a similar area to walk the Seaford Wetlands, again finding a coffee shop just off the trail.

**May** was a beautiful day at Karkarook Park in Moorabbin, even venturing under the bypass road to a small park on the other side, which was a gem to discover.

**June** was very bad weather and we called off the hike to Scoresby Wetlands as it was flooded.

**July** we all met at the park behind the Ferntree Gully Library, following a trail to Ferntree Gully National Park. Along the way we all enjoyed a hot chocolate at Hahndorf Chocolatiers in Upper Ferntree Gully. Our return trip took us via the Old Quarry reserve.

**August** was a small group of 2 or 3 around the Eastlink trail from Mulgrave hospital to Jells Park.

**September**, we met at GPNS and left some cars there and shuttled the rest to Stud Road Basketball Courts where we then walked the Dandenong Creek trail to Fernanda's home for a delicious coffee and biscuits and a look at her beautiful garden. Completing the trail to the Eastlink trail back to GPNS so from Basketball to Netball.

**October** was a small group of us including some visitors for Seniors Month set off from Mullum Mullum Park in Donvale to follow the Mullum Mullum trail under the Freeway as far as Whitefriars College and back around the Schwerkolt Reserve.

**November** will be our break up and postponed by 2 weeks due to the Cup Day holiday. We will venture to the Warrandyte goldfields area, with a possible picnic on the banks of the Yarra River.

I would like to thank the support I have received this year with the hikes especially to Dorothea who took over when I was away. I will not be doing these hikes next year due to my aging body. Jeanette has offered to swap with me so she will run this group and I will take over the short walks in the local parks on a Friday morning instead.

Thank you for the opportunity U3A,

**Raelene Curtis**



**Line dancing**

Wednesday 10 - 12

Paddy O'Donoghue Centre

A most rewarding thing I've done  
Difficult to do, but loads of fun  
In my retirement, I've taught people to dance.  
Come and join me, take the chance.

Lorraine's a line dancer,  
Well past her prime.  
She may mess up the music,  
But she has a good time!

This is a teaching class for the first 45 min, a break (BYO refreshments) with announcements and show and tell, then we dance. Give it a full semester before deciding that it is not for you. It takes 5-8 weeks

to learn a dance routine. It engages multiple muscle groups, improves stability, improves memory using complex brain function by developing new synapses that improve connections between neurons.

We use modern dance styles including pop, latin, irish and country. We don't wear western style clothing - just comfortable clothes and non-grip shoes.

When I was 12 years old, I was demonstrating and calling ballroom dancing over the microphone to 100 teenagers. They didn't know that I was still in primary school. Now I physically can't do it but I have a few loyal students, Evelyn, Ruth, Jacinta, who demonstrate and dance in key positions for you to follow.

### Lorraine Bishop



Monday

09-10 Exercise and 10.30- 11.30 Tai Chi

Exercise and Tai chi classes on Mondays are both doing well. We are gaining more members rather than losing, in both classes. Thank goodness the interests and the enthusiasm remain unchanged. Rain or shine cold or hot we don't cancel, the atmosphere remains friendly and we tried to enjoy each other's company. Instead of having a proper break I give them time to socialize before we start the classes. Of course they can stop anytime to hydrate during classes.

It's less challenging for me as their leader because everyone is so cooperative and enthusiastic. I am very much looking forward to being with them again next year. Wishing everyone to have the best of time during our summer break.

### Lolita Briones



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!

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



Walk our Local Parks  
Wednesday 10 – 12  
Will change to Friday for 2025

This year we introduced a short slow-paced walk at random locations in our local suburbs. We met once a month on a Wednesday. We walk and talk as we walk and explore our local parks. This group has been surprised by some of the wonderful parks that there are in our local area. These walks are at a slow pace and are only approximately 5km with a stop part way round for a drink and snack. If a café is nearby we also include a coffee stop.

This activity will change to Fridays next year and Raelene will take this walk – so change in day and leader

**Jeanette Keane**  
Group Leader



### **Semester dates**

**Semester 1** - 05/02/2024 – 28/06/2024

**Semester 2** – 29/07/2024 – 29/11/2024

### **Contact Information**

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### **Office Hours:**

**Monday** 11:00am – 1:00pm

**Tuesday** CLOSED

**Wednesday** CLOSED

**Thursday** 10:00am – 12:00pm

**Friday** 10:00am – 12:00pm

**The office is closed on public holidays.**



# Photo page

A snapshot of some of Tuesday Hikes



Ferntree Gully, August 2024

Mullum Mullum Creek Trail, October 2024





Seaford, Kananook trail and foreshore, February 2024

Easy Rider Cycling group enjoying a well deserved break



## U3A 30th Anniversary Expo



Spanish Conversation class singing Guantanamera





Singing group



Italian class singing Volare

Line dancing class in full swing



The joy of exercising

