

THE SMART AGE PAGE

Mudgee District U3A Inc Monthly Update November 2020



Dear Mudgee District U3A Members

The year continues to race by and here we are in the middle of Term 4. In many ways we will be glad to see the end of 2020, but sadly the changes brought about by the pandemic are going to be with us for a while, and we are going to have to adapt to those new conditions.

Social Distancing regulations continue to affect venues that have traditionally been used for classes, however, with the conclusion of the HSC, classes held at the Baptist Church can resume from Monday 16th November (see Page 2).

Despite all the disruptions, the fact that our U3A has continued to operate is something to celebrate, thus planning is underway for a COVID Safe Christmas gathering. It will be a Morning Tea to be held at Oaktree Retirement Village, 10am Friday 18th December, so please 'save the date'. Further details will be available shortly.

Our Program Coordinators have been diligently working on next year's program. At last count there were 22 courses to be offered but there is always room for more, so if you have an idea for a course, please let Janet or Margaret know. The 2021 Program booklet will be posted out at the end of December, ready for Enrolment and Showcase Day on Saturday 16th January.

In other news, I would like to welcome Cheryl Russell to the U3A Committee. Cheryl is a relative 'newcomer' to town who accompanied Committee member Barbara to a meeting but didn't get away quickly enough. She has taken on the role of Minutes Secretary and we thank her for this commitment.

As for the old TAFE site, perhaps Council is thinking of a wonderful Christmas gift to the community.

Heather

Heather Rushton, President (0428 721 244)

Zumba Class

We are looking for a presenter for 2021. There is a DVD to follow, so we need someone to maintain the class sign on book and ensure COVID Safety Guidelines are being followed.

Early Notice - For Your Information

As our Program Booklet needs to be ready in early December, we may not be able to finalise some class venues before it goes to the printer. COVID restrictions mean a number of our venues are still waiting to find out what future restrictions will be in place. Therefore, some of our courses may have TBA -To Be Announced - next to the venue heading.

Some courses such as Canasta and Mah Jong may not be able to begin until social distancing restrictions change.

Program Coordinators: Margaret (0427 773 238), **Janet** (0419 989 322)



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| <p>BALANCE & BONES</p> <p>9.30- 10.30 every week from 16th November</p> | <p>YOGA FOR SENIORS</p> <p>10.00-11.00 every week from 17th November</p> | <p>MATERIAL CRAFTS</p> <p>9.30 – 12 noon Every week from 18th November (Meeting room)</p> <p>FLOOR YOGA</p> <p>10.00 – 11.00 every week from 18th November</p> <p>PAINTING WITH WATERCOLOURS</p> <p>1.30 – 3.30 every week from 18th November</p> | <p>LINE DANCING</p> <p>10.00 -12.00 every week from 19th November</p> <p>BOOK GROUP 2</p> <p>2.00 – 3.30 19 Nov/17 Dec</p> <p>BOOK GROUP 3</p> <p>26th November</p> | <p>LOCAL HISTORY</p> <p>2.00 -3.30 13th November & 11th December</p> |

A Message from the Nossal Institute of Global Health

The Nossal Institute for Global Health at the University of Melbourne, Australia is conducting global research into the economic, health and well-being consequences of COVID 19.

How Are You Going? is the only survey, that we are aware of, focused on learning how people are experiencing the pandemic. Aspects like how people are feeling, how optimistic are they about their own future and that of their country, how has their sense of community changed since the onset of the pandemic, ways this crisis has financially impacted their lives and what are they most worried about.

We want as many people as possible to have the opportunity to be involved in this research and would like Mudgee District U3A members to gather their unique experiences of the pandemic. Our online survey will not only help our researchers assess the impact of COVID-19 on the economic and overall well-being of individuals, but it will also give you a voice.

If you wish to participate, click on the following link

<https://mbspgh.unimelb.edu.au/how-are-you-going/>

Angela Mudford | Communications Coordinator (Mon, Tues, Thu)

Nossal Institute | Melbourne School of Population and Global Health
333 Exhibition Street, Melbourne

The University of Melbourne, Victoria 3010 Australia

M: +61 407 303 488 **E:** a.mudford@unimelb.edu.au

ni.unimelb.edu.au | twitter.com/NossalInstitute