

THE SMART AGE PAGES

The Mudgee District U3A Newsletter

February 2019

PO Box 469

Mudgee 2850

www.mudgeedistrictu3a.org.au

Dear U3A Members



Happy New Year and a warm welcome to our new and returning members. I hope you enjoy sharing some of the 36 classes offered by our 30 Presenters this year. Congratulations Sally Colley, Program Co-ordinator, for creating a fresh new look to our booklet and for compiling a very interesting 2019 program and thank you Chris Smith for assisting.

Our Enrolment/Showcase Day was certainly very busy with Committee and Presenters giving their time to set up the Stables, registering members, giving information about classes and sharing in the friendly buzz of the day over a cup of tea or coffee.

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The Presenters' Breakfast, held at the Comfort Inn Palate Restaurant, was organised by Ann Burrows and Sally Colley. This was not only an induction morning but also a small gesture to acknowledge the time our Presenters give so willingly to our members throughout the year.

We were saddened by the news of the death of Carol Bryant, who was active in Folk Art, Balance and Bones and Bellringing at various times.

Our sympathy goes to her family and friends. Vale Carol.

Why join U3A?

A member of U3A Brisbane, Dr Martin Bridgestock, who is a retired academic from Griffith University, recently compiled a very interesting paper entitled *The Impact of Universities of the Third Age upon the Health and Welfare of their membership*. The conclusion to this paper states that activities promoted by Universities of the Third Age are strongly beneficial to the physical health and the cognitive health and well-being of their members. A copy of the paper can be downloaded from the U3A Network Queensland website.

Enjoy your year as a member of Mudgee District U3A.

Judith Darling

Mobile: 0431 551 596

Email: judithdarling@bigpond.com



Program Co-ordinator's Updates

Sally Colley

I would like to thank all the people who have volunteered to present or lead courses in this year's program. We appreciate their enthusiasm in sharing their skills, and their generosity in donating their time.

David Astle, in his book "Rewording the Brain" (-my holiday reading!) lists a number of "Healthy Habits", or stimulating activities, recommended by Dementia Australia.

They included:

- Reading
- Listening to the radio
- Going to galleries or museums
- Taking a course
- Learning a new language
- Playing music and board games,
- Engaging in artistic activities
- Eating a healthy diet
- Regular exercise
- And generally being more interactive socially.

When I read this and considered the variety of courses in our 2019 Program, I was pleased to see that we have most of these recommendations covered. So hopefully, the coming year will be a healthy and mentally stimulating one for us all.

Corrections/Amendments

I apologise that there were some errors in the Program. It seems no matter how often or how many of us proofread it prior to going to the printer, errors still escape us. To that end, I would like to point out the following corrections to the Program:

- Page 10, **Train Your Brain** with Janet Duffy is starting on May 7 (not February 6)
- Page 20, **Classical Music Lovers** with Andrea Sauerbier, will start on February 8 (not February 9)
- The starting dates for **Cryptic Crosswords** (page 13), **Painting with Watercolours** (page 12), and **Material Crafts** (page 12) should all read as February 6 (not February 7)
- In the blurb concerning **From Book to Movie** (page 17), I said, "Bring a cushion ..." this was not meant to indicate that we would all be sitting on the floor! Just a reminder that some seats are more comfortable if they have extra covering, so feel free to bring something for comfort if you would like to.

Repurposing Old Books into Art

Jenny Davenport is thrilled with the response to her course – more people than she can accommodate in one class.

We had it scheduled for Term 4 in Adams Street.

Fearing the weather might be hot in Term 4 (and paper folding isn't conducive to having the fans going), Jenny is suggested that, if the people who enrolled for Term 4 are interested, she could do a course in each of Terms 2 and 3, and then all those enrolled should be able to be accommodated, and there won't be the need for creating a reserve list.

So if you enrolled in Repurposing Old books Into Art, could you please contact Jenny [0437 080 900] to let her know your preference for either second or third term.

Euchre at Kanandah

Sue Grant-Frost had been playing euchre with some of the residents of Kanandah on Thursday mornings, from 10.15 to 12.15.

She has extended the invitation to any U3A members, who would like to join the group to play Euchre.

Interested people should contact Sue on 0413 848 910.

Cryptic Crosswords

This group has been relocated to 47 Mortimer Street.

I hope everyone enjoys their courses this year, having the chance to meet new people or to catch up with old friends again.

Sally Colley



NAME BADGES help us to get to know the people in our class.

If you wish to purchase a Mudgee U3A name badge, please contact our Secretary for advice about cost. You can obtain a 'Request for Name Badge' form from the Secretary, a Presenter or the Adams Street Communication Box that is in front of the Mudgee U3A noticeboard.

Kay Dickinson

Phone: 0405 182 101

kayd999@hotmail.com

MUDGEE DISTRICT U3A LUNCH & GUEST SPEAKER

Events Co-ordinator: Ann Burrows Phone: 0401 359 305

Friday 12th April 2019

12:00 for 12:30pm

Palate Restaurant at the Comfort Inn

1 Sydney Road, Mudgee

\$30.00 per person



BOOKINGS OPEN: NOW

BOOKINGS CLOSE: Friday, 29th March 2019

Minimum 20 people for this event.

*You will be contacted **only** if your booking is unsuccessful & you are on a standby list.*

MAIN COURSE

Two types of roast meat with vegetables.

DESSERT

Two types of dessert - alternate serves.

TEA or COFFEE

Drinks can be purchased from the Bar.

BOOKING & PAYMENT

Complete 'Booking Form' & return in a sealed envelope with full payment to:

Ann Burrow's home (not mailbox)

20 Spring Road, Mudgee

OR

Judith Darling's locked mailbox at,

Unit 3, 6 Market Street, Mudgee 2850



BOOKING FORM

Lunch at the Palate Restaurant, Friday 12th April 2019. Cost \$30.00 per person.

Name/s:

Phone:

Address:

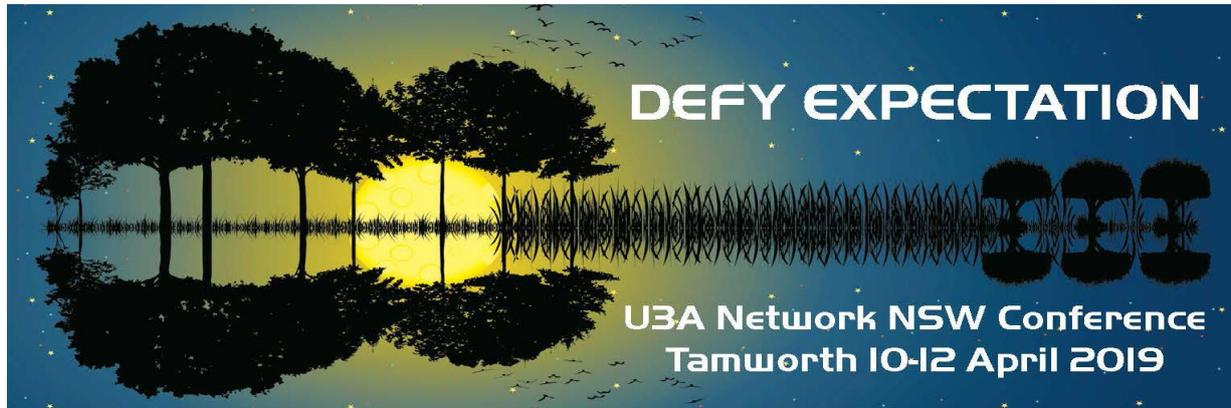
Special Dietary Requirements?

This booking is for people.

Enclosed payment \$

Cheques should be made payable to 'Mudgee District U3A'. Receipts will be issued on the day.

From U3A Network NSW



To register and for more information visit our conference website

<http://conference.u3anet.org.au>

The Program has been designed not only to appeal to U3A Management Committees, but also to members with items of general interest. Those arriving on Tuesday 9th April, a city tour will be available on the Wednesday morning prior to the commencement of proceedings in the afternoon. This tour will also be available Friday afternoon, plus a tour to Nundle if sufficient interest is shown. In addition to a Welcome Function on the Wednesday evening and Conference Dinner on Thursday, which all are encouraged to attend.

For those arriving in Tamworth by air (there are 3 Qantas afternoon flights ex Sydney Tuesday, and 5 flights on Wednesday), pre-booked transport can be arranged to accommodation. For those arriving by train at 3.30pm Tuesday, pre-booked transport will also be arranged. Pre-booked transport back to the airport or station can also be arranged.

The Tamworth Regional U3A encourages all participants to stay a little longer to enjoy a little bit of country.



Even mild physical activity immediately improves memory function

Now you just need to remember to exercise!

Source: University of California – Irvine, 24 September 2018, as printed in GEMS, October 2018

People who include a little yoga or tai chi in their day may be more likely to remember where they put their keys. Researchers at the University of California, Irvine and Japan's University of Tsukuba found that even very light workouts can increase the connectivity between parts of the brain responsible for memory formation and storage.

Mudgee Seniors Week Lunch 2019



When : Tuesday 19 February

Where: Club Mudgee

Time: 11.30am

Cost: \$15 p/p

Tickets available at:

Club Mudgee - 6372 1922

Carmel Croan Community Centre - 6378 2720

6378 2716

Rsvp: Friday 15 February for catering purpose. For more enquires please phone Marisa at 6378 2720 or Marie 6378 2716



Members' Satisfaction Survey Judith Darling

*A sincere thank you to the members who responded to our Survey.
The Committee will, where possible, endeavour to implement any suggestions.*

Overview of Responses

Communication

- All respondents satisfied.

Venues

- When class sizes increase finding a venue is difficult.
- Satisfied.

Suggestion for Classes

- Chess.

Additional comments

- Member for 10 years always enjoyed the classes.
- Thanks to Committee and Presenters.
- Members please advise Presenters if they are going to be absent or withdrawing from a class.

Diary Updates

Term 1 begins Monday 4th February 2019

DATE	TIME	EVENT	VENUE	QUERIES
Monday 11 th February	2:00pm	Committee Meeting	Meeting Room 12 Adams Street Mudgee	Judith Darling Ph: 0431 551 596
Monday 11 th March	2:00pm	Committee Meeting	Meeting Room 12 Adams Street Mudgee	Judith Darling Ph: 0431 551 596
Monday 8 th April	2:00pm	Committee Meeting	Meeting Room 12 Adams Street Mudgee	Judith Darling Ph: 0431 551 596
Wednesday 10 th to Friday 12 th April		2019 U3A Network NSW Conference	Tamworth	Website: U3A Network NSW
Friday 12 th April	12 noon for 12:30pm	Palate Restaurant Comfort Inn 1 Sydney Road, Mudgee	Term 1 Lunch	Ann Burrows. Ph: 0401 359 305

Term 1 ends Friday 12th April 2019

PLEASE BE AWARE THAT INFORMATION RELATING TO THE CALENDAR OF EVENTS MAY CHANGE.