

# THE SMART AGE PAGE

*Mudgee District U3A Inc in Wiradjuri Country*

*Monthly Update March 2024*



**Dear Mudgee District U3A Members**

Term 1 is well and truly underway. It's good to see so many taking part in the different activities and events that are on offer.



Weaving from Nature



Solo



Book Group 3

One event was a presentation from Service NSW. On Friday 26<sup>th</sup> February Marcia McDonald gave an informative talk about how to access rebates and services that can help to reduce the cost of living. In a time when every dollar counts, this was very useful.



Marcia McDonald from Service NSW

This coming Tuesday (5<sup>th</sup> March), David McLennan will present the first of his **Curious Scientist** talks for 2024. Last year Dave spoke to us about the Aging Brain. This time the subject is the Eye and why we can't always believe what we see. The session commences at 10am and morning tea will be available. You are invited to attend, even if you did not enrol in this course.

The composition of our 2024 program was largely the work of Program Co-ordinator and Secretary, Cheryl and Steve Russell. Sadly for Mudgee District U3A, a family situation has arisen and Cheryl and Steve have moved to New Zealand for the time being. We thank Cheryl and Steve for their invaluable work on the committee and hope that they will re-join on their return.

The absence of Cheryl and Steve and the loss of our dear friend Nancy means that the Committee is missing three members. We are very pleased that former committee member, Margaret Brennan, has agreed to fill one of those casual vacancies but we really would like another two people to help with the running of your U3A. Please contact me (0428 721 244) if you are interested in serving on the Committee until the AGM in August.



Mudgee District U3A

MUDGEE DISTRICT U3A Inc

70 Court St Mudgee NSW 2850

[www.mudgeedistrictu3a.org.au](http://www.mudgeedistrictu3a.org.au)

One of the Committee duties will be to help plan U3A's input to the **Autumn Fair** which will be held at Kildallon 10am – 2pm on the **6<sup>th</sup> April** (the weekend after Easter). The event is being held by Mudgee Arts Council (MAC), in conjunction with the Country Universities Centre (CUC), and will run on the lines of the Spring Fair that was held in November 2022. All users of Kildallon will be asked to actively contribute to the event.

U3A will operate a cake stall and there will also be a craft stall where those of you with creative talent can sell your products (with a 5% commission going to MAC). If this opportunity appeals to you, Jenny Davenport ([jdavenport@hwy.com.au](mailto:jdavenport@hwy.com.au)) is taking expressions of interest. We will also need displays of art and craft that isn't for sale, as well as performances and demonstrations of U3A activities.

In other news, the success of our corridor library means that the shelves are overflowing. Currently another book case is being sourced (thank you Marianne and Janet), so please continue to contribute to this great resource.

Mudgee District U3A has also been contacted by Pearson Clinical Assessment Research (backed by St Vincent's Hospital Research Ethics Committee) asking for participants to take part in their research. For further details, please see our website.

There's a great deal happening in March. The two-week Seniors' Festival commences on the 11<sup>th</sup> March with many activities planned for the region, including the one advertised below. For the full program of Seniors' Festival events, see <https://www.midwestern.nsw.gov.au/Community/Events-directory/NSW-Seniors-Festival>).

At the end of the month the Country University Centre will be officially opened (1.30pm Wednesday 27<sup>th</sup>). On that occasion there will be politicians present so Watercolours participants, be warned that parking could be a serious issue on that day.

The month concludes with Easter, closely followed by the Autumn Fair. As there won't be time for another newsletter before the Fair, keep an eye on the U3A noticeboard and expect to receive emails concerning the organisation of the event.

Together, let's celebrate achievement. *Heather*

**OAK TREE**  
RETIREMENT VILLAGES

**A ROYAL  
HIGH TEA**

AT OAK TREE MUDGEE

Enjoy delectable cakes and exquisite sandwiches  
served upon vintage crockery

**DATE & TIME**  
2pm - 4pm  
Wednesday 27th March

**LOCATION**  
Oak Tree Retirement Village  
15 Meramie Street, Mudgee

**DETAILS**  
Tickets are \$30 per person

**RSVP**  
Pre-purchase tickets and  
RSVP to 0437 796 603 by  
Wednesday 20th March with  
any dietary requirements

**Come dressed in your Sunday Best  
with prizes for Best Hat**



## Participants Needed!

Pearson is looking for people aged 16 to 90 years to take part in a study on cognition, memory, and daily living skills!

You will complete problem solving and memory tasks, puzzles, and answer knowledge questions. You will also do practical tasks such as telling time and counting money. Participation takes place over three sessions.

- Session 1 takes 2 to 3.5 hours
- Session 2 takes 1 to 2 hours
- Session 3 takes 30 minutes

As a thank you, each participant will receive \$100 gift cards for completing sessions 1 and 2, and a \$50 gift card for completing session 3.

**To find out more and register, visit:**

[www.pearsonclinical.com.au/participant](http://www.pearsonclinical.com.au/participant)