



# Newsletter

October/November 2023

## WELCOME

Welcome to the Fourth and final edition of our newsletter for 2023. Lately, there have been many new presentations that we hope that you have enjoyed.

Our newsletter is focused on some important information for the remainder of this year and next year as well as celebrating and showcasing some of our courses. At the end of this newsletter you will find a list of important dates.

## Showcase on Recent Courses



The Seniors Week and COTA provided U3A with 4 local films for presentation as GRIT. This was well attended at the new Rubicon Room with the very large screen. It was good to see it in use and the 4 very different films were well received. Let's hope we can do the same next year!

## Dementia Australia Information Session

A comprehensive session covering all aspects relevant to dementia, those living with it and those caring for them.

2.00 - 3.30 pm Monday 13 November,  
Banksia Rooms A and B

Please register [HERE](#)

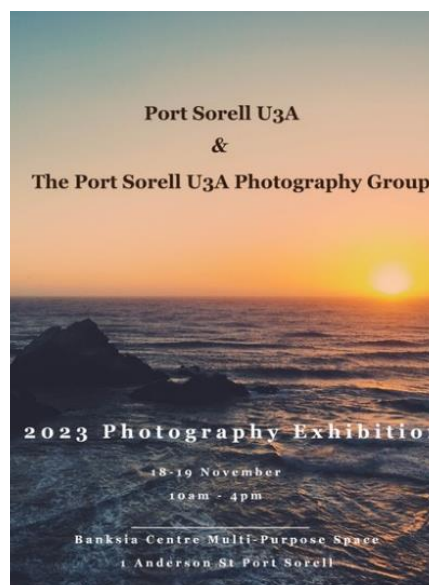
*A Port Sorell special event open to everyone.*



The **U3A Photography Group** is holding an exhibition of some of their fabulous work.

It will be held at the Banksia Centre 18-19 November from 10:00am to 4:00pm.

All are welcome so come along and view some of the fabulous photos this group has taken.



# Walking Group

Our walking group has been meeting since U3A began. They meet every Friday and walk at different locations but try to walk about 5 kms each week!

It is a very happy and cohesive group and enjoy a refreshment after each walk at Brewstone or Rocky Gardens Café - Sometimes even when the weather is too inclement to walk!

Di Atkinson enjoys the group and has thought of offering something pretty special to them.

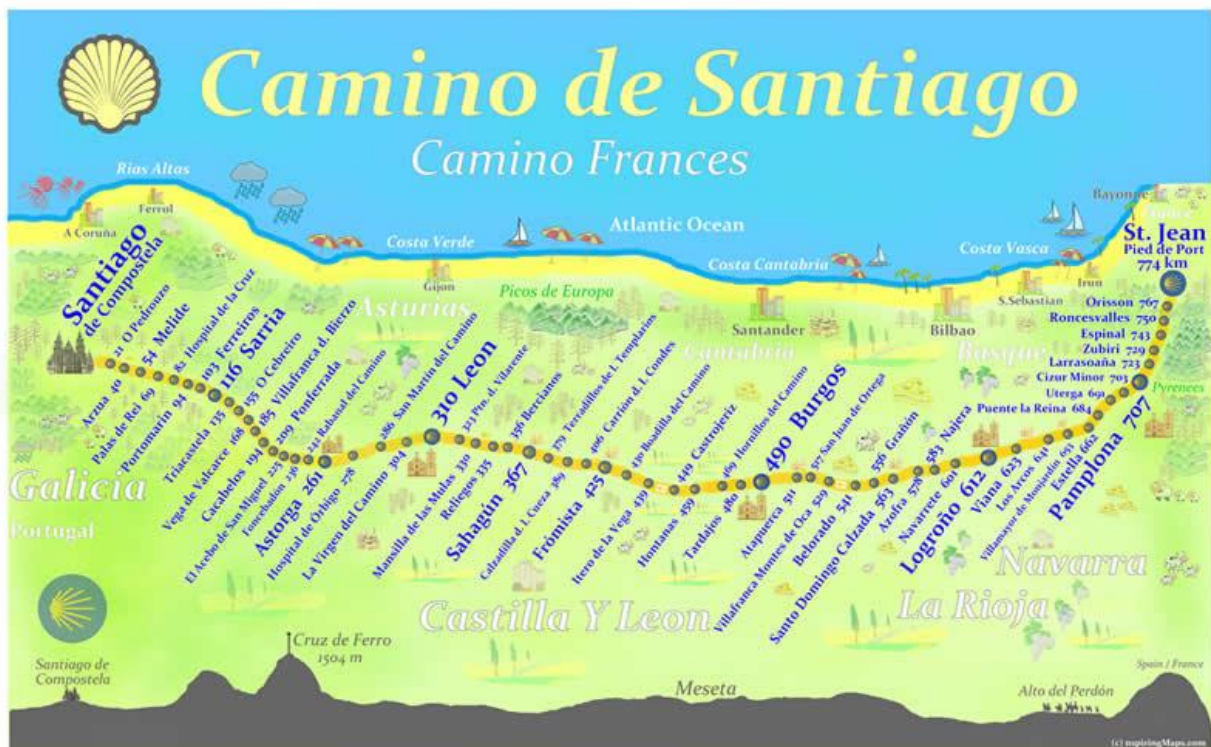
*Next September we are endeavouring to walk the Camino Trail from John St Pied in France to Santiago in Spain. It will be a 16 day adventure. Some walking, Some catching trains*

*I put it out to the walking group and their family / friends and as a result 18 are going on the adventure!*

*Some days we catch trains, sometimes we have to walk 25 kms!*

*We stay in hotels, breakfasts included & our bags are taken on each day to the next hotel.*

*A bit of training will be needed for the 25km walks, but we are very excited and very much looking forward to the challenge - And to becoming very fit!*



## PickleBall



By popular request PickleBall has started to run two sessions a week. Tuesday @ 11:00 to 13:00 and a new one on Thursday 10:00 - 12:00. Pickleball is a racket or paddle sport in which two (singles) or four (doubles) players hit a perforated, hollow plastic ball with paddles over a net. Pickleball is played at the Banksia Centre Stadium. It was **invented in 1965 as a children's backyard game in the United States, on Bainbridge Island in Washington state.** In 2022, pickleball was named the official state sport of Washington. A great way to get mobile and make friends.

## Water Workout

Thursdays at 1:00pm At Tudor Cabins Pool, 102 Appleby Rd, Northdown.

A gentle aerobic workout in a heated indoor pool. Participants must be able to walk down steps with a handrail.



You will need to bring a swim noodle and drinking water.

Cost of class is \$10 per session to cover pool hire.

Thursdays at 1:00pm At Tudor Cabins Pool, Appleby Rd, Port Sorell. Course Leader is Bev Skapin.

# Volunteer in Focus - Marlene Chesney

U3A could not function without a number of volunteers - be it course leaders, Office workers or the members of our various committees.

Marlene has been a member of U3A since 2016. She was a high school Maths and Science teacher for many years and then went back to Uni, studying English as a Second Language. She taught English to migrants and international students for several years in Hobart.

Marlene has presented a wide variety of courses since joining U3A. These include Making Sauerkraut, Fun with Worms, Fun with Gardening, Reading Food Labels and Healthy Eating. She has also enjoyed participating in many classes such as drawing, choir, circle dancing, travel and computer classes. *“A highlight this year was the “Trivia Quiz”, which was a great success and lots of fun!”*

Marlene has been the Venue Coordinator for U3A for 3 years. This involves finding suitable venues for current or new courses, ensuring their availability and organising non- Banksia Centre payments.

Marlene has regular contact with the tutors, and is amazed by the dedication and efforts tutors put in. *“Did you know several tutors run classes twice a week? One tutor even runs 3 classes a week! Some tutors have been running classes/activities for over 5 years....and some forever!!! Wow!!”*

U3A Port Sorell is a draw card to the area. Did you know we have nearly 400 members? It's only the volunteer tutors, office staff and committee members which make this possible!! Please consider volunteering too!



## **U3A End of Year Break**

Friday 1<sup>st</sup> December until Monday 12<sup>th</sup> February 2024 will be the end of Year Break for PSU3A. Many courses will close and the U3A Office will also close for most of this period.

Some courses, however, will continue over the break. If your course is continuing, can you please ensure that the [venue.coordinator@portsorellu3a.org.au](mailto:venue.coordinator@portsorellu3a.org.au) is informed to ensure that venue bookings are still confirmed.

## Important dates for the remainder of 2023 and for the new year:

Day and date	Event
Monday 6 November	Opening date for membership renewal for 2024
Monday 13 November	Requesting 2024 course submissions
Friday 17 November	Volunteer Lunch
Friday 24 November	Member Function
Friday 1 December 2023	Closing date for 2024 course submissions
Friday 1 December 2023	End of course year
<b>Monday 22 January</b>	<b>2024 Timetable out &amp; Enrolments open</b>
Tuesday 30 January	Open Day for Enrolments and Course information
Friday 2 February 2024	Enrolments close
Tuesday 6 Feb 2024	Class lists out to leaders
<b>Monday 12 February to Friday 6 December</b>	<b>2024 courses will be running</b>
Friday 15 March 2024	10 Year Anniversary Function
Wednesday 20 March	Annual General Meeting
<b>More information will be available as the events draw closer.</b>	

### We Appreciate Your Help

We are always looking to find volunteers who would be willing to help out in the office for a couple of hours each week or fortnight or on a casual / relief basis. Tasks you would perform are not onerous and you would be provided with support and training from the friendly office staff. If you can help, please leave your details with one of our office personnel or email our Office Manager, Chrissy York [office.manager@portsorellu3a.org.au](mailto:office.manager@portsorellu3a.org.au)

### Contributions to the Newsletter

We welcome and appreciate member articles – stories, special reports, profiles, experiences and of course accompanying photographs, which contribute to our newsletter. Members enjoy finding out what is happening in courses in which they are not involved. If you are happy to make a contribution, contact us via [communications@portsorellu3a.org.au](mailto:communications@portsorellu3a.org.au). Your support is much appreciated.



### FaceBook

Visit our Facebook platform ([Port Sorell U3A](#)) to share what has been happening in U3A as well as advertising for more participants in some courses, eg players for Walking Netball. Different courses are 'in Focus' eg Lantern Making, which enables members to find out more about courses we have on offer. Thank you to those who have contributed. Keep adding your postings; they are sincerely appreciated. If you are not already a member of the Facebook Page, simply ask to Join.

