



Newsletter

FEBRUARY 2019

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FROM THE PRESIDENT

I hope everyone had an enjoyable Christmas and New Year. I hope you were able to catch up with family and friends, indulge in wining and dining, stay cool in the simmering heat and generally have a good time.

Many of you were able to make it to our Open Day on the 16th, which was the busiest Open Day I have seen. Those of you who didn't make it will be able to complete membership forms, enroll in classes and pay fees at your first class of the year.

Your new Committee has been working hard to prepare for the new year ahead. New classes, new tutors, new venues and even some new days are in the pipeline, so please remember to check the Class Schedule for details. The website has been recently updated, so you might also like to check that.

CLASS NEWS

Coffee with Friends at Farmer and Son was well attended with a roll up of 13. Old friends caught up and new friends were made. The next Coffee With Friends will be held on the 28th February at Farmer and Sun. Don't miss it!

Don't forget to join us for lunch at Charlie's Hotel every Tuesday (term time) at 12.40 pm for great food and good company.

Expressions of interest are called for the new Photography Class. Gregory, our new tutor, is flexible so please advise us what day is suitable for you.

There are still positions available in the French Class, starting 10.00am, 11th Feb, at Gympie Library. Our new Spanish Tutor, Rosy, is only available to teach when her husband comes home from work.

Please advise us if you may be interested in this class.

The Asian Cooking Class is very popular and is fully booked. A Waiting List has been started for this one term class, and that, too, is almost full.

The Aqua Jewels and Jets classes new time is now 8.30 - 9.30am.

DATES TO REMEMBER

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| ● 5th February - location change for Drawing class | ● 12th February - Committee Meeting |
| ● 5th February - Tuesday Lunch (Charlie's Hotel) | ● 19th February- Tuesday Lunch (Charlie's Hotel) |
| ● 7th February - Agenda items due today | ● 26th February- time change for Drawing class |
| ● 12th February- location change for Drawing class | ● 26th February- Tuesday Lunch (Charlie's Hotel) |
| ● 12th February - Tuesday Lunch (Charlie's Hotel) | ● 28th February - Coffee With Friends (Farmer & Sun) |

PUBLICITY NEWS

Five new members met on Wednesday 30th for the Beginner's Mahjong in Central's Food Court. After 'information overload' they could play a few rounds independently and should progress to the next level very quickly. Mahjong, the game of Four Winds, began in China in the mid 1800's. It looks daunting but really is a lot of fun and a game that makes you think 'outside the box'.

Beginners Mahjong will be at Central for the month of February. If you're interested, come along any Wednesday afternoon. Members meet from 1:00 to 3:00pm. No fees, no equipment, just a gold coin donation. Everyone welcome. For details contact Lynlie on 0408 734 478.

TRAVEL GROUP

Two holiday trips are currently being planned, one to Tasmania and one on the Indian-Pacific to Perth. If you would like more information on either of these trips, send an email to travel@u3agympie.com. I will add you to the mailing list and you will receive information as it becomes available. You will also be advised of upcoming planning meetings.

TASMANIA 2019 - In mid October we will fly to Tasmania for a week. Revelling in isolation, Tasmania is busting out with fab festivals and sensational food and drink. From Port Arthur to MONA, from Cradle Mountain to the penguins at Bicheno, Tasmania has a feast for the eyes too.

INDIAN-PACIFIC 2020 - In March 2020 we will fly to Sydney, then board the Indian-Pacific for a ride across the Nullarbor to Perth. The train journey includes some sightseeing stops along the way. Once in Perth we will stay a few days to enjoy the sights on offer there, then fly back.

GARDEN GROUP

Meets the first Friday of Every month at different venues.

1st February meeting at Bunnings cafe at 9 am.

Benefits of Gardening

Relieves stress and anxiety - Studies have shown that gardening can lower our stress hormone (cortisol), thus helping us feel more peaceful and relaxed

Provides a low-impact, low-stress form of exercise - The moderate aerobic exercise provided by gardening increases our bodies' production of serotonin and dopamine—the two 'happy' hormones' that help us enjoy life and feel fulfilled—and helps reduce cortisol.

Immune System - Gardening means spending more time outside, which means more time in the sun. Increased sun exposure boosts our Vitamin D levels. Vitamin D plays a very important role in the body's ability to absorb calcium and help develop our immune system.

Brain Health - Gardening requires dexterity and sensory awareness, as well as concentrated application of motor skills; practicing these skills helps ensure greater mental acuity and aid in longevity.

