



Newsletter

MAY 2019

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FROM THE PRESIDENT

With a two week break for the holidays, plus a couple of public holidays, April has been a very quiet month. I hope everyone had an enjoyable time, with just the right amount of chocolate.

Our regular Social Activities are going well. Tuesday Lunch is well attended, with plenty of lively conversation and laughter. This term we are at Ambrosia, in the Southside Shopping Centre. Coffee With Friends is also going well and will be at Raffinati's this term. (In the IGA complex.)

All Tutors are invited to the U3A table at the Gympie Regional Council's Volunteers Morning Tea. You should have received your invitation by now. If not, please give Denice a call on 0490 757 458. RSVPs are essential as seats are limited.

The U3A State Conference is on later this month, In Bundaberg. The theme is Break Out of Your Shell. Several members of your Management Committee will be attending and it looks to be an interesting couple of days.

RETRO JUKEBOX SINGERS - our gigs for June

- Monday 10th June 10.00am - St. Pat's Nursing Home aka St Vincents Aged Care
- Friday 14th June 6.00pm - Open Mic at the Australian Institute of Country Music. If you haven't been before, I would encourage you to come along because it is fun.
- Thursday 27th June 1.30pm - Little Haven Palliative Care Fund Raiser at Southside Bowls Club.

That should keep us busy enough for June. Please put them in your diary and let me know to which you think you can come.

CLASS COORDINATOR

The Public holidays were enjoyed by all. Unfortunately, it did delay some of the classes and will do so again this Monday, otherwise, all as normal.

I am still looking for a tutor for cooking, Spanish and line dancing.

I am one of the committee attending the State Conference where ideas for new classes are exchanged and received.

I am always open to members suggestions on new classes.

Gympie Annual Celebration of Volunteering Morning Tea

23rd May, 10am - 12pm

Gympie Civic Centre

Bookings are essential. Please contact Denice 0490757458

or email classes@u3agympie.com

GARDEN GROUP

The Garden Group are meeting at 5 Iron St Gympie 9 am Friday 3rd May. The topic this month is creating terrariums. We will create a monster terrarium that U3A can raffle.

Future meetings are as follows:

7/6 ZigZag Cottage Garden

5/7 Australian Native Bonsai

2/8 Orchid Society



1. GARDENING CAN BE GREAT EXERCISE
2. GARDENING GIVES YOUR DIET A BOOST
3. GARDENING REDUCES THE RISK OF COGNITIVE DECLINE
4. GARDENING PROVIDES A HEALTH BOOST
5. GARDENING BOOSTS YOUR MOOD
6. GARDENING IMPROVES SLEEP

DATES TO REMEMBER

7th May - Tuesday Lunch
14th May - Tuesday Lunch
16th & 17th May - U3A State Conference
17th May - Show Holiday
18th May - Federal Voting
21st May - Tuesday Lunch

21st May - Committee Meeting
23rd May - Volunteer's Morning Tea
28th May - Tuesday Lunch
31st May - Coffee With Friends