



U3A Rockhampton and District Inc.

ABN 83 907 668 103

NEWSLETTER – JULY 2021 **Welcome to Members & Visitors**

GUEST SPEAKER FOR JULY will be Kate Richardson from Activate Health. Her topic will be 'Activate Seniors – Keeping active and preventing disease'.

The **MONTHLY LUNCH** for July will be "Xmas in July" at the Victoria Tavern's Secret Garden Function Room on Tuesday 20th July at 12 midday. Cost \$20 for roast meal & dessert. Contact Robyn by phone or text 0438 284 871.

GARDEN LOVERS On Friday 23rd July, we will visit a private garden at 79 Belmont Road, Parkhurst. Due to COVID-19 restrictions, you will need to bring your own chair, water, morning tea and tea/coffee. Sunscreen and hand sanitizer will be provided. Contact Joan, 0458060447 or 49333190.

ARMCHAIR TRAVEL On Friday 16th July, the Armchair Travel group will meet at Athelstane House, Ward Street, Rockhampton from 9.30 to 11.30am, cost \$2. This month Elaine Ross will share her experiences "Minding the Farm". BYO morning tea. For more details contact Judy Trinder 4928 7538.

SPEAKER FOR NEXT MONTH Next month's speaker will be Mal Holmes from Hands of Compassion World Aid Inc.

DEVELOPING DIGITAL SKILLS Taking expressions of interest in information sessions on Understanding myGov & My Health Record on 16th & 23 August. Contact Judi Blanchard on 0447 227 630.

COORDINATORS WANTED We are looking for coordinators for some U3A activity groups: pencil drawing & art. Are you able to assist? Do you have other skills to start a new activity group? Please contact the management committee if you are able to assist.

SOCIAL ACTIVITY: MORNING TEA & BBQ LUNCH on Monday 12th July at 10.30am at Queens Park, Glenmore Road. BYO morning tea & chair. Cost \$5 to be in an envelope with your name & activity and handed to Robyn at the July meeting. Please wear hat, sunscreen, closed in shoes & long pants. Contact Robyn by phone or text 0438 284 871.

"POSITION VACANT"

THE FOLLOWING POSITION REMAINS VACANT,
...SOCIAL COORDINATOR

To steal from JFK I urge you to "Ask not what U3A can do for you – ask what you can do for U3A". Volunteer to be a part of the management team. Bring to U3A some modern, progressive and futuristic thinking.

If you wish to discuss the possibilities, call me – please!

Maurice Dittmann President - U3A Rockhampton - ph 0407 679 271.

There are many other groups and activities for members to participate in and enjoy. Pick up an Activities List at the Sign in table today or go to the U3A website: www.u3arockhampton.org.au Some groups/activities require you to pay for hall hire, morning tea or materials. Check with the coordinator of the group. Don't forget your hat, sunscreen and water for outdoor activities.

PLEASE REMEMBER TO HAVE THE CORRECT MONEY FOR MEMBERSHIP FEES AND SOCIAL OUTINGS IN ENVELOPES WITH YOUR NAME ON THEM.

IMPORTANT NOTICE

THE AUGUST GENERAL MEETING WILL BE HELD ON

2ND AUGUST