



U3A Rockhampton and District Inc.

ABN 83 907 668 103

NEWSLETTER – NOVEMBER 2023 **Welcome to Members & Visitors**

PRESIDENT: Thank you to all our U3A volunteers who will be celebrated with a morning tea...thank you one and all. The 2023 edition of our joke book, "We're still laughing!", will be available at the November meeting, \$5 for a great stocking filler.

GUEST SPEAKER: Jill Griffiths from Centrelink speaking on "My Aged Care".

ARMCHAIR TRAVEL Friday 17th November 9.30am. **Topic:** Southwest and Northwest WA chasing whales presented by Jan Par. For more details contact Judy Trinder 4928 7538.

DEVELOPING DIGITAL SKILLS Mondays 20th & 27th November 10am-12noon each day.

Topic: "Be Connected". This is an Australian Government initiative committed to building the confidence, digital skills & online safety of older Australians. **Venue:** Champions Bar, Frenchville Sports Club.

Group sizes are limited, so please register by contacting Judi Blanchard - Mobile 0447 227 630.

GARDEN LOVERS Friday 24th November 9.30am. **Topic:** Christmas Breakup **Venue:** Kershaw Gardens (at the main entrance turn right into the carpark and go to the far end). In lieu of Secret Santa we'll do a plant swap of a plant from your garden or purchased under \$10. Contact Joan Cooper 0458060447. **Bring a small Christmas themed plate to share for morning tea & a chair.** Contact Joan Cooper 0458 060 447.

HISTORY GROUP Monday 20th November 2 pm. **Topic:** Early shops in East Street.

Venue: Oaktree Retirement Village, Glenmore Road, Park Avenue. Contact Ann 0400 766 112.

MONTHLY LUNCH Monday 13th November 12 midday at the Lionleigh Hotel, 1 Wandal Road. RSVP Robyn via Facebook or text/phone 0438 284 871 or at the monthly meeting.

SOCIAL OUTINGS: **Monday 27th November 2023: Christmas Lunch. \$35.** Frenchville Sports Club. Doors open 11.00am. Dress: Christmas Chic. A Santa sack will be available for donations of children's books to go to the Smith Family. If you wish to donate, no need to wrap the book, the Smith Family will allocate them to the most appropriate children. Enquiries message Bev on 0410 341 843 or email bev.meredith@inet.net.au. **All activities require payment before booking is confirmed.**

SATURDAY WALK AND CHAT: Until further notice the group will meet at 5.50am for 6am start.

YOGA (new activity) Every Monday 9am for 9.30am start for **Chair Yoga**; 9.30am for 10am start, **Mat Yoga** 10-11am. Venue: Fitzroy by Teman, 14 Pauline Martin Drive. Contact David Drew 0437 337 586.

Most of the groups that are currently active will be closing down over Christmas and January. See the February 2024 newsletter for details of start dates or contact the group coordinator. Contact details are on the Activities List which can be found on the U3A website: www.u3arockhampton.org.au.

IMPORTANT NOTICE

THE NEXT GENERAL MEETING (+ ACTIVITIES EXPO) WILL BE HELD ON 6TH FEBRUARY 2024

Thanks to the office of Barry O'Rourke MP for printing our Newsletters & Activity Sheets.