

# Message from Marian

October 2022



## Greetings to all U3A members

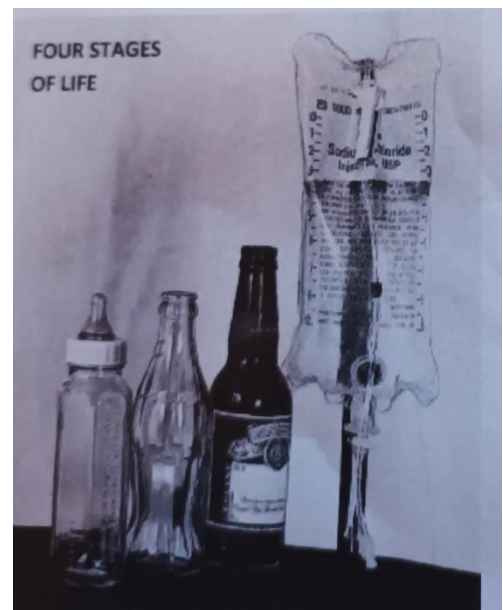
Like many Seniors, several of your committee have been taking a break in a warmer climate over the last couple of months, but we are back now and our focus is back on track also.

## Some interesting information

I will commence this entry with an excerpt from an editorial written by U3ASA President Claire Eglington.

"Traditionally we thought of U3A being all about learning: we called ourselves a lifelong learning organisation, but we are so much more than that. Joining U3A is good for both physical and mental health as well.

Members join us not only to learn, but to have fun and make new friends. It is a powerful recruiting message amongst those who might have lost most of their social life through retirement, relocation, loss of a partner etc. By staying active both physically and mentally and being more socially engaged, it can prolong our "Third Age", that age of active retirement thus limiting the years we will spend in our "Fourth Age", the age of frailty and dependence on others."



## News From Your Committee

1. We do have a couple of computers surplus to our requirements that we would like to give away. Please check out the information from Tony Guster and contact him on 0447 781 820 if interested.
2. We were pleased to grant the Art Group's request for picture rails in the main room of our clubrooms. They will use this room for display, hold exhibitions and of course we will appreciate the ambience for our General meetings in the future. Indeed it will enhance the atmosphere in an area that that has been freshened up by our painting crew.
3. Unfortunately our original cleaner has decided to close her business. Fortunately a past employee has offered her services, which we eagerly accepted for two hours on the last Friday of each month. We ask that you observe the signage and if you bring anything into the clubrooms you take it home. Don't leave it there for anyone else to dispose of.
4. Gentlemen. You will be very pleased, as we are, at the reduction/saving in the cost of water in the future, to inform you that the Male leaking toilet has been fixed. I think the cistern was the problem. Please let us know if it is not ok.

## **Long Live the King**

We have been inundated recently with images on our screens of the pageantry associated with the passing of Queen Elizabeth. Surely a historic and momentous moment in time the likes of which we may never see again in our lifetime. The Brits really are second to none when it comes to organising these types of occasions!

## **Use your Senior Card**

Suburban U3As planning outings using public transport are very fortunate, but were you aware that the Metro logo on your pre-loaded Seniors Card enables smart card users to park at an outer station and enjoy a free trip into the city, saving on finding a space and parking costs?

## **Your support will be appreciated**

Currently we do offer a wide range of activities for the participation of our members. Your management committee would appreciate your input and ideas for your involvement. Perhaps you are aware of a member of the public that can speak to us on a subject that would be of interest or perhaps we could organise, with a member's help, an excursion to places of interest outside the Riverland. Please come forward with your ideas. We do endeavour to be inclusive.

Riverland Rose Week from Friday October 14th -Sunday October 23rd may be the time to grab a friend and enjoy the beautiful gardens, local food and beverages that most towns offer. If someone is prepared to organise a day trip I am sure I could persuade the committee to subsidise the cost of a bus. Give it some thought and let me know. Marian 0412 649 766

Enjoy the results of our wonderful rainy weather. Stay active (pulling weeds is a great activity and very rewarding) physically, mentally and socially. Until next time.

Your President

Marian Woodberry.