



Invitation

Happy and Healthy in Later Life



by Dr Gregory A. Hinrichsen
Icahn School of Medicine at Mount Sinai
Hospital, New York City, United States.

Date: Monday 24 October 2016

Time: 9.00am - 11.00am
(Morning tea included)

Location: St Bart's Anglican Church
103 Stenner Street, Toowoomba

RSVP: Wednesday 19 October 2016
Rhondaj17@bigpond.com

What can you do to make your later years happier and healthier? Internationally renowned expert in psychology and ageing, Dr Greg Hinrichsen explores ways to improve our physical and emotional well-being as we age. Dr Hinrichsen will discuss:

- ♦ *Misinformation and facts about ageing*
- ♦ *How attitudes toward ageing can affect the ways we live our later years*
- ♦ *Ways to meaningfully plan for getting older*
- ♦ *General strategies for maintaining and enhancing mental abilities*
- ♦ *Efforts to enhance health and sleep*
- ♦ *Ways to further build social connections and meaningful life activities.*

RSVP to this FREE community event today!

Proudly supported by:



DYNAMIC LIFE LECTURE SERIES

This Guest Speaker series will continue as usual in Term 4 **with the exception of Monday October 17th when the venue will not be available.**

Guest Speakers for Term 4 include Professor Jan Thomas, Mr. Barry Rodgers OAM, Dr. Gregory Hinrichsen, Greg Lamerton, and speakers from St. John's Ambulance, The Public Trustee and AirBorn Insight.

To book into this group please email rhondaj17@bigpond.com

WE EXTEND
A WARM WELCOME TO
51
NEW MEMBERS
WHO JOINED IN Term 3

2016 CALENDAR

TERM DATES

TERM 4 OCT 10 - Dec 2

U3A SHOWCASE 2016

TUESDAY.....DECEMBER 6

2016 Newsletter Deadlines

2017 Course Book Nov 11

2017 Term Dates

TERM 1 JAN 30 - Mar 31

TERM 2 APR 24 - Jun 23

TERM 3 JUL 17 - Sept 15

TERM 4 OCT 9 - Dec 1

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PRESIDENT'S REPORT

Healthy and Active Ageing is the buzz phrase across Australia and around the world. Politicians certainly pay lip service to it but are they doing enough to ensure that it is a reality?

Governments here and internationally are funding endless research projects to investigate this. Why? It is now that the infrastructure needs to be put in place to facilitate the ageing population. We do not need to spend more money on research to tell us what we already know; we need to get on with it. Perhaps that is why U3A in Toowoomba is growing at such a fast rate. We get the job done, we offer a quality product and we do not spend money on needless research. Having said that we are always open to new ideas and ways to carry U3A forward so we can continue to meet the needs of our ever growing membership.

The recent Seniors' Information Expo is a perfect example of how a like-minded group of Volunteers can organize and facilitate a much needed and very successful community event. A huge two days of hard work by our wonderful band of volunteers brings together the months of work carried out in the background, to bring this event to fruition. A big **Thank You** to all who helped.

With our growing membership comes the need to offer more classes/activities and I take this opportunity to remind you all that U3A is run by volunteers from the membership. We constantly need additional Tutors if we are to offer new activities. This could be YOU.

Despite the huge rise in operating costs across the board and especially of postage which affects our *mail-outs* of the Course Book and Newsletters our wonderful hard working Management Committee has voted to once again offer a 20% Early Bird discount for renewing members. Full details on how you can benefit from this offer will be on your INVOICE for 2017 Membership which comes in the post with your 2017 Course Book.

Have a great Term 4.

Rhonda Weston

COMPUTER HELP—MetaWebIT

Carl Kruck is our IT Consultant, managing Computer problems in consultation with the Computer Tutors.

Carl offers his expertise to our members, at a special U3A hourly rate. Call Carl if you need computer help; 4633 2196 or 0449 156 580

Like <https://www.facebook.com/metawebit>

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or Skype call Metawebit

Membership Renewals for 2017

If you are new to U3A in Toowoomba this year, or need to refresh your memory – please read this.

Long-time members will know how our renewal process works, but for those who are unfamiliar, here is what will happen.

On 3 January 2017, the Management Committee and a group of volunteers will meet in the Playhouse at the Philharmonic Complex, to pack and send the course book for the new membership year.

The book is packed into a plastic sleeve. Your name and address is on a **Renewal Invoice**, behind a coloured cover sheet on top of your Course Book. ***Be sure to locate the invoice before you throw the cover sheet away.***

The invoice will direct you to the page in the Course Book which outlines how you can pay. **Our office will be open for a few days in January** for those who prefer to make payments in person. Details of these dates and times will be in the Course Book.

Please note that **we DO NOT take renewals for a new year before 1 January**. We DO NOT accept cards, only cash, cheque or direct deposits to our bank (either over the counter or via the internet). Make sure you read and follow the instructions for direct deposits, so we can track your payment. **Also note the early bird discount end date** which will be highlighted on your invoice. This discount is **only available to renewing members**.

If you are mailing your renewal, or direct debiting via the internet, please allow extra days for the funds to reach us by the end date.

Once you receive your Course Book, unless indicated otherwise, you are free to **phone the tutors** for your class of choice and ask for more information, book into a course, or ask to be placed on a waiting list if the class is full. ***You DO NOT have to wait for term to begin to contact the tutor.***

The Open Morning in 2017 will be on Monday 23 January (Tuesday 24 January in Pittsworth). Tutors will be setting up prior to this so the gates WILL NOT be open until **9:30am** and they will close promptly at **11:30am**. At the open morning you can meet and talk to tutors whose classes you may be interested in. Not all tutors attend as some may be on well-deserved holidays. We can take renewals on Open Morning, but bear in mind that **the early bird discount will close on Friday 20th**, so you will have to pay the full amount.

If you have any questions at all about our renewal process, please contact the office, or email us at: newsu3atoowoomba@bigpond.com

SENIORS' EXPO REPORT

A big thank you to all the volunteers who turned up to help, both on Tuesday for the set-up and again on Wednesday. Two recent new members who helped out in the Café had such a good time they asked if they could be included next year!



This event continues to grow and with 80 exhibitors and 1750 people through the door this year, it was a successful day. Feedback we have received since, indicates that it is informative and helpful to seniors and their families, and with the support of Toowoomba Regional Council, we will endeavour to continue hosting it into the future.

NOTICE RE PARKING AT THE PPC

There have recently been some issues related to driving through and parking in the Philharmonic Complex. Please be aware that:

- **THE CARPARK IS ONE WAY ONLY**
- **PLEASE PARK BETWEEN THE ALLOCATED PARKING SPACE** INDICATED BY THE YELLOW LINES
- THERE IS PARKING FOR "DISABILITY PARKING PERMIT" HOLDERS AT THE REAR OF THE COMPLEX.
- **PARKING ON THE PARKLAND** outside the southern gates may incur Council parking fines.

Please notify the Office Staff if you encounter any Car Park Issues.

Note: **PARKING IS NOT PERMITTED BETWEEN THE SIGNS ON THE GRASSED AREA NEAR THE FRONT GATE ON MATTHEWS STREET. THIS IS PARKING FOR PHILHARMONIC COMMITTEE MEMBERS ONLY**

HOPE AUSTRALIA

Householders' Options to Protect the Environment (HOPE) Inc.



The Southern Queensland Correctional Centre is seeking donations of books for their prison library.

This is an opportunity for U3A members to share/recycle Novels, Reference Books, Australian/National Geographic Magazines, Health and Lifestyle Books/Magazines, Reader's Digest and Gardening/Horticulture Books and Magazines.

Donations can be made at the U3A in Toowoomba Office or at the office of HOPE, 22 Vacy St, Newtown.



U3A Showcase 2016

Formerly called The Art Show and Concert

Thanks to the early support of many Tutors and Classes, this years' U3A Showcase will be held again this year. Put the date in your diary now.

FREE SAUSAGE SIZZLE

Tuesday 6th December 2016
10am to 2pm

Classes that have not yet confirmed their intention to participate please do so within the first two weeks of Term 4.

We still require a few more volunteers willing to put their hand up. Your support will make this a very special day. Please email Peter Fleming at: peterfleming@goorawin.com.au if you have not already done so.



EXPRESSIONS OF INTEREST FOR 2017

ANCIENT BELIEF from STONE AGE to about 100AD

Matthew Weatherley

Thursday 9 – 11 TAFE Room A2.70

This course is to be expanded and spread over the 4 terms in 2017. For more details ring Matthew.

CARD MAKING

Annette Johnston

Monday 11:30 – 1:30 PPC Studio Room

Depending on numbers this course and Scrapbooking may run together or separately.

CREATIVE JOURNALING (Basics)

Linda Barton

Thursday 11:30 – 1:30 PPC The Lab

Creative Journaling is a method of journal keeping using both words and pictures (drawing, doodling, photo collage, etc). It provides a space for deepening our self-understanding, a way to contain and channel troubling emotions and gain perspective, a place to develop a greater awareness of daily life; and allows your right brain to create, intuit and feel. Topics include- overcoming the blank page barrier, tools and techniques for incorporating more wonder into your writing, strategies for dealing with obstacles like writers block, how to deal with and explore thoughts and feelings and emotions, and new ways to express yourself creatively in the pages of your journal. Come join me on a journaling journey, grow and glow and you get to know yourself better. NO Art or Writing Experience Required –Just an Open Heart.

DRAWING ABC 2

Valerie Saywell

Friday 11:30 – 1:30 PPC Studio Room

Due to the overwhelming interest a second class is being offered.

Discover your hidden talent. This course is for people who say 'I wish I could draw'. Well – You Can. Come and learn the basic building blocks of how. We will cover areas like line shapes, forms, shading, texture and perspective. Come and have some fun discovering your new talent.

HERBS—AN INTRODUCTION

Beau Baudistel

Thursday 11:30 – 1:30 TAFE A2.70

•Common Herbs in Daily Life •How to incorporate herbs into your diet •Health properties of common herbs •Herbs in the kitchen •Herbs in tea •What herbs can I grow? •Suggested reading and access to the internet • How can I use herbs in my daily life?

HISTORY of SPACE TRAVEL

John Pryce-Davies

For Terms 2 & 3 Venue TBA

A course on space exploration and basic astronomy. The early developments in rocketry. The 'Space race' between USA and USSR. The various American astronauts exploration of the Moon (1969-72). The probes to Mars and other planets in our solar system. Some basic astronomy on our solar system and beyond. Theories about the origins of the universe.

HYPNO-MEDITATION

Vicki Grinham

Friday 2:00 - 4:00 PPC Playhouse

Hypno-Meditation is a powerful tool that brings intentional changes to the mind and body, including the lowering of blood pressure through stress reduction. It causes a sense of wellbeing and balanced emotions within us.

LAUGHING YOGA

Roslyn Melmeth

Friday between 11:30 – 1:30 PPC Playhouse (Note the session will be for 40 minutes only.)

Laughter yoga is a set of exercises using unconditional laughter, deep breathing and gentle stretching to help unwind the negative effects of stress. We laugh for no reason without jokes or humour. Laughter yoga was first designed by Dr Madan Kataria in 1995 as a program to help his local community in India. It is now used worldwide as an exercise and stress reliever. All that is required is an open heart and a desire to share unconditional laughter.

EXPRESSIONS OF INTEREST FOR 2017 Cont'd

SCRAPBOOKING

Annette Johnston

Monday 11:30 – 1:30 PPC Studio Room

Depending on numbers this course and Card Making may run together or separately.

SELF CONFIDENCE

Harold Clark

Tuesday 2 – 4 TAFE Room A2.70

Overcome your fears and develop a greater belief in yourself and your personal abilities. Learn to be at ease communicating in front of a group, lose your timidity and self-consciousness and develop greater self-confidence. This is an easy to follow course delivered in a very encouraging, supportive and fun environment. You will discover you can be an interesting speaker and excited with your new skills. Participants limited to 12

NEW IN TERM 4

Contact tutor to book into a class or to ask for more information

COURSE DETAILS	VENUE/DAY/TIME	TUTOR
COMPARISONS of Pre SOCRATIC & EARLY INDIAN THINKING See full description in Course book, page 31	TAFE Room A2.70 Thurs 2:00 - 4:00	Francis Mangubhai
FOOD CULTURES CULTURES - Food not people. A one morning workshop. Demonstration, tasting and recipes for 3 common and easily made probiotics. Learn to make your own yoghurt, kefir (fermented milk or water) and Kombucha (ancient fermented tea) at 1/4 supermarket cost or less. Bring 2 teaspoons saucer, small glass or cup and 300ml or larger screw top jar or other leak proof container. Cost.....\$1.	Wednesday 19 th October 10:00 - 12:00 Dr Price Room, Little St	Barbara Manuel
MINI WICKING BEDS for POT PLANTS A one lesson workshop on the easiest way to keep pot plants alive and looking good. They will even thrive for a few weeks with this method. Discussion on suitable pots. Geotextile fabric and plant to make one at home will be provided. Cost.....\$1.	Fri - 21 st October 10:00 – 12:00 Dr Price Rm, Little St	Barbara Manuel

CLASSES IN RECESS

COURSE	IN RECESS UNTIL	TUTOR
BIRD BIOLOGY and FIELD IDENTIFICATION	Not available in Term 4	Neil McKilligan
CHESS	2017	Ted Kitto
GEOGRAPHY	2017, Term 1	Del Reinbott
GUITAR for BEGINNERS & INTERMEDIATE	The Guitar Jam Sessions only will continue in Term 4.	Len Harding
HEALING YOURSELF FROM WITHIN	FURTHER NOTICE	Sue Peel
iPADS with Liz Kennedy	Term 1 2017 with a change of venue.	
TATTING	2017	Ted Siebuhr

COURSE CHANGES and UPDATES		
COURSE	CHANGES	TUTOR
ANCIENT BELIEF Thursday 9:00—11:00	NEW VENUE: Tafe Room A2.70	Matthew Weatherley
BOTANICAL ART	NEW TIMES Class extended by 1 hour, now 12:30 - 3:30 Tuesdays at Toowoomba Art Society. Participants may come early or late, or stay for the full 3 hours.	Diane Reid
DOODLE ZEN	NEW PHONE NUMBER FOR TUTOR	
EXTENDED DRAWING Friday 9:30 – 11:30 PPC Austral Room	NEW TUTOR	John Swarbrick
GENEALOGY Tuesday 1:30 – 3:30 Dr Price Room, Little St	NEW TUTOR Use Genealogy to discover your family's past. You will be guided on ways of using on-line technology and the experiences of others on your journey of discovering more about relationships within your family line. Experienced Genealogists will provide ideas for your research and help with learning more about your elusive ancestors. Both beginners and experienced researchers are most welcome to join us.	Christine Jenkins
GREEN CHICKEN WRITERS Thursday 9:30 – 12:00 PPC Studio Room	NEW TUTOR	Ken Gillies
GUITAR JAM SESSION Friday 10:00 – 12:00 Seventh Day Adventist 669 Greenwattle St	NEW PHONE NUMBER FOR TUTOR	Len Harding
ITALIAN for BEGINNERS Tuesday 1:30 – 3:30 PPC Studio Room	VACANCIES	Joseph Spadaro
MINDFUL LIVING Thursday 2:30 – 4:00 PPC Playhouse	TIME CHANGE	Janine Hills
PicMONKEY / IMIKIMI (photo editing) Tuesday 9:00 – 11:00 PPC Computer Lab FACEBOOK Tuesday 9:00 - 11:00 PPC Computer Lab	VACANCIES If you're keen to learn how to improve and build on your photographs, this course is for you. These are excellent photo editing programs, user friendly and no need to install on your computer – both are accessed from the internet. You can also learn how to scan photos to your computer and create stunning finished results. This course will only run if there are insufficient numbers registering for the above PicMonkey course. Contact tutor to express your interest.	Don Bysouth

COURSE CHANGES and UPDATES Cont'd

COURSE	CHANGES	TUTOR
PICTURE FRAMING for BEGINNERS Monday 1:00 – 3:00 Margy's Place	Calling all artists who want to present their unique art in a professional frame. Learn how to cut mat boards and glass, mitre moulding and v nail the finished frame to achieve a professional finish. The classes will provide access to professional framing equipment.	Margaret Cruickshank
RSQ ART/MUSIC STUDIO	RETIRING	Denise Nys
SHIBASHI QIGONG	Relieving tutor Term 4	Jenny Utley
SILVERCRAFT & MORE and SILVER WIREWORK Thursday Pioneer Vlge, H'fields	COMBINING Silvercraft and More and silver wirework combined for those having completed any Silversmithing or wirework previously. Starting date and all other details will be advised on booking in with Tutor. No tools necessary. Fees apply plus materials costs.	Aileen Flood
WOOD TURNING Tues, 9:30 – 11:30, 1:30 – 3:30	RETURNING New Venue 10 Jacqueline Street	Keith Gwynne

FRIDAY LUNCH CLUBS**21st October****18th November**

Group A (12 noon) Barbara Jonsson	Thai on High Street Meibusch Street	Café 63 11 Herries Street, Eastville
Group B Bev Frizzell	IN RECESS Back in Term 1 - 2017	IN RECESS Back in Term 1 - 2017
Group C (12 noon) Jan Preston	The Downs Hotel 25 Brisbane Street Drayton	Gips Restaurant 120 Russell Street
Group D (12 noon) Lorna Hopgood	Kingfishers Café 333 Spring Street	Urban Grounds Café (formerly Angelo's) 210 Herries Street
Group E (12:30) Lina Pervan or Diann O'Mara	Café 63 11 Herries Street Eastville	Grumpy's Steakhouse 48 Brisbane Street Drayton

TUESDAY LUNCH GROUP**Commencing 12:30****Irene Earsman**

15th November	Legends - Mort Estate Hotel
December	IN RECESS
17 January	Mill Street Tavern
7th February	Pump - Mort Street
21st February	Muller Bros. Bell Street Mall
7th March	Myer Cafeteria
21st March	Newtown Hotel

STILL WANTED.....Volunteer to operate the music tower for the U3A Old Time Dance Group, who meet Friday 2:00-4:00 at Drayton Hall. Call Desley Banks on 4696 2401 if you can help. Instruction will be given.

Unfortunately if this position can't be filled the group will not be continuing in 2017.

CLASSES WANTED

Is there anyone you know who could run a class in **Vietnamese or Russian?**
Phone David Weston—4613 6559



New Interests - New Friends

Return Address:

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Mick O'Mara

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