



Upwey Seniors Community Centre: 6 Mahony Street - in car park behind Upwey Shops. PO Box 1153 Upwey, 3158
Phone: 9754 3339 Email: office@sherbrookeu3a.org.au Web: www.sherbrookeu3a.org.au

COMMITTEE FOR 2022

OFFICE BEARERS

President: Judith Patrick
Vice: Pres: Diana Little
Secretary: Heather Rutter
Treasurer: Keith Ypelaan

GENERAL COMMITTEE

Sandra Alder
Jeanette Leary
Anna Lane
Suellen Trevor

OFFICE HOURS:

Wednesdays from 1.00pm – 3.00pm

on the following dates in December
8/12, 15/12, 22/12 and
Dates for January being
12/1, 19/1 and more to be
advised.

Our Treasurer and Secretary
will be in attendance to
register members for 2022.
You can use card or cash.
Bring correct money. \$30.00
for current member and
\$40.00 for new members.

CONTACT:

Send email anytime
Leave message on phone
OR ring Judith 9754 3507

Hello Members

Many thanks to all who attended the AGM and a big welcome to Suellen Trevor who offered to fill the position left by Fred Alder.

*As we start winding down from class attendances and are looking forward to sharing some joy in the season of dining and socializing with loved ones the month of January will fly by and **Monday 7th February will start Term 1 for 2022** and finish term 1 on **Friday 1st April., 2022***

*Garden Group has now moved from night shift to Wednesdays from 2.00pm to 4.00 pm. So, all you **day time only** members will have a chance to experience much of the magic of Gardens. We have some seriously good Gardeners.*

I would like to say a very big thankyou to Peter and Jean Roman who have battled on with Jean's serious case of Shingles for most of the year. Tai Chi is a large and popular class with a big waiting list. Well done Jean and we all wish you a fantastic recovery.

Special thanks to Heather Rutter and David Jewell for working long hours on our policies for Privacy and Corona Virus.



Painting by Judith Patrick (Art)



UPWEY-TECOMA BOWLS



Painting by Sonja Andrich (Art)

From Rock to Rock

*Wherever air, rock and water meet
Windmills oft draw from beneath
Whenever the winds do us treat
Fullness of sail to new rock bequeath*

Judith (December 2021)

Don't forget to try the Pilates connection of mindful movement. Available at the Upwey Hall on

THURSDAYS AT 12.45pm to 1.45pm PILATES FOR BEGINNERS (NO FLOOR WORK) CLASS WILL BE ½ HOUR OF PILATES FOR SENIOR BEGINNERS AND 1/4 HOUR FULL CHAIR WORKOUT.

FOLLOWED BY

2.00pm to 3.00pm ABSOLUTE BEGINNERS LINE DANCING as shown on YouTube. (Includes Annemaree Sleeth) on big Screen.} thanks Annemaree)

Ancient Egypt class has now connected to the Big Screen so why not attend a Class and enjoy yourself.

Would you like to learn about the great game of Lawn Bowls at our local Upwey-Tecoma Bowling Club. Knox U3A will have a few vacancies we can fill for a full term of weekly coaching in 2022 on Monday afternoons. Please contact Judith on 9754 3507 if interested.

We have listed 2 members who would like to learn holiday Japanese and if you would like to be added to the list, please ring Judith 9754 3507

We are also asking that anyone interested in Wine, Cheese and You evenings on the 2nd Wednesday of every month from 7.30pm until 10.00pm please contact us – office@sherbrookeu3a.org.au



STAY SAFE JUDITH AND COMMITTEE and have a magic and joyful festive time wherever you go and be happy knowing that 2022 is coming with new times.