

letter



THE UNIVERSITY OF THE THIRD AGE

**SHERBROOKE U3A Inc.**

**NEWSLETTER  
OCTOBER 2023**

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

## COMMITTEE FOR 2023

### OFFICE BEARERS

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

### GENERAL COMMITTEE

Sandra Alder  
Jeanette Leary  
Anna Lane  
Janine Navaud  
Sally Larwood

### OFFICE HOURS:

*Wednesdays from 1.00 pm  
– 3.00 pm during terms.*

### TERMS - 2023.

Term 1 - completed  
Term 2- 1<sup>st</sup> May - 16<sup>th</sup> June  
Term 3- 17<sup>th</sup> July - 8<sup>th</sup> Sept.  
**Term 4- 9 Oct – 8<sup>th</sup> Dec**

### OUTINGS

*Please advise Committee  
of any special outings you  
would like to go on.*

### CONTACT:

*Send email anytime  
or ring office 9754 3339  
or  
Judith 9754 3507*

## **Hello members - Yes all 199 of you.**

*We are so pleased with all the new members joining our U3A  
Group in Outer Eastern Region, Victoria.*

*We are currently running 25 classes, and most are full.*

*We have had members on various holidays and have been a little  
under-staffed during term 3 – so no newsletter for awhile .*

*Never mind, notices of events were always sent to members.*

*I went on two Garden Club outings recently and I am counting  
the days to go on the next outing. Transport is available from the  
Hall.*

*The next outing is on Wednesday 11<sup>th</sup> at Rhododendron Gardens,  
The Georgian Road, Olinda Meet 2.00pm. The bus has been  
booked, takes 10 and tours around the established gardens  
taking 45 minutes. The bus does not go through the new  
Australian Garden. Those wanting to see these new gardens can  
choose to walk there instead at 2.00pm. The café should be open  
or bring your own afternoon tea.*

**Inquiries: Barb 0427 057 039.**

*Sherbrooke AGM will be on Monday 11<sup>th</sup> December 2023 at the  
Hall starting at 11.00 am.*

*Please bring a lunch plate to share.*

*We are hoping classes will display some of their great works for  
all of us to admire.*

*Emerald U3A Ageing Seminar was attended by some of our  
members and congratulations to Emerald U3A for hosting such a  
most informative event.*

*Christmas in July for 2024 was approved by the Committee as our  
members requested. More plum pudding for me and you.*

*Does anyone have any hobbies which could become new classes  
for 2024. if we can accommodate them?*

*Please leave message for call back.*

**SOME OF OUR CLASSES -**

**PATCHWORK CLASS**  
*Gabriella has vacancies.*

*Why not make that special item you have always wanted.*

*SEWING has a professional tutor.*

**WANT GOOD HEALTH?**

*Some of our good health programs are -*

*Tai Chi, Exercises, Pilates and 3 levels of line dancing classes.*

*We also have.2 weekly Bushwalking mornings and Learn to Bowl on the Greens at Upwey Tecoma Bowling Club .on Thursday mornings.*

*Indoor Bowls and Table Tennis are also available on Monday afternoons.*

*Painting and colouring for Good mental health Mindfulness*

*LANGUAGE AND IDEAS for Stimulation*

**Times**  
**Hard times do not last.**  
**But they do come and go,**  
**And in between all times past**  
**Good times for us to know.**  
**Judith 2023**

*Please take care during Asthma Storms Times which can run from October to December. Please shelter indoors whenever possible.*

*A big thank you to Noah from the Belgrave Library for all the first Wednesdays of each month he has given face to face advice on our troublesome technology problems. Please book for a session on the appointment sheet outside the office.*

*We would like to organize some daily rail travel and even an overnighter per year is possible. If you think you could assist please contact Judith.*

**AN INVITATION FROM MT DANDENONG FOR THEATRE SPORTS.**

**Theatre Sports** is a form of improvisational theatre, which uses the format of competition for the dramatic effect. Two teams of actors compete against each other for the favour of the audience or referee, points are given in different game rounds. Theatre sports games fall into several main categories where one member of the team is endowed with certain attributes and must try and guess what they are. In some games, extremes of emotions provide the entertainment. Quick thinking, using the imagination, role playing, improvisation, voice use and physical movement are all characteristics of theatre sports.

WHATEVER YOUR AGE, interests, or abilities you can enjoy pastimes that make you LAUGH lose track of time or feel like a goofy kid at heart! There is 100s hilarious and fun drama and theatre sports games, exercises and warm ups.

Our tutor, Ron Thomas has been involved in drama for over 40 years. He has experience in acting, directing, teaching and training drama teachers. He has even been a theatre sports judge. Ron is involved with the 1812 theatre group and is the author of "Engaging Students in Drama". He is able to adjust the program to accommodate people of limited mobility if required.

U3A Mt Dandenong is offering Theatre Sports classes on **Mondays at 4pm** at Farndon's Hall during term **3 and 4**. This course will not proceed unless we have sufficient numbers in the group.

Please contact [u3amtdandy@gmail.com](mailto:u3amtdandy@gmail.com) phone 0491 064 569 if you want to participate in theatre Sports

**OUTER EASTERN REGION MEETING WILL BE HELD AT SHERBROOKE ON FRIDAY 3<sup>rd</sup> DECEMBER. WE WILL NEED THE MAIN HALL TO BE AVAILABLE FROM 1.00 PM.**



**CHEERS JUDITH &  
COMMITTEE**