



RIVERSIDE COTTAGE

# Caboolture U3A

## Term 4 2018

ENJOY THIS TERM

## A word from the President

by Wendy Sanders

Welcome back for Term 4,

On behalf of our Management Committee, I would like to sincerely thank each and everyone who attended and assisted at our *Celebrating Seniors Day*, as part of Senior's Week in August. This was a showcase of what Caboolture U3A offers to the local community, in regards to lifelong learning and opportunities to meet and make new friends. It also gave our members the chance to see what happens at other classes which are held in many other venues

This year is rapidly rushing by and before we know it, Christmas will be here. Please note our two Christmas functions coming up – our Christmas Lights bus trip and our annual Christmas Luncheon. More details later in this newsletter. Make sure you don't miss out.

New members can now affiliate for 2019 and receive 15 month's membership for just ten dollars. Current Members can also renew their membership for the forthcoming year. Affiliation forms are available at the *Riverside Cottage*.

There are several new workshops planned for this term which are proving to be very popular. Check your Term 4 program to see if they are of interest to you.

A great roll up for our end of term function, with guest speaker Senior Sergeant Mal Lilley inundated with questions regarding road rule changes. He gave us a real insight into traffic policing in our district. This was followed by a delicious barbeque, followed by platters of locally grown strawberries sourced from local farmers. Congratulations to Claire and Noelene who won the Term 3 raffle prizes – thanks to donors Valmae Bell for her beautiful seascape pastel and Julie Van Duinen's magnificent hand-made quilt. A fitting end to a successful term.

Wendy Sanders  
President



# 2018

### TERM DATES

#### Term 1

Did you try something new?

#### Term 2

Half way through the year

#### Term 3

What was your favourite class?

#### Term 4

8 October to 14  
December

## MEET THE TEAM



**Our Management Committee – 2018/19 elected at our Annual General Meeting.**

Back row L to R Val Chapman, Carole Hodgson, Gay Beavis, Steve Scrivener, Lyn Chapman.

Front row Wendy Sanders, Desley Matthews OAM, Margaret Shaw.

## 2019 U3A TERM DATES

Term	Dates	Length
1	Monday 5 February - Friday 5 April	9 weeks
2	Tuesday 23 April - Friday 28 June	10 weeks
3	Monday 15 July - Friday 20 September	10 weeks
4	Tuesday 8 October - Friday 13 December	10 weeks



**WE ARE LOOKING FOR PRIZES FOR OUR MULTI-DRAW RAFFLE  
AT OUR ANNUAL CHRISTMAS LUNCHEON.**

**Do you have anything suitable or something to re-gift? If so can  
you please drop off to the Riverside Cottage.**

**MANY, MANY THANKS.**

# UP AND COMING EVENTS

## FRIDAY 14 DECEMBER Christmas Luncheon

Our Christmas Luncheon will be held on Friday 14 December at the Caboolture RSL Club on the corner of Hasking Street and Beerburrum Road at 12 noon. Delicious lunch will be served, there will be entertainment and heaps of raffle prizes.

Bookings are essential at the *Riverside Cottage*

**Payment of \$25 must be paid at the time of booking.**



## FRIDAY 30 NOVEMBER Christmas Lights Tour

Barbeque at the *Riverside Cottage* 5.00pm, then board the coach for a tour of the Christmas lights in Caboolture, Morayfield and Burpengary.

Tickets just **\$20** including sausage sizzle.

Payment **MUST** be made when booking. Book now at the *Riverside Cottage*



## 2019 ENROLMENT DAYS Riverside Cottage

Our enrolment days for Term 1 2019 are

Monday 21 January 2019 9am – 2pm

Tuesday 22 January 2019 9am – 12 noon

If you would like to volunteer your help on the day register your interest at the *Riverside Cottage*.

Please come along to one of enrolment days, maybe you will find a new class or meet some new people. We look forward to seeing you in 2019.

## TERM 4 MOVIE OUTING Date to be advised

If anyone has a movie that they think will appeal to our movie group. Please leave your suggestion at the *Riverside Cottage*.

We would like to find a good movie for the last movie outing of 2018.

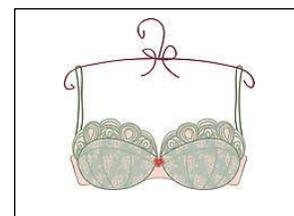
## JEAN'S CREATIVE WRITING CLASS

The brief for Jean's Creative Writing Class was – "*Something I use every day.*" This was Robyn Wiggs' response. The brief changes each week so the topics are varied requiring a stretch of imagination and thought processes.



### HESTIA

By Robyn Wiggs



Hi there, I'm Hestia 14B and I've had the pleasure of the appointment to the role of Uplifter in the life of my two employers.

Over the years I've attempted to reinvent myself, to stay attractive to them by highlighting my best features, adding touches of lace, wire, stretchy fabric, even supplying a front fastener that I was sure would be a boom. That one has not as yet been readily accepted by them. As an indication of their attachment to me they have taken me along to their many sporting activities knowing full well my ability to smooth out the highs and lows they encounter. It has all been worthwhile though as I still have my revered place on the right-hand side of their second drawer.

I've been there in the perky days of their youth, cast aside only for short periods of time when they deemed it necessary to try a drop front panel job. But they always brought me back again. Ah yes, they recognize that bosom buddies are to be held close!

Yes, the years have been kind to us both, and I'm extremely proud of the fact that they still, to this day, rely on my unconditional support.

Our time together has spanned many years now and we're old friends. We're comfortable in each other's company, and they know that a good friend is worth their weight in gold.

In life, I've found we are all bound by a higher authority. Now, their authority, has suggested to them, that a good facelift would indeed, offer as a major side effect, the perkiness of bygone youth.

Whatever the outcome, I know I have what we all crave – I am well loved, I am wanted, I am still useful - and in return my employers have the peace of mind that I continue to strive to deliver for them my lifelong guarantee of holding up generations of Australian women in comfort and style.

## CARING FOR CARERS: A NEW PROGRAM TO REACH CARERS FOR PEOPLE WITH DEMENTIA



The *Caring for Carers of People with Dementia Project* links carers of older people with dementia to other carers living in regional and rural Australia. The chat-based group program allows carers to chat with other carers in similar circumstances. Carers join a weekly group videoconference meeting from their home and connect with other carers in a relaxed and informal atmosphere. Carers have the opportunity to share information, experience and skills. The program is available to primary carers of a person with dementia.

The information and chat meetings are led by an experienced facilitator, Dr Annie Banbury, and run for six weeks. Group programs have now started and will be offered through to May 2019. Carers need to be connected to the internet. The program is free, apart from charges from the internet service provider for data usage in the videoconference sessions. Carers are encouraged to use their own desktop computer, laptop, tablet or smart phone; the project can loan a tablet for the sessions, if needed. Carers do not need to stop any other programs or services that they are involved in. Carers will be offered \$50 voucher to cover internet charges at completion of their involvement the project. They will also go into the draw to win one of five tablets.

*The Caring for Carers program is being offered by Central Queensland University's Caring for Carers of People with Dementia Project which has received Australian Government Dementia and Aged Care Services funding. The project will gather information about the response of isolated rural carers of older people with dementia to a videoconference based, outreach, information and peer support program. A summary of the information gathered from the project will be available for participants when the project is finished.*

The project team is keen to hear from carers who would like to participate. To register or find out more, please contact the project by email [carers@cqu.edu.au](mailto:carers@cqu.edu.au) or phone **Karen Nixon** on 0427 812 156 or **Kristen Forster** on 0437 579 695.

You can also register your interest online at [cqu.edu.au/caringforthecarers](http://cqu.edu.au/caringforthecarers)  @vc.groups4carers



## NEW CLASS TERM 1 2019 LEARN CHINESE

Expressions of interest are called for Students interested in learning Chinese. An ideal class if you are intend travelling to China in the future. Please lodge your expression of interest at the Riverside Cottage.

Classes will be held Tuesdays 9am – 10am Term 1



## SENIOR MOMENTS

### BACK BY POPULAR DEMAND

**Back by popular demand Senior Moments returns to the QPAC Playhouse in May 2019**

Senior Moments is a deliciously funny and fresh collection of comic senior moments, sketches and songs performed by a seriously funny cast who are old enough to know better.

Gold Logie winner John Wood, Benita Collings, Max Gillies and Geoff Harvey on piano, all combine to deliver a somewhat silly show for otherwise sensible seniors.

It's fun and laughs for all ages.

A Reserve seat tickets are just \$55 each – a saving of \$14 per ticket. Add your name ot the booking sheet.

QPAC Friday 10 May 2019 Matinee

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