



**MORELAND**  
UNIVERSITY OF THE THIRD AGE

# NEWSLETTER

Number 7

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## FROM U3A MORELAND COMMITTEE OF MANAGEMENT

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Dear members,

The coronavirus pandemic means that all U3A Moreland Programs have been cancelled until further notice. This includes cancellation of our AGM which was to be held on 22nd April.

The Committee of Management will meet again in late April to assess the situation around COVID-19, so Term 2 Programs are unlikely to commence at the beginning of term.

In the meantime, as you are no doubt aware, up-to-date information on the coronavirus and precautions you may take is available, and updated regularly, from the Victorian Government at:

<https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

We wish all our Members good health and take care in this difficult time. We look forward to seeing you when we may be in a position to resume Programs. We will advise you accordingly.

Queries may be directed to:

Email: [info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com)

Phone: 0421 318 872

Leave a message. Please understand that messages will be checked only from time to time.

In the meantime, it's up to each one of us to look out for our neighbours, and to use our skills and our hearts to look after our community.

*Sincere wishes,*

*U3A Moreland Committee of Management.*



*Discovered at Edinburgh gardens  
by the Urban Exploring Group,  
photographed by Raul Martin*

## FROM THE PROGRAM TEAM

### Term 1 2020

U3A Moreland Program, including some 8 new activities, began the year very strongly with great variety offered by our Members, who came forward as Facilitators to share their ideas, skills and knowledge to provide a Program of activities for you. As Simon Ransome reported in his first Enrolments report to the Committee of Management in February:

*"The total number of new enrolments was huge, reflecting not only the start of a New Year and new Members, but renewed interest from pre-existing Members. The schedule of Programs this year has really attracted large numbers!"*

These were **209** members undertaking **580** enrolments across the **35** programs we offered in Term 1 Program Guide. By March our Membership had increased to **217** with an additional **51** enrolments.

However **19** programs were full. We are very aware of many Programs having waiting lists and every effort is made to enable more Members to participate. This is helped if Members keep letting us know when unable to attend or withdrawing from a Program. This provides a vacancy for another Member to participate. Thanks to all those Members using the Absence Management module providing us with this vital information. We encourage wide Membership use of this and will continue to send out information about using it.

### Term 2 2020

Plans were well underway for our Term 2 Program, with continuation of many Term 1 Programs such as **6 Word Memoir**, **French** group, another **Mahjong** group already underway, and **Petanque** and some new offerings.

Then it was necessary to cancel our Programs till further notice.

However when U3A Moreland is operating again, the Program may include an **Italian** language program commencing with a workshop. Other new Programs might be **Mind Mapping**, perhaps some **Creative Writing (autobiographical writing)**, a **Fundraising Sewing** group and **Technology Assistance Workshops** offered by Fawkner Community House via their Be Connected funding. Of course everything depends on when we operate again and who may then be available. Meantime keep thinking about what you can offer in the future.

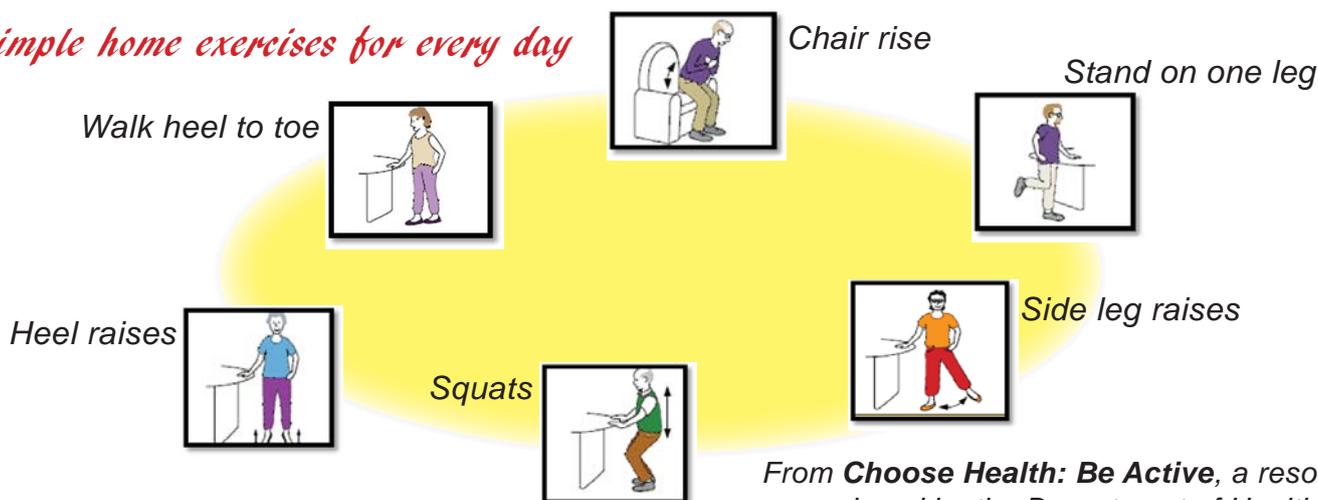
We remember the first Monday Matters talk on **Keeping Active for Living Well** presentation by Merri Health where the main message was:

*"Be active in as many ways as you can"*

We all look forward to being active again in U3A Moreland in so many ways.

*From the Program Team (Gwen, Margaret, Melinda, Trish)*

### *Simple home exercises for every day*



*From **Choose Health: Be Active**, a resource produced by the Department of Health and Ageing and the Department of Veterans' Affairs.*

The community you want  
starts at your front door™

**neighbourday.org**

[@NeighbourDay](https://twitter.com/NeighbourDay) [f /neighbourday](https://www.facebook.com/neighbourday) [ig /neighbourday](https://www.instagram.com/neighbourday)



*U3A Moreland Nordic Walking Group enjoying coffee at The Alphington Foodstore after a 6.1km walk from Darebin Parklands to the Yarra along Darebin Crk*

Neighbour Day is an annual celebration of community, encouraging people to connect with those who live in their neighbourhood. It aims to foster strong personal connections that last the whole year-round and is celebrated on the last Sunday in March every year.

Neighbour Day is managed by Relationships Australia.

Every day is neighbour day.

Relationships Australia acknowledges that right across the country, Australians are facing unprecedented times. We are in the middle of a worldwide pandemic and while the strength we draw from each other, from our relationships and our wider communities, has never been more important, we appreciate that directives from government are promoting self-isolation, social distancing and the cancellation of non-essential community gatherings.

For these reasons, we accept that the idea of

holding a face-to-face gathering to celebrate Neighbour Day in 2020 is becoming increasingly unappealing and potentially unsafe. We therefore support people's decision to postpone their Neighbour Day events where they choose to do so.

Relationships Australia wants to take the opportunity of Neighbour Day 2020 to remind us all that social connections and support are even more important when so many (already vulnerable) people are being asked to self-isolate. Neighbour Day 2020 provides us with an opportunity to expand our connections and understanding of community and 'neighbours'.

Neighbour Day is simply a catalyst to encourage people across all communities to build and strengthen their social connections. Given the challenges the world is currently facing regarding COVID19, we understand that getting together physically at this time may not be feasible and we encourage everyone to find other ways to connect and engage with their neighbours and communities that may not be face-to-face.

For example, this could be online/virtual connections or small acts of kindness such as leaving calling or connection cards with a kind message and your phone number for those who are isolated, so that they can call you for a chat.

As such, Relationships Australia will be providing a list of ideas and tips on Neighbour Day social media channels to help people create connections that do not require neighbours to engage in person.

We encourage building positive and sustainable social connections, in whatever form resonates with individuals and the communities of which they are a part.

*The Neighbour Day team at  
Relationships Australia*

# OUR COMMUNITY AT U3A MORELAND

## The Bicycle Group



Great ride from Brunswick Stn to Dights Falls and home up Merri Crk.  
Perfect weather!

*Joel Matthews, Program Facilitator*

## Petanque in the Park



Sometimes a tape measure is necessary to find the winner!



The Petanque group had a very enjoyable first term at Warr Park. The weather was great, the neighbors friendly and the coffee abundant. We all look forward to resuming battle when circumstances permit.

*Mario Pane, Program Facilitator*

## The Urban Exploring Group



On Tuesday 18th February the Urban Exploring Group visited the Edinburgh Gardens. Photos taken by group member Raul Martin.

*Anna Harley, Program Facilitator*

## The Architectural Walks Group



The group is undertaking a series of short walks around the City, looking closely at some of Melbourne's finest buildings in the Greco-Roman style, such as the State Library, the Shrine, the Town Hall, Parliament House, and the Exhibition Buildings.

*Justin McDermott, Program Facilitator*

## A note from the president

We have received some good news from Croquet club members about our friend and colleague Donna Appleby, who was injured in an accident last year. We understand that she is now making a slow and steady recovery from her injuries. I'm sure all of you would be very pleased to hear this news and join me in wishing her strength and courage for her recovery journey.

*Gerri McDonald,  
President, U3A Moreland Inc.*



### **Are you**

- **over 50?**
- **no longer working full-time?**

### **Do you**

- **enjoy meeting new people?**
- **want to keep learning?**
- **like to be active?**
- **like to share your knowledge?**

If yes, then **U3A Moreland** may be the right choice for you. We're a friendly learning cooperative, part of a world wide movement offering a wide variety of courses and activities. Our low membership fee allows you to join any of our programs, including:

Art and craft	Talks and discussion groups
Social gatherings and outings	Games
Outdoor activities	Languages
Learning and enquiry	Technology workshops

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General enquiries: Ph 0421 318 872

## **About U3A**

We know that

- U3As are welcoming organisations run by volunteers and the U3A movement is one of the largest organisations run entirely by volunteers
- The U3A movement celebrates the capabilities and potential of seniors and their ongoing contribution to society.

But did you know that

- There are 107 U3As in Victoria offering courses and activities to 39,000 members?

We can be proud to be part of this movement.

***If you have a story to share with other members, wish to promote your group activities, or have feedback about our newsletter please feel free to email your ideas to the newsletter team at: [newsletter@u3amoreland.org.au](mailto:newsletter@u3amoreland.org.au)***

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