



MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

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A WORD FROM THE PRESIDENT

All I am going to say about lockdown is **thank you**. **Thank you** to the Program and Zoom Support Teams, and the Facilitators who got things rolling on line again. And **thank you** to you, our Members, those who use Zoom and those who do not, for your patience, understanding and support as we do our best in challenging times.

So let's talk about something fun: a Senior Exercise Park!



"A senior exercise park, what's that?" I hear some, maybe many, asking.

Best way is think of it is as play equipment for older folks. Why should little kids have all the fun? You will be pleased to hear there are no dizzy roundabouts, or monkey bars involved in a Senior Exercise Park (SEP).

Rather a SEP is a set of exercise stations especially designed to help older people maintain and over time improve balance, strength, functional movement and the range of motion and mobility of joints. This may sound risky, even scary, but it includes unstable surfaces which challenge balance, coordination and core strength. It has been designed by the National Ageing Research Institute (NARI) to be safe but provide some challenge. Remember childhood and youth: you had a go even though it was scary and then you had a great feeling of achievement.

So why is a SEP being featured in this newsletter?

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A word from the President, continued ...

From the outset U3A Moreland Committee and Program Team have been aware of the importance of exercise in maintaining not only the physical, but also the mental health and wellbeing of our Members. At the same time there are limitations in the exercise activities that we can provide.

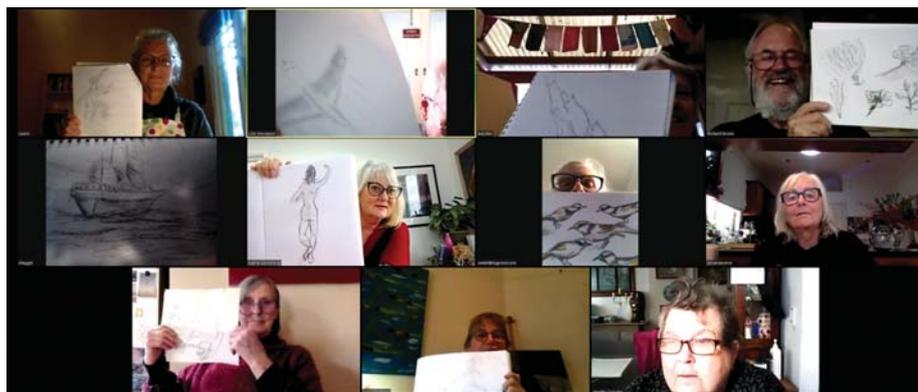
Some three years ago, two Committee members (Gwen and Pauline) attended a training session run by NARI at a SEP at Barry Road Community Activity Centre in Thomastown. We were so impressed with the potential of SEP to help seniors of all ages and abilities benefit from consistent use of such equipment, the Committee agreed to approach Moreland City Council and encourage them to install a SEP in the grounds of Coburg Senior Citizens Club.

The idea is the equipment would not only benefit our Members, but also be accessible to the many other Seniors who use the Centre. It has taken two submissions and a few conversations over a couple of years and the Council has decided to go with the idea. They have allocated money in the 2020/2021 budget and the equipment is on order. So depending on the arrival time, the SEP may be in place by summer.

Support to learn how to get the most out of the equipment is yet to be decided, but one hopes that by Term 1 2022, the SEP is being fully utilized.

*Pauline O'Brien,
Acting President, U3A Moreland.*

PAINTING & DRAWING GROUP HAS SUCCESSFUL YEAR DESPITE COVID



Some group members share their drawing exercises at the Zoom session on 16 June

The U3A Moreland Painting Group, ably led by facilitator Melinda Venticich, has continued to meet this year, despite COVID lockdowns and other restrictions. The group has around fifteen regular participants, with a wide range of artistic skills and interests.

When we were allowed to get together, we met each week at Coburg Senior Citizens Centre in Harding Street, alternating with some outdoor (plein air) sessions at Brunswick Park in Victoria Street.

With lock-down, we moved to Zoom, with most members happily transferring to the on-line environment, although we missed having our afternoon tea break together!

The sessions usually begin with a warm-up drawing exercise, led by Richard Brown, followed by a painting session led by one of the group members.

Topics this year have included abstraction from landscape subjects, card making, collage, still-life, birds, water colour techniques and experimenting with materials such as cling-wrap and salt crystals.

We are looking forward to getting back together at the Senior Cits for the rest of the year's sessions. We also hope to have at least one 'excursion', possibly repeating last year's successful visit to the annual Acquisitive Print Awards exhibition at the Geelong Gallery.

Richard Brown

**From my memoir,
Living in Moreland: my first five years**



My family: Dad, Billy, Sox our dog, Allan, Mum, me, Gloria.

The story of my birth, my family told me, was my mother realising I was to be born, walked along Fifth Avenue Brunswick to John Fawcner Hospital (formerly known as Sacred Heart Maternity Hospital) and there I was born. I loved this story asking my mother to tell it over and over. I discover in my early twenties I was born in Footscray Hospital. My mother and father were visiting friends; my mother had been through many miscarriages and at the first sign of my birth she was rushed to a nearby hospital, later transferred to John Fawcner. When I said to her you all told me ... my mother smiled. My family didn't let the specifics get in the way of a good story. I learnt to tell stories from them: taking the intent of a situation, not worrying too much about the detail, engaging people and making them laugh.

Born 27th August 1957 to Doris Catherine Beesey nee Phillips (known to everyone as Beauts) and William Henry Beesey (Bill); my mother was thirty-nine and father forty-six. I imagine my father gently pushing me in my new pram, feeling proud and my mother walking beside him, feeling exhausted. The three of us leave John Fawcner Hospital crossing Moreland Road walking along Fifth Avenue to the home where our family will live for the first five years of my life. I am met at home by my sister Gloria who is nineteen, my brother Billy sixteen and my brother Allan nine.

Memories of our California Bungalow in Fifth Avenue are large rooms with linoleum on the floor, feeling cool as I sit and play, and the smell

of Daphne outside the lounge window. Other memories are confused with the many photos of that time. Playing in my cubby, a converted Avery, my small arm chair matching our lounge suite, swimming in our canvas pool to keep cool during hot summer days and Christmas.

Do you have a story to share? Contact me through info.u3amoreland@gmail.com for my next Cathy's Column in future newsletters.

Joining a writing group

In October 2019 as I grappled to bring my story together a friend suggested U3A. Searching for writing groups I discovered one at U3A Port Phillip. It is one of the best things I could have done: getting to know new people, sharing my story and most importantly hearing their stories. At the beginning of 2021 a course at U3A Moreland was advertised, I joined immediately. Both writing groups are run fortnightly giving time to prepare a piece to share.

Six reasons I never miss a writing group:

1. Being with people who love the written word: learning about books that have inspired and sharing the joy and complexity of writing.
2. Inspired by the writing of others: creative techniques, range of topics and genres.
3. Feeling supported and encouraged to keep going. On those days when I think I can't do this anymore I am reminded of the encouragement and feedback and that's all it takes to get back into writing.
4. Knowing I will share my writing gives me an edge to make it better. I refine and polish the piece feeling happier, more confident about what I have written.
5. A safe space to share my writing.
6. Learning, always learning.

If you love reading, have thought about writing and want to begin, or have written lots, come join our U3A Moreland writing group as we share our stories:

Writing in Retirement - Sharing Reflections and Creative Ideas with Your Peer Group

FROM U3A MORELAND CCC

ANOTHER SUCCESSFUL COFFEE, CUPPA, CHAT



Who amongst us with a penchant for wordplay doesn't enjoy a bit of alliteration? Well, surprise, surprise, so it goes with us - the triple CCC's - Coffee, Cuppa, Chat. We're a convivial lot, fond of caffeine or a brew and compelling chatter.

However, to focus our minds, Facilitator Aurielle - the articulate - employing some arcane methodology extracts a letter from the alphabet with which to tease us ... you guessed it, the challenge is then for us each to produce a word starting with said letter and subsequently interrogate the, ahem, mental acuity, ability, agility of the gathered. So yes, in a manner of speaking, we do do homework.

Now, the diligent amongst us brush off dictionaries and the like. or consult the WWW for interesting, unusual, novel or obscure words to offer up for discussion. Others maybe

wait for inspiration. A sign perhaps to enthuse, enliven, engage our brainy bits. The fun however begins when collectively we puzzle out the origins, meaning and definition of these words.

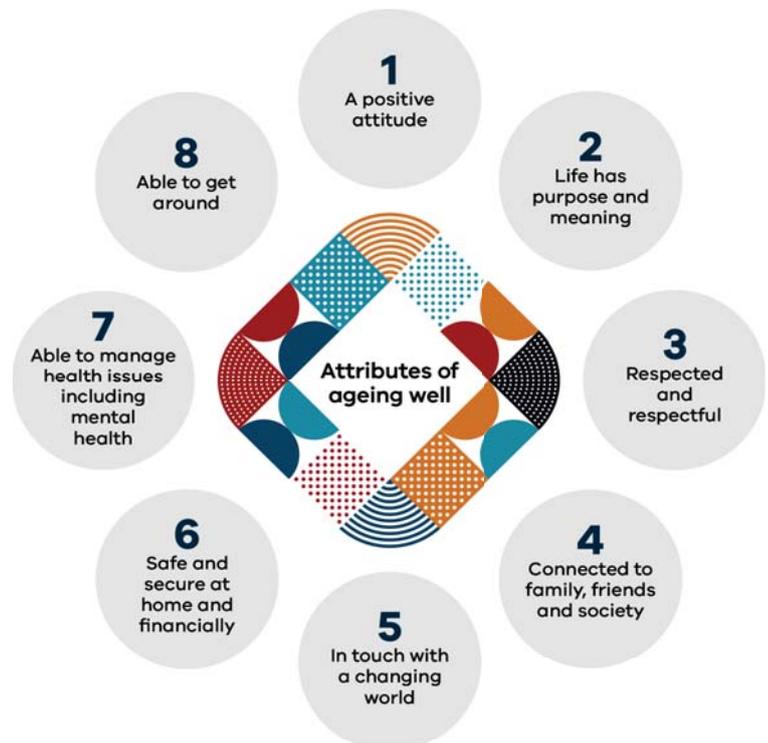
Now, if this sounds stodgy it's the author herein, not the activity, as the proceedings are highly entertaining and often very informative and invariably we leave having discovered something we hitherto knew not. Perhaps, a little wiser even.

Teaser. The letter Q was in the spotlight at a recent gathering. See if you can find a word starting with Q for the following synonyms. The answers are some of the words members confound us with.

- Kickback: Q __ 10 letters No prizes. Look for answers in the next newsletter.
Hairstyle: Q __ 5 letters *Qi, Chee(rs), May the life force be with you, P. (NOT, Patricia)*
40/forty: Q __ 12 letters
Fidgety: Q __ 6 letters
Humbug: Q __ 11 letters
Swig: Q __ 5 letters

THE ATTRIBUTES OF AGING WELL

This diagram is taken from a recent report **Ageing Well in a Changing World** by the Commissioner for Senior Victorians, Gerard Mansour. The report was commissioned in 2019 by the Victorian Department of Health and Human Services. It presents an overview of feedback obtained from senior Victorians about their thoughts on what it means to 'age well'. You can check it out on the Seniors online website. We live in a changing world!!



DID YOU KNOW?

*A new regular feature brought to you by U3A Moreland's **Zoom Support Team**.*

A non-essential but useful tip this time: On an iPhone or iPad, you can go to the top of any page instantly by touching the very top of your screen (e.g. the time display in the top left-hand corner).

This applies on any webpage, long email or document, list of mail messages, Facebook stream, collection of photos, music library, contacts and almost all apps. If you've scrolled down, a single tap at the top of your screen will zap you right back to the top. Very handy if you've scrolled down a long page of text, list of songs or whatever.

I'm not sure if this applies on an Android device or other touchscreen – give it a try and let me know!

And a reminder - if you need help in using IT for U3A purposes, e.g. Zoom sessions, email info.u3amoreland@gmail.com and a Zoom Support Team member will be happy to help.

Pauline Charleston, Zoom Support Team Coordinator

Thank You to our Facilitators

As we reach the half way mark of another year, the sixth for U3A Moreland, let's take the opportunity to say thank you to all the **Facilitators** for the hundreds of Programs run over the past years, and in particular for those just offered in Terms 1 & 2.

❖ It is the **Facilitators** who make it possible for us all to join in and enjoy these activities, meet new people and benefit from being part of U3A. The Members who are our **Facilitators** contribute their time and talents to run a range of educational, social, cultural and physical activities.

❖ However we might define **facilitating** - leading, organising, 'opening the door', teaching, making it happen, taking action or assisting - **facilitating** results in Program options that create the vibrant, enjoyable and friendly U3A environment we all enjoy.



Every U3A needs Facilitators!
Special thanks from all at U3A Moreland to our Facilitators

SO MANY RESOURCES - TRY THESE



Australian Government

Be Connected
Every Australian online.

Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. The **Be Connected** Network offers support so you can develop your digital skills and confidence. Just visit the TOPIC LIBRARY and start learning more.



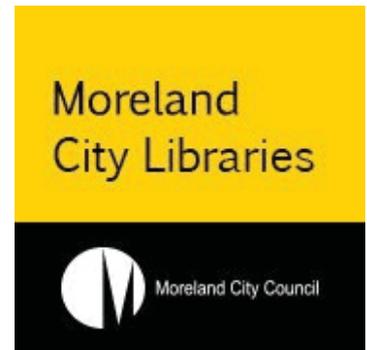
At our **Monday Matters** talk in June, “*Know Your Libraries*”, we received so much information on all that is on, and all the services offered at libraries.

Libraries are wonderful community hubs - free, comfortable and safe.

Keep up to date **with all the events**.

See the list of **Moreland Library Events** in the **What's On** booklet *Winter 2021* at the Moreland Libraries website, or pick up a copy at your local library.

And remember: **Libraries Change Lives**.



Older Adults & ICT (Information and Communication Technology)

https://rmit.au1.qualtrics.com/jfe/form/SV_0wiyMlvbiBVvrU1

This link takes you to a survey which is a collaboration between U3As and RMIT University. You are invited to participate in the research project on Older Adults and the use of Information and Communication Technology (ICT).



The results will have implications for the development of policies, programs, and tools that help older adults engage with ICT in ways that would benefit us.



You can check out the research team and work on this project to date at this site:

www.shapingconnections.org

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 (Christine Filiamundi, Gwen Rosengren, Richard Brown):

info.u3amoreland@gmail.com

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