

QUICK GUIDE TO WHAT'S ON IN U3A MORELAND TERM 4, 2021

Z – Zoom presentation **W** – when restrictions allow

WHAT'S NEW	LET'S BE ACTIVE	REGULARS	EXPLORING OUTDOORS	SOCIAL GATHERINGS	U3A ONLINE https://www.u3avictoria.com.au
Z Photography	W Walk – Princes Park	Z Painting & Drawing	W Urban Exploring	W Sunday Lunch	<u>Discussion</u> : Art Deco Furniture and Jewellery
Z Sit n' Knit Tips n'Tricks	W Early Walk – Coburg Lake	Z The Movie Group	W Appreciating Melbourne's Architecture	W Dining Out	<u>Discussion</u> : Basics of Western Numerology
Z Africa – talk on Ethiopia	W Walk – Coburg Lake	W Mahjong Tuesday	W Botanic Gardens Walk	Z Coffee Cuppa & Chat	<u>Language</u> : Latin
Z Politics and Pandemic	W Merri Creek Walk & More	W Mahjong Friday		W A Day Out	<u>Language</u> : Italian
Z Be Connected	W Petanque	Z Board Games			<u>Mindfulness</u> : Morning Meditation
	W Seniors' Tennis	Z BYOBs – Books & Reading			<u>Science</u> : New Methodologies and Therapies for Parkinson's
	W Nordic Walking Thurs	Z Writing in Retirement			<u>Science</u> : The Currency of Ageing
	W Nordic Walking Fri	Z French Conversation			<u>Science</u> : Biology
	W Intro to Croquet	W Contemporary Australian Poetry			<u>Science</u> : Seed to Plate and Beyond Community Gardens
		Z Dru Yoga			
		Z Monday Matters			



University of the Third Age Moreland
Program Guide Term 4, 2021 – 4 October to 10 December

Join and enrol on our website - www.u3amoreland.org.au
Email info.u3amoreland@gmail.com General inquiries: 0421 318 872

NEW PROGRAMS IN TERM 4

More details in the daily program below

The Politics of the Pandemic: exploring the domestic, regional and global implications of Covid19

Facilitator: **Andrew Hewett**

6 sessions

Zoom

The covid19 pandemic has changed everything – or has it? Through facilitated discussion in six sessions, the impact of the pandemic on Australia and regional and global politics will be examined.
Weekly; 2.00pm – 4.00pm **Commencing Monday 11 October, 2021**

Sit and knit, tips and tricks

Facilitator: **Debra Kinsey**

8 sessions

Zoom

Come, show and tell about your current or past unfinished project/s with fellow knitters. Following her presentation at Monday Matters, Debra, from **Debra Kinsey Knits** will provide support as well as introducing new techniques and tips. All levels of knitting experience welcome.

Weekly 10.30am – 12.00noon **Commencing Tuesday 12 October, 2021**

Photography – how to improve and enjoy your photography

Facilitator: **Peter Mollison**

Zoom and outdoors

You will need a digital camera, smartphone or other camera to take photos. We will aim to improve your photos, have fun, be creative and explore the benefits of photography.

Wednesdays, Session 1 – 6 October, Session 2 – 13 October 10.00am – 12.00noon by Zoom

Following sessions: dates to be advised

Africa: focus on current crisis in Ethiopia

one session **via Zoom**

Facilitator: **Graham Romanes**

Speaker: Graham Romanes will give an overview of the current situation in Ethiopia. Graham lived and worked in Africa for many years and has been Honorary Consul for Ethiopia in Melbourne.

Monday 2.00pm, 29 November, 2021

In Term 1, 2022, Graham will be presenting a short course - Africa: from where, and to where? Looking at the colonisation of the African continent, its independence struggles and development since. Why the future of 55 countries is uncertain, with a closer study of developments in the Horn of Africa with special reference to the future of Ethiopia.

Be Connected

Facilitators: Program Team and Zoom Support Team

New Enrolment

Information sharing sessions about how digitally connected we can be for managing information and communication technology (ICT) needs that are in so many aspects of our lives today.

2 Information Sessions 10.30am – 12.00 noon

Friday 15 and Friday 29 October, 2021



TERM 4 PROGRAMS

Enrolment Information

All programs

You are welcome to enrol in any number of programs of your choice.

Please note new enrolment is necessary where indicated on the Program Guide.

In all ongoing programs current enrolments will be rolled over and therefore no need to re-enrol.

Where programs show No Vacancy, we recommend you go on Waiting List as vacancies can occur.

For assistance to enrol please email member.u3amoreland@gmail.com or ring on 0421 318 872

Programs on Zoom

Some of our programs use Zoom as the preferred method of presentation and others use it when transition to Zoom is required due to changing Covid19 restrictions. Thanks to our Zoom Support Team that make this possible.

If you need assistance with Zoom, please email a request to member.u3amoreland@gmail.com.

Program dates are listed for the whole term even for programs currently not running due to Covid19.

All members will be notified of programs recommencing when restrictions allow.

SUNDAY

Sunday Lunch

Facilitator: Pauline O'Brien

Ongoing/vacancies

Sunday lunch with fellow members, generally at a local restaurant or pub. We eat at restaurants or pubs where you can get a main course and drink costing \$40 or less. Sunday lunch is not a tight commitment. Up to 20 can enrol but bookings are for 10 so if you are keen RSVP quickly. If you have a better offer, that is fine, you are not letting anyone down by not coming.

Should restrictions change we'll adapt. Wherever it is, it will be accessible by public transport.

Monthly Third Sunday of the month

First lunch Sunday 17 October, 2021

or

When restrictions allow

MONDAY

Princes Park Walk

Facilitators: Pamela Ashcroft and Melinda Venticich

Ongoing

Join a small group of up to 8 members for a walk around Princes Park, Carlton North. A coffee after the walk is looked forward to.

Weekly, 9.30am – 11.00am Meeting point to be advised

Commencing Monday 4 October, 2021

or

When restrictions allow

Early Walk Coburg Lake and surrounds

Facilitator: Rita Thorpe

Ongoing

Join a small group of up to 8 members for a relaxed walk around Coburg Lake and surrounds.

Fortnightly, 9.15am – 10.15am

Meeting at Harry Atkinson Centre, Lake Reserve, Coburg North

Commencing Monday 4 October, 2021

or

When restrictions allow

Coburg Lake Walk

Facilitators: Trish Jannu and Ann Sgro

Ongoing

Join a small group of up to 8 members for a relaxed walk around Coburg Lake and surrounds.

Fortnightly, 9.30am – 10.30am

Meeting points to be advised

Commencing Monday 4 October, 2021

or

When restrictions allow

If you are interested in running a U3A walking group near you

please email the Program Team info.u3amoreland@gmail.com or phone 0421 318 872

The Movie Group

Facilitator: Deb Pace

Ongoing

Zoom

We will meet every second and fourth Monday of the month in Term 4.

In our first session, second Monday of the month, we meet via Zoom at 11.00am to discuss what you're watching on big and little screens, including pay TV and free to air. We can share recommendations and rotten tomatoes, depending on our different preferences.

On the fourth Monday we meet at Pentridge Cinema, Coburg [when restrictions allow].

You will receive an email with the film choices from the facilitator a few days prior (suggestions welcome from the group) and you will need to purchase your own ticket, either in person or online. There is the option for a cuppa beforehand, and free 3-hour parking is available underneath the cinema. If you do not wish to join us at the cinema you are very welcome to join us on Zoom every second session.

Fortnightly, 11.00am – 12.00pm

Commencing Monday 11 October, 2021

Monday Matters

Facilitators: Gwen Rosengren and Trish Jannu

Zoom

Interesting topics are presented by guest speakers. Currently sessions are presented via zoom. Please note you do not need to enrol for Monday Matters as notifications and zoom links are sent to the whole Membership in adequate time for each session.

Monthly, 11.00am – 12.30pm

Here are the dates for your diary:

18 October – The *Dunera* in Australian History.

Dr Seamus Spark, co-author of "Dunera Lives", will present an overview of the Dunera story of the refugees coming to Australia from persecution in Europe during World War 2 and will also touch on similarities between experiences of contemporary refugees and asylum seekers.

15 November -The Most Loveable City? Urban Challenges for Melbourne's Birds

Dr Raoul Mulder, Professor of Evolutionary Ecology /School of Biosciences/ Faculty of Science, University of Melbourne will share aspects of his research into city dwelling birds coping with the human-generated challenges that come their way.

The Politics of the Pandemic: exploring the domestic, regional and global implications of Covid19

Facilitator: Andrew Hewett

6 sessions

NEW

Zoom

The covid19 pandemic has changed everything – or has it?

Through facilitated discussion in six sessions, the impact of the pandemic on Australia and regional and global politics will be examined.

Are we first and foremost Victorians, Australians, or citizens of the world? What are the implications of trusting the "experts"? Do we need to rebuild Australia's manufacturing industry? Do global responses to the pandemic demonstrate the strength or fragility of global governance? Is the response to the pandemic just another battleground for the USA and China?

Each session will have a short pre-circulated reading and set of questions to help frame the discussion.

Weekly, 2.00pm – 4.00pm

Commencing Monday 11 October, 2021

Africa: focus on current crisis in Ethiopia

one session

NEW

Zoom

Speaker: Graham Romanes will give an overview of the current situation in Ethiopia. Graham lived and worked in Africa for many years and has been Honorary Consul for Ethiopia in Melbourne.

Monday 2.00pm, 29 November, 2021

In Term 1, 2022, Graham will present a short course - Africa: from where, and to where? Looking at the colonisation of the African continent, its independence struggles and development since. Why the future of 55 countries is uncertain, with a closer study of developments in the Horn of Africa with special reference to the future of Ethiopia.

TUESDAY

Sit and knit, tips and tricks

NEW

Zoom

Facilitator: Debra Kinsey

8 sessions

Come, show and tell about your current or past unfinished project/s with fellow knitters.

Debra, from *Debra Kinsey Knits* and following on from her presentation at Monday Matters, will provide support as well as introducing new techniques and tips. This is a time to share knitting news, chat and receive help, encouragement, ideas and inspiration for a new project, or more. All levels of knitting experience welcome.

Weekly, 10.30am – 12 .00noon

Commencing Tuesday 12 October, 2021

Petanque (French Bowls)

Facilitator: Group leadership

Ongoing

Petanque is a bowls game originated in France which is easy to learn. It is an ideal outdoor social activity using minimum inexpensive equipment and a cut grass or gravel playing surface.

Like other bowl games, points are gained by drawing bowls close to the pilot, hence some skill needed to be gained in rolling and lobbing the steel balls. From the first session it will be possible for participants to play matches. Sets of bowls will be supplied by U3A at first. Dress for the weather and bring a water bottle.

Fortnightly, 10.00am – 11.30am at Warr Park, De Carle Street, Brunswick

Commencing Tuesday 5 October, 2021

or When restrictions allow

Appreciating Melbourne's Classical Architecture: field trips in the city

Facilitator: Justin McDermott

4 sessions

Ongoing/ New Enrolments welcome

Term 4 will start a new series of walks around the City, looking at some more of Melbourne's best pre-War architecture in the classical or Greco-Roman style, and its evolution into Art Deco or Gothic Deco in the 1920s and 1930s. Discover how this architecture works—how it embodies the key features of the Acropolis in Athens, the Pantheon in Rome, or London's St Pauls Cathedral. Observe how the styles evolved into various novel forms in the 20th century. We will meet at pre-arranged locations.

Fortnightly, 10.00am – 12.00pm Meeting points are advised by Justin.

Commencing Tuesday 12 October, 2021

or When restrictions allow

Urban Exploring

Facilitator: Anna Harley

Ongoing

This welcoming group walks at a relaxed pace, usually walking for 1½ hrs before stopping for coffee. These guided walks take in areas with interesting history, architecture, or natural beauty, in the North or on major transport routes easily accessible from Moreland. We aim to be tourists exploring the best Melbourne has to offer.

Fortnightly, 10.00am – 12.00pm Meeting points are advised by Anna

Commencing Tuesday 5 October, 2021

or When restrictions allow

Mahjong

Facilitator: Karen Greening

Ongoing

Come along to our Tuesday Mahjong group.

Improve your thinking skills and enjoy playing a new game.

Weekly, 1.00pm – 3.00pm at Brunswick Mallet Sports Club, Brunswick Park, Victoria St Brunswick

Commencing Tuesday 5 October, 2021

or When restrictions allow

Contemporary Australian Poetry

Facilitator: Maggie Bishop

Ongoing/vacancies

The poetry group is for poetry lovers and anyone curious.

Together we read, discuss and question texts that inspire, baffle, enlighten, uplift and draw out many other responses.

Join us to enjoy, challenge ourselves and appreciate modern Australian poetry.

Fortnightly, 2.00pm – 3.30pm at Siteworks, 33 Saxon Street, Brunswick

Commencing Tuesday 5 October, 2021

or When restrictions allow

WEDNESDAY

Board Games are Back

Facilitator: Pauline O'Brien Zoom

Ongoing/vacancies

Bored? No! Board and card games. When allowed we meet to play an array of board and card games. You've probably heard of Scrabble, Chinese Checkers, Jenga, and Euchre but do you know Azul, The Great Australian Road Race, Wischievous. There are lots to try and it keeps the brain active. You do not have to be good at games, you simply have to be willing to have a go. During periods of lockdown we play Word games, quizzes and brain strainers on Zoom, a different kind of fun.

Weekly, 10.00am – 12.00pm

Commencing Wednesday 6 October, 2021

Photography – how to improve and enjoy your photography

NEW

Facilitator: Peter Mollison

Zoom and outdoors

We will begin with the first session as an introduction to photography, key concepts and program objectives and discuss member preferences. A second session will present ten ways to improve your photography.

These two sessions will be presented on Zoom.

Subsequent sessions will alternate between a photo-walk to explore a local area and different themes like architecture, macro or close-up, portrait and landscape photography; followed by the next week with a review and discussion of images and ideas. You will need a digital camera, smartphone or other to take photos. We will aim to improve your photos, have fun, be creative and explore the benefits of photography. How these sessions are presented will depend on Covid restrictions at the time.

Session 1 Wednesday 6 October 10.00am – 12.00noon

Zoom

Session 2 Wednesday 13 October 10.00am – 12.00noon

Zoom

Following sessions: dates to be advised 9.30am – 11.30am

BYOBs – Books & Reading

Facilitator: Mary Ryan

Zoom

Ongoing/vacancies

A book group with a difference – with no “required” reading. Group members bring own book choice/s (BYOB's) and chat about what has been read, or not, or likes and dislikes of books read in the past, with time to read favourite passages if desired. Any aspect of books and reading sparks discussion – choosing books, holiday reading, book genres, book reviews. Come along!

Fortnightly, 2.00 – 3.30pm

Commencing Wednesday 6 October, 2021

Painting and Drawing

Facilitator: Melinda Venticich

Zoom

Ongoing

In these sessions we enjoy exploring and developing our drawing and painting styles. All members of the group are invited to lead sessions introducing different techniques and styles. Acrylics and watercolours are the main mediums used but you are welcome to work in your preferred medium. No formal instruction is given, positive peer advice is shared. We transition to zoom if Covid restrictions require.

Weekly, 2.00pm – 4.00pm

Commencing Wednesday 6 October, 2021

Dining Out Group

Facilitator: Joanne Porter

Ongoing

Each month we venture into Moreland and surrounding areas to enjoy an eclectic dining experience. Diners are encouraged to provide their cuisine preferences. Numbers are restricted to maximum of 10 diners and chosen venues will follow DHHS guidelines. Up to 15 can enrol but bookings are for 10, so if you are keen, RSVP quickly. Usually 3rd Wednesday of the month.

Monthly, 6.00pm – 9.00pm

First event 20 October

or

When restrictions allow

THURSDAY

Coffee Cuppa Chat

Facilitator: Aurielle Lee

Zoom

Ongoing/vacancies

Come to our informal social ‘coffee’ group that meets fortnightly at cafes in Brunswick and Coburg. This is a relaxed way for new members to learn more about U3A. The conversation can be as broad as it is long! Venues will be advised prior to each session.

Fortnightly, 10.30am – 12.00pm

Commencing Thursday 7 October, 2021

Nordic Walking

Facilitators: Marcie Hayes and Nola Newton

Ongoing

Nordic Walking is a full body exercise using specially designed poles to enhance your natural walking experience. It is an enjoyable, social activity for people of all ages, especially for those with lower joint conditions. This effective exercise improves fitness, builds core strength and tones the whole body. Walks are from 4km to 8km over approximately 1.5 hours with a coffee at session end. U3A Moreland has several sets of walking poles for your use during sessions. Come and try a new exercise! Location will be advised prior to each session.

(This is a program for Seniors, so for any concerns regarding health and fitness, please consult your health professional before enrolling).

Fortnightly, 9.30am – 12.00pm

Meeting points to be advised

Commencing Thursday 14 October, 2021

or

When restrictions allow

Writing in Retirement

Facilitator: Luise Zanthyr

Zoom

Ongoing/vacancies

Share your reflections and creative ideas with your peer group

Are you a scribbler? Do you have ideas for stories buzzing around in your head that simply must find a home? Join our friendly fun group of prose writers. We are currently reading each other's memoirs, short stories and comedic sketches. Meeting Thursday afternoon from Term 3.

Fortnightly, 2.00pm – 3.30pm

Commencing Thursday 7 October, 2021

French Workshop

Zoom

Ongoing/vacancies

Facilitators: Gail Grove and Cecile Felix

This course, for members with an intermediate level of French, will explore French language and culture through a variety of input, active involvement and enjoyable content, with an emphasis on conversational French. However, all four skill areas – listening, speaking, reading and writing – will be incorporated. Suggestions from students will be welcome with content largely based on Members' ability and interest. Participants will be expected to have studied French for 2 years or more.

Weekly, 2.00pm – 3.30pm

Commencing Thursday 7 October, 2021

Dru Yoga

Facilitator: Karen Hawe

Zoom

Ongoing

Dru Yoga is a comprehensive yoga system that balances and resets the physical body, mental body and the energy body. We incorporate postures (asanas), breath work (pranayama), relaxation (yoga nidra), visualisation and meditation. You will need to be able to get up and down from the floor independently. As Zoom is a very different medium to face to face teaching, Karen wishes to get to know new participants who have never done yoga with her before. She will contact new participants to discuss yoga experience and physical health/abilities. Yoga mat, chair, strap or tie and a cushion are often required at each session. *(For any concerns regarding health and fitness, please consult your health professional)*

Weekly, 2.00pm – 3.30pm on Zoom

Commencing Thursday 14 October, 2021

Royal Botanic Gardens Spring Walk

Facilitator: Michael McClare

New enrolment

A short walk exploring the Royal Botanic Gardens. We will meet under the clocks at Flinders Street Station at 10.00am and then travel together to the gardens. Following the walk we will have lunch at the cafe by the lake. Members are welcome to bring their own lunch. This date is subject to change.

One session 10.00am – 12.00pm

Thursday 25 November, 2021

When restrictions allow

FRIDAY

Merri Creek Walk and More

Ongoing/vacancies

Facilitators: Margaret Robertson and Gwen Rosengren

Following walks along parts of the Merri Creek in Term 2, the group will continue to walk other parts north and south of this trail in Term 3. Walks along other easily accessible creeks and waterways will then be explored, later in the term, keeping to well-constructed pathways. Details of meeting points and the section being covered that day will be forwarded prior to each fortnightly walk. New enrolments welcome

Fortnightly, 10.00 – 11.30am

Commencing Friday 8 October, 2021

or

when restrictions allow

Nordic Walking Facilitators: Lauris Grant and Melinda Venticich **Ongoing**
Nordic Walking is a full body exercise using specially designed poles to enhance your natural walking experience. It is an enjoyable, social activity for people of all ages, especially for those with lower joint conditions. This effective exercise improves fitness, builds core strength and tones the whole body. Walks are from 4km to 8km over approximately 1.5 hours with a coffee at session end. U3A Moreland has several sets of walking poles for your use during sessions. Come and try a new exercise! Location will be advised prior to each session. *(For any concerns regarding health and fitness, please consult your health professional before enrolling).*

Fortnightly, 10.00am – 12.00pm Meeting points to be advised
Commencing Friday 8 October, 2021 or when restrictions allow

Seniors Tennis: for all abilities, all agilities, and no dress code **Ongoing/vacancies**
Facilitator: Pam Fletcher

Seniors Tennis continues in Term 4 at the West Brunswick Tennis Club . Come to enjoy 1hr of coaching, led by head Coach Leanne Melgaard, followed by 1/2 hr of organized game play. Sponsorship and support from Moreland City Council and West Brunswick Tennis Club enables this affordable and exciting program to run with a professional coach.

Cost: \$80.00/8 weeks. Payment in cash on first session please.
(For any concerns regarding health and fitness, please consult your health professional before enrolling).

Weekly, 10.30am – 12.00pm Brunswick West Tennis Club, Victoria Street, Brunswick West
Commencing 8 October, 2021 or when restrictions allow

Mahjong Facilitator: Fran Mackieson **Ongoing**

Come along to our Friday Mahjong group.

Improve your thinking skills and enjoy playing a new game.

Weekly, 1.00pm – 3.00pm Brunswick Mallet Sports Club, Victoria Street, Brunswick
Commencing: Friday 8 October, 2021 or when restrictions allow

A Day Out Facilitator: Jann Somers **New Enrolment**

Wouldn't it be nice! If restrictions allow, some trips will be planned.

Details of upcoming trips are sent out well in advance. The trip in Term 4 will be accessible by Metro train.

Group members pay for their expenses to these events. This date is subject to change.

Friday 19 November, 2021 when restrictions allow

Intro to Croquet Facilitator: Robyn Dwerryhouse **New Enrolment**

A six-week practical course for beginners in 'Golf Croquet', introducing participants to the skills and strategies of the game. Start playing from first session. This course is held at the Brunswick Mallet Sport Club, Brunswick Park Victoria Street Brunswick (enter off Pearson St for car parking at football oval).

Weekly, 10.00am – 12.00pm
Friday 8, 15, 22, 29 October, 12 & 19 November or When restrictions allow

Be Connected Facilitators: Program Team and Zoom Support Team **New Enrolment**

Information sharing sessions about how digitally connected we can be for managing information and communication technology (ICT) needs that are in so many aspects of our lives today.

Come along and share how **technology** helps, what we find useful, what we are challenged by and what we want to know more about. Learn about the resources available to help use digital technology safely and independently with an introduction to the Be Connected website and resources.

2 Information Sessions 10.30am – 12.00 noon
Friday 15 and Friday 29 October, 2021

U3A Open Online Programs available to you

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday, any day!

Find out more on the U3A Network Victoria website for a number of programs offered online by other U3A's
See our quick guide for more details <https://www.u3avictoria.com.au>

Volunteer as a Facilitator

We would love to have more programs to offer – Your suggestions?

Line Dancing, Tai Chi, Cooking, a Language etc. If you know anyone who might be interested in volunteering to lead groups or if you are interested, please get in touch with us, the Program Team, at: member.u3amoreland@gmail.com

For your interest –

Victorian Seniors Festival Re-imagined

The Victorian Seniors Festival is an event to honour seniors in Victoria. With no live events possible in 2021 some fantastic performances are presented online and on radio from now till the end of year with new performances added every month.

Check the website for details: <https://www.seniorsonline.vic.gov.au/festivalsandawards>

Moreland Libraries

Moreland Libraries offer a constant source of interest. Be sure to go to the library near you or check the website. You can request email notification of events libraryevents@moreland.vic.gov.au

Be Connected

An Australian Government initiative to assist every Australian to build their online skills.

Check out the website for free courses <https://beconnected.esafety.gov.au/>

U3A Moreland is also running two information sessions introducing the Be Connected Programs.

See Friday for more details.

U3A MORELAND TERM DATES 2021

Term 1	1 February – 1 April, 2021
Term 2	19 April – 25 June, 2021
Term 3	12 July – 17 September, 2021
Term 4	4 October – 10 December, 2021 (Victorian Seniors Festival throughout October)

Victorian public holidays are observed

Term 4:	Melbourne Cup Tues 2 November AFL Grand Final Sat 25 September
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U3A Moreland is a volunteer run, life-long learning group for people over 50 no longer in full time paid work, providing opportunities for members to share learning and tutoring experiences in a wide range of interest groups.

Join and enrol on our website - www.u3amoreland.org.au
Email info.u3amoreland@gmail.com General inquiries: 0421 318 872





COVID19 SAFE PLAN – Term 4, 2021

This plan relates to requirements and guidelines issued by the Victorian Government DOH (Department of Health) during COVID-19:

- U3A Moreland Committee of Management will endeavour to provide conditions for safe participation in activities according to these requirements;
- U3A Moreland Members need to understand these requirements and agree to follow them as a condition of participation in activities; it is up to each individual Member to decide whether to participate in activities;
- U3A Moreland Facilitators will be responsible for ensuring proper procedures are in place and observed. Facilitators may request the assistance of a co- Facilitator or 'monitor' to assist with implementing the additional procedures.

The plan must be consistent with **current** restriction level guidelines issued by the Government so may vary from time to time, and may vary according to the relevant **U3A Moreland Activity** but relate to:

- Numbers of participants permitted in certain areas
- Space between participants. Practise 1.5m social distancing
- Sanitisation procedures:
 - personal hygiene – hand sanitising before and after sessions
 - use of any equipment and furniture - clean and disinfect high touch surfaces before and after use (where not otherwise provided, U3A Moreland will provide sanitisation supplies)
- Mask wearing requirements and proper mask wearing as per current DHHS requirements or any special venue requirements.
- Limitation of use of certain facilities and avoid bringing own refreshments for outdoor activities. Water accepted. Use of kitchen / canteen facilities to be avoided.
- Keeping an accurate record of attendance for contact tracing purposes on form provided.

For all activities and consistent with the official medical advice – anyone not feeling well and having any signs consistent with COVID-19 (loss or change in sense of smell or taste, fever, chills or sweats, cough, sore throat, runny nose, shortness of breath) are asked **not to attend** and to seek testing and / or medical advice.

Anyone in contact with a confirmed case or asked to isolate **must not attend**.



U3A University of the Third Age Moreland
U3A MORELAND MEMBERSHIP TERMS AND CONDITIONS

ALL MEMBERS ARE EXPECTED TO:

- Participate in all U3A activities in a friendly, cooperative and positive way
- Avoid all forms of discriminatory behaviour
- Deal honestly and ethically with fellow Members
- Refrain from promoting personal businesses or causes
- Participate safely in any activity and abide by any reasonable directive or prerequisite specified by the Facilitator
- Wear your current Membership badge when attending any U3A activity
- Advise your Emergency Contact of their listing in our Membership data base and that their details are provided to Facilitators and detailed on your Membership badge
- Observe confidentiality of Members' personal information
- Advise your Facilitator of any absence from any Program and observe our Attendance policy:
 - 50 - 60% attendance in any Program is required to keep your place
 - After 3 consecutive unexplained absences from a Program your place may be offered to a Member waiting to join

ALL MEMBERS NEED TO UNDERSTAND:

Insurance cover:

Only Members engaged in a volunteer capacity i.e. facilitating or leading programs and activities, or engaging in administration, management, office duties, catering etc are covered under the Volunteer Personal Accident benefits of our Community Service Organisation insurance program.

Confidentiality:

While confidentiality of Members' personal information is observed, some details may be released for purposes of grant applications.

Join and enrol on our website - www.u3amoreland.org.au
Email info.u3amoreland@gmail.com General inquiries: 0421 318 872