



The Bulletin

EDITION No. 14 TERM 3– WEEK 3, AUGUST, 2017 EDITOR: Pat Spilsbury
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- Our next *Let's Do Lunch* is on Tuesday, August 8 at the Southern Star Indian Restaurant which is always a great day and is all the more meaningful this time around given August 15 is India's Independence Day. Bookings close Tuesday, August 1 so don't delay in purchasing your ticket which is \$15 for a delicious 2 course meal. Why not book for our next one at the same time which will be on Tuesday, September 19 at the Hibo and also costs \$15.
- Coming soon, Saturday, October 21, is our trip to the Canberra Philharmonic's matinee performance of *Strictly Ballroom* at the Erindale Theatre and tickets are available from the office and also at *Quills* They cost \$70 and include bus travel, reserved Front Stall seats and a 'Goody Bag' for interval with plenty of time for some 'retail therapy' and lunch (own expense) before the show. There is a limited number of seats available so book A.S.A.P. to avoid disappointment. Also in Term 4 "*Let's Explore*" will be taking their biennial trip to Floriade – look for details in future Bulletins.

COME FLY WITH US! Term 4, will see the return of our popular *Armchair Travel* series. Armchair travel takes people to faraway places without leaving home and provides a sensory experience and the opportunity to learn about exotic lands from people who have first-hand knowledge. With so many of our members travelling these days, here and overseas, and although she already has a number of guest speakers 'lined up' to tell us about their wonderful travel experiences – the series convener, Pat Spilsbury - would like to hear from you if you would like to share your travel stories - leave a message for her at the office, 4822 5186 or email her at info@gm-u3a.com.au More news about where and when, closer to the time.



Learn To Dance  **BALLROOM DANCING – A MOST ENJOYABLE WAY TO EXERCISE** Do you know ballroom dancing gives you a great all-over cardio workout, where you use your own body weight, similar to what you'd get from an intensive Pilates class. It is also great for increasing self-confidence, focus and overall well-being. Since it is a partner/group activity, it also gives you a sense of community, sparks friendships and teaches you valuable teamwork skills.

Warren Matthews, well-known teacher of ballroom dancing in Goulburn, now holds ballroom dancing classes for beginners at 7.30pm on Wednesday evenings in the auditorium of the Workers Club and invites our members to take part and should enough interest is shown, maybe we can persuade Warren to hold some day classes for us later in the year.

FRENCH LANGUAGE We are hoping to start a new series of French language classes in term 4. We are taking expressions of interest and would like to hear from you if you would like to attend these classes to gauge whether enough interest is shown for a class to start.



“It is paradoxical that many educators still differentiate between a time for learning and a time for play without seeing the vital connection between them” Leo Buscaglia

WHAT IS MOOC? *Massive Open Online Courses (MOOC)* are FREE online courses available for anyone to enrol. MOOCs provide a flexible way to learn new skills. Check out their website - mooc.org - they have a massive number of courses available on a massive number of subjects. One of the courses currently available is:-

UNDERSTANDING DEMENTIA Dementia affects more than 400,000 people in Australia and almost 50 million world wide. It is a condition which poses real challenges for the affected individuals and their carers. Do you want to know more about this condition from leaders in the field of dementia research, education and care?

The Wicking Dementia Research and Education Centre at the University of Tasmania offers a FREE online 9 week course, *Understanding Dementia MOOC*. The course draws on the expertise of neuroscientists, clinicians and dementia care professionals from both within the Wicking Centre and beyond. This course is a great way to enhance your understanding of dementia to better support quality of life. The course has no exams or assignments and there is a Certificate of Completion available. Enrol at mooc.utas.edu/landing/u3a

THE COURSE OPENS JULY 25 – YOU CAN ENROL UP TO AUGUST 18

EXCITING PERFORMANCES TO WARM UP GOULBURN'S COLD AUGUST NIGHTS

Below are a couple of fantastic performances that will give you a warm, fuzzy feeling to keep the cold at bay!

The **GRIGORYAN BROTHERS, THAT DYNAMIC GUITAR DUO**, will be performing in the PAVIOUR RECITAL HALL OF THE GOULBURN CONSERVATORIUM ON TUESDAY, 8TH AUGUST, 7.30pm. Get your ticket from the conservatorium during office hours – or online anytime www.trybooking.com For more info phone the Con 4821 8833



ADULTS \$40 CONCESSION/GRC MEMBERS \$30 CHILDREN \$20

MEANWHILE AT THE LIEDER THERE IS A TREAT AWAITING MYSTERY LOVERS!



Ken Ludwig's **“BASKERVILLE - a Sherlock Holmes Mystery”**
directed by Chrisjohn Hancock.

OPENING WEDNESDAY, 16th AUGUST AT 7.30pm & CONTINUING EVERY WEDNESDAY, FRIDAY & SATURDAY UNTIL SEPTEMBER 2nd

IT'S ELEMENTARY THAT YOU WILL WANT TO SEE THIS GREAT SHOW!

For more info phone the Lieder, 4821 5066

CANCELLATION OF U3A CLASSES Sometimes, for reasons beyond their control, tutors have to cancel or postpone classes that have been advertised. If that happens the tutor or the office makes every endeavour to contact the enrollees of those classes, so please make sure you have given the correct phone & mobile numbers or email addresses to the tutor and the office so you can be contacted if this occur & make sure you check your message box!

NEW BULLETIN FEATURE From our next Bulletin, *Edition No. 15*, we will be showcasing a different class each fortnight, written by the Tutor of that class, to give members an insight into what their classes are all about. It is easy to forget that the class you are currently attending is not the only one on offer and it's good to think about others that may appeal to you and although descriptions of all our classes can be found on our website you may have overlooked them.

KEEPING UP WITH THE LATEST U3A NEWS You can do this by regularly checking our website www.gm-u3a.com.au - at least once a week - or by joining *Quills*

“Work for a cause - not for applause; Live life to express - not to impress”

Author Unknown