

U3A Seymour & District Inc
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NOTICEBOARD

November 2024

President's Message

I'm back!

Thank you to the committee for keeping everything running smoothly while I have been gadding about. Taking a few months off and heading north in the caravan, plus a 4WD trip from Cairns, on to Weipa and then the "Tip", was a wonderful way to spend the winter and very restorative.

A few changes are afoot for the 2025 Program. Travellers, one of our most loved and longest running programs will go into recession. Marnie and Anne, who have done such a great job for so long, have "retired". Is someone (or two) willing to step up and take on a leadership role? Sadly, Melting Pot is also on hold as we have yet to find a volunteer to manage that program. Dawn Leece, our much loved contact person for Mahjong, is moving to Drysdale so if you are keen on this game there is an opportunity to learn and grow,

Another reminder that U3A Seymour District will be celebrating our 20th birthday in May, 2025. This is your opportunity to contribute and share your memories and help make this a fabulous acknowledgement of those bold folk who stepped up way back when.

Carol Smith (0457 991 970) would love to hear from you.

Enrolment Day will be held on Tuesday 3rd December so everyone is invited to check out what classes are being offered and enrol for 2025. Put that date into your diary and invite a friend along and enjoy a cuppa and a bikkie as well.

Irene

Reports from Groups

Creative Writing

Please note change of venue for November 15, from the library to Irene and John's home at the usual time. Ring Irene for her address. Bring nibbles and any contribution to Anniversary tribute, at any stage.

Jan Kennedy"

Mahjong

Due to Dawn moving to Drysdale there will be no U3A Mahjong next year. Thank you Dawn for your years of being the Mahjong leader.

Matinee

Due to unforeseen circumstances, October's movie will now be shown in November. It's a nice nonsense note to finish on.

Garden Matters

At 10.30am on Wednesday 16th October Garden Group members met at the Seymour Community Gardens in Victoria Street. The garden is operated by a core of six members with other volunteers coming in from time to time.

After introductions, Community Garden members took our Garden Group on a tour of their wonderful garden. The garden is approximately ten years old with many raised garden beds. The current crops that were being grown included peas, cabbages, carrots, strawberries, potatoes, corn, tomatoes and espalier fruit trees.

Community members spoke of their challenges with pests like fruit fly, their home made remedy for this, corellas and other birds, foxes and even a kangaroo visited at one stage! We were informed that most of the garden produce is used in the meals at the weekly Salvation Army Community luncheon.

Members chatted over a refreshing cuppa and cakes, after which we thanked our generous hosts for their hospitality and headed home. Sadly, we also farewelled one of our long term members Dawn, who is shortly moving home to be closer to family. We wish her well and hope that she will be very happy in her new abode.

November meeting details will be forwarded to garden group members directly in the next few weeks.

Happy Gardening

Pam

Melting Pot

Our October Melting Pot talk 'Avoiding Financial Traps for Seniors' covered a lot of useful information. Andrew Height and Louisa Munro, from Height Capital, explained the scams which target seniors with fake investment opportunities. It is common that scammers attempt to get your personal information, then banking details in order to steal your money.

Some of the strategies to avoid scams include:

- *Do not click on links in emails
- *Confirm with the intended recipient before you transfer funds
- *Keep anti-virus software up-to date
- *Hang up on anyone trying to pressure you
- *Check bank statements regularly
- *Set up two factor authentication system ASAP

There was also discussion about elder financial abuse situations, including abuse of Powers of Attorney. Both speakers were generous with their time in answering our questions.

There is no Melting Pot talk in November due to Melbourne Cup public holiday.

Walk & Wonder

The mild Spring weather was a magnet for our group to explore the delights of wildflowers at Seymour's various parks. This month, we also had the bonus of experiencing a mob of kangaroos peacefully grazing at the vineyard end of the Goulburn River pathway and spotted a koala high up in the tree watching us walking along the track near the dam at Bushland Park.

A recent discovery, by an expert, in Bushland Park, of the Coconut ants' nest was enough for our group to investigate this fascinating creature's method of building in a small tree.

The walks at Lighthouse Memorial Park showed us the wonders of the many varieties of beautiful little floral treasures this year, with many flower designs in yellow. Walks finish with morning tea at a café that enables time to chat, in a pleasant social gathering, about our discoveries.



Koala



Fringe Lily (*Thysanotus tuberosus*)



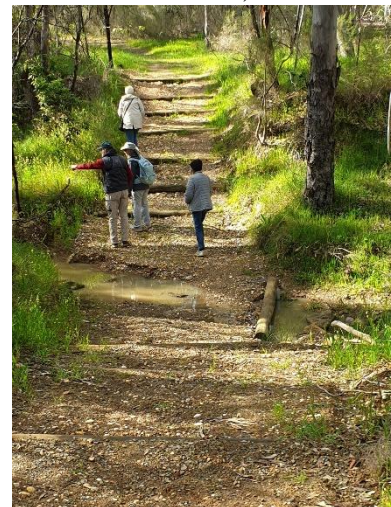
Chocolate Lily (*Dichopogon strictus*)



Goodenia Variety



Coconut Ant Nest



Light Horse Memorial Park

Onsite Healthy Ageing & Wellness Course at Seymour U3A

Support to achieve healthy ageing of body and mind



FREE - No cost

100% Victorian Government Funded

WHAT IS INCLUDED



1:1 phone consultation with Health Professional



6 x 1.5 hr group sessions run in person



Facilitated by Dietitians & Exercise Physiologists



Health & Wellbeing Participant Workbook

What information is covered in the sessions?

1

Introduction to Life! program

Meet the facilitator. Energy balance & weight loss. Australian dietary guidelines, healthy plate model & portion sizes + fat, fibre & fluids.

2

Nutrition

Life! goals and discussing salt, sugar & alcohol. Education on food label reading & ingredient lists. Product comparisons and how to make healthy swaps.

3

Exercise & Physical Activity

Benefits of exercise, as well as how to overcome barriers to exercise. Discussing sedentary behaviour, national exercise guidelines, aerobic & strength training ideas

4

Wellbeing

How diet & exercise improve mental health, evidence-based strategies to manage anxiety, depression, stress & poor sleep. Discussing star rating system & mindful eating

5

Managing lapses & set backs

Reflection on progress & challenges and how to effectively manage lapses. Discussion of use of sweeteners, role of calcium and protein in the diet. Revisiting exercise.

6

Maintaining health over time

Discussion of fats, food swaps, iron intake, sweets & treats. Myths and misconceptions about health & wellbeing also addressed, as well as any further questions from participants

To Register?

Register your interest with your U3A.

Please Note that an Equip4Life Allied Health Professional will be in contact with you after your registration with U3A to register you separately for our Program.

This is required to occur prior to the Course Commencement.

We look forward to having you in the course!

FOR MORE INFORMATION - Contact Alain on 0404 501 195 or admin@equip4life.com.au

All notices for the next Noticeboard need to be emailed to U3A (seymu3a@gmail.com) **and** Heather (123hbee@gmail.com) on or before

November 22nd

If you have any photographs of any activities, or busy groups, please email them to U3A **and** Heather.

Noticeboard will be sent out on **November 27th.**