

May 2019

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President's Post

BE CONNECTED, a great source of funding from the Federal Government has already helped with the greater skills of connecting by increased knowledge of using mobile phone and computer tablets. These classes run on Tuesday and Thursday by Tony Danino, have been aided by equipment purchased through Be Connected. There has been great feedback and appreciation for the efforts put in by Tony. The LINE DANCING classes will return to Notting Hill mid-June. Our thanks go to the City of Monash for their support of our U3A Wheelers Hill. We all love the Line Dancing tutors and their great efforts.

Half-year HOLIDAY starts on 1st July and Term 3 opens on 15th July.

Judy Cox

SECOND TERM

Second Term is well underway and all classes are progressing well. This year has seen the introduction of new classes including a Digital/Smartphones class and a Meditation class.

HEAR FROM OUR TUTORS

Meditation class - Tutor, John Larsen

"This year we began a Meditation class. All new students were required to complete the 6-week introductory class, before undertaking the Mindfulness and Meditation with Compassion courses. Once they complete all three, they will then be invited to join an advanced class.

As the tutor, who has taught Meditation for several years, I was really impressed with the commitment of the students to participate and practice a discipline most of them had no background in. Also, the kindness, warmth and compassion they all demonstrated to each other whenever they interacted".

It is envisaged that Third Term will see the introduction of a Beginners class and the continuation of the Advanced class.

Comment from participants:

"The meditation classes have been lots of fun. John is a good tutor and has made all of us feel comfortable and relaxed" - Jan McCaig.

(Insert Meditation class photo here - Photo 1)

Smartphone class - Tutor, Tony Danino

"The new Advanced Smartphone class is proving very popular with those who have done the beginner classes for Android (Samsung etc.) and iPhone smartphones.

Students are learning to use their phone to pay for items, avoid viruses, understand on-demand (internet, e.g. ABC iView, SBS on-demand), TV, control their phone by voice and use WhatsApp to message friends and family overseas for free!

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Our new teaching aids are working all at Mulgrave Community Centre, where the Council is installing free Wi Fi to allow our classes to access on-line material to enhance learnings. For example, using YouTube to learn Mandarin.

The beginner classes are also going well, with some students being helped to set up their new phones.

So, if your phone or tablet is still a mystery to you then enrol in the classes next term."

(Insert computer class photo here - Photo 2)

MULGRAVE COMMUNITY CENTRE UPDATE

We currently run some classes at the Mulgrave Community Centre just off Wellington Road and below are some photos. As you can see, there is lots of space, especially for our active yoga students, who will have lots of space to spread out. There is also an excellent snooker and darts room (but sadly no bar!)

The Physio room has a cooker, microwave, fridge and kitchen sink, as well as a very large store room with heaps of space - this room is for our use only.

The small corner office is ideal as our new office/reception and we await a response from the Council to use this and the other facilities.

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WILLS & PROBATE LAWYER

If you are seeking a wills/probate lawyer, Michael O'Brien is offering to speak to our U3A Wheelers Hill so we need to invite him to talk to us in Seniors Month, October.

ARTICLE: *Healthy and active ageing*

According to the Victorian Better Health, in Australia, more and more people are living full and productive lives well into their 80s and 90s. Research shows that if you start living a healthy lifestyle earlier in life, you have better chances of staying healthy as you get older. Staying physically active, eating well, socialising and improving your health can help you live a healthy, happy and active life as you get older.

Being physically active

Regular physical activity has lots of benefits. It can help you sleep better, stimulate your appetite and may reduce your risk of heart disease, dementia and falls. It also helps improve and maintain your fitness, strength and balance.

Eating healthy food

It is important to eat a balanced diet for health and wellbeing. Good nutrition and regular meals combined with physical activity can improve your strength and help fight infection.

Eating a variety of healthy foods can improve your energy levels and help you maintain a healthy weight.

Keep up your fluids

Did you know most adults lose about two to three litres of water per day? Aim for six to eight cups of fluids every day to replace water loss. Try to stay away from drinks found on the supermarket shelves - they contain loads of hidden sugar. Water is best for hydrating the body, flushing out waste, aiding digestion and keeping our body temperature under control.

Give your brain a boost

Our brain is like a muscle, it needs a workout to keep it working effectively. Try a new skill - it may help to safeguard against dementia. Do something you've always wanted to - learn a language, play a musical instrument, try meditation or enrol in a course. Be on the look out for new and creative ways to challenge yourself!

Get a good night's sleep

If you are sleep deprived, you're likely to have a short attention span, poor judgement, poor memory and low mood. Aim to get eight to nine hours sleep a night.

Get social

Experts are studying the link between friendships and our health. Some say having a strong social circle can help us live longer - all the more reason to nurture the friends you have. You can also join an activity group. It can be anything where others are present - from playing a game to being part of an organised class.

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Our new classroom space where you learn how to access the internet through U3A Wheelers Hill. ph 8822 8376 and leave a message so we can get back to you to organise your enrolment in the appropriate group. In term 3 and 4 all ipad, android tablet iphone classes and android phone classes with be held at 355 Wellington Road in the Mulgrave Community Centre.

QUOTE FOR THE MONTH



You too can contribute regarding your U3A activities to our Newsletter at any time, send your message to u3awheelershill@gmail.com with the tag "Newsletter"

Look out for more Seniors Month activities being held by U3A Wheelers Hill. Save Tuesday 8th October as that is the great day we are highlighting this year.

U3A because your brain doesn't want to retire