

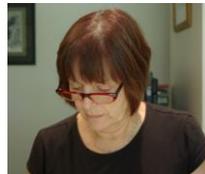
July 2019

LIVE | LEARN | ENJOY

President's Post

As you are all aware we have moved the centre of operation for U3A Wheelers Hill across to the Mulgrave Community Centre on Wellington Road. There is lots of parking at the back of the building. There we have a small office and in doing so we have had to purchase new equipment such as computers, printer shredder and more so that we can operate again. We ask you to be patient whilst that is progressing. Tony Danino has spent valuable hours assessing the situation and purchasing the right sort of electronic devices to get the very best value for money. Within the building there are three main spaces that we have managed to book to accommodate classes. One is a hall that has a commercial kitchen attached and two classrooms one of which has storage space. We ask all of you to assist in the running of our U3A and I am pleased to find in the news that volunteering improves your health and wellbeing.

Judy Cox, President



New classes coming up

Up and coming are two classes for Sushi making.

Here's the highlights of Sushi-making 101

Learn about the flavours of Japanese cuisine in this relaxed, home-style cooking class. An experienced and passionate teacher will take you through step-by-step maki-sushi making before it's your turn to prepare and cook. At the end of the class, your group will sit down to enjoy your tasty creations. Leave with a bunch of new skills and delicious recipe to recreate for family and friends at home.

Please tell us about your food allergies and preferences such as vegetarians, vegan, gluten-free, etc. at the time of registration.

Highlights

Learn to make maki-sushi (home-style sushi) with popular fillings of choice (tofu, teriyaki chicken or tuna).

- Hands-on cooking class
- iFUN method - innovative, fool-proof, unique and no-special equipment necessary - developed by Hiro your sushi leader
- Enjoy eating the rolls you prepare with green tea, and recipe to take home

What's Included?

- 2.5 hour of hands-on experience
- Ingredients and equipment
- Rolls and tea to enjoy
- Recipe
- Enrolments will be opening soon so watch for these dates on the website <http://www.u3awheelershill.com> Classes: 26th August and 28th October
- As this is a special grant from 'Opening Doors' you may choose only one of these dates, as they are a one-off experience.



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• **FOLLOWING NEWS**

- News for Blokes Can Cook an enterprising group for men to try their hand at cooking will be in the next Newsletter so watch for this gentlemen!
- These will be held on 9th September and 14th October. We received a grant from Australia Post for these two groups.

AND A Mahjong class for 12 new players will start in Term 4



STILL MORE

...along with a Term 4 Karaoke class with unlimited spaces. More info will be in the next Newsletter on these two great experiences.

AND THERE'S STILL MORE

It is our good fortune to have Lan Tiet back on board to run an Exercise Class for Seniors starting in the last week on August. It will be held at Notting Hill Community Hall, 386 Ferntree Gully Road. Be prepared for walking in the hall as well as other well tried and true exercises for you.

Unforeseen

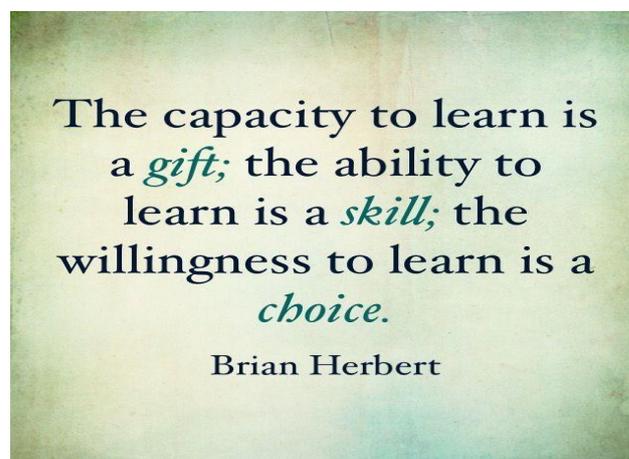
The French language class has not gone ahead at this stage due to our vibrant potential tutor finding work. She is keen to run a group after 3.00 pm so if you are interested in this time please reply to u3awheelershill@gmail.com. It will need about 8 positive responses to make this a viable option. It up to you.

Further unforeseen

We had hoped to have a phone number for you all. We are in the process of getting one so in the interim message us through u3awheelershill@gmail.com

Look after your friends and colleagues while enjoying your time with your U3A Wheelers Hill.

Quote for the Month :



U3A because your brain doesn't want to retire