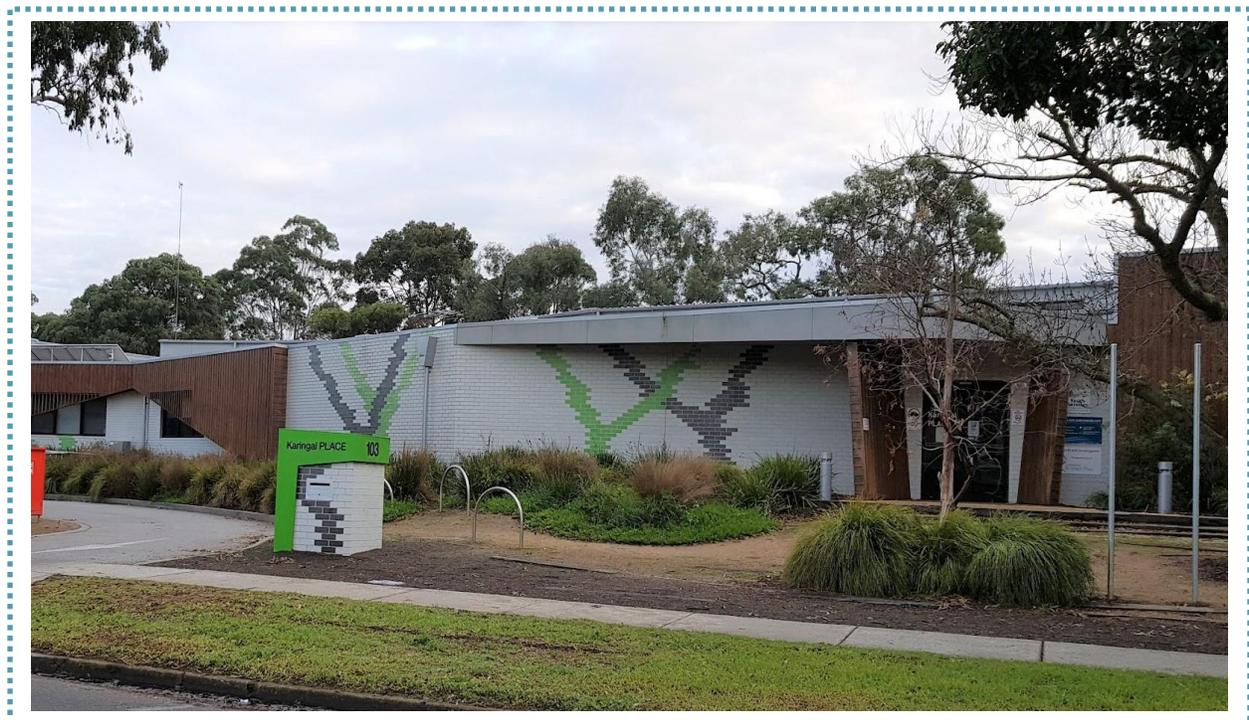




Our New Home



Classes Commence – 15th July 2019

**Karingal Place
103 Ashleigh Ave
Frankston 3199**

PLEASE NOTE

Term 3 Dates: 15th June – 20th September 2019



Presidential Ponderings from the President...

It is proving to be a very exciting time for us all here at U3A Frankston. We are now negotiating the terms and conditions for our new home and are looking forward to what the future will bring. We continue to thrive, we will be launching some new courses in our new home, such as speaking groups and informal gatherings. Please join us in making a contribution to Frankston U3A.

How many of you have collected and taken photographs over the years? They are a wonderful pictorial record of your history. But remember, how many people will be interested in your photos in the future? I recently disposed of 40 albums of photos taken by my family from the late 1940s to the present day. Why? Because most of them were photos of places and not people. The people are for me the fascinating part. How hairstyles and clothes have changed along with the cars they drove or the outside of their homes.

Look at how families and friends grouped together, holding hands, linking arms. Haven't times changed. Those posed shots say so much about the social norms and expectations of those days. Social media has, for me, killed the proper social photograph. Photos are no longer special occasions but are more like bragging sessions...look at me, look at me.

Times have changed I accept that, but I mourn the loss of these wonderful cameos of our world. Enjoy the winter, stay warm safe and healthy and I look forward to seeing you soon.

Regards

Andrea McCall
President

SAVE THE DATE

SENIORS EXPO: U3A FRANKSTON

Frankston Art Centre: 17th October 2019, 10.00am – 2.00pm

Frankston U3A, your U3A is currently working on holding the above expo.

This is our time to "show case" ourselves and our classes.

Tutors, please contact the office if you are interested in participating in this event.

Further details to follow...

Class Information

- Term 3 class timetable is now available on the website/office. Is it time for you to review and maybe take up a new class of interest? Be sure to check out all the latest classes.
- **U3A Drama Class** - Tutor John Coogans
 - Look and feel self-confident in difficult and real situations. Learn acting techniques for everyday life.
 - There are places in the Tuesday drama class for anyone who wants to try something different, explore a world of imagination you can bring to life.
 - Explore life as another character with no judgement or put downs.
 - Create stories with others and act them out and build confidence.
 - No experience needed.
 - Just have fun!
- **History of Leonardo Da Vinci** - Short Course by Paula Dean
 - Commences Monday 15/07/19, Room 2. **Term 3 only!!**
 - This course will examine the life and works of Leonard from master of art, science and engineering and more. Be quick to enrol as this will be a very popular course.

Be Connected

Be connected is a free Australian government initiative helping you to get the most out of going online, so you can add new skills and experiences to your life.

Be connected can help you:

- Learn the basics and realise the full potential of going online
- Keep up-to-date with what's happening in your community and around the world
- Find new or old friends who share your interest and hobbies
- Be safe while your online
- Talk to family and friends who live far away, more often
- Learn how to shop online, safely and securely, without leaving home.

And that's just the start!

Remember

- It's free and open to both members and the public.
- Classes are held Thursday mornings (in term 3 at KP - Mark Dunn)
- Limited places - book early.
- To book phone the office or email office@u3af.org.



Be Connected
Every Australian online.



There's never been a better time to get online.

Your local Be Connected centre can help you discover how being online can add new skills and experiences to your life.

Be Connected is a free Australian Government initiative helping older Australians to get the most out of going online.

- Learn the basics of getting online
- Talk to or see family and friends more often
- Build your confidence using digital technology
- Learn how to shop online, safely and securely



FRANKSTON
UNIVERSITY OF THE THIRD AGE

Ph. 03 9770 1042
Email. office@u3af.org.au
www.u3af.org.au

Call 1300 795 897

Go to www.beconnected.esafety.gov.au

The Rose



Said the rose to the sun
 as it kissed the morning dew from her petals:
 "I fear my beauty is fast fading away,
 you may not wish to kiss me when tomorrow comes"
 Said the sun to the rose:
 "When tomorrow comes,
 could I deny you the very pleasure
 you have given to me these days past?
 Have no fear, for I will kiss you
 till you are no more.
 I will kiss you just as I did when you were a blossom
 just as I did when you were in glorious bloom"
 The rose smiled
 and stood a little taller on its tired, thorny stem.

Anna Campanella

Winter warming....tips for staying sane!

Winter is a time for staying warm and staying indoors. Nothing is better than watching the weather from inside the window glass and the best is cuddling up with a glass of good red wine, with a rug and a cat on your lap and a good book. And a good book means one made of paper and not on a screen. The pleasure comes from the anticipation of turning the next page to continue your entrapment in the story. Which books are the best? Personally, I love the British, European or Australian crime thrillers. They are well written, hold your attention and throw you the challenge to whodunnit before all is revealed in the last chapter.

Can I recommend any...well, where to start? Historically Wilkie Collins and the Moonstone started them all, Conan Doyle and Agatha Christie continued but more modern stories such as Rebus or Wallander make good reading too. Australia offers great contributors such as Jane Harper or Caroline Overington.

Whatever your taste, winter is a great time to catch up on your reading. Try the odd biography, historical romance or just keeping yourself informed. If reading is difficult for you, audio books are now readily available through libraries and online...relax to the voice of Michael Palin taking you on his travels around the world. I particularly recommend his trip around North Korea.

Enjoy winter, it comes every year and it is a great time to de stress, vegetate and recuperate.

Happy relaxing,

Andrea McCall

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