

## Presidential Ponderings for October 2019

For those of you who have ever travelled in Europe, October can be the month of Fest! This means festival in all its glory.

So we are doing our bit for OktoberFest here at U3A Frankston. We are celebrating the wonderful people we are in the third stage of our lives: learning, living and laughing. Come and share that feeling at the Frankston Arts Centre on 17<sup>th</sup> October for our Expo. We will also be around the Carrum Downs shopping centre the week before and at Karingal Shopping Centre too. Come and say hello.

This month is also the month for the Melbourne International Arts Festival – two weeks of both local and international talent on display at most of our Melbourne theatre venues – dance, theatre, music – a veritable feast for the Arty. I will be there!

Don't forget the Frankston and Mornington Peninsula Writers Festival at Functions By the Bay, next to the Frankston Footy Ground on 19<sup>th</sup> and 20<sup>th</sup> October and the Mornington Street Festival on 20<sup>th</sup>.

Are you exhausted already and the month has hardly begun? Well, now is the time to push the weather to be nice, open your windows and doors and put that health regime back on the agenda. Post winter blues are common so if things are getting you down, seek help from the professionals. Do not suffer alone.

I was brought up to believe that everything in moderation – and that means food and drink but also putting exercise into the mix. Try to make Seniors Month your healthy month.

We have had a terrific first term here at our new home – great work by everyone. Roll on the rest of the year and look out for some great ideas for the summer and beyond.

Best wishes to all – stay well, stay cheerful and see you around Karingal Place

Andrea McCall

President