



**HEALESVILLE**  
UNIVERSITY OF THE THIRD AGE

## Welcome to U3A Healesville's April newsletter

### Key U3A Dates for your diary

#### **24 March - Friday @ 5**

Friday 24 March will be our final Term 1 Friday @ 5 on the Court House lawns at 5pm. All welcome, bring your own everything (including something to sit on), time to relax with other U3A members.

#### **5 May - The mid-year dance at Yarra Glen Hall**

Following last year's successful and inaugural mid-year dance, come along to the event this year at the Yarra Glen Hall from 6:30 pm until approximately 10:30 pm. As with last year's event, it is BYO everything. There is a pay-at-the-door cost of \$20 to cover the cost of hiring the hall and the band.

With a limit of approximately 120 people, members might want to 'book in quickly'.

### **Term dates**

Term 1 ends on Thursday 6 April and Term 2 commences on Monday 24 April.

### Other significant dates for your diary

#### **Sunday 26 March - Healesville Mini Film Festival**

This event is held at the Memo. There will be a choice of three movies: Home Games, Mr Jones and Olga. For more information contact The Memo or The Yarra Ranges Film Society.

#### **Friday 31 March - Edible and Medicinal Weeds**

If you are a *Garden Lover*, you may be interested in learning about the benefits of naturally occurring weeds. This local walking workshop will take the form of a two-hour walk through Healesville and is led by Perma Pixie (Taj Scicluna) who is a Botanical Educator Herbalist, Writer and Animist. A link to the flyer is attached to this email. Bookings can be made through the Living and Learning Centre (0359625982).

#### **Sunday 2 April - Healesville Home-grown Food Fair**

This event is held at Coronation Park, Healesville from 9 am to 11:30 am. There will be a U3A presence at the event.

#### **Sunday 2 April - Community Voices in the Park**

This afternoon event is held Sunday 2 April 12-3 pm, at Coronation Park and includes performances, both group and solo, from a number of our own members. All welcome.

#### **10 May - Health and Wellbeing presentation**

Renowned expert in longevity, Dr Damien Kristoff, will return to Healesville on 10 May (time to be confirmed) to talk on the topic of 'Living the Good Life'. Damian has spent ten years exploring his passion for longevity visiting and researching many regions across the world where people live longer. Damian's entertaining presentation at the *Health and Well Being Expo* in November last year received much acclaim. This event is being run in conjunction with the Senior Citizens Association. This event is being especially put on for members of the U3A and Senior Citizens Association.

### Updated Information

#### **Course update – new courses**

The Yoga, Gymnastics and Tap Dancing courses – all new in 2023 - are progressing well. It is also proposed that a new course called *Stage Stories* will be run by Phil Stephenson which will include a brief history of the theatre, play readings and more. The course is proposed for terms 2 and 3, on Wednesday afternoons at the Court House, between 3:30 and 5 pm. If you are interested in attending this course please contact the Course Coordinator, George Doig.

#### **IT Support at Healesville Library**

We remind members that Healesville Library offers excellent support for any member who has issues or questions about managing any aspect of Information Technology – whether it be accessing MyGov, using email effectively, Medicare claims, etc. Those members who have used this service have found them extremely helpful.

#### **And remember**

- Please remember to wear your name tags at classes.
- When you use the Court House, please remember to leave it clean for the next class.
- And, of course, Covid. It's still around (unfortunately), so wear masks as appropriate, use ventilation in the venues if practical, and – if you are not feeling well – it's best to stay home till you are feeling better.

We wish all members of U3A Healesville a Happy Easter and an enjoyable school holiday break.