



U3A Inner North

NEWSLETTER

October 2021

PRESIDENT'S REPORT



It's that time of year again.

Mrs Blackbird is sitting on her eggs in my hanging basket. We are putting away the electric blankets and reaching for the Telfast tablets.

With the promise of warmer weather, we are looking forward to fewer snotty-nosed grandchildren and better Covid news from the eastern states.

It is the time when the program and promotions coordinators at U3A Inner North make a call for assistance from the general membership. If you want to contribute a little time and help us to become a better U3A, email us!

At our AGM we will be declaring all committee positions vacant. Speak up now and join our committee or one of the smaller groups supporting coordinators!

It is also the time when the U3A Program Team swing into action, planning our offerings for 2022. Last term we made a call for courses and have been pleased with the response. See the Program Coordinator's report for a sample of new courses to be offered. The majority of 2021 courses will be continuing.

We hope to be able to announce the 2022 program at the AGM.

Please come to the AGM on Thursday 25 November, 10am in the Hall! We will keep the formalities short so we can enjoy morning tea and an end-of-year celebration. Please RSVP by Friday 19 November!

In other news, we are excited that our U3A has joined a trial of Zoom presentations being arranged by our parent body, U3A SA. It is mainly for the benefit of country U3A's but could also benefit our members who live a distance away, or who have medical issues, or who just don't do mornings. The program, U3A Statewide Online, is free to U3A members. See p3 for more details.

One last thing. Thank you to those members who have had their Covid vaccination. We are in a vulnerable age group and U3A Inner North strongly recommends members be vaccinated in order to protect themselves and their friends at U3A.

Happy Spring to everyone!

Pauline Kemp
President

In This Issue:

- President's Report
- SASSY Celebration
- U3A Statewide Online
- Focus on Programs
 - From the Program Coordinator
 - Men's Craft Beer Group
 - Chinese Language & Culture
 - Craft Group
 - Table tennis
 - Computer Classes
 - Birds
 - Mosaics & Explore Art
 - Water Colour
 - Tutor Reports Term 3
- Presentations in Term 4
- U3A Mosaic Memorial
- Craft Fair - Kilburn Community Centre
- A Little Humour
- U3A Inner North Information
 - ECC Covid Rules
 - Contact Information/Term Dates
 - Newsletter Contributions
 - Useful Links

U3A Inner North AGM
Thursday 25 November, 10am
Enfield Community Centre Hall
AGM will be followed by
yummy morning tea
ALL WELCOME!

***A special thank
 you to MP Andrea
 Michaels & staff
 for their ongoing
 support.***



"Staying Active...mentally, physically and socially"

Location: Enfield Community Centre, 540 Regency Road, Enfield

Postal Address: PO Box 2008, Prospect, South Australia, 5082

Phone: 0410434048 (message only) Email: admin@u3ainnernorth.org.au

Website: <http://www.u3ainnernorth.org.au/>



SASSY CELEBRATION

When one thinks of street artists, a picture of a young person with a spray can freely comes to mind. U3A Inner North, based at the Enfield Community Centre, wished to challenge this cultural perception and to break down stereotypes hence the SASSY project came to life.

U3A members of varying artistic abilities and experiences, learnt the skills to design, create and paint vibrant public art work, under the mentorship of two young street artists (Ella from Ink and Ruby Studios and Adam from Cold Krush).

The artworks have messages promoting not only positive ageing, but also positive thinking eg Grow Bolder, Not Older; Ageing with Attitude, messages that resonate with all ages.



Along the way the group learnt about street art culture and acquired new vocabulary - fat and thin nozzles, power lines, fades, blends and tagging.

One member, Marie, commented "I have a new found appreciation and respect for graffiti and street artists, it is quite a momentous and creative task!"

A celebration morning tea was held on 25 August, attended by the SASSY members as well as the Mayor of PAE, Claire Boan, Councillor Carol Martin, Fiona Harvey, Director of Community Development, Dr Bev O'Brien, Manager of Community Development, Port Adelaide Enfield Council and Kerrie Smith, President U3A SA.

A special thankyou to Liz Haar, Community Development Officer at ECC, for her support and to Port Adelaide Enfield Council staff for putting up the murals and placing the totem poles in the ground.

This project was enabled through a generous grant, Grants for Seniors, Office for Ageing Well, Department for Health and Wellbeing, SA Government.

The SASSY members are so enthused they wish to continue painting the inside walls of the centre but are in need of a new group leader, as I am no longer available on Wednesdays. If you are interested please contact admin@u3ainnernorth.org.au

Jenny Rossiter - Group Leader



Photos

Top: The colourful SASSY additions to ECC landscape

Above 1: Some SASSY members with tutor Ella (Ink and Ruby Studios), PAE Mayor Claire Boan, and Councillor Carol Martin

Above 2: Group Leader, Jenny Rossiter, with City of PAE Mayor Claire Boan, and Councillor Carol Martin

Right: Street artist Adam from Cold Krush

Far right: Former SASSY members continue to brighten up ECC grounds. Seating and table are looking great!



STATEWIDE ONLINE - NEW U3A SA INITIATIVE!

U3A SA Statewide Online courses launch October 2021

A group of South Australian U3As has been discussing the introduction of courses via the use of the on-line meeting facility 'Zoom'. This would primarily interest country groups and give them wider access to U3A activities; however, members of all U3As are welcome to enrol AND it's free! Watch the youtube video to see how easy it is:

<https://youtube/IHuYgLE5SU>

The U3As involved so far include Inner North, Adelaide, Mount Gambier, Whyalla, Murraylands, Lower North, South Coast, Campbelltown, Adelaide Hills, Whyalla and Yorke Peninsula.

Tutors can offer courses which will be listed on the U3A SA website where members can enrol on-line. There are already several courses available on the website.

Enrolment is simple. There is no cost involved. The website also contains tutor profiles.

Those who enrol online will be sent a link to the Zoom meeting in advance of the course to enable them to join in.

You can find out more and enrol at: <https://u3asouthaustralia.org.au>

If you are a member of a participating South Australian U3A you are welcome to enrol and/or propose a course that you could deliver online from October.

David Kilner, a tutor/group leader at Inner North, is offering a talk about the Queen of Crime, Agatha Christie, on Friday 22 October. (Please note that this is the same as the first of 3 talks he will be giving for U3A Inner North.)

FOCUS ON PROGRAMS

From the Program Coordinator

The Program Team is working on another cracker program for 2022. The trend is towards fortnightly and shorter courses. New courses in development are *Climate Change*, *Creative Writing*, *Walks on Mondays*, *Governors General* and *Parklands of Adelaide*. There will be a monthly *Trivia Quiz*, new *Biography Book Club* and in Term 4, *Family History* group.

Chinese Language & Culture will be splitting into two groups, *Chinese History & Culture* and *Chinese Language*. *History on Thursday* is going global with new speakers covering *Icelandic Sagas* to *The American Civil War*, Tuesday mornings there will be a series on *SA History*, and more!! Programs will be available online in late November or at the AGM.

Courses that started later this year, *Chess* and *Italian*, have successfully established themselves and would love more members, so check them out!

The Program Team would like to add two more members, one to act as Tutor Coordinator, and one as Out and About Coordinator, or in a general supporting role. If you are interested, please speak to me or Pauline - no obligation and no pressure. Please contact program@u3ainnernorth.org.au or admin@u3ainnernorth.org.au

Jo Kemp

Men's Craft Beer Group

On Sunday 11 July the "Band of Brothers" aka U3A Inner North's Men's Craft Beer Group visited the Little Bang Brewery in Stepney in its continued search for Australia's best craft beer.

Our tour leader from the brewery, Mark, gave an insightful and interesting tour of the brewery's production of beer. The challenges and science behind producing a quality beer was instructive for our group with many questions answered that improved the Group's knowledge about beer. The tastings after the tour saw a number of opinions but with a general consensus that the American Pale Ale was the favourite.

Our next tour will be slightly delayed as some members of our group are travelling (in Australia) and will be held at the Kentish Arms in North Adelaide, date to be advised. "The search for the Holy Grail continues."

Neil Rossiter



FOCUS ON PROGRAMS cont...

Chinese Language and Culture



The Chinese group met at Elder Hall on 7 September ready to go to the Confucius Centre at the University of Adelaide.

The Centre teaches skills to people who want to learn about aspects of Chinese culture. Our group found the teaching methodology very conducive to learning how to hold the Calligraphy brush and dip it into the black ink.

We were shown the steps for four characters depicting good health, staying safe, long life and happiness - Kang An Shou Fu (without the tone marks). The message was:

"Everyone have a safe, long life of good fortune."

We were provided with the rice paper (plenty for practising!!), brush, dipping tray and ink.

In the olden days in China, the ink was not pre-made and calligraphers had to use ink sticks to produce ink.

Everyone tried very hard to follow our teacher's instructions and some excellent results were achieved. We have enough experience now to continue our learning.

Thanks to Jo Kemp for arranging the visit.



Jude Hennig

Craft Group

Follow up from the report in the last newsletter: "Premmie Annie" with Jan's donation of clothing commissioned by one of the Medical Training Centres to make handling the model preemie more realistic for students.

Anyone interested in joining the craft group and sharing their talents, or coming along to learn new skills, will be warmly welcomed.

We would love to see you there! It is a very social group!

The Craft Group meets Wednesdays at 9.30-11am.

Jude Hennig



Table Tennis



Smashing fun

The Wednesday morning Table Tennis group has warmly embraced the chilly mornings of third term to enthusiastically improve their skills.

An excellent game for the over 50s, Table Tennis not only improves physical fitness but sharpens the reflexes and hones the mind.

Fiona Wald

Computer Classes

Computer classes are held the 2nd and 4th Tuesday afternoons each month during school terms. Even under COVID restrictions the classes are very well attended and there are always spots available for last minute new attendees.

Looking toward 2022, I am now asking for suggestions for new topics to cover and invite all U3A members to put forward suggestions. For example, one new item suggested has been Using and Customising a Zoom Account.

Send your suggestions to me at: arno.u3a@gmail.com

I will continue to cover the usual topics including Managing your Email Accounts; Customising Windows 10; Managing Spam; and Operating Safely Online.

Arno Attema Computer & ICT Tutor.





FOCUS ON PROGRAMS cont...

Birds

Despite some COVID disruption, the Birds group was treated this term to two scholarly presentations by Chris Bunn. We now know a lot more about how birds fly, and we know that the term “bird-brain’ is a misnomer.

We have managed three outings, and what’s more it didn’t rain! We enjoyed a trip to Laratinga Wetland at Mt Barker during the U3A holidays and have also visited St Kilda Beach and White’s Rd Wetland at Bolivar. Co-incidentally, all these sites had coffee shops nearby...so we thought we should support them.

Our total count of birds seen is now 46, and we are continually adding to the pictorial list compiled by Iwona. We have 2 more outings this year and hope we can add a few more to the list. Next year we have decided to travel further afield on our trips so that we can increase the range of birds seen.

Pauline Kemp



*Some birds get it:
Top left: Waterbirds at Pooraka Wetland get social distancing*



Centre left: Masked Woodswallow knows about mandatory masks



Bottom left: but Dusky Woodswallows have no idea!



Mosaics and Explore Art



Barbara Clayton, Councillor for Enfield Ward, Port Adelaide and Enfield Council, popped in to visit the Mosaics and Explore Art classes during the last week of Term 3.

Members expressed their appreciation and satisfaction with their venue at Enfield Community Centre and the helpfulness of the staff.



*Top: Barbara Clayton
Right: Mosaics class
Below: Explore Art class*





FOCUS ON PROGRAMS cont...

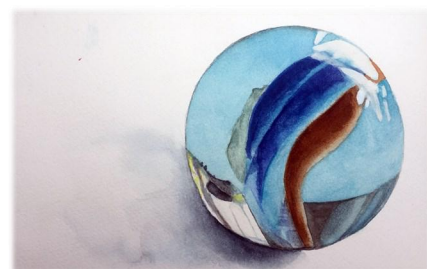
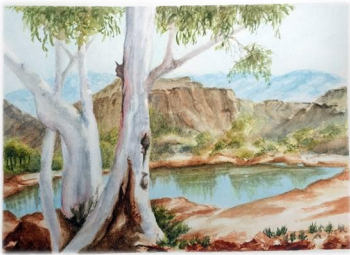
Water Colour Classes

We had 3 students exhibiting their works during SALA at local art exhibitions during term three which was very exciting. One of our artists received a Merit Award and some of the works were sold.

We covered many subjects and methods during the term plus our monthly challenge topics. Everyone is progressing very well.

Of course it's difficult being restricted with mask wearing for 2 hours in class however we're coping and those who found it too difficult have opted to stay away.

Vonney K



A wonderful selection of works from members of the Water Colour class.



FOCUS ON PROGRAMS cont...

Tutor Reports

French Continuing (Level 2) – Term 4 **VACANCY**

Please note: You need a basic knowledge of French. By early November 2021, we will have completed all 60 chapters of the book “Basic French” by Eliane Kurbegov. We will move on to “Learn French the Fast and Fun Way” by Elisabeth Bourquin Leete and Theodore Kendis. This book comes with an MP3 CD containing over 4 hours of audio of listening comprehension activities for home use. If interested in joining this small group, please email admin@u3ainnernorth.org.au Attn: Marie-Antoinette Galletta and I will contact you.

Marie-Antoinette Galletta

Italian (Beginners)

There is still room to join our Italian group this year!

The new Italian for Beginners began enthusiastically with students eager to learn this beautiful language. Numbers tend to fluctuate from week to week, especially every fortnight when our time slot clashes with History. However, even if you attend every fortnight, you will be surprised by how much you can learn.

If you would like to join the Beginners Italian class, please enrol online for Term 4. No need to wait for 2022 to start enjoying speaking and understanding a foreign language.

We will continue to progress at a slow leisurely pace in a relaxed atmosphere, visiting different Italian cities weekly learning about their culture, customs, food and lifestyle.

In Term 3 we learned a few basic expressions, along with greetings and responses. We will be doing revision so you will be able to catch up. In Term 4 we will cover topics such as What is your Name? and finding out what things are called. It couldn't be easier and it is lots of fun!

If you are unsure, why not come along to see what is involved. We meet on Thursdays at 11:00am in MR2. Alternatively, you might like to join us for the travelogue just after midday when we view videos on Italy.

Looking forward to another wonderful term. Ciao.

Marie-Antoinette Galletta

Men's Interest book club

Over the last few months the group had lively discussion about the **Secrets of the Jury Room**. Usefully two of our members had served on a jury, which enhanced the debate about the book. Last month's book **Inked**, presented a brief cartoon history of Australia.

We are in the process of preparing our list for next year, which will cover autobiographies, science, historical novels and history.

Chris Bunn

Out & About

In Term 3 Angy Henn took participants on a fascinating walking tour of North Adelaide Cemetery.

Term 4 has 2 events planned - a walking tour through parts of North Adelaide conducted by Angy Henn, and a tour of the University of Adelaide led by Daniel Turner. Both events are fully booked with waiting lists.

Janet Bradshaw

Tell Me What You Think - current affairs discussion.

Members choose topics together and each fortnight someone takes responsibility for leading the discussion.

Term 3 was somewhat disrupted by the pandemic however we covered a diverse range of topics including:

- Should sex work be decriminalised in South Australia?
- Managing the COVID pandemic
- The withdrawal from Afghanistan
- Changes to the costs of tertiary education

Discussion was very lively around these topics – especially the one on sex work!

Topics for Term 4 are:

- 15 October - Border control - should SA be prepared to open up? Should vaccine passports be mandatory in some circumstances?
- 29 October – Should people feed wild birds? ; and Over-population – is it really a problem?
- 12 November - Drug decriminalisation - (other than cannabis which we discussed a previous time)

There are vacancies in this course for those interested in discussing topics such as these.

The Group currently meets fortnightly.

David Kilner

Armchair Travel Group

During term 3 members shared varying travel experiences ranging from the island of Sicily, the wide-open plains of Africa and its game reserves, to the cooler greener climates of South West England.

A big thank you to all the presenters for their time and presentations. Members of the group have had travel plans booked both within Australia and to New Zealand cancelled. Presentations have provided us with some hope and anticipation for the future.

During Term 4 the following presentations are on offer:
21 October The Ancient City of Kyoto - Jenny Harris
4 November A Circuit of Iceland - Pauline Kemp
18 November Christmas in Berlin and New Year in Norway - Rodney Gracey

We will be looking at the program for 2022 and invite all U3A members who are interested in joining our virtual travels to give it consideration.

We are looking for people who have travel stories (it does not have to be international, it can be interstate or within the State), to share their experience with us. The presentation can take any format and it does not need to be long, even 5 minutes and we could fit more than one person into a session. If you travelled as a group, some of the others may like to join in and talk about their experience from a different perspective. We have group members who can assist in the preparation and presentation of any talk. Help and support is available.

Take care of yourselves and as the saying goes:

*Happy trails to you
Until we meet again
Happy trails to you
Keep smiling until then*

Rodney Gracey



FOCUS ON PROGRAMS cont...

Tutor Reports cont...

Canasta Card Group- our link to James Bond!

Players (new or experienced) are welcome to join us. Canasta begins Friday 22 October, 1:30-3:30pm in Room MR2. We play fortnightly.

Did you know?

- ◆ Canasta was developed in 1939 in Montevideo, Uruguay by Segundo Santos, a lawyer, and Alberto Serrato, an architect. They often held their newly invented games at a restaurant and borrowed a little basket, *Canastillo* in Spanish, for their cards. After a bit of wordplay, the bulky *Canastillo* turned into Canasta!
- ◆ In the James Bond novel *Goldfinger* by Ian Fleming, Bond finds the villain, Auric Goldfinger, cheating at canasta with the help of a confederate who spies on the game from a hotel room balcony and feeds him information via radio. Here is the link to the scene: <https://youtu.be/8kDdlL0tSel>

We look forward to melding with you!

Kristina Barnett

Out & About - North Road Cemetery Walk

On the 6 September, 13 U3A members participated in a 2 hour guided walk around the south side of the North Road Cemetery. The Cemetery site was originally 2 acres which was purchased by Bishop Augustus Short, the first Anglican Bishop of Adelaide, in 1853. Over time the Cemetery was extended to its current 18 acres. The Cemetery has had 26,600+ burials and has had approximately 10,000 graves and is heritage listed.

The tour included viewing 66 graves which were either Sporting Greats, Supreme Court Judges, Significant and Unusual graves, Premiers, Founding Fathers, Remarkable Women, Explorers, Police Commissioners,

Aviators and Architects. While on the walk, we passed many other graves which caught our eye. Some of the noted people buried at the Cemetery include The Brown Sisters (established The Wilderness School); Sir John William Downer (Alexander Downer's Grandfather), George Scarfe (founder of Harris Scarfe's retail store); Julia Farr (Julia Farr Centre); Daisy May Bates (hers is the most visited grave); Sir Ross and Sir Keith McPherson Smith (Aviators who flew the Vickers Vimy which is on display at the Adelaide Airport); So Moon Sym-Choon (her daughter was Gladys Sym Choon who had a shop in Rundle Street, visited by many celebrities) and Haydn Bunton Snr (legendary football player).

The Cemetery Manager (Andrew Boucaut) joined us in the Chapel and answered questions about the Cemetery. Also of note was the mosaic memorial in the chapel. The mosaic depicting Christ at Resurrection was designed and completed by Napier Waller who lost his right arm in WW1 and learnt his trade as part of his rehabilitation.

Angy Henn

Murder Mystery Book Group (MMBG)

The MMBG meets on the 1st Tuesday of each month including term breaks. During each term break the Group goes out for lunch, followed by the book discussion.

In August book we discussed "Hell to Pay" by Garry Disher who was born in Burra. The book, set in South Australia, was about a constable with a troubled past who has to investigate the death of a teenage girl whose murder threatens to set the dusty town ablaze. The September book was "The Guest List" by Lucy Foley – set on an island off the coast of Ireland, guests gather for a celebrity wedding, then someone turns up dead.

Angy Henn

PRESENTATIONS IN TERM 4

You can still book online for all these sessions:

<https://www.u3ainnernorth.org.au>

Tuesday mornings 9.30-11am, David Kilner continues his talks about **Australian Prime Ministers**:

- 12 October - Andrew Fisher
- 19 October - Billy Hughes
- 26 October - Stanley Bruce
- 2 November - James Scullin
- 9 November - Joe Lyons
- 16 November - John Curtin
- 23 November - Ben Chifley

Guest Speakers Tuesday afternoons 1.30-3pm:

- 12 October - Genetics in Modern Health Care - Dr Lachlan Jolly
- 19 October - 24 years in Hotspots of Afghanistan and Pakistan - Grant Lock
- 16 November - Who's Looking After Your Eyes? - Jo Croft

Thursday mornings 9.30-11am, **Armchair Travel**

- 21 October - The Ancient City of Kyoto - Dr Jennifer Harris
- 4 November - A Circuit of Iceland - Pauline Kemp
- 18 November - Christmas in Berlin and New Year in Norway - Rodney Gracey

Thursday mornings 11am-12.30pm, **History on Thursday** Sue Garforth presents "The Pretenders":

- 21 October - Anastasia of Russia
- 4 November - Bonnie Prince Charlie
- 18 November - The Tichborne Claimant

Thursday afternoons 1.30-3pm, David Kilner presents a special **Agatha Christie** series:

- 28 October - Agatha Christie - her life
- 4 November - Agatha Christie - her writing

PLUS additional session - don't miss it!

- 18 November - Agatha Christie - Poirot and Marple

U3A MEMORIAL MOSAIC



First started in 2019, the poppy memorial mosaic has finally been completed and is now hanging proudly in the Hampstead and Gilles Plains RSL in Manningham.

Many people contributed to the mural including the U3A Mosaic group led by Teresa Pizzino, local politicians and community members.

Thankyou to Tony from the Regency Community Men's Shed for making the frame.

Well done everyone.

Jenny Rossiter

CRAFT FAIR - KILBURN COMMUNITY CENTRE

The Ladies Group at the Regency Community Men's Shed has been busy making wooden Christmas decorations, puzzles, gnome and fairy houses and stacker toys.

These goodies will be on sale at their stall at the Craft Fair being held at the Kilburn Community Centre, Saturday 20 November, 10am-3pm. Proceeds of the sales will be donated to a local charity.

Mark the date in your diaries and give yourself a Christmas treat!



Have you liked our Facebook page?
Keep up with the latest news and information.
Go to: <https://www.facebook.com/U3A-Inner-North-SA>
Please share posts with your friends on Facebook.



A LITTLE HUMOUR!

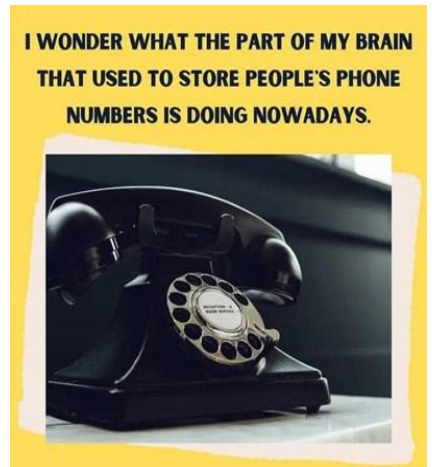
While we have been extremely lucky in avoiding too many Covid lockdowns and severe restrictions, this year has been somewhat interrupted and stressful for many. A little humour and useless inspiration never goes astray!

Covid truisms!!

1962 Italian article titled "Life in 2020"



Passwords and phone numbers!



EXERCISE FOR PEOPLE OVER 60
 Begin by standing on a comfortable surface, where you have plenty of room at each side.
 With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.
 Each day you'll find that you can hold this position for just a bit longer.
 After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).
 After you feel confident at that level, put a potato in each bag.

Strength for Life!

Someone had lots of time on their hands during Covid! This gorilla is made out of coloured pencils!





U3A INNER NORTH INFORMATION

ECC COVID Rules

**Stay
COVID
Safe!**

NB: members should register with QR code on arrival at class.

Please also ensure you record your details on the U3A class attendance sheet, which also serves as a contact-tracing sheet.

It is still necessary to follow the ECC Covid rules ie **wear a mask, social distancing, cleaning surfaces after use.**

Tea and coffee supplies will be available. **Please bring your own cup.**

Contact Information & Term Dates for 2021

Location: Enfield Community Centre,
540 Regency Road, Enfield
Office Hours: Fridays, 10-11am
during U3A term times
Address: Post Office Box 2008, Prospect,
South Australia, 5082
Phone: 0410 434 048 (message only)

Email: admin@u3ainnernorth.org.au –
general enquiries
membership@u3ainnernorth.org.au –
membership/enrolment enquiries
Facebook: [https://www.facebook.com/U3A-Inner
-North-SA](https://www.facebook.com/U3A-Inner-North-SA)
Website: <http://www.u3ainnernorth.org.au/>
U3A Inner North is a member of [U3A SA](#)

Term 1: Tuesday 2 February–Friday 26 March

Term 2: Tuesday 27 April–Friday 18 June

Term 3: Tuesday 20 July–Friday 10 September

Term 4: Tuesday 12 October–Friday 19 November

Newsletter Contributions



Do you have something you would like to contribute to the Newsletter?
We welcome all contributions from our members. Share something of interest to you,
or make suggest improvements that could be made to the Newsletter.

I would love to hear from you and can be contacted via email at:

media@u3ainnernorth.org.au

*Marilyn Pearson
Newsletter Editor*

Useful Links

U3A Inner North <http://www.u3ainnernorth.org.au/>
U3A Inner North Facebook [https://www.facebook.com/
U3A-Inner-North-SA](https://www.facebook.com/U3A-Inner-North-SA)
U3A South Australia <http://u3asouthaustralia.org.au/>
U3A Online <https://www.u3aonline.org.au/>
City of Port Adelaide Enfield www.cityofpae.sa.gov.au/
U3A Adelaide <https://adelaideu3a.org.au/info-gate/>
SA Government Seniors [https://www.sa.gov.au/topics/
family-and-community/seniors](https://www.sa.gov.au/topics/family-and-community/seniors)

COTA SA <https://www.cotasa.org.au/>
Latest Covid-19 news [https://www.covid-19.sa.gov.au/
recovery](https://www.covid-19.sa.gov.au/recovery)
Be Connected <https://beconnected.esafety.gov.au/>
SA Community Directory: <https://sacommunity.org>

Please share useful links you have found.

Email: promotions@u3ainnernorth.org.au