

Happy 5th Birthday

U3A INNER NORTH

Term 4 2022 Newsletter 5

Short History of U3A Inner North

- Planning for U3A Prospect (now U3A Inner North) began in 2017.
- Our program began in Feb 2018, two days a week at the Prospect RSL Hall, with 40 members.
- In 2019, our program operated 4 days a week, at two venues, with over 150 members.
- In 2020, we moved to Enfield Community Centre just as the Covid pandemic began.
- We closed for 6 months and re-opened in Term 4, 2020.
- In 2020, we also changed our name to U3A Inner North to reflect our broader membership.
- In 2022, we currently have 240 members and operate our program 5 days per week.
- Since moving to ECC, we have received generous ongoing support from the Port Adelaide Enfield Council.

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PRESIDENT'S REPORT



This year we at U3A Inner North are celebrating our 5th birthday.

We may be only 5 years old but have already managed to survive 3 changes of venue, several teething problems and a pandemic. Nothing has stopped us from growing and like most 5 year olds we are excited about what the future will bring.

We enjoy regular social activity and making new friends and we especially enjoy birthday parties!

We are, as most 5 year olds, indebted to our tutors who through their efforts teach us new things and improve our skills, whilst at the same time adding to our enjoyment of life.

So here's to the next 5 years.

The U3A committee join me in wishing everybody a healthy and happy Festive Season and we hope you will join us again in 2023 as we continue to grow and learn!

Pauline Kemp



2023 Term Dates

Term 1: Mon 6 Feb - Thurs 14 April
Term 2: Mon 1 May - Fri 7 July
Term 3: Mon 24 July - Fri 29 Sept
Term 4: Mon 16 Oct - Fri 8 Dec

Terms 1 - 3: 10 weeks; Term 4: 8 weeks



Diary Dates 2022

Thurs 1 Dec - Membership 2023 Online Payments Open
Thurs 15 Dec - End of Year Celebration



5th *Birthday* CELEBRATION

**Thursday 15th
December
10.00am
ECC**

RSVP
admin@u3ainnernorth.org

**Morning Tea Provided - BYO Mug
Special Entertainment By The Language Groups
Craft Stall - Proceeds To Charity
Bring a Friend Who Might Like To Join U3A**



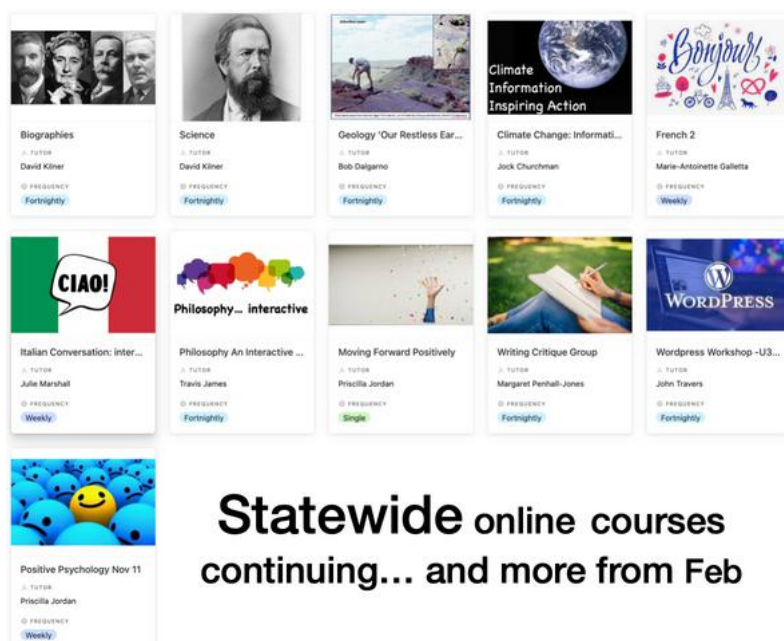
U3A STATEWIDE ONLINE



After a successful first year, U3A Statewide Online Zoom courses will be continuing in 2023. This year's courses covered a wide range of interesting topics. Some courses were one off lectures, whilst others ran throughout the year. Some of the courses will return in 2023. There will also be new courses on offer.

Keep an eye of the U3A SA website for more details.

Go to <https://u3asouthaustralia.org.au/>
Click on the tab "Statewide Online".



**Statewide online courses
continuing... and more from Feb**

THANKYOU

Fiona Wald has been on the U3A Inner North committee since its inauguration (as U3A Prospect) in 2017. She has taken on a multitude of tasks over that time. On our first stall at the Prospect Fair, she spent the day playing Mahjong (with Daniel), creating significant interest from passer bys, and helping us gain new members! She has contributed many great ideas and her experience of setting up Prospect Enfield Kindergym years earlier, gave her the wisdom and experience that we highly valued at U3A.



A few years ago, Fiona embraced the challenge of the role of Treasurer, requiring her to learn an entirely new set of skills. What a wonderful example of life long learning! In 2022, Fiona has decided to step down from the committee.

Thankyou Fiona, for your huge contribution to the success of U3A Inner North.

You will still see Fiona around as the group leader of table tennis, at Mahjong and other U3A activities.



SNEAK PEEK PROGRAM 2023



**SO MANY
NEW CHOICES**

**PLUS MOST OF
THE OLD
FAVOURITES...**



PHYSICAL ACTIVITY

Badminton
Pickleball
Table Tennis
BushWalking



New Out And About Excursions And Guest Speakers



LANGUAGES

Japanese (new),
Chinese, French,
Italian

FIRST TIME OFFERED.....

Ukulele Jam Session
Learn To Read Tarot Cards
Ask A Counsellor
Let's Do Lunch



HISTORY AND LITERATURE

Charles Dickens
Ancient China
Famous Cities
Extreme Adventures
Genealogy Corner



TALKS ON TUESDAY

History Of Medicine
Climate Change
Being A Vet
Claymation Movies -
Behind the Scenes



PROGRAM LAUNCH

15th December
at our 5th Birthday Celebration



Online Course Enrolment 1st Jan 2023



u3ainnernorth.org.au

NEW YEAR'S RESOLUTION - DO MORE EXERCISE



When you are contemplating how you might achieve this goal (after eating way too much over Christmas/New Year) look at what is available at U3A InnerNorth in 2023 - table tennis, circle dancing, pickleball, badminton, bushwalking.....

Fiona Wald, group leader of table tennis, gives us plenty of reasons why we should play table tennis in 2023.....

THE BENEFITS OF PLAYING TABLE TENNIS

Here are some reasons for older people to give it a go :

- Improves hand-eye coordination and stimulates mental alertness
- Develops mental acuity - speed, spin and placement of the ball assist in creative problem solving
- Improves reflexes due to the fast paced, short-distanced nature of the game
- Is easy on the joints and improves your leg, arm and core strength
- Burns kilojoules - you can burn about 1000 kJ playing for an hour
- Offers a social outlet - a great way to bond with other people
- Improves balance - staying balanced and being able to change direction quickly

It is recommended that people over 65 undertake at least 30 minutes of moderate intensity physical activity on most, preferably all, days. Just a slight increase in activity each day can improve your health and wellbeing. It can help:

- reduce the risk of health issues, like high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems, heart disease and some cancers
- maintain a healthy weight
- reduce the risk of falls and injury
- give you more energy
- improve your sleep
- reduce stress and anxiety
- improve concentration
- improve your mental health.



According to the National Health Survey in 2020-21, around only four in ten (41.8%) people aged 65 years or over met the physical activity guidelines. Many were prevented from participating due to injury or disability or lack of facilities. Compared to the rest of the population, seniors face a higher risk of social isolation, physical inactivity and a sedentary lifestyle linked to chronic health disorders.

So, come and have a hit of Table Tennis, it's good for you!

Information Sourced

<http://illawarrasportstadium.com.au/f/new-recreational-program-for-seniors>

<https://www.aihw.gov.au/reports/australias-health/insufficient-physical-activity>

IMPORTANT DATES

- 15 December 2022 Program Launch
- 1 December 2022 Membership For 2023 Opens - pay your membership fees early so you can enrol straight away when online course enrolments open
- 1 January 2023 Online Course Enrolments Open
- 19 January In Person Enrolments At ECC
- Term 1 Begins Monday 6 February 2023



Wishing everyone safe
and



**Andrea
Michaels MP**
MEMBER FOR ENFIELD

Special thank you to Andrea Michaels Member for Enfield and staff for printing the newsletter

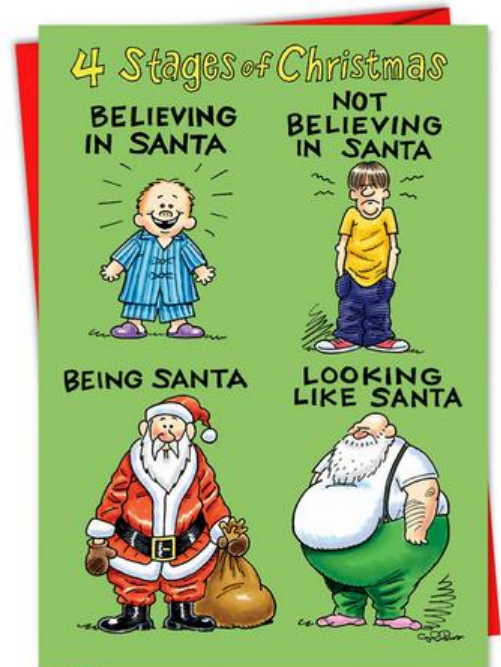
Laughter Is The Best Medicine

- How do you wash your hands over the holidays? With Santa-tizer.
- What do you call an obnoxious reindeer? Rude-olph.
- Why is it so difficult to buy Advent calendars? Their days are numbered.

"Two guys stole a calendar. They got six months each."



"I decided to sell my vacuum cleaner. All it was doing was gathering dust."



I tried to organize a hide-and-seek tournament, but it was a complete failure. Good players are hard to find.

Did You Know?



Before Coca-Cola decided to use his image for advertising, Santa's looks tended more toward spooky than jolly. Then, in 1931, the beverage company hired an illustrator named Haddon Sundblom to depict the jolly old elf for magazine ads



When Prince Albert of Germany got a tree for his new wife, Queen Victoria of England, the tradition really took off across the UK. A drawing of the couple in front of a Christmas first tree appeared in *Illustrated London News* in 1848. To use modern parlance, the idea went viral.