



December 2022 Newsletter

Welcome to those recently joining our U3A Douglas Shire Community

Greetings

2022 is coming to an end, the humidity is building and we are looking for earlier starts and indoor activities. One thing that is not changing is our enthusiasm !

Christmas Dinner

We will be holding the Douglas Shire U3A Christmas Dinner on Friday 9th of December at the Port Douglas Yacht Club commencing at 5.30pm. \$28 per person. Registration and full payment closes at 5pm on Monday 5th December.

Meal choices must be booked at the time of booking:

- Roast turkey and vegetables and gravy
- Chicken Parmigiana with chips and salad or vegetables
- Crumbed or battered fish with chips and salad
- Vegetarian stir fry and noodles

[Click here](#) to book and pay online or deposit your payment to the Bendigo Bank account - Branch or Online - BSB 633 000 Account # 183 234 764

Any questions please call Andrea on 0418156810
Email afalstein@gmail.com

Classes

We have had a wonderful past 12 months. Our 'seasonal' members were welcomed back, bringing with them many skills, enthusiasm, and wonderful friendships. New members have found us and wholeheartedly joined in the activities. These have included: board games and cards with Andrea; Mah Jong with Di; Tai Chi with Frieda; Ukulele with Kaye and Julie; Trail Walks with Sue and Ingrid; Short Walks with Jo, Everyday Gardens with Monika; Aromatherapy with Lyn; Yarning in the Park with Edna and Catherine, Book Chat with Margot and Catherine; and Table Tennis and Pickle Ball with Liz.

A photo gallery of activities can be found [here](#).



We can't thank our facilitators and leaders enough. We welcome new volunteers; we can't operate without you. If you have a skill or passion to share, please let us know, we will assist with space, resources and support. You can contact Jo Herbert our class coordinator - coursecoord.u3adouglas@gmail.com

Events

Andrea and her merry helpers have gone above and beyond this year creating some wonderful opportunities to socialise, share a meal and enjoy the outdoors while supporting local business. Highlights included Night at the Races, Pizza Nights, and the Battle of the Brains Trivia Lunch. Photos can be found on [our Facebook page](#) or via [this link](#) to our web site. Support our volunteer efforts in 2023 and come along and join in.



Volunteering

U3A runs entirely on the efforts of volunteers to bring interesting, educational, fun and stimulating activities to our members. A team of facilitators is absolutely vital to ensure all members are offered a variety of activities. We cannot exist without facilitators and their involvement is very much appreciated

Committee

We exist to support both our membership and our facilitators. If you have previous committee experience, have skills that you might like to share and to keep active, are prepared to learn new things too, we would like to hear from you for our 2023 committee.

Look out for further information or contact our Chairperson Lyn Percic – 0438805194, if you would like to find out more about volunteering at U3A Douglas Shire.

Moving forward into 2023

Cairns offices closed from 16 December to the 6th January inclusive. Douglas Shire will follow suit, please speak to your activity facilitator for guidance on your participation over these dates.

Season Greetings to you and your families, stay safe and hydrated and we look forward to more fun in 2023.

Memberships

New members are always welcome, and you do need to be a financial member to participate in class and activities, there is a two-session complimentary access, then you are obliged to become financial.

Renewing Members

Click [Renewing Member](#) to check your recorded membership details and for renewal payment methods.

New Members

[Click](#) to join online.

Classes and Venues

Joanne Herbert is our Course and Tutor Coordinator.

- coursecoord.u3adouglas@gmail.com.

Contact Jo via email to enrol or enquire

Events and Excursions

You may have an idea about a group excursion or event and would like help organising, we welcome all suggestions. Contact Andrea who is overseeing our Events - afalstein@gmail.com

U3A Cairns Bulletin (we are a sub branch)

Is circulated monthly to members, please check your emails. If you are a member and don't receive the Bulletin, email

members.u3acairnsinc@gmail.com and let them know or click for [Cairns Bulletin](#)

Facebook

U3A Douglas Shire [Facebook Page](#)

'Like' our Page and keep up to date with our progress including new courses. This is also a space to ask questions.

U3A Douglas Shire Class Timetable for December/ January 2022/ 2023

Day	Frequency	Time	Class	Tutor	Room/Venue
Daily	Monday - Sunday	8.00am- 9.00am	Tai Chi	Frieda Van Aller	4 Mile Park
Monday	Weekly – waiting list for new members	9.30am – 12.30 pm	Mahjong	Diane Schulz dschul.54@gmail.com	Palmer Golf Club
Tuesday	Weekly	10.30-11.30am	Tai Chi Men's Group	Frieda Van Aller	4 Mile Park
	Weekly	1 – 4 pm	Mahjong	Diane Schulz dschul.54@gmail.com	Mossman Library
Wednesday	In recess until February/ March	8:00 – 10:00 am	Trail walking group	Sue Rae nalinir@bigpond.com	Various Venues check Facebook for updates
	In recess	8 – 9 am	Short Walks	Jo Herbert coursecoord.u3adouglas@gmail.com	
Thursday	Weekly	11.00 – 12.00 pm	Tai Chi for health	Frieda Van Aller	Bruno Reidwig Park
	Monthly 1 st Thursday	10am-11.30am	Book Chat	Catherine Rosenbrauer catrosen@hotmail.com	Tin Shed Port Douglas
	Weekly	1.30pm-4.00pm	Games and Cards	Andrea Falstein afalstein@gmail.com	Palmers Golf Club
	In recess until February	2.00pm-4.pm	Yarning in the Park	Edna Naylor	Rex Smeal Park
Friday	Weekly	1 – 3:30 pm	Table Tennis and Pickle Ball	Liz Kendall ekendall56@gmail.com	Port Douglas Community Hall
Saturday	In recess	2pm – 5pm	Everyday gardening for everyday people	Monica Prins everydaygardens2020@gmail.com	Various Venues Facebook week prior for info

Contact: Jo Herbert - Course Coordinator - coursecoord.u3adouglas@gmail.com