U3A Deniliquin Inc

A big warm welcome to our new members and all returning members, we hope that you enjoy the classes that you are interested in.

Any feedback that you may wish to provide please contact myself or Co-Ordinator Helen Burnham.

**U3A Deniliquin Inc 2021 committee**

The committee is as follows:

President – Alison Wilson;

Vice President – Helen Thompson;

Treasurer: Sue Gatacre;

Secretary: Gill Fraser;

Co-Ordinator: Helen Burnham

Publicity Officer: Gayle Beckton

Committee: Tom Oram; John Watters; Marg Donohue; Judith Smith; Airlie Circuitt; Jan Renwick

**Telephone Directory**:

U3A Mobile Phone: 0499839468

Alison Wilson: 0438894339

Helen Thompson: 0408893347

Gill Fraser: 0427453256

Helen Burnham: 0400110749

Sue Gatacre: 0419536738

**COVID 19 Safe Practices**:

There will be wipes and hand sanitiser provided in each class.

For the well-being and health of members if you are unwell please stay home.

**February Guest speaker**:

Our first guest speaker for the year will be Lesley Hills – The Laughter Lady on Friday 26.02.21 at 2pm at Intereach.

Lesley lives by the motto “Life is better when you’re laughing”. Having moved to Deniliquin from London in 1993, Lesley is no stranger to life’s challenges. She has encountered many setbacks along her journey which have taught her resilience and the ability to laugh at life events.

Lesley is a certified Laughter Yoga Leader and subsequently established a weekly community Laughter club. There is a myriad of health benefits associated with sustained laughter which include, improved mental health through aerobic exercise; lower stress levels; improved lung capacity and oxygen levels and an increase in feel good hormones.

Hope to see you all there.





**STOP PRESS**

***TAI CHI is starting up this Wednesday 3rd February from 9.15 am to 10 am***

Please note that the doors to Intereach **DO NOT OPEN** until 9 am so please don’t be there before to try and enter the building. Entry to Intereach is via the front entrance in Trickett Street, for all classes.



***BOOK CLUB is starting this Thursday 11.15 – 12 noon– don’t forget change of venue to Intereach for Book Club.***

Book Club List – 2021

“Behind the Beautiful Forevers” Katherine Boo

“The Invention of Wings” – Sue Monk Kidd

“The Night Circus” – Erin Morgenstern

“A Spool of Thread” – Anne Tyler

“The Fighter A True Story” – Arnold Zable

“Gallipoli Street” – Mary-Anne O’Connor.

**REMINDERS:**

If you are attending Scattergories you must bring your own pen.

If you are attending Writing and Publishing you must bring your own paper and pens also.

If you were unable to attend Enrolment day you are still able to enrol and pay at the class you attend. There will be a committee member in attendance to write a receipt and you can hand in your enrolment form too.

Please remember to allow time to sign in at the front desk with your mobile or using Intereach’s electronic device. All these protocols are in place due to COVID and it ensures that we are doing what is asked of us.

You may be aware that U3A were successful in obtaining a Community Grant through Edward River Council and the title of this was “Reconnecting to The Arts & Music in the Bush”.

We are pleased to announce that the first of these events is to be held on **Thursday 4th March 2021** from 9.30 to 12.30 which is a Painting Workshop with tutors from the Edward River Art Society – ERAS.

Attached to the newsletter is a poster – places are limited – 20 people only and already names are filling fast.

The second event is “Poetry Reading” to be held on **Saturday** **17th April 2021** at 7 pm at the South West Music Rooms. This is being conducted by members of the Deniliquin Bush Poets Club and places for 40 people – so please put your names in for that also. (Poster also attached)

The contact person for both of these events is Helen Burnham and Helen’s phone number is 0400110749.

Your committee hopes that you will enjoy your association with U3A and if you have any questions please feel free to speak with any committee members who are only too willing to assist you.

Don’t forget Seniors Week which is held 14 – 21 April 2021 – we have already met with Erica from Edward River Council and are waiting to hear if our application will be successful – fingers crossed!!!!!

Gayle Beckton

Publicity Officer

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