

# U3A BOX HILL NEWSLETTER – 19<sup>th</sup> JUNE 2022

Sadly, we have to inform you that our Member Max Zhang passed away on the 10th June. Max was a loved member of the Oil Painting Class and will be missed. He showed his determination to battle on painting even when his health was failing. A card has been sent to his wife, Mary Gao, on behalf of Box Hill U3A.

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Even if the timetable for Term 3 shows a class is "Full", if it is a class that you are interested in, please contact the Programme Co-ordinator who will double check for you.

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Wednesday seems to be a full day for some of our U3A members - all our other days are just as important.

Next Wednesday at 11am in the Main Room, our guest speaker for **Armchair Travel**, John Cavedon, will delight us with his tale of travelling in Northern Italy - Turin to Milan; Verona to Venice . John has visited us before and is very interesting.

Lunch together (BYO) then Geoff Lay will take us somewhere with his class "**Australia Up Close and Further**" while the Committee of Management meet.

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**ATTENTION ALL LINE DANCERS.** For Term 3 only, your class will commence at 10.30am each week (until 11.45am). Term 4 will revert to the old time. Thank you Bee for your leadership.

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**CAN YOU HELP OUR REFUGEES?** The Balwyn Rotary Club is having a collection for both Afghan and Ukranian refugees who have arrived in Victoria. As it's the coldest start to Winter since 949, blankets and doonas are highly sort after. They will also accept clothing, furniture and electrical appliances - anything that will help these folk settle in. If you wish to donate items, the drop off point is the Koonung Heights Uniting Church (the shed) on the corner of Belmore and Winfield Roads, Balwyn Eat at 11am Saturday mornings.

<https://koonungheights.unitingchurch.org.au/>

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Does anyone's family have a **baby's pram or stroller** they no longer need? We know of a young Mum whose baby was born after her husband passed away from a terminal illness. If you can assist, please contact the Programme Co-ordinator at [betty\\_shaw@hotmail.com](mailto:betty_shaw@hotmail.com) or 0409 187 258.

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The Wicking Research and Education Centre, part of the University of Tasmania, has recently written to U3A Box Hill with the following information:

Hello to all at U3A Box Hill Inc,

Did you know that nearly ½ million Australians are currently living with dementia? With the ageing of our population this number will double in the next 30 years.

In response to the need for accessible evidence-based education, the Wicking Dementia Centre at the University of Tasmania offers a FREE online course: the Understanding Dementia MOOC.

Increase your knowledge of dementia and how to enhance the quality of life of people living with this condition.

Course details

It's FREE and you can enrol today

Course opens on Tuesday 5th July 2022

Duration is 7 weeks, with an estimated effort of 3 hours per week

You can study day or night, on your smartphone, tablet or computer

Receive a personalised certificate on completion

Enrolments are now open at [mooc.utas.edu.au](http://mooc.utas.edu.au)

Many people with dementia live in the community and education about this condition can better support them, as well as their families and caregivers.

Our course content includes how the brain is affected by the diseases that cause dementia, symptoms, diagnosis, stages and management, and personal and carers' perspectives of living with dementia.

The Understanding Dementia MOOC has consistently ranked in the Top 3 courses in the Health and Medicine Category on Class Central (a leading aggregate site of over 80,000 online courses).

Click here to enrol

Please share this knowledge

Our MOOCs are free and aimed at the general community

Please encourage family, friends and colleagues to sign up and enrol at:

[mooc.utas.edu.au/landing/udcrm11share](http://mooc.utas.edu.au/landing/udcrm11share)

To print a poster and/or flyer to display in your workplace or on your local community noticeboard, please click here

Visit the Understanding Dementia Facebook Page and share our post to 'enrol now' with your networks.

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The Legends of Brass has a concert of music from the Movies, Theatre and the Classics to be held on Sunday, 17th July 2022 at the Doncaster Secondary College Performance Centre. See flyer below



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*Do you ever get up in the morning, look in the mirror and think "That can't be accurate"?*

*I want to be 14 again and ruin my life differently!*

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This is the last week of Term 2. Enjoy your two weeks' holiday, stay healthy and return as from Monday the 11th July. We'll have a special treat for all members on Monday the 25th July!

**Betty Shaw.**

**Programme Co-ordinator.**

betty\_shaw@hotmail.com

LAST ONE OUT OF THE BUILDING - TURN OFF THE LIGHTS, HEATING AND LOCK THE DOORS INCLUDING THE DOOR BETWEEN THE OFFICE AND MAIN ROOM - PLEASE.

A message from Albert Ip - "Please remind members that I have a weekly presentation of China Today on youTube." Here is the link:

<https://www.youtube.com/playlist?list=PLnswnyPTTd39QULhHwqaq8Aeh946QThV2>

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