



MYALL HIGH NEWS

Live, laugh and learn

Live, laugh and learn with Myall U3A

Welcome 2023!

A new year has begun in the most glorious of ways - perfect weather, stunning beaches, our twin towns filled with happy holiday makers, meals being enjoyed in overflowing local restaurants, delighted proprietors and excited shop owners, life and laughter everywhere, even the dolphins are jumping for joy - and best of all - a new beginning! If you are like me, you like to start the New Year with some plans, good intentions and happy expectations. My plans usually focus on getting fitter, shedding Christmas Pudding weight, exercising my brain by learning something new, spending more time in my studio and connecting more regularly with friends and family. Oh yes, as we all know some of our plans and good intentions can grow wings and fly out the window as soon as the challenges of life begin to overwhelm. All the same, it feels empowering to start a New Year with intentions and plans. So, I'd like to encourage you to identify yours and am happy to show you how some of them may be able to be fulfilled through your membership with U3A.

DID YOU KNOW?

That Myall U3A offers options for everyone?

- If you'd like to get fitter and trimmer you can join our Yoga classes.
- If you'd like to strain your brain by learning a new language, how about giving our French or Spanish classes a try?
- If music is your thing, why not join our Music Group?
- If you are the visually creative type, our Art Group might be the right place for you.
- If you love gardening and get joy from seeing your plants develop and thrive, how about becoming a Garden Club member?
- If you are an Opera lover, you are welcome to enjoy the operatic performances we present once a month.
- If your area of interest is in films we also offer once monthly film-showings.
- Perhaps you finally have the time to write your memoirs. If so, you can join our Writers' Group.
- Want to learn playing cards? We have the right group for you!

I see people my age
mountain climbing and
zip lining and here I am
feeling good about myself
because I got my leg
through my underwear
without losing my
balance.

Word Porn

Did you also know...

That all of our U3A Conveners and teachers do so on a volunteer basis and that we are ALWAYS keen to hear from members who are happy to share their experience, expertise and/or passion with those who have an interest in learning.

That volunteering has multitudes of benefits. To remind yourself of these, [click here](#).

PLEASE CONTACT US IF YOU ARE WILLING TO HELP!!

WHAT'S HAPPENING IN U3A:

Exciting things to celebrate:

- **Registration Day**

Registration Day will be held on Thursday, January 12th from 9:30 - 11:30 at the Baptist Church Hall in Tea Gardens.

PLEASE REMEMBER that you need to re-register for courses, groups and classes even if you've been attending them for years. If you cannot attend Registration Day or simply prefer to register in your own time, go to the following links -

NEW MEMBERS [click here](#).

RENEWING MEMBERS [click here](#).

- **Our new and exciting Website**

Each time I go to our new website I feel excited and pleased and marvel at how well it has turned out. If you haven't visited as yet, just [click here](#) and enjoy!

- **Groups/Classes/Courses**

Most of our groups/classes and courses recommence early February. **For times and locations** [click here](#).



One of the shortest wills ever written read: 'Being of sound mind, I spent all my money.'



2023

Live, Laugh, Learn!

REGISTRATION DAY...

Enrol in 2023 for...

ART

TECHNOLOGY

GAMES

FRENCH

PHILOSOPHY

GARDEN

FILMS

PRESENTATIONS

DISCOVERING BOOKS

MUSIC

OPERA

SPANISH

PHOTOGRAPHY

WRITERS

YOGA

LEARN FOR PLEASURE

OUR 2023 COURSE INFO GUIDE gives a brief overview of all our courses, classes and groups. To help you make a decision about which groups, classes or courses you would like to join this year, you can view the Course Info Guide by [clicking here](#). **REMEMBER** that you may attend as many courses as you wish.