

OCTOBER 23



Art comes in a variety of ways.

[Click here](#) for amazing street-art.

October LONG WEEKEND **ART EXHIBITION**
Saturday 30 September and Sunday 1st OCTOBER

9am till 3pm
Hawks Nest Community Hall

MYALL U3A CONNECTS



MYALL HIGH NEWS

As the sands of time seem to trickle ever faster through the hour glass of our life, the question of how we can age well becomes ever more important. We've read multitudes of suggestions - some more applicable to us as individuals than others - and, no doubt, each one has his or her ideas as to what this means for them. We've been asked by a doctoral candidate to participate in her research about this topic. To read more about this and her contact details click **[here](#)**.

WHAT'S HAPPENING IN U3A:

October, spring having definitely 'sprung' in a multitude of ways, is a lovely and very exciting month, especially for our local artists. With U3A's Art Groups' traditional Art Exhibition starting the month off with a 'bang' it appears that we've motivated the rest of the local artists to do likewise, which is rather wonderful as it goes a long way towards making Hawks Nest/Tea Gardens into a popular and renowned Art Hub. With a large number of very talented artists residing in our beautiful coastal towns it seems rather fitting that we become known in this way. Be sure to visit our exhibition, which takes place at the Hawks Nest Community Hall on the October long weekend. Our artists are excited to welcome you!


Today we hear from our greatly valued Opera in the Afternoon Convener, Les Fielke:

Our popular U3A series "Opera in the Afternoon" is now into its fourth year. We meet twice a month, on the second and fourth Mondays at 1:30pm, to discuss and enjoy screenings of traditional classical and comic opera, as well as more modern musical films. We welcome suggestions from class members and try to screen their requested favourites.

Our venue is the "Promenade Theatre" at Palm Lake Resort. We are grateful to Palm Lake for allowing U3A to use their excellent facilities. Attendees are asked for a voluntary gold coin donation which goes to the Palm Lake Movie Group and is used to purchase our films as well as for the upkeep of the projection facilities. Our sessions are open to all financial members of Myall U3A who are welcome to come along. There's no obligation to attend regularly!

Our screenings are sourced from personal DVDs and various streaming services. Through Apple TV we can purchase or rent a large range of performances from the New York Metropolitan Opera (the Met). A few days before screenings we send a reminder email to subscribers containing some background information on the upcoming presentation, its history, the composer and the plot. To subscribe to these reminders, please contact Les at les@fielke.com or on 0467 826 878

DID YOU KNOW THAT:

- We will have an amazing session for all who would like to explore the top 10 apps for our community. Info can be found right here 
- Spring is revitalising our lovely community in the most magical ways:



- The October long weekend will be celebrated by U3A in presenting their annual Art Exhibition? Be sure to pop into the Hawks Nest Community Hall to support this talented group in any way you can.
- More art will be on show and available for purchase on the Sunday of the long weekend at the Galleries in the Gardens.
- The 'Hearing Australia' Bus will be in Tea Gardens at the Myall Quays Shopping Village on Friday, October 6th from 9 am to 2:30 pm.



MAITLAND GAOL EXCURSION

Please note: The date for this outing has changed to November 10th. For more info and booking please contact Ray Keipert at Lrkeipert@dodo.com.au

AGEING WELL:

IF YOU WOULD LIKE TO ASSIST A DOCTORAL CANDIDATE WITH THIS IMPORTANT RESEARCH, PLEASE [CLICK HERE:](#)

When older people say, "Enjoy them while they are young." They are talking about your knees and hips, not your kids.

U3A CONTACT DETAILS:

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