

March 2026



Central Gold Coast
UNIVERSITY OF THE THIRD AGE

Monthly Newsletter

U3A CENTRAL GOLD COAST

President's Message

Now that Term 1 has commenced, it is wonderful to see the energy and enthusiasm across all our classes and activities. It's pleasing to see both familiar faces and new members enjoying the many opportunities U3A Central Gold Coast offers for learning, connection, and friendship.

A special thank you to Lynne and the dedicated team who worked so hard to establish and staff our office at the Burleigh Community Centre. This welcoming and accessible facility provides us with a professional base for our operations and is also available for small groups outside office hours.

U3A succeeds because of the generosity and involvement of our tutors, committee members, volunteers, and engaged members. As we move further into the term, I encourage everyone to stay involved, try something new, and continue contributing to the vibrant community that makes U3A Central Gold Coast so special.

Cheers, Andrew Simms



Office Volunteers at Work

Instructor:
Lynne Budworth

Anita Burgess (L)

Marion Crighton (C)

Jenny Bauer (R)

Office Hours

Burleigh Waters Community Centre
Open Monday to Friday 10.00 am to 12.00 noon
Commencing February 2nd

Drop in to carry out business, seek assistance, **information** or say hello!

GARDEN APPRECIATION GROUP



Please contact one of our tutors if you can help.

Linda Crittenden.
linda.crittenden@gmail.com

Maria McRae.
mraemaria@gmail.com

Tony Freedland.
tonyf.u3a@gmail.com

The Garden Appreciation Group is in its 4th year. It has been such a success. Our members have provided us with inspiration, ideas, support and shared their gardens for our enjoyment.

We are reaching out to other U3A members who may have connections to gardens that we have not yet explored. Does anyone know if anyone has a private garden they are willing to have our group visit. Gardens can be tiny or large. We've had visits to apartment gardens, private gardens, productive gardens of fruits and vegetables. We are interested in any aspect of gardening cultivation, propagation, floral, bee and insect attracting, composting and regeneration.

We hope, that with your help we will find more amazing places to visit. Our visits end with a shared cuppa and treats that our members bring along to share. Our average attendance averages from 15-20.

We can be contacted via email and can follow up with phone calls.

Remember, a garden is a place of contentment, joy and community.



Confucius says
A great man understands what is right.
A petty man understands what is profitable.

Trivia

1. Which language has the most words (according to dictionary entries)?
2. What was the clothing company Nike originally called?

Answers page 5.



Anagrams

1. LITTLESEA 2. ALIVETONE 3. CRUISELID 4. SEESDRAIN

Answers page 5

History with Lynne Budworth Monday 1.30pm - 3.30pm Robina Community Centre



At the December meeting Theo Sanders was presenting his talk about the Santa as we know him today in response to the question, - 'How did we get to our current concept of Santa?'

CONTACT US

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Facebook: U3A Central Gold Coast - Broadbeach

UKULELE - Tradition & Performance

Thursday 1.00 - 3.00pm
Broadbeach Community Centre



The Ukulele group consists of over 60 members. The sessions consist of a Saturday Beginners Group followed by a Play Along session at Burleigh Waters. On Thursdays at Broadbeach there is a traditional play along session and practice for performing at various Nursing Homes. The Ukulele is a fun instrument and anyone can go from no musical experience to a proficient player in only 8 weeks.'

BELLY DANCE FITNESS

Tuesday 2.00 - 3.00 pm
Broadbeach Community Centre



Belly Dancing is a low impact, full body work out It strengthens the core, improves posture and boosts cardiovascular health. enhancing flexibility, co-ordination and mental well-being through creative, rhythmic movement. The dancing reduces stress, increases bone density and alleviates back pain. So what are you waiting for? This activity packs a punch!

March 2026 Calendar

Wednesday 4 March - **Blokes Breakfast** – 8.30 to 10 am
– various locations – tutor will advise location

Wednesday 4, 11, 18, 25 March - **Coffee Time**
at Burleigh Sports Club - 10.45am to 12noon

Wednesday 4, 18 March - **Trivia at Surfers Paradise Golf Club**
– 6pm to 9pm

Friday 6 March – **Discovering Brisbane’s History Tour No 1**
– 9am to 5pm – Details provided by tutor, Estelle Cooper

Saturday 7 March - **Ladies Breakfast** – 8.30am to 10am –
various locations - tutor will advise location

Tuesday 10 March - **Movie Outing at HOTA** –
tutor will advise movie & time

Thursday 19 March - **Happy Hour** at Kurrawa Surf Club -
- 5.30pm to 6.30pm

Tuesday 24 March - **Luncheon** at Burleigh SPORTS Club
– 11.30am to 2pm

Friday 27 March - **Look Who’s Talking**
at Burleigh Waters Community Centre - 10.30am to 12.30pm

Speaker is Trevor Hamley, author of

“Vodka in a Vegemite Jar: an Australian on a Soviet Antarctic Expedition”

(Trevor got his times mixed up in November.)
Morning tea/coffee provided

Thursday 2 April - **Term 1 ends**



Once a careless man went to the cellar and stuck the candle in what he thought was a bag of black sand. He sat near it drinking wine until the candle burned low. Nearer and nearer it got to the black sand, until the blaze reached the black sand - and, as it was nothing but black sand, nothing happened!

From Gems of Fun from Coles Fun Doctor

Anagrams: 1. Satellite 2. Elevation 3. Riddles 4. Readiness

Trivia: 1. English 2. Blue Ribbon Sports

ANSWERS