



Cycling group dressed in red to join in the recent cycle for muscular dystrophy fundraising day

A message from the President

Term 2 is nearly upon us and it's time again to read through the range of courses and activities being offered to Oberon U3A members. The regular courses are continuing, but there are some new things on offer as well. As always, thanks go to our wonderful course leaders, who give their time and expertise so generously to participants.

As the colder weather approaches, many of us are tempted to settle back and stay in our warm homes. However, this is not good for us! We need to keep up our activities, both mental and physical, while also maintaining our social contacts, as these are all essential for good health. Fortunately, all those aspects that contribute to wellbeing are offered through Oberon U3A.

The Oberon Fitness Centre is keen to work with us to put together a program for the winter months. Many of you would never have set foot in a gym, however there really are all kinds of benefits to be had from going along to a class or two. You don't have to "pump iron" or wear lycra, you just need to be keen to work on your fitness and core strength! There is the possibility of a class on Friday mornings. If you would be interested to come to the gym to discuss a group program, please email Denise Harper via oberonu3a@gmail.com

Last week a Cross Regional Conference of U3As organised by the NSW Network took place. I was reminded again that the U3A movement is very successfully engaging seniors in a proactive and meaningful way. Involvement helps to address the issues of loneliness and isolation which can weigh very heavily on people as they age. However, we in

Oberon can't rest on our laurels! We need to continue to reach out to the broader community and grow membership of the movement, which of course, means every one of us needs to be on the lookout for opportunities to welcome more people to Oberon U3A. Don't forget the mid year morning tea on June 25.

Jenn Capel

Are you getting enough?

Being physically inactive is terrible for our health. A meta-analysis published in prestigious medical journal The Lancet found physical inactivity is associated with a 30-40% increased risk of colon cancer, 30% increased risk of breast cancer, 20-60% increased risk of type 2 diabetes, and a 30-50% higher risk of premature death, compared with being physically active.

A variety of activity types are encouraged since different physical activities entail different benefits. Muscle-strengthening exercises, like lifting weights or similar, are encouraged twice a week, to keep bones and muscles strong.

If that is all starting to sound too complicated, rest assured ANY exercise is good for you. You don't have to achieve physical activity guidelines to benefit from physical activity.

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Recorder Group

After a long absence, the recorder group was able to resume in Term 1. Everyone was pleased to be back and making music together again. We have been taking things slowly, as we were all a bit rusty after such a long time! Hopefully, there will be no more interruptions this year. The group is currently learning a couple of ensemble pieces that we hope to be able to perform at the U3A mid-year morning tea. Anyone interested in joining our little group is most welcome. No previous music knowledge is required, just a willingness to learn something new

Fleece, Fibre, Felt and Yarns Group



FFF and Yarns

The Fleece, Fibre, Felt and Yarns Group meets on the first Monday and the third Friday of the month. From February we have been gathering on a regular basis, enjoying the company of like minded people and sharing our craft skills. Lots of spinning takes place along with felting and weaving and knitting. A show and tell happens at each meeting and amazing projects take pride of place.

A display of works was mounted at the end of year morning tea and a representative group did a spinning presentation at the Oberon Show in February which attracted a lot of interest. A sample of spun wool from a local property was presented to the Governor as a memento of her visit to Oberon.

A trip to Nundle Wool Mill is being planned for term 2. New people are always welcome to join us.

Lynne Webb



Current Affairs

The Current Affairs group meets fortnightly each term to have lively discussion on local, national and international subjects of the members choosing.

Subjects and areas of discussion are not limited in any way and cover all areas of the members' concerns covering subjects from personal to social, political and economic to a wide range of international matters. Next term we will no doubt be presented with many interesting subjects for further thoughtful and active debate.

Graeme Precians

Tai Chi

Tai Chi is a healthy gentle exercise program for anyone, even for those who have health and mobility challenges. The Tai Chi for Arthritis class, involves 12 gentle and easy to learn movements or positions that are designed to be safe and beneficial for people with arthritis and other chronic health conditions. It can take a few weeks to learn the 12 gentle movements/positions, but we all get there in the end. It helps focus your mind in having to remember the movements and which way you should be going.

Tai Chi is for anyone who would like to do some exercise, even if you use a chair to hold onto or sit in the chair while performing the moves, you will still benefit. Tai Chi is slow and it requires you to concentrate, thus involving your mind and your body. The program helps develop your strength, balance, and posture while also relieving stiffness and joint pain. Another positive benefit is in reducing stress, especially when practised regularly. Denise Harper

Bridge

Six enthusiastic starters embarked on beginners bridge last term and they are making huge progress so far. Lessons run every Monday for two hours and the group should be able to join in with the more experienced players later in the year.



Lyn Prowse on right with three of her new Bridge players

Teacher, Lyn Prowse, is very happy to take on more newcomers, saying that she can bring them "up to speed" fairly quickly. So, if you are interested, let Denise Harper know, and then Lyn will contact you for some initial lessons. It's a great way to keep your mind challenged and have fun at the same time!

If you already know how to play bridge why not enrol for the Monday or Thursday session and play with a very friendly and welcoming group and have some fun along the way?

Lyn Prowse

Please Note

All members must be fully vaccinated to attend Oberon U3A classes.