



## Out of Isolation

U3A Stawell gathered to enjoy a Christmas Lunch.

Everyone agreed the long year of empty and isolation had been challenging. The U3A principles of self-help and mutual support, the cornerstone of the U3A movement, were well tested during 2020. Not to be defeated many members discovered new skills.

The challenge taken up, Zoom became popular, as did long walks, home based skills, and our gardens flourished. A versatile lot at U3A, older gentlemen learned to bump elbows and to cast aside the age-old practise of a handshake on meeting. Our grandchildren learned to their surprise a kiss from Granma was not such a bad thing when you couldn't have one.

U3A Stawell will resume programs, classes, and workshops; 10 am Friday 5<sup>th</sup> February 2021; at their new home Stawell Library Sloan St Stawell. Classes include German, Tai Chi, and Music Craft with Singing. New classes and workshops are added all the time, we are writing a script and making a short

film during 2021, In Term 1, among other programs we will workshop Plants and Plant Propagation, with a look at World Gardens including local Native Gardens, Music Appreciation will be expanded to include more about “what we know about our favourite music”. This is a most popular workshop. We are planning a Book Club.

U3A Stawell is a friendly social group established in 1988, who welcome new members throughout the year. U3A is a non- profit organization which aims to offer low- cost learning and social stimulation to semi- retired and retired persons, with the emphasis on skills sharing. There is no minimum age limit requirement for joining.

To join or make an inquiry phone Irene Sturt 0427 547 891 or Gabby Chamberlin 0427 700 258

Gabrielle Chamberlin

President

U3A Stawell and District