

Monthly News – December 2025

President's Report

Welcome to the December issue of the Glen Eira U3A monthly newsletter.

As we approach the end of the year, I'd like to extend my sincere thanks to everyone who contributed material for this edition. Your articles, updates and reflections help make our newsletter a vibrant record of our activities.

I particularly encourage all members to read the important information regarding **enrolments for 2026**. Clear guidance is provided to help ensure a smooth process for everyone.

Looking back, 2025 has been a very successful year. Although our organisation may sometimes appear to run like a well-oiled machine, in reality it relies on a surprisingly large number of moving parts — each one essential to keeping us active, engaged and growing.

At the time of writing, we have 1,226 active members, including:

- 144 tutors
- 40 office volunteers
- 15 committee members
- our dedicated course coordination team, and
- numerous others who work tirelessly behind the scenes.

The combined efforts of all these volunteers create the welcoming and dynamic environment we all value. To each of you, my heartfelt thanks.

As always, more helping hands are warmly welcomed. From enrolment day onward (14 January 2026), we invite any interested members to speak with our friendly volunteers at the reception desk. You may also consider enrolling in one of the Volunteering at U3A courses listed in the 2026 course catalogue — these are a great way to get involved and support our community.

Wishing you all the best over the festive season,

Mark Rubinstein

President, Glen Eira U3A



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2026 Enrolments

Mark your calendars! Enrolments for our 2026 courses open at 9:00 am sharp on Wednesday 14 January 2026. As always, there are two ways to enrol:

- **Online (preferred)**

Head to www.gleneirau3a.org.au It's quick and easy, and we strongly encourage everyone to use this option. Not confident online? No worries — ask a friend, family member or classmate to give you a hand on enrolment day.

- **In person (last resort)**

Assistance will be available at 1151 Glen Huntly Road. Please note: this is a slower, manual process and in past years, delays have increased the risk that some members missed out on their preferred classes. You can come to the office on either Monday 12th or Tuesday 13th January 2026 from 9:30 am to 3:00 pm to collect an enrolment form. There will be volunteers at the office with whom you can discuss your course options and fill in the form. This will allow you to discuss and review your course options. Please note that your course will NOT be registered on these days. You will need to return to the office, with your completed form, on Wednesday 14th January 2026 at 9.00 am to enable the volunteers to register your course online. You will then be able to pay your fee on the same day.

Want to browse the courses ahead of time?

- Explore the latest version of the full program online at:
www.gleneirau3a.org.au/courses-activities
- Check out the print version of the 2026 Course Catalogue:
www.gleneirau3a.org.au
- Printed copies will also be available at Reception for your perusal.

The membership fee remains at \$75 and we're excited to bring you a rich and varied program of courses. We can't wait to welcome everyone back for another year of learning, connection and fun!

Glen Eira and Bentleigh Combined U3A Choirs – Christmas Concert 2025

The Glen Eira and Bentleigh Combined U3A Choirs presented a heart-warming Christmas Concert on Sunday, 16 November 2025, hosted at Glen Eira U3A. Led with confidence and warmth by choirmaster Valerie Suhr, The Valtones delivered a spirited medley of 19 Christmas songs that filled the venue with festive cheer. Around 100 attendees packed into the Green Rooms, creating an intimate and lively atmosphere. Nola's skilled piano accompaniment added depth and charm to each performance, helping to bring the choir's harmonies to life. After the concert, guests enjoyed a delightful afternoon tea, sharing conversation, laughter and the lingering joy of the music. Despite wet weather outside, nothing could dampen the spirits of those who gathered. The afternoon was, by all measures, a wonderful success, celebrating community, music and the beginning of the festive season.

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Congratulations to our Gardening Team!

The garden has never looked better and will continue to improve. The Team successfully applied for a \$5,000 grant from Community Bank Caulfield Park and Community Enterprise Foundation for the Glen Eira U3A Garden Renewal Project. The Grant funds will be used to provide safe and sturdy seating, tables, planter boxes and garden equipment to enable our members to socialise, to work in and to enjoy a pleasant, healthy outdoor environment.

What strange weather this spring did bring. We are still continuing to clear and improve the soils in the beds, with our great volunteers, Wendy and Jenny!

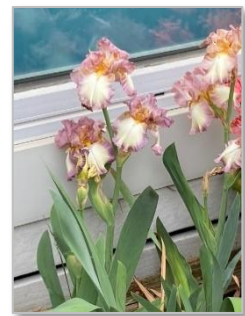
In moving one of our plants, we were greeted by lovely big garden worms, which means we are doing something right! Did you see the lovely iris as well?

Our magpie seems to have been supplanted by a family of rooks who are wreaking havoc on some of the plants but hopefully they will move on soon.

We have applied to Bunnings to their Community Support and Initiatives Program to see if we can get assistance for purchases of soil and compost and any other help they can offer. We are also looking to purchase more plants to get in the ground whilst the soil is moist and before it gets too hot.

And yahoo! Our hose reels and post have arrived - purchased from our Bendigo Community Bank grant – see photos below. BUT we need help with (man)power in the next few weeks to help with concreting the posts to support the reels - any offers?

Please contact either Susan Catherall (0432 877 525) or Sue Hayward (0404 022 796) if you can assist.



From
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Calling for Ideas and Suggestions – Help Us Shape Future U3A Grants

As a new member of the U3A Committee, I am delighted to take on the role of coordinating our grant applications. Grants give us valuable opportunities to improve our facilities, upgrade equipment and introduce new activities that enrich our community. To make sure we apply for funding that truly reflects the needs and wishes of our members, I would love to hear your ideas.

- Is there something in our U3A that you feel could be improved?
- Is there equipment, technology or space that would make your classes or social activities better?
- Do you have a new activity, project or initiative that you think could benefit our members?

No idea is too big or too small. Even a simple suggestion might spark a valuable project with the potential to secure funding.

Please feel free to email me (Shirley.u3a@gmail.com). Together, we can identify meaningful opportunities and build strong, successful grant applications that support the future of our U3A.

Thank you for helping us grow and continue offering a vibrant, welcoming place for lifelong learning.

Warm regards,

Shirley Moore, Grants Coordinator

Preventing Falls: Keeping Our U3A Community Safe.



We care deeply about the safety and wellbeing of all our members. Recently, a few of our members have experienced falls either in the car park or inside the Glen Eira U3A building. Falls can be frightening but many are preventable with a little extra awareness and a few simple habits.

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Watch Your Step

- Take your time, especially on uneven surfaces or when moving from bright sunlight into the hallways.
- Hold handrails where available.
- Avoid rushing to class — arriving a few minutes early can help.

Wear Safe, Supportive Footwear

- Choose shoes with non-slip soles and good support.
- Avoid loose slippers, open-back sandals, or shoes with worn-out soles.

Keep Hands Free

- Try to keep at least one hand free for balance.
- Use a backpack or bag with a shoulder strap instead of carrying several loose items.

Keep Walkways Clear

- Report trip hazards immediately (e.g., spills, clutter, loose mats, uneven paths).
- Be mindful of bags or walking aids that might block corridors.

Improve Visibility

- Allow your eyes to adjust when entering the building from outside light.
- Wear glasses if needed and keep them clean.
- If lighting seems dim in any area, please let the office know.

Use Aids with Confidence

- If you use a walker, cane or mobility aid, keep it in good condition.
- Don't hesitate to bring it inside — that's what it's for!

Look Out for One Another

- Offer an arm to someone who looks unsteady.
- Let volunteers or staff know if you see a member who may need assistance.

Together We Can Reduce Falls



By taking simple steps and looking out for each other, we can help ensure Glen Eira U3A remains a safe and welcoming place for everyone. If you notice any safety concerns around the building or car park, please report them to the office or the Health, Safety and Wellbeing Team. The Health, Safety and Wellbeing Team wishes everyone a safe, peaceful and very happy festive season. Please take care and look after yourselves over the summer break.

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Glen Eira U3A Committee Member

Cheryl Gelfand

I am a proud mother of three lovely successful daughters, three terrific sons-in-laws and eight fabulous grandchildren ranging from 6 to 20 years old. I retired from my workplace 18 months ago. I worked for a Baby products retailer for 22 years and loved every day of it. I love Musical theatre, Opera and Music, being with family and friends and most importantly yoga and Pilates is my passion. I live with my Partner in Bentleigh where I have lived in the area most of my life. We travel a lot and love it. I joined U3A a few years ago as my Yoga teacher started teaching through U3A. Now I enjoy Behind the News as well, I enjoy doing short courses. I am on 2 other committees for not-for-profit organisations and now on the Glen Eira Committee hopefully to make a worthwhile contribution.

Thank you lunches for Office Volunteers



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Members of Ilana's Israeli Dancing class



Members of Ancita Beale's / Lorraine Wright's class: 25ART09 Painting - Any Medium

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Graham and Phillip, tutors
of: Behind the News

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A Train Trip with Margaret Summers (second from left)



Lisa (second from left) with members of her class on Clay: Discovering Textures and Colour



Lorraine Wright congratulates Dorothy Nathan on being awarded a Medal of the Order of Australia

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John Van Loon and members of his Watercolour class