

From: Alpine U3A secretary@alpineu3a.org.au  
Subject: News Bulletin - 2nd October 2021  
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Alpine U3A  
UNIVERSITY OF THE THIRD AGE





— Live, Learn & Enjoy —


## News Bulletin – 2nd October 2021

### Senior Citizens Centre to reopen – Mon 4th Oct.

As previously indicated on 25th September, the Senior Citizens Centre **will re-open as from Monday 4th October 2021 (Term 4) under certain restrictions.**

#### MOUNT BEAUTY SENIOR CITIZENS CENTRE RE-OPENING 4TH OCTOBER 2021

<b>Social Distancing</b> 	All users must maintain a minimum distance of 1.5m between themselves and other users at all times.
<b>Density Capacity</b> 	The density capacity has been calculated as one person per 4 sq metres, and is currently limited to 20 people. This is displayed at the entrance to the Facility. Capacity limits set by the Victorian Government must be followed at all times.
<b>Manage quota</b> 	It is the responsibility of <b>the user group</b> to monitor and manage the number of people in the Facility at any one time. If the Facility is at capacity, the user group must not permit additional people into the Facility.
<b>Face Masks</b>	
<b>Wear a mask</b> 	Masks to be worn. Restrictions in place must be followed, unless otherwise exempt (children and infants under 12 years and some persons with a medical exemption or hearing impairment).

Amenities	
<b>Toilets</b>	The Facility toilets are <u>open</u> .
<b>Kitchens</b>	The Facility Kitchen is <u>closed</u> . No food in the Centre.
Covid Marshal (Convenor)	
	Each user group must nominate a Covid Marshal (usually the Convenor) who is responsible for all attendees checking in and wearing masks.
QR Code Check in	
	Anyone entering the Facility must check in using the QR code wherever possible (or else sign into the paper register).

Please remember the above restrictions are those published by the *Victorian Health Department* and we must follow them. The **Senior Citizens Centre Management Committee** are just making sure the rules are followed.

**Please Note** — Check with your convenor if you are not sure if your course or activity plans to start for Term 4.

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## Thursday Walking Group

**Alpine U3A has three walking groups** i.e. **Wednesday Bushwalkers** – convenor *Barb Kiek*. (The 'Wednesday Walkers' is for advanced hikers with physical uphill and distance challenges), **Thursday Walkers** – *convenor needed* (The 'Thursday Walkers' like flat terrain and a shorter time frame) and **Nordic Pole Walking** – convenor *Linda Parkinson*. (Walking can be performed by people with any fitness level. No experience or poles necessary, just an interest in trying this popular form of exercise).

*Ian Docking* has been the convenor/leader of the Thursday Walkers for a number of years and has decided to resign. The committee thanks Ian for his dedication to the role over this time.

If the group cannot find another convenor/leader soon, the group will disband. It is not operating at present. If you feel you may be interested in this role, please contact the secretary ASAP  
<[secretary@alpineu3a.org.au](mailto:secretary@alpineu3a.org.au)>.

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## Seniors Festival - the month of October

Below is the **link** for the information for the **Seniors Festival**. The calendar is updated weekly in October on the website and can also be sourced each week via the local paper, the **Alpine Observer**, available for \$1.50 at the supermarket, the newsagency or Mobil Service Station.

<<https://www.alpineshire.vic.gov.au/community/news/2021-seniors-festival-reimagined>>

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## Mount Beauty Neighbourhood Centre

The **Mount Beauty Neighbourhood Centre** is the hub of our town.

It has recently published its **Term 4 Booklet** which is placed in all town letterboxes and PO boxes. If you did not get one, call into the Centre in Tennis Court Avenue and pick one up.

They offer a number of **Digital Skill Courses**:

1. Free computer sessions for beginners
2. Building Digital Skills
3. Basic Computer Skills
4. Intermediate Computer Skills
5. Website Design
6. Photo Editing

Some of these courses are **free**, and for others, there is a cost. The good news for **Alpine U3A members is that there is NO cost** as we have received funds to pay for our members to attend Digital Skill Courses.

So here is the deal. Get hold of a booklet, check out the courses, and enrol and pay for what you want. **Contact the Alpine U3A secretary and let him know the cost of your course and we will reimburse the fee.** Please supply your bank details (BSB & Account #).

**Mount Beauty Neighbourhood Centre**— Telephone: (03) 5754 1166

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