Welcome to our Term 4 Newsletter

'Not Hard Quiz' Trivia Roundup

The afternoon quiz was full of friendly competition, clever answers and plenty of laughs. Teams put their heads together over a range of trivia questions – with amusing team names, lively discussion and good-natured banter adding to the fun. It was wonderful to see everyone enjoying the challenge while sharing funny moments along the way.

The final result was wonderfully close and kept everyone guessing until the end. "Not A Crossword" and "Bushwalking Brainiacs" finished level on 106 points, with "Not A Crossword" taking the overall win on a tie-breaker question. "Good Guessers" were also right in the running, coming a very close third, just one point behind the leading teams.

"Pearls of Wisdom" added extra sparkle by winning the best-dressed/theme award. The humour, creativity and enthusiasm shown by all teams helped make the event an entertaining success. It was a lovely opportunity to enjoy friendly rivalry, good company and an afternoon of shared fun.

See more photos from the event on our website: https://u3asunshine.org.au/newweb/social-life

All the results

Teams	Tally	Teams	Tally
Bird Brains	93	Pearls of Wisdom	97
Bushwalking Brainiacs	106	Pickleball Wizards	95
CIAO	100	Scintillae Clarae (Bright Sparks)	100
Good Guessers	105	Serendipity Strummers	92
Hawaiian	90	Serious Young Insects	88
Just For Fun	98	Sporty Spice	91
Lance's Loudmouths	96	The Tas Team	92
No Eye Dear	80	The Underdogs	79
Not A Crossword	106 + Tie Breaker	Travel Tramps	97

Not a Crossword 1st Place

Bushwalking Brainiacs 2nd Place

You are Invited to an Information Session for New Tutors

Ever thought about being a tutor? Do you have a skill, hobby or passion you would enjoy sharing with others? At U3A Sunshine Coast, our tutors are members just like you—people who enjoy learning, connecting and helping others explore new interests.

You do not need formal teaching experience. If you have something you know and love, we can support you to turn it into a course or activity.

Learn about our friendly tutor community that helps make lifelong learning possible. Join us on Saturday 14 November 2026, from 2.00 pm to 3.30 pm.

U3A Lecture Room, Building B

University of the Sunshine Coast, 90 Sippy Downs Drive, Sippy Downs QLD 4558

To register, visit our website: **https://u3asunshine.org.au/newweb/event/information-session/**

President's Message

As this year winds down and we plan for 2027, we reflect on a successful year. Hosting the annual U3A Network State Conference in May was certainly a highlight, and the good work of management committee members ensured its great success. More than 100 people attended the two-day conference, and they enjoyed two outstanding social events.

Changes to our management structure, particularly enabling the Tutor Advisory Group and the Strategic Planning Group, have increased efficiency. Brian Wells' development of an online Committee Management Portal has streamlined our decision-making.

Membership continues to be strong with more than 2,200 members, and our financial position is sound. In short, our U3A is in good shape and we look ahead with confidence.

We are strengthening our association with the University and our involvement in Healthy Ageing Partnerships. These collaborative partnerships are important to our place within the community and our future development as an organisation.

On the social front, the recent 'The Not Hard Quiz' trivia event was a resounding success. Thank you to our organising group led by Brian Wells for staging such an enjoyable event.

Upcoming events include the Tutors and Volunteers Luncheon on 1 December, when we acknowledge the vital contribution of these wonderful people whom we value so much.

Planning is underway for the next Tutors Forum in January 2027, which will include a welcome to new tutors. I hope tutors will make time to attend this important day of ideas.

In September, we welcomed a new committee member, Celena Ross, and I thank all committee members for their productive work during the year. Our U3A is in good hands with this talented management group.

John Armstrong
President

Key Calendar Dates

Membership renewals for 2027 will open on Monday 30 November 2026.

Courses for 2027 open for enrolment on Saturday 9 January 2027. You must be a financial member to enrol in a course.

Term dates for 2027 are:

Term 1: Monday 1 February 2027 to Saturday 27 March 2027

Term 2: Monday 19 April 2027 to Saturday 12 June 2027

Term 3: Monday 19 July 2027 to Saturday 11 September 2027

Term 4: Monday 11 October 2027 to Saturday 4 December 2027

Class Contributions

Stanthorpe bird's-eye view

I start this story by singing the praises of our intrepid leaders, John and Brenda, who give their all to organising our annual one-week spring trip and fortnightly birding walks to a variety of locations across the Sunshine Coast. Their planning and hospitality are exemplary. They do a reconnaissance tour to check the accessibility of the walks, accommodation options and local activities.

Twenty-one of us stayed at the Stanthorpe Caravan Park in a variety of accommodation, with some staying in their own vans.

Each day we went birdwatching or sightseeing. On this trip, we visited a local truffle discovery farm, which was fascinating. At night, we did the bird count and played trivia games while enjoying the culinary delights made with love by Brenda and, of course, the obligatory glass of wine to wash it all down.

This is what retirement is all about: education, travel, fun and purpose. It is a privilege to be part of this fun-loving, adventurous group.

Philippa Dawson

Lawn Bowls Beginner Course

Lawn bowls was offered as a new U3A course at Buderim Bowls Club this semester. The six-week program included coaching in small groups and the use of the club's bowls, followed by morning tea in the clubhouse.

Twenty-two beginners, including 15 participants from U3A, were privileged to be among the first to christen the new synthetic green. The retractable rolling shade cover gave welcome UV protection. Buderim is one of only two Coast clubs with covered greens.

Bowling is definitely harder than it looks, requiring specialised skills, strategy and teamwork. Five patient coaches helped participants refine their techniques and grow in confidence. We learned about the official laws, etiquette and terminology: it's a 'bowl', not a ball, and it is 'delivered', not rolled, thrown or dropped. We also learned the importance of 'bias' in achieving the right curve in forehand or backhand deliveries.

By the end of the course, we were ready for a fun competition, with chocolates for hitting the jack (the smaller yellow target). As a surprise bonus, the $40 course fee included club membership, giving graduates the opportunity to continue attending coaching clinics and events until the end of the year. Now we just need to invest in our own bowls and get serious! 😊

A big thanks to everyone at Buderim Bowls Club—the organisers, coaches and helpers—for providing this excellent introduction to lawn bowls.

Christine Garsden

Meet Celena Ross

Introducing newly appointed Management Committee member Celena Ross.

Celena has decades of experience in business, economic and community development roles in state and local government. Her background includes working as a marketing and promotions manager for TAFE College, freelance journalism, running tourism businesses, business development and work as a celebrant. Celena is well known as a past president and initiator of the Sunshine Coast Business Women's Network. Her experience also includes strategic planning, awards, professional training and coordinating the Mooloolaba Chamber of Commerce.

Over the last few years, Celena has established and run a variety of events for the SC SOLO Baby Boomer Women's Group for widows and divorced women.

Next Healthy Ageing Forum

The festive season can be a wonderful time of year, but for many older adults it can also bring challenges such as loneliness, changes to routines, and uncertainty during summer weather events.

This Healthy Ageing Forum aims to provide local seniors with practical information, community connections, and confidence to enjoy a safe, connected, and supported festive season.

Through a series of engaging presentations and community information stalls, attendees will learn about opportunities to stay socially connected, discover local events and activities happening across the region, and gain simple, practical tips to prepare for summer storms, heatwaves, and other natural disasters without fear or overwhelm.

Key details:

- Thursday 5 November 2026, 9.00 am to 12.30 pm
- Sunshine Coast Health Institute at Sunshine Coast University Hospital (SCUH)
- Register here
- Morning tea will be provided

Community Service – Can you Help?

This year, the Gift Wrap to Give Back station, where volunteers gift wrap Christmas presents for the public for a donation, will be run by STEPS Pathways Charity. Funds raised will support students at STEPS Pathways College in Caloundra. The gift-wrapping station will be at Sunshine Plaza in Maroochydore from 23 November to 24 December.

STEPS needs volunteers who can give anything from a few hours to a few days over the Christmas period. If you love giving back to the community, enjoy wrapping presents of all shapes and sizes, and like working in a team and chatting with others, this is for you. Your parking fee is paid, and you will receive a thank-you coffee voucher and the warm, fuzzy feeling that comes from helping out.

You can register directly with STEPS:

Phone: 07 5458 3000

Email: volunteer@stepsgroup.com.au

Online: https://www.stepspathways.com.au/steps-pathways-charity/gift-wrap-to-give-back/

Social Media

If you have any photos, articles about your classes, book reviews or restaurant recommendations you would like featured on our Facebook page, please send them to social@u3asunshine.org.au. We would love to share them. These posts are always popular and receive plenty of views!

Newsletter Contributions

We need content for our newsletter, so Tutors and class members please snap something happening in your class or activity and send it to our Communications Officer, Leanne Layfield at communication@u3asunshine.org.au.

Facebook Link

Instagram Link