

# What's New @ UBA-SP? August 2021 & Course Vacancies

Please take the time to read the article below "Ageing well in a Changing World" courses presented should address some of the concerns related in these articles to address the issues of Friendship and mental well-being.

## **21MOB002 Beyond Phone Calls for Android Users with Norm Pilkington (new start date)**

**Friday Weekly 6th August - 10th September 10.00 am - 12.00 pm Old Shire Office**

Introduction course on how to use your phone in "smart" mode for Android Phone Users. Set up your phone so that it is easy to use and a handy tool. For example, how to make the screen easier to read, how to use it as a calculator, a calendar, a camera, a torch, and other handy things. How to send Texts, emails, explanation of what APPS are, and how to download including the QR APP.

## **21HEW001 The Art of Friendship with Bob Bowley**

**Wednesday Weekly 18th August - 3rd November 11.00 am - 12.00 pm Old Shire Office**

We all have acquired relationships during our life. Family, Neighbours, work colleagues. Along the way, some connections have been short term or shallow.

This course examines meaningful relations that have evolved into "friendship", not acquaintances.

## **21HEX004 Rebalance – Fall prevention program with Teresa Scammell**

**Wednesday Weekly 1<sup>st</sup> September – 15<sup>th</sup> December 9.30 am – 10.30 am Old Shire Office**

Be more confident on your feet, increase strength and flexibility, improve posture & balance.

## **21LANS01 Everything About South America with Maria-Raquel (new start date)**

**Monday Weekly 4th October – 18th November 10.00 pm – 12.00 pm Old Shire Office**

This is a short course for those who may have wanted to travel to South America, learn about the Language, Countries, Culture, Food & History.

## **21DIS005 Positive Psychology with Alice Opper (new start date)**

**Friday 20th August 9.30 am - 12.30 pm Old Shire Office Dromana**

This half-day session addresses how to improve your mental well-being in difficult times, such as during a pandemic or dealing with personal setbacks.

## **Ageing Well in a Changing World**

A report by the Commissioner for Senior Victorians Gerald Mansour – report launched by Minister for Disability, Ageing and Carers, the Hon Luke Donnellan MP. Watch the video on the [Commissioner for Senior Victorians Facebook](#)

### **Key findings**

- The report identified the "Eight Attributes of Ageing Well". These include respect, financial and personal security, health autonomy and mobility.
- 70 per cent of participants experienced some level of satisfaction with their quality of life as they age, but significant numbers felt isolated, disconnected, and disempowered. Factors reducing the quality of life included the cost of engaging in activities (43 per cent) and ageism and disrespect (28 per cent).
- More than 40 per cent of seniors said they were lonely, with one in five saying they lacked the "love and friendship" they wanted. Loneliness was consistently reported, regardless of gender, age, and location.
- 28 per cent of study participants ranked ageism and disrespect as a factor most diminishing their quality of life – the same result recorded for feeling unsafe in public places.
- Seniors reported "digital discrimination", with many struggling to access health, support, and other services online. Seniors wanted more support to develop technology skills and greater availability of face-to-face options and other alternatives.
- Being able to get around was a major determinant of quality of life, with 92 per cent of seniors rating personal mobility as critical to health, social wellbeing, and independence. Seniors wanted more community transport and initiatives

**Course vacancies current 30<sup>th</sup> July – Please check UMAS for full details.  
Some courses may have prerequisites please check or contact the Tutor before enrolling.**

**Art Classes for Beginners**

21ART006 <b>Art Group - Monday</b>	2/02/2021	23/11/2021	Maria-Raquel	Mt MH	4
21ART001 <b>Art Group - Tuesday</b>	14/03/2021	5/12/2021	Teena Daley	COMHD	4
21ART003 <b>Cycling Group</b>	5/04/2021	13/12/2021	Faye Dowley	COMHD	6
21CYC001 <b>Easy Riders Cycling Group</b>	9/02/2021	7/12/2021	David Mott	VARIES	10
21CYC004 <b>Positive Psychology</b>	25/02/2021	2/12/2021	Alice Opper	VARIES	3
21DIS005 <b>Chess Group</b>	19/08/2021	19/08/2021	Alex Barclay	OSOD 8	3
21GAM004 <b>Mah Jong at Mt Martha House</b>	14/03/2021	19/12/2021	Jill Storey	TBA	15
21GAM010 <b>Rummy Cub &amp; Bolivia</b>	16/03/2021	14/12/2021	Andrea Osborne	Mt MH	5
21GAM001 <b>The Art of Friendship</b>	18/04/2021	19/12/2021	Bob Bowlby	PRVHME	4
21HEW001 <b>Scottish Country Dancing</b>	17/08/2021	2/11/2021	Jean Mott	OSOD 8	25
21HEX003 <b>Social Table Tennis</b>	14/03/2021	14/11/2021	Vince M.	Mt MH	11
21HEX007 <b>Balance in Focus</b>	7/04/2021	8/12/2021	Hilda McLeod	RYESH	1
21HEX016 <b>Every Thing About South America</b>	4/10/2021	25/10/2021	Maria-Raquel	OSOD 8	5
21LANS01	3/10/2021	7/11/2021	Norm Pilkington	OSOD 4	2
<b>Beyond Phone Calls for Android Users</b>					
21MOB002 <b>Musical Keyboard</b>	5/08/2021	9/09/2021	Jean Freeman	OSOD 4	2
21MUS002 <b>Ukulele for Beginners</b>	3/02/2021	24/11/2021		PRVHME	1
21MUS001 <b>Morning Melodies - Rosebud RSL</b>	21/04/2017	15/09/2021	Rosalie Arnold	SHROSB	21
21MUS006 <b>Guitar Jam Session</b>	9/05/2021	12/12/2017	Howard Sachs	AWAY	1
21MUS007 <b>Kayaking and Canoeing</b>	14/07/2021	15/12/2021	Graham Cooke	OSOD 8	2
21OTD009 <b>Social Golf at Bay Views - Monday</b>	4/02/2021	Alex Barclay	Graham Cooke	VARIES	5
21GLF003 <b>Meanderers - Walking Group</b>	7/02/2021	31/10/2021	Alex Barclay	BVGC	9
21WAL005	10/02/2021	1/12/2021	David Mott	VARIES	5