



Upper Yarra

February 2026

Upper Yarra U3A NEWSLETTER

Hello everyone and welcome to a new U3A year.

We hope you are already enjoying your chosen classes.

This interim newsletter is to keep you informed of several important issues which may affect you and/or your classes.

Please read carefully and don't hesitate to ring the office on 5967 1702 if you need to clarify anything or need further information.

Your committee would like to remind you of our Terms and Conditions set out below:

- Members should participate in all U3A activities in a friendly, co-operative and positive way.
- Members must **NOT** attend a U3A class if they are unwell with Covid/Flu-like symptoms such as cough, runny nose, sore throat, shortness of breath, headache or fever.
- Members must **NOT** attend a class or activity if they have not enrolled in that class nor had that enrolment confirmed. This is to ensure that attendance does not exceed the capacity of the venue.
- Members must let the office or class leader know if they are unable to attend a given class. After three consecutive unexplained absences from a class, your place may be offered to a member on that class waiting list.
- Members should ensure they advise the office of any changes to their personal contact details, including emergency contacts.
- Members should wear their current membership badge when attending classes. This is necessary so that others may quickly access your emergency details if needed.
- Members need to be aware of their own limitations and take responsibility for their own participation when choosing physical activities.
- If you have not received your 2026 Membership Badge after attending your first class please let the office know.



www.upperyarrau3a.org.au



(03) 5967 1702



office@upperyarrau3a.org.au

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Crank Up Festival

Yarra Junction's annual **Crank Up** festival is to be held this year on the weekend of 14th/15th March in the grounds of the Upper Yarra Museum (next-door to the Yarra Centre). U3A is represented at this event with a stand providing information to the public about U3A and the classes we offer locally.

We need volunteers on this stand for two-hour shifts throughout the weekend.

Please contact the office for more information if you can assist.

Your help will be greatly appreciated.

If you have time in your life for an extra class and are looking for something different, why not try one of these classes below:

Meditation for Health and Wellbeing

The most practical and effective tool we have for health, healing and well-being is meditation. In this class we look at the basic ideas and principles of meditation and how to develop a practice.

The session will end with a guided meditation for stress and relaxation.

This class is held for one term only, on Wednesday mornings in Launching Place.

Woodworking

This Thursday class is held weekly from 2 - 4pm at Ben's Shed, Yarra Junction.

For insurance purposes a Men's Shed Membership is required (currently \$50).

Health and Wellness

Our focus this year will be on latest developments in medicine and scientific research.

Topics will include Doctors and Alzheimer's; the use of therapeutic plasma exchange;

Sugar – the toxic poison; the connection between diabetes and cancer;

the rise of longevity medicine and clinics; Lizard spit and medical miracles;

CRISPR and the story of DNA editing; Stem cells – the Yamanaka factors.

Book Club

This group is held on the second Thursday of the month at 3pm in the Family Centre. The cost is \$40 per year which covers the provision of books from Eastern Regional Libraries.

See website or telephone the office for further details or to enrol in any of these classes.

Fire Season Information

Please see the following page for information and note that if it is a day of Total Fire Ban (TFB) it's likely there may be no classes at all.

As always, check with your group leader or the office for confirmation.

Contact details:

U3A Office Hours: 10.00am - 12.00pm

Monday and Wednesday (during terms)

Office phone: (03) 5967 1702

Email: office@upperyarrau3a.org.au

Web Page: www.upperyarrau3a.org.au

Please ensure you clearly leave your name and phone number on any message.

Effect of Fire Ratings and Total Fire Ban Days (TFBs) on U3A Classes and Other Activities

CFA Fire Rating		U3A Upper Yarra Classes and Other Activities
Moderate	No TFB declared	All classes / activities as usual
	TFB declared	Classes / activities may continue – see notes below*
High	No TFB declared	Classes / activities may continue – see notes below*
	TFB declared	Classes / activities may continue – see notes below*
Extreme	No TFB declared	No U3A classes / activities at all – office closed No
	TFB declared	U3A classes / activities at all – office closed No U3A
Catastrophic	No TFB declared	classes / activities at all – office closed No U3A
	TFB declared	classes / activities at all – office closed

*The decision to hold a class / activity on these days is subject to the tutor's decision in consultation with the class members at the beginning of terms 1 and 4. Consideration should be given to the location and time of day of the class.

The committee should be advised, via the office, of the decision once made and notified to all members of the class.