

U3A CROYDON BULLETIN - WEEK 27

Dear Members,

Exciting news our webmaster Geoff Kidd has installed the new "UMAS for Members" web application on our website. UMAS is the name of the database system we use. Geoff is responsible for rolling this out to many U3As across the state and we are one of the lucky ones to get it early. This is a much simplified and user friendly way for members to access course information, to enrol in a course and to see and edit your personal information held on our database. It has been developed to work especially well with mobile phones and tablets and is equally user friendly on a laptop or computer. It has an intuitive feel and a large clear layout for those of us who don't see as well as we used to. I urge you to go into our Croydon U3A website and check it out. More information on this page to help you get started. Let me know what you think.

As always, let me know what is happening in your lockdown life.

Write to: coordinator@u3acroydon.org.au

Take care, keep busy and keep in touch with your friends and family. Ingrid



COMPUTER CORNER

There are still vacancies in the following classes

ZOOM ON YOUR IPAD-OCTOBER (ONLINE) 20COM230

Monday 5th, 12th & 19th Oct @ 1.30-3.00

Learn how to use **Zoom** on an iPad, Android Tablet or mobile Phone to help you communicate with others and to attend our Online Courses.



ZOOM FRIDAY-OCTOBER (ONLINE) 20COM217

Friday 16th, 23rd & 30th Oct @ 10.30-12.00

Learn how to use **Zoom** app on your PC to assist you to communicate with others and attend our Online Courses. Enrol online for this course.

USING MOBILE/IPAD AS A WEBCAM (ONLINE) 20COMO50

Friday 9th October 2020 @ 10.30-12.00

Is the webcam on your laptop a poor resolution or not working? Or, do you prefer a desktop computer, but it lacks a webcam (camera) and microphone? This class will show you how easy it is to use your mobile phone or iPad/tablet as a webcam and microphone without costing you a cent. **Enrol online.** For inquiries **Trevor or Joy on 9729 9308.**



UMAS FOR MEMBERS

To access the new UMAS for Members page, you need to go to our Croydon U3A webpage - you'll find it here: <https://u3acroydon.org.au/>

Look for the Login button on the far right of the home page. From there you will see 3 sub-menu headings.

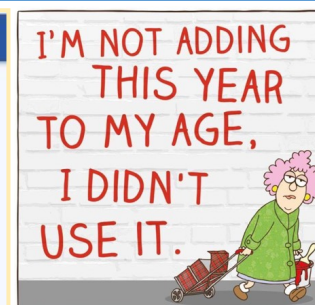
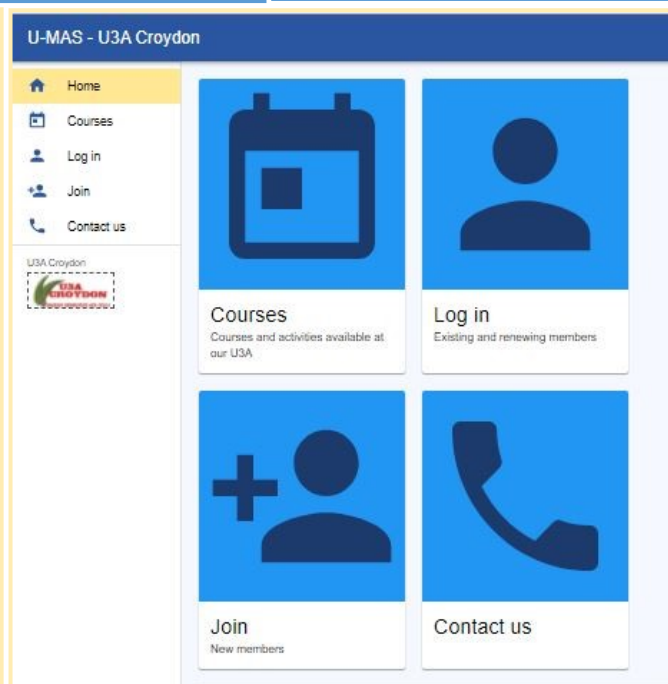
- Existing Member Login
- New Member join
- Admin/Tutor Login



Click on the "Existing Member Login" and it will take you to U-MAS - U3A Croydon as shown in this picture → Click on any of the blue icons and see what you find.

For Tutors, you can click on the "Admin/Tutor" login and that will take you to the old familiar UMAS page where you can download attendance sheets and your list of class members.

Any questions, comments? Let us know.



Day 197 of quarantine. My wife took up gardening but won't tell what she's going to plant



So many coronavirus jokes out there, it's a pandemic.

I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it.

From surviving to thriving

Coping with life's challenges

Free

Monday
5 October

Online
presentation
7pm to 8.30pm

Learn how to cope with life's challenges whether it's a worldwide event like the COVID-19 pandemic; a personal tragedy; or the trials we face every day.

Dr Lucy Hone, Co-Director of the New Zealand Institute of Wellbeing & Resilience draws on her personal and professional experience to share evidence-based strategies to build resilience.

How to book

Bookings essential via Trybooking: www.trybooking.com/BLDQG

Bookings closed Monday 5 October, 4pm. Once you have booked, an email will be sent to you an hour before the event begins with a link.

More information

Visit Maroondah City Council's website at www.maroondah.vic.gov.au

Please call Fiona Burrige, Social Planning and Development Officer, Maroondah City Council on 1300 88 22 33 or 9298 4598.

If you need urgent assistance contact Lifeline on 13 11 14 or visit lifeline.org.au

As part of a Local Government Health and Wellbeing Series, this event is brought to you by:



Bookings
essential



Dr Lucy Hone

1300 88 22 33 or 9298 4598
www.maroondah.vic.gov.au

Mental Health Awareness Month



Online programs focussing on mental wellbeing

Free
Bookings
essential

Introduction to Mindfulness

Tuesday, 13 October
2pm to 3pm



Facilitated by:
Narissa Doumani

Narissa Doumani is a Community Rehabilitation Support Worker with the LifeConnect suicide prevention program.

She first learned about mindfulness while living in Thailand sixteen years ago, when during a stressful time the practice transformed her state of mind and restored her to wellness.

Narissa has studied with senior meditation teachers of the Thai Forest Tradition (a formal faction of Thai Buddhism) and is now thrilled to share mindfulness practices with the community to support good mental health and wellbeing.

Explore a variety of mindfulness practices and how to bring them into everyday life.

Establish present moment awareness and be guided in mindful breathing techniques.

Bookings

www.trybooking.com/BLEEG

Bookings close: Sunday, 11 October

A link to the event will be provided on the day of the event to those who have booked.



For more information

Please call Fiona Burrige, Social Planning and Development Officer, on 1300 88 22 33 or 9298 4598.

Maroondah City Council
 CityOfMaroondah
 maroondahcitycouncil
 Maroondah City Council

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