

**Get Active**  
with our

**2020**

**PROSPECTUS**

**Because your brain doesn't  
retire when you do ...**



We hope you enjoy reading our new-look **U3A Bendigo Prospectus** and can find the activities best suited to you, to **make 2020 a fun-filled, active year**. As we age keeping healthy and active is important. U3A Bendigo recognises this and supports activities giving members a balanced, wide range of physical, mentally challenging and social things to do.

We can face a number of life changing events as we age, so it's also important to remain connected to others. Due to the commitment of our dedicated Convenors we're proud to be able to offer activities to keep you connected. Our Walking and Table Tennis groups have some of the highest attendances. Over the years we've attracted members with a wide range of backgrounds, skills and knowledge, they've also had the enthusiasm and energy to pass on their particular interests to others. **What we offer at a glance:**

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*The Activities Coordination Team*

Contact the Team, on 0418 587 102 or email: [activities@u3abendigo.com](mailto:activities@u3abendigo.com) OR the Office on 03 5447 1812

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## ARTS AND CRAFTS

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### **201ART1: Art Group**

**Type: On-Going Activity**

**Dates: 20/01/2020 - 14/12/2020**

**Frequency: Weekly Mondays, Mon 9:30 - 12:00**

**Location: Bendigo Retirement Village Bendigo**

**Tutor: Val Wellings**

Our Art Group meets each week where we paint and draw using a variety of media of our own choice. We have no instructor but learn from each other by giving and receiving advice and discussing our work.

### **202ART3: Art Gallery Group**

**Type: On-Going Activity**

**Dates: 15/01/2020 - 25/11/2020**

**Frequency: Week 3 Wednesdays, Wed 10:00 - 12:00**

**Location: Art Gallery Group View Street Bendigo**

**Tutor: Val Wellings**

Every month at the La Trobe Art Institute we attend 'Art and Tea'. This event is presented by the Friends of the Art Gallery who supply morning tea and a guest speaker. Members are encouraged to view ever-changing exhibitions at the Bendigo Art Gallery La Trobe Art Institute and the Post Office Gallery.

### **203ART2: Embroidery/Tapestry and Knitted Squares**

**Type: On-Going Activity**

**Dates: 04/02/2020 - 01/12/2020**

**Frequency: Weekly Tuesdays, Tue 14:00 - 16:00**

**Location: Bendigo Retirement Village Bendigo**

**Tutor: Pat Campbell**

Members may choose their own piece of work or continue finishing some ongoing piece. Help is available with most embroideries. Many members also knit and crochet. We cover most crafts as asked. Marie Grylls still collects 'knitted squares'.

### **204ART2: Flower Arranging**

**Type: Short Activity**

**Dates: 12/02/2020 - 30/12/2020**

**Frequency: Week 2,4 Wednesdays, Wed 10:00 - 12:00**

**Location: Bendigo Retirement Village Bendigo**

**Tutor: Sally Van gent**

Learn the basics of flower arranging and care of flowers. Learn English traditional styles and modern Ikebana. Later on members can learn new ideas from each other. This course will be held at the Bendigo Retirement Village to give members more room.

### **205ART5: Watercolour: Continuing the Journey**

**Type: On-Going Activity**

**Dates: 07/02/2020 - 04/12/2020**

**Frequency: Week 1 Fridays, Fri 9:30 - 11:30**

**Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: John Lane**

This course is for people who have some experience with watercolour and are interested in further practising and developing their skills. Come and join in exercising the left side of your brain and have fun in the process.

### **206ART5: Watercolour for Beginners**

**Type: On-Going Activity**

**Dates: 07/02/2020 - 04/12/2020**

**Frequency: Week 1 Fridays, Fri 11:30 - 13:30**

**Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Judy McGrath**

If you ever thought that you would like to paint but never had time this activity may be for you. Introducing Watercolour showing some basic techniques and tips in using this wonderful medium and some information about paper brushes and pigment. Come and join in exercising the left side of your brain and have fun in the process.

# EXERCISE FOR YOU

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**202EXE: Swimming****Type: Summer Prog****Dates: 27/01/2020 - 24/04/2020****Frequency: Different locations, Mon 10:00 - 16:00****Location: Convenor Home1 Any Street Any Suburb****Tutor: Barbara Ritchie**

If you have always wanted to be able to swim but never had the opportunity this could be for you. A private pool in pleasant surroundings makes learning to swim an enjoyable experience. Perhaps you would just like a tidy up - you are also very welcome.

Class times can be arranged to suit both teacher and student. Start times are indicative only. Please contact Convenor to agree times etc.

**203EXE1: Table Tennis****Type: On-Going Activity****Dates: 13/01/2020 - 21/12/2020****Frequency: Weekly Mondays, Mon 9:00 - 11:00****Location: E Table Tennis Centre1 Eaglehawk****Tutor: Anne Cooper**

Do you want to add a little more exercise to your life? If the answer is yes come along to our venue and play table tennis. You need to have some prior experience as no training or coaching is available. Its a great way to get some regular exercise amongst a wonderful group of U3A Bendigo members with the same idea.

Our members approach to the game varies so much that you would easily fit into any game played and have an enjoyable time. Morning tea coffee or Milo is available during a friendly morning break. Just bring yourself comfortable non-skid footwear a table tennis bat and \$3.00. A wait list applies so please phone for a tryout. For further information contact the Convenors.

**204EXE3: Table Tennis****Type: On-Going Activity****Dates: 15/01/2020 - 16/12/2020****Frequency: Weekly Wednesdays, Wed 9:00 - 11:00****Location: E Table Tennis Centre1 Eaglehawk****Tutor: Anne Cooper**

Do you want to add a little more exercise to your life? If the answer is yes come along to our venue and play table tennis. You need to have some prior experience as no training or coaching is available. Its a great way to get some regular exercise amongst a wonderful group of U3A Bendigo members with the same idea.

Our members approach to the game varies so much that you would easily fit into any game played and have an enjoyable time. Morning tea coffee or Milo is available during a friendly morning break. Just bring yourself comfortable non-skid footwear a table tennis bat and \$3.00. A wait list applies so please phone for a tryout. For further information contact Coordinator.

**205EXE5: Tai Chi - introduction****Type: On-Going Activity****Dates: 07/02/2020 - 27/11/2020****Frequency: Weekly Fridays, Fri 9:30 - 10:30****Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Alison Oppermann**

Wu style Tai Chi in the large round form. This class is an introduction learning the first quarter of the whole form. The large round form is for health and relaxation improving flexibility coordination and balance a moving meditation.

**206EXE5: Walking Futsal Seniors (indoor soccer)****Type: On-Going Activity****Dates: 07/02/2020 - 04/12/2020****Frequency: Weekly Fridays, Fri 10:30 - 11:30****Location: GoldenSquare Futsal Cntr1 62 Hattan Street Golden Square****Tutor: Don McArthur**

Futsal is a modified form of soccer played with five players per side on a small indoor court. Players are only allowed to walk. You do not have to have kicked a ball before - it is designed to be a slow paced game to ensure everyone on the court gets involved. Age is no barrier so come along keep fit make friends get involved and have lots of fun. Futsal games commence at 10.30am on court.

**207EXE1: Water Aerobics****Type: On-Going Activity****Dates: 03/02/2020 - 07/12/2020****Frequency: Weekly Mondays, Mon 13:00 - 14:00****Location: Gurri Wanyarra WellbeingCentre Browning Street Kangaroo Flat****Tutor: Bronwyn Dixon**

Gentle exercising in heated pool water for the mature aged, at Gurri Wanyarra Wellness Centre, Browning Street, Kangaroo Flat. No experience required as we're with a qualified instructor. \$5 per session. Please advise if you have enrolled in this activity and then can't go for any reason. There may be a waitlist.

## GAMES

**2011GAM4: Mah Jong Group1.5****Type: On-Going Activity****Dates: 06/02/2020 - 17/12/2020****Frequency: Week 1,3 Thursdays, Thu 9:00 - 11:30****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Carolyn Smith**

Mah Jong is a game for two three or four players using tiles of three suits winds and dragons. Each player at a table plays individually using a range of variations sourced from the Mah Jong Players Handbook.

**201GAM4: Bridge****Type: On-Going Activity****Dates: 06/02/2020 - 30/11/2020****Frequency: Weekly Thursdays, Thu 13:00 - 15:00****Location: Bendigo Retirement Village Bendigo****Tutor: TBA**

Social Bridge is a classic card game of strategy. Keep the mind active and enjoy a social afternoon. Beginners welcome.

**202GAM1: Chess****Type: On-Going Activity****Dates: 03/02/2020 - 07/12/2020****Frequency: Weekly Mondays, Mon 14:30 - 16:30****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: David Guymer**

Chess is a fascinating game which dates from time immemorial. It requires patience and perseverance but the reward is well worthwhile. You're never too young to learn nor too old to begin. Chess is now played in almost every primary and secondary school because it's recognised that it stimulates the brain and gives immense satisfaction to people of all ages. Parents and grandparents shouldn't be embarrassed when grand-children ask them to play. The chess group invites you to join them.

Even if you've never played before members of the group will show you how to play, explain how pieces move, help build your skills and gain confidence. If you have a computer we can help install a program suitable for beginners/more advanced. Ring the Convenor and get involved in this fascinating game.

**203GAM2: Cribbage****Type: On-Going Activity****Dates: 04/02/2020 - 01/12/2020****Frequency: Week 1,2,4 Tuesdays, Tue 13:15 - 15:15****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: John Lane**

Cribbage is fun and one of the best card games for two three or four players played with a standard pack of 52 cards. No previous knowledge is necessary. New players are often taught on a one-to-one basis by one of our friendly group. Scoring improves arithmetic and observation powers and it also provides ample opportunity for experienced players to use winning tactics when playing their four-card hand. The game was invented in 1642 by Sir William Suckling who came to an untimely end a year later at the ripe old age of 33 years.

**204GAM2: Cribbage****Type: On-Going Activity****Dates: 28/01/2020 - 07/12/2020****Frequency: Week 3 Tuesdays, Tue 13:15 - 15:15****Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: John Lane**

Cribbage is fun and one of the best card games for two three or four players played with a standard pack of 52 cards. No previous knowledge is necessary. New players are often taught on a one-to-one basis by one of our friendly group. Scoring improves arithmetic and observation powers and it also provides ample opportunity for experienced players to use winning tactics when playing their four-card hand. The game was invented in 1642 by Sir William Suckling who came to an untimely end a year later at the ripe old age of 33 years.

**205GAM1: Cryptic Crosswords for Beginners****Type: On-Going Activity****Dates: 06/01/2020 - 14/12/2020****Frequency: Weekly Mondays, Mon 10:30 - 12:00****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Alison Ross**

Start the week on Mondays at 10.30am until 12pm with a laugh and some brain stimulus as we try to solve a cryptic crossword.

The emphasis is on WE as WE share our thoughts regarding possible answers.

**206GAM4: Cryptic Crosswords****Type: On-Going Activity****Dates: 06/02/2020 - 10/12/2020****Frequency: Weekly Thursdays, Thu 12:00 - 14:00****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Geoff Ireland**

The Cryptic Crosswords group welcomes new members. Participants will be helped to learn the rules that enable them to solve the crosswords published in The Age and the London Times. These puzzles are solved in a fun, cooperative, and helping way.

New participants will be helped and taught the more sophisticated ways of solving clues. It is not necessary to have a particular type of brain structure to solve these puzzles. Be warned once you learn the skill it can become addictive.

**207GAM2: Mah Jong Group1****Type: On-Going Activity****Dates: 28/01/2020 - 15/12/2020****Frequency: Weekly Tuesdays, Tue 9:00 - 11:30****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Carolyn Smith**

Mah Jong is a game for two three or four players using tiles of three suits winds and dragons. Each player at a table plays individually using a range of variations sourced from the Mah Jong Players Handbook.

**208GAM2: Mah Jong Group2****Type: On-Going Activity****Dates: 28/01/2020 - 14/12/2020****Frequency: Weekly Tuesdays, Tue 9:00 - 11:45****Location: Bendigo Retirement Village Bendigo****Tutor: Phyl Reid**

Mah Jong is a game for two three or four players using tiles of three suits winds and dragons. Each player at a table plays individually using a range of variations sourced from the Mah Jong Players' Handbook.

**209GAM4: Pandi Games****Type: On-Going Activity****Dates: 30/01/2020 - 10/12/2020****Frequency: Week 1,3 Thursdays, Thu 14:00 - 16:00****Location: Convenor Home1 Any Street Any Suburb****Tutor: Nola McIvor**

PANDI Games means Party-and-Intellectual Games. Its an on-going group and includes Charades Celebrity Incognito Category The Adverb Game Chain Reaction Pictionary Verbal Volleys Ghost and many more. Have fun and keep your neurons active. Numbers are limited for information & venue please call Nola.

## HEALTH AND WELLBEING

**201HEA5: Meditation****Type: On-Going Activity****Dates: 17/01/2020 - 11/12/2020****Frequency: Weekly Fridays, Fri 9:30 - 11:00****Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Lyn Goodall**

This Meditation group caters for those members who have some experience of Meditation. Ideally you will understand the basics of it, and want to re-start your practice. Sessions focus mainly on Stillness / Mindfulness Meditation and also include some guided visualisations as we go through the year.

This is a very friendly and supportive on-going group and you will be warmly welcomed. Participants can either sit in chairs or lie on Yoga mats to meditate. In colder weather you might find a small soft blanket useful to keep the knees warm. Please contact Lyn, 0418 587 102 before attending this group.

The Prerequisite for new members is attendance at the Meditation for Beginners group. This will enable participants to improve their meditation experience. Meditation for Beginners starts at 8.30am and the course is 4-6 weeks. Please contact Lyn, 0418 587 102 to discuss prior to enrolling into a session on UMAS.

**207HEA5: Meditation for Beginners****Type: Short Activity****Dates: 24/01/2020 - 06/03/2020****Frequency: 6 Week Block Sessions, Fri 8:30 - 9:15****Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Lyn Goodall**

This group will over 6 weeks cover the basics of Stillness / Mindfulness Meditation. These sessions are for those who wish to start meditating or for those who wish to return to it after an absence.

This group is a prerequisite to the Meditation group that runs on Fridays from 9.30am. Please contact Lyn, 0418 587 102 initially to discuss the sessions.

There is no prerequisite for this group. This is a prerequisite to the on-going Meditation group.

**202HEA2: Health and Wellbeing**

**Type: On-Going Activity**

**Dates: 28/01/2020 - 08/12/2020**

**Frequency: Week 3 Tuesdays, Tue 11:30 - 12:30**

**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Susan Korecki**

The sessions cover a variety of topics relating to the national health days events and requests from the group. There will be some speakers from outside and others from U3A for interactive sessions. The talk will be followed by lunch (gold coin donation) and then the Movie Morning to make a great day out. The opening session will start with a discussion of general health and will explore group requests. The Convenor Susan Korecki is a retired health professional.

**203HEA2: Movie Morning**

**Type: On-Going Activity**

**Dates: 18/02/2020 - 15/12/2020**

**Frequency: Week 3 Tuesdays, Tue 12:30 - 15:00**

**Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Carolyn Smith**

A selection of films are shown - different film each month starting with a light lunch. All Welcome - Members and guests would also be welcome. If a favourite movie is requested we will endeavour to source it.

**204HEA5: Visiting Gardens & Growing Things**

**Type: On-Going Activity**

**Dates: 14/02/2020 - 11/12/2020**

**Frequency: Week 2,4 Fridays, Fri 10:00 - 12:00**

**Location: Various Locations Outdoors Contact Convenor Any Suburb**

**Tutor: Barbara Ritchie**

This year as usual the emphasis will be on places not previously visited new gardens old gardens public gardens nurseries gardens not visited for some years to see how the passage of time and weather conditions have changed them and what we have learned from our past experiences to grow a more successful garden. You don't have to offer your garden to be visited and remember there is as much enjoyment in a small garden as a large one. We look forward to meeting you in someone's garden soon.

**205HEA4: Yoga - Thursdays**

**Type: 6WeekBlock**

**Dates: 30/01/2020 - 05/03/2020**

**Frequency: Weekly Thursdays, Thu 11:30 - 12:30**

**Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Marilyn Grossman**

General Yoga suitable for all ages, beginners and experienced. Please watch BUZZ for more details.

**206HEA2: Yoga - Tuesdays**

**Type: On-Going Activity**

**Dates: 28/01/2020 - 08/12/2020**

**Frequency: Weekly Tuesdays, Tue 11:30 - 12:30**

**Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Isabel Truscott**

Please contact the Convenor or read the BUZZ to find out more information.

## LANGUAGES

**201LAN5: Continuing Latin**

**Type: On-Going Activity**

**Dates: 31/01/2020 - 11/12/2020**

**Frequency: Week 2,4,5 Fridays, Fri 10:00 - 11:30**

**Location: BendLibrary Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Wilf Savage**

This course based on the Cambridge Latin Course Book Two is designed up as a follow-up program for those who have done some recent study in the language and are familiar with the first book of the series. It will be run in Bendigo Library and will be subject to numbers of members enrolling and continuing to attend.

**202LAN1: French (Elementary Group A)**

**Type: On-Going Activity**

**Dates: 03/02/2020 - 23/11/2020**

**Frequency: Weekly Mondays, Mon 12:00 - 14:00**

**Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Victoria Fyffe**

No Public or School Holidays. Participants must have a basic knowledge of French. This group is fairly advanced, consolidating their language skills and speaking and conversing with others in the group. Topics among others include every day conversational French. There is also some grammar in support of conversation.

**203LAN3: French Conversation (intermediate)**

**Type: On-Going Activity**

**Dates: 05/02/2020 - 18/11/2020**

**Frequency: Weekly Wednesdays, Wed 10:00 - 12:00**

**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Yvonne Bahen**

Polish up your French! Its necessary to have studied some French to intermediate level. Refresh skills with a view to travelling to France or simply enjoy speaking and reading French. Topics covered: food & restaurants shopping for clothes season of Winter & verbs denoting colour. We revise limited grammar as an aid to conversation and participants prepare weekly topics for short presentations. We also learn a few songs and read some simple stories.

**204LAN3: French (advanced)**

**Type: On-Going Activity**

**Dates: 05/02/2020 - 18/11/2020**

**Frequency: Weekly Wednesdays, Wed 12:45 - 14:30**

**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Yvonne Bahen**

These sessions are suited to background speakers or those who have studied French to an advanced level. The sessions involve informal conversation Show & Tell presentations occasional study of language subtleties work with French / English cognates or selected French idioms and a short segment devoted to reading and discussing a piece of French literature. New participants are always welcome.

**205LAN3: Spanish Conversation**

**Type: On-Going Activity**

**Dates: 05/02/2020 - 18/11/2020**

**Frequency: Weekly Wednesdays, Wed 14:00 - 16:00**

**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Leonie Lewington**

This is a continuation of the Spanish Conversation Course. There will be NO BEGINNING SPANISH IN 2020. Listeners are welcome but there will be no catch up instruction. The text used in the group is 'Spanish NOW'.

It will be subject to numbers of members enrolling and continuing to attend. Please ring the Convenor, Leonie Lewington on 0406 375 457, AFTER CHRISTMAS, to find out if it will continue in 2020.

## LITERATURE AND WRITING

**201LIT4: Book Chat**

**Type: On-Going Activity**

**Dates: 23/01/2020 - 03/12/2020**

**Frequency: Week 4 Thursdays, Thu 10:00 - 12:00**

**Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Mary Tuohey**

This group meets once per month for informal discussions and chat about what you have been reading. No set book no set topics - just conversation and enjoyment.

**202LIT4: Book Club - RUGS****Type: On-Going Activity****Dates: 13/02/2020 - 10/12/2020****Frequency: Week 2 Thursdays, Thu 10:00 - 12:00****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Mary Tuohey**

RUGs is short for Readers of U3A Group which meets monthly for discussion of a particular book sourced from the Goldfields Library book sets. Our discussions start with a focus on the book we have all read but characters and episodes in the book usually trigger broader conversations about real life situations personal experiences and issues in contemporary society. Sometimes we end up a long way from the book but the journey is always fascinating and enriching for all participants.

**203LIT4: Bookworms****Type: On-Going Activity****Dates: 20/02/2020 - 17/12/2020****Frequency: Week 3 Thursdays, Thu 14:00 - 16:00****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Megan McCallum**

Bookworms is a group from diverse backgrounds who all share a love of books and reading. We enjoy friendly discussions about issues and ideas arising from our reading and also share life experiences when they resonate with the literary characters and situations we are discussing.

**204LIT5: Chatterbooks****Type: On-Going Activity****Dates: 07/02/2020 - 04/12/2020****Frequency: Week 1 Fridays, Fri 14:00 - 16:00****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Bobbie Ireland**

Each month we look forward to sharing our views of the book which we have all read from the Goldfields Library Book Club set. Our discussions inevitably broaden into issues arising from the book personal experience reflections on life - wherever the ideas take us. We all enjoy the social aspect of the meeting and hearing of books others have enjoyed reading. We welcome new members to join our group.

**205LIT3: My Story - group1****Type: On-Going Activity****Dates: 05/02/2020 - 02/12/2020****Frequency: Weekly Wednesdays, Wed 10:00 - 12:00****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Sue Fraser**

An opportunity to write those stories you were always going to write for your grandchildren. Members choose a topic to write about at each meeting and then spend about an hour writing down their memories. Then if they wish they share their stories. Confidentiality of the material written and heard within the group is important to its success.

**205LIT4: Poetry Appreciation****Type: On-Going Activity****Dates: 13/02/2020 - 26/11/2020****Frequency: Week 2,4 Thursdays, Thu 14:00 - 15:30****Location: Various Locations Across Bendi Anywhere****Tutor: Brenda Stevens-chambers**

Do you wish you had more time to read or write? Do you wish for a special place and friends to share your time with? U3A Poetry Appreciation is there for you. Reading a good poem is every bit as satisfying as reading a novel. It satisfies the need to read, while enjoying words used in romantic, informative, amusing and fascinating ways. Poetry appreciation is not rocket science, it is a simple art with methods both free or stylised.

Enjoying poetry often leads to the wish to write it. This may be a cherished memory, a love story or when in grief, from a sense of injustice or even something funny. Poetry appreciation covers all moods, philosophies and life experiences. Poetry is of the ages. Come journey with us in the wonderful wordy world of U3A Poetry Appreciation. Please contact Convenor for discussion on venues.

**206LIT3: My Story - group2** **Type: On-Going Activity**  
**Dates: 12/02/2020 - 09/12/2020** **Frequency: Week 2 Wednesdays, Wed 10:00 - 12:00**  
**Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Jo Johnson**

An opportunity to write those stories you were always going to write for your grandchildren. Members choose a topic to write about at each meeting and then spend about an hour writing down their memories. Then if they wish they share their stories. Confidentiality of the material written and heard within the group is important to its success.

## **MUSIC - VARIOUS**

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**2010MUS3: Ukulele-Weekly Advanced Group** **Type: On-Going Activity**  
**Dates: 05/02/2020 - 02/12/2020** **Frequency: Weekly Wednesdays, Wed 15:00 - 16:30**  
**Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Sue Tapp**

The Advanced Group is designed for those wanting to increase their knowledge, skills and appreciation of the ukulele as a real musical instrument. Members should have a good grasp of the basics of ukulele playing. Contact Convenor to find out more.

**2011MUS3: Beginner Guitar Singalong** **Type: On-Going Activity**  
**Dates: 08/04/2020 - 09/12/2020** **Frequency: Week 2 Wednesdays, Wed 12:15 - 13:45**  
**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Yvonne Scouller**

This new group is for anyone who has little or no knowledge of guitar chords, or who may have played a bit in the past. Within a short time we will be playing easy 2, 3 and 4 chord songs drawing on the fabulous music of the 50s, 60s and 70s. Music sheets will be supplied.

**201MUS3: Choir** **Type: On-Going Activity**  
**Dates: 05/02/2020 - 16/12/2020** **Frequency: Week 1,2,3,5 Wednesdays, Wed 13:30 - 14:30**  
**Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Carol Aylward**

In 1995 Noel Thomas invited U3A Bendigo members who like to sing to form a choir. His idea was for them to have the enjoyment of singing together and if a good sound resulted that would be a bonus. From a small beginning the choir has had up to 30 members. Most of the singing is in unison although we do the occasional easy 2-part song partner songs and rounds to encourage members to learn to sing in harmony.

No audition required. Each year the choir sings for residents of hostels and nursing homes in Bendigo and also performs occasionally at U3A and community functions.

**202MUS3: Choir** **Type: On-Going Activity**  
**Dates: 22/01/2020 - 25/11/2020** **Frequency: Week 4 Wednesdays, Wed 14:30 - 15:30**  
**Location: KF Narthex1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Carol Aylward**

In 1995 Noel Thomas invited U3A Bendigo members who like to sing to form a choir. His idea was for them to have the enjoyment of singing together and if a good sound resulted that would be a bonus. From a small beginning the choir has had up to 30 members. Most of the singing is in unison although we do the occasional easy 2-part song partner songs and rounds to encourage members to learn to sing in harmony.

No audition required. Each year the choir sings for residents of hostels and nursing homes in Bendigo and also performs occasionally at U3A and community functions.

**203MUS3: Beginner Guitar Singalong****Type: 3WeekBlock****Dates: 04/03/2020 - 18/03/2020****Frequency: 3 Week Block Sessions, Wed 12:15 - 13:45****Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Yvonne Scouller**

This new group will run for 3 weeks in March as a pre-cursor to the on-going Beginner Guitar Singalong group, starting in April. It is intended for anyone who has little or no knowledge of guitar chords, or who may have played a bit in the past.

The short course is to provide in depth and one-on-one support for members so that after the 3 weeks we will all be playing easy 2, 3 and 4 chord songs, drawing on the fabulous music of the 50s, 60s and 70s. Music sheets will be supplied.

**204MUS2: Good Vibrations 2 Popular 20thCent Music****Type: On-Going Activity****Dates: 04/02/2020 - 15/12/2020****Frequency: Week 1 Tuesdays, Tue 14:30 - 16:00****Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Mary Tuohey**

Good Vibrations 2 is a continuation of 2019s class, which focused on popular music from the mid 1950s to about 1970. In 2020 the journey will take us on an exploration of pop and rock from 1970 to the 1980s. The classes showcase some memorable artists, songs and performances and discuss why they were hits and important in the history of popular music. We also examine the role of popular music in the social history of the era.

We shall cover a varied and interesting collection of pop/rock music. Members are encouraged to contribute music selections and participate in discussions aimed at improving our knowledge appreciation and enjoyment of the music. There is only one prerequisite for joining this class - a love of this kind of music and an interest in sharing ideas about it.

**205MUS4: Music for Pleasure****Type: On-Going Activity****Dates: 23/01/2020 - 10/12/2020****Frequency: Week 2,4 Thursdays, Thu 10:00 - 12:00****Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Jo Johnson**

Members share music they enjoy, each bringing a work to play relating to a theme eg ceremonial music; a solo work; music depicting nature etc that's been chosen at the previous meeting. All styles are heard and knowledge shared.

**206MUS5: Musical Instruments Group****Type: On-Going Activity****Dates: 07/02/2020 - 04/12/2020****Frequency: Weekly Fridays, Fri 13:30 - 15:30****Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Lorene Gottschalk**

The group has players on violins flute and four sizes of recorders. We rehearse weekly and take gigs to various institutions from time to time. We welcome new members. If people can read music we can help them to learn the recorder. We have several recorders and tutor books which can be borrowed. Players of other instruments who can already read music would also be welcome. Making music together however imperfectly is much more fun than just listening. It is also very good for keeping the brain active and staving off memory loss. Our repertoire contains many different kinds of music. We try to cater for all tastes. Please contact the Convenor if interested.

**207MUS1: Recorder Playing for Beginners****Type: On-Going Activity****Dates: 03/02/2020 - 07/12/2020****Frequency: Weekly Mondays, Mon 9:30 - 10:30****Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Leo Overberg**

A chance to begin playing the descant (or other) recorder. Whilst no prior experience is required anyone who has played in the past and wishes to brush up their technique is very welcome to come along. Leo is happy to provide recorders for people who do not have instruments of their own.

**208MUS3: Ukulele - wkly group session**

**Type: On-Going Activity**

**Dates: 05/02/2020 - 09/12/2020**

**Frequency: Weekly Wednesdays, Wed 15:00 - 16:30**

**Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Sue Tapp**

Note: on the 4th Wednesday of each month the group will start at 3.15pm Playing a musical instrument with like-minded people has so many positives. It is beneficial in keeping the brain active and in giving a sense of accomplishment when learning something new, plus there is so much fun in sharing and making music together. The ukulele is gaining popularity and is not a complicated instrument to learn the basics of. The Music Session is a casual, come along and have fun playing and singing in a relaxed atmosphere. As there is no instruction (support is offered), it is an advantage to know the basic chords, be able to strum and know how to tune your Uke.

**209MUS4: Guitar Group**

**Type: On-Going Activity**

**Dates: 24/01/2020 - 11/12/2020**

**Frequency: Week 2,3,4,5 Fridays, Fri 13:00 - 15:00**

**Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Gary Clancy**

The Guitar Group is for those who have at least a basic experience with playing guitar and want to play new songs with others. It's not a group for those who wish to learn the guitar for the first time. It also caters for related instruments and vocalists. We play music from many eras but mostly from the 50's and 60's. We play at Aged Care Facilities, Vision Australia and Church & U3A functions. The main aim of the group is to enjoy making music and having a bit of fun while doing it.

## **SOCIAL ACTIVITIES**

**201SOC1: Discussion Group**

**Type: On-Going Activity**

**Dates: 03/02/2020 - 30/11/2020**

**Frequency: Weekly Mondays, Mon 13:15 - 15:00**

**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Sally Van gent**

The format of the Discussion Group has evolved over the years from set topics in the early 1990s to the present day when members are asked; "What's on your mind this week?" Subjects range from current issues at local national and international levels to the social and environmental. TED talks stimulate interest as do visiting speakers. Although there are serious moments, we share plenty of fun. Why don't you come and join us?

**202SOC3: Social Gatherings**

**Type: On-Going Activity**

**Dates: 26/02/2020 - 25/11/2020**

**Frequency: Week 4 Wednesdays , Wed 13:00 - 15:30**

**Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat**

**Tutor: Barbara Ritchie**

Make the most of these social gatherings to hear about a wide range of topics and meet up with other members. Tea - coffee and bickies are available. Come and meet the Committee of Management - hear all the news ask questions meet friends and new people alike. Convenors are also encouraged to attend to meet existing and new members. We have a range of guest speakers and we want to hear your ideas too.

**203SOC4: Thursday Lunch Club**

**Type: On-Going Activity**

**Dates: 06/02/2020 - 05/11/2020**

**Frequency: Week 1 Thursdays, Thu 12:00 - 13:30**

**Location: Various Lunches Various Venues Contact Convenor Any Suburb**

**Tutor: Maureen Smith**

Various members take turns to arrange lunch venues monthly. On the 1st Thursday of the month - forget the shopping preparation cooking and - the cleaning up! Join this group in hotels with menus for seniors (usually smaller) which also have additional dishes at additional cost. Most are good value and you get to choose where we go!

**204SOC3: Celebrating 30 years U3A Bendigo Inc** **Type: One-off**

**Dates: 15/04/2020 - 15/04/2020** **Frequency: One off course / activity, Wed 12:00 - 15:00**

**Location: Various Locations Outdoors Contact Convenor Any Suburb** **Tutor: Ian Burdett**

To celebrate 30 years since U3A Bendigo was incorporated, a lunch will be held from 12 midday on Wednesday, 15 April 2020 at the Kangaroo Flat Sports Club, enter off McKenzie Street West, Kangaroo Flat. Please register online by 8 April 2020 or contact the U3A Bendigo Office on 5447 1812. There is a cost of \$20 per person, payable when booking for this event.

**205SOC2: Radio Players** **Type: On-Going Activity**

**Dates: 04/02/2020 - 24/11/2020** **Frequency: Week 2,4 Tuesdays, Tue 13:30 - 15:00**

**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Ian Burdett**

Come and realise the part of you that loves being someone else for a while. Comic skits are read, rehearsed and performed. Improve your confidence and voice delivery. Hamming up is permitted.

**206SOC3: End-of-Year Concert 2020** **Type: Annual Event**

**Dates: 25/11/2020 - 25/11/2020** **Frequency: Annual Activity or Event, Wed 13:00 - 15:00**

**Location: KF Church1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Ian Burdett**

U3A Bendigo will host its annual end-of-year variety concert on Wednesday, 25 November 2020 from 1:00 p.m. till 3.00 p.m. at St Mary's Anglican Church, corner of Church and Bank Streets, Kangaroo Flat. A Christmas themed trading table, hamper and raffle available and afternoon tea at no charge. Please register online or contact the U3A Bendigo office on 5447 1812 by 20 Nov 2020.

**207SOC3: 2020 Annual General Meeting** **Type: Annual Event**

**Dates: 22/04/2020 - 22/04/2020** **Frequency: Annual Activity or Event, Wed 13:00 - 15:00**

**Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Ian Burdett**

The U3A Bendigo annual general meeting is on Wednesday, 22 April 2020 at St Mary's Hall, corner of Church and Bank Streets, Kangaroo Flat, commencing at 1.00 p.m. Members will elect a new Committee of Management responsible for managing U3A Bendigo for 2020-2021. Please register online or by contacting the U3A Bendigo office on 5447 1812 by Wednesday, 15 April 2020. Members are encouraged to participate on Committee. Please speak with the President or a Committee members if you are interested. Nomination forms are on the U3A Bendigo website or can be obtained from the office.

**208SOCW: A Social Group for Singles** **Type: On-Going Activity**

**Dates: 12/01/2020 - 10/12/2020** **Frequency: Monthly dinners and activities, Sun 19:00 - 21:00**

**Location: Various Lunches Various Venues Contact Convenor Any Suburb** **Tutor: Pat Friswell**

Out and About is a social group for singles or those who don't have any one to go out with. We have a monthly dinner and a social activity together in between dinners. In December and January there is only a lunch.

All dinners are at 7pm and all lunches are at noon. The days always vary with many of the activities occurring on the weekends. The details are published in the Buzz each month. 2020 activities start with lunch at the Goldmines Hotel on the 12th January and will run through until a lunch in December.

There are no meetings as such rather we have social get togethers. See the Buzz for details or contact the coordinator, Pat Friswell 0438 500 033 or pat.friswell@icloud.com

**209SOCB: Posted BUZZ \$15 per year** **Type: On-Going Activity**  
**Dates: 23/01/2020 - 17/12/2020** **Frequency: Monthly dinners and activities, Thu 10:00 - 12:00**  
**Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Bronwyn Dixon**  
 Select this activity if you would like to have the BUZZ posted out to you, at a cost of \$ 15 per year.

## TECHNOLOGY

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**201TEC4: Android Users** **Type: On-Going Activity**  
**Dates: 13/02/2020 - 10/12/2020** **Frequency: Week 2 Thursdays, Thu 14:00 - 16:00**  
**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Geoff Pelly**  
 For members who wish to get more from their Android and Windows phones and tablets. The group attempts to provide answers to members' queries and problems and reviews developments in technology related to Android devices.

**202TEC4: Apple iPad and iPhone users** **Type: On-Going Activity**  
**Dates: 06/02/2020 - 03/12/2020** **Frequency: Week 1 Thursdays, Thu 12:00 - 14:00**  
**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Michael Gallagher**  
 For members who wish to get more from their Apple iPhones and iPads. The group attempts to assist members with the operation of their devices, provide answers to members' queries and problems and review developments in technology related to Apple iOS devices.

**203TEC4: Apple-Mac Users** **Type: On-Going Activity**  
**Dates: 06/02/2020 - 03/12/2020** **Frequency: Week 1 Thursdays, Thu 14:00 - 16:00**  
**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Michael Gallagher**  
 For members who wish to get more from their Apple Mac PCs. The group attempts to assist members with the operation of their Apple Macintosh PCs, provide answers to members' queries and problems and review developments in technology related to Apple OS X devices.

**204TEC1: Coding & Mechatronics** **Type: On-Going Activity**  
**Dates: 10/02/2020 - 21/12/2020** **Frequency: Week 2,4 Mondays, Mon 10:00 - 12:30**  
**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Michael Gallagher**  
 Members install on their PCs freely available software packages to design and build devices and/or code applications. Members engage in design, construction and coding activity, singly or in groups; share knowledge and support each other solving problems.

Possible projects include the use of microcontroller development boards, 3D-printers, mechatronic device kits and the development of apps for PCs, tablets and phones. Group size is limited to 10 participants.

**206TEC4: Windows Computer Users** **Type: On-Going Activity**  
**Dates: 20/02/2020 - 19/11/2020** **Frequency: Week 3 Thursdays, Thu 14:00 - 16:00**  
**Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat** **Tutor: Michael Gallagher**  
 For members who use computers, especially Windows 10 PCs, and wish to discuss issues, share experiences and help each other. The group attempts to provide answers to members' queries and problems and reviews developments in technology related to Windows PCs.

**207TEC4: Digital Photo Editing and Display****Type: On-Going Activity****Dates: 27/02/2020 - 26/11/2020****Frequency: Week 4 Thursdays, Thu 14:00 - 16:00****Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Robin Bland**

Members assist each other with many aspects of digital photography: editing, display, moving images between devices, file management, photo restoration, combining of images text and graphics, arranging slide shows, exporting slide shows as movies, displaying photos on smart TVs, etc.. Members display samples of their work, discuss their methods, air problems and advise each other on techniques and software.

**209TEC4: Technology Support Team Meetings****Type: On-Going Activity****Dates: 20/02/2020 - 19/11/2020****Frequency: Week 3 Thursdays, Thu 16:00 - 17:00****Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Michael Gallagher**

The Technical Support Team meets once a month to report on and plan for:

- i. The regular maintenance of U3A Bendigos' technical equipment, ensuring that our Presenters can rely on the equipment.
- ii. The delivery of Learning About Your Technology sessions in which they assist members get more from their digital devices. They have great fun discovering device capabilities, solving problems and they learn lots from each other as they find solutions together.
- iii. The assistance of all members with the use of the U3A Membership Administration System (UMAS), the WiFi LAN, Large Screen TVs, Wireless Management.
- iv. The management of the Website, the Facebook page, and the local fileserver.
- v. The exploration of possible uses of video conferencing and other uses of technology that may assist U3A Bendigo to deliver services to its members. Members with experience in user support, librarianship, web design, information presentation, file management, network setup, network account management, database management, video conferencing, PC maintenance, etc... are invited to join the team. If you would like to enjoy the benefits of helping others, come to a meeting.

For more details, please contact: Michael Gallagher.

## **TRAINING OR DEVELOPMENT SESSIONS FOR MEMBERS**

**201TRA4: Training - My Aged Care****Type: Workshop****Dates: 20/02/2020 - 20/02/2020****Frequency: One off course / activity, Thu 9:30 - 11:30****Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Lyn Goodall**

This Workshop is a follow-up activity from the End of Life Planning Seminar held in November 2019. 40% attendees asked for a session on My Aged Care.

The Workshop is designed to encourage members to plan their end of life journey, and will focus on My Aged Care. Where we can we will enlist support from our own Members. Please set this date in your diary - Thursday 20th February, 9.30am - 11.30am.

## TUESDAY TALKS

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### 201TAL2: Tuesday Talks

Type: On-Going Activity

Dates: 28/01/2020 - 30/11/2020

Frequency: None, Tue 10:00 - 12:00

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat

Tutor: Wilf Savage

We invite a range of people or members to talk to us about something they feel passionate about, or just know a lot about. If you are such a person please contact us to discuss what you'd like to talk about.

Even if you know just a little bit more than the average other person, that makes you an expert! What skills or knowledge do you have that you could pass on to others?

## VOLUNTEER COORDINATION

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### 201VOL1: Volunteering - General

Type: On-Going Activity

Dates: 22/01/2020 - 16/12/2020

Frequency: None, Wed 9:30 - 0:00

Location: Various Locations at Kangaroo Church Street Kangaroo Flat

Tutor: Lyn Goodall

Enrol as a Volunteer who volunteers for non-specific roles or tasks, eg putting out tables and chairs for events and helping clear away after. As a member you might also have skills that you could use to assist U3A Bendigo in its endeavours. Contact the Convenor to discuss more.

### 201VOL3: Volunteers - Convenors Meeting - 1

Type: One-off

Dates: 25/03/2020 - 25/03/2020

Frequency: One off course / activity, Wed 9:30 - 12:00

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Tutor: Lyn Goodall

This is the 1st Convenors' Meeting of the year and it will focus on welcoming new as well as experienced Convenors to the discussion tables. We can all learn from each other. Please let me know if there is specifically anything you would like on the Agenda.

The meeting is to be held on Wednesday 25th March from 9.30am for 9.45am start until 12pm. Your Committee has also authorised a Convenors' Lunch, thanks to the Catering Team. Now I need you to book your place and lunch, so we know how many to cater for. We will only cater for those members who have booked.

If you need help, you can book by contacting me at [activities@u3abendigo.com](mailto:activities@u3abendigo.com) or by 0418 587 102 or contacting the office on (03) 5447 1812 or by email at [admin@u3abendigo.com](mailto:admin@u3abendigo.com). Thank you.

### 202FUN6: HarveyNorman BBQ-KangarooFlat

Type: BBQs

Dates: 29/02/2020 - 29/02/2020

Frequency: One off course / activity, Sat 8:30 - 16:30

Location: Harvey Norman BBQ Cnr High and Furness Street Kangaroo Flat

Tutor: Maureen Cross

U3A Bendigo will host a Harvey Norman BBQ on 29 February 2020. Volunteers are needed from 8.30 a.m. to 4.30 p.m. at Harvey Norman, Kangaroo Flat. A roster will be available at the office for members to sign up for two hour blocks.

Please register online or contact the office to sign the roster. Further details are available from Maureen Cross who is organising this event.

**202VOL3: Volunteers - Convenors Meeting - 2****Type: One-off****Dates: 24/06/2020 - 24/06/2020****Frequency: One off course / activity, Wed 9:30 - 12:00****Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Lyn Goodall**

This is the 2nd Convenors' Meeting of the year and it will focus on Convenors' needs. What do Convenors need from U3A Bendigo? Are there some essential skills that Convenors need to undertake their role better? We can all learn from each other. Please let me know if there is specifically anything you would like on the Agenda. The meeting is to be held on Wednesday 24th June from 9.30am for 9.45am start until 12pm. Your Committee has also authorised a Convenors' Lunch, thanks to the Catering Team. Now I need you to book your place and lunch, so we know how many to cater for. We will only cater for those members who have booked. If you need help, you can book by contacting me at [activities@u3abendigo.com](mailto:activities@u3abendigo.com) or by 0418 587 102 or contacting the office on (03) 5447 1812 or by email at [admin@u3abendigo.com](mailto:admin@u3abendigo.com). Thank you

**203VOL3: Volunteers - Convenors Meeting - 3****Type: One-off****Dates: 28/10/2020 - 28/10/2020****Frequency: One off course / activity, Wed 9:30 - 12:00****Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Lyn Goodall**

This 3rd and final Convenors' Meeting for the year will focus on UMAS and The Prospectus from the Convenors' perspective. The meeting is to be held on Wednesday 28th October from 9.30am for 9.45am start until 12pm. Your Committee has also authorised a Convenors' Lunch, thanks to the Catering Team. Now I need you to book your seat and lunch, so we know how many to cater for. We will only cater for those members who have booked. If you need help, you can book by contacting me at [activities@u3abendigo.com](mailto:activities@u3abendigo.com) or by 0418 587 102 or contacting the office on (03) 5447 1812 or by email at [admin@u3abendigo.com](mailto:admin@u3abendigo.com). Thank you

**204VOL3: Enrolment Day Volunteers****Type: Annual Event****Dates: 01/01/2020 - 22/01/2020****Frequency: Annual Activity or Event, Wed 9:00 - 16:00****Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat****Tutor: Ian Burdett**

Enrolment Day is one of U3A Bendigos' busiest days and there are a number of jobs to be done. Please consider helping on the day.

We need help:

- directing prospective members to where they can find what information they need
- with jobs relating to enrolling members onto activities
- assisting members with making payments
- assisting Convenors, Co-Convenors and Leaders to find their places to set up tables
- helping with tea, coffee and lunch etc
- helping throughout the day
- helping to pack up afterwards and probably a lot of other things.

If you'd like to help, either register online or please let Ian Burdett or Lyn Goodall know. Thank you.

# WALKING GROUPS

## **201WAL4: Bush Hikers**

**Type: On-Going Activity**

**Dates: 23/01/2020 - 17/12/2020**

**Frequency: Weekly Thursdays, Thu 8:30 - 12:30**

**Location: Various Locations Outdoors Contact Convenor Any Suburb**

**Tutor: Liz Findlay**

Details of walks and meeting place are published each month in the BUZZ. This is an all year round activity. The Hikers group hikes are from 8-15kms and may be easy, medium or hard. The duration depends on the walk and travel distances, with an average of 4-6 hours each. Usually car-pooling is necessary. This group gives members an opportunity to enjoy the natural & built environments of central Victoria while maintaining their fitness and socialising. Walks may have a historical or natural history focus where members expertise and interests can be shared. During the summer months, walks are generally local and restricted in length with cancellations on declared fire danger days. The Hikers share with the other walking groups, an annual five-day camp in Sept/ Oct in a different area each year.

Members must be able to walk for several hours for the easy walks. For hard walks walkers must be able to walk up and down steep hills, including on unstable surfaces. Walkers are expected to take their turn leading walks, but will be given help with this. For other information, please go to the U3A Website to find Guidelines etc.

## **201WALC: Bush Walking Camp**

**Type: One-off**

**Dates: 12/10/2020 - 16/10/2020**

**Frequency: One off course / activity, Mon 12:00 - 12:00**

**Location: Various Locations Outdoors Contact Convenor Any Suburb**

**Tutor: None**

The camp is being held from 2020 dates when confirmed, at Halls Gap in the Grampians. There will be several walking activities on offer to suit the capabilities of each walking group. We will be attending a dinner together on the Thursday evening (15th Oct to be confirmed) at the Halls Gap Hotel Bistro. Each evening Camp attendees are provided with an overview of the next days walk/activity options; allowing them to assess if the walk/activity is suitable for their level of fitness. Attendees are requested to wear their name tag for the convenience of new members and members of "other groups". Confidential Medical Information Form: Attendees are requested to ensure this form is up to date and carried on their person or in their backpack in case of an emergency. Each walk will have a designated leader and 'tail-ender' and carry a first-aid kit. An EPURB will be available for the more challenging hikes.

## **202WAL4: Bush Walkers**

**Type: On-Going Activity**

**Dates: 23/01/2020 - 17/12/2020**

**Frequency: Weekly Thursdays, Thu 8:15 - 15:30**

**Location: Various Locations Outdoors Contact Convenor Any Suburb**

**Tutor: Margaret Hanson**

The U3A Bushwalkers Group consists of members who engage in physical activities in a social context. Walks are programmed to cater for the diverse needs and abilities of the members. Throughout the year members plan and lead walks enabling a variety of walks in many different areas of Bendigo and surrounding districts. Members are asked to arrive at 8.15am for an 8.30am start. Walks are approximately between 7-10km duration. Often car-pooling may be necessary when the walks are further afield. Members expertise and interests such as local history native fauna & flora & geology are often shared with the group. During the summer months walks are generally local and restricted in length.

We enjoy our Annual Breakfast and Christmas Lunch combined with the U3A Wanderers and also the five day camp in October which is combined with the U3A Hikers and U3A Wanderers groups. The camp allows participants to relax socialise walk and enjoy a different environment every year.

**203WAL4: Bush Wanderers****Type: On-Going Activity****Dates: 23/01/2020 - 17/12/2020****Frequency: Weekly Thursdays, Thu 8:30 - 10:30****Location: Various Locations Outdoors Contact Convenor Any Suburb****Tutor: Ron Nixon**

The U3A Bendigo Bush Wanderers consists of members who engage in physical activities in a social context. Walks are programmed to cater for the diverse needs and abilities of the members. Throughout the year members plan and lead walks enabling a variety of walks in many different areas of Bendigo. Walks are approximately 3-6km duration.

Members expertise and interests such as local history native flora and fauna and geology are often shared with the group. During the Summer months walks are generally restricted in length and time.

We enjoy our annual breakfast and Christmas outing combined with the U3A Bush Walking Group and also the five-day camp in October which is combined with the U3A Hikers and U3A Bush Walking Group. The camp allows participants to relax socialise walk and enjoy a different environment every year.

**204WAL1: Walking for Fitness-Mondays-slow pace****Type: On-Going Activity****Dates: 27/01/2020 - 21/12/2020****Frequency: Weekly Mondays, Mon 9:30 - 10:30****Location: Various Locations Outdoors Contact Convenor Any Suburb****Tutor: Maria Thompson**

On Mondays there is an alternative walk available at a slower pace. The aim of these walking groups is to keep fit and enjoy social interaction so we usually have a coffee and a chat after each walk. Good comfortable shoes are recommended along with a hat and water. New members are always welcome.

**205WAL1: Walking for Fitness-Mondays-brisk pace****Type: On-Going Activity****Dates: 27/01/2020 - 21/12/2020****Frequency: Weekly Mondays, Mon 9:30 - 10:30****Location: Various Locations Outdoors Contact Convenor Any Suburb****Tutor: Tricia King**

The more brisk walk is approximately one hours duration at a brisker pace covering five or six kms. Most walks are on good paths but some will involve bush tracks etc. The aim of these walking groups is to keep fit and enjoy social interaction so we usually have a coffee and a chat after each walk. Good comfortable shoes are recommended along with a hat and water.

**206WAL4: Walking for Fitness-Thursdays****Type: On-Going Activity****Dates: 23/01/2020 - 17/12/2020****Frequency: Weekly Thursdays, Thu 9:30 - 10:30****Location: Various Locations Outdoors Contact Convenor Any Suburb****Tutor: Jan Maling**

The walk is a brisk one and is approximately one hours duration covering five or six kms. Most walks are on good paths but some will involve bush tracks etc. The aim of these walking groups is to keep fit and enjoy social interaction so we usually have a coffee and a chat after each walk. Good comfortable shoes are recommended along with a hat and water.

This ends our List of Activities for 2020. We really hope you enjoy choosing what you will do.  
**U3A Bendigo** offers members a wide and interesting range of courses and activities.

**As usual U3A Bendigos' Subscriptions are due on 1st January of each year.**

You may pay your subscription any time from 1st January until 22nd January online, to enrol.  
If you wish to pay in person please phone or visit the office on  
03 5447 1812 to ensure it's open.

***You'll be able to enrol in activities from 10am on Enrolment Day, once you have re-joined /  
joined U3A Bendigo.*** Your Committee has decided that this system will be  
fairer to all members regardless of how you wish to pay your subscriptions.

Our **Enrolment Day is Wednesday 22nd January 2020 from 10am**,  
however you can also enrol after that date if there are vacancies in the groups.

**Thank you, The Activities Coordination Team,**

**email [activities@u3abendigo.com](mailto:activities@u3abendigo.com) or**

**contact Lyn on 0418 587 102**

## CONVENOR CONTACT INFORMATION

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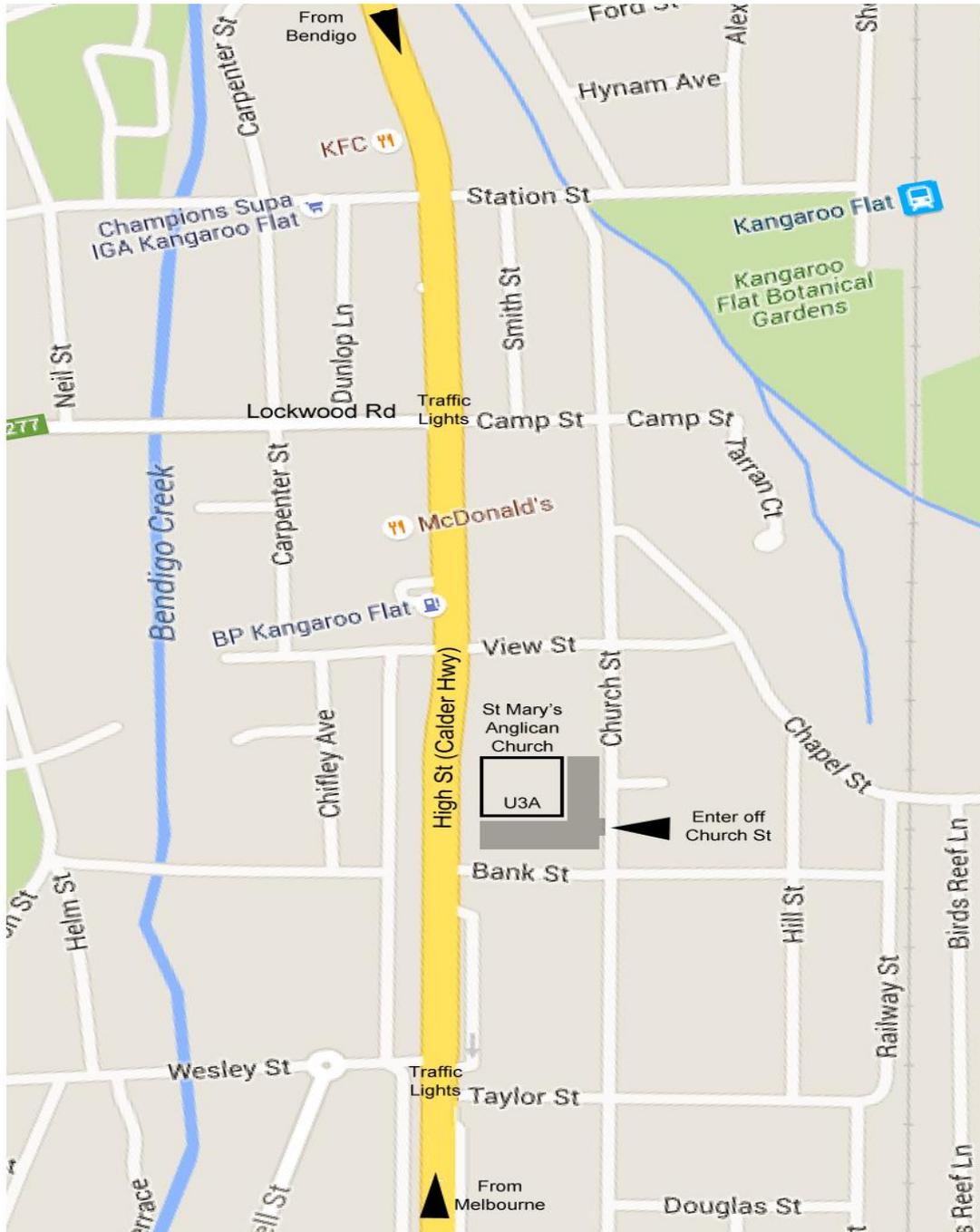
## MAP & PARKING

The U3A Office is open Tuesdays 9am – 12pm

**PARKING IS AVAILABLE** at St Mary's Church. Enter the car park from Church Street. Enter U3A Bendigo using the door on the south side facing Bank Street.

**Directions to U3A Bendigo**  
St Mary's Anglican Church, 195 High St Kangaroo Flat  
Entrance off Church St

Coming from Bendigo on High St, turn left at the traffic lights into Camp St and then then right into Church St



Coming from Melbourne on Calder Hwy, turn right at the traffic lights into Taylor St and then left into Church St