



BENDIGO

UNIVERSITY OF THE THIRD AGE

U3A Bendigo Incorporated, Association No: A0021550A

2021 PROSPECTUS

GROW:

Knowledge

Friendship

Skills

***Pleasure
in life***

***Sense of
fun***

COME, GROW WITH US



May we say firstly that we appreciate the commitment, contribution and resilience of all members involved in managing U3A Bendigo as we see it grow every year. While activities were suspended, a power of work was being done behind the scenes, ensuring that we're ready to open doors at St Mary's any time. Some groups started opening up a few weeks before Christmas and more will open up from February.

We hope you enjoy reading our U3A Bendigo 2021 Prospectus and can find the activities best suited to you. Some groups have decided to run sessions in their homes, or other premises, while some are happy to use Room 1 and 2, or the Hall. Please enrol early (27 January) as some Activities will fill quickly.

As we age keeping healthy, active and connected is important, and particularly as we all learn to live with COVID-19. This is why we have developed some COVID-Safe documents, available on the website and the office, to assist users of St Mary's and other venues. U3A Bendigo recognises that members may be feeling anxious, lonely and missing social contact, so we support activities that give members a balanced, wide range of physical, mentally challenging and social things to do. Due to the commitment of dedicated Convenors we're proud to offer activities to do just that.

You will notice that there is no list of Convenors included this year. This is deliberate as we are no longer sharing Convenor's personal contact information. The information is too easy to steal. When you use UMAS for Members, you are required to Login and use your personal password. Once this has been done, Activity and Contact information will be available to you, in a safe environment. As a Member you can contact the Convenor of a group and access their contact details. Please contact us on **0490 858 469** or admin@u3abendigo.com if you have any questions.

What we offer at a glance:

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Arts and Crafts

211ART1: Art Group **Type: On-Going Activity**

Dates: 01/02/2021 - 06/12/2021 **Frequency: Weekly Mondays, Mon 9:30 - 12:00**

Location: Bendigo Retirement Village Bendigo **Convenor: 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. Please contact the Coordinator for more information.

213ART2: Embroidery and Craft **Type: On-Going Activity**

Dates: 02/02/2021 - 30/11/2021 **Frequency: Weekly Tuesdays, Tue 14:00 - 16:00**

Location: Bendigo Retirement Village Bendigo **Convenor: Patricia 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.

215ART5: Watercolour: Continuing the Journey **Type: On-Going Activity**

Dates: 05/03/2021 - 03/12/2021 **Frequency: Week 1 Fridays, Fri 9:15 - 11:15**

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

216ART5: Watercolour for Beginners **Type: On-Going Activity**

Dates: 05/02/2021 - 03/12/2021 **Frequency: Week 1 Fridays, Fri 11:30 - 13:30**

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

218ART2: Theatre Group **Type: On-Going Activity**

Dates: 12/02/2021 - 26/11/2021 **Frequency: Week 2,4 Fridays, Fri 13:30 - 15:00**

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

"Do you want to help keep cognitive decline away as you age?" Do you want to have fun and attend live performances with U3A friends? Then the Theatre Group is for you. We will read scripts, act out and role play scripts, and if interested, put together skits for U3A get-togethers and attend with other group members live performances in the region. Come and join in the fun. Explore and develop drama skills: voice, movement, improvisation, playbuilding, etc Learn how to apply them to a range of forms: Comedic, Dell'arte; ensemble playbuilding; Melodrama etc

Exercise for YOU

212EXE: Swimming

Type: Summer Prog

Dates: 02/02/2021 - 07/12/2021

Frequency: Different locations, Tue 10:00 - 16:00

Location: Convenor Home1 Any Street Any Suburb

Convenor: 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. by appointment.

213EXE1: Table Tennis

Type: On-Going Activity

Dates: 04/01/2021 - 20/12/2021

Frequency: Weekly Mondays, Mon 9:00 - 11:00

Location: E Table Tennis Centre1 Eaglehawk

Convenor: Michele Robinson

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.

214EXE3: Table Tennis

Type: On-Going Activity

Dates: 06/01/2021 - 29/12/2021

Frequency: Weekly Wednesdays, Wed 9:00 - 11:00

Location: E Table Tennis Centre1 Eaglehawk

Convenor: Michele Robinson

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. It's 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.

216EXE5: Walking Futsal Seniors (indoor soccer)

Type: On-Going Activity

Dates: 19/02/2021 - 03/12/2021

Frequency: Weekly Fridays, Fri 10:30 - 11:30

Location: GoldenSquare Futsal Cntr 62 Hattan Street Golden Square

Convenor: 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.

217EXE1: Water Aerobics

Type: On-Going Activity

Dates: 01/02/2021 - 06/12/2021

Frequency: Weekly Mondays, Mon 13:00 - 14:00

Location: Gurri Wanyarra Centre Browning Street Kangaroo Flat

Convenor: Jeanette Brennan

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 the Convenor if you have enrolled in this activity and then can't go for any reason. There may be a waitlist.

Games

2111GAM4: Mah Jong Group1.5 **Type: On-Going Activity**

Dates: 01/04/2021 - 02/12/2021 **Frequency: Week 1,3 Thursdays, Thu 9:00 - 11:30**

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat **Convenor: 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. Please contact Convenor.

212GAM1: Chess **Type: On-Going Activity**

Dates: 01/02/2021 - 29/11/2021 **Frequency: Weekly Mondays, Mon 14:30 - 16:30**

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

213GAM2: Cribbage **Type: On-Going Activity**

Dates: 02/03/2021 - 30/11/2021 **Frequency: Weekly Cribbage 1,2,4,5 Tues, Tue 13:15 - 15:15**

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

214GAM2: Cribbage **Type: On-Going Activity**

Dates: 16/02/2021 - 16/11/2021 **Frequency: Week 3 Tuesdays, Tue 13:15 - 15:15**

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

215GAM1: Cryptic Crosswords for Beginners **Type: On-Going Activity**

Dates: 01/02/2021 - 29/11/2021 **Frequency: Weekly Mondays, Mon 10:30 - 12:00**

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

216GAM4 : Cryptic Crosswords

Type: On-Going Activity

Dates: 18/02/2021 - 09/12/2021

Frequency: Weekly Thursdays, Thu 12:15 - 14:15

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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.

217GAM2: Mah Jong Group1

Type: On-Going Activity

Dates: 06/04/2021 - 14/12/2021

Frequency: Weekly Tuesdays, Tue 9:00 - 11:45

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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.

218GAM2: Mah Jong Group2

Type: On-Going Activity

Dates: 02/02/2021 - 14/12/2021

Frequency: Weekly Tuesdays, Tue 9:00 - 11:45

Location: Bendigo Retirement Village Bendigo

Convenor: Robyn Tickner

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. Please contact Convenor for more information.

219GAM4: Pandi Games

Type: On-Going Activity

Dates: 18/02/2021 - 18/11/2021

Frequency: Week 1,3 Thursdays, Thu 14:00 - 16:00

Location: Convenor Home1 Any Street Any Suburb

Convenor: 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

2111HEA4: Dance Class

Type: On-Going Activity

Dates: 04/02/2021 - 02/12/2021

Frequency: Weekly Thursdays, Thu 13:30 - 14:30

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Cilla Brady

Cilla will lead with dance steps, basically an aerobics class, and others can follow or "do their own thing". Even 'chair dancing' is included for those who have mobility issues. Cilla will play some of her great music collection from Cuban to Country, from Folk Rock to Reggae. So, it'll be a music experience as well as a time to dance. A 1 hour class = 20 minutes dance, 20 minutes teatime, 20 minutes dance again.

211HEA5: A Meditation

Type: On-Going Activity

Dates: 26/02/2021 - 03/12/2021

Frequency: Weekly Fridays, Fri 9:30 - 11:00

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Lyn Goodall

This Meditation group caters for all members with or without experience of Meditation. Ideally you will understand the basics or want to re-start your practice or Meditate in a supportive group setting. Sessions focus mainly on Mindfulness Meditation but also include guided visualisations throughout the year. This is a very friendly and supportive on-going group and you will be warmly welcomed. Members are encouraged to share their experiences, so we all learn from them and this also helps new members/meditators to better understand their own practices.

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 wear your mask as you enter St Mary's. You will need to use the QR Scan upon entry. Please be prepared to assist with cleaning after the session. Thank you. Please contact Lyn, 0418 587 102 before attending this group, to ensure there is a place for you, as we continue to comply with restrictions and caps on numbers.

213HEA2: Monthly Movie

Type: On-Going Activity

Dates: 16/02/2021 - 16/11/2021

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

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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.

214HEA5: Visiting Gardens & Growing Things

Type: On-Going Activity

Dates: 12/02/2021 - 03/12/2021

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

Location: Various Locations Outdoors Contact Convenor Any Suburb Convenor: 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. Please contact the Convenors to let us know if you are coming or not, especially if you will not be coming for extended times. If you can't do this, please contact the office and ask them for assistance. We look forward to meeting you in someone's garden soon.

216HEA2: Yoga - Tuesdays

Type: On-Going Activity

Dates: 02/02/2021 - 07/12/2021

Frequency: Weekly Tuesdays, Tue 13:00 - 14:30

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Isabel Truscott

This Activity runs in Term Time. Please contact Convenor to discuss. Please also see the BUZZ for dates and other information.

218HEA4: Yoga - Thursdays

Type: 6WeekBlock

Dates: 22/04/2021 - 27/05/2021

Frequency: Weekly Thursdays, Thu 11:15 - 12:45

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Marilyn Grossman

General Yoga suitable for all ages, beginners and experienced. These sessions are run in 6 week blocks. Please watch BUZZ for more details. Contact Convenor to discuss.

Languages

212LAN1: French (Elementary) **Type: On-Going Activity**

Dates: 01/02/2021 - 29/11/2021 **Frequency: Weekly Mondays, Mon 12:00 - 14:00**

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

213LAN3 : French Conversation (intermediate) **Type: On-Going Activity**

Dates: 03/02/2021 - 01/12/2021 **Frequency: Weekly Wednesdays, Wed 9:30 - 11:30**

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

214LAN3: French (advanced) **Type: On-Going Activity**

Dates: 03/02/2021 - 01/12/2021 **Frequency: Weekly Wednesdays, Wed 12:45 - 14:30**

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

215LAN3: Spanish Conversation **Type: On-Going Activity**

Dates: 03/02/2021 - 01/12/2021 **Frequency: Weekly Wednesdays, Wed 14:00 - 16:00**

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

This is a continuation of the Spanish Conversation Course. There will be NO BEGINNING SPANISH IN 2021. 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 2021.

216LAN1: Continuing Latin **Type: On-Going Activity**

Dates: 12/02/2021 - 26/11/2021 **Frequency: Week 2,4 Mondays, Fri 9:30 - 10:45**

Location: Quarry Hill Pantry and Larder Carpenter Street Quarry Hill **Convenor: 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 held in the Quarry Hills Pantry and Larder and will be subject to numbers of members enrolling. Please contact Wilf if you are interested, as details may change.

Literature, Poetry and Writing

211LIT4: Book Chat

Type: On-Going Activity

Dates: 25/02/2021 - 25/11/2021

Frequency: Week 4 Thursdays, Thu 9:30 - 11:30

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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. Please contact Convenor.

212LIT4: Book Club - RUGS

Type: On-Going Activity

Dates: 14/01/2021 - 09/12/2021

Frequency: Week 2 Thursdays, Thu 11:30 - 14:00

Location: Various Locations-Bendigo Anywhere

Convenor: 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.

213LIT4: Bookworms

Type: On-Going Activity

Dates: 18/02/2021 - 18/11/2021

Frequency: Week 3 Thursdays, Thu 14:30 - 16:00

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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.

214LIT4: Chatterbooks

Type: On-Going Activity

Dates: 05/02/2021 - 03/12/2021

Frequency: Week 1 Fridays, Fri 14:00 - 16:00

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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.

215LIT3 : My Story - group1

Type: On-Going Activity

Dates: 03/02/2021 - 01/12/2021

Frequency: Week 1 Wednesdays, Wed 10:00 - 12:00

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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.

215LIT4: Appreciation of Poetry

Type: On-Going Activity

Dates: 11/02/2021 - 09/12/2021

Frequency: Week 2,4 Thursdays, Thu 13:00 - 15:00

Location: Larder and Café, Carpenter Street, Quarry Hill

Convenor: Brenda Stevens-Chambers

If you know a bit about poetry, how to read it and/or how to write it then "Appreciation of Poetry" is for you. Participants to bring a favourite poem for discussion. Sessions are relaxed, stimulating, fun and always fascinating; there is no right or wrong way to respond to a poem, making poetry highly relatable to all people.

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. Cultivating an appreciation of Poetry 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.

Have you ever wished for a special place and friends to share your time and love of Poetry with? Then the U3A Appreciation of Poetry group is here for you. An Appreciation of Poetry covers all moods, philosophies and life experiences. Poetry is of the ages. Come journey with us in the wonderful wordy world of the U3A Appreciation of Poetry group.

The group will meet at the Pantry& Larder, 19 Carpenter St, Quarry Hill. Please contact the Convenor for more information and discussion on venues.

216LIT3: My Story - group2

Type: On-Going Activity

Dates: 10/02/2021 - 08/12/2021

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

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Cilla Brady

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

2110MUS3: Ukulele-Weekly Advanced Group

Type: On-Going Activity

Dates: 03/02/2021 - 01/12/2021

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

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Cheryl Hardie

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.

2111MUS3: Beginner Guitar Singalong

Type: On-Going Activity

Dates: 10/02/2021 - 08/12/2021

Frequency: Week 2 Wednesdays, Wed 11:45 - 13:15

Location: Various Locations-Bendigo Anywhere

Convenor: Yvonne Scouller

This group still has places available for any of you who want to dust off your guitars (or bring along a new one) and join an informal friendly group. We are able to accommodate differing stages of playing so no need to be anxious that you won't keep up. A bit of keenness and commitment is all that is needed, to get your fingers working on basic chords and strumming. With only a few basic chords we are able to play and, if you want, singalong to, quite a lot of songs.

New songs introduced in the last meeting were Ring of Fire, Folsom Prison Blues, and He'll have to go. We meet once a month formally on the second Tuesday each month but will also have some in between get togethers if members are keen. At the moment meetings are held in Mandurang. Beginner Guitar Singalong, contact 54471812 to leave a message or visit the U3A office Tuesday mornings between 10-12 to join. Please contact the Convenor for more information.

211MUS3: Choir

Type: On-Going Activity

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Tuesdays, Tue 11:00 - 12:30

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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.

214MUS2: Good Vibrations 2 Popular 20thCent Music

Type: On-Going Activity

Dates: 02/02/2021 - 30/11/2021

Frequency: Week 1 Tuesdays, Tue 14:30 - 16:00

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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.

215MUS4 : Music for Pleasure

Type: On-Going Activity

Dates: 11/02/2021 - 25/11/2021

Frequency: Week 2,4 Thursdays, Thu 10:00 - 12:00

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Ian Burdett

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.

216MUS5: Musical Instruments Group

Type: On-Going Activity

Dates: 05/02/2021 - 10/12/2021

Frequency: Weekly Fridays, Fri 13:00 - 15:00

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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.

217MUS1: Recorder Playing for Beginners

Type: On-Going Activity

Dates: 01/02/2021 - 29/11/2021

Frequency: Weekly Mondays, Mon 9:15 - 10:15

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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.

218MUS3: Ukulele-Back to Basics

Type: On-Going Activity

Dates: 04/02/2021 - 02/12/2021

Frequency: Weekly Thursdays, Thu 15:00 - 16:30

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Cheryl Hardie

This group is intended for people who participated in the former U3A Ukulele Group and wish to 'rediscover' their Ukulele, and it will also cater for new beginners. The aim is to work towards proficiency in playing enjoyable songs with varied rhythms and relatively simple chords.

The group was initially run over a 12-week period and covered: • understanding the Ukulele as an instrument (if you don't already have a Ukulele wait for the first session before purchasing one) • how to hold the Ukulele, finger/hand exercises to prepare for playing • strumming techniques/strumming patterns (there will be a focus on getting different rhythmic patterns right) • reading chord diagrams/playing basic chords/changing chords • playing simple songs (building on all of the above).

Participants from the former Music Group will have an opportunity to revisit the basics and consolidate their skills, while new beginners will need to be prepared to put in some week-to-week practice to allow the group to progress. Contact Convenor to find out more.

New members welcome. You need to have your own Ukulele and a music stand (but please wait until the first week). The session will last for 1hr 15mins with time for packing up and cleaning.

219MUS5: Guitar Group

Type: On-Going Activity

Dates: 12/02/2021 - 03/12/2021

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

Location: KF Room2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: 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

2112SOC3: Social Gatherings April plus AGM

Type: On-Going Activity

Dates: 28/04/2021 - 28/04/2021

Frequency: Week 4 Wednesdays , Wed 14:00 - 16:00

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Barbara Ritchie

We throw open our doors each month and hold a Social Gathering just for you! We welcome you and hope you make the most of these Social Gatherings to hear about a wide range of topics and meet up with other members and Committee Members too. 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 the Social Gatherings to meet existing and new members. We have a range of guest speakers and we want to hear your ideas too.

Please make sure you enrol for each of the Social Gatherings individually. This will help especially where catering is involved. Thank you.

2113SOC3: Social Gatherings May

Type: On-Going Activity

Dates: 26/05/2021 - 26/05/2021

Frequency: Week 4 Wednesdays , Wed 14:00 - 16:00

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Barbara Ritchie

We throw open our doors each month and hold a Social Gathering just for you! We welcome you and hope you make the most of these Social Gatherings to hear about a wide range of topics and meet up with other members and Committee Members too. Tea - coffee and bickies are available. Thank you for being a part of U3A Bendigo.

Please find more information from our Website. Please make sure you enrol for each of the Social Gatherings individually. This will help especially where catering is involved. Thank you.

2114SOC3: Social Gatherings June

Type: On-Going Activity

Dates: 23/06/2021 - 23/06/2021

Frequency: Week 4 Wednesdays , Wed 14:00 - 16:00

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Barbara Ritchie

We throw open our doors each month and hold a Social Gathering just for you! We welcome you and hope you make the most of these Social Gatherings to hear about a wide range of topics and meet up with other members and Committee Members too. Tea - coffee and bickies are available. Thank you for being a part of U3A Bendigo.

Please make sure you enrol for each of the Social Gatherings individually. This will help especially where catering is involved. Thank you.

2115SOC3: Social Gatherings July

Type: On-Going Activity

Dates: 28/07/2021 - 28/07/2021

Frequency: Week 4 Wednesdays , Wed 14:00 - 16:00

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Barbara Ritchie

We throw open our doors each month and hold a Social Gathering just for you! We welcome you and hope you make the most of these Social Gatherings to hear about a wide range of topics and meet up with other members and Committee Members too. Tea - coffee and bickies are available. Thank you for being a part of U3A Bendigo.

Please make sure you enrol for each of the Social Gatherings individually. This will help especially where catering is involved. Thank you.

2116SOC3: Social Gatherings August

Type: On-Going Activity

Dates: 25/08/2021 - 25/08/2021

Frequency: Week 4 Wednesdays , Wed 14:00 - 16:00

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Barbara Ritchie

We throw open our doors each month and hold a Social Gathering just for you! We welcome you and hope you make the most of these Social Gatherings to hear about a wide range of topics and meet up with other members and Committee Members too. Tea - coffee and bickies are available. Thank you for being a part of U3A Bendigo.

Please make sure you enrol for each of the Social Gatherings individually. This will help especially where catering is involved. Thank you.

2117SOC3: Social Gatherings September

Type: On-Going Activity

Dates: 22/09/2021 - 22/09/2021

Frequency: Week 4 Wednesdays , Wed 14:00 - 16:00

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Barbara Ritchie

We throw open our doors each month and hold a Social Gathering just for you! We welcome you and hope you make the most of these Social Gatherings to hear about a wide range of topics and meet up with other members and Committee Members too. Tea - coffee and bickies are available. Thank you for being a part of U3A Bendigo.

Please make sure you enrol for each of the Social Gatherings individually. This will help especially where catering is involved. Thank you.

2118SOC3: Social Gatherings October

Type: On-Going Activity

Dates: 27/10/2021 - 27/10/2021

Frequency: Week 4 Wednesdays , Wed 14:00 - 16:00

Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Barbara Ritchie

We throw open our doors each month and hold a Social Gathering just for you! We welcome you and hope you make the most of these Social Gatherings to hear about a wide range of topics and meet up with other members and Committee Members too. Tea - coffee and bickies are available. Thank you for being a part of U3A Bendigo.

Please make sure you enrol for each of the Social Gatherings individually. This will help especially where catering is involved. Thank you.

2119SOC3: Social Gatherings November - Christmas Concert **Type: On-Going Activity**

Dates: 24/11/2021 - 24/11/2021 **Frequency: Week 4 Wednesdays , Wed 14:00 - 16:00**

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

We throw open our doors each month and hold a Social Gathering just for you! We welcome you and hope you make the most of these Social Gatherings to hear about a wide range of topics and meet up with other members and Committee Members too. Tea - coffee and bickies are available. Thank you for being a part of U3A Bendigo.

Please make sure you enrol for each of the Social Gatherings individually. This will help especially where catering is involved. Thank you.

211SOC1 : Discussion Group **Type: On-Going Activity**

Dates: 01/02/2021 - 29/11/2021 **Frequency: Weekly Mondays, Mon 13:15 - 15:00**

Location: Bendigo Club 22, Park Street Strathdale **Convenor: 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? Please contact the Convenor before you attend.

213SOC4: Thursday Lunch Club **Type: On-Going Activity**

Dates: 04/03/2021 - 02/12/2021 **Frequency: Week 1 Thursdays, Thu 12:00 - 13:30**

Location: Various Lunch Venues Contact Convenor Any Suburb **Convenor: 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!

217SOC3: 2021 Annual General Meeting - April **Type: Annual Event**

Dates: 28/04/2021 - 28/04/2021 **Frequency: Annual Activity or Event, Wed 14:00 - 16:00**

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

The U3A Bendigo Annual General Meeting is on Wednesday, 28 April 2021 at St Mary's Hall, corner of Church and Bank Streets, Kangaroo Flat, commencing at 2.00pm. Financial Members will elect a new Committee of Management responsible for managing U3A Bendigo for 2021-2022. Please register online or by contacting the U3A Bendigo office on 5447 1812 by Wednesday, 15 April 2021. Members are encouraged to participate on Committee and Sub-Committees. Please speak with the President or a Committee member if you are interested in making U3A Bendigo a bigger success. Nomination Forms are on the U3A Bendigo website or can be obtained from the office.

219SOCB: BUZZ \$15 Posted per year **Type: On-Going Activity**

Dates: 15/01/2021 - 31/12/2021 **Frequency: Monthly dinners and activities, Fri 10:00 - 12:00**

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

Select this activity if you would like to have the BUZZ posted out to you, at a cost of \$ 15 per year.

Technology

211TEC4: Android Users **Type: On-Going Activity**

Dates: 11/03/2021 - 11/11/2021 **Frequency: Week 2 Thursdays, Thu 14:00 - 16:00**

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

212TEC4 : Apple iPad and iPhone users **Type: On-Going Activity**

Dates: 04/02/2021 - 04/11/2021 **Frequency: Week 1 Thursdays, Thu 12:00 - 14:00**

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

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. Please contact Convenor.

213TEC4 : Apple-Mac Users **Type: On-Going Activity**

Dates: 01/04/2021 - 02/12/2021 **Frequency: Week 1 Thursdays, Thu 14:30 - 16:30**

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat **Convenor: 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. Please contact Convenor.

214TEC1 : Coding & Mechatronics **Type: On-Going Activity**

Dates: 11/03/2021 - 25/11/2021 **Frequency: Week 2,4 Thursdays, Thu 12:15 - 13:45**

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat **Convenor: 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. Contact Convenor for a chat.

216TEC4: Windows Computer Users **Type: On-Going Activity**

Dates: 18/02/2021 - 18/11/2021 **Frequency: Week 3 Thursdays, Thu 14:00 - 16:00**

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

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. Please contact Convenor for more information.

217TEC4: Digital Photo Editing and Display **Type: On-Going Activity**

Dates: 25/03/2021 - 25/11/2021 **Frequency: Week 4 Thursdays, Thu 14:00 - 16:00**

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

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.

218TEC1: One on One Windows Computer Training **Type: On-Going Activity**
Dates: 08/03/2021 - 13/12/2021 **Frequency: Week 2 Mondays, Mon 12:30 - 14:00**
Location: KF Office1 Cnr Church/Bank Streets Kangaroo Flat **Convenor: David Guymer**
One on One Windows Computer Training. Please contact the Convenor for more details.

219TEC4: Technology Support Team Meetings **Type: On-Going Activity**
Dates: 18/02/2021 - 18/11/2021 **Frequency: Week 3 Thursdays, Thu 16:00 - 17:00**
Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat **Convenor: David Guymer**

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 Mic system, sending of bulk emails, and the use of PCs, tablets and technology generally.
- 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: David Guymer.

Volunteers

211FUN6: Bunnings BBQ-KangarooFlat **Type: BBQs**
Dates: 10/04/2021 - 10/04/2021 **Frequency: One off course / activity, Sat 8:30 - 16:30**
Location: Bunnings Kangaroo Flat, 263-265 High Street, VIC 3555 **Convenor: Maureen Cross**
This Bunnings BBQ will require U3A Bendigo Volunteers from 8.30 – 4.30pm at Bunnings, Kangaroo Flat – the Convenor is Maureen Cross. Volunteers don't have to be there all day. Maureen will work out a Roster, so please contact her to ask what times are available for you to be rostered. Thank you.

212FUN6: Bunnings BBQ-KangarooFlat **Type: BBQs**
Dates: 09/10/2021 - 09/10/2021 **Frequency: One off course / activity, Sat 8:30 - 16:30**
Location: Bunnings Kangaroo Flat, 263-265 High Street VIC 3555 **Convenor: Maureen Cross**
This Bunnings Bar-b-que will require U3A Bendigo Volunteers from 8.30 – 4.30pm at Bunnings, Kangaroo Flat – the Convenor is Maureen Cross. Volunteers don't have to be there all day. Maureen will work out a Roster, so please contact her to ask what times are available for you to be rostered. Thank you.

Walking Groups

211WAL4: Bush Hikers

Type: On-Going Activity

Dates: 07/01/2021 - 23/12/2021

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

Location: Various Locations Outdoors Contact Convenor Any Suburb Convenor: Tony Sherwood

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 Bendigo Website to find Guidelines etc.

211WALC: Bush Walking Camp

Type: One-off

Dates: 11/10/2021 - 15/10/2021

Frequency: One off course / activity, Mon 0:00 - 24:00

Location: Various Locations Outdoors Contact Convenor Any Suburb Convenor: Julie Harris

Dates for the 2021 Bushwalkers Camp at the Bellarine Bayside Portarlington Holiday Park, PORTARLINGTON are now confirmed for Monday 11th October to Friday 15th October. Bookings procedure for Bellarine Bayside Portarlington Holiday Park will be emailed to U3A Bushwalking Members who register for camp on UMAS (including those who registered previously) in the near future.

Bookings have been reserved by the Park Manager, Amanda Carson, under my name (Julie Harris, Camp Convenor). At this stage the caravan park is trading as usual – to check on any Covid-19 restrictions nearer the date, please contact the Convenor.

Of course, things are changing constantly, so we cannot guarantee the camp will go ahead in October.

I have been assured that if there are any cancellations due to COVID-19 the park will fully refund any monies paid. Regards, Julie Harris & Delene Commerford, Camp Convenors.

212WAL4: Bush Walkers

Type: On-Going Activity

Dates: 07/01/2021 - 23/12/2021

Frequency: Weekly Thursdays, Thu 8:15 - 13:00

Location: Various Locations Outdoors Contact Convenor Any Suburb Convenor: Margie Brennan

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 and enjoy a different environment every year.

213WAL4: Bush Wanderers

Type: On-Going Activity

Dates: 07/01/2021 - 23/12/2021

Frequency: Weekly Thursdays, Thu 8:30 - 10:30

Location: Various Locations Outdoors Contact Convenor Any Suburb Convenor: John McCallum

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. Changed Convenor to John McCallum by request from Ron Nixon 04/06/2020. Judy Johnstone and Ann McKersey are still Co-Convenors.

214WAL1: Walking for Fitness-Mondays-slow pace

Type: On-Going Activity

Dates: 04/01/2021 - 13/12/2021

Frequency: Weekly Mondays, Mon 9:30 - 10:30

Location: Various Locations Outdoors Contact Convenor Any Suburb Convenor: Maria Thompson

On Mondays there is an alternative walk available at a slower pace. 8.30 start in the Summer and 9.30 start in Winter. 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.

215WAL1: Walking for Fitness-Mondays-brisk pace

Type: On-Going Activity

Dates: 04/01/2021 - 06/12/2021

Frequency: Weekly Mondays, Mon 8:30 - 9:30

Location: Various Locations Outdoors Contact Convenor Any Suburb Convenor: Tricia King

The more brisk walk is approximately one hours duration at a brisker pace covering five or six kms. Start 8.30 in Summer and 9.30 in Winter. 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.

216WAL4: Walking for Fitness-Thursdays

Type: On-Going Activity

Dates: 07/01/2021 - 09/12/2021

Frequency: Weekly Thursdays, Thu 8:30 - 9:30

Location: Various Locations Outdoors Contact Convenor Any Suburb Convenor: Elaine Smart

Start 8.30 Summer and 9.30 Winter. 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 2021, but please keep checking to see what's on and do use our new Timetable/Calendar on the new Website. 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 Bendigo's Subscriptions are due on 1st January of each year.** You may pay your subscription any time from 1st January. If you wish to pay in person please phone the office on 0490 858 469 to ensure it's open. Thank you and we all wish you a happier year in 2021.

The Activities Coordination Team,

email: activities@u3abendigo.com or phone 0490 858 469.

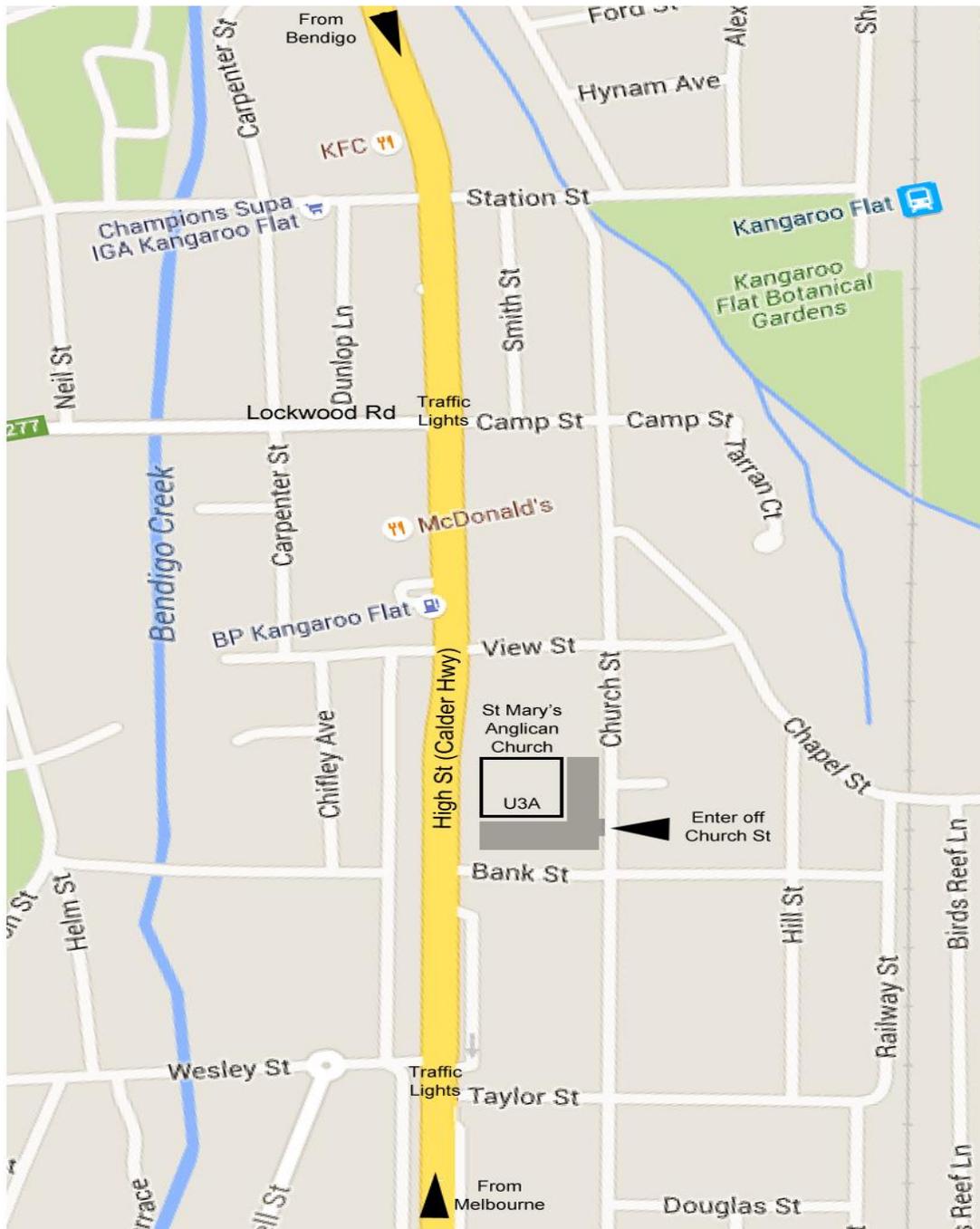
MAP & PARKING

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