



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 and we see it grow every year. While activities were suspended, there was a power of work being done behind the scenes, ensuring that we're ready to open our doors at St Mary's at any time.

Some groups started opening up a few weeks before Christmas and more opened 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 Rooms 1 and 2, or the Hall.

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, except in the BUZZ. The information is too easy to steal. When you use U-MAS 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 without knowing their personal details.

Please contact us on **0490 858 469** 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.

218ART2: Theatre Group

Type: On-Going Activity

Dates: 09/02/2021 - 23/11/2021

Frequency: Week 2,4 Tuesdays, Tue 13:00 - 14:30

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Lyn Rule

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-together's 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

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.

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.

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. 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 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 \$2.00. 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 Hattam 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

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.

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.

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.

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.

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.

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

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 and 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 and develop 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. You will need to use the QR Scan upon entry as well as tick the Attendance Sheet. Please be prepared to assist with cleaning after the session. Thank you. Please contact Lyn the Convenor, before attending this group, to ensure there is a place for you.

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.

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.

2112HEA4: Yoga - Thursdays

Type: 6 WeekBlock

Dates: 29/07/2021 - 02/09/2021

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.

2113HEA4: Yoga - Thursdays **Type: 6WeekBlock**
Dates: 28/10/2021 - 02/12/2021 **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.

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.

Languages

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.

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! It's 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.

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.

Literature, Poetry and Writing

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: Convenor Home1 Any Street Any Suburb

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, 19 Carpenter St, Quarry Hill. Please contact the Convenor for more information and discussion on venues.

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: Queens Arms Hotel, Quarry Hill

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.

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.

Jo Johnson advised by email on 29/7/2020 that she would be passing on the Convenor-ship, after several years in the role, to Cilla Brady.

Music - Various

2110MUS3: Advanced Ukulele Group

Type: On-Going Activity

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

Frequency: Week 1,2,3,5 Wednesdays, Wed 15:00 - 16:30

Week 4, Thursdays

Thur 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. Please note that "Back to Basics Ukulele" has completed its 12 week program for 2021. It may be on offer again in 2022.

Ukulele learners who completed the 2021 Back to Basics Ukulele program are welcome to join the Advanced Ukulele program.

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. There will be an informal get together on 24/2 at 11.45. At the moment meetings are held at my house in Mandurang. 2111MUS3 is the code for Beginner Guitar Singalong, or contact (54471812) or visit the U3A office Tuesday mornings between 10-12 to join. Please contact the Convenor.

211MUS3: Choir

Type: On-Going Activity

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

Frequency: Weekly Tuesdays, Tue 11:30 - 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.

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 that can accompany acoustic guitars. 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.

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: Private home, Quarry Hill **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.

History

215SHC1: Genealogy-Family Research Group **Type: On-Going Activity**

Dates: 19/04/2021 - 15/11/2021 **Frequency: Wk 3, Mon 1:30pm - 3:30pm**

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

To bring together members interested in researching and compiling their family history. A group to share ideas, tips and interesting stories and enjoy guest speakers, instructional videos, outings etc Please contact the Convenor before attending this activity.

Social Activities

219SOCB: BUZZ \$15 Posted per year **Type: On-Going Activity**
Dates: 15/01/2021 - 31/12/2021 **Frequency: Monthly Activity, 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.

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.

Social Gatherings

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.

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**

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**

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**

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**

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**

2121SOC3: Social Gatherings - November **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**

2119SOC3: Social Gatherings - 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**

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**

On the first Thursday of the month - forget the shopping, preparation, cooking and cleaning up. Join this group for lunch at a local hotel or club with menus for lunch that don't break the budget, or if you want to have a fling you are able to do so. You can join in choosing the next venue we attend. So join us for lunch, a chat and make new friends.

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 - 14:00

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.

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.

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.

Tuesday Talks

211TAL2: Tuesday Talk

Type: One-off

Dates: 08/06/2021 – 14/12/2021

Frequency: Week 2,4 Tue 10:00 - 12:00

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Jennifer Goddard

A variety of 2 hour talks. Enrol online and/or see BUZZ for more details.

Volunteers

212FUN6: Bunnings BBQ-KangarooFlat

Type: BBQs

Dates: 02/10/2021 - 02/10/2021

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

Location: Bunnings Kangaroo Flat 263-265 High Street Kangaroo Flat 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 Website to find Guidelines etc.

212WAL4: Bush Walkers

Type: On-Going Activity

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

Frequency: Weekly Thursdays, Thu 8:30 - 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 walk and enjoy a different environment every year.

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 – but the camp kitchen is closed due to Covid-19 restrictions. 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.

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.

215WAL1: Walking for Fitness-Mondays-brisk pace

Type: On-Going Activity

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

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

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.

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.

216WAL4: Walking for Fitness-Thursdays

Type: On-Going Activity

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

Frequency: Weekly Thursdays, Thu 9:30 - 10:30

Location: Various Locations Outdoors Contact Convenor Any Suburb Convenor: Andrew Howlett

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 we will be adding some short courses later in the year. Please keep checking to see what's on. 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 online (please visit our website for bank details) or by mailing your cheque and Membership Form to U3A Bendigo, PO Box 274, Bendigo, VIC, 3552 .

If you wish to pay in person please phone or visit the office on **0490 858 469** to ensure it's open. (Currently open Tuesdays from 10am – 12 noon). You'll be able to enrol in activities from 10am on our Enrolment Days, 27/28 January, once you have re-joined / joined U3A Bendigo.

Our Enrolment Days are Wednesday 27 and Thursday 28 January 2021 from 10am till 2pm, 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 or phone **0490 858 469**.

Please wear your U3A name badge to all classes and events. This is necessary as your badge includes your emergency contact details. We need to know who to contact if you become ill or have an accident while attending a U3A Bendigo activity.

Updated June 2021

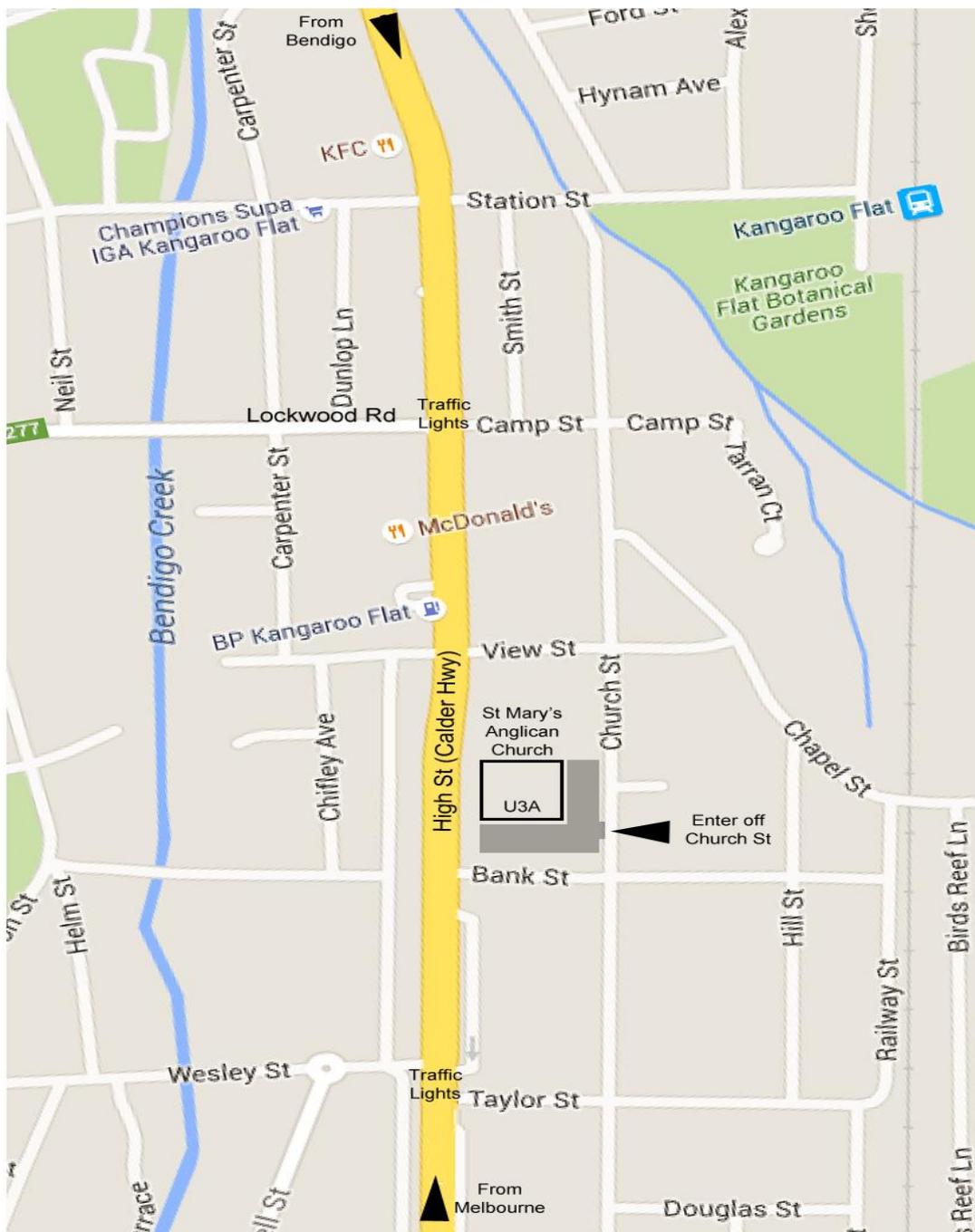
MAP & PARKING

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