



**BENDIGO**  
UNIVERSITY OF THE THIRD AGE

U3A Bendigo Incorporated, Association No: A0021550A  
*Shared Learning in Mature Years - We enjoy daytime classes and activities to keep our minds and bodies active in our life's 3rd age*

# *2022 PROSPECTUS*

## *AGELESS AND UNSTOPPABLE*



Bush Wanderers

Photo by Liz Martin

*Friendship Skills Knowledge*  
*Keeping Connected*

## **Welcome**

U3A Bendigo is a voluntary community organisation run by members for members. We are pleased to offer a wide range of activities that aim to provide social connection, intellectual stimulation and physical exercise for people no longer in full-time employment.

Our activities are designed to reflect the needs and abilities of our membership. They give members the opportunity to learn or try something new while keeping their minds and bodies active in life's third age.

Members may enroll in any of our activities that run weekly, fortnightly or monthly. Members can also enroll in Tuesday Talks, Short Courses, Social Gatherings or other events run throughout the year. All activities are generally run during the day at venues across Bendigo by members we call Convenors. Our Convenors have acquired a lifetime of knowledge, skills and interests and are willing to share their specialty.

Members are asked to let their Convenor or the office know if they choose not to continue in their activity, so as to allow others who might be on a wait-list to participate in the activity.

While the Prospectus is periodically updated, please check the U3A website at <https://u3abendigo.com/> or the BUZZ newsletter for the latest updates.

All activities are listed under broad subject areas in the Table of Contents. For instance, if you like playing games, look for the Games heading then go to the relevant page and you will see our games listed by title in alphabetical order with a description of each, including frequency, date, time and location.

Please enroll online via our website at [u3abendigo.com](https://u3abendigo.com/) through U-MAS, our membership management system. If you need help, please email [activities@u3abendigo.com](mailto:activities@u3abendigo.com) or call into the office on Tuesday or Friday mornings from 9:30 am to 12:00 pm.

## **Contact Details**

PO Box 274 BENDIGO VIC 3552  
Corner Church & Bank Streets Kangaroo Flat

Phone: 0490 858 469

U-MAS email contact: [umasadmin@u3abendigo.com](mailto:umasadmin@u3abendigo.com)

Activities email contact: [activities@u3abendigo.com](mailto:activities@u3abendigo.com)

Volunteer email contact: [admin@u3abendigo.com](mailto:admin@u3abendigo.com)

Web: <https://u3abendigo.com/>

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## Arts and Crafts

### **2211ART4: Oil Painting**

**Type: On-Going Activity**

**Dates: 04/02/2022 - 02/12/2022**

**Frequency: Weekly Fridays 13:00 - 16:00**

**Location: Quarry Hill Community Hall Hamlet Street Quarry Hill**

**Convenor: Cheryl Hardie**

This will be an introductory course for beginners to learn the basics of oil painting. We will cover safe use of products, what needs to be in your 'toolkit' of materials, paint application methods and the basics of constructing a pleasing image to the viewer. Members to supply their own materials after the first week.

### **222ART2: Embroidery and Craft**

**Type: On-Going Activity**

**Dates: 01/02/2022 - 29/11/2022**

**Frequency: Weekly Tuesdays 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.

### **222SHC3: Coil Basket Making**

**Type: On-Going Activity**

**Dates: 20/04/2022 - 16/11/2022**

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

**Location: KF Room 2 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Tony Ford**

This group is for members who have already done the beginners course or who have some basket making experience. The group meets regularly to share ideas, problem solve and socialise while working on baskets. Coil baskets have been made in many Indigenous cultures around the world, including the local Dja Dja Wurrung people. Members need to have completed the Beginners course or have some basket making experience.

### **224ART5: Watercolour: Continuing the Journey**

**Type: On-Going Activity**

**Dates: 04/03/2022 - 02/12/2022**

**Frequency: Weekly Fridays 13:00 - 16:00**

**Location: Quarry Hill Community Hall Hamlet Street Quarry Hill**

**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.

### **225ART3: Theatre Group**

**Type: On-Going Activity**

**Dates: 10/02/2022 - 08/12/2022**

**Frequency: Week 1 & 3 Thursdays 13:00 - 15:00**

**Location: Quarry Hill Community Hall Hamlet Street Quarry Hill**

**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, play building, etc Learn how to apply them to a range of forms: Comedic, Dell'arte; ensemble play building; Melodrama etc. Please contact Convenor for enrolment information.

## Exercise

**2210EXE5: Water Aerobics** **Type: On-Going Activity**

**Dates: 07/02/2022 - 05/12/2022** **Frequency: Weekly Mondays 13:30 - 14:00**

**Location: Gurri Wanyarra Centre Browning Street Kangaroo Flat** **Convenor: Jeanette Brennan**

Gentle exercising in a heated pool for the mature aged, at Gurri Wanyarra Wellness Centre, 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.

**2211EXE4: Petanque** **Type: On-Going Activity**

**Dates: 03/02/2022 - 15/12/2022** **Frequency: Weekly Thursdays 9:30 – 11:00**

**Location: Quarry Hill Petanque Club Olinda Street Quarry Hill** **Convenor: Jill McArthur**

Petanque is a tossing game rather than a bowling game - a bit like horseshoes. It can be played with singles or as a team up to 5 players in each team. Come and try something completely different.

**222EXE1: Table Tennis Mondays** **Type: On-Going Activity**

**Dates: 03/01/2022 - 19/12/2022** **Frequency: Weekly Mondays 9:00 - 11:00**

**Location: E Table Tennis Centre 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 per week. For further information contact the Convenors.

**223EXE1: Table Tennis Wednesday** **Type: On-Going Activity**

**Dates: 05/01/2022 - 28/12/2022** **Frequency: Weekly Wednesdays 9:00 - 11:00**

**Location: E Table Tennis Centre Eaglehawk** **Convenor: Michele Robinson**

See above.

**229EXE4: Walking Futsal Seniors (indoor soccer)** **Type: On-Going Activity**

**Dates: 18/02/2022 - 02/12/2022** **Frequency: Weekly Fridays 10:30 - 11:30**

**Location: Golden Square Futsal Centre 62 Hattam Street Golden Square** **Convenor: Jill 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. Contact Convenor regards additional costs for court hire.

## Games

### **2210GAM4: Board Games**

**Type: On-Going Activity**

**Dates: 03/02/2022 - 01/12/2022**

**Frequency: Weekly Thursdays 10:00 - 12:00**

**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Gerry Cox**

If you enjoy games of strategy that challenge your problem-solving skills, or you would like to just have fun while socialising, come and try Rummicub, Mathematical Dominoes or Scrabble. Participants can also bring along their favourite board game. No experience necessary.

### **222GAM1: Chess**

**Type: On-Going Activity**

**Dates: 31/01/2022 - 28/11/2022**

**Frequency: Weekly Mondays 14:30 - 16:30**

**Location: KF Room 2 Corner 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 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. Contact the Convenor and get involved in this fascinating game.

### **223GAM2: Cribbage**

**Type: On-Going Activity**

**Dates: 01/02/2022 - 29/11/2022**

**Frequency: Weekly Tuesdays 13:15 - 15:15**

**Location: KF Room 2 Corner 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 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.

### **224GAM2: Cryptic Crosswords – Emerging**

**Type: On-Going Activity**

**Dates: 07/02/2022 - 28/11/2022**

**Frequency: Weekly Mondays 10:30 - 12:00**

**Location: KF Room 2 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Prue Mansfield**

So, you are someone who loves words, twists and jokes. You might already do the straight crosswords and glance at the cryptic, bemused at those nonsensical phrases. Maybe you've promised yourself you'll learn how to do cryptics 'one day'. Or you've given it a go now and then and given it up! We've all done that too. Come and join us in our weekly brainsport...analysis, observation, ignoring the rules of grammar, dredging up obscure facts, with as many a ha moment as groans. What was the ingredient in those blue bags in the laundry? Is laptop ever 2 words? What about famous "Frank's" Anne, Sinatra, Zappa, ...furt? We thrash out the clues together, brainstorm, love it when someone knows just the obscure fact we need. A success is both our grey matter and laughing muscles having a good old work out. And mostly completing the puzzle.

### **225GAM4: Cryptic Crosswords**    **Type: On-Going Activity**

**Dates: 17/02/2022 - 08/12/2022**

**Frequency: Weekly Thursdays 12:00 - 14:00**

**Location: KF Room 2 Corner 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.

**227GAM2: Mah Jong Group1** **Type: On-Going Activity**  
**Dates: 01/02/2022 - 13/12/2022** **Frequency: Weekly Tuesdays 9:00 - 11:45**  
**Location: KF Room 2 Corner Church/Bank Streets Kangaroo Flat** **Convenor: Anne Tecklenburg**  
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.

**228GAM4: Mah Jong Group1.5** **Type: On-Going Activity**  
**Dates: 03/02/2022 - 08/12/2022** **Frequency: Week 1,3 Thursdays 9:00 - 11:30**  
**Location: KF Room 2 Corner Church/Bank Streets Kangaroo Flat** **Convenor: Anne Tecklenburg**  
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.

**229GAM2: Mah Jong Group 2** **Type: On-Going Activity**  
**Dates: 01/02/2022 - 13/12/2022** **Frequency: Weekly Tuesdays 9:00 - 11:30**  
**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.

## Health and Wellbeing

**2213HEA4: Alone or Lonely Social Group** **Type: 7 Week Block**  
**Dates: 14/07/2022 - 25/08/2022** **Frequency: Weekly Thursdays 14:00 - 16:00**  
**Location: Quarry Hill Community Hall Hamlet Street Quarry Hill** **Convenor: Christine Haddrick**  
AOL for Winter Cheer, a new Alone or Lonely Group for members who are on their own, feeling a bit isolated, sometimes lonely on these cold days. If this is you (even sometimes), then come along to the Alone or Lonely Social Group to chat and cheer with like-minded people?

**2213HEA2: Creative Movement and Dance** **Type: Term Dates Only**  
**Dates: 24/05/2022 - 29/11/2022** **Frequency: Weekly Tuesdays 12:30 - 14:15**  
**Location: Quarry Hill Community Hall Hamlet Street Quarry Hill** **Convenor: Zoe Wallace**  
Synchronising taught movements to music - activating memory. Using active imagination, exploring a wide range of movements and coordination. Whole group interaction. Find individual choreographic performance.

**221HEA5: A Meditation** **Type: On-Going Activity**  
**Dates: 18/02/2022 - 02/12/2022** **Frequency: Weekly Fridays 9:30 - 11:00**  
**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat** **Convenor: Lyn Goodall**  
This meditation group caters for members with or without meditation experience. 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 vaccination requirements as well as tick the Attendance Sheet. Please be prepared to assist with cleaning after the session. Contact Lyn the Convenor, before attending this group, to ensure there is a place for you.

## History

### **222HIS2: Genealogy - Family Research Group**

**Type: On-Going Activity**

**Dates: 21/02/2022 - 21/11/2022**

**Frequency: Week 3 Mondays 13:00 - 15:00**

**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Anne Kotsiakos**

Bringing 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.

## Languages

### **222LAN1: French - Elementary**

**Type: On-Going Activity**

**Dates: 07/02/2022 - 28/11/2022**

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

**Location: KF Room 2 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Victoria Fyffe**

The French Elementary class is learned in a jovial atmosphere with everyone participating. It is preferable that students have a basic knowledge of French. In this group, students consolidate their language skills in conversing with others in the group. Topics include everyday conversational French, meeting people, shopping, French culture, food and travel. There is a limited amount of grammar in support of conversation. New students are always welcome!

### **223LAN3: French Conversation - Intermediate**

**Type: On-Going Activity**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Weekly Wednesdays 9:30 - 11:30**

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

**Convenor: Yvonne Bahen**

Polish up your French. The Intermediate French group is comprised of U3A members who have studied French to Intermediate or Senior level and who wish to refresh or continue to advance their fluency. Members prepare a short speech on a particular subject; we revise some elements of grammar chosen to advance and enrich competency in the language; and each week we read a passage of a French story, often with questions relating to the story or themes arising from it.

### **224LAN3: French Conversation - Advanced**

**Type: On-Going Activity**

**Dates: 02/02/2022 - 30/11/2022**

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

**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Yvonne Bahen**

Les francophones et les francophiles qui prennent part au groupe français discutent des problèmes du monde et de la société, racontent des histoires de leur vie, ou simplement parlent entre eux sur n'importe quel sujet. De temps en temps on examine un thème particulier ( comme la peur pour exemple ) ou des subtilités de la langue française, et chaque semaine on lit un extrait de la littérature. Pour exemple, récemment le groupe a lu la nouvelle Le Silence de la Mer et on a discuté un film Comme un chef. C'est un groupe très amical et parfois très amusant aussi.

### **229LAN3: Continuing Indonesian**

**Type: On-Going Activity**

**Dates: 11/05/2022 - 14/12/2022**

**Frequency: Weekly Wednesdays 14:45 - 16:45**

**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Norm West**

These sessions follow on from the Introductory Indonesian class. They are suitable for members with little or no knowledge, or connection with the Indonesian language. The main aim is to build conversation skills, vocabulary and verb and noun constructions and usage. Developing cultural knowledge and perceptions is incorporated in the language. No textbooks needed, but a pen and notebook are required. Please enroll via U-MAS. Ideally you will have attended the Introductory Indonesian 4-week course. Please contact the Convenor, Norm for more information.



## Literature, Poetry and Writing

### **221LIT4: Appreciation of Poetry**

**Type: On-Going Activity**

**Dates: 8/09/2022 - 08/12/2022**

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

**Location: Quarry Hill Community Hall Hamlet Street Quarry Hill**

**Convenor: Christine Haddrick**

Poetry matters for it frees us from daily chores, mundane ritual and consumerism. What more could we wish for? In the word of Jay Parini, American poet and author, "Poetry matters because it serves up the substance of our lives...it allows us to see ourselves freshly and keenly. It makes the invisible world visible. It reanimates nature for us...It draws us more deeply into conversation with the traditions we feed off...It provides in many cases, a reason for life itself." Truer words have never been written.

### **222LIT4: Well-Read Book Group (Formerly Book Chat)**

**Type: On-Going Activity**

**Dates: 24/02/2022 - 24/11/2022**

**Frequency: Week 4 Thursdays 9:30 - 11:00**

**Location: KF Room 2 Corner 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 to ensure enrolment.

### **223LIT4: RUGS Book Club**

**Type: On-Going Activity**

**Dates: 10/02/2022 - 08/12/2022**

**Frequency: Week 2 Thursdays 11:30 - 14:00**

**Location: Queens Arms Hotel 25 Russel Street 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. The group now meets at the Queens Arms Hotel, Quarry Hill. Please contact Convenor for more information.

### **224LIT4: Bookworms**

**Type: On-Going Activity**

**Dates: 17/02/2022 - 17/11/2022**

**Frequency: Week 3 Thursdays 14:30 - 16:00**

**Location: KF Room 2 Corner 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.

### **225LIT5: Chatterbooks**

**Type: On-Going Activity**

**Dates: 04/02/2022 - 02/12/2022**

**Frequency: Week 1 Fridays 14:00 - 16:00**

**Location: KF Room 2 Corner 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. Please contact Convenor to ensure enrolment.

**226LIT3: Chapter 4 Book Group**

**Type: On-Going Activity**

**Dates: 14/03/2022 - 12/12/2022**

**Frequency: Week 2 Activity 13:00 - 15:00**

**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Lorraine Durant**

The group meets monthly to discuss the book distributed at the previous meeting. Books are sourced from the Goldfields Library, each library bag containing 10 copies of a single title. Members suggest books from the Book Clubs List and the monthly book is chosen from their suggestions. We look forward to the enjoyment of discussing books with others; the experience of reading a range of books from different genres and developing as readers; the exploration of new ideas and issues; and, as time passes, the development of strong social bonds between members. Please contact the Convenor for more information.

**227LIT3: My Story - Group1**

**Type: On-Going Activity**

**Dates: 02/02/2022 - 07/12/2022**

**Frequency: Week 1 Wednesdays 10:00 - 12:00**

**Location: KF Room 2 Corner 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.

**228LIT3: My Story - Group 2**

**Type: On-Going Activity**

**Dates: 09/02/2022 - 14/12/2022**

**Frequency: Week 2 Wednesdays 10:00 - 12:00**

**Location: KF Room 2 Corner 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

**2214MUS3: Ukulele Group**

**Type: On-Going Activity**

**Dates: 09/02/2022 - 07/12/2022**

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

**Location: Quarry Hill Community Hall Hamlet Street Quarry Hill**

**Convenor: Cheryl Hardie**

This group is intended for people who have been playing the ukulele for a while and want to progress musically, and to do more interesting things with the ukulele. It will suit people who participated in the 2020 and 2021 U3A Uke sessions, and any newcomers who already have a reasonable level of proficiency in playing the ukulele. Activities will include playing songs and other music which involve more than just basic chords, and may include different parts, interesting strumming patterns, finger picking, and material that requires the reading of tabs (tablature). Participants will need to already: know a range of chords and be relatively fluent in changing chords; be able to read and apply chord diagrams to play new chords (i.e. it's not so much a matter of how many chords you currently know, as being able to pick up new ones relatively easily); be able to play a variety of strumming patterns and to pick up new patterns; be able to read ukulele tabs (tablature); be able to do some basic finger picking patterns. Participants should have a keen desire to progress with their playing skills and be prepared to commit to working on their proficiency week to week so that they, and the group, can consistently progress in their playing skills.

**2214MUS5: Hand Chimes and Bell Plates**

**Type: On-Going Activity**

**Dates: 03/02/2022 - 08/12/2022**

**Frequency: Weeks 1,2,4 and 5 Thursdays 14:30 - 16:00**

**Location: KF Room 2 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Graham Robinson**

Come and try something completely different. We have two instruments for performing music (Chimes and Bell Plates). Each need 9 (or 19) players. If you have trouble finding the note, these are tuned and you have to play your note from a 'spreadsheet', not a musical score.

**221MUS3: Choir** **Type: On-Going Activity**  
**Dates: 01/02/2022 - 22/11/2022** **Frequency: Weekly Tuesdays 11:30 - 12:30**  
**Location: KF Hall Corner Church/Bank Streets Kangaroo Flat** **Convenor: Malcolm John**

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. Occasionally the Choir sings for aged care residents across Bendigo and performs at U3A and community functions.

**224MUS1: Good Vibrations Group 1** **Type: On-Going Activity**  
**Dates: 28/02/2022 - 28/11/2022** **Frequency: Week 4 Mondays 14:00 - 16:00**  
**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat** **Convenor: Mary Tuohey**

An introduction to the history of pop and rock'n'roll from the mid-1950s to the 1970s. Using relevant video clips, the classes showcase some memorable artists, songs and performances. Themed sessions cover a varied and interesting collection of pop/rock music. Members are encouraged to participate in discussions aimed at improving our knowledge, appreciation and enjoyment of the music.

**224MUS2: Good Vibrations Group 2** **Type: On-Going Activity**  
**Dates: 01/02/2022 - 06/12/2022** **Frequency: Week 1 Tuesdays 14:00 - 16:00**  
**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat** **Convenor: Mary Tuohey**

An on-going exploration of the history of pop and rock'n'roll from the mid-1960s to the 1980s. Using relevant video clips, the classes showcase some memorable artists, songs and performances. Themed sessions cover a varied and interesting collection of pop/rock music. Members are encouraged to participate in discussions aimed at improving our knowledge appreciation and enjoyment of the music.

**226MUS4: Music for Pleasure** **Type: On-Going Activity**  
**Dates: 10/02/2022 - 24/11/2022** **Frequency: Week 2,4 Thursdays 10:00 - 12:00**  
**Location: Private home – Contact Convenor** **Convenor: Ian Burdett**

Members share music they enjoy, each bringing a work to play relating to a theme such as ceremonial music; a solo work; music depicting nature, chosen at the previous meeting. All styles are heard, and knowledge is shared. Please contact Convenor for more details.

**227MUS5: Musical Instruments Group** **Type: On-Going Activity**  
**Dates: 23/02/2022 - 14/12/2022** **Frequency: Weekly Wednesdays 13:00 - 14:30**  
**Location: Quarry Hill Community Hall Hamlet Street Quarry Hill** **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. Our repertoire contains many kinds of music. We try to cater for all tastes. Please contact the Convenor if interested and to obtain venue details.

### **228MUS1: Recorder-Beginners & Exp Players**

**Type: On-Going Activity**

**Dates: 07/02/2022 - 28/11/2022**

**Frequency: Weekly Mondays 8:45 - 10:15**

**Location: KF Room 2 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Leo Overberg**

This class offers a chance to begin playing the descant (or other) recorder and for more experienced players to play in a Recorder Consort consisting of Descant, Treble, Tenor and Bass. While no prior experience is required anyone who has played in the past and wishes to brush up their technique is welcome to come along. Leo is happy to provide recorders for people who do not have instruments of their own. The first half hour is set aside for beginners learning to play their chosen instrument; they are then free to stay and join the full consort for the next hour. The more experienced players play music arranged for four voices ranging from popular folk songs and Christmas carols to simple arrangements of baroque and classical music. The aim is to develop a repertoire so that the group can perform in public such as aged care settings and end of year U3A concerts.

## **Short Courses**

### **223SHC2: Soulful Ageing**

**Type: Short Activity**

**Dates: 14/06/2022 - 23/08/2022**

**Frequency: Weekly Tuesdays, 12.00 – 14:00**

**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Julie-Anne Wood**

Jung believed that the “afternoon of life” was as important as youth and that it had a new purpose and meaning for individuals. If you are interested in learning how to age in a soulful way, enroll in this course to learn about the soul’s mission as the individual ages, accepting ourselves, and finding revitalized energy to live an authentic life. Meet the shadows of ageing and attune to the soul’s longings and explore meaning of ageing beyond doing. In this course, Julie-Anne Wood, founder of the Inner Work Academy, counsellor and mentor, will extend her views to later life. Life after 60 can feel like we’re in a state of limbo, unable to let go of the past or see future possibilities. A depth psychological approach to the late-life identity crisis requires us to turn within. If we complete this rite of passage, shifting our focus from our outer identities from our role to the soul, we can release the heroic ego’s strivings, find renewal in an identity beyond our previous roles, and become who we truly are, perhaps for the first time.

## **Social Activities**

### **223HEA2: Monthly Movie**

**Type: On-Going Activity**

**Dates: 15/02/2022 - 15/11/2022**

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

**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Carolyn Smith**

A different movie is shown each month. Members can bring a friend and may request a favourite movie.

### **224HEA5: Visiting Gardens & Growing Things**

**Type: On-Going Activity**

**Dates: 11/02/2022 - 09/12/2022**

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

**Location: Various Locations Outdoors Contact Convenor**

**Convenor: Barbara Ritchie**

This year the emphasis will be on new gardens, old gardens public gardens, nurseries and 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.

**221SOC1: Discussion Group** **Type: On-Going Activity**  
**Dates: 07/02/2022 - 28/11/2022** **Frequency: Weekly Mondays 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.

**2210SOC3: Social Gatherings – July to November** **Type: On-Going Activity**  
**Dates: 27/06/2022 - 30/11/2022** **Frequency: Week 4 Wednesdays 14:00 - 16:00**  
**Location: KF Hall Corner Church/Bank Streets Kangaroo Flat** **Convenor: Barbara Ritchie**

Thank you for being a part of U3A Bendigo. We throw open our doors each month and hold a Social Gathering for members on the fourth Wednesday of each month except January and December. All members are welcome and are encouraged to come along and make the most of these opportunities to hear from a guest speaker, or be entertained, while meeting up with other members, Convenors and the Committee. Afternoon tea, coffee and biscuits are available. Please enroll separately for each Social Gathering to help with catering.

**223SOC4: Thursday Lunch Club** **Type: On-Going Activity**  
**Dates: 03/03/2022 - 01/12/2022** **Frequency: Week 1 Thursdays 12:00 - 14:00**  
**Location: Various Lunch Venues Contact Convenor** **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

**222TEC4: Apple Users** **Type: On-Going Activity**  
**Dates: 05/05/2022 - 01/12/2022** **Frequency: Week 1 Thursdays 13:00 - 15:00**  
**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat** **Convenor: David Guymer**

For members who wish to get more from their Apple Macs, 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 for more information.

**224TEC4: Coding & Mechatronics** **Type: On-Going Activity**  
**Dates: 10/02/2022 - 24/11/2022** **Frequency: Week 2,4 Thursdays 13:00 - 15:00**  
**Location: KF Room 1 Corner 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.

#### **225TEC4: Windows Computer Users**

**Type: On-Going Activity**

**Dates: 17/02/2022 - 15/12/2022**

**Frequency: Week 3 Thursdays 13:00 - 15:00**

**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: David Guymer**

For members who use Windows 10 PC computers 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.

#### **226TEC4: One on One Windows Computer Training**

**Type: On-Going Activity**

**Dates: 14/02/2022 - 19/12/2022**

**Frequency: Weeks 1 & 3 Mondays 12:30 - 14:00**

**Location: KF Office Corner Church/Bank Streets Kangaroo Flat**

**Convenor: David Guymer**

One on One Windows Computer Training. Please contact the Convenor for more details.

## **Tuesday Talks**

#### **2210TAL2: Tuesday Talks**

**Type: One-off**

**Dates: 03/05/2022 - 22/11/2022**

**Frequency: Weeks 2,4 Tuesdays, 9.30am – 11.30am**

**Location: KF Room 1 Corner Church/Bank Streets Kangaroo Flat**

**Convenor: Jennifer Goddard**

Tuesday Talks cover a range of topics including travel; Bendigo-related issues; technology; nature; lifestyle; health; and history. Please see U-MAS or the BUZZ for details of each talk and enroll online for each topic that interests you. Please un-enroll if you change your mind. Contact the Convenor or the office or email [activities@u3abendigo.com](mailto:activities@u3abendigo.com) for assistance.

## **Walking Groups**

#### **221WAL4: Bush Hikers**

**Type: On-Going Activity**

**Dates: 06/01/2022 - 22/12/2022**

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

**Location: Various Locations Outdoors Contact Convenor**

**Convenor: Eileen O'Brien**

Details of walks and meeting place are published each month in the BUZZ. This is an all-year-round activity. The Hikers Group walks are from 8 to 15kms and may be easy, medium or hard. The duration depends on the walk and travel distances, with an average of 4-6 hours total time away. Car-pooling is regularly used, particularly for the walks further away from Bendigo. The group gives members an opportunity to enjoy the natural, and some 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 of Victoria 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.

#### **222WAL4: Bush Walkers**

**Type: On-Going Activity**

**Dates: 06/01/2022 - 22/12/2022**

**Frequency: Weekly Thursdays 8:15 - 13:00**

**Location: Various Locations Outdoors Contact Convenor**

**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.

**223WAL4: Bush Wanderers**

**Type: On-Going Activity**

**Dates: 06/01/2022 - 22/12/2022**

**Frequency: Weekly Thursdays 8:15 - 10:30**

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

We are the least ambitious of the Thursday bushwalking groups and walk for a maximum of about five kilometres over a different route each week. Our walks take in both urban and bush venues; the starting places and estimated degree of difficulty for each walk are advertised in the BUZZ. There is a modified program for the summer months with all walks taking place close to town and there are no walks on days of Total Fire Ban.

**224WAL1: Walking for Fitness-Mondays-brisk pace**

**Type: On-Going Activity**

**Dates: 03/01/2022 - 19/12/2022**

**Frequency: Weekly Mondays 9:30 - 10:30**

**Location: Various Locations Outdoors Contact Convenor**

**Convenor: Tricia King**

These brisk walks are of approximately one hour duration, covering five or six kms. Most walks are on good paths, but some will involve bush tracks etc. The aim of this walking group 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. We walk 52 weeks a year - no breaks! 1st November to 31st March - 8.30am start 1st April to 31st October - 9.30am start. Meet at Lake Weeroona carpark, near railway crossing on Napier Street.

**225WAL1: Walking for Fitness-Mondays-slow pace**

**Type: On-Going Activity**

**Dates: 03/01/2022 - 19/12/2022**

**Frequency: Weekly Mondays 9:30 - 10:30**

**Location: Various Locations Outdoors Contact Convenor**

**Convenor: Bernie White**

On Mondays there is an alternative walk available at a slower pace. The aim of this walking group 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. We walk 52 weeks a year - no breaks! 1st November to 31st March - 8.30am start 1st April to 31st October - 9.30am start.

**226WAL4: Walking for Fitness-Thursdays**

**Type: On-Going Activity**

**Dates: 06/01/2022 - 22/12/2022**

**Frequency: Weekly Thursdays 9:30 - 11:30**

**Location: Various Locations Outdoors Contact Convenor**

**Convenor: Jan Maling**

These brisk walks are of approximately one hour duration, covering five or six kms. Most walks are on good paths but some will involve bush tracks etc. The aim of this walking group 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. We walk 52 weeks a year - no breaks! 1st November to 31st March - 8.30am start 1st April to 31st October - 9.30am start Meeting place varies each week. Details are published in each edition of the BUZZ newsletter or for further details, contact the Convenor.

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U3A Bendigo offers members a wide and interesting range of courses and activities. U3A Bendigo's subscriptions are due on 1st January of each year. Pro-rata subscriptions from July and October. Contact the office if you join after 30 June. You may pay your subscription before 1 July online (please visit our website for bank/payment 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 0490 858 469 or visit the office on Tuesdays and Fridays from 9:30 am to 12 noon. The Activities Team can be contacted by email to [activities@u3abendigo.com](mailto:activities@u3abendigo.com) or phone 0490 858 469.

**Please wear your U3A name badge to all classes, activities and events 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.**

**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

