



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

Term 4

2022 PROSPECTUS

AGELESS AND UNSTOPPABLE



Bush Wanderers

Photo by Liz Martin

Friendship Skills Knowledge
Keeping Connected

October 2022 Update

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 through U-MAS, our membership management system. If you need help, please email activities@u3abendigo.com or call into the office on Tuesday or Friday mornings from 9:30 am to 12:00 pm.

Contact Details

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Corner Church & Bank Streets Kangaroo Flat

Phone: 0490 858 469

U-MAS email contact: umasadmin@u3abendigo.com

Activities email contact: activities@u3abendigo.com

Volunteer email contact: 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 1:00pm - 4:00pm

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.

2212ART4: Theatre Group

Type: On-Going Activity

Dates: 02/06/2022 - 08/12/2022

Frequency: Week 1,3 Thursdays 1:00am - 3:00pm

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 Melodrama etc. Please contact Convenor for enrolment information.

2213ART5: Watercolour: Continuing the Journey

Type: On-Going Activity

Dates: 15/07/2022 - 25/11/2022

Frequency: Weekly Fridays 1:00pm - 4:00pm

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.

222ART2: Embroidery and Craft

Type: On-Going Activity

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

Frequency: Weekly Tuesdays 2:00pm - 4:00pm

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.

Exercise

2210EXE5: Water Aerobics

Type: On-Going Activity

Dates: 07/02/2022 - 05/12/2022

Frequency: Weekly Mondays 1:30pm - 2:00pm

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.

2211EXE4: Petanque

Type: On-Going Activity

Dates: 03/02/2022 - 15/12/2022

Frequency: Weekly Thursdays 9:30am - 10:30am

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 9:00am - 11:00am

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 per week. A wait list applies so please phone for a tryout. For further information contact the Convenors.

223EXE1: Table Tennis Wednesday

Type: On-Going Activity

Dates: 05/01/2022 - 28/12/2022

Frequency: Weekly Wednesdays 9:00am - 11:00am

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 each week. A wait list applies so please phone for a tryout. For further information contact Coordinator.

229EXE4: Walking Futsal Seniors (indoor soccer)

Type: On-Going Activity

Dates: 18/02/2022 - 02/12/2022

Frequency: Weekly Fridays 10:30am - 11:30am

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 10:00am - 12:00noon

Location: KF Room1 Cnr 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 2:30pm - 4:30pm

Location: KF Room 2 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.

223GAM2: Cribbage

Type: On-Going Activity

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

Frequency: Weekly Tuesdays 1:15pm - 3:15pm

Location: KF Room 2 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.

224GAM2: Cryptic Crosswords - Emerging

Type: On-Going Activity

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

Frequency: Weekly Mondays 10:30am - 12:00noon

Location: KF Room 2 Cnr 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 moments 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 12:00noon - 2:00pm

Location: KF Room 2 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.

227GAM2: Mah Jong Group1

Type: On-Going Activity

Dates: 01/02/2022 - 13/12/2022

Frequency: Weekly Tuesdays 9:00am - 11:30am

Location: KF Room 2 Cnr 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 9:00am - 11:30am

Location: KF Room 2 Cnr 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 9:00am - 11:30am

Location: Bendigo Retirement Village Spring Gully

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: Short Activity

Dates: 14/07/2022 - 13/10/2022

Frequency: Week 2,4 Thursdays 2:00pm - 4:00pm

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 or sometimes lonely. If this is you (even sometimes), then come along to the Alone or Lonely Social Group to chat and cheer with like-minded people.

221HEA5: A Meditation

Type: On-Going Activity

Dates: 18/02/2022 - 02/12/2022

Frequency: Weekly Fridays 9:30am - 11:00am

Location: KF Room 1 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 tick the Attendance Sheet. Please contact Lyn the Convenor, before attending this group, to ensure there is a place for you.

223HEA2: Monthly Movie

Type: On-Going Activity

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

Frequency: Week 3 Tuesdays 12:30pm - 3:00pm

Location: KF Room 1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Carolyn Smith

A different movie is shown each month. Members are encouraged to 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 10:00am - 12:00noon

Location: Various Locations Outdoors Contact Convenor

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.

228HEA4: Yoga 1 - Thursdays

Type: On-Going Activity

Dates: 13/10/2022 - 01/12/2022

Frequency: Weekly Thursdays 10:00am - 11:15am

Location: Quarry Hill Community Hall Hamlet Street Quarry Hill

Convenor: Marilyn Grossman

General Yoga suitable for all ages - Beginners and Experienced. These sessions run during the school term and are held at the Quarry Hill Community Hall. Hamlet St, Quarry Hill. Contact the Convenor for enrolment information.

2211HEA4: Yoga 2 - Thursdays

Type: On-Going Activity

Dates: 20/10/2022 - 01/12/2022

Frequency: Weekly Thursdays 11:30am - 12:45pm

Location: Quarry Hill Community Hall Hamlet Street Quarry Hill

Convenor: Marilyn Grossman

General Yoga suitable for all ages - Beginners and Experienced. These sessions run during the school term and are held at the Quarry Hill Community Hall. Hamlet St, Quarry Hill. Contact the Convenor for enrolment information.

History

222HIS2: Genealogy - Family Research Group

Type: On-Going Activity

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

Frequency: Week 3 Mondays 1:00pm - 3:00pm

Location: KF Room 1 Cnr 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

2210LAN1: French - Elementary

Type: On-Going Activity

Dates: 11/07/2022 - 05/12/2022

Frequency: Weekly Mondays 12:00noon - 2:00pm

Location: KF Room 2 Cnr 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!

2211LAN3: Conversational Spanish

Type: On-Going Activity

Dates: 27/07/2022 - 07/12/2022

Frequency: Week 2,4 Wednesdays 6:00pm - 7:30pm

Location: KF Room 2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Miriam Casas

Conversational Spanish is for those who have some knowledge of Spanish and are keen to improve their language speaking skills. Leonie Lewington began these classes in 2016. U3A Bendigo gratefully thanks Hispanos Unidos De Victoria for assisting to promote, foster and provide a richer understanding about the cultures of Spanish-speaking countries. For more information visit: <https://www.connectgreaterbendigo.com.au/clubs-and-groups/community-groups/community-organisations/hispanos-unidos-de-victoria>

223LAN3: French Conversation - Intermediate

Type: On-Going Activity

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

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

Location: KF Room 1 Cnr 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 12:45pm - 2:30pm

Location: KF Room 1 Cnr 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 2:45pm - 4:45pm

Location: KF Room 1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Norm West

These sessions follow on from the Introductory Indonesian. 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 enrol via U-MAS.

Ideally you will have attended the Introductory Indonesian 4 week course. Please contact the Convenor, Norm for more information.

Literature and Writing

222LIT4: Well Read Book Group

Type: On-Going Activity

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

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

Location: KF Room 2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: TBA

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.

224LIT4: Bookworms

Type: On-Going Activity

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

Frequency: Week 3 Thursdays 2:30pm - 4:00pm

Location: KF Room 2 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.

225LIT4: RUGS Book Club

Type: On-Going Activity

Dates: 11/08/2022 - 08/12/2022

Frequency: Week 2 Thursdays 11:30am - 2:00pm

Location: Various Venues Contact Convenor

Convenor: TBA

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. Please contact Convenor for more information.

225LIT5: Chatterbooks

Type: On-Going Activity

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

Frequency: Week 1 Fridays 2:00pm - 4:00pm

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

226LIT3: Chapter 4 Book Group

Type: On-Going Activity

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

Frequency: Monthly Activity 1:00pm - 3:00pm

Location: KF Room 1 Cnr 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 10:00am - 12:00noon

Location: KF Room 2 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.

228LIT3: My Story - Group 2

Type: On-Going Activity

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

Frequency: Week 2 Wednesdays 10:00am - 12:00noon

Location: KF Room 2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Cilla Brady

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

Music - Various

2214MUS3: Ukulele Group

Type: On-Going Activity

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

Frequency: Weekly Wednesdays 3:00pm - 4:30pm

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 new ones up relatively easily); be able to play a variety of strumming patterns and to pick up new patterns; be able to read ukulele tabs (tablature); and 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 2:30pm - 4:00pm

Location: KF Room 2 Cnr 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.

2215MUS1: Easy Guitar Singalong

Type: On-Going Activity

Dates: 06/06/2022 - 05/12/2022

Frequency: Week 1 Mondays 1:30pm - 3:30pm

Location: Convenor Home Mandurang

Convenor: Yvonne Scouller

This group is a fun group for beginner guitarists or for those who have played in the distant past and would like to dust off their guitars. Even a beginner should be able to go home and play a few 2 chord songs after the first session. We work towards eventually playing about 12 chords. Everyone is encouraged to sing if they want to and music helps to raise our spirits. Stay for a cuppa afterwards. Members of the community may also participate. Held at Yvonne's house in Mandurang, on the first Monday of the month at 1.30pm, for approximately 2 hours, but since this is a small class, day of the week might be negotiable. Please contact Yvonne for more information.

2216MUS5: Advanced Guitar Group

Type: On-Going Activity

Dates: 27/05/2022 - 06/12/2022

Frequency: Weekly Tuesdays 1:00pm - 5:00pm

Location: Quarry Hill Community Hall Hamlet Street Quarry Hill

Convenor: Yvonne Scouller

This group has been in existence for about five years and would suit anyone with a good knowledge of chords and strumming techniques, or musicians with experience of playing in a band. This group participates in community performances at times, and each session time is spent on each song to achieve a good standard. This group doesn't include guitar tuition like the other group, the Easy Guitar/ Singalong group, which caters for less experienced or beginner guitarists. For more information please contact - Yvonne

221MUS3: Choir

Type: On-Going Activity

Dates: 01/02/2022 - 22/11/2022

Frequency: Weekly Tuesdays 11:30am - 12:30pm

Location: KF Hall 1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Carol Aylward

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.

226MUS4: Music for Pleasure

Type: On-Going Activity

Dates: 10/02/2022 - 24/11/2022

Frequency: Week 2,4 Thursdays 10:00am - 12:00noon

Location: Member's Home Quarry Hill

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 etc, chosen at the previous meeting. All styles are heard and knowledge 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 1:00pm - 2:30pm

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 different 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 8:45am - 10:15am

Location: KF Room 2 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Leo Overberg

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. Whilst 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

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.

Short Courses

223SHC1: The Power of Myth

Type: Short Activity

Dates: 03/10/2022 - 05/12/2022

Frequency: Six sessions Mondays 10:00am - 12:00noon

Location: KF Room 1 Cnr Church/Bank Streets Kangaroo Flat

Convenor: Julie-Anne Wood

Forty years ago, renowned scholar Joseph Campbell sat down with veteran journalist Bill Moyers for a series of interviews that became one of the most enduring popular programs ever on PBS. In dialogues that adroitly span millennia of history and far-flung geography, the two men discuss myths as metaphors for human experience and the path to transcendence, touching on topics as diverse as world religion, the virgin birth, and pop culture. Join us to enjoy watching, learning, appreciating and discussing each episode of this magnificent series. Each week one episode will be viewed and discussed amongst class members. Please contact Convenor for more information.

Social Activities

2214SOC3: Social Gatherings - October

Type: On-Going Activity

Dates: 26/10/2022 - 26/10/2022

Frequency: Week 4 Wednesdays 2:00pm - 4:00pm

Location: KF Hall Cnr Church/Bank Streets Kangaroo Flat

Convenor: Barbara Ritchie

The health and safety of our members is paramount to us at U3A Bendigo, so please keep watching the notices here, as things can change quickly. We endeavour to make you aware of any changes as they happen. To comply with caps on numbers when we re-open, please enrol on U-MAS, contact the office, or phone 0490 858 469 to enrol for these social, fun meetings. Thank you for being a part of U3A Bendigo. 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 relax and have fun! Also you get the chance to meet up with other members, Convenors and Committee Members too. Tea – coffee and bickies are available. Thank you for being a part of U3A Bendigo.

Please enrol for each of the Social Gatherings separately. This will help us, especially where catering is involved.

2215SOC3: Social Gatherings - Christmas Concert

Type: On-Going Activity

Dates: 23/11/2022 - 23/11/2022

Frequency: Week 4 Wednesdays 2:00pm - 4:00pm

Location: KF Hall Cnr Church/Bank Streets Kangaroo Flat

Convenor: Barbara Ritchie

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Please enrol for each of the Social Gatherings separately. This will help us, especially where catering is involved.

221SOC1: Discussion Group

Type: On-Going Activity

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

Frequency: Weekly Mondays 1:15pm - 3:00pm

Location: Bendigo Club 22 Park Street Strathdale

Convenor: Alison Oppermann

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.

223SOC4: Thursday Lunch Club **Type: On-Going Activity**
Dates: 03/03/2022 - 01/12/2022 **Frequency: Week 1 Thursdays 12:00noon - 2:00pm**
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 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.

225SOC4: BUZZ Pro Rata \$5 Posted per year **Type: On-Going Activity**
Dates: 01/10/2022 - 31/12/2022 **Frequency: Monthly Activity, Friday 10:00am - 12:00noon**
Location: KF Office Cnr Church/Bank Streets Kangaroo Flat **Convenor: Ian Burdett**
Pro Rata Fee from 1 October: \$5.00

Select this activity if you would like to have the BUZZ posted to you, at a cost of \$15 per year, \$10 pro rata from 1 July, \$5 pro rata from 1 October.

Technology

222TEC4: Apple Users **Type: On-Going Activity**
Dates: 05/05/2022 - 01/12/2022 **Frequency: Week 1 Thursdays 1:00pm - 3:00pm**
Location: KF Room 1 Cnr Church/Bank Streets Kangaroo Flat **Convenor: David Guymer**

For members who wish to get more from their Apple iPhones and iPads or Apple Mac PCs. The group attempts to assist members with their Apple products, 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 1:00pm - 3:00pm**
Location: KF Room 1 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.

225TEC4: Windows Computer Users **Type: On-Going Activity**
Dates: 17/02/2022 - 15/12/2022 **Frequency: Week 3 Thursdays 1:00pm - 3:00pm**
Location: KF Room 1 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.

226TEC4: One on One Windows Computer Training **Type: On-Going Activity**
Dates: 07/02/2022 - 05/12/2022 **Frequency: Week 1 Mondays 12:30pm - 2:00pm**
Location: KF Office Cnr Church/Bank Streets Kangaroo Flat **Convenor: David Guymer**

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

Walking Groups

221WAL4: Bush Hikers

Type: On-Going Activity

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

Frequency: Weekly Thursdays 8:30am - 12:30pm

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 8:30am - 1:00pm

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 8:30am - 10:30am

Location: Various Locations Outdoors Contact Convenor

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 8:30am - 9:30am

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 8:30am - 9:30am

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 8:30am - 9:30am

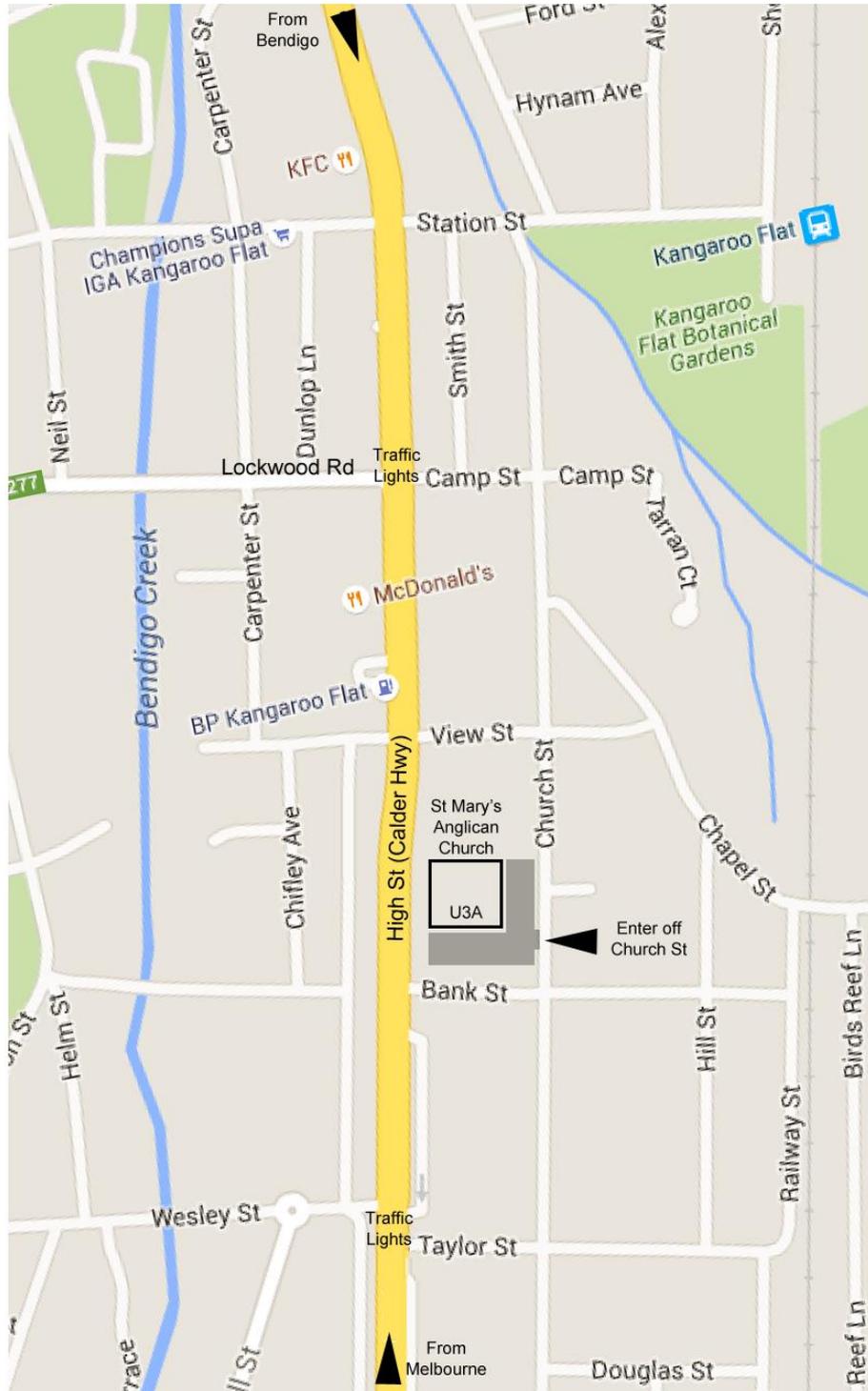
Location: Various Locations Outdoors Contact Convenor

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.

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



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 from 1 October. You may pay your subscription by card, cash or cheque in person by calling into the office on Tuesdays and Fridays from 9:30 am to 12 noon.

For more information, email activities@u3abendigo.com or phone 0490 858 469.