

Term 2

2023 PROSPECTUS



My Story in the Gardens

Photo courtesy of Cilla Brady

Learning today to make tomorrow better

April 2023

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 enrol 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.

Over 70 activities are listed in the Term 2, 2023 Prospectus. New activities commencing during this term include *Bunnings BBQs*, *Genealogy* and *My Life Through Movies*.

Past members and new members can renew or join online at any time via our website at u3abendigo.com through U-MAS, our membership management system. For help, please email admin@u3abendigo.com or call into the office on Tuesday or Friday mornings (except public holidays) from 9:30 am to 12:00 pm. Paper copies of the *Term 2 2023 Prospectus* are available from the office.

Contact Details

To contact a Convenor, please refer to the BUZZ Timetable, or phone the office on 0490 858 469

Office hours are 9:30 to 12:00, Tuesdays & Fridays mornings (except public holidays)

The office is located at St Mary's on the Corner Church & Bank Streets, Kangaroo Flat

U3A Bendigo mailing address is: PO Box 274 BENDIGO VIC 3552

For activities or in-person enrolment inquiries, please email: admin@u3abendigo.com

For assistance with on-line enrolment, please email: umasadmin@u3abendigo.com

For more information about U3A Bendigo, please visit: <https://u3abendigo.com/>

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Arts and Crafts

235ART14: ART KULA U3A

Type: On-Going Activity

Dates: 03/02/2023 - 15/12/2023

Frequency: Weekly, Fri 1:00pm - 4:00pm

Location: Quarry Hill Community Hall, 52 Hamlet St Quarry Hill **Convenor: Cheryl Hardie**

An inclusive group of like-minded people with a shared sense of purpose and belonging, and where artists of all abilities come together to share their art – water colour, oils, acrylics, sketching, drawing, mandalas, etc.

232ART7: Chatty Crafters

Type: On-Going Activity

Dates: 07/02/2023 - 12/12/2023

Frequency: Weekly, Tue 9:00am - 12:00noon

Location: Quarry Hill Community Hall, 52 Hamlet St Quarry Hill **Convenor: Cheryl Hardie**

Learning And sharing craft skills where friendships are formed, and conversations enjoyed. Bring your craft projects and set your own goals – covers knitting, crochet, needlework, beading, weaving, patch work, etc.

232ART8: Embroidery and Craft

Type: On-Going Activity

Dates: 07/02/2023 – 28/11/2023

Frequency: Weekly, Tue 2:00pm - 4:00pm

Location: Bendigo Retirement Village

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.

234ART5: Theatre Group

Type: On-Going Activity

Dates: 02/02/2023 - 07/12/2023

Frequency: Week 1 & 3, Thu 1:00pm - 2:30pm

Location: Quarry Hill Community Hall, 52 Hamlet St Quarry Hill

Convenor: Jo Burgess

Do you want to have fun and attend live performances with U3A friends? Then the Theatre Group is for you. We read and act out scripts. We share appreciation of the arts and attend live performances in the region as a group. Come and join in the fun. Explore and develop your theatrical skills in a light hearted way with other U3A friends. Contact the convenor for further information.

23ZARTZZ: Member Without Activities-Dummy Course

Type: On-Going Activity

Dates: 02/01/2023 - 31/12/2023

Frequency: Weekly, Mon 2:30pm - 4:30pm

Location: Various Lunch Venues Contact Convenor Any Suburb

Convenor: Lyn Goodall

This is a DUMMY Activity. For ADMIN ONLY to enrol members without an Activity Enrolment Form. You may be enrolled in this Activity if you haven't enrolled or asked to be enrolled in any other Activity. Please contact the office to remove yourself from this Activity.

Exercise for YOU

235EXE13: Croquet

Type: On-Going Activity

Dates: 03/02/2023 - 15/12/2023

Frequency: Weekly, Fri 9:00am - 12:00noon

Location: Golden Square Croquet Club, 1 Wade Street Golden Square **Convenor: Lyn Rule**

Croquet is heaps of fun, very social and tactical, and an absorbing game. Equipment supplied. Please wear flat soled shoes. \$5 per session. For more information, contact the Convenor.

234EXE11: Petanque

Type: On-Going Activity

Dates: 02/02/2023 - 14/12/2023

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

Location: Pentanque 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. For more information, contact the Convenor.

234EXE11: Petanque 2

Type: On-Going Activity

Dates: 01/05/2023 - 18/12/2023

Frequency: Weekly, Mon 4:30pm - 6:00pm

Location: Pentanque Club, Olinda Street, Quarry Hill

Convenor: Jill McArthur

Designed to assist players practice Petanque as well as an opportunity for a social game. For more information, contact the Convenor.

231EXE2: Table Tennis Mondays

Type: On-Going Activity

Dates: 02/01/2023 - 18/12/2023

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

Location: Table Tennis Centre, Victoria Street, 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 Convenor.

233EXE3: Table Tennis Wednesdays

Type: On-Going Activity

Dates: 04/01/2023 - 20/12/2023

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

Location: Table Tennis Centre, Victoria Street, 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 Convenor.

235EXE9: Walking Football – (Futsal) Indoor Soccer for Seniors

Type: On-Going Activity

Dates: 13/01/2023 - 22/12/2023

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

Location: Truscott Pavilion, 5 Murdock Street, Eaglehawk

Convenor: Jill McArthur

Come on ladies and gents, have a go! Walking Football 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, get involved, and have lots of fun. Games commence at 10:30 am on court. \$5 per session. For more information, contact the Convenor. Played at: 42 Hattam St, Golden Square.

231EXE10: Water Aerobics

Type: On-Going Activity

Dates: 06/02/2023 - 04/12/2023

Frequency: Weekly, Mon 1:30 - 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.

Games

234GAM10: Board Games

Type: On-Going Activity

Dates: 02/02/2023 - 07/12/2023

Frequency: Weekly, Thu 10:00am - 12:00noon

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.

232GAM3: Cribbage

Type: On-Going Activity

Dates: 14/02/2023 - 28/11/2023

Frequency: Weekly, Tue 1:00pm - 3:00pm

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

Cribbage is a game for two three or four players. Easy and fun to learn using a cribbage board for scoring and a pack of 52 cards. Sir William Suckling invented the game in 1642. It helps to sharpen observation and arithmetic skills. It is suitable for all ages, from grandparents to young children.

234GAM5: Cryptic Crosswords

Type: On-Going Activity

Dates: 12/01/2023 - 21/12/2023

Frequency: Weekly, Thu 12:00noon - 2:00pm

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

This 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.

231GAM2: Cryptic Crosswords - Emerging

Type: On-Going Activity

Dates: 16/01/2023 - 27/11/2023

Frequency: Weekly, Mon 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 aha 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? We brainstorm clues together, and 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.

232GAM7: Mah Jong Group 1

Type: On-Going Activity

Dates: 17/01/2023 - 12/12/2023

Frequency: Weekly, Tue 9:00am - 11:30am

Location: KF Room 2 Cnr Church/Bank Streets Kangaroo Flat **Convenor: David Guymer**

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.

234GAM8: Mah Jong Group 1.5

Type: On-Going Activity

Dates: 19/01/2023 - 07/12/2023

Frequency: Weeks 1 & 3, Thu 9:00am - 11:30am

Location: KF Room 2 Cnr Church/Bank Sts 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.

232GAM9: Mah Jong Group 2

Type: On-Going Activity

Dates: 17/01/2023 - 12/12/2023

Frequency: Weekly, Tue 9:00am - 11:30am

Location: Bendigo Retirement Village

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.

235GAM11: Mah Jong Group 3

Type: On-Going Activity

Dates: 20/01/2023 - 08/12/2023

Frequency: Weeks 2, 4 & 5, Fri 1:00pm - 3:30pm

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

This new group is commencing in 2023 to cater for the increasing interest in Mah Jong from prospective new and existing players. For more information, please contact the Convenor.

Health and Wellbeing

235HEA1: A Meditation

Type: On-Going Activity

Dates: 03/02/2023 - 01/12/2023

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

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

234HEA14: 3Cs - Coffee, Chat & Care

Type: On-Going Activity

Dates: 09/02/2023 - 29/06/2023

Frequency: Weeks 2 & 4, Thu 2:00pm - 4:00pm

Location: Quarry Hill Community Hall, 52 Hamlet St Quarry Hill **Convenor: Christine Haddrick**

Formerly known as the Alone or Lonely Group. This is a welcoming, fun-loving group that meets twice a month at Quarry Hill. There will be activities and participation followed by afternoon tea. Come along especially if you are alone or lonely.

234HEA15: Yoga 1

Type: Term Dates Only

Dates: 09/02/2023 - 30/11/2023

Frequency: Weekly, Thu 10:00am - 11:15am

Location: Quarry Hill Community Hall, 52 Hamlet St Quarry Hill Convenor: Marilyn Grossman

General Yoga suitable for all ages - Beginners and Experienced. Breathe, Stretch and Relax - Gentle classes incorporating a mindful approach to yoga practices. The sessions comprise of breath awareness, postures [asanas] and relaxation. Classes are suitable for all levels of ability and experience. These sessions run during the school term and are held at the Quarry Hill Community Hall, Hamlet Street, Quarry Hill. Contact the Convenor for enrolment information.

234HEA16: Yoga 2

Type: Term Dates Only

Dates: 09/02/2023 - 30/11/2023

Frequency: Weekly, Thu 11:30am - 12:45pm

Location: Quarry Hill Community Hall, 52 Hamlet St Quarry Hill Convenor: Marilyn Grossman

General Yoga suitable for all ages - Beginners and Experienced. Breathe, Stretch and Relax - Gentle classes incorporating a mindful approach to yoga practices. The sessions comprise of breath awareness, postures [asanas] and relaxation. Classes are suitable for all levels of ability and experience. 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.

235HEA4: Visiting Gardens & Growing Things

Type: On-Going Activity

Dates: 10/02/2023 - 08/12/2023

Frequency: Weeks 2 & 4, Fri 10:00am - 12:00noon

Location: Various 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 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.

Languages

233LAN11: Conversational Spanish

Type: On-Going Activity

Dates: 08/02/2023 - 13/12/2023

Frequency: Weeks 2 & 4, Wed 6:00pm - 7:30pm

Location: KF Room 2 Corner 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>.

231LAN10: French - Elementary

Type: On-Going Activity

Dates: 06/02/2023 - 04/12/2023

Frequency: Weekly, Mon 2:00pm - 4:00pm

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!

233LAN4: French Conversation - Advanced

Type: On-Going Activity

Dates: 01/02/2023 - 29/11/2023

Frequency: Weekly, Wed 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 français, 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.

233LAN3: French Conversation - Intermediate

Type: On-Going Activity

Dates: 01/02/2023 - 29/11/2023

Frequency: Weekly, Wed 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.

Literature, Poetry and Writing

234LIT4: Bookworms

Type: On-Going Activity

Dates: 16/02/2023 - 16/11/2023

Frequency: Week 3, Thu 2:15pm - 3:45pm

Location: KF Room 2 Cnr Church/Bank Streets Kangaroo Flat **Convenor: Megan McCallum**

The group is based on book sets borrowed from the Goldfields Library Service. We meet monthly to discuss and share our views about a particular book we have all read. A wide range of genres, topics and authors are available. Due to high demand, our preferences are sometimes not available but we often enjoy a book we would not have chosen to read. Due to the number of books in a set membership is limited to ten.

231LIT6: Chapter 4 Book Group

Type: On-Going Activity

Dates: 13/02/2023 - 11/12/2023

Frequency: Week 2, Mon 1:00pm - 3:00pm

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

This book group meets monthly for discussion on a particular book sourced from the Goldfields Library Book Set. The books are diverse in topics, which leads to lots of interesting discussions especially around personal life experience in a friendly and informal way. The great joy of the book group is in discovering how rich immaterial we all are. Always followed by coffee as we enjoy the social activity of the meeting. Please contact the Convenor for more information.

235LIT5: Chatterbooks

Type: On-Going Activity

Dates: 03/02/2023 - 01/12/2023

Frequency: Week 1, Fri 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.

233LIT1: Discovering Poetry **Type: On-Going Activity**

Dates: 08/02/2023 - 22/11/2023 **Frequency: Weeks 1 & 3, Wed 1:00pm - 3:00pm**

Location: KF Room 2 Cnr Church/Bank Sts Kangaroo Flat; Convenor: Christine Haddrick

Various types and styles of poetry will be discussed, old and modern, bush, and romantic, rhyming and free verse. Something for every interest and involvement to your choice and ability. A friendly welcoming group of general acceptance. You may surprise yourself!

233LIT7: My Story - Group1 **Type: On-Going Activity**

Dates: 01/02/2023 - 06/12/2023 **Frequency: Week 1, Wed 10:00am - 12:00noon**

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.

233LIT8: My Story - Group 2 **Type: On-Going Activity**

Dates: 08/02/2023 - 13/12/2023 **Frequency: Week 2, Wed 10:00am - 12:00noon**

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.

234LIT3: RUGS Book Club **Type: On-Going Activity**

Dates: 12/01/2023 - 14/12/2023 **Frequency: Week 2, Thu 11:30am - 2:00pm**

Location: Various Venues Contact Convenor **Convenor: Gail Bragg**

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.

234LIT2: Well Read Book Group **Type: On-Going Activity**

Dates: 23/02/2023 - 23/11/2023 **Frequency: Week 4, Thu 9:30am - 11:00am**

Location: KF Room2 Corner Church/Bank Streets Kangaroo Flat **Convenor: Helen Gardam**

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. You will be placed on a Wait-List. Please contact Convenor for more information and to ensure enrolment in this activity.

Music - Various

232MUS16: Advanced Guitar Group

Type: On-Going Activity

Dates: 07/02/2023 - 05/12/2023

Frequency: Weekly, Tue 1:00pm - 5:00pm

Location: Quarry Hill Community Hall, 52 Hamlet St 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.

232MUS1: Choir

Type: On-Going Activity

Dates: 31/01/2023 - 28/11/2023

Frequency: Weekly, Tue 11:30am - 12:30pm

Location: KF Hall Corner 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.

231MUS3: Easy Guitar Singalong

Type: On-Going Activity

Dates: 06/02/2023 - 04/12/2023

Frequency: Week 1, Mon 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.

234MUS14: Hand Chimes and Bell Plates

Type: On-Going Activity

Dates: 09/02/2023 - 07/12/2023

Frequency: Weeks 1, 2 & 4, Thu 2:30pm - 4:00pm

Location: KF Room 2 Cnr Church/Bank Sts 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.

233MUS7: Musical Instruments Group

Type: On-Going Activity

Dates: 01/02/2023 - 13/12/2023

Frequency: Weekly, Wed 1:00pm - 2:30pm

Location: Quarry Hill Community Hall, 52 Hamlet St Quarry Hill

Convenor: Kathy King

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.

234MUS6: Music for Pleasure

Type: On-Going Activity

Dates: 09/02/2023 - 07/12/2023

Frequency: Weeks 2 & 4, Thu 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 e.g., ceremonial music; a solo work; music depicting nature etc. that's been chosen at the previous meeting. All styles are heard and knowledge shared. Please contact Convenor for more details.

233MUS13: New Strummers Ukulele Group

Type: On-Going Activity

Dates: 08/02/2023 - 17/05/2023

Frequency: Weekly, Wed 2:45pm - 3:15pm

Location: Quarry Hill Community Hall, 52 Hamlet St Quarry Hill

Convenor: Cheryl Hardie

This group is intended for new beginners. The aim is to work towards proficiency in playing enjoyable songs with varied rhythms and relatively simple chords. The group will initially be run over a 12-week period and will cover: understanding the ukulele as an instrument (if you don't already have a ukulele wait for the first session before purchasing one); how to hold the ukulele, finger/hand exercises to prepare for playing; strumming techniques/strumming patterns (there will be a focus on getting different rhythmic patterns right); reading chord diagrams/playing basic chords/changing chords; and playing simple songs (building on all of the above). After the 12-week period, we will conduct a review and seek your feedback. Please bring your own instrument.

231MUS8: Recorder- Experienced Players

Type: On-Going Activity

Dates: 06/02/2023 - 27/11/2023

Frequency: Weekly, Mon 9:30am - 10:15am

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

Convenor: Leo Overberg

A chance to play in a Recorder Consort consisting of Descant, Treble, Tenor and Bass. 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 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.

233MUS14: Ukulele Group

Type: On-Going Activity

Dates: 08/02/2023 - 06/12/2023

Frequency: Weekly, Wed 3:00pm - 4:30pm

Location: Quarry Hill Community Hall, 52 Hamlet St 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 2021 or 2022 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.

Short Courses

232SHC4: First Footprints

Type: Short Activity

Dates: 07/02/2023 - 16/05/2023

Frequency: Weeks 1 & 3, Tue 10:00am - 12:00noon

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

Footprints dating from 80,000 years ago! New archaeological evidence has been found of footprints in the Australasian region dating from 80,000 years ago. We will view the ABC film series First Footprints, presented in 2021, which includes photos of the footprints in (modern day) north Sumatra, heading southwards. Where did they come from? Where were they going? Whose footprints are they? So many questions arise stimulating our curiosity, our current knowledge. Some aspects for discussion are: Who were these people, and what were they running from, and where did they get to? Was it to the then unknown - great southern land terra australis? Today we see signs, symbols and drawings in Australia, the significance of which we are just beginning to realise. Within our own perspectives, we interpret customs, ways of communication, arrival of humans and their adaptation. We see signs of habitation, of housing, of trade, some of which are recorded and can be seen in personal accounts in film and books. Today, there are discrepancies in adapting philosophies, and adapting these to current environments etc., and to present knowledge and to any accepted 'traditional history'. These points are here for interrogation, scrutiny and challenge. For more information contact the Convenor.

232SHC5: Genealogy

Type: Short Activity

Dates: 06/06/2023 - 11/07/2023

Frequency: Weekly, Tue 1:00pm - 3:00pm

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

The aim of this six-week short course is for participants to share their knowledge and to work on completing their own historical genealogical research closer to completion. You will need your own supplies of folders etc.

231SHC2: Soulful Living

Type: Short Activity

Dates: 6/02/2023 - 15/05/2023

Frequency: Weeks 1 & 3, Tue 1:00pm - 3:00pm

Location: KF Room 1 Cnr Church/Bank Sts Kangaroo Flat; Convenor: Julie-Anne Wood

This class is about learning to grow into old age not just sink into it. Originally it was titled Soulful Ageing however the first cohort of students renamed it Soulful Living as that is what they thought best suited the aim of this stage of life for them personally. In this class depth psychology and contemplative practices are examined as means of enhancing our experience of growing into an elder within our society. Carl Jung father of depth psychology has used the metaphor of the sun rising to its zenith and then at midlife gradually beginning to set to describe the life cycle. He said, the transition which begins in the second half of life is the beginning of a process of introspection, the search for meaning, the deepening of our spiritual life and the exploration of a new level of identity. If these themes interest you then this class will provide information, personal exercises and group discussion that explore these ideas.

Social Activities

234SCO5: BUZZ Posted - \$15.00 Per Year

Type: On-Going Activity

Dates: 20/01/2023 - 15/12/2023

Frequency: Week 3, Fri 10:00am - 12:00noon

Location: KF Office1 Corner 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, or \$10 pro rata from 1 July, or \$5 pro rata from 1 October.

231SOC1: Discussion Group

Type: On-Going Activity

Dates: 06/02/2023 - 27/11/2023

Frequency: Weekly, Mon 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? We meet at the Bendigo Club, 22 Park Street Strathdale. Please contact the Convenor before you attend.

232SOC11: My Life Through Movies

Type: Short Activity

Dates: 11/07/2023 - 05/09/2023

Frequency: Weeks 2 & 4, Tue 13:00 - 15:00

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat Convenor: Charn Freebody

Presented in five sessions, a fortnight apart, members will participate in an interactive workshop looking at a selection of films that cover different life stages. Erik Erikson's human development model from childhood to later maturity will be used as a guide for each life stage. Like a book club participants will have watched the film before coming to the discussion workshop. Participants can watch the films through their own various platforms or via a screening at U3A a week before each session. In the workshops, we will explore the themes each film raises about a particular life stage and how it adds to an understanding of our life journey. For more information, contact the Convenor.

232SOC4: Movie May - Wizard of Oz

Type: On-Going Activity

Dates: 16/05/2023 - 16/05/2023

Frequency: Week 3, Tue 13:30 - 15:00

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat Convenor: Gail Woodward

A different movie is shown on the third Tuesday of each month. Members may request a favourite movie and are encouraged to bring a friend. Please contact the Convenor if you are inviting a friend. Members should enrol on U-MAS, or contact the Convenor, to attend each Monthly Movie.

232SOC5: Movie June - The Greatest Showman

Type: On-Going Activity

Dates: 20/06/2023 - 20/06/2023

Frequency: Week 3, Tue 13:30 - 15:00

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat Convenor: Gail Woodward

A different movie is shown on the third Tuesday of each month. Members may request a favourite movie and are encouraged to bring a friend. Please contact the Convenor if you are inviting a friend. Members should enrol on U-MAS, or contact the Convenor, to attend each Monthly Movie.

232SOC6: Movie July - Phantom of the Opera

Type: On-Going Activity

Dates: 18/07/2023 - 18/07/2023

Frequency: Week 3, Tue 13:30 - 15:00

Location: KF Room1 Cnr Church/Bank Streets Kangaroo Flat Convenor: Gail Woodward

A different movie is shown on the third Tuesday of each month. Members may request a favourite movie and are encouraged to bring a friend. Please contact the Convenor if you are inviting a friend. Members should enrol on U-MAS, or contact the Convenor, to attend each Monthly Movie.

233SOC8: Social Gathering-April AGM

Type: On-Going Activity

Dates: 26/04/2023 - 26/04/2023

Frequency: Monthly Activity, Wed 14:00 - 16:00

Location: KF Hall Corner Church/Bank Streets Kangaroo Flat Convenor: Sue Middleton

U3A Bendigo throws open its doors on the fourth Wednesday of each month (except January & December) to invite members and guests to the monthly Social Gathering where you can enjoy a wide range of entertainment from our groups and members. We warmly welcome you to join in and make the most of each Social Gathering to relax, meet up with other members, Convenors and Committee Members and most of all, have fun! Members are asked to bring along a plate of food to share. Tea and coffee are available. Please enrol separately for each monthly Social Gathering via our website and U-MAS, or contact the office, or phone 0490 858 469.

233SOC9: Social Gathering - May

Type: On-Going Activity

Dates: 24/05/2023 - 24/05/2023

Frequency: Monthly Activity, Wed 14:00 - 16:00

Location: KF Hall Corner Church/Bank Streets Kangaroo Flat Convenor: Sue Middleton

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233SOC10: Social Gathering - June **Type: On-Going Activity**

Dates: 28/06/2023 - 28/06/2023 **Frequency: Monthly Activity, Wed 14:00 - 16:00**

Location: KF Hall Corner Church/Bank Streets Kangaroo Flat **Convenor: Sue Middleton**

U3A Bendigo throws open its doors on the fourth Wednesday of each month (except January & December) to invite members and guests to the monthly Social Gathering where you can enjoy a wide range of entertainment from our groups and members. We warmly welcome you to join in and make the most of each Social Gathering to relax, meet up with other members, Convenors and Committee Members and most of all, have fun! Members are asked to bring along a plate of food to share. Tea and coffee are available. Please enrol separately for each monthly Social Gathering via our website and U-MAS, or contact the office, or phone 0490 858 469.

234SOC3: Thursday Lunch Club **Type: On-Going Activity**

Dates: 02/02/2023 - 07/12/2023 **Frequency: Week 1, Thu 12:00noon - 2:00pm**

Location: Various Lunch Venues **Contact Convenor: Maureen Smith**

On the first Thursday of the month - forget the shopping, preparation, cooking and cleaning up. Join us for lunch at a local hotel or club with menus that don't break the budget. You can help choose lunch venues. So, join us for lunch, a chat and make new friends. Please contact the Convenor for the next venue.

237SOC1: Bunnings BBQ/Sausage Sizzle **Type: One-off**

Dates: 30/04/2023 - 30/04/2023 **Frequency: One off course / activity, Sun 9:30 - 14:00**

Location: Bunnings Kangaroo Flat **Convenor: Cheryl Scully**

Social activity to raise funds for U3A Bendigo. A great opportunity to chat and make/renew U3A friendships, while helping to boost our bank account. We are hosting two this year on Sunday 30 April and Saturday 28 October. Members are encouraged to participate in this great fund-raising activity.

Technology

234TEC2: Apple Users **Type: On-Going Activity**

Dates: 02/02/2023 - 07/12/2023 **Frequency: Week 1, Thu 1:00pm - 3:00pm**

Location: KF Room 1 Corner 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.

234TEC4: Coding & Mechatronics **Type: On-Going Activity**

Dates: 09/02/2023 - 23/11/2023 **Frequency: Weeks 2 & 4, Thu 1:00pm - 3:00pm**

Location: KF Room 1 Cnr Church/Bank Sts 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.

231TEC6: One on One Windows Computer Training **Type: On-Going Activity**

Dates: 06/02/2023 - 11/12/2023 **Frequency: Weekly, Mon 12:30pm - 2:00pm**

Location: KF Office, Corner Church/Bank Streets Kangaroo Flat **Convenor: David Guymer**

One on One Windows Computer Training. Please note, a maximum of 2 members will be taught at any one time. Please contact the Convenor for more details.

233TEC8: One on One Windows Computer Training **Type: On-Going Activity**

Dates: 12/04/2023 - 13/12/2023 **Frequency: Weekly, Wed 12:30 - 2:00pm**

Location: KF Office, Corner Church/Bank Streets Kangaroo Flat **Convenor: David Guymer**

One on One Windows Computer Training. Please note, a maximum of 2 members will be taught at any one time. Please contact the Convenor for more details.

234TEC7: Technology Advisory Group (TAG) Meetings **Type: On-Going Activity**

Dates: 09/02/2023 - 14/12/2023 **Frequency: Week 2, Thu 15:15 - 17:00**

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

The Purpose of the Technology Advisory Group (TAG Team) is to: 1. maximise U3A Bendigo's investment in technology; 2. provide wide ranging technology advice to CoM, using research and reports to improve the understanding and use of technology across U3A Bendigo; 3. assist members, where required, to further develop their technology skills and confidence in using U3A Bendigo's technology, especially U-MAS (our Membership Management Database); 4. assess uses of technology and mitigate future technology risks, continuing to document systems and practices. We do this by: a) developing technology skills within the membership, starting with CoM, offering technology workshops as appropriate; b) establishing a Maintenance Schedule for checking our computers, communications devices, batteries, warranties, software updates, etc. c) diagnosing technology issues and recommending to CoM, priority items, establishing a documented system to log computer faults, software and hardware changes, etc; d) reviewing the Technology Impact Assessment (TIA) regularly, to present to CoM for inclusion into the U3A Strategic Plan; e) researching future technology needs, to keep U3A Bendigo relevant and recommending actions to CoM; f) developing membership of TAG itself. Members with technology experience and user support, librarianship, technology documentation, website maintenance and development, information presentation, file management, network setup and account management, database management, video conferencing, PC maintenance, etc. are invited to join this valuable, dynamic team. If you would like to enjoy the benefits of helping others, please contact: Lyn Goodall on umasadmin@u3abendigo.com.

234TEC5: Windows Computer Users **Type: On-Going Activity**

Dates: 16/02/2023 - 21/12/2023 **Frequency: Week 3, Thu 1:00pm - 3:00pm**

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

For members who use computers, especially Windows 10/11 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

232TAL8: Voice to Parliament Referendum

Type: Tuesday Talks

Dates: 09/05/2023 - 09/05/2023

Frequency: One off course / activity, Tue 9:30 - 11:00

Location: KF Room1 Corner Church/Bank Streets Kangaroo Flat

Convenor: Jo Burgess

Speaker: Dr Heather Wearne Do you feel you know enough about the Voice to Parliament Referendum? Would you like the chance to explore its implications and ask questions? Then this forum is for you. It will be presented by Dr Heather Wearne, who is a volunteer educator with the "From the Heart Group". Heather is a retired academic, who worked in tertiary education and she has much experience with indigenous issues. She will provide background information about the "Statement from the Heart" and the Voice. She will talk about Constitutional recognition and the reasons why it matters so much to many First Nations Peoples. She will also discuss what is at stake with the Referendum. Please contact the Convenor before you attend.

232TAL9: Eye Health

Type: Tuesday Talks

Dates: 23/05/2023 - 23/05/2023

Frequency: One off course / activity, Tue 9:30 - 11:00

Location: KF Room1 Corner Church/Bank Streets Kangaroo Flat

Convenor: Jo Burgess

Speaker: Rose Larosa is an optometrist with Wills St Eyecare. She has a special interest in dry eye management, ocular pathology and children's vision care. She spent much of her childhood in Bendigo with extended family and enjoys being back in the region. Eye health and regular ophthalmic checks are very important for everyone, and more particularly for the older age group, as medications and chronic conditions can also affect our eyesight. This will be an opportunity to be better informed on this topic. Please contact the Convenor before you attend.

Walking Groups

234WAL1: Bush Hikers

Type: On-Going Activity

Dates: 05/01/2023 - 21/12/2023

Frequency: Weekly, Thu 8:30am - 12:30pm

Location: Various Locations Outdoors

Contact 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.

234WAL2: Bush Walkers

Type: On-Going Activity

Dates: 05/01/2023 - 21/12/2023

Frequency: Weekly, Thu 8:30am - 1:00pm

Location: Various Locations Outdoors

Contact Convenor: Margie Brennan

The U3A Bushwalkers Group consists of members who are interested in exploring the region's bushland in the company of other enthusiastic members. 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 and geology are often shared with the group. During the summer months walks are generally local and restricted in length. We enjoy a 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.

234WAL3: Bush Wanderers

Type: On-Going Activity

Dates: 05/01/2023 - 21/12/2023

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

Location: Various Locations Outdoors

Contact 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.

231WAL4: Walking for Fitness-Mondays-brisk pace

Type: On-Going Activity

Dates: 02/01/2023 - 18/12/2023

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

Location: Various Locations Outdoors

Contact 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.

231WAL5: Walking for Fitness-Mondays-slow pace

Type: On-Going Activity

Dates: 02/01/2023 - 18/12/2023

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

Location: Various Locations Outdoors

Contact 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

234WAL6: Walking for Fitness-Thursdays

Type: On-Going Activity

Dates: 05/01/2023 - 28/12/2023

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

Location: Various Locations Outdoors

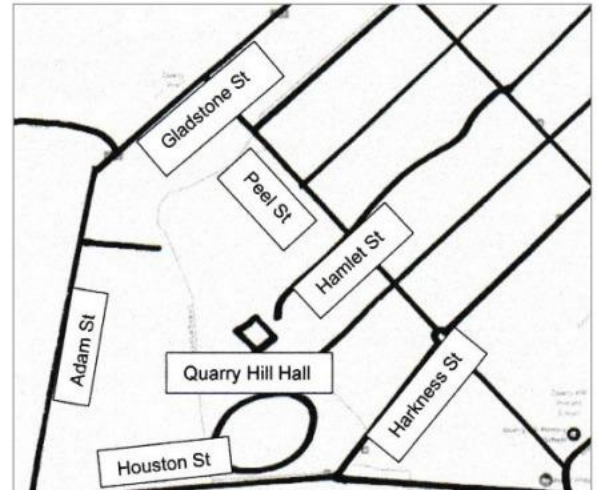
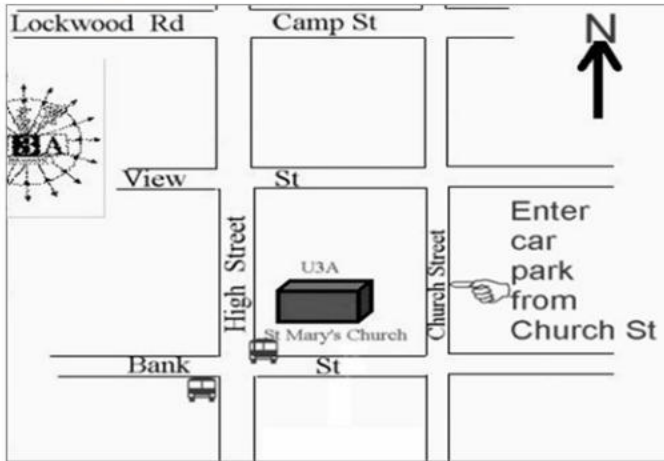
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U3A Bendigo Main Locations

Rear of St Mary's Anglican Church
Cnr Bank and Church Streets
Kangaroo Flat
Entry to carpark is in Church Street

Quarry Hill Community Hall
Quarry Hill Recreation Reserve
Far end of Hamlet Street, Quarry Hill



U3A Bendigo

Learning today to make tomorrow better

Daytime Classes and activities
to keep your mind and your body active
in your life's Third Age.

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 online at u3abendigo.com or by card, cash or cheque in person at our office (see location map above) on Tuesdays and Fridays from 9:30 am to 12 noon.

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