

# *Term 1*

# *2024 PROSPECTUS*



*Photo credits: Liz Martin & Mary Goodall Tuohey*

## **Showcasing members' participation**

### *Affinity and Beyond\**

January 2024

## Welcome

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

Activities are designed to reflect the needs and abilities of members by offering opportunities to learn and participate in something new to keep minds and bodies active in their third age.

Members can enrol in activities that run weekly, fortnightly or monthly. They can also enrol in Short Courses, Social Gathering, Tuesday Talks or one-off events run throughout the year. Most activities are held during the day at venues across Bendigo by Convenors who 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 an activity, so as to allow others who might be on a wait-list to participate in that activity.

While the Prospectus is periodically updated, please check the [U3A Bendigo website](#) or the BUZZ newsletter for any changes to activities.

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 where you will see numerous games listed by title in alphabetical order with a description of each, including frequency, date, time and location.

Past and new members can renew or join online via the [U3A Bendigo website](#) through U-MAS, our membership management tool. For help, please email [admin@u3abendigo.com](mailto:admin@u3abendigo.com) or call into the office on Tuesdays from 9:30 am to 3:00 pm or Fridays from 9:30 am to 12:00 pm. Paper copies of the Prospectus can be collected from the office.

## Contact Details

To contact a Convenor, please refer to the Timetable at the back of the BUZZ newsletter, or phone the office on 0490 858 469.

Office hours are 9:30 to 3:00 on Tuesdays and 9:30-12:00 on Fridays. The office is located at St Mary's on the Corner Church and Bank Streets, Kangaroo Flat. U3A Bendigo mailing address is: PO Box 1110, Kangaroo Flat 3555

For activities or in-person enrolment inquiries, please email: [admin@u3abendigo.com](mailto:admin@u3abendigo.com)

For assistance with on-line enrolment, please email: [umasadmin@u3abendigo.com](mailto:umasadmin@u3abendigo.com)

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

*\*Affinity and Beyond is the U3A Bendigo slogan for 2024 that describes bringing our members together for meaningful and lasting friendship.*

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## Arts and Crafts

### **245ART04: Art Kula U3A**

**Dates: 02/02/2024 - 13/12/2024**

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

**Type: On-Going Activity**

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

**Convenor: Cheryl Hardie**

**Convenor 2: John Lane**

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.

### **242ART01: Chatty Crafters**

**Dates: 06/02/2024 - 10/12/2024**

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

**Type: On-Going Activity**

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

**Convenor: Carol Cox**

**Convenor 2: Erica Sayers**

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

### **242ART02: Embroidery and Craft**

**Dates: 06/02/2024 - 26/11/2024**

**Location: Bendigo Retirement Village, Spring Gully**

**Type: On-Going Activity**

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

**Convenor: Patricia Campbell**

**Convenor 2: Jill McArthur**

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.

### **244ART03: Theatre Group**

**Dates: 01/02/2024 - 21/11/2024**

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

**Type: On-Going Activity**

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

**Convenor: Jo Burgess**

**Convenor 2: Anne Bowen**

Do you want to have fun and attend live performances? 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 lighthearted way with other U3A friends. Please contact the convenor for further information.

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## Exercise for YOU

### **244EXE06: Introduction to Croquet**

**Dates: 05/03/2024 - 26/03/2024**

**Location: Golden Square Croquet Club, Wade Street, Golden Square**

**Type: Short Activity**

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

**Convenor: Alan Breen**

**Convenor 2: Lyn Breen**

Introduction to Croquet will be offered as a 4-week short course at Golden Square Croquet Club on Tuesdays 9am until 11am from March 5th to 26th. All equipment is provided by the club. Flat soled shoes are requested to be worn. No cost to participants. At the end of the course interested participants are invited to join the social croquet players on Friday mornings.

**243EXE13: Croquet**

**Type: On-Going Activity**

**Dates: 02/02/2024 - 6/12/2024**

**Frequency: Weekly, Wed & Fri 9:30am - 12:00noon**

**Location: Golden Square Croquet Club, Wade Street, Golden Square**

**Convenor: Lyn Breen**

**Convenor 2: Maggie Fehring**

If you enjoy the game of Croquet join a like-minded and welcoming group of players on a Wednesday and/or Friday morning for a social game. Equipment supplied. Please wear flat soled shoes. \$5 per session. U3A Bendigo's extreme heat policy applies when the activity will be cancelled if the temperature is forecast to exceed 35 degrees Celsius during the activity. Beginner players are encouraged to enrol in the Introduction to Croquet Group that meets on Tuesday. Please contact the Convenor before you attend.

**244EXE07: Light Exercise at Home**

**Type: On-Going Activity**

**Dates: 08/02/2024 - 12/12/2024**

**Frequency: Week 2, Thu 12:30pm - 1:30pm**

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

**Convenor: Christine Haddrick**

"Low levels of physical activity are a major risk factor for chronic conditions" so says the Australian Institute of Health and Wellbeing. Light Exercise in the Home aims to help if you are procrastinating, lacking motivation, experiencing discomfort or simply can't be bothered. You will: 1. Choose movements from the handout sheets 2. Complete a daily check sheet handout 3. Speak to your assigned Movement Motivator weekly 4. Meet with other participants for a combined monthly session 5. Inform your doctor of your intention to participate in this activity. For further information, please contact the Convenor.

**244EXE03: Pétanque - 1**

**Type: On-Going Activity**

**Dates: 11/01/2024 - 19/12/2024**

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

**Location: Kangaroo Flat Sports Club, Kangaroo Flat**

**Convenor: Jill McArthur**

Pétanque 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.

**241EXE04: Pétanque - 2**

**Type: On-Going Activity**

**Dates: 15/01/2024 - 16/12/2024**

**Frequency: Week 1,3, Mon 6:00pm - 7:00pm**

**Location: Kangaroo Flat Sports Club, Kangaroo Flat**

**Convenor: Jill McArthur**

These Pétanque sessions are designed for teaching and practicing, followed by a social game. Pétanque 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.

**241EXE01: Table Tennis - Mondays**

**Type: On-Going Activity**

**Dates: 08/01/2024 - 16/12/2024**

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

**Location: Eaglehawk Table Tennis Centre, Eaglehawk**

**Convenor: Michele Robinson**

**Convenor 2: Charles Chambers**

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.

**243EXE02: Table Tennis - Wednesday**

**Type: On-Going Activity**

**Dates: 03/01/2024 - 18/12/2024**

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

**Location: Eaglehawk Table Tennis Centre, Eaglehawk**

**Convenor: Michele Robinson**

**Convenor 2: Charles Chambers**

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.

**245EXE05: Walking Football**

**Type: On-Going Activity**

**Dates: 12/01/2024 - 20/12/2024**

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

**Location: Truscott Pavilion, Murdock Street, Eaglehawk**

**Convenor: Jill McArthur**

**Convenor 2: Don 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: Truscott Pavilion, 5 Murdock Street California Gully. 3556

**241EXE08: Water Aerobics**

**Type: On-Going Activity**

**Dates: 05/02/2024 - 02/12/2024**

**Frequency: Weekly Activity, Mon 1:00pm - 1:30pm**

**Location: Gurri Wanyarra Centre, Browning St, 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. Cost is \$5.70 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.

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## Fundraising Activities

**246FUN01: Bunnings BBQ Sausage Sizzle**

**Type: One-Off Activity**

**Dates: April**

**Frequency: One-off, Sat 7:30am - 4:00pm**

**Location: Bunnings, Kangaroo Flat**

**Convenor: Maureen Cross**

**Convenor 2: Sue Middleton**

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 host two each year usually in April and October. (Dates to be confirmed) Members are encouraged to participate in this great fund-raising activity.

**246FUN02: Bunnings BBQ Sausage Sizzle**

**Type: One-Off Activity**

**Dates: October**

**Frequency: One-off, Sat 7:30am - 4:00pm**

**Location: Bunnings, Kangaroo Flat**

**Convenor: Maureen Cross**

**Convenor 2: Sue Middleton**

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 host two each year usually in April and October. (Dates to be confirmed) Members are encouraged to participate in this great fund-raising activity.

## Games

### **244GAM09: Board Games**

**Type: On-Going Activity**

**Dates: 08/02/2024 - 12/12/2024**

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

**Location: KF Room 1, Cnr Church & Bank Streets, Kangaroo Flat** **Convenor: Linda Sanderson**

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.

### **242GAM01: Cribbage**

**Type: On-Going Activity**

**Dates: 30/01/2024 - 26/11/2024**

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

**Location: KF Room 2, Cnr Church & Bank Streets, Kangaroo Flat** **Convenor: Margaret Hanson**

**Convenor 2: David Guymer**

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.

### **244GAM03: Cryptic Crosswords**

**Type: On-Going Activity**

**Dates: 11/01/2024 - 19/12/2024**

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

**Location: KF Room 2, Cnr Church & Bank Streets, Kangaroo Flat** **Convenor: Robin Bragg**

**Convenor 2: Trish Gallagher**

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.

### **241GAM02: Cryptic Crosswords - Emerging**

**Type: On-Going Activity**

**Dates: 08/01/2024 - 16/12/2024**

**Frequency: Weekly Activity, 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 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.

### **241GAM11: Five Crowns Card Game**

**Type: On-Going Activity**

**Dates: 13/02/2024 - 10/12/2024**

**Frequency: Week 1,2,4,5, Tue 1:00pm - 3:00pm**

**Location: KF Room 1, Cnr Church & Bank Streets, Kangaroo Flat** **Convenor: Vikki Henderson**

**Convenor 2: Ross Henderson**

Easy to learn. A five-suited rummy-style card game. The game has 11 rounds. When you make the right combinations, you will be the first to go out.

**242GAM04: Mah Jong - Group 1**

**Type: On-Going Activity**

**Dates: 09/01/2024 - 10/12/2024**

**Frequency: Weekly Activity, Tue 9:30am - 12:00noon**

**Location: KF Room 2, Cnr Church & Bank Streets, Kangaroo Flat**

**Convenor: David Guymer**

**Convenor 2: Anne Tecklenburg**

Mah Jong is a very popular game from the 19th century for 2, 3 or 4 players. At U3A we play the Western Version. It is a game of pattern recognition with a fair amount of luck. Participants join at all sorts of levels from novice and long-term players from elsewhere. Novices are coached and shown the game until they are confident to play on their own. Mah Jong Group 1 meets on Tuesday mornings. Members wishing to take a look are very welcome to join in. If you wish to do this, please contact the David Guymer on 0412 024 163.

**244GAM05: Mah Jong - Group 1.5**

**Type: On-Going Activity**

**Dates: 11/01/2024 - 12/12/2024**

**Frequency: Week 1,2,3,5, Thu 9:00am - 11:30am**

**Location: KF Room, 2 Cnr Church & Bank St, Kangaroo Flat**

**Convenor: Anne Tecklenburg**

**Convenor 2: Terry Beck**

Mah Jong is for two to four players using tiles of three suits, winds and dragons. Each player plays individually using a range of variations sourced from the Mah Jong Players Handbook. Please contact Convenor.

**242GAM06: Mah Jong - Group 2**

**Type: On-Going Activity**

**Dates: 16/01/2024 - 17/12/2024**

**Frequency: Weekly Activity, Tue 9:15am - 12:00noon**

**Location: Bendigo Domain Country Club, Mclvor Hwy, Junortoun**

**Convenor: Fiona Barradale**

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.

**245GAM07: Mah Jong - Group 3**

**Type: On-Going Activity**

**Dates: 12/01/2024 - 13/12/2024**

**Frequency: Week 2,4,5, Fri 1:00pm - 3:30pm**

**Location: KF Room 2, Cnr Church & Bank Streets, Kangaroo Flat**

**Convenor: Terry Beck**

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

**244GAM08: Mah Jong - Group 4**

**Type: On-Going Activity**

**Dates: 01/02/2024 - 19/12/2024**

**Frequency: Weekly Activity, Thu 7:00pm - 9:30pm**

**Location: Convenor's Home Spring Gully, Contact Convenor**

**Convenor: Paula West**

This group aims to cater for members who would like to play Mah Jong in a small group home-based setting. For more information, please contact the Convenor.

**242GAM10: PANDI Games**

**Type: On-Going Activity**

**Dates: 06/02/2024 - 17/12/2024**

**Frequency: Week 1,3, Tue 10:00am - 12:00noon**

**Location: KF Room 1, Cnr Church & Bank Streets, Kangaroo Flat**

**Convenor: Nola Mclvor**

PANDI Games are Party-and-Intellectual Games and includes Charades, Celebrity Incognito Category, The Adverb Game, Chain Reaction, Verbal Volleys, Consequences, Who Am I? and many more. Have fun and keep your neurons active. For information, please contact the Convenor.



## Health and Wellbeing

### **244HEA03: 3Cs - Cuppa, Chat 'n' Care**

**Type: On-Going Activity**

**Dates: 08/02/2024 - 12/12/2024**

**Frequency: Week 2,4, Thu 2:00pm - 4:00pm**

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

Do you sometimes find yourself alone? Experience friendships through wellbeing and fun activities, life discussion, occasional lunches, movement and sharing. Please contact the Convenor for more information.

### **245HEA01: A Meditation**

**Type: On-Going Activity**

**Dates: 02/02/2024 - 29/11/2024**

**Frequency: Weekly Activity, Fri 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. Please contact Lyn the Convenor, before attending this group, to ensure there is a place for you.

### **243HEA02: Creative Movement and Dance**

**Type: Term Dates Only**

**Dates: 07/02/2024 - 10/04/2024**

**Frequency: Weekly Activity, Wed 11:00am - 1:00pm**

**Location: Quarry Hill Community Hall, Hamlet Street, Quarry Hill**      **Convenor: Zoe Wallace**

In Creative Movement and Dance participants explore a wide range of Movements based on co-ordination, balance, flexibility and fine motor skills. There is a strong focus on Peripheral and Spatial awareness as participants explore a specific dance vocabulary. Participants reflect on the creative process of choosing their own choreography as they refine their own and others work. You never have to compete or compare yourself to others. You are the creative artist as you create and perform your own dances to a very wide range of music.

### **245HEA04: Visiting Gardens & Growing Things**

**Type: On-Going Activity**

**Dates: 09/02/2024 - 13/12/2024**

**Frequency: Week 2,4, Fri 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.

**241HEA06: Yoga De-stress and Relax**

**Type: Term Dates Only**

**Dates: 05/02/2024 - 24/06/2024**

**Frequency: Weekly Activity, Mon 11:30am - 12:20pm**

**Location: Crusoeden, 76 Church Street, Kangaroo Flat**

**Convenor: Barb Devcic**

This yoga class includes gentle postures (stretches), breathing techniques, meditation and relaxation is led by Jane Boyle. Bolsters, cushions and chairs are used to assist and enhance our practice. Yoga is an enjoyable activity and has many benefits including improvement in balance, flexibility, strength and enhances the quality of calmness in mind and body. In this class "Sultan", a Therapy Dog, is in attendance. U3A members are welcome to join the regular 11:30 am class. Please bring along a towel and your own water bottle. Comfortable clothing is recommended. The Studio is at Crusoeden Body Wellness Centre, 76 Church Street, Kangaroo Flat. Classes are weekly and follow the school term. Cost \$15:00 per session. For further details please contact the Convenor.

**243HEA04: Yoga for Health and Relaxation - Wednesday**

**Type: Term Dates Only**

**Dates: 07/02/2024 - 26/06/2024**

**Frequency: Weekly Activity, Wed 11:00am - 11:50am**

**Location: Crusoeden, 76 Church Street, Kangaroo Flat**

**Convenor: Babr Devcic**

This yoga class includes gentle postures (stretches), breathing techniques, meditation and relaxation is led by Jayne Boyle. Bolsters, cushions and chairs are used to assist and enhance our practice. Yoga is an enjoyable activity and has many benefits including improvement in balance, flexibility, strength and enhances the quality of calmness in mind and body. U3A members are welcome to join this new 11:00 am class. Please bring along a towel and your own water bottle. Comfortable clothing is recommended. The Studio is at Crusoeden Body Wellness Centre, 76 Church Street, Kangaroo Flat. Classes are weekly and follow the school term. Cost \$15:00 per session. For further details please contact the Convenor.

**244HEA05: Yoga for Health and Relaxation - Thursday**

**Type: Term Dates Only**

**Dates: 08/02/2024 – 27/06/2024**

**Frequency: Weekly Activity, Wed 11:00am - 11:50am**

**Location: Crusoeden, 76 Church Street, Kangaroo Flat**

**Convenor: Barb Devcic**

This yoga class includes gentle postures (stretches), breathing techniques, meditation and relaxation is led by Marg Coad. Bolsters, cushions and chairs are used to assist and enhance our practice. Yoga is an enjoyable activity and has many benefits including improvement in balance, flexibility, strength and enhances the quality of calmness in mind and body. U3A members are welcome to join this new 11:00 am class. Please bring along a towel and your own water bottle. Comfortable clothing is recommended. The Studio is at Crusoeden Body Wellness Centre, 76 Church Street, Kangaroo Flat. Classes are weekly and follow the school term. Cost \$15:00 per session. For further details please contact the Convenor.

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## Languages

**243LAN03: French Conversation - Intermediate**

**Type: On-Going Activity**

**Dates: 07/02/2024 - 27/11/2024**

**Frequency: Weekly Activity, 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.

**243LAN02: French Conversation - Advanced**

**Type: On-Going Activity**

**Dates: 07/02/2024 - 27/11/2024**

**Frequency: Weekly Activity, 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 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.

**243LAN07: Introductory Indonesian**

**Type: Short Activity**

**Dates: 14/02/2024 - 22/05/2024**

**Frequency: Week 2,4, Wed 2:00pm - 4:00pm**

**Location: KF Room 2, Cnr Church & Bank Streets Kangaroo Flat**      **Convenor: Norm West**

These sessions are an introductory course for members with little or no background in Indonesian and would be useful for people who wish to travel to Indonesia. The course will provide cultural and country background and the use of simple phrases to give learners the ability to ask and understand universally essential questions. No textbooks needed, but a pen and notebook are required. Please enrol via U-MAS.

**242LAN06: Latin**

**Type: On-Going Activity**

**Dates: 30/01/2024 - 10/12/2024**

**Frequency: Weekly Activity, Tue 10:00am - 10:30am**

**Location: KF Room 1, Cnr Church & Bank Streets, Kangaroo Flat**      **Convenor: Wilf Savage**

This program aims to offer Latin to those interested in approaching the language for the first time, as well as to those who may have studied Latin at school but forgotten much of what they once learned. In order to discuss your background in the language, your reasons for choosing to study Latin and your preferred approach to studying the language, there will be an introductory meeting shortly after Enrolment Day when we will work out study plans for the year ahead: meeting times and days, frequency of classes, preferred venue, and choice of textbooks (if any).

**242LAN04: Introduction to Spanish**

**Type: On-Going Activity**

**Dates: 06/02/2024 - 17/12/2024**

**Frequency: Weekly Activity, Tue 5:30pm - 6:30pm**

**Location: KF Room 2, Cnr Church & Bank Streets, Kangaroo Flat**      **Convenor: Miriam Casas**

Introduction to Spanish will have you greeting and introducing yourself to others, as well as being able to speak about days, time, weather, food, feelings, dates, family, clothing, home, furniture, transportation, professions, directions, personalities, hobbies, shopping, nationalities, and languages. You will also learn about ser vs estar and saber vs conocer.

**242LAN05: Conversational Spanish**

**Type: On-Going Activity**

**Dates: 06/02/2024 - 17/12/2024**

**Frequency: Weekly Activity, Tue 6:00pm - 7:30pm**

**Location: KF Room ,2 Cnr Church & Bank Streets, Kangaroo Flat**      **Convenor: Miriam Casas**

**Convenor 2: Tama Pena-Pooras**

Conversational Spanish is for those who have some knowledge of Spanish and are keen to improve their language speaking skills.

## Literature, Poetry and Writing

### **244LIT04: Bookworms**

**Type: On-Going Activity**

**Dates: 18/01/2024 - 19/12/2024**

**Frequency: Monthly Activity, Thu 2:15pm - 3:30pm**

**Location: KF Room 2, Cnr Church & Bank St, 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.

### **241LIT06: Chapter 4 Book Group**

**Type: On-Going Activity**

**Dates: 05/02/2024 - 02/12/2024**

**Frequency: Monthly Activity, Mon 1:00pm - 2:30pm**

**Location: Bendigo Library, 259 Hargreaves Street, Bendigo**

**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.

### **245LIT05: Chatterbooks**

**Type: On-Going Activity**

**Dates: 02/02/2024 - 06/12/2024**

**Frequency: Week 1, Fri 2:00pm - 4:00pm**

**Location: KF Room 2, Cnr Church & Bank Streets, Kangaroo Flat**

**Convenor: John Lindner**

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.

### **244LIT03: RUGS Book Club**

**Type: On-Going Activity**

**Dates: 11/01/2024 - 12/12/2024**

**Frequency: Week 2, Thu 11:30am - 2:00pm**

**Location: Farmers Arms Hotel, Mclvor Highway, Junorton**

**Convenor: Gail Bragg**

**Convenor 2: Coral Christensen**

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.

### **244LIT02: Well-Read Books**

**Type: On-Going Activity**

**Dates: 28/02/2024 - 28/11/2024**

**Frequency: Week 4, Thu 9:30am - 11:00am**

**Location: KF Room 2, Cnr 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. Please contact Convenor for more information and to ensure enrolment in this activity.

**243LIT01: Discovering Poetry**

**Type: On-Going Activity**

**Dates: 07/02/2024 - 20/11/2024**

**Frequency: Week 1,3, Wed 1:00pm - 3:00pm**

**Location: KF Room 2, Cnr Church & Bank St, Kangaroo Flat**

**Convenor: Christine Haddrick**

**Convenor 2: Gail Woodward**

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!

**243LIT07: My Story – Group 1**

**Type: On-Going Activity**

**Dates: 07/02/2024 - 04/12/2024**

**Frequency: Week 1, Wed 10:00am - 12:00noon**

**Location: KF Room 2, Cnr Church & Bank Streets, Kangaroo Flat**

**Convenor: Sue Fraser**

**Convenor 2: Ian Burdett**

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.

**243LIT08: My Story – Group 2**

**Type: On-Going Activity**

**Dates: 14/02/2024 - 04/12/2024**

**Frequency: Week 2, Wed 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.

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## Music

**242MUS08: Advanced Guitar Group**

**Type: On-Going Activity**

**Dates: 13/02/2024 - 10/12/2024**

**Frequency: Weekly, Tue 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 the Convenor.

**242MUS03: Choir**

**Type: Term Dates Only**

**Dates: 13/02/2024 - 26/11/2024**

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

**Location: KF Hall, Cnr Church & Bank Streets, Kangaroo Flat**

**Convenor: Carol Aylward**

In 1995 Noel Thomas invited U3A Bendigo members who like to sing to form a choir. His idea was for them to have the enjoyment of singing together and if a good sound resulted that would be a bonus. From a small beginning the choir has had up to 30 members. Most of the singing is in unison although we do the occasional easy 2-part song partner songs and rounds to encourage members to learn to sing in harmony. No audition required. Each year the choir sings for residents of hostels and nursing homes in Bendigo and also performs occasionally at U3A and community functions.

**242MUS01: Easy Guitar Singalong**

**Type: On-Going Activity**

**Dates: 12/02/2024 - 9/12/2024**

**Frequency: Weekly, Mon 1:30pm - 3:30pm**

**Location: Convenor's Home, Mandurang, Contact Convenor**

**Convenor: Yvonne Scouller**

Sessions are once a month on a Monday afternoon. This is either a fun group or one-on-one session for beginner guitarists or for those who have played in the distant past and would like to dust off their guitars. Beginners should be able to go home and play a few two-chord songs after the first session. We work towards eventually playing about 12 chords and the student will progress more if they view guitar techniques on YouTube. Everyone is encouraged to sing out loud and at the end of the session, we often feel happier and have forgotten our worries. We finish the session with a cuppa. Members of the general community may also participate. Held at Mandurang on the second Monday afternoon of each month but the day may be negotiable since it is a small class.

**244MUS11: Hand Chimes and Bell Plates**

**Type: On-Going Activity**

**Dates: 08/02/2024 - 05/12/2024**

**Frequency: Weekly 1,2,4,5, Thu 2:30pm - 4:00pm**

**Location: KF Room 2, Cnr Church & Bank St, 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.

**244MUS05: Music for Pleasure Group 1**

**Type: On-Going Activity**

**Dates: 08/02/2024 - 12/12/2024**

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

**Location: Private Home, Quarry Hill, Contact Convenor**

**Convenor: Ian Burdett**

**Convenor 2: Michael Gallagher**

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

**244MUS06: Music for Pleasure Group 2**

**Type: On-Going Activity**

**Dates: 01/02/2024 - 05/12/2024**

**Frequency: Week 1,3, Thu 10:00am - 12:00noon**

**Location: KF Room 1, Cnr Church & Bank St, Kangaroo Flat**

**Convenor: Michael Gallagher**

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

**243MUS04: Musical Instruments Group**

**Type: On-Going Activity**

**Dates: 07/02/2024 - 11/12/2024**

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

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

**Convenor: Kathy King**

**Convenor 2: Jane Greig**

The group has players on violins and 3 sizes of recorder. We have weekly sessions and take gigs to various institutions from time to time. Players of other instruments who can already read music would 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 ranges from classical to traditional folk tunes. Please contact the convenor if interested.

**241MUS02: Recorder**

**Type: On-Going Activity**

**Dates: 05/02/2024 - 09/12/2024**

**Frequency: Weekly Activity, Mon 9:00am - 10:15am**

**Location: KF Room 2, Cnr Church & Bank Streets, Kangaroo Flat**

**Convenor: Leo Overberg**

**Convenor 2: Jane Greig**

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. Arrangements can be made for beginner players.

**243MUS10: Ukulele - Back to Basics & New Strummers**

**Type: On-Going Activity**

**Dates: 07/02/2024 - 27/11/2024**

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

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

**Convenor: Cheryl Hardie**

**Convenor 2: Barbara Taylor**

First term of Ukulele through to middle of April will include Back to Basics plus provision for new strummers, after which those enrolled can decide if they wish to continue into more advanced ukulele learning. Please bring your own instrument. Contact the Convenor for more information.

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## Short Course Activity

**245SHC05: Recent Developments in Human Evolution**

**Type: Short Activity**

**Dates: 08/04/2024 - 6/05/2024**

**Frequency: Weekly Activity, Mon 2:00pm - 3:30pm**

**Location: KF Rm 1, Cnr Church & Bank St, Kangaroo Flat**

**Convenor: Christobel Comerford**

Beginning with a general outline of current knowledge of human evolution, the class will focus over four weeks on the most recent genetic information obtained from the DNA of several species including ancient humans and Neanderthals.

**241SHC04: Reflections On Life**

**Type: On-Going Activity**

**Dates: 29/01/2024 - 25/03/2024**

**Frequency: Weekly Activity, Mon 1:00pm - 3:30pm**

**Location: KF Room 1, Cnr Church & Bank Streets, Kangaroo Flat**

**Convenor: Juliet Viney**

**Convenor 2: Coral Christensen**

These sessions will further explore Life Through the Movies, following on from the sessions convened and facilitated by Charon Freebody, August to September 2023. New members to the group will be very welcome. Each week, we will choose a different movie which we will watch prior to the session. At each session, we will explore the themes from the movie as they apply to our own life experiences and established psychological models, e.g. Erikson, Carl Jung et al. Group members will all take turns at facilitating the session. The objectives are to share with, and learn from, each other in a safe and welcoming space and to have fun!

**245SHC03: Trace & Research Your Family History**

**Type: Short Activity**

**Dates: 02/02/2024 - 31/05/2024**

**Frequency: Weekly Activity, Fri 1:30pm - 3:30pm**

**Location: KF Room 1, Cnr Church & Bank Streets, Kangaroo Flat**

**Convenor: Beth Taylor**

Discuss as a group where your family lived. Where did your earliest Australian ancestor originate from? Has there been any previous family history research started by yourself or another family member, such as a cousin? Other than your own birth certificate, do you have access to certificates from any of your ancestors, eg marriage certificate of your parents? Do you have photos and any family stories? Members to complete a blank family history tree chart for themselves with as much info as they currently know. That will be the starting point of this activity. They will require access to computers and the Internet and possibly one or more visits to the Bendigo main library for access to their family history resources. The objectives of the activity will be for members to learn how to research their own family trees; where to look for information and how to record sources. They will then be very capable to continuing this activity on their own for many years to come. (I am still researching my family 30 years later!) They will learn how to be methodical and problem solving. Their emotional well-being will be improved with a sense of belonging and the social interaction with other members. They will learn how to competently create an accurate and fascinating story of the lives of their ancestors, starting from documents such as birth/baptism, death & marriage certificates, and using old newspaper stories, photos, local history books, historical archival records, trades & professional directories, old electoral rolls and overseas records.

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## Social Activities

**245SOC03: BUZZ Posted**

**Type: On-Going Activity**

**Dates: 19/01/2024 - 20/12/2024**

**Frequency: Monthly Activity, Fri 10:00am - 12:00noon**

**Location: KF Office, Cnr Church & Bank Streets, Kangaroo Flat**

**Convenor: Ian Burdett**

This activity is for Members who would like to have the BUZZ posted out to them, at a cost of \$15 per year, or \$10 pro rata from 1 July, or \$5 pro rata from 1 October. Please ask the Office for help with this.

**241SOC01: Discussion Group**

**Type: On-Going Activity**

**Dates: 05/02/2024 - 25/11/2024**

**Frequency: Weekly Activity, Mon 1:15pm - 3:00pm**

**Location: Bendigo Club, 22 Park Street, Strathdale**

**Convenor: Alison Oppermann**

**Convenor 2: Colin O'Brien**

The format of the Discussion Group has evolved over the years, from set topics in the early 1990s to the present day, when members can be asked; "What's on your mind this week?" Subjects range from current issues at local, national and international levels, to the social and environmental. We vary the format, breaking into smaller groups and inviting people to speak to the whole group on a topic. 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 (see BUZZ timetable for phone#). We do not meet on public holidays.

**241SOC01: Monthly Movie**

**Type: On-Going Activity**

**Dates: 20/02/2024 - 19/11/2024**

**Frequency: Week 3, Tue 1:00pm - 3:30pm**

**Location: KF Room 1, 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. Please enrol on UMAS, or contact the Convenor, to attend each Monthly Movie.



**243SOC05: Social Gathering - February** **Type: On-Going Activity**  
**Dates: 28/02/2024 - 28/02/2024** **Frequency: Monthly Activity, Wed 2:00pm - 4:00pm**  
**Location: KF Hall, Cnr 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 Social Gathering on U-MAS, or contact the office, or phone 0490 858 469.

**243SOC06: Social Gathering - March - New Members Day** **Type: On-Going Activity**  
**Dates: 27/03/2024 - 27/03/2024** **Frequency: Monthly Activity, Wed 2:00pm - 4:00pm**  
**Location: KF Hall, Cnr 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 on U-MAS, or contact the office, or phone 0490 858 469.

**243SOC07: Social Gathering - April - AGM** **Type: On-Going Activity**  
**Dates: 24/04/2024 - 24/04/2024** **Frequency: Monthly Activity, Wed 2:00pm - 4:00pm**  
**Location: KF Hall, Cnr 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 on U-MAS, or contact the office, or phone 0490 858 469.

**243SOC08: Social Gathering - May** **Type: On-Going Activity**  
**Dates: 22/05/2024 - 22/05/2024** **Frequency: Monthly Activity, Wed 2:00pm - 4:00pm**  
**Location: KF Hall, Cnr 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 on U-MAS, or contact the office, or phone 0490 858 469.

**243SOC09: Social Gathering - June** **Type: On-Going Activity**  
**Dates: 26/06/2024 - 26/06/2024** **Frequency: Monthly Activity, Wed 12:30pm - 3:00pm**  
**Location: KF Hall, Cnr 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 on U-MAS, or contact the office, or phone 0490 858 469.

**243SOC10: Social Gathering - July**

**Type: On-Going Activity**

**Dates: 24/07/2024 - 24/07/2024**

**Frequency: Monthly Activity, Wed 2:00pm - 4:00pm**

**Location: KF Hall, Cnr 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 on U-MAS, or contact the office, or phone 0490 858 469.

**243SOC11: Social Gathering - August**

**Type: On-Going Activity**

**Dates: 28/08/2024 - 28/08/2024**

**Frequency: Monthly Activity, Wed 2:00pm - 4:00pm**

**Location: KF Hall, Cnr 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 on U-MAS, or contact the office, or phone 0490 858 469.

**243SOC12: Social Gathering - September**

**Type: On-Going Activity**

**Dates: 25/09/2024 - 25/09/2024,**

**Frequency: Monthly Activity, Wed 2:00pm - 4:00pm**

**Location: KF Hall Cnr 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 on U-MAS, or contact the office, or phone 0490 858 469.

**243SOC13: Social Gathering - October**

**Type: On-Going Activity**

**Dates: 23/10/2024 - 23/10/2024**

**Frequency: Monthly Activity, Wed 2:00pm - 4:00pm**

**Location: KF Hall, Cnr 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 on U-MAS, or contact the office, or phone 0490 858 469.

**243SOC14: Social Gathering - November - Concert** **Type: One-off**  
**Dates: 27/11/2024 - 27/11/2024** **Frequency: Monthly Activity, Wed 2:00pm - 4:00pm**  
**Location: KF Church, Cnr Church & Bank Streets, Kangaroo Flat** **Convenor: Sue Middleton**  
**Convenor2: Barbara Ritchie**

End of year Concert - The theme is Country & Western! Many groups performing, sharing music and songs and theatre for members and friends' entertainment. 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.

**244SOC02: Thursday Lunch Club** **Type: On-Going Activity**  
**Dates: 01/02/2024 - 05/12/2024** **Frequency: Week 1, Thu 12:00noon - 2:00pm**  
**Location: Various Lunch Venues, Contact Convenor** **Convenor: Jenny Kelly**  
**Convenor 2: Pam Cornell**

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.

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## Technology

**244TEC03: Coding & Mechatronics** **Type: On-Going Activity**  
**Dates: 08/02/2024 - 14/11/2024** **Frequency: Week 2,4, Thu 1:00pm - 4:00pm**  
**Location: KF Room 1, Cnr Church & Bank St, Kangaroo Flat** **Convenor: Michael Gallagher**  
**Convenor 2: Ray Tampion**

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.

**244TEC0: Computer Users** **Type: On-Going Activity**  
**Dates: 15/02/2024 - 19/12/2024** **Frequency: Week 1,3, Thu 1:00pm - 3:00pm**  
**Location: KF Room 1, Cnr Church & Bank Streets, Kangaroo Flat** **Convenor: David Guymer**  
**Convenor 2: Michael Gallagher**

The Computer User Group is for members who wish to get more from their computers, PCs, tablets, iPads or mobile phones. The group aims to assist members with their devices and provide answers to members' queries and problems. The group also reviews developments in technology, discusses issues, shares experiences and help each other. Please contact the Convenor for more information.

**241TEC01: One on One Computer Training - Monday** **Type: On-Going Activity**

**Dates: 05/02/2024 - 09/12/2024** **Frequency: Weekly Activity, Mon 12:30pm - 2:00pm**

**Location: KF Office, Cnr Church & Bank Streets, Kangaroo Flat** **Convenor: David Guymer**

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

**243TEC02: One on One Computer Training - Wednesday** **Type: On-Going Activity**

**Dates: 07/02/2024 - 11/12/2024** **Frequency: Weekly Activity, Wed 12:30pm - 2:00pm**

**Location: KF Office, Cnr Church & Bank Streets, Kangaroo Flat** **Convenor: David Guymer**

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

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## Tuesday Talks

**242TAT01: Tuesday Talks** **Type: On-Going Activity**

**Dates: 13/02/2024 - 26/11/2024** **Frequency: Week 2,4, Tue 9:30am-11:30am**

**Location: KF Room 1, Cnr Church & Bank Streets, Kangaroo Flat** **Convenor: Jo Burgess**

Tuesday Talks offer a range of speakers on many and varied topics from health issues to human interest and local activity groups. Members often speak to the group about their lifetime experiences. The presentations are interesting, informative, and entertaining. Upcoming speakers and topics are listed in the Buzz and on the U3A Website every month, so that members can enrol for the talks that are of interest. Please contact the Convenor before you attend to ensure there is a place for you.

**242TAL02: TALK: Merlyn Quaife OAM** **Type: One-off**

**Dates: 13/02/2024 - 13/02/2024** **Frequency: Week 2,4, Tue 9:30am - 11:00am**

**Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat** **Convenor: Jo Burgess**

A performer of great versatility, Merlyn Quaife is a world-famous distinguished soprano who received the OAM in 2013 for her significant service to music. As a performer and teacher, she has a prestigious career in fostering and promoting the love of music. Now a Bendigo local, Merlyn, is a friend of U3A and member of Rotary and supports and encourages many local community projects. Contact the Convenor for further information.

**242TAL03: TALK: Travels In Nepal** **Type: One-off**

**Dates: 27/02/2024 - 27/02/2024** **Frequency: Week 2,4, Tue 9:30am - 11:00am**

**Location: KF Hall1 Cnr Church/Bank Streets Kangaroo Flat** **Convenor: Jo Burgess**

Speaker: Cilla Brady, U3A Member Cilla first lived in Nepal in 1978 from April to November, then again for six months in 1989 and her last trip was in 2019. In the 1990's she went numerous times as a tour guide. The Buddhist Monastery associated with the Great Stupa in Bendigo, is on a hilltop close to Kathmandu and Cilla visited it numerous times. Please contact the Convenor for further information.

## Walking Groups

### **244WAL03: Bush Hikers**

**Type: On-Going Activity**

**Dates: 04/01/2024 - 19/12/2024**

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

**Location: Various Locations Outdoors, Contact Convenor**

**Convenor: Ray Colliccoat**

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. 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 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 easy walks. For medium and hard walks, walkers must be able to walk up and down steep hills, including on unstable surfaces. Walkers are encouraged to take their turn leading walks and will be given help with this. For other information, please go to the U3A Bendigo website to find Guidelines etc. Bushwalking Gradings Easy – Gently undulating terrain, mostly formed tracks. Easy / Medium – Gently undulating terrain with some short climbs. Medium – Both on and off formed tracks with some sustained climbs. Medium / Hard – Medium walks but may also include rougher terrain, heavy scrub, rock scrambling, longer climbs and descents, or exposure to bad weather.

### **244WAL04: Bush Walkers**

**Type: On-Going Activity**

**Dates: 04/01/2024 - 26/12/2024**

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

**Location: Various Locations Outdoors, Contact Convenor**

**Convenor: Ann Rapson**

**Convenor2: Jill Duncan**

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. 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.

### **244WAL06: Bush Wanderers**

**Type: On-Going Activity**

**Dates: 04/01/2024 - 26/12/2024**

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

**Location: Various Locations Outdoors, Contact Convenor**

**Convenor: Beverley Ormerod**

**Convenor 2: 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.

**241WAL01: Walking for Fitness-Mondays-brisk pace** **Type: On-Going Activity**  
**Dates: 01/01/2024 - 30/12/2024** **Frequency: Weekly Activity, Mon 8:30am - 9:30am**  
**Location: Various Locations Outdoors, Contact Convenor** **Convenor: Tricia King**  
**Convenor 2: 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 Meet at Lake Weeroona carpark, near railway crossing on Napier Street.

**241WAL02: Walking for Fitness – Mondays - slow pace** **Type: On-Going Activity**  
**Dates: 08/01/2024 - 16/12/2024** **Frequency: Weekly Activity, Mon 8:30am - 9:30am**  
**Location: Various Locations Outdoors, Contact Convenor** **Convenor: Bernie White**  
**Convenor 2: Lyn Rule**

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

**244WAL05: Walking for Fitness - Thursdays** **Type: On-Going Activity**  
**Dates: 04/01/2024 - 26/12/2024** **Frequency: Weekly Activity, Thu 8:30am - 9:30am**  
**Location: Various Locations Outdoors, Contact Convenor** **Convenor: Jan Maling**  
**Convenor 2: 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 Meeting place varies each week. Details are published in each edition of the BUZZ newsletter or for further details, contact the Convenor.

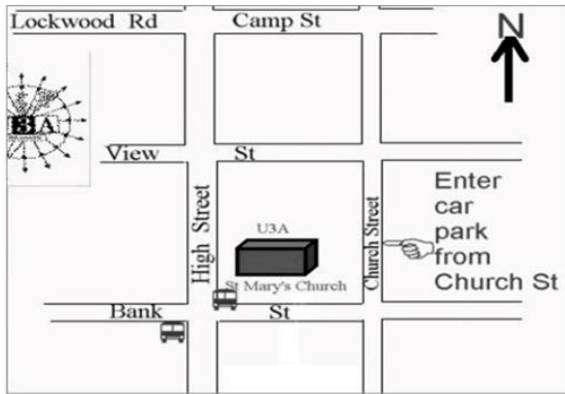
**244WAL07: Wednesday Walking for Wellbeing** **Type: On-Going Activity**  
**Dates: 06/03/2024 - 11/12/2024** **Frequency: Weekly Activity, Wed 10:00am - 11:00am**  
**Location: Lake Neangar, Eaglehawk** **Convenor: Mary Goodall Tuohey**

This activity is a slow walking group which is suitable for those with lower levels of fitness. The start time of 10.00am is intended to provide physical activity for those who are unable to make the early start times of the existing walking groups. The walk will take place on Wednesday mornings, which offers an alternative time to the existing Monday and Thursday groups. Starting at the Eaglehawk Playspace in Napier Street, a single lap of Lake Neangar (1.15 km) will be taken at a gentle pace, followed by morning tea at the playspace. The social interaction is important for members' engagement and wellbeing. NOTE 1: Walks will not take place during the heat of January and February for health reasons. NOTE 2: In the case of inclement winter weather, the group will do mall walking at Bendigo Marketplace. Members will be notified by text message to their mobile phone of the change of venue.

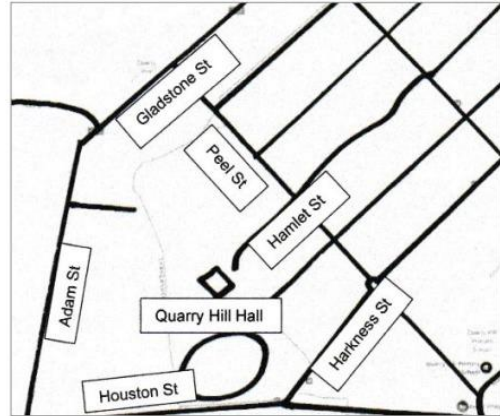


## Guide to main locations

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 offers members a wide and interesting range of courses and activities at numerous locations across Bendigo. See the above map for the main locations. If you are unsure of the location of an activity, please contact the office in Kangaroo Flat.

The membership fee is \$65 for the calendar year, January to December.

Payment of fees can be made online at [u3abendigo.com](http://u3abendigo.com) or by EFT via your bank, or by card, cash or cheque in person at our office (see location map above) on Tuesdays from 9:30 am to 3:00 pm or Fridays from 9:30 am to 12 pm.

For more information, email [admin@u3abendigo.com](mailto:admin@u3abendigo.com) or phone 0490 858 469.