

# U3A Hepburn Shire

## 2019 Timetable Semester One

Term 1 Monday February 4<sup>th</sup> to Friday April 5<sup>th</sup>

Term 2 Tuesday April 23<sup>rd</sup> to Friday June 28<sup>th</sup>

**Semester Two Class Enrolment morning is on Tuesday January 29<sup>th</sup>**

**Senior Citizens' Rooms at the rear of the Daylesford Town Hall 10.00am for a 10.30am start**

***\* Please submit your Class Enrolment Form on or before Thursday January 31<sup>st</sup>***

*You only need to ENROL ONCE for the yearly classes*

*NO CLASSES on PUBLIC holidays unless the class makes other arrangements*

Thursday January 24 <sup>th</sup>	10-11am	Tutors' Morning Tea & Information session	Senior Citizens' Rooms
Tuesday January 29 <sup>th</sup>	10am for 10.30am	Membership Renewal, Class Information & Enrolment	Senior Citizens' Rooms
Sunday February 17 <sup>th</sup>	4- 8.30pm	Summer Dance	Daylesford Town Hall
Thursday 21 <sup>st</sup> February	10-11am	Term 1 Members' Morning Tea	Senior Citizens' Rooms
Tuesday July 9 <sup>th</sup>	10am for 10.30am	Semester 2 Class Information & Enrolment	Senior Citizens' Room
Sunday July 14 <sup>th</sup>	7-10pm	French National Day Celebration	Daylesford Town Hall
Thursday August 15 <sup>th</sup>	10-11am	Term 3 Members' Morning Tea	Senior Citizens' Rooms
Sunday September 15 <sup>th</sup>	4- 8.30pm	Spring Dance	Daylesford Town Hall
Tuesday October 1 <sup>st</sup>	10am for 10.30am	Annual General Meeting	Senior Citizens' Room
Tuesday December 3 <sup>rd</sup>	3-4.30pm	Tutors' Afternoon tea	Senior Citizens' Room
Tuesday December 10 <sup>th</sup>	12pm for 12.30pm	Christmas Lunch	Venue to be advised

## EXCURSIONS

Subject	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;"><b>TUDORS TO WINDSORS BRITISH ROYAL PORTRAITS EXCURSION</b></p>	<p style="text-align: center;">Thursday March 21<sup>st</sup> All day</p>	<p style="text-align: center;">BENDIGO ART GALLERY</p>	<p style="text-align: center;">Robyn Lawrence  0414 500 174</p>	<p>“Tudors to Windsors” traces the history of the British monarchy through the outstanding collection of the National Portrait Gallery, London. To bring these royal figures to life, Bendigo Art Gallery has secured key loans of historic fashion, armour and personal effects which will be featured alongside these magnificent and imposing portraits.</p> <p><b>Community bus and / or car pool- numbers dependant</b> <b>Cost: Gallery entry, transport and lunch.</b></p>
<p style="text-align: center;"><b>STATE LIBRARY TOUR</b></p>	<p style="text-align: center;">Wednesday June 12<sup>th</sup> All day</p>	<p style="text-align: center;">STATE LIBRARY MELBOURNE</p>	<p style="text-align: center;">Robyn Lawrence  0414 500 174</p>	<p>We will take a free guided tour exploring the Library’s many spaces and services. See the new spaces, discover the heritage reading room, visit the renowned galleries and learn about the Library's history</p> <p><b>Car pool to Ballan, train and tram</b> <b>Lunch at own cost</b></p>
<p style="text-align: center;"><b>DAYLESFORD CIDER COMPANY TOUR &amp; LUNCH</b></p>	<p style="text-align: center;">Friday May 24<sup>th</sup> 10.45am-2.00pm</p>	<p style="text-align: center;">DAYELSFORD CIDER COMPANY</p>	<p style="text-align: center;">Robyn Lawrence  0414 500 174</p>	<p>An Orchard &amp; Cidery Tour for budding cider makers, horticulturists, gardeners or anyone who appreciates a good drop and wants to learn something new. Included is a tour, tasting and lunch.</p> <p><b>Cost: TBA will include tasting, lunch and transport.</b></p>

## SINGLE SESSIONS AND SHORT COURSES

Subject	Date/Time	Venue	Tutor/Contact	Description
<b>THE HISTORY OF PIANO PLAYING</b>	Monday February 11 <sup>th</sup>  3.00-4.30pm	DAYLESFORD NEIGHBOURHOOD CENTRE COURTROOM	Graeme Boscoe  5476 4222	This recital of performances in modern sound was recorded more than 100 years ago by composers, pianists and great virtuosos. Artists include Grieg, Debussy, Granados, Rachmaninov and students of Liszt. <b>Cost: \$2.00 for venue hire</b>
<b>CREATING A PHOTO BOOK FOR GENERATIONS TO COME</b>	Thursday May 9 <sup>th</sup>  10.00am-12.00pm	DAYLESFORD MUSEUM	Keira Lockyer  0429 101 066	In this session we will discuss the best way to do an introduction and then the choosing of photos and some relative documents, how to caption them, how to theme them and how to put them into a book to be handed down to future generations. For those who want to proceed some follow up material will be available after the session including a template to use with instructions and notes from the class. <b>Cost: \$2.00 for venue hire</b>
<b>MAINTAINING BALANCE AND FITNESS</b>	Thursday April 4 <sup>th</sup>  9.00-10.00AM	DAYLESFORD COMMUNITY HEALTH CENTRE (CR HOSPITAL AND JAMIESON STREETS)	Anne Tamblyn  0411 866 643	This session, facilitated by the Physiotherapist, Occupational Therapist & Podiatrist from the Daylesford Community Health Centre, will focus on the following- strength, fitness and balance, ways to maximise safety in home and surrounds, healthy feet and footwear, use of a checklist to identify falls risks in and around the home.
<b>NUMEROLOGY</b>	Thursday February 28 <sup>th</sup>  10.30am-12.00pm	SENIOR CITIZENS' ROOMS	Greg Tonks Robyn Lawrence  0414 500 174	"Numerology, the study of numbers, is an ancient science that has been in use for hundreds of years by many cultures from, Pythagoras to Albert Einstein and to the modern era .." The aim of Greg Tonks' workshop is to explore how numbers impact our lives both at a personal and at a broader level in our society. Learn about your own personal numbers, their meanings and how to make the best positive use of your numbers to your advantage, things like career, relationships, life purpose and much more. This is a fun and interactive workshop where many discoveries are made, and mysteries are revealed.

## SINGLE SESSIONS AND SHORT COURSES (CONT)

<p style="text-align: center;"><b>BASIC CARPENTRY COURSE</b></p>	<p style="text-align: center;">Beginning Tuesday March 19<sup>th</sup> Four sessions 1-3pm</p>	<p style="text-align: center;">DAYLESFORD MEN'S SHED VICTORIA PARK.</p>	<p style="text-align: center;">Richard Bevan  5348 4317</p>	<p>Here is an opportunity to try your hand at Carpentry. It should be stressed that this is a course for beginners and those with limited skills. If you use tools regularly, this is not for you. The gentlemen at the Daylesford Men's Shed are keen to take you through the techniques of using hand tools, such as saws, chisels, drills, sanders and the like in a safe manner. It is anticipated that some simple project may be attempted to give a focus to the tools used. The course will run for four 2-hour sessions and numbers will be limited. <b>Cost: \$5 per lesson will cover materials.</b></p>
<p style="text-align: center;"><b>WRITING IN RETIREMENT</b></p>	<p style="text-align: center;">Thursday March 14<sup>th</sup> Thursday May 2<sup>nd</sup></p>	<p style="text-align: center;">SENIOR CITIZENS' ROOMS</p>	<p style="text-align: center;">Pat Harrison  0458 630 533</p>	<p>Occasional talks by people who have published work in a variety of genres in their Third Age. This semester our guests will be Heather Whitford Roche (March 14<sup>th</sup>), a former counsellor and family therapist, whose novel <i>Finding Eliza</i> was published in 2018 and Vivienne Ulman (May 2<sup>nd</sup>) who is working on a novel now but published, amongst other things, an acclaimed memoir of her parents, <i>Alzheimer's: A Love Story</i>, in 2009.</p>
<p style="text-align: center;"><b>FORM DRAWING AND EURHYTHMY</b></p>	<p style="text-align: center;">Tuesday February 5<sup>th</sup> to April 2<sup>nd</sup> 10.30am-12.00pm</p>	<p style="text-align: center;">THE STUDIO 27 HILL ST DAYLESFORD</p>	<p style="text-align: center;">Evelyne Lang  5347 4212</p>	<p>Rudolf Steiner developed two new art forms for movement; Eurhythmy and From Drawing. Both have a highly therapeutic value and effect not only for younger people but very much so for older people too. They stimulate all our senses in an artistic but also in a healing way and can have a great effect on our body, soul and spirit. It is a particularly beneficial way to try to prevent and influence dementia. <b>Participants will be required to purchase their own materials.</b> Evelyn Lang has worked as a Steiner teacher in Germany for many years as well as in Waldorf Teacher Trainings. She is an artist in her own right. <b>Cost: \$2.00 per session for venue hire</b></p>

## MONDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;"><b>HEALTH &amp; WELLBEING</b></p>	<p style="text-align: center;">Mondays 10.30-11.30am February 4/ 11/ 18/ 25. March 4</p>	<p style="text-align: center;">SENIOR CITIZENS' ROOMS</p>	<p style="text-align: center;">Kay Murphy 0488 130 004  Julie Karas 0433 663 538</p>	<p>The Health and Wellbeing Group is a lovely social group for anyone interested in exploring ways to optimise good mental and physical health. We have pleasure in introducing our Life Coaching series with a diverse range of carefully chosen topics by qualified Life Coaches. Life coaching can be helpful in learning how to make choices that create more effective, balanced and fulfilling lives. Remember, " It's not circumstances that shape your destiny; it's your choices and decisions that do". Life Coaching provides clarity to help develop your emotional intelligence to a place to look after you, every day. Know thyself.</p>
<p style="text-align: center;"><b>HEALTH &amp; WELLBEING EATING FOR HEALTH</b></p>	<p style="text-align: center;">Mondays 10.30-11.30am April 29 May 6/ 13/ 20/ 27 June 3</p>	<p style="text-align: center;">SENIOR CITIZENS' ROOMS</p>	<p style="text-align: center;">Kay Murphy 0488 130 004  Julie Karas 0433 663 538</p>	<p>Eating for Health is for those interested in their wellbeing. Paul Lamb is delighted, after the very successful series in 2018, to offer another Eating for Health series. Topics covered will be: cancer, liver/gallbladder/kidneys, brain health, eye disorders, skin disorders. As Hippocrates said, 'Let food be thy medicine and medicine be thy food'.</p>
<p style="text-align: center;"><b>CURRENT AFFAIRS</b></p>	<p style="text-align: center;">Third Monday 10.30am – 12 noon</p>	<p style="text-align: center;">DAYLESFORD MUSEUM</p>	<p style="text-align: center;">Frank Page  0417 010 817</p>	<p>A 90 minute informal &amp; interactive session examining diverse subjects and material from national, state, local &amp; international news, celebrity, social justice &amp; contemporary issues, mainstream media, social &amp; digital media &amp; technology, society, culture &amp; lifestyle including specific issues raised by members. <b>Cost: \$2.00 per session for venue hire</b></p>

## MONDAY (cont)

<p style="text-align: center;"><b>BRIDGE and other CARD or BOARD GAMES.</b></p>	<p style="text-align: center;">1.00-4.00pm All year</p>	<p style="text-align: center;">SENIOR CITIZENS' ROOMS</p>	<p style="text-align: center;">Jan Pengilly 5348 2000</p>	<p>This group has a focus on Bridge, however if you would like to play a card or board game such as Solo, Five Hundred, Backgammon, Chess or perhaps even Snakes and Ladders you are welcome to join the Bridge players on a Monday afternoon. Bring a partner, a three or a four. There are tables aplenty. We do have some games and extra packs of cards, but you can also bring your own game and enjoy the friendship. The only proviso is that games be relatively quiet. Bridge is a sedate game (or at least is supposed to be), although passions do sometimes run high!</p>
<p style="text-align: center;"><b>SCRABBLE</b></p>	<p style="text-align: center;">1.00-4.00pm All year</p>	<p style="text-align: center;">47 FRAZER ST DAYLESFORD</p>	<p style="text-align: center;">Marie-Louise Stafford 5348 3087</p>	<p>If you enjoy Scrabble come along and join us. We are a group of players who enjoy the challenge of finding new words and sharing afternoon tea.</p>
<p style="text-align: center;"><b>LE CONSERVATOIRE</b></p>	<p style="text-align: center;">Fortnightly beginning February 4<sup>th</sup>  1-4pm</p>	<p style="text-align: center;">ST PETER'S PARISH ROOMS</p>	<p style="text-align: center;">Danielle Lacroix 0451 476 007</p>	<p>Come and enjoy discovering your voice, using a technique which will enhance both your range and colour. Anyone can sing! It will be exciting to hear yours and others' voices develop. This is not a choir; the sessions may be from individual to a small group. The format of the class will develop from discussion at the first session.</p>
<p style="text-align: center;"><b>MONDAY BOOK CLUB</b></p>	<p style="text-align: center;">Third Monday  7.30pm All year</p>	<p style="text-align: center;">VARIOUS HOMES</p>	<p style="text-align: center;">Anne Tamblyn 0411 866 643</p>	<p>We are an enthusiastic group of readers who meet in the homes of various members. Discussion is usually lively and wide-ranging. Our book list for 2019 is available to all interested members. New members are welcome.</p>

## TUESDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
<b>CLOGGING</b>	Weekly all year 9.30-11.30am	SENIOR CITIZENS' ROOMS	Lorene Gottschalk 0427 051 361	Clogging is a dance based on, but different from, Irish Tap Dancing. It is suitable for and caters to all levels of fitness and ages. Please wear flat shoes or runners. Beginners welcome.
<b>ITALIANO INTERMEDIO</b>	Weekly 10.00-11.30am	88 WEST STREET	Annie Duncan 0408 629 930	This Italian class is suitable for people who have studied some Italian and who are familiar with greetings, colours, family and some useful verbs.
<b>CRAFT GROUP</b>	Second Tuesday 10.00am-12 noon All year	ST PETER'S PARISH ROOMS	Barbara Simpson 0402 865 528	This is a craft group for anyone who would like to chat with friends as they work on their project. It is an opportunity to share ideas and learn new craft skills from others in the group. All U3A members will invited to attend any guest speakers that may be scheduled through the year. <b>Cost: \$2.00 per session for venue hire</b>
<b>TUESDAY BOOK CLUB</b>	Fourth Tuesday 10.30am - 12 noon	VARIOUS HOMES	Jan Bragg 5348 3812	We are an enthusiastic group of readers who meet in the homes of various members. Discussion is usually lively and wide-ranging. Our book list for 2019 is available to all interested members.
<b>U3A LUNCHES</b>	Second Tuesday 12.00 for 12.30pm	VARIOUS LOCAL VENUES	John Bohn 0419 157 533	Everyone is welcome to join this regular social group, John will contact you each month with lunch details. <b>Cost: \$20 (approx)</b>
<b>CONVERSAZIONE ITALIANO</b>	Weekly 1.00-2.30pm	CONTACT TUTOR	Luigi Soccio 0469 920 365	A conversation group for people who have studied Italian and know enough grammar and vocabulary to speak only in Italian about current affairs, food, history, culture etc. There will be occasional visits to Melbourne for language immersion.

## TUESDAY (cont)

Subject	Date/Time	Venue	Tutor/Contact	Description
<b>WARBLING WOMBATS</b>	Fourth Tuesday 4.00-5.30pm	THE COACH HOUSE	Millie Gouldthorpe  0433 552 019	<p>If you enjoy singing with a group of like-minded men and women then please feel free to join the Warbling Wombats with Julian Cairns and Millie Gouldthorpe at the helm.</p> <p><b>Cost: \$5.00 per session</b></p>
<b>FRENCH CIRCLE</b>	Second Tuesday  7.30pm All year	SENIOR CITIZENS' ROOMS	Don Harvey  5348 5634	<p>The French Circle program will include a monthly presentation prepared by individual group members and indicating their interest in some aspect of French culture or language. Past topics have covered a broad range including cooking, art, music, history, "My trip to Paris", some conversational language and so on. Presentations are usually followed by a BYO supper and wine. It is expected that this group will again form the nucleus of the July 14th celebration at the Daylesford Town Hall.</p>

## WEDNESDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;"><b>MAH-JONG CLUB</b></p>	<p style="text-align: center;">10.00am–1.00pm  All year</p>	<p style="text-align: center;">MASONIC HALL</p>	<p style="text-align: center;">Denise Anderson 5348 4951  Marie-Louise Stafford 5348 3087</p>	<p>Learn this fascinating, sometimes addictive game. Now in its seventeenth year the Club usually has four or five tables playing both scoring and non-scoring games. <b>Cost: \$3.00 per session for venue hire</b></p>
<p style="text-align: center;"><b>MINDFULNESS MEDITATION</b></p>	<p style="text-align: center;">10.30 – 11.30am  All year</p>	<p style="text-align: center;">CONTACT TUTOR</p>	<p style="text-align: center;">Shamana Kivinen  0418 512 393</p>	<p>Being mindful helps you to be present in the moment allowing you to have a sense of clarity and peace, leaving you feeling relaxed and centred. Meditating in a group can be very supportive. The practice will focus on the breath with an awareness of our inner self. Everyone can meditate, we just need to give ourselves permission to stop everything else and just BE.</p>
<p style="text-align: center;"><b>WRITING CIRCLE</b></p>	<p style="text-align: center;">First and third Wednesday  1.30-3.00pm All year</p>	<p style="text-align: center;">THE COACH HOUSE LEGGATT ST DAYLESFORD</p>	<p style="text-align: center;">Millie Gouldthorpe 5348 3252  Jude Brown 0425 700 328</p>	<p>This is a relaxed creative writing group. Topics are set by the group for each meeting and participants are encouraged to share their offerings at the next session. Such an approach has proven to be very affirming and constructive for all. <b>Cost: : \$2.00 per session for venue hire</b></p>
<p style="text-align: center;"><b>U3A MEN'S KITCHEN</b></p>	<p style="text-align: center;">Second Wednesday February to June  10.00am-1.00pm</p>	<p style="text-align: center;">GLENLYON FIRE STATION</p>	<p style="text-align: center;">Alan Moor  5422 2351 0459 590 162</p>	<p>This course is in partnership with Kyneton U3A. Sessions will be held in Glenlyon at the CFA Fire Station and each will feature a different cuisine. Chef Robert Wooller will guide members through all aspects of preparation and cooking. Members will then partake of a delicious lunch. <b>The joining fee will be \$50.00 payable when you register, then a fee of \$10.00 per each session that you attend.</b> Please advise Alan of any food allergies.</p>
<p style="text-align: center;"><b>GERMAN CONVERSATION</b></p>	<p style="text-align: center;">Third Wednesday beginning March  7.00 – 8.30pm</p>	<p style="text-align: center;">CONTACT TUTOR</p>	<p style="text-align: center;">Gudrun Markowsky  5348 1547</p>	<p>Come along and brush up on and improve your German. This group is for intermediate level speakers.</p>

## THURSDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
<b>TAI CHI</b>	Beginning May 23rd  10.30-11.30am	THE STUDIO 27 HILL ST DAYLESFORD	Gudrun Markowsky  5348 1547	Wu Style Tai Chi: a weekly class in which you will gradually learn and practise the movements of this Tai Chi form. It is a slow and meditative Eastern form of exercise and has a positive effect on balance, memory, coordination and inner peace. It is best to wear soft soled shoes/slippers. <b>Cost: \$2.00 per session for venue hire</b>
<b>PAINTING AND DRAWING</b>	Weekly  1.00-3.00pm	SENIOR CITIZENS' ROOMS	Liz Loder  0418 389 338	Come and explore your creative self in water colour, gouache, acrylic or drawing. We will meet on Thursdays, from 1-3pm in the Senior Citizens' kitchen, an inviting warm and light environment with plenty of space. Some materials will be provided for the first session. <b>Participants will need to supply their own materials.</b>
<b>CIRCLE DANCE</b>	Weekly  3.00-4.30PM	MASONIC HALL	Pat Harrison  0458 630 533	Easy-to-learn dances from Romania, Turkey, Macedonia and Israel. Interesting rhythms to explore in lines and circles – no partners needed. <b>Cost: \$2.00 per session for venue hire</b>
<b>SHARING STORIES AT STONE AND STRAW</b>	Fourth Thursday of the month  2.00-3.30pm	STONE AND STRAW RETREAT 5401 MIDLAND HIGHWAY MT FRANKLIN	Anne Milton  0408 038 717	This is a session for anyone to volunteer to share their stories in a group setting - there is a projector that can be used - about any topic including life experiences. Information regarding speakers will be forwarded to all members. <b>Coffee and cake/light snacks available for purchase.</b>

## FRIDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;"><b>DAYLESFORD AND DISTRICT BUSH WALKING</b></p>	<p style="text-align: center;">Weekly 9.00am</p>	<p style="text-align: center;">ASSEMBLE IN THE LOST CHILDREN MEMORIAL PARK CENTRAL SPRINGS ROAD, DAYLESFORD, OPPOSITE THE MILL MARKET.</p>	<p style="text-align: center;">Ian McKenzie  5348 4283</p>	<p>Two levels of walks are conducted each Friday by volunteer walk leaders. <b>Long Walks</b> take about 2½ to 3 hours and <b>Short Walks</b>, which are also less hilly and slower paced, about 1½ to 2 hours. Walks are conducted in a variety of locations, principally within Hepburn Shire. <b>A reasonable level of physical fitness is essential for both walking programs.</b></p>
<p style="text-align: center;"><b>FRIDAY BOOK CLUB</b></p>	<p style="text-align: center;">Second Friday 10am-11.30am All year</p>	<p style="text-align: center;">VARIOUS HOMES</p>	<p style="text-align: center;">Jenny Blood  0417 546 114</p>	<p>We are an enthusiastic group of readers who meet in the homes of various members. Discussion is usually lively and wide-ranging. Our book list for 2019 is available to all interested members.</p>
<p style="text-align: center;"><b>TABLE TENNIS</b></p>	<p style="text-align: center;">Weekly 1.00pm-3.00pm  10.00am summer start</p>	<p style="text-align: center;">VICTORIA PARK</p>	<p style="text-align: center;">Peter Gartland  0427 482 093</p>	<p>Come long and enjoy light physical activity with a friendly group. Beginners welcome. Bats and balls provided. Wheelchair TT also. <b>Cost: \$3.00 includes tea/coffee &amp; biscuits</b></p>

U3A Hepburn Shire  
PO BOX 566  
Daylesford  
VIC 3460  
www.u3ahepburnshire.com



## CLASS ENROLMENT FORM Semester One 2019

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

**\*\*\* please indicate with n/a if you don't have a mobile or email address \*\*\***

When making your decision please bear in mind that some tutors have set maximum or minimum numbers. Waiting lists may apply or sessions may be cancelled.

If you are a current financial member you are entitled to attend as many courses or classes as you choose.

- Some classes will attract a small extra cost for materials or when we are contributing to venue hire.
- Unless notified otherwise, assume that you are enrolled in your classes and turn up on the commencement date.
- Please contact the tutor if you are unable to attend any class for which you are enrolled, or if you require further information.

List below all classes and activities that you wish to attend:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please keep a copy of your enrolment form and/or write your classes into your diary.

[ ] Tick this box if you DO NOT permit your photograph to appear in any U3A Hepburn Shire communications

Enrol at the **Semester One Membership Renewal and Class Enrolment Morning**, to be held on  
**Tuesday January 29<sup>th</sup> 10.00am for 10.30am start.**

**Senior Citizens Rooms** behind the Town Hall, Vincent St. Daylesford

Or Email to: [rjl1949@gmail.com](mailto:rjl1949@gmail.com)

Or by post: **Class Enrolment, U3A Hepburn Shire Inc, PO Box 566, Daylesford VIC 3460**