

U3A Hepburn Shire

2020 Timetable Semester One

Term 1 Tuesday 4th February to Friday March 27th
 Term 2 Tuesday April 14th to Friday June 26th

Semester One Information & Enrolment morning is on Tuesday January 28th
 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 Friday January 31st**

You only need to ENROL ONCE for the yearly classes

NO CLASSES on PUBLIC holidays unless the class makes other arrangements

See *Bushfires/Extreme Weather policy for detail on cancellation of classes in extreme conditions*

<https://u3ahepburnshire.com/wp/wp-content/uploads/2019/02/Bushfire-Extreme-Weather-Policy.pdf>

Thursday 23 January	10.00 – 11.00am	Tutors' Morning Tea & Information session	Senior Citizens' Rooms
Tuesday 28 January	10am for 10.30am	Membership Renewal, Class Information & Enrolment	Senior Citizens' Rooms
Sunday 16 February	4.00pm – 8.00pm	Farewell Summer Tea Dance	Daylesford Town Hall
Monday 24 February	10am for 10.30am	Term 1 Members' Morning Tea with guest speaker	Senior Citizens' Rooms
Sunday 14 June	2.00pm -5.00pm	Zelman Symphony Concert	Daylesford Town Hall
Tuesday July 7th	10am for 10.30am	Semester 2 Class Information & Enrolment	Senior Citizens' Room
Tuesday 14 July	7.00pm – 10.00pm	French Bastille Day Celebration	Daylesford Town Hall
Monday 24 August	10am for 10.30am	Term 3 Members' Morning Tea with guest speaker	Senior Citizens' Rooms
Tuesday 6 October	10am for 10.30am	Annual General Meeting	Senior Citizens' Room
Tuesday December 1st	3.00pm – 4.30pm	Tutors' Afternoon tea	Venue to be advised
Tuesday December 8th	12pm for 12.30pm	Christmas Lunch	Venue to be advised

WHAT IS U3A?

The **University of the Third Age** is an international movement whose aims are the education and stimulation of mainly retired members of the community—those in their third 'age' of life. It is commonly referred to as **U3A**.

There is no universally accepted model for the U3A. Its original conception was in France where most U3As were associated with a university. The model was significantly modified in the United Kingdom where it was recognized that most people of retirement age have something to contribute and the emphasis has been on sharing, without formal links to traditional universities.

U3A Hepburn Shire is a not for profit organisation run by members for members. We rely on the generosity of our volunteer tutors and activity facilitators in providing a diverse program for our members. We have an active and dedicated committee who bring the program to you and volunteers who assist with a wide range of associated tasks.

Our mission is to provide accessible and affordable educational, cultural, physical and social opportunities appropriate to the needs of retired and semi-retired people. Our motto is Learning Together for Pleasure.

Participation in U3A activities is dependent on current financial membership.

Visit our new website at <http://u3ahepburnshire.com/>

Contact us via email - info@U3Ahepburnshire.com

U3A Hepburn Shire acknowledges the Traditional Custodians of the lands and waters of Hepburn Shire, and we pay our respects to Elders past and present and extend our respect to all Aboriginal and Torres Strait Islander Peoples.

EXCURSIONS

Subject	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;">OLD TREASURY BUILDING TOUR</p>	<p style="text-align: center;">Tuesday 3 March all day</p>	<p style="text-align: center;">OLD TREASURY BUILDING MELBOURNE</p>	<p style="text-align: center;">Robyn Lawrence 0414 500 174</p>	<p>See areas of the building inaccessible to the general public, including the Executive Council Chamber where the Governor of Victoria has met for over 150 years to sign legislation into law. Find out more about Melbourne's fascinating gold rush past! Go behind the scenes of the Old Treasury to see the wonderful Paintings of Early Melbourne. This rare and exciting collection of paintings provides an insider's glimpse of the early beginnings of the colony of Melbourne and offers an insight into the life of Melbournians from the 1840s to 1870s. Transport: Carpool to Ballan, train and tram. Tour cost: \$10 per person. Lunch at own cost. Maximum numbers may apply.</p>
<p style="text-align: center;">GUIDED TOUR OF THE UNIVERSE</p>	<p style="text-align: center;">Wednesday 29 April 6.00 – 9.00pm</p>	<p style="text-align: center;">BALLARAT OBSERVATORY AND MUSEUM 459 Cobden St Mt. Pleasant (near Sovereign Hill)</p>	<p style="text-align: center;">David Hall 5438 2872</p>	<p>Come along for a guided tour of the Universe with astronomers and telescopes. If the evening is suddenly cloudy there will be an illustrated talk with 3-D movies. A light meal will be provided in the Third Rock Dining Room. 6.00-7.00pm meal and 7.00-9.00 pm tour. Cost of light meal and tour is \$25.00. Private travel arrangements.</p>
<p style="text-align: center;">STATE LIBRARY TOUR</p>	<p style="text-align: center;">Tuesday 5 May 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. Carpool to Ballan, train and tram Lunch at own cost</p>
<p style="text-align: center;">NATIONAL WOOL MUSEUM TOUR</p>	<p style="text-align: center;">Monday 22 June All day</p>	<p style="text-align: center;">GEELONG</p>	<p style="text-align: center;">Suz Horni 0430 243 871</p>	<p>"We The Makers Design Festival" National Wool Museum Geelong. A new biennial showcase of makers, designers and others. Professional and emerging. Featuring headwear, neckwear (including scarves) bodywear and footwear. Included is a Makers Marketplace. (Have your wallets ready) Australia used to ride on the sheep's back for 200 years and the National Wool Museum celebrates this history. Transport to be advised depending on numbers Cost: museum entry, transport and lunch.</p>

SINGLE SESSIONS AND SHORT COURSES

Subject	Date/Time	Venue	Tutor/Contact	Description
ROMANTIC WOMEN	Monday 10 February 3.00-4.30pm	PADDOCK ROOM	Graeme Boscoe 5476 4222	A recital of recorded piano music of the Romantic Period (Chopin, Liszt, Rachmaninov et al) performed by famous women pianists of the last 150 years.
INDIGENOUS LANGUAGE AND CULTURE LECTURE SERIES DR NEVILLE WHITE	Friday 21 February 2.00pm	PADDOCK ROOM DAYLESFORD NEIGHBOURHOOD CENTRE	Peter Duncan 0417 576393	Dr Neville White will give the last of four talks and discussions. The object is to improve our understanding of the complex cultural and social relationships of the Yolngu people of the Donydji Homeland in East Arnhem Land and their deep connection to the environment as well as the challenges of maintaining these in the modern world. Dr. White has worked for almost fifty years with the Yolngu people of East Arnhem Land, studying social, cultural and environmental influences on the population. He speaks the language and has become a much loved and trusted friend of the community.
MANAGEMENT OF SEWAGE IN MELBOURNE AND DAYLESFORD	2 SESSIONS Tuesday 11 February Tuesday 24 March 2.00pm-3.30pm	TBA	Robyn Lawrence 0414 500 174	A general introduction to sewage treatment technology and the sewerage system in Melbourne and Daylesford Session 1- Sewage treatment technology The objective is to provide a general introduction to common sewage treatment methods. Session 2: Sewage treatment in Melbourne and Daylesford A comparison of the different systems from local to global.
MEMBERS' MORNING TEA THE CONSTANT RENOVATORS DOMINIC ROMEO	Monday 24 February 10.30am-12.00pm	SENIOR CITIZENS' ROOM	Anne Tamblyn 0411 866 643	Marie and Dominic Romeo dedicated work over thirty years has been driven by a strong sense of empathy for the historic properties that they choose to breathe new life into – from “Rupertswood”, one of the largest private houses built in Australia to the historic hill stations of Mount Macedon and bluestone mansions. The inspirational talk will showcase images of the properties in their original glory, “before and after”. Dominic Romeo has been involved in heritage property for over 30 years. He is a real estate agent specialising in the sale of historic houses. Director of the National Trust of Australia (Vic) 2005 – 2015. Dominic and Marie are authors of “The Constant Renovators”
ACTIVE AGEING: HOW TO STAY FIT INSIDE AND OUT	Wednesday 11 March 1.30-2.30pm	HEPBURN COMMUNITY HEALTH CENTRE	Pat Harrison 0458 630 533	A Physiotherapist will discuss general fitness and strength. A Dietitian will discuss a healthy diet.

SPONGE MAKING	Thursday 23 April 10.00 – 11.30am	47 FRAZER ST DAYLESFORD	Marie-Louise Stafford 5348 3087	Learn how to make the perfect and lightest sponge from someone with well-honed skills. Cost: \$5 for ingredients
PREPARING FOR TRAVELLING: HOW TO GET FIT, STRONG & EQUIPPED FOR TRAVEL	Wednesday 13 MAY 1.30-2.30pm	HEPBURN COMMUNITY HEALTH CENTRE	Pat Harrison 0458 630 533	A Physiotherapist will discuss general fitness and strength for traveling – eg. lifting luggage. A Podiatrist will discuss choice of footwear. A Dietitian will discuss, food and drinks while traveling.
GETTING THE BEST AGED CARE SERVICES	Friday 6 March 3.00-4.30pm	PADDOCK ROOM DAYLESFORD NEIGHBOURHOOD CENTRE	Professor Hal Swerissen 0418 509062	Most of us want to live at home and in the community for as long as possible. When we become ill, disabled or frail we need services to support us. Home Support, Home Care and Residential Care services are intended to assist older people when they have difficulty supporting themselves. But services are often hard to navigate and they vary considerably in cost and quality. We will explore how aged care services are organised, what you need to do to get services, what to watch out for, who can provide you with assistance in navigating services and what to do if services are poor quality.
MENTAL HEALTH AND AGEING	Friday 20 March 3.00-4.30pm	PADDOCK ROOM DAYLESFORD NEIGHBOURHOOD CENTRE	Professor Hal Swerissen 0418 509062	What do we mean by mental health, why does it get disrupted, what can you can do to prevent psychological distress and what can be done when we do become distressed? Interestingly, older people seem to be happier than those in middle age, but nevertheless physical decline, loss and isolation and the inevitability of death affect our psychological wellbeing as we get older. This session will explore these issues and the current attempts by governments to improve mental health services.
MAINTAINING HEALTH AS YOU GET OLDER	Friday 3 April 3.00-4.30pm	TBA	Professor Hal Swerissen 0418 509062	Ageing is fundamental to life. In this session we will examine why we decline physically with age and what we can be do to prevent and slow down illness and physical decline. We will explore how diet, physical activity, rest, emotional wellbeing and social engagement affect the biology of ageing. We will also discuss some of the more fanciful claims for preventing ageing and decline.
ROSE PRUNING	Thursday 23 July 10.00am- 11.30am	47 FRAZER ST DAYLESFORD	Marie-Louise Stafford 5348 3087	Learn basic rose pruning techniques for both standard and climbing roses. Diagrams supplied and supervised practice - an opportunity not to be missed. Bring your own sharp secateurs.

MONDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
WARBLING WOMBATS	Fourth Monday 4.00-5.30pm	THE COACH HOUSE	Millie Gouldthorpe 0433 552 019	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.
CURRENT AFFAIRS	Third Monday 10.30am – 12 noon	SENIOR CITIZENS' ROOMS	Frank Page 0417 010 817	A 90 minute informal & interactive session examining diverse subjects and material from national, state, local & international news, celebrity, social justice & contemporary issues, mainstream media, social & digital media & technology, society, culture & lifestyle including specific issues raised by members. No session in May.
BRIDGE	1.00-4.00pm All year	MASONIC HALL VINCENT STREET DAYLESFORD	Richard Gray 0420 976 401	This is a group for people who play Bridge. There are tables aplenty. Play is relatively informal and] players of all levels are welcome. Bridge is a sedate game (or at least is supposed to be), although passions do sometimes run high!
SCRABBLE	1.00–4.00pm All year	47 FRAZER ST DAYLESFORD	Marie-Louise Stafford 5348 3087	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.
LE CONSERVATOIRE	1 st & 3 rd Mondays Beginning 3 February 1-4pm	ST PETER'S PARISH ROOMS	Danielle Lacroix 0451 476 007	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.
MONDAY BOOK CLUB	Third Monday 7.30pm All year	VARIOUS HOMES	Anne Tamblyn 0411 866 643	We are an enthusiastic group of readers who meet in the homes of various members. Discussion is usually lively and wide-ranging. Maximum numbers apply.
DEVELOPING DIGITAL SKILLS	Beginning 4 March 2.00-4.00pm Info sessions will be held in February (dates tba)	DAYLESFORD NEIGHBOURHOOD CENTRE COMPUTER LAB	Robyn Lawrence 0414 500 174	Using the resources provided by federally funded 'Be Connected' program these sessions will provide support to further develop your digital skills and confidence, and will be tailored to suit the needs of individuals within the group and may include basic information on using your computer, laptop or tablet through to esafety, shopping online, entertainment and much more. Robyn is no expert so the sessions will be focussed on learning together to meet your needs.

TUESDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
CLOGGING	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.
CRAFT GROUP	Second Tuesday 10.00am-12 noon All year	ST PETER'S PARISH ROOMS	Maggie Nightingale 0438 670 279	This craft group is 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 be invited to attend any guest speakers that may be scheduled through the year.
TUESDAY BOOK CLUB	Fourth Tuesday 10.30am - 12 noon	VARIOUS HOMES	Pam Gleeson 0414 745 473	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 2020 is available to all interested members. Maximum numbers apply.
U3A LUNCHESES	Second Tuesday 12.00 for 12.30pm	VARIOUS LOCAL VENUES	John Bohn 0419 157 633	Everyone is welcome to join this regular social group, John will contact you each month with lunch details. Cost: \$25 (approx)
MOVIES AT STONE AND STRAW	Monthly Third Tuesday 2.00pm start	STONE AND STRAW RETREAT 5401 Midland Hwy Mt Franklin	Anne Milton 0408 038 717	Join fellow lovers of film in an intimate setting to relax with a film chosen from an extensive library. Films shown will be theme based around topics, actors or genre. Discuss the films over afternoon tea. Cost: \$10 for afternoon tea which includes tea or coffee. Other drinks are available to purchase.
FRENCH CIRCLE	Monthly Second Tuesday Begins in March 6.30pm All year	SENIOR CITIZENS' ROOMS	Monica Cole 0425 851 679	The French Circle provides a range of activities related to France in an enjoyable, social context where there is encouragement to use the French language. Our activities include short presentations, in French or English, followed by group discussions. The topics might include cookery, food and wine, art, music films or history. We also have oral games evenings, play petanque and organise the French National Day celebrations on July 14th.

WEDNESDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
MAH-JONG CLUB	10.00am–1.00pm All year	MASONIC HALL	Marie-Louise Stafford 5348 3087	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.
MINDFULNESS MEDITATION	10.30 – 11.30am All year	CONTACT TUTOR	Shamana Kivinen 0418 512 393	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.
WRITING CIRCLE	First and third Wednesday 1.30-3.00pm All year	THE COACH HOUSE LEGGATT ST DAYLESFORD	Millie Gouldthorpe 0433 552 019 Jude Brown 0425 700 328	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.
U3A MEN'S KITCHEN	Second Wednesday February to June 10.00am-1.00pm	GLENLYON FIRE STATION	Alan Moor 5422 2351 0459 590 162	This course is in partnership with Kyneton U3A. Sessions will be held in Glenlyon at the CFA Fire Station and each session 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. The joining fee will be \$50.00 payable when you register, then a fee of \$10.00 per each session that you attend. Please advise Alan of any food allergies.
ITALIANO INTERMEDIO	Weekly 1.30 - 3.00pm	88 WEST STREET	Annie Duncan 0408 629 930	This Italian class is suitable for people who have studied Italian for several years and who have the confidence to speak ONLY In Italian. Lessons alternate between ITALIAN-ONLY conversation and listening and grammar lessons.
CONVERSAZIONE ITALIANA	Weekly 1.30 – 3.00pm	1856 BALLAN- DAYLESFORD RD KORWEINGUBOORA	Teresa Pastore 0438 179 710 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.
GERMAN CONVERSATION	Third Wednesday beginning Feb 19 2.00pm-3.30pm	HARVEST CAFÉ	Gudrun Markowsky 5348 1547	Come along and brush up on and improve your German. This group is for intermediate level speakers. Newcomers please contact Gudrun prior to beginning.
CRYPTIC CROSSWORDS FOR BEGINNERS	2nd and 4th Wednesday 12.30 -1.30pm	Contact tutor Jan Bragg	Jan Bragg 5348 3812	Cryptic crosswords for absolute beginners. A step by step guide in how to solve these apparently mysterious puzzles. Numbers will be limited so get in early. Cost: photocopying TBA.

THURSDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
TAI CHI	<p style="text-align: center;">Weekly Begins Feb 13 10.30am start for beginners 11.00am-12.00pm for continuing</p>	<p style="text-align: center;">SENIOR CITIZENS' ROOMS</p>	<p style="text-align: center;">Gudrun Markowsky 5348 1547</p>	<p>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.</p>
PAINTING AND DRAWING	<p style="text-align: center;">Weekly 1.00-3.00pm</p>	<p style="text-align: center;">SENIOR CITIZENS' ROOMS</p>	<p style="text-align: center;">Liz Loder 0418 389 338</p>	<p>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. Participants will need to supply their own materials.</p>
CIRCLE DANCE	<p style="text-align: center;">Weekly 3.00-4.30pm</p>	<p style="text-align: center;">MASONIC HALL</p>	<p style="text-align: center;">Pat Harrison 0458 630 533</p>	<p>Easy-to-learn dances from countries such as Romania, Turkey, Macedonia and Israel. Interesting rhythms to explore in lines and circles – no partners needed.</p>
SHARING STORIES AT STONE AND STRAW	<p style="text-align: center;">Fourth Thursday of the month Times vary</p>	<p style="text-align: center;">STONE AND STRAW RETREAT 5401 MIDLAND HIGHWAY MT FRANKLIN</p>	<p style="text-align: center;">Anne Milton 0408 038 717</p>	<p>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. Coffee and cake/light snacks available for purchase.</p>

FRIDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
DAYLESFORD AND DISTRICT BUSH WALKING	Weekly 9.00am	ASSEMBLE IN THE LOST CHILDREN MEMORIAL PARK CENTRAL SPRINGS ROAD, DAYLESFORD, OPPOSITE THE MILL MARKET	Ian McKenzie 5348 4283	Two levels of walks are conducted each Friday by volunteer walk leaders. Long Walks take about 2½ to 3 hours and Short Walks , 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. A reasonable level of physical fitness is essential for both walking programs.
FRIDAY BOOK CLUB	Second Friday 10.30am-12.00pm All year	VARIOUS HOMES	Jenny Blood 0417 546 114	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 2020 is available to all interested members. Maximum numbers apply.
TABLE TENNIS	Weekly Friday 10.00am-12.00pm Sunday 10.00am-12.00pm	VICTORIA PARK	Peter Gartland 0427 482 093	Come long and enjoy light physical activity with a friendly group. Beginners welcome. Bats and balls provided. Wheelchair TT also. Cost: \$3.00 includes tea/coffee & biscuits
INDIGENOUS HISTORY IN CENTRAL VICTORIA Dr Fred Cahir	Fridays 13 & 27 March 17 April 2.00-3.30pm	PADDOCK ROOM DAYLESFORD NEIGHBOURHOOD CENTRE	Peter Duncan 0417 576393	This three-part series of lectures and readings will focus on the history of relations between the Djadjawurrung [the Indigenous people of Daylesford and the surrounding region] and the British colonists in the colonial period 1830-1870s. Dr Fred Cahir is an Associate Professor in Aboriginal History within the School of Arts at Federation University. He lives and works on Wadawurrung Country Enrolees will receive a detailed synopsis of the lecture series which is also available on request to other members of U3A.

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



CLASS ENROLMENT FORM Semester One 2020

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 28th 10.00am for 10.30am start.

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

Or Email to Robyn at: rlj1949@gmail.com

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