

U3A Hepburn Shire

2021 Timetable Semester One

Term 1 Monday 1st February to Friday 2nd April

Term 2 Monday 19th April to Friday 25th June

Semester One Information & Enrolment morning is on Thursday 28th January
Senior Citizens' Rooms and the Daylesford Town Hall 10.00am for a 10.30am start

*** Please enrol before Friday January 29th**

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>

*** All activities are subject to weather conditions and Covid-19 restrictions.**

Thursday 21 January	10.00am - 12.00noon	Tutors' Morning Tea & Information session	Senior Citizens' Rooms
Thursday 28 January	10am for 10.30am	Membership Renewal, Class Information & Enrolment	Senior Citizens' Rooms
Monday 22 March	10am for 10.30am	Term 1 Members' Morning Tea with guest speaker	Senior Citizens' Rooms
Sunday 6 June	2.00pm - 5.00pm	Zelman Symphony Orchestra Concert (tba)	Daylesford Town Hall
Tuesday 6 July	10am for 10.30am	Semester 2 Class Information & Enrolment	Senior Citizens' Rooms
Wednesday 14 July	7.00pm - 10.00pm	French Bastille Day Celebration	Daylesford Town Hall
Monday 30 August	10am for 10.30am	Term 3 Members' Morning Tea with guest speaker	Senior Citizens' Rooms
Tuesday 5 October	10am for 10.30am	Annual General Meeting	Senior Citizens' Rooms
Tuesday 7 December	3.00pm - 4.30pm	Tutors' Afternoon tea	Venue to be advised
Tuesday 14 December	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 website at <http://u3ahepburnshire.com/>

Contact us via email - info@U3Ahepburnshire.com

COVID 19 Requirements

The Management Committee will routinely provide members, by way of newsletters, posters etc., advice and education relating to infection prevention, particularly in small and large public gatherings, as well as any new and emerging related threats.

Maximum numbers will apply for indoor events

The Committee will, particularly during the cold and flu season, regularly alert members to isolate themselves from U3A/HS activities if they are suffering from infectious conditions such as Upper Respiratory Tract Infection (URTI).

How to enrol

Class enrolments will be open on Thursday January 28th.

Members can enrol directly through the User Management Administration System (UMAS) from January 28th or in person at the Class Enrolment session on Thursday January 28th.

Members will be issued with instructions on how to access UMAS prior to the Class Enrolment session.

Hepburn U3A 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 and First Nations Peoples.

SINGLE SESSIONS and SHORT COURSES

Subject	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;">HOW TO DEAL WITH AGEISM</p>	<p style="text-align: center;">Friday 5 March 10.30am-12.00</p>	<p style="text-align: center;">PADDOCK ROOM DAYLESFORD NEIGHBOURHOOD CENTRE</p>	<p style="text-align: center;">Professor Hal Swerissen 0418 509 062</p>	<p>Have you ever been invisible while waiting for a shop attendant with a group of young people, been asked if you mind giving up your position for a younger person, missed out on a job because of grey hair, told 'you look great for your age', had people express their surprise you can use a smart phone? Welcome to ageism. Unlike racism, sexism and homophobia, ageism is often tolerated. Systemic ageism leads to people losing their jobs, having decisions about health and personal care made for them and being excluded from community decision making and participation. The first step is understanding what ageism is, why it occurs and why it matters. The second, is deciding what it to do about it - personally and through public policy. This session will explore these issues.</p>
<p style="text-align: center;">GETTING THE BEST AGED CARE SERVICES</p>	<p style="text-align: center;">Friday 12 March 10.30am-12.00</p>	<p style="text-align: center;">PADDOCK ROOM DAYLESFORD NEIGHBOURHOOD CENTRE</p>	<p style="text-align: center;">Professor Hal Swerissen 0418 509 062</p>	<p>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.</p>
<p style="text-align: center;">MENTAL HEALTH AND AGEING</p>	<p style="text-align: center;">Friday 19 March 10.30am-12.00</p>	<p style="text-align: center;">PADDOCK ROOM DAYLESFORD NEIGHBOURHOOD CENTRE</p>	<p style="text-align: center;">Professor Hal Swerissen 0418 509 062</p>	<p>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 well-being as we get older. This session will explore these issues and the current attempts by governments to improve mental health services.</p>
<p style="text-align: center;">MAINTAINING HEALTH AS YOU GET OLDER</p>	<p style="text-align: center;">Friday 26 March 10.30am-12.00</p>	<p style="text-align: center;">PADDOCK ROOM DAYLESFORD NEIGHBOURHOOD CENTRE</p>	<p style="text-align: center;">Professor Hal Swerissen 0418 509 062</p>	<p>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 well-being and social engagement affect the biology of ageing. We will also discuss some of the more fanciful claims for preventing ageing and decline.</p>

POETRY READINGS WITH ROSS GILLETT & RICHARD PERRY	Tuesday 16 March & Tuesday 13 April 11.00am-12noon	PADDOCK ROOM DAYLESFORD NEIGHBOURHOOD CENTRE	Richard Perry 0490 540 584	Ross Gillett is an award-winning Australian poet and Richard Perry is an emeritus professor of Fine Arts; both live locally and enjoy and excel in reading aloud.
INDIGENOUS HISTORY IN CENTRAL VICTORIA Dr Fred Cahir	Dates to be confirmed 2.00-3.30pm	VENUE TO BE CONFIRMED	Peter Duncan 0417 576 393	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.
SPONGE MAKING	Tuesday 20 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
DEVELOPING DIGITAL SKILLS	Days, dates & times will be negotiated individually	CONTACT TUTOR	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 and may include basic information on using your computer, laptop or tablet through to esafety, shopping online, entertainment and much more. Sessions can be one off or ongoing and the day of the week and time of the session is negotiable. Mike Soccio, who is computer literate, will work with Robyn to ensure the sessions meet your needs.
EXCURSIONS				
GUIDED TOUR OF THE UNIVERSE	Thursday 18 March 6.00-9.00pm	BALLARAT OBSERVATORY AND MUSEUM 459 Cobden St Mt. Pleasant (near Sovereign Hill)	David Hall 5438 2872	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 (to be confirmed)
THE COOL CLIMATE WINE CHALLENGE: A history of the development of Sailors Falls Estate	Thursday 25 February 11.00am-1.00pm	Sailors Falls Estate, Villas & Vines 1073 Telegraph Rd, Sailors Falls	Robert & Margaret McDonald 0431 689 692	An interactive discussion about the local wine industry and a tasting of the cool climate wines we grow here. The tasting will expose a couple of unique wines we grow in the vineyard and the reasons they were planted in 1999. Cost \$5 per person (deducted from any wine purchases. Maximum 10 participants

MONDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
WARBLING WOMBATS	Monthly 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. Cost: \$5.00 per session.
BRIDGE	Weekly 1.00-4.00pm All year	ST PETER'S PARISH ROOMS	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!
FIRST MONDAY BOOK CLUB	Monthly First Monday 7.30 PM	MEET AT CONVENOR'S HOME	Josie McKenzie 5348 4283	A friendly group of avid readers who enjoy a wide range of literature and lively discussion. Maximum numbers apply
SCRABBLE	Weekly 1.00-4.00pm	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.
THIRD MONDAY BOOK CLUB	Monthly Third Monday 7.30pm	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

TUESDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
CLOGGING	Weekly 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.
FIBRE CREATIVITY	Monthly Second Tuesday 10.00am-12 noon	ST PETER'S PARISH ROOMS	Maggie Nightingale 0438 670 279	This 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 invited to attend any guest speakers that may be scheduled through the year.
TUESDAY BOOK CLUB	Monthly 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 LUNCHES	Monthly 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.)
PETANQUE	Weekly 10.30am-12.00noon	LAVENDULA SWISS ITALIAN FARM SHEPHERDS FLAT	Paul & Jennie Carney 0415 461 434	Petanque or Boule is a French game equivalent to Italian Bocce. It is for men and women. No prior experience or ability required. Learn this fun game in a lovely environment and enjoy a coffee afterwards. Cost: \$4 entry or \$15 annual membership.
FRENCH CIRCLE	Monthly Second Tuesday 6.30pm	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	Weekly 10.00am-1.00pm	CONTACT TUTOR	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	Weekly 10.30- 11.30am	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. Maximum 5 persons
WRITING CIRCLE	Second and Fourth Wednesday 1.30-3.00pm	ST PETER'S PARISH ROOMS	Gordon Nightingale 0407 293 311	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	Monthly Second Wednesday February to June 10.00am-1.00pm	GLENLYON FIRE STATION	Alan Moor 5422 2351 0419 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 10.00-11.30am Can vary time/day to suit	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. A minimum of six students are required.
CONVERSAZIONE ITALIANA	Weekly 1.30-3.00pm	1856 BALLAN- DAYLESFORD RD KORWEINGUBOORA	Teresa Pastore 0438 179 710 Luigi Soccio 0469 920 365	<i>Se capisci questo puoi venire alla nostra classe!</i> 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	Monthly Third Wednesday beginning Feb 17 2.00pm-3.30pm	HARVEST CAFÉ	Gudrun Markowsky 0490 053 521	Come along and brush up on and improve your German. This group is for intermediate level speakers. Newcomers please contact Gudrun prior to beginning. Classes beginning Feb 17.
CRYPTIC CROSSWORDS FOR BEGINNERS	Second and fourth Wednesday 12.30-1.30pm	CONTACT TUTOR	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
<p style="text-align: center;">PAINTING AND DRAWING</p>	<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. Begins 25 February</p>
<p style="text-align: center;">GENTLE STRETCHING AND RELAXATION</p>	<p style="text-align: center;">Second and fourth Thursdays beginning 11 February 10.30-11.30am</p>	<p style="text-align: center;">PADDOCK ROOM DAYLESFORD NEIGHBOURHOOD CENTRE</p>	<p style="text-align: center;">Christina Cornioley 0439815775</p>	<p>In this class we will gently warm up the body, then focus on key areas of tension - necks, shoulders, lower back etc. We will include breath work to ease tension, lots of stretching both on the floor and standing, and finally a deep guided relaxation to allow the nervous system to recharge. The class will be based on yoga principles but be modified for those without any yoga background. It seems that letting the body and mind totally relax allows one to access inner reserves of resilience and peace which could be of use at this time. Christina has been teaching yoga and meditation for twenty-three years in Canberra and Sydney. BYO yoga mat, cushion, and rug Maximum 10.</p>
<p style="text-align: center;">LIFE! HEALTH AND LIFESTYLE WELLBEING PROGRAM</p>	<p style="text-align: center;">Fortnightly, Thursdays, 10.30-11.30 from 4 March to 14 April with two follow-up sessions on 12 August 2021 and 3 April 2022</p>	<p style="text-align: center;">ONLINE VIA ZOOM</p>	<p style="text-align: center;">Pat Harrison 0458 630 533</p>	<p>A State government funded group program offered online by Equip4Life. Over four sessions, exercise physiologists and dieticians will teach you all about healthy eating, physical activity, reducing stress, improving sleep and preventing chronic disease through proven lifestyle modification strategies. Follow-up support is offered four months and a year after the fourth session. You can check the program here: https://www.equip4life.com.au/wp-content/uploads/2020/08/INDIVIDUAL-WELLNESS-PROGRAM-FLOWCHART.pdf Please note that everyone participating will be asked to fill out a brief assessment form available at enrolment. If you don't have a suitable computer, Pat may be able to arrange for you to do the program with another participant.</p>

FRIDAY

Subject	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;">DAYLESFORD AND DISTRICT BUSH WALKING</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. 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.</p> <p>* This activity is subject to weather conditions and Covid-19 restrictions.</p>
<p style="text-align: center;">FRIDAY BOOK CLUB</p>	<p style="text-align: center;">Monthly Second Friday 10.30am-12.00pm</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 2021 is available to all interested members. Maximum numbers apply</p>
<p style="text-align: center;">TABLE TENNIS</p>	<p style="text-align: center;">Weekly Friday 10.00am-12.00pm Sunday 10.00am-12.00pm</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. Cost: \$3.00 includes tea/coffee & biscuits</p>

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



CLASS ENROLMENT FORM Semester One 2021

Name: _____ Phone: _____

Mobile: _____ Email: _____

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

Class enrolments will be open on Thursday January 28th. No enrolments will be registered prior to this date. Members can enrol directly through the User Management Administration System (UMAS) or in person at the Class Enrolment session on Thursday January 28th. Members will be issued with instructions on how to access UMAS prior to the Class Enrolment session.

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 Luigi at: luigisoccio1201@gmail.com

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