



Hepburn Shire

## 2023 Program

TERM 1 Monday 30<sup>th</sup> January to Thursday 6<sup>th</sup> April

TERM 2 Monday 24<sup>th</sup> April to Friday 23<sup>rd</sup> June

TERM 3 Monday 10<sup>th</sup> July to Friday 15<sup>th</sup> September

TERM 4 Monday 2<sup>nd</sup> October to Friday 15<sup>th</sup> December

### Membership

Membership can be renewed at any time by paying the 2023 membership fee **\$65.00**:

1. **By cheque** made out to U3A Hepburn Shire Inc., and mailed to:  
PO Box 566, Daylesford, VIC, 3460  
**OR**
2. **By EFT or Bank Deposit**  
Bank: Bendigo Bank BSB: 633000  
Account Number: 147362859  
Account Name: U3A Hepburn Shire Inc.  
Reference: Please use your full name as reference

### Class Enrolment

*Note: You need to have paid the 2023 membership fee before you can enrol in classes.*

Class Enrolments for the 2023 year open on Monday January 23<sup>rd</sup> at 10am. You can enrol:

1. **Online** by logging in to our website at  
<https://u3ahepburnshire.com/umas-for-members/login/>  
(from January 23<sup>rd</sup> @10am  
**OR**
2. **At our office:** The Courtroom @ DNC, 13 Camp St Daylesford, where membership renewal including payment and program enrolment support will be available on **Monday January 23<sup>rd</sup>, Tuesday January 24<sup>th</sup> and Wednesday January 25<sup>th</sup> from 10am - 1pm.**

## 2023 Dates for your Diary

Tuesday 17 January	10.30am - 12.00pm	Tutors' Morning Tea & Information session	Senior Citizens' Rooms
Monday January 23 <sup>rd</sup> Tuesday January 24 <sup>th</sup> Wednesday January 25 <sup>th</sup>	10.00am - 1.00pm	Membership Renewal, Class Enrolment support	The Courtroom @ DNC
Monday February 13th	10.00-11.30am	Term 1 Members' Morning Tea with guest speaker	Senior Citizens' Rooms
Sunday March 26 <sup>th</sup>	2.00 - 5.00pm	Zelman Symphony Orchestra Concert	Daylesford Town Hall
Monday June 26 <sup>th</sup>	9.30am - 12.30pm	Semester 2 Class Enrolment support	The Courtroom @ DNC
Friday July 14th	6.30pm - 10.00pm	French Bastille Day Celebration	Daylesford Town Hall
Monday August 28 <sup>th</sup>	10.00-11.30am	Term 3 Members' Morning Tea with guest speaker	Senior Citizens' Rooms
Tuesday November 14 <sup>th</sup>	10.00 for 10.30am	Annual General Meeting	Daylesford Town Hall & Senior Citizens' Rooms
Thursday October 5 <sup>th</sup>	3.00 - 4.30pm	Tutors' Afternoon tea	The Courtroom @ DNC
Tuesday December 12 <sup>th</sup>	4.00-5.30pm	Christmas Function	Daylesford Town Hall & Senior Citizens' Rooms

## 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](mailto:info@U3Ahepburnshire.com)

***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

Subject and Class Code	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;"><b>SS2301</b> <b>IT MAY BE SPAM, BUT IS IT A SCAM?</b></p>	<p style="text-align: center;"><b>Thursday</b> <b>February 2<sup>nd</sup></b> <b>2.00-3.30pm</b></p>	<p style="text-align: center;"><b>THE COURTROOM</b> <b>@ DNC</b></p>	<p style="text-align: center;"><b>Scott Maclean</b></p>	<p>Many of us receive multiple emails every day.</p> <ul style="list-style-type: none"> <li>• Some offer to help with 'Search Engine Optimisation' or SEO</li> <li>• Some offer to help redesign our website(s)</li> <li>• Others offer to improve our social media exposure (!)</li> <li>• Still others are aimed at parting us from our money.</li> </ul> <p>It's in this fourth category where emails are not always obvious in intent.</p> <p>In this session we'll look at a number of emails and together develop some simple rules to help us decide which should be avoided. Some of the emails presented will be ridgy-didge, others will be scams. Participants are invited to bring in their own potentially dodgy emails for judgement by the group.</p>
<p style="text-align: center;"><b>SS2302</b> <b>POETRY READINGS</b> <b>WITH ROSS GILLETT &amp;</b> <b>RICHARD PERRY</b></p>	<p style="text-align: center;"><b>Thursday</b> <b>March 9<sup>th</sup></b> <b>2.30pm</b></p>	<p style="text-align: center;"><b>THE COURTROOM</b> <b>@ DNC</b></p>	<p style="text-align: center;"><b>Ross Gillett</b></p>	<p>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.</p>
<p style="text-align: center;"><b>SS2303</b> <b>FLOWER ARRANGING</b></p>	<p style="text-align: center;"><b>Thursday</b> <b>March 16<sup>th</sup></b> <b>10.00am-12.00pm</b></p>	<p style="text-align: center;"><b>THE COURTROOM</b> <b>@ DNC</b></p>	<p style="text-align: center;"><b>Denise Robinson</b></p>	<p>Denise Robinson will conduct a "BYO do-it-yourself" with assistance session on basic flower arranging- how to make a 'tussy-mussy' posy. You will need to BYO secateurs and a snack for a mid-session break.</p> <p>Tea and coffee provided.</p>
<p style="text-align: center;"><b>SS2304</b> <b>GIVE CROQUET A GO</b></p>	<p style="text-align: center;"><b>Thursday</b> <b>March 23<sup>rd</sup></b> <b>10.00am 12.30pm</b></p>	<p style="text-align: center;"><b>NEWSTEAD GOLF</b> <b>CROQUET CLUB</b></p>	<p style="text-align: center;"><b>Jan Smith</b></p>	<p>Golf Croquet is a popular version of the sport of Croquet. This is due mainly to its simplicity to learn and play, however there is a certain amount of strategic skill required to be successful.</p> <p>Join members of the Newstead Croquet Club for this social session and give Croquet a Go.</p> <p>Carpooling to Newstead can be arranged.</p>
<p style="text-align: center;"><b>SS2305</b> <b>TRAVEL DIARIES</b></p>	<p style="text-align: center;"><b>Thursday</b> <b>March 30<sup>th</sup></b> <b>10-11.30am</b></p>	<p style="text-align: center;"><b>THE COURTROOM</b> <b>@ DNC</b></p>	<p style="text-align: center;"><b>Lesley Hewitt</b></p>	<p>Pyramids, floating down the Nile and Hatsheput, the warrior Queen.</p> <p>Lesley Hewitt talks about her recent trip to Egypt and Jordan and what it meant travelling in a COVID world.</p>

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<p style="text-align: center;"><b>SS2306</b> <b>"IT'S TIME!"</b></p>	<p style="text-align: center;"><b>Monday</b> <b>May 1<sup>st</sup></b> <b>10.30am- 12.00pm</b></p>	<p style="text-align: center;"><b>THE COURTROOM</b> <b>@ DNC</b></p>	<p style="text-align: center;"><b>David Hall</b></p>	<p>David Hall has some surprising facts to share on " Time". The names of the days of the week recall Thor- the Nordic God of - Thunder and other Gods. The months remind us of classic era Gods and Roman worthies. Who decided that there are 60 second to a minute or 365 days in the year? In fact, approximately 365.25 days in the year. So how to tidy that up? When did Time begin? How long ago? Will it end? Hear what Science has to say? Can Time go backwards? David experienced this once and will share what happened. Learn how navigating safely at sea depends on Time for guidance. There's more if Time allows.</p>
<p style="text-align: center;"><b>SS2307</b> <b>THE COOL CLIMATE WINE CHALLENGE:</b> <b>A history of the development of Sailors Falls Estate</b></p>	<p style="text-align: center;"><b>SEASONALLY DEPENDANT</b> <b>Day &amp; Date TBC</b></p>	<p style="text-align: center;"><b>SAILORS FALLS ESTATE, VILLAS &amp; VINES</b> <b>1073 Telegraph Rd, Sailors Falls</b></p>	<p style="text-align: center;"><b>Robert &amp; Margaret McDonald</b></p>	<p>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 12 participants</p>
<p style="text-align: center;"><b>SS2308</b> <b>PRUNING FRUIT TREES</b></p>	<p style="text-align: center;"><b>SEASONALLY DEPENDANT</b> <b>Day &amp; Date TBC</b></p>	<p style="text-align: center;"><b>VENUE PROVIDED PRIOR TO SESSION</b></p>	<p style="text-align: center;"><b>Joe Pastore</b></p>	<p>Learn basic pruning techniques for fruit tree from a home gardener. This session is seasonally dependant from June through to even possibly August. Register as an expression of interest and you will be contacted.</p>
<p style="text-align: center;"><b>SS2309</b> <b>ROSE PRUNING</b></p>	<p style="text-align: center;"><b>Thursday</b> <b>July date TBC</b></p>	<p style="text-align: center;"><b>VENUE PROVIDED PRIOR TO SESSION</b></p>	<p style="text-align: center;"><b>Gary Lawrence</b></p>	<p>Learn basic rose pruning techniques for standard roses from a home gardener. A hands-on session so please bring your own sharp secateurs. Register as an expression of interest and you will be contacted.</p>

## EXCURSIONS

Subject and Class Code	Date/Time	Venue	Tutor/Contact	Description
<b>EXC2301</b> <b>BENDIGO ART GALLERY</b> <i>Australiana: Designing a Nation</i>	<b>Monday</b> <b>April 3<sup>rd</sup></b> <b>Departing</b> <b>Daylesford at</b> <b>9.30am</b>	<b>BENDIGO ART</b> <b>GALLERY</b>	<b>Robyn Lawrence</b>	<p><b><i>Australiana: Designing a Nation</i></b> surveys the iconography of Australiana in art and design through key chapters in our history through to the present day, identifying a distinct tradition that has reflected—and changed with—popular notions of Australian identity and style. Encompassing the rich expressions of culture and connection to Country of First Nations artists and designers, to explorations of national and personal identity by others, <i>Australiana</i> illuminates a local vernacular. Using native materials and motifs, playful remixes of popular culture, and incisive reflections on nationalistic sentiment, the visual language of <i>Australiana</i> celebrates—and interrogates—who we are.</p> <p>Travel: Carpooling            Cost: Gallery entry free, contribution to fuel, lunch at own expense.</p>
<b>EXC2302</b> <b>GEELONG ART GALLERY</b> <b>Clarice Beckett—</b> <b>Atmosphere</b>	<b>Tuesday May 9<sup>th</sup></b> <b>Departing</b> <b>Daylesford at</b> <b>9.30am</b>	<b>GEELONG ART</b> <b>GALLERY</b>	<b>Robyn Lawrence</b>	<p><b><i>Clarice Beckett—Atmosphere</i></b></p> <p>Geelong Gallery presents an exclusive in-focus, thematic survey of the work of Australian artist Clarice Beckett (1887–1935). This exhibition will present key works from across Beckett’s oeuvre ranging from 1919 to the early 1930s. Beckett’s beautiful paintings are revered for the ways in which they captured the essence of Beaumaris streetscapes and Melbourne cityscapes in varying light and weather conditions, as well as atmospheric vistas towards the waters of Port Phillip Bay.</p> <p>Travel: Carpooling            Cost: Gallery entry. Adults \$20 / concession \$15, a contribution to fuel and lunch at own expense.</p>

## SHORT COURSES

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Subject and Class Code	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;"><b>SC2301</b> <b>THE POLITICS OF AGEING</b></p>	<p style="text-align: center;"><b>Thursdays 10am</b>  <b>February 9<sup>th</sup></b> <b>February 16<sup>th</sup></b> <b>February 23<sup>rd</sup></b> <b>March 2<sup>nd</sup></b></p>	<p style="text-align: center;"><b>THE COURTROOM @ DNC</b></p>	<p style="text-align: center;"><b>Dr Hal Swerissen</b></p>	<p>Ageing has both benefits and challenges. Generally, we have more choices about how we spend our time. But we are also more likely to face physical decline and loss. The four sessions that make up this series will explore how we can address these issues and live well as we get older.</p> <p>Dr Hal Swerissen is emeritus professor of public health at La Trobe University. He was Pro vice chancellor and Dean of Health Sciences. He trained as a clinical psychologist and spent most of his professional life researching and developing better health, disability, and aged care services.</p> <p>Information on each of the four sessions will be provided prior to the start date.</p>
<p style="text-align: center;"><b>SC2302</b> <b>GETTING MORE FROM YOUR SMART PHONE</b></p>	<p style="text-align: center;"><b>Tuesdays 1.30pm</b> <b>May 16<sup>th</sup></b> <b>May 23<sup>rd</sup></b> <b>May 30<sup>th</sup></b> <b>June 6<sup>th</sup></b></p>	<p style="text-align: center;"><b>THE COURTROOM @ DNC</b></p>	<p style="text-align: center;"><b>Robyn Lawrence</b></p>	<p>These four sessions will focus on customising your Apple or Android phone and do more with it such as take and edit photos, block nuisance callers, set your phone number to private, save files, listen to podcasts and more.</p>
<p style="text-align: center;"><b>SC2303</b> <b>BASIC CARPENTRY</b></p>	<p style="text-align: center;"><b>To be confirmed by the Men's Shed</b></p>	<p style="text-align: center;"><b>DAYLESFORD MENS' SHED</b></p>	<p style="text-align: center;"><b>Richard Bevan</b></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. Maximum numbers apply <b>Cost: \$5 per lesson will cover materials.</b></p>

## MONDAY

Subject and Class Code	Date/Time	Venue	Tutor/Contact	Description
<b>231MON01</b> <b>CURRENT AFFAIRS</b>	<b>Monthly</b> <b>Third Monday</b> <b>10.30am-12.00pm</b>	<b>THE COURTROOM</b> <b>@ DNC</b>	<b>Current Affairs</b> <b>Group through</b> <b>committee</b>	A current affairs discussion group. Subjects may include developments in politics, finance, health, education, human rights, science, business, agriculture, environment: just about anything appearing in the media that interests the participants. An interest in current affairs is recommended. Members are encouraged to present subjects for discussion, share in leading discussion, have tolerance of other points of view and a sense of humour.
<b>231MON02</b> <b>BRIDGE</b>	<b>Weekly</b> <b>1.00-4.00pm</b>	<b>THE COURTROOM</b> <b>@ DNC</b>	<b>Richard Gray</b>	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!
<b>231MON03</b> <b>ENGLISH COUNTRY</b> <b>DANCING</b>	<b>First and Third</b> <b>Monday</b> <b>2.30-4.00pm</b>	<b>MASONIC HALL</b>	<b>Jo Thompson</b>	If you've been to a bush dance or watched Pride and Prejudice you will have the general idea of Country Dancing. Gentle exercise that's great for your brain too. No dancing experience is needed to join the class and you don't need to BYO partner. Maximum 20.
<b>231MON04</b> <b>INTERNATIONAL CIRCLE</b> <b>DANCING</b>	<b>Second, Fourth,</b> <b>Fifth</b> <b>Monday</b> <b>2.30-4.00pm</b>	<b>MASONIC HALL</b>	<b>Jo Thompson</b>	Come and dance for the fun of dancing. Learn dances from countries around the world, such as Romania, Turkey, Macedonia, Russia, Armenia and Israel. Interesting rhythms to explore in lines and circles – no partner needed. Gentle exercise plus little challenges for the brain too. Beginners to intermediate. Some experience in any genre of dancing an advantage. Maximum 20.
<b>231MON05</b> <b>WARBLING WOMBATS</b>	<b>Monthly</b> <b>Fourth Monday</b> <b>4.00-5.30pm</b>	<b>THE COACH</b> <b>HOUSE</b> <b>Leggatt St</b>	<b>Millie</b> <b>Gouldthorpe</b>	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.
<b>231MON06</b> <b>FIRST MONDAY BOOK</b> <b>CLUB</b>	<b>Monthly</b> <b>First Monday</b> <b>7.30 PM</b>	<b>MEET AT</b> <b>CONVENOR'S</b> <b>HOME</b>	<b>Janet Quilty</b> <b>&amp; David</b> <b>Robertson</b>	A friendly group of avid readers who enjoy a wide range of literature and lively discussion. Maximum numbers apply
<b>231MON07</b> <b>THIRD MONDAY</b> <b>BOOK CLUB</b>	<b>Monthly</b> <b>Third Monday</b> <b>7.30pm</b>	<b>VARIOUS HOMES</b>	<b>Anne Tamblyn</b>	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 and Class Code	Date/Time	Venue	Tutor/Contact	Description
<b>232TUE01</b> <b>CLOGGING</b> <i>(Appalachian mountain dancing)</i>	<b>Weekly</b> <b>9.30-11.30am</b>	<b>SENIOR CITIZENS' ROOMS</b>	<b>Lorene Gottschalk</b>	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 are welcome.
<b>232TUE02</b> <b>PETANQUE</b>	<b>Weekly</b> <b>10.00-11.30am</b>	<b>LAVANDULA SHEPHERDS FLAT</b>	<b>Jennifer Libbis</b>	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 Lavandula annual membership.
<b>232TUE03</b> <b>TUESDAY BOOK CLUB</b>	<b>Monthly</b> <b>Fourth Tuesday</b> <b>10.30am-12 noon</b>	<b>VARIOUS HOMES</b>	<b>Pam Gleeson</b>	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 2023 is available to all interested members. Maximum numbers apply
<b>232TUE04</b> <b>COFFEE AND CHAT GROUP</b>	<b>Weekly</b> <b>2.00pm</b>	<b>CAFÉ KOUKLA DAYLESFORD</b>	<b>Anne-Marie Pedeau</b>	Come and get to know other people from Daylesford and surrounds by chatting to them over a coffee in Café Koukla at Hotel Frangos. Everyone is welcome. Discussion can be wide ranging (from current events to what group members have been doing etc.) so that everyone should be able to join in. People will get to know one another and over time possibly make new friends. It does not matter if you are not able to come each week.
<b>232TUE05</b> <b>PLAYING THE RECORDER</b>	<b>Weekly</b> <b>2.00-3.30pm</b>	<b>SENIOR CITIZENS' ROOMS</b>	<b>Lorene Gottschalk</b>	Come along and practice your recorder playing with a friendly group hosted by Lorene. Suitable for basic to intermediate level players. Teaching of basic descant and treble recorder skills for beginners is possible.
<b>233TUE06</b> <b>CRYPTIC CROSSWORDS FOR THE EXPERIENCED</b>	<b>Fortnightly</b> <b>Tuesday</b> <b>beginning February 10<sup>th</sup></b> <b>2.00-4.00pm</b>	<b>CONTACT TUTOR</b>	<b>Jan Bragg</b>	A session for experienced crossword devotees to share knowledge and strategies. Maximum numbers apply

## TUESDAY

Subject and Class Code	Date/Time	Venue	Tutor/Contact	Description
<b>232TUE07 FRENCH CIRCLE</b>	<b>Monthly Second Tuesday 6.30pm</b>	<b>SENIOR CITIZENS' ROOMS</b>	<b>Monica Cole</b>	The French Circle provides a range of activities related to France and French speaking regions in an enjoyable, social context where there is encouragement to use the French language. Our activities include short presentations, in French or English, on a range of topics, followed by group discussions. We also have oral games evenings, play petanque and organise the French National Day celebrations on July 14th.

## WEDNESDAY

Subject and Class Code	Date/Time	Venue	Tutor/Contact	Description
<b>233WED01 CONTINUING ITALIAN</b>	<b>Weekly 9.30am -11.00am</b>	<b>CONTACT TUTOR</b>	<b>Annie Duncan</b>	An Italian class for people who have already studied Italian for over a year. We learn some grammar using Coffee Break Italian podcasts and you must be prepared to listen to the podcast and do homework during the week! Only for those who want a fun learning experience!
<b>233WED02 MAH-JONG CLUB</b>	<b>Weekly 10.00am-1.00pm</b>	<b>THE COURTROOM @ DNC</b>	<b>Mah-jong Group through committee</b>	Learn this fascinating, sometimes addictive game. Now in its 18th year the Club usually has tables playing both scoring and non-scoring games and beginners are welcome.
<b>233WED03 TABLE TENNIS</b>	<b>Weekly 10.00am-12.00pm</b>	<b>VICTORIA PARK</b>	<b>Liz Loder</b>	Come long and enjoy light physical activity with a friendly group. Beginners are welcome. Bats and balls provided. Wheelchair TT also. <b>Cost:</b> \$3.00 includes tea/coffee & biscuits

## WEDNESDAY

Subject and Class Code	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;"><b>233WED04</b> <b>U3A MEN'S KITCHEN</b></p>	<p style="text-align: center;"><b>Monthly</b> <b>Second Wednesday</b> <b>February to June</b> <b>10.00am-1.00pm</b></p>	<p style="text-align: center;"><b>GLENLYON FIRE</b> <b>STATION</b></p>	<p style="text-align: center;"><b>Alan Moor</b></p>	<p>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. <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>233WED05</b> <b>WRITING CIRCLE</b></p>	<p style="text-align: center;"><b>First &amp; Third</b> <b>Wednesday</b> <b>1.30-3.00pm</b></p>	<p style="text-align: center;"><b>CONTACT TUTOR</b></p>	<p style="text-align: center;"><b>Gillian Freimanis</b></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.</p>
<p style="text-align: center;"><b>233WED06</b> <b>FIVE HUNDRED</b> <b>CARDS</b></p>	<p style="text-align: center;"><b>Weekly</b> <b>1.30pm-3.30pm</b></p>	<p style="text-align: center;"><b>THE COURTROOM</b> <b>@ DNC</b></p>	<p style="text-align: center;"><b>Milla Meehan</b></p>	<p>Join with like-minded lovers of the card game Five Hundred for a relaxing afternoon of play. Beginners are welcome.</p>
<p style="text-align: center;"><b>233WED07</b> <b>THEATRE AT HOME</b></p>	<p style="text-align: center;"><b>Monthly</b> <b>Third Wednesday</b> <b>1.30-4.40pm</b></p>	<p style="text-align: center;"><b>70A RAGLAN</b> <b>STREET</b> <b>DAYLESFORD</b></p>	<p style="text-align: center;"><b>Kay Murphy</b></p>	<p>Here is an opportunity to see the very best of plays through the British National Theatre at Home service (ntathome.com). With world class entertainment ranging from comedy, the works of Shakespeare, new works from celebrated playwrights, classics and much more; this is a Group for those who enjoy the theatre experience.</p>

## THURSDAY

Subject and Class Code	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;"><b>234THUR01</b> <b>GENTLE STRETCHING AND RELAXATION</b></p>	<p style="text-align: center;"><b>Weekly</b> <b>11.30am-12.30pm</b></p>	<p style="text-align: center;"><b>PADDOCK ROOM</b> <b>DNC</b></p>	<p style="text-align: center;"><b>Christina Cornioley</b></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 is an experienced yoga and meditation teacher BYO yoga mat, cushion, and rug. Maximum numbers apply</p>
<p style="text-align: center;"><b>234THUR02</b> <b>PAINTING AND DRAWING</b></p>	<p style="text-align: center;"><b>Weekly</b> <b>1.00-3.00pm</b></p>	<p style="text-align: center;"><b>SENIOR CITIZENS' ROOMS</b></p>	<p style="text-align: center;"><b>Liz Loder</b></p>	<p>Come and explore your creative self in water colour, gouache, acrylic or drawing. We will meet in the Senior Citizens' kitchen, an inviting warm and light environment with plenty of space. Participants will need to supply their own materials.</p>
<p style="text-align: center;"><b>234THUR03</b> <b>PORTABLE PROJECTS</b></p>	<p style="text-align: center;"><b>First and Third Thursday</b> <b>1.30 to 3.00pm</b></p>	<p style="text-align: center;"><b>THE MILL MARKET CAFÉ</b></p>	<p style="text-align: center;"><b>Milla Meehan</b></p>	<p>Join Milla and Merryl at a table in the Mill Market Cafe for a coffee and bring your current project, knitting, embroidery, sketching - anything portable. Weird is welcome.</p>
<p style="text-align: center;"><b>234THUR04</b> <b>MOVIE MATINÉE</b></p>	<p style="text-align: center;"><b>Monthly</b> <b>Fourth Thursday</b> <b>2.00pm</b></p>	<p style="text-align: center;"><b>STANBRIDGE HALL</b> <b>CENTRAL SPRINGS RD</b> <b>DAYLESFORD</b></p>	<p style="text-align: center;"><b>Anne Milton</b></p>	<p>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. There will be an opportunity to discuss the films shown over a cuppa. Cost: \$10 includes tea or coffee.</p>

## FRIDAY

Subject and Class Code	Date/Time	Venue	Tutor/Contact	Description
<p style="text-align: center;"><b>235FRI01 DAYLESFORD AND DISTRICT BUSH WALKING</b></p>	<p style="text-align: center;"><b>Weekly 9.00am</b></p>	<p style="text-align: center;"><b>ASSEMBLE IN THE LOST CHILDREN MEMORIAL PARK CENTRAL SPRINGS ROAD, DAYLESFORD, OPPOSITE THE MILL MARKET</b></p>	<p style="text-align: center;"><b>Ian McKenzie</b></p>	<p>Walks are conducted each Friday by volunteer leaders. They are conducted in a variety of locations principally within the Shire of Hepburn and take about 2.5 to 3 hours. A reasonable level of fitness is required.</p> <p>Shorter, slower paced walks will also be conducted subject to interest levels and availability of suitable leaders.</p> <p>* This activity is subject to weather conditions</p>
<p style="text-align: center;"><b>235FRI02 TABLE TENNIS</b></p>	<p style="text-align: center;"><b>Weekly 10.00am-12.00pm</b></p>	<p style="text-align: center;"><b>VICTORIA PARK</b></p>	<p style="text-align: center;"><b>Liz Loder</b></p>	<p>Come long and enjoy light physical activity with a friendly group. Beginners are welcome. Bats and balls provided. Wheelchair TT also available.</p> <p>Cost: \$3.00 includes tea/coffee &amp; biscuits</p>
<p style="text-align: center;"><b>235FRI03 FRIDAY BOOK CLUB</b></p>	<p style="text-align: center;"><b>Monthly Second Friday 10.30am-12.00pm</b></p>	<p style="text-align: center;"><b>THE COURTROOM @ DNC</b></p>	<p style="text-align: center;"><b>Jenny Blood</b></p>	<p>We are an enthusiastic group of readers who meet in the homes of various members. Discussion is usually lively and wide-ranging and often ventures beyond the monthly book.</p> <p>Maximum numbers apply</p>

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



**CLASS ENROLMENT FORM**  
**Semester One 2023**

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 **Monday January 23<sup>rd</sup> @ 10am**  
**No enrolments will be registered prior to this date.** Membership subscription must be paid before your class enrolment can be confirmed.  
Members can **enrol directly through our website:** [www.u3ahepburnshire.com](http://www.u3ahepburnshire.com) which will be active from Monday January 23<sup>rd</sup> @ 10am  
**or in person at our office, The Courtroom @ DNC 13 Camp St Daylesford, from 10.00am to 1.00pm on Monday January 23<sup>rd</sup>, Tuesday January 24<sup>th</sup>, and Wednesday January 25<sup>th</sup>**  
**OR** by email a copy of this form to [communicationu3ahepburnshire@gmail.com](mailto:communicationu3ahepburnshire@gmail.com)

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.

Current financial membership entitles enrolment in as many courses or classes as you choose.

- Some classes may attract an additional cost for materials or travel expenses.
- You will be notified of successful enrolment in courses.
- Please contact the facilitator 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.

I agree to U3A Hepburn Shire terms and conditions (see following page)

I agree to my photograph appearing in any U3A Hepburn Shire communications

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



## **Policy Guidelines 04– Terms and Conditions**

### **Introduction**

This document should be read in conjunction with the Code of Conduct and other policy guidelines which are available on our website : <https://u3ahepburnshire.com/>

### **Purpose**

To outline U3A Hepburn Shire's conditions of membership.

### **Health & Well-being of members.**

The health and well-being of our members and volunteers is our priority, and we strongly recommend that all participants follow the most up to date medical advice regarding communicable diseases including COVID-19.

The wearing of masks when attending U3A classes and activities is a personal choice, but Class Leaders have the right to request members of their class to wear a mask while in that classroom.

Please do not attend any venue where a U3A Hepburn Shire class or activity is taking place if you are unwell in any way, even if you have tested negative for COVID-19.

### **Policy**

1. To enrol in any U3A course or activity you need to be a current financial member.
2. Some courses and activities will incur an additional cost for materials or travel, usually stated in the course descriptions.
3. There is no general refund policy for membership or class fees, however the committee may grant a refund at its discretion.
4. Your membership card (name badge) is to be worn at all U3A activities.
5. The name and phone number of your emergency contact is to be accurately recorded on the back of your membership card.
6. As a member you should endeavour to understand and adhere to the organisation's guidelines, policies and procedures.
7. Enrolment in a course may not guarantee acceptance. If your enrolment can't be accepted (class full/course cancelled) you will be notified as soon as possible.
8. If you are unable to attend a class, you should make every effort to notify the course leader.
9. If you miss three classes without an apology you may forfeit your place in that class.
10. If you decide to cancel a class in which you have enrolled, the course leader must be advised as soon as possible as there may be a waiting list.
11. Members should always comply with U3A's Code of Conduct (See our website).
12. Personal businesses are not to be promoted during U3A activities.
13. Any actual or potentially dangerous/unsafe situation that you observe must be reported immediately to the Committee of Management.

### **Responsibilities**

The Committee of Management of U3A Hepburn Shire will establish, implement, publicise and review this policy.

### **Authorisation**

This Policy was adopted by the Committee of Management of U3A Hepburn Shire on December 7th, 2021, and duly recorded in the minutes.

This policy will be published by the Committee of Management of U3A Hepburn Shire on its website within four weeks of the date of this authorisation.

### **Related Policies available on our website.**

Code of Conduct  
Privacy  
Conflict of Interest