

COURSES 2025

SEMESTER 1

(February - June 2025)

“Any fool can know. The point is to understand.” Albert Einstein.

1. Art Workshop
2. Bobbin Lace/Craft
3. Book Buffet
4. Creative Writing
5. Garden Matters
6. Genealogy
7. German Advanced
8. German Beginners
9. German Intermediate
10. Jessica’s Corral Singing Group
11. Just Ukes
12. Luncheon Club
13. Matinee
14. Meditation
15. Music Made Simple
16. Our Literature Selection
17. Walk & Wonder
18. Your Fascinating Brain

TO ENROL IN ANY COURSE:

Download the forms at u3aseymour.org.au

Email: seymu3a@gmail.com and we will send you out the forms.

Phone: 0448 153 572

Write: U3A Seymour & District
P.O. Box 767,
Seymour Vic 3661

Visit the office at Chittick Place (the little grey building at the eastern end of the carpark) on a Monday between 10am and 12noon.

<p>1. Art Workshop Keen to try yourself out in any area of Art? Follow your own interest in good company. You learn at your own pace, you share skills – and previous experience is not necessary. The group meets weekly. Beginners welcome.</p>	<p>Contact: Barry Dunn Phone: 0401 359 918 Email: clearpropdude@gmail.com Day/Time: Tuesdays 10.00-12noon Starting date: 4th February Venue: Chittick Place</p>
<p>2. Bobbin Lace/ Craft Intrigued at the idea of lace making? This weekly group is your chance to try the ancient skill and learn about its history and uses. Maree Langley will be “showing you the ropes” so to speak. Gender is no barrier. For \$60.00 class members hire 1 cushion and 10 bobbins. For those of you who don’t have the patience, bring your knitting, crochet, needlework or other craft and Maree will help.</p>	<p>Contact: Maree Langley Phone: 0409 350 064 Email: mjlangley13@gmail.com Day/Time: Mondays 10.00-12noon Starting Date: 3rd February Venue: Chittick Place Cost: \$60.00 for cushion and bobbins</p>
<p>3. Book Buffet A great way to discuss some of today’s best good books with like-minded people in the convivial setting of the Seymour Library. You will be intrigued at the way our chosen books lead us down surprising and challenging pathways. The only qualification is to love reading.</p>	<p>Contact: Jo Gooden Phone: 0448 700 967 Email: jogooden@gamil.com Day/Time: 3rd Monday 1.30-2.30pm Starting date: 17th February Venue: Seymour Library, Anzac Avenue</p>
<p>4. Creative Writing The aim of this group, is to provide a welcoming space and a dedicated time, for those who are keen to put pen to paper and develop their writing skills. There will be an opportunity to discuss writing projects, share ideas and seek support and input from others.</p>	<p>Contact: Jan Kennedy Phone: 0409 954 189 Email: jakennedy@westnet.com.au Day/Time: 3rd Tuesday 130pm Starting date: 5th February Venue: Seymour Library</p>
<p>5. Garden Matters This self-help group has brought together people with a variety of knowledge and interests in many different plants. Come along and find out how to look after your plants, pot plants and even your garden. You may even identify your weed as something special or vice-versa.</p>	<p>Contact: Pam Lawler Phone: 0437 377 479 Email: lawler_p@yahoo.com Day/Time: 3rd Wednesday 1.30-3.00pm Starting date: 19th February Venue: Chittick Place to begin</p>
<p>6. Genealogy Who were your ancestors? Where did they come from? This self-help group will show the way around any local information, how to get the most out of Ancestry.com through the library subscription, and suggest areas to look further afield. DNA, is it really worth it? Find out the best way to make it work for you.</p>	<p>Contact: Trish Archer Phone: 0409 945 807 Email: trisharch@gmail.com Day/Time: 1st Thursday 10-11.30am Starting date: 6th February Venue: Seymour Library and other locations for research purposes</p>
<p>7. German Advanced A continuing course for existing participants and for German speakers wanting to brush up their language in a relaxed way with Trudi, who is a native German speaker and, as an added bonus, an experienced language teacher.</p>	<p>Contact: Trudi Lavoipierre Phone: 5799 2425 Email: jtl3@bigpond.com Day/Time: Mondays 9.00-10.30am Starting date: 3rd February Venue: Seymour Library</p>
<p>8. German Beginners This is where to begin and remember, learning another language is good for an ageing brain.</p>	<p>Contact: Trudi Lavoipierre Phone: 5799 2425 Email: jtl3@bigpond.com Day/Time: Mondays 10.30-12.00noon Starting date: 3rd February Venue: Seymour Library</p>

<p>9. German Intermediate After beginners, comes the next stage. Reading German books helps to teach the construction of sentences and the importance of gender in this language.</p>	<p>Contact: Trudi Lavoipierre Phone: 5799 2425 Email: jtl3@bigpond.com Day/Time: Mondays 12noon-1.30pm Starting date: 3rd February Venue: Seymour Library</p>
<p>10. Jessica's Corral Experience the joy and magic of singing in harmony with others. It's good for your body and your soul!! Our weekly sessions will help you expand your musical knowledge, exercise your vocal cords, work together and have some fun. The only experience necessary is a love of singing. Led by Jessica Bateman.</p>	<p>Contact: Jo Gooden Phone: 0448 700 967 Email: jogooden@gmail.com Day/Time: Mondays 1.00-2.30pm Starting Date: 24th March Venue: Uniting Church Foyer Cost: \$2.00 per session</p>
<p>11. Just Ukes For those who would like to learn basic Ukulele from other members of the group. Bring your own Uke or sit in on a session or two before you decide to join us. We can also help you choose which ukulele suits.</p>	<p>Contact: Moira Maher Phone: 0427 991 623 Day/Time: Thursdays 11.00am-1.00pm Starting Date: 6th February Venue: Chittick Place</p>
<p>12. Luncheon Club Have you ever wondered what sort of gourmet delights we have in our own region and never had the excuse or time to find out? If so, this is the group for you. You will try a different restaurant each month</p>	<p>Contact: TBA Phone: Email: Day/Time: 2nd Thursday 12 noon Starting Date: 13th February Venue: Various – ring for destination</p>
<p>13. Matinee Do you remember the Saturday Matinee? Trish Archer will help bring back those memories by showing a collection of Golden Oldies. No need to travel – right here at Chittick Place. Your requests welcome.</p>	<p>Contact: Trish Archer Phone: 0409 945 807 Email: trisharch@gmail.com Day/Time: 3rd Thursday 1.30pm Starting Date: 20th February Venue: Chittick Place</p>
<p>14. Meditation In our busy lives, it seems inevitable that we all get stressed in one way or another. If you would like to improve your meditation skills, as well as your physical and emotional well-being, we suggest you join John's group. He has enjoyed meditation for years. It doesn't matter if you are a beginner or someone who meditates regularly, all are welcome.</p>	<p>Contact: John Stares Phone: 0433 324 607 Email: johnstares9@gmail.com Day/Time: Thursdays 9.30-10.30 Starting date: 6th February Venue: Chittick Place</p>
<p>15. Music Made Simple John Barton, a Seymour resident and creator of Music Logic, will help people understand music. This group will cater for total beginners and those more experienced. John promises that music can be easy and fun. Check the website musiclogiclessons.com</p>	<p>Contact: John Barton Phone: 0425 778 051 Email: jgbjgb@bigpond.net.au Day/Time: Wednesdays 10.00-11.00am Starting date: 5th February Venue: Chittick Place</p>
<p>16. Our Literature Selection Not quite what you'd expect for a literature group. They've wandered off the trodden path to round-up some different subjects.</p>	<p>Contact: Trudi Lavoipierre Phone: 5799 2425 Email: jtl3@bigpond.com Day/Time: 1st Wednesday 1.30-3.00pm Starting date: 5th February Venue: Seymour Library</p>

17. Walk and Wonder

The emphasis is on the “wonder”. We visit interesting places with a focus on Nature in all its many guises. Mostly we visit local attractions like Hughes Creek, Bushland Park, Light Horse Park, and the river walking trail. We look for birds, wildflowers, butterflies. We also visit places further afield, like the Zoo and the Botanic Gardens. This is a warm welcoming group. Includes one walk a month focusing on birds with Val la May.

Contact: Lesley Dalziel

Phone: 5792 1848

Email: jldalziel12@bigpond.com

Day/Time: Tuesdays 9.00am

Starting date: 4th February

Venue: Meet in Chittick Place carpark

18. Your Fascinating Brain

Your brain is an amazing tool. In this group, you will gain a basic understanding of how the brain works. Have fun and games to improve your memory and explore some of the latest neuroscience discoveries.

Contact: Irene Telford

Phone: 0425 755 093

Email: irenetelford1@gmail.com

Day/Time: Tuesdays 9.00am

Starting date: 4th February

Venue: Meet in Chittick Place carpark

What is U3A? U3A stands for University of the Third Age. It is about sharing skills and interests for mutual benefit. Commencing in France in the 1970s it has spread to many countries, with the first Australian group forming in Melbourne in 1985.

Seymour and District U3A started in 2005; and is a member of U3A Network Victoria. Network supports over 100 Victorian member U3As through running workshops, conferences and distributes grant money received from the State Government.

There is no age limit. Members join classes for different reasons; e.g. to gain and share knowledge and skills, to enjoy a physical activity and/or to meet new people.

Venues - Most classes are held at Chittick Place, the dark grey building between the Seymour Sports & Aquatic Centre and the Cricket Club Rooms in Pollard Street.

Costs - The cost of venue hire for the majority of classes is covered by the annual membership fees, but sometimes a class will need a special venue or require special materials, and members will be asked to contribute.

Code of Conduct - U3A Seymour & District members are expected to treat everyone with respect. If there are situations where this does not occur, or behaviour is inappropriate e.g. sexual harassment or bullying, contact a member of Council for advice and help.

Can't make a class? – As a courtesy, if you are unable to attend a class please let the tutor or course contact know, or ask a fellow course member to let the tutor know.

Name Tags - members are encouraged to wear their name tags so that everybody knows each other's names. It is important to put your **medical and contact details** on the back of your name tag. **This could be vital in the case of an emergency.**

Changed details? – If you move house, change your phone or email address, please let the U3A office know.

Insurance. General members of U3A are not covered in the event of an accident under the Volunteer Personal Accident Policy and, in the event of an accident, general members must use their own medical insurance. Tutors and contacts are covered by the Volunteer Personal Accident Policy whilst doing anything related to the courses.

“If someone else, e.g. the owner of the premises, is legally liable for the injury, public liability insurance may be activated.” (From the VMIA Insurance). To make a claim, the course/session must be registered and the attendance sheet completed, and returned, to the office at the completion of the course or semester. An incident report form (in the tutor's folder) should be completed after every incident and given to the Secretary. (This applies whether, or not, you eventually make a claim.)

The U3A Seymour office is situated in Chittick Place in the dark grey building near the Seymour Sports & Aquatic Centre, Pollard Street. It is open on Mondays between 10.00am and 12.00 noon for members to leave, or collect, information, or to talk with a member of the council. If you can't come to the office, ring 0448 153 572 or email seymu3a@gmail.com