

COURSES 2024

SEMESTER 1

(February - June 2024)

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

1. Art
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. Local Current Affairs
13. Luncheon Club
14. Mahjong
15. Matinee
16. Meditation
17. Melting Pot
18. Music Made Simple
19. Our Literature Selection
20. Travellers
21. Walk & Wonder
22. 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

<p>1. Art Instruction in art using most mediums. Suit beginners and advanced artists. Studio and local plein-air opportunities. A maximum of 10 for this group.</p>	<p>Contact: Barry Dunn Phone: 0401 359 918 Email: clearpropdude@gmail.com Day/Time: Tuesdays 10.00-12noon Starting date: 6th February Venue: Chittick Place</p>
<p>2. Bobbin Lace/ Craft Intrigued by 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: 5796 2337 Email: mjlangley13@gmail.com Day/Time: Mondays 10.00-12noon Starting Date: 5th 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 by 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@gmail.com Day/Time: 3rd Monday 1.30-2.30pm Starting date: 19th 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 945 189 Email: jakennedy@westnet.com.au Day/Time: 3rd Tuesday 1.30pm Starting date: 20th 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 1.30-3.30pm Starting date: 23rd February Venue: TBA</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.</p>	<p>Contact: Trish Archer Phone: 0409 945 807 Email: trisharch@gmail.com Day/Time: 1st Thursday 11.00-12noon Starting date: 1st 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 9-10.30am Starting date: 5th February Venue: Seymour Library</p>

<p>8. German Beginners A chance to begin learning German in a relaxed way with Trudi, a native German and experienced teacher</p>	<p>Contact: Trudi Lavoipierre Phone: 5799 2425 Email: jtl3@bigpond.com Day/Time: Mondays 10.30-12noon Starting Date: 5th February Venue: Seymour Library</p>
<p>9. German Intermediate The beginner's course has been so successful, there are now participants moving on to the next stage.</p>	<p>Contact: Trudi Lavoipierre Phone: 5799 2425 Email: jtl3@bigpond.com Day/Time: Mondays 12.00-1.30pm Starting Date: 5th 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: 2nd & 4th Monday 1.30-2.30pm Starting Date: 11th 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 and which instrument to buy.</p>	<p>Contact: Moira Maher Phone: 5799 1623 Day/Time: Thursdays 11-1.00pm Starting Date: 1st February Venue: Chittick Park</p>
<p>12. Local Current Affairs This is an opportunity to check out and share local news, explore what other organisations are up to and keep up to date with the latest in Seymour and surrounds</p>	<p>Contact: Irene Telford Phone: 0425 755 093 Email: irenetelford1@gmail.com Day/Time: Wednesdays 11.00am Starting Date: 7th February Venue: Café No. 96</p>
<p>13. 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. We will try a different restaurant each month.</p>	<p>Contact: Margaret Flynn Phone: 0400 105 425 Email: terryandmargaret@hotmail.com Day/Time: 2nd Thursday 12noon Starting Date: 8th February Venue: Phone for venue</p>
<p>14. Mahjong This national Chinese tile game is played weekly. Join our group to have fun and pick up the game quickly. The group is keen to welcome new members.</p>	<p>Contact: Dawn Leece Phone: 5792 1595 Day/Time: Mondays 10-12noon Start date: 5th February Venue: Chittick Place</p>
<p>15. 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 Friday 1.30pm Starting date: 16th February Venue: Chitick Park</p>

<p>16. 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><i>Contact: John Stares</i> <i>Phone: 0433 324 607</i> <i>Email: johnstares9@gmail.com</i> <i>Day/Time: Thursdays 9.30-10.30am</i> <i>Starting date: 1st February</i> <i>Venue: Chittick Place</i></p>
<p>17. Melting Pot Guest speakers from backgrounds of science, business, medicine, politics and other fields will present new and challenging ideas to enrich us with knowledge and stimulate discussion. Sessions are open to the public and will conclude with afternoon tea. Usually held on the first Tuesday of the Month.</p>	<p><i>Contact: Seymour U3A</i> <i>Phone: 0448 153 572</i> <i>Email: seymu3a@gmail.com</i> <i>Day/Time: 1st Tuesday 1.30-4pm</i> <i>Starting date: 5th March</i> <i>Venue: Chittick Place</i></p>
<p>18. Music Made Simple John Barton, a Seymour resident and creator of Music Logic, will help people to 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><i>Contact: John Barton</i> <i>Phone: 0425 778 051</i> <i>Email: jgbjgb@bigpond.net.au</i> <i>Day/Time: Wednesday 10-11.00am</i> <i>Starting Date: 7th February</i> <i>Venue: Chittick Place</i></p>
<p>19. 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. Did we say rustling?</p>	<p><i>Contact: Trudi Lavoipierre</i> <i>Phone: 5799 2425</i> <i>Email: jtl3@bigpond.com</i> <i>Day/Time: 1st Wednesday</i> <i>Starting date: 7th February</i> <i>Venue: Chittick Place</i></p>
<p>20. Travellers If the weather is unsuitable for the venue, other arrangements will be made...so rain, hail or shine, the Travellers will meet.</p>	<p><i>Contact: Marnie Sloane</i> <i>Phone: 0418 524 572</i> <i>Email: bs3083@bigpond.com</i> <i>Day/Time: 4th Thursday</i> <i>Starting date: 22nd February</i> <i>Seymour Railway Station or Carpool</i> <i>Cost: Train fare or share of fuel costs plus entrance fees to certain venues & exhibitions involved.</i></p>
<p>21. Walk & Wonder A relaxed walk in parks and the local surrounding areas taking in the ever changing natural world, observing birds, flora and fauna. Congenial and welcoming group. Make contact with your inner child and rediscover a sense of wonder. Includes one walk a month focussing on birds with Val La May.</p>	<p><i>Contact: Lesley Dalziel</i> <i>Phone: 5792 1848</i> <i>Email: jldalziel12@bigpond.com</i> <i>Day/Time: Tuesdays 9.00am</i> <i>Starting date: 6th February</i> <i>Venue: Meet in Chittick Place Car Park</i></p>
<p>22. Your Fascinating Brain Your brain is an amazing tool. In this class, you will gain a basic understanding of how the brain works. Have fun and games to improve memory and explore some of the latest neuroscience discoveries.</p>	<p><i>Contact: Irene Telford</i> <i>Phone: 0425 755 093</i> <i>Email: irenetelford1@gmail.com</i> <i>Day/Time: 2nd & 4th Tuesday 1.30pm</i> <i>Starting Date: 13th February</i> <i>Venue: Chittick Park</i></p>

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 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 100+ Victorian member U3A's; runs workshops, conferences and distributes grant money 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 to meet new people.

Venues - Most classes are held at Chittick Place, the portable 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 tell the tutor or contact person, or ask a fellow course member to let the tutor know.

Name Tags - members are encouraged to wear these so that everybody knows who they are. Also, it is important to put your **medical and contact details** on the back of your nametag. **This can be vital in the case of an emergency.**

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

Insurance: Tutors and Contacts are covered by Insurance while doing anything related to the courses.

“The Volunteer Personal Accident policy does NOT cover general members of a U3A. In the event of an accident, general members must use their own medical insurance. If someone else, e.g.: U3A or the owner of the premises, is legally liable for the injury, public liability insurance may be activated.” (From VMIA Insurance)

To make a claim, the course/session must be registered and attendance sheet completed and returned to the office at the completion of the Course or end of Semester. An INCIDENT FORM should be completed and given to the Secretary. (This applies whether or not you eventually make a claim).

The U3A Seymour Office is situated at **Chittick Place** next to the Seymour Sports & Aquatic Centre, Pollard Street. It is open on **Mondays between 10.00 and 12.00** for members to leave or collect information or talk to a member of the Council. If you can't come to the office, ring **0448 153 572** or email **seymu3a@gmail.com**.