

Keeping minds and bodies active**GREY MATTERS****SEPTEMBER 2021****A WORD FROM THE PRESIDENT**

It's amazing how our world changes so much and so quickly. In and out of lockdowns, missing family, wearing masks, social distancing, sanitising, getting the jabs, losing vacation opportunities and generally being ever so cautious.

Those of us with family in Melbourne will know how difficult it is for them and especially those with children as home schooling and working from home is stretching families to the limit.

All we can do is be there for them when we can via technology or visits when allowed. Families are the central part of our lives and communities and we as seniors play a vital role. Please stay safe, well, busy and connected.

Hopefully the activities we hold can help in your lives.

Gary Kimber**NEW ACTIVITIES***Friday Forum*

Friday 17th September @ 1.30pm

Cobden Senior Citizens' Centre

Rod Shepherd - "*Gone Fishing!*".

Rod will tell us of his many fishing adventures and no doubt about the big one that got away!

Afternoon tea provided. Gold Coin donation

Bookings to Eve Black on 5592 5333 by Monday 13th September

Travel Tales

Fred Wheaton – *Travels in Africa including the game parks in Kenya, Tanzania and Victoria Falls*

Friday 24th September @ 1.30pm, Cobden Senior Citizen's Centre

Afternoon tea provided. Gold Coin donation.

Bookings to Marilyn on 0437 584 998 or mazz060253@gmail.com by Monday 20th September

Let's Do Lunch

Tuesday 21st September @12.30pm

Birdcage Café - Lismore, Main Street

With a visit to Sandy Gibson's Wooltrack Store (next door to café)

Bookings to Gary on 0439 079 098 by Thursday 16th September

Bike Ride

Wednesday 8th September @ 10.30am

Meet at Lake Bullen Merri car park for loop ride on local roads/trail.

Bookings to Helen on 0409 438 044 by Friday 3rd September

Hike

Wednesday 22nd September @ 10.30am

Hike around Terang-lake walking track - meet at playground.

Bookings to Helen on 0409 438 044 by Friday 17th September

Tea and Tour for Ten

Tuesday 7th September @ 1.30pm

Commercial Hotel, Terang

Les Cameron - "What is a school principal doing running a pub? What does a community pub do now during virus shut downs, into the future? How does this pub fit into the future of the town of Terang? ...and is it true that women designed, managed and built this place?" Tour around the pub "shops", the external and internal components, art gallery, meeting spaces, traditional bar and accommodation.

Afternoon tea included. Cost \$10

Bookings to Marilyn 0437 584 998 or mazz060253@gmail.com by Friday 3rd September

NEW! Scrabble and Mahjong in Terang

Thursday 23rd September @ 1.30pm

Commercial Hotel, Terang

From then onwards, on the 4th Thursday of the month

Afternoon tea available

Bookings to Anne Corbin on 0428 899 126 or Linda Castaldo on 0438 457 825

Current Affairs

Thursday 2nd September @ 2.30pm at Cobdenhealth

Contact Gary 0439 079 098. Just a chance to discuss anything you'd like.

Afternoon tea provided.

Appy Hours @ Cobden

Activity will recommence on Tuesday 14th September @ 10.00am @ Cobden Golf Club
 Contact: Don McInnes 0448 230 248

WHAT'S ON IN SEPTEMBER & OCTOBER

Make sure to check the activities calendar and list below to see what great events are being held during September and October

For further information contact us via e-mail: u3acorangamite@gmail.com

OR

U3A Corangamite website: <https://u3acorangamite.org.au>

SPECIAL NOTE

Covid-19 has been a devastating part of our lives and unfortunately will continue to be so. The programs that we are running are held under Covid restriction rules. It is vital that we adhere to all directives from the Government and Chief Health Officer.

Recently I spoke to a Shire Covid Management Officer who had been following our Facebook page. She spoke about numbers at functions, distancing and in particular the wearing of masks. It is imperative that masks be worn at our activities where ever they are appropriate.

You would know that we take photos of our activities to put in our Facebook postings and website to promote our organisation and hopefully gain members. We will need to be very careful with photos in the future and ensure that masks are worn where necessary. I understand that masks are uncomfortable but ask you all to abide by Covid rules. Our goal is to provide activities which promote social interaction, learnings and a deal of fun. Please enjoy being part of this in a very safe but totally enjoyable manner.

We are proudly supported by the Cobden & Camperdown Community Banks (Bendigo Bank)



and Helloworld, Camperdown



U3A ACTIVITIES CALENDAR: SEPTEMBER & OCTOBER 2021

		SEPTEMBER				
				Wed 01 Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 02 Current Affairs: Cobden @ 2.30pm	Fri 03 Mahjong: Cobden @ 10.00am
04	05	Mon 06 Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	Tues 07 Tea & Tour for Ten: Terang @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 08 Bike Ride: Camperdown @ 10.30am Appy Hours: Simpson @ 10.30am China Painting: Lismore @ 1.30pm	Thurs 09	Fri 10 Mahjong: Cobden @ 10.00am
11	12	Mon 13 Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Let's do Coffee & Books: Noorat @ 2.00pm	Tues 14 Appy Hours: Cobden @ 10.00am Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 15 Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 16	Fri 17 Mahjong: Cobden @ 10.00am Friday Forum: Cobden Senior Citizens @ 1.30pm
18	19	Mon 20 Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	Tues 21 Let's do Lunch: Lismore @ 12.30pm U3A Committee Meeting: Camperdown @ 10.30am China Painting: Lismore @ 1.30pm	Wed 22 Hike: Terang @ 10.30am China Painting: Lismore @ 1.30pm	Thurs 23 Scrabble & Mahjong: Terang @ 1.30pm	Fri 24 Mahjong: Cobden @ 10.00am Travel Tales: Cobden Senior Citizens @ 1.30pm
25	26	Mon 27 Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	Tues 28 Appy Hours: Cobden @ 10.00am Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 29 China Painting: Lismore @ 1.30pm	Thurs 30	

		OCTOBER				
02	03	Mon 04 Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	Tues 05 China Painting: Lismore @ 1.30pm	Wed 06 Bike Ride: TBC @ 10.30am Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 07 Current Affairs: Cobden @ 2.30pm	Fri 08 Mahjong: Cobden @ 10.00am
09	10	Mon 11 Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Let's do Coffee & Books: Noorat @ 2.00pm	Tues 12 Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 13 Appy Hours: Simpson @ 10.30am China Painting: Lismore @ 1.30pm	Thurs 14	Fri 15 Mahjong: Cobden @ 10.00am
16	17	Mon 18 Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	Tues 19 China Painting: Lismore @ 1.30pm	Wed 20 Appy Hours: Timboon @ 10.00am Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 21 Special Meeting: Succession Planning - Time and Venue TBC	Fri 22 Mahjong: Cobden @ 10.00am Friday Forum: Cobden Senior Citizens @ 1.30pm
23	24	Mon 25 Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	Tues 26 Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 27 China Painting: Lismore @ 1.30pm	Thurs 28 Scrabble & Mahjong: Terang @ 1.30pm	Fri 29 Mahjong: Cobden @ 10.00am Travel Tales: Cobden Senior Citizens @ 1.30pm
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ON-GOING U3A CORANGAMITE ACTIVITIES LIST 2021

COURSE/ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Mahjong	Each Monday	10.00am	Timboon Hotel	Christine Honeycombe 0414 315 066
Mahjong	Each Friday	10.00am	Golf Club Cobden	Dee Smith 0427 260 687
Mahjong	Each Monday	1.30pm	Derrinallum Library	Danielle Blomeley 0457 557543
Scrabble	1 st & 3 rd Monday of month	1.30pm	Old Gym Cobdenhealth	Linda Castaldo 0438 457 825
Scrabble	4 th Thursday of Month	1.30pm	Commercial Hotel Terang	Anne O'Brien 0411 202 821
Let's Do Coffee & Books	2 nd Monday of month	2.00pm	137 Glenormiston Road Noorat	Eve Black 5592 5333
Singing	1 st & 3 rd Wednesday of month	1.30pm	Home of Gwen Steele, 8 Rix Ave, Cobden	Gary Kimber 0439 079 098
Friday Forum	3 rd Friday every month	1.30pm	Senior Citizens Centre Cobden	Eve Black 5592 5333
Travel Tales	4th Friday of month	1.30pm	Senior Citizens Centre Cobden	Marilyn Kimber 0437 584 998
Current Affairs	1 st Thursday each month	2.30pm	Old Gym Cobdenhealth	Gary Kimber 0439 079098
Bike Ride & Hike	Wednesday of month - dates TBC	10.30am	Locations to be advised each month	Helen James 0409 438 044

ON-GOING U3A CORANGAMITE ACTIVITIES LIST 2021

COURSE/ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Crafternoon	2 nd and 4 th Tuesday of each month	1.30pm	Old Gym Cobdenhealth	Helen Sinclair 0439 315 019
Let's Go to the Movies <i>(Suspended for time being)</i>	4 th Thursday of each month	TBC	Colac	Gary Kimber 0439 079 098
Appy Hours	On a Tuesday every two weeks	10.00am	Golf Club, Cobden	Don McInnes 0448 230 248
Appy Hours <i>(Suspended until October)</i>	3 rd Wednesday of month	10.00am	Timboon Library	Gary Kimber 0439 079 098
Appy Hours	Saturday am by appointment	TBC	Derrinallum Library	Derrinallum Library 5597 6658
Appy Hours	4 th Friday of month TBC	12.30pm	Community House Camperdown	Emily Mercer 5593 1403
Appy Hours	2 nd Wednesday of the month	10.30am	Community House Simpson	Community House 5594 3448
Croquet	4 th Wednesday of the month	1.00pm	Croquet Club Terang	Anne Corbin 0428 899 126
China Painting	Each Tuesday & Wednesday	1.30pm	67 Oman Street Lismore	Loris Shannon 5541 0015

SPECIAL U3A CORANGAMITE ACTIVITIES IN SEPTEMBER

COURSE/ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Let's Do Lunch	Tuesday 21 st September	12.30pm	<p style="text-align: center;"><i>Birdcage Café</i> Main Street, Lismore With a visit to Sandy Gibson's Wooltrack Store (next door to cafe) Bookings to Gary on 0439 079 098 by Friday 16th September</p>	<p style="text-align: center;">Gary Kimber 0439 079 098 gazzmazz3@gmail.com</p>
Friday Forum	Friday 17 th September	1.30pm	<p style="text-align: center;">Rod Shepherd <i>"Gone Fishing"</i> Rod will tell us of his many fishing adventures and no doubt about the big one that got away! Cobden Senior Citizens' Centre Afternoon tea provided. Gold Coin donation. Bookings to Eve Black on 5592 5333 by Monday 16th August</p>	<p style="text-align: center;">Eve Black 5592 5333 mountnoorat@outlook.com</p>
Travel Tales	Friday 24 th September	1.30pm	<p style="text-align: center;">Fred Wheaton <i>Travels in Africa including the game parks in Kenya, Tanzania and Victoria Falls</i> Cobden Senior Citizen's Centre Afternoon tea provided. Gold Coin donation. Bookings to Marilyn on 0437 584 998 or mazz060253@gmail.com by Monday 23rd August</p>	<p style="text-align: center;">Marilyn Kimber 0437 584 998 mazz060253@gmail.com</p>

**Help! Marilyn is looking for speakers for Travel Tales in November.
If you can help, please contact her on 0437 584 998 or mazz060253@gmail.com**

SPECIAL U3A CORANGAMITE ACTIVITIES IN SEPTEMBER

COURSE/ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Tea and Tour for Ten (\$10)	Tuesday 7 th September	1.30pm	<p style="text-align: center;"><i>Commercial Hotel, Terang</i></p> <p>Les Cameron - What is a school principal doing running a pub? What does a community pub do now during virus shut downs, into the future? How does this pub fit into the future of the town of Terang? ...and is it true that women designed, managed and built this place? Tour the pub "shops", the external and internal components, art gallery, meeting spaces, traditional bar and accommodation.</p> <p style="text-align: center;">Afternoon tea included. Cost \$10 Bookings to Marilyn 0437 584 998 or mazz060253@gmail.com by Friday 3rd September</p>	<p style="text-align: center;">Marilyn Kimber 0437 584 998 mazz060253@gmail.com</p>