

Keeping minds and bodies active



GREY MATTERS

2022 COURSE ENROLMENT NEWSLETTER

PLEASE NOTE: The information and personal details provided in this newsletter are for the use of U3A Corangamite Members and affiliates only and the information given should not be disseminated to any third party unless permission has been approved by the U3A Corangamite Committee.

A word from the U3A President

Welcome everyone and Happy New Year to you all. We hope 2022 is a much more productive year for U3A Corangamite!

This is my final message to you as President as I am stepping down from this position but I am remaining as a member of the Committee. Please seriously consider joining our committee. It is very rewarding to see so many happy people enjoying what we've been able to put together.

As you go through this very informative newsletter you will find a great deal of important information. Please enjoy what we have planned. Remember however we are still under COVID Rules and have to strictly monitor every activity. Please, if after enrolling, you are not well, let the contact person know and do not attend. Each leader will have a contact tracing sheet for COVID rules.

- Thank you to the Committee who have been very busy preparing for this year. Well done folks.
- Thank you to Colin Hayman who has audited our finance books. Much appreciated Colin.
- Under the current COVID rules we will be abiding by the social distancing, sanitisation, number limits and contact tracing recording.

- We will be issuing a new 2022 membership card this year. If you have not yet completed a 2022 Membership Form it can be downloaded from the U3A Corangamite website. We still have around 30 members who have not completed the form and sent it back along with their proof of full vaccination. We must have every member up to date. Please also check your medical cards in your lanyards as some of the information there may have changed. If you need a new medical card, please let us know. Importantly, wear your lanyard to every activity you attend. If you have friends wishing to join the cost is only \$20 this year.
- Sponsors: the Cobden/Camperdown Community Bank and Hello World Camperdown will continue with us in 2022. Please consider using their services, particularly after a tough 2021 for them. We will carry their ad in each newsletter.
- The format for enrolling in activities in 2022 will be the same as for 2021, viz. online or by mail (**see below**). You may also hand your choices sheet to a committee member.
- Remember to keep a copy of what you have chosen and transfer details to your diaries, calendars etc.

Have a great year with us and please let us know if we can help in any way, if you have any queries and if you have any suggestions for activities. Stay well, busy and safe.

Gary Kimber
President

U3A CORANGAMITE COURSE & ACTIVITIES ENROLMENT 2022

The U3A Corangamite Annual General Meeting will be held on Friday 28th January 2022 @ 1.30pm at Cobden Senior Citizens Centre.

Once again, the Committee has decided that rather than hold enrolment at the AGM, as has been done in the past, the course/activities enrolment process for 2022 will use the same format as it used in 2021.

The **ENROLMENT FORM** (provided both as Word **file** & PDF) is included **as separate attachments to this newsletter**. This form is to be used this year for your initial choice of courses and activities in 2022 that will commence in the first week in February 2022.

U3A CORANGAMITE MEMBERSHIP 2022

It is a requirement by U3A Network Victoria that all members complete a 2022 *Membership Form* to ensure your details on our membership database are correct and up-to-date

NOTE: If you have not yet submitted your membership form you can download it from the U3A Corangamite website @ <https://u3acorangamite.org.au> and either send it to the U3A Treasurer, PO Box 55 Cobden 3266, or scan the form and e-mail it to u3acorangamite@gmail.com

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

or via U3A Website



To locate the U3A *Facebook* page, just Google/search U3A Corangamite and click on the link shown. Get on: lots to see!

We are proudly supported by the following -

Cobden and Camperdown Community Banks (Bendigo Bank)



Helloworld Travel, Camperdown



DETAILS OF COURSES & ACTIVITIES

You must be a financial member of U3A Corangamite to enroll in any of these courses or activities. Do not attend any class without first completing your enrolment as class size restrictions may apply. In addition, you must be fully vaccinated to attend any activity.

MAHJONG	
<p>A sociable and fascinating game that entertains as well as keeping the little grey cells active. You might get addicted and before long you could be chasing the Dragons and avoiding the Winds as you Kung, Pung and Chow along with the best.</p> <p>The Course is for all skill levels with beginners very welcome; please bring a Mahjong set if you have one.</p>	<p>1. TIMBOON Leader: Christine Honeycombe Contact: 04 14 315 066 When: Every Monday @ 10:00am commences 31st January Venue: Timboon Hotel Vacancies: Yes</p> <p>2. DERRINALUM Leader: Danielle Blomeley Contact: 0457 557 543 When: Every Monday @ 1.30pm commences 31st January Venue: Derrinallum Library Vacancies: Yes</p> <p>3. COBDEN Leader: Dee Smith Contact: 0427 260 687 When: Every Friday @ 10:00 am commences 4th February Venue: Cobden Golf Club Vacancies: Yes</p> <p>4. TERANG Leader: Anne O'Brien Contact: 0411 202 821 When: Last Thursday of month @ 1.30pm commences 24th February Venue: Commercial Hotel High Street, Terang Vacancies: Yes</p>

<p align="center">LET'S DO COFFEE & BOOKS, NOORAT</p>	
<p>Join like-minded book fans over a cup of tea to discuss your favorite books and authors. You might discover a new favorite!</p> <p>Bring a book to discuss for the first meeting, where we will decide on our future reading list.</p>	<p>Leader: Eve Black Contact: 55925333 mountnoorat@outlook.com When: 2nd Monday of each @2.00pm commences 14th February Venue: 137 Glenormiston Road, Noorat Vacancies: Waiting List</p>
<p align="center">LET'S DO COFFEE & BOOKS, COBDEN</p>	
<p>This is an opportunity to have a very sociable time with fellow book lovers. Bring a favourite book to the first meeting</p>	<p>Leader: Gary Kimber Contact: 0439 079 098 gazzmazz3@gmail.com When: 2nd Monday of each month @1.30pm commences 14th February Venue: Old Gym, Cobdenhealth Vacancies: Yes</p>
<p align="center">SCRABBLE @ COBDEN</p>	
<p>For beginners and the experienced player. Join this fun and friendly group to hone your skills. Afternoon tea provided</p>	<p>Leader: Linda Castaldo Contact: 0438457825 When: 1st and 3rd Monday of month @1.30 pm, commences 7th February Venue: Old Gym, Cobdenhealth</p>
<p align="center">SCRABBLE @ TERANG</p>	
<p>For beginners and the experienced player. Join this fun and friendly group to hone your skills. Afternoon tea provided</p>	<p>Leader: Anne O'Brien Contact: 0411 202 821 When: Last Thursday of month @1.30 pm commences 24th February Venue: Commercial Hotel High Street, Terang</p>

<p>CHINA PAINTING</p>	
<p>A great opportunity to decorate your own plate, cup bowl, tiles etc. Let your imagination take you away.</p> <p>No cost. All materials supplied.</p>	<p>Leader: Loris Shannon Contact: 5541 0015 When: Every Tuesday @ 1.30pm commences 1st February Venue: 67 Oman Street Lismore Vacancies: Yes</p>
<p>LET'S DO LUNCH</p>	
<p>Join a friendly and social bunch of U3A members as they head out to '<i>Let's Do Lunch</i>' at changing venues throughout the Corangamite Shire.</p> <p>First event: Monday 28th February @ 12.30PM Waves Restaurant, Port Campbell</p> <p>Bookings to Gary by Thursday 24 February</p>	<p>Leader: Gary Kimber Contact: 0439 079 098 gazzmazz3@gmail.com When: Various across the Shire. Bookings: Always 5 days before each event</p>
<p>TEA & TOUR FOR TEN (\$10)</p>	
<p>Tours and afternoon tea at really interesting places around the Shire.</p> <p>First event: Friday 11th February @ 1.30pm Gorge Chocolates & Alpacas, Cooriemungle</p> <p>Bookings to Marilyn by Monday 7th February</p>	<p>Leader: Marilyn Kimber Contact: 0437 584 998 mazz060253@gmail.com When: Various across the Shire. Vacancies: Yes</p>
<p>FRIDAY FORUM</p>	
<p>Join us monthly to hear interesting guest speakers on a range of topics. Catch up with other members and a chat. Each month the speaker and topic will be advertised on our Facebook and web pages.</p> <p>First speaker on 18th March: Olaf Smith - "<i>The Russians Are Coming</i>" - a look into the language and history of that country.</p> <p>Gold coin donation to assist with afternoon tea</p>	<p>Leader: Eve Black Contact: 5592 5333 mountnoorat@outlook.com When: 3rd Friday of each month @ 1.30pm, commences on 18th March Venue: Cobden Senior Citizens Bookings: Monday before on 5592 5333</p>

SINGING	
<p>What a fabulous group this is! Who can forget our End of Year events in recent years</p> <p>Gwen and her group would love to see more choristers joining the group</p> <p>Afternoon tea provided</p>	<p>Leader: GwenSteele</p> <p>Contact: Gary Kimber 04 39 079 098 gazzmazz3@gmail.com</p> <p>When: 1st & 3rd Wednesday each Month @1.30pm</p> <p>Commences 16th February</p> <p>Venue: 8 Rix Avenue, Cobden</p> <p>Vacancies: Yes</p>
LET'S DO CROQUET	
<p>Have you ever wanted to play croquet? If so, then this is your chance to come and have a go and also have some fun!</p>	<p>Leader: Anne Corbin</p> <p>Contact: 0428 899 126</p> <p>When: 4th Wednesday of month @ 1.00pm commences 23rd February</p> <p>Venue: Terang Croquet Club</p> <p>Cost: \$5 and please wear flat shoes</p> <p>Vacancies: Yes</p>
CURRENT AFFAIRS	
<p>This group just has an informal chat about any issues of the day, or even the more obscure ones. Good discussion followed by afternoon tea.</p>	<p>Leader: Gary Kimber</p> <p>Contact: 04 39 079 098 gazzmazz3@gmail.com</p> <p>When: 1st Thursday of month @2.30 – 3.30pm Commences 4th February</p> <p>Venue: Old Gym, Cobdenhealth</p>
TRAVEL TALES	
<p>Be transported to a destination without actually leaving your seat. Travel the world through the eyes of the presenter. You will be entertained by pictures of places you may or may not visit.</p> <p>Gold coin donation to assist afternoon tea</p> <p>First presenters on 25th February - Mary & Merv Holloway - "British Colombia, Vancouver, Alaskan Wilderness & San Francisco - Scenery so incredibly spectacular!"</p> <p>Bookings to Marilyn Kimber on 0437 584 998 by Monday 21st February</p>	<p>Leader: Marilyn Kimber</p> <p>Contact: 0437 584 998 mazz060253@gmail.com</p> <p>When: 4th Friday of each month @1.30pm commencing 25th February</p> <p>Venue: Cobden Senior Citizens Centre</p>

MOVIE MATINEE	
<p>A trip to the movies on the second Thursday of the month at the Commercial Hotel, Terang. Lunch and movie for \$5.</p> <p>First movie on 10th February - "The Banger Sisters" with Susan Sarandon & Goldie Hawn</p>	<p>Leader: Gary Kimber Contact: 0439 079 098 gazzmazz3@gmail.com When: 2nd Thursday of month @ 12 Noon Venue: Commercial Hotel, Terang Commences 10th February Numbers limited</p>
MINI GOLF	
<p>While the weather is still fine, come along and have some fresh air, fun, laughter and even win a prize! No golf experience necessary. Bring a friend!</p> <p>\$6 pp includes morning tea</p>	<p>Leader: Gary Kimber Contact: 0439 079 098 gazzmazz3@gmail.com When: 2nd Thursday of month @ 10.00am Venue: Cobden Mini Golf, Grayland Street, Cobden Commences 10th February</p>
BICYCLE RIDE &	
<p>First ride on 2nd February is Glenfyne - Merrett's Road. Coffee to follow.</p>	<p>Leader: Helen James Contact: 0438 918 337 When: 1st & 2nd Wednesday of month @ 10.00am, commences on Wednesday 2nd February</p>
HIKE	
<p>First hike on 9th February - Mt Noorat Coffee to follow.</p>	<p>Leader: Helen James Contact: 0438 918 337 When: 2nd Wednesday of month @ 10.00am, commences on Wednesday 9th February</p>
APPY HOURS, COBDEN	
<p>This is where a group of people who have smartphones, i-pads or laptops get together and swap tips and traps to improve their usage. You'll be able to discover new apps, websites, you-tube clips etc. The web world is yours!</p>	<p>Leader: Don McInnes on 0448 230 248 When: Tuesday every 2 weeks @ 10.00am Where: Cobden Golf Club commences 22nd February</p>

CRAFTERNOON	
<p>Bring along your favourite Craft activities. A great chance to socialise and share.</p> <p>Afternoon tea provided</p>	<p>Leader and Contact: Helen Sinclair 0439 315 019</p> <p>Where: Old Gym, Cobdenhealth</p> <p>When: 2nd and 4th Tuesday each month @ 1.30pm, commences 8th February</p>
SUNDAE SCHOOL	
<p>We will receive a talk about the history of Timboon Ice Cream and then finish by making our own delicious Sundae!</p>	<p>Leader: Gary Kimber</p> <p>Contact: 0439 079 098 gazzmazz3@gmail.com</p> <p>Where: Timboon Ice Cream Cost: \$15</p> <p>When: S1: Wednesday 16th February @ 1.30pm OR S2: Wednesday 16th March @ 1.30pm</p>
DEFIBRILLATOR/CPR USE & REFRESHER	
<p>This is an opportunity to how to use a defibrillator and CPR and thus how to save a life if necessary.</p> <p>Afternoon tea provided</p>	<p>Contact: Gary Kimber 0439 079 098 gazzmazz3@gmail.com</p> <p>Where: Old Gym, Cobdenhealth</p> <p>When: Thursday, 10th March @ 2.30pm Bookings by Monday 7th March</p>
CRIBBAGE	
<p>Come along, learn and play this fascinating card game. Beginners and experienced players very welcome.</p> <p>Afternoon tea provided</p>	<p>Leader: Merv Holloway</p> <p>Contact: Gary Kimber 0439 079 098 gazzmazz3@gmail.com</p> <p>Where: Old Gym, Cobdenhealth</p> <p>When: 2nd and 4th Wednesday of the month @ 1.30pm, commences on 10th February</p>

MINDFULNESS	
<p>Mindfulness is about being in the moment – rather than being distracted by many of our thoughts. The weekly session enables us to learn strategies which can enhance our everyday lives including meditation and relaxation.</p>	<p>Leader: Maureen O'Connor Contact: 5595 9277 or 0429 724 011 Where: in person at Willowglen, 54 Rowes Road Nth., Scotts Creek OR via Zoom When: Each Monday at 9:00am for 30 minutes, commences 7th February</p>
POP-UP BOOKS	
<p>Judith has an amazing collection of many genres of books which she will talk passionately about. One not to miss!</p>	<p>Leader: Judith Sarto Contact: Gary Kimber on 0439 079 098 Where: 440 Camperdown Road Derrinallum When: Wednesday 23rd February @ 1.30pm with afternoon tea.</p>
PLAYING CARDS DISPLAY	
<p>Judith has a fantastic and huge number of playing cards. Swap Cards? Bring along your favourites!</p>	<p>Leader: Judith Sarto Contact: Gary Kimber on 0439 079 098 Where: 440 Camperdown Road Derrinallum When: Wednesday 23rd March @ 1.30pm with afternoon tea. Bookings by Friday 18th March.</p>
BIRD WATCHING	
<p>This is an interesting activity as Lake Purrumbete has an immense number of water birds to enjoy. Those interested in birds or those wanting to take photos, this is an ideal setting. Helen Langley who has an extensive knowledge of birds will conduct this activity. All you need is a chair, binoculars, camera and a bird book if you have one. You do not need to have knowledge of birds and there is an open shed if it rains or is too hot.</p>	<p>Contact: Sue McInnes on 0428 230 244 Leader: Helen Langley Where: Lake Purrumbete When: Wednesday 16th February @ 9.30am Bookings to Sue by Friday 11th February Tea afterwards at Lake Edge Cafe</p>

U3A COURSE CALENDAR: FEBRUARY – MARCH 2022

		FEBRUARY					
			Tue 01 China Painting: Lismore @ 1.30pm	Wed 02 Bike Ride: Glenfyne @ 10.30am Singing: Cobden @ 1.30pm	Thurs 03 Current Affairs: Cobden @ 2.30pm	Fri 04 Mahjong: Cobden @ 10am	
05	06	Mon 07 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10am + Derrinallum @ 1.30pm Scrabble: Cobden@ 1.30pm	Tue 08 Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 09 Hike: Mt Noorat @ 10.30am Cribbage: Cobden @ 1.30pm	Thurs 10 Mini Golf: Cobden @ 10.00am Movie Matinee: Terang “ <i>The Banger Sisters</i> ” @ 12 noon	Fri 11 Mahjong: Cobden @ 10am Tea & Tour for Ten: Cooriemungle @ 1.30pm	
12	13	Mon 14 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10am + Derrinallum @ 1.30pm Let’s do Coffee & Books: + Noorat @ 2pm + Cobden @ 1.30pm	Tue 15 China Painting: Lismore @ 1.30pm U3A Committee Meeting: Cobden @ 11.00am	Wed 16 Bird Watching: Lake Purrumbete @ 9.30am Singing: Cobden @ 1.30pm Sundae School: Timboon @ 1.30pm	Thurs 17	Fri 18 Mahjong: Cobden @ 10am	
19	20	Mon 21 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	Tue 22 Appy Hours: Cobden @ 10am Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 23 Croquet: Terang @ 1pm Cribbage: Cobden @ 1.30pm Pop-Up Books: Derrinallum @ 1.30pm	Thurs 24 Mah-jong: Terang @ 1.30pm Scrabble: Terang @ 1.30pm	Fri 25 Mahjong: Cobden @ 10am Travel Tales: Cobden Senior Citizens @ 1.30pm	

		FEBRUARY (continued)			
26	27	Mon 28 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10am + Derrinallum @ 1.30pm Let's Do Lunch: Port Campbell @ 12.30pm			

		MARCH				
			Tue 01 China Painting: Lismore @ 1.30pm	Wed 02 Bike Ride: @ 10.00am Location TBC Singing: Cobden @ 1.30pm	Thurs 03 Current Affairs: Cobden @ 1.30pm	Fri 04 Mahjong: Cobden @ 10am
05	06	Mon 07 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	Tue 08 Appy Hours: Cobden @ 10am Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 09 Hike: @ 10.00am Location TBC	Thurs 10 Mini Golf: Cobden @ 10.00am Movie Matinee: Terang @ 12 noon Defibrillator/CPR Use & Refresher: Cobden @ 2.30pm	Fri 11 Mahjong: Cobden @ 10am
12	13	Mon 14 Labor Day Public Holiday	Tue 15 U3A Committee Meeting: Cobden @ 11.00am China Painting: Lismore @ 1.30pm	Wed 16 Singing: Cobden @ 1.30pm Sundae School: Timboon @ 1.30pm	Thurs 17	Fri 18 Mahjong: Cobden @ 10am Friday Forum: Cobden Senior Citizens @ 1.30pm

		MARCH (contd)				
19	20	Mon 21 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	Tue 22 Appy Hours: Cobden @ 10am Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 23 Croquet: Terang @ 1pm Playing Cards Display: Derrinallum @ 1.30pm	Thurs 24 Mah-jong: Terang @ 1.30pm Scrabble: Terang @ 1.30pm	Fri 25 Mahjong: Cobden @ 10am Travel Tales: Cobden Senior Citizens @ 1.30pm
26	27	Mon 28 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10am + Derrinallum @ 1.30pm	Tue 29 China Painting: Lismore @ 1.30pm	Wed 30	Thurs 31	

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