



*Keeping minds and bodies active*

**GREY MATTERS**

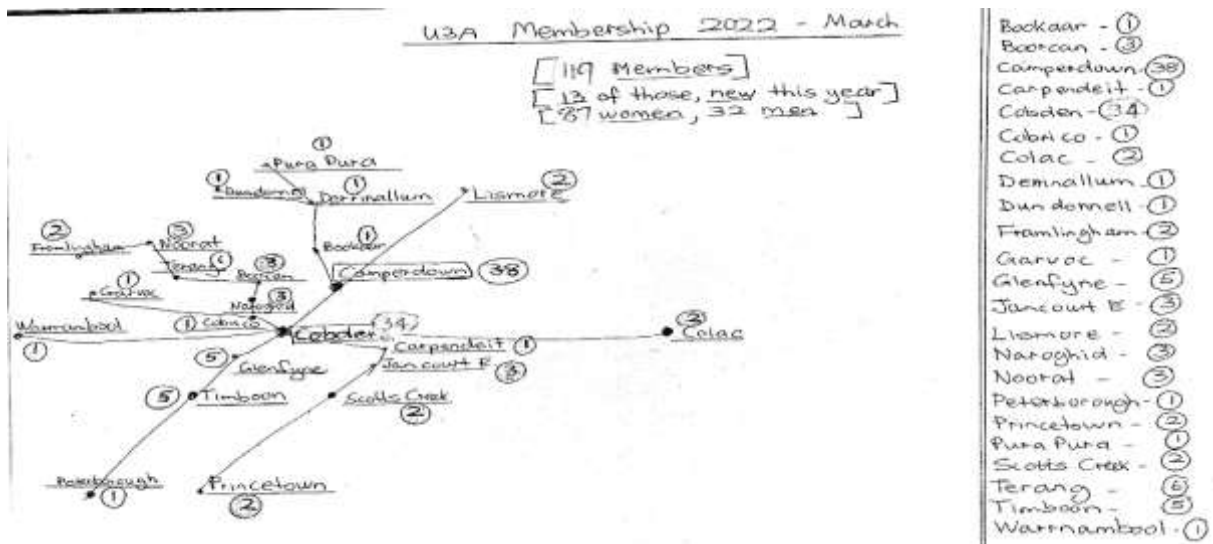
**APRIL 2022**

**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 COMMITTEE**

The U3A Corangamite Committee met on Tuesday 15<sup>th</sup> March and it was a very productive meeting. Although no longer President, Gary ably assisted by Marilyn, continues to seek out new activities across the Shire for members and you will see in this newsletter the new ones for April. This is a time-consuming job and is greatly appreciated by the Committee.

At the meeting the Committee looked at data prepared by Treasurer, Linda Castaldo on the geographic distribution of members across the Shire, the age demographic of members and membership totals for the past 5 years; this data is shown here for information -



50-55	3	56-60	4	61-65	9	66-70	22	71-75	35
76-80	23	81-85	17	86-90	4	90+	2		

To add to these figures here, it was noted that the membership total for the last 5 years has been:

2018 - 153; 2019 - 165; 2020 - 154; 2021 - 141; 2022 - 119

The Committee noted that the current membership is certainly Cobden-Camperdown centric (~60% of total) and it was suggested that one limiting factor in the ability to recruit new members and offer more activities in some areas of the Shire could be the lack of suitable venues. Accordingly, Gary Kimber has agreed to speak to the Corangamite Shire to investigate if venues such as senior citizen centres, halls etc. might be available to U3A in areas around the Shire, other than Cobden/Camperdown.

Having been approached by *mpower* in Warrnambool, an accredited community-based agency, offering programs for adults and seniors, another issue that the Committee considered was the **Warm Safe Home Project 2022**. This is a set of four events planned during June and July with one to be held somewhere in the Corangamite Shire. The session aims to present information, knowledge and experiences that enrich peoples' ability to live the way they want as they grow older. In order to make sure that the series is interesting, engaging and useful, and to assist the Committee in deciding if it is worthwhile to participate in this project, some feedback about the types of things that ought to be included in such a session is being sought from U3A Corangamite members.

To assist the Committee, **included later in the newsletter** is a one-page list that we **would ask you to complete and return** to the Secretary either as a scan via e-mail to [u3acorangamite@gmail.com](mailto:u3acorangamite@gmail.com) or post to PO Box 55 COBDEN 3266 by 14<sup>th</sup> April 2022.

Finally, although the singing group coordinator Gwen Steele has not been very well, Gwen is now feeling well again and is ready to start this year's singing group commencing on Wednesday 6<sup>th</sup> April @ 1.30pm. **Welcome back Gwen!**

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## **NEW ACTIVITIES IN APRIL**

### **Let's Do Lunch**

*Commercial Hotel, Camperdown*

Wednesday 20<sup>th</sup> April @ 12.30pm

Bookings to Gary Kimber on 0439 079 098 or [gazzmazz3@gmail.com](mailto:gazzmazz3@gmail.com) by Friday 14<sup>th</sup> April.

### **Tea and Tour for Ten**

*"Delia's Dahlias"* @ 263 Ansons Road, Carpendeit

Tuesday 5<sup>th</sup> April @ 1.30pm

Delia Robertson (a U3A member), has over 250 different types of dahlias for which she lovingly cares. She has won many awards at shows and has the knack of identifying each dahlia type.

Come and enjoy an afternoon with Delia and find out about some of the different dahlia types, their shapes and sizes, how to look after them, how the dahlias are prepared and taken to shows and just about anything you need to know about dahlias.

Finish this lovely afternoon with afternoon tea on the patio.

\$10 includes afternoon tea.

Bookings to Marilyn Kimber on 0437 584 998 or [mazz060253@gmail.com](mailto:mazz060253@gmail.com) by Friday 1<sup>st</sup> April.

## **Travel Tales**

### ***Macquarie Island*** - Barrie and Jean Giblett

Friday 22<sup>nd</sup> April @ 1.30pm, Cobden Senior Citizens Centre

Join them for an amazing trip to Macquarie Island & the Sub-Antarctic Islands of New Zealand. A World Heritage site with a plethora of wildlife & flora in a harsh climate. Learn about their encounter with a 'Russian' ship!

Bookings to Marilyn Kimber on 0437 584 998 or mazz060253@gmail.com by Monday 18<sup>th</sup> April.

Afternoon tea provided. Gold coin donation.

## **Bike Ride**

Wednesday 6<sup>th</sup> April @ 10.30 am.

The Naroghid - Cobden Rail Trail. Naroghid to Cobden and return.

Bookings to Helen James on 0438 918 337 by Monday 4<sup>th</sup> April.

## **Hike**

Wednesday 13<sup>th</sup> April @ 10.30am

Up and down Mt Leura, Camperdown

Bookings to Helen James on 0438 918 337 by Monday 11<sup>th</sup> April.

## **Movie Matinee**

Thursday 21<sup>st</sup> April @ 12.00 noon at the Terang Commercial Hotel - includes lunch for \$5

This month's movie is "*The Piano*" an award-winning movie directed by Jane Campion and set in NZ.

Bookings to Gary Kimber on 0439 079 098 by Monday 18<sup>th</sup> April

**\*\* Please note:** this activity is now always the 3<sup>rd</sup> Thursday of the month.

***NOTE:*** members must advise the coordinator at the time they register for the event if they have any special dietary requirements.

## **Mini Golf**

Thursday 21<sup>st</sup> April @ 10.00 am at the Mini Golf Course, Grayland Street, Cobden

While the weather is still fine come along and have some fun, fresh air, laughter and even win a prize. Cost \$6 pp incl. morning tea. **Last chance before winter!**

Bookings to Gary Kimber on 0439 079 098 by Monday 18<sup>th</sup> April

**\*\* Please note:** this activity is now on the 3<sup>rd</sup> Thursday each month.

## **Trivia Afternoon**

Tuesday 12<sup>th</sup> April @ 1.30pm at Commercial Hotel, Terang.

Afternoon tea provided. Book individually or teams of 4. No cost. Prizes available.

Theme: "*Australiana*"

## **Scrabble at Cobden**

In April, the dates for scrabble at Cobden will be Monday 4<sup>th</sup> April and Tuesday 26<sup>th</sup> April - Monday 18<sup>th</sup> is Easter Monday and Monday 25<sup>th</sup> is Anzac Day.

## **Singing**

Re-commencing on Wednesday 6<sup>th</sup> April @ 1.30pm at Gwen's home.

## **Mah-Jong & Scrabble at Terang**

***NOTE:*** these two activities are on **the last Thursday** of each month and not the 4<sup>th</sup> Thursday as advised previously in the March newsletter.

## Warm Safe Home Project 2022

A set of four events during June and July is planned with one to be held somewhere in the Corangamite Shire. The session aims to present information, knowledge and experiences that enrich peoples' ability to live the way they want as they grow older. In order to make sure that the series is interesting, engaging and useful, and to assist the Committee in deciding if it is worthwhile to participate in this project, **some feedback about the types of things that you think should be included in such a session is being sought from U3A Corangamite members.**

### What type of information, knowledge, or activities would be of use to you?

This list covers a range of topics and activities. It is simply a starting point for thinking about what might be included in the series. *Tick any that apply*

- Legal processes that protect your rights
- What services can assist / support in different situations
- How to spot a scam and where to go for help
- e-Safety such as staying safe online, internet banking, online purchases, and safe passwords
- Digital skills such as using Zoom, Facebook, and getting more out of your smartphone
- Using MyGov
- Your home, Centrelink, and accessing aged care
- Cooking nutritious meals on a budget
- How to keep fit or return to exercise
- Meditation and mindfulness
- (Re)connecting with people and activities after Covid-19
- How to take great photos on your smart phone
- Understanding Advanced Care Directives
- How to choose a suitable Power of Attorney
- The key things to discuss with your Medical Decision Maker / Medical Power of Attorney
- How to get a good deal on your electricity
- Where to get started with My Aged Care
- The difference between Financial Counsellors and Financial Planners
- Tips and tricks for budgeting
- Understanding and preventing elder abuse
- How stand-up for issues that matter to you
- What it's like to sing in a choir
- The chance to get back on a push bike
- Other (please specify)

**Complete and return to the Secretary either as a scan and via e-mail to [u3acorangamite@gmail.com](mailto:u3acorangamite@gmail.com) or post to PO Box 55 Cobden 3266 by 14<sup>th</sup> April 2022**

## WHAT'S ON IN APRIL & MAY

Make sure to check the activities calendar and list below to see what great events are being held during April & May

For further information contact us via e-mail: [u3acorangamite@gmail.com](mailto:u3acorangamite@gmail.com)

OR

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

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**We are proudly supported by the Cobden & Camperdown Community Banks (Bendigo Bank) and Helloworld Travel**



## U3A ACTIVITIES CALENDAR APRIL 2022

		APRIL				
02	03	<b>Mon 04</b> Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	<b>Tue 05</b> Appy Hours: Cobden Golf Club @ 10.00am Tea & Tour for Ten: Carpendeit @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Wed 06</b> Bike Ride: @ 10.30am Location: Naroghid-Cobden Rail Trail Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Thurs 07</b> Current Affairs: Cobden @ 2.30pm	<b>Fri 08</b> Mah-jong: Cobden @ 10.00am
09	10	<b>Mon 11</b> Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Coffee & Books: Noorat & Cobden @ 1.30pm	<b>Tue 12</b> Trivia Afternoon: Terang Commercial Hotel @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Wed 13</b> Hike: @ 10.30am Location: Mt Leura, Camperdown Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Thurs 14</b>	<b>Fri 15</b> <b>Good Friday</b> <b>Public Holiday</b>
16	17	<b>Mon 18</b> <b>Easter Monday</b> <b>Public Holiday</b>	<b>Tue 19</b> Appy Hours: Cobden Golf Club @ 10.00am U3A Committee Meeting: Cobden @ 10.30am China Painting: Lismore @ 1.30pm	<b>Wed 20</b> Let's do Lunch: Camperdown @ 12.30pm Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Thurs 21</b> Mini Golf: Cobden @ 10.00am Movie Matinee: Terang @ 12 noon <b>Movie: "The Piano"</b>	<b>Fri 22</b> Mah-jong: Cobden @ 10.00am Travel Tales: Cobden Senior Citizens @ 1.30pm
23	24	<b>Mon 25</b> <b>Anzac Day</b> <b>Public Holiday</b>	<b>Tue 26</b> Scrabble: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Wed 27</b> Croquet: Terang @ 1.00pm Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Thurs 28</b> Mah-jong: Terang @ 1.30pm Scrabble: Terang @ 1.30pm	<b>Fri 29</b> Mah-jong: Cobden @ 10.00am

## U3A ACTIVITIES CALENDAR MAY 2022

		MAY				
	01	<b>Mon 02</b> Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	<b>Tue 03</b> Appy Hours: Cobden Golf Club @ 10.00am China Painting: Lismore @ 1.30pm	<b>Wed 04</b> Bike Ride: @ 10.30am Location TBC Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Thurs 05</b> Current Affairs: Cobden @ 2.30pm	<b>Fri 05</b> Mah-jong: Cobden @ 10.00am
07	08	<b>Mon 09</b> Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Coffee & Books: Noorat & Cobden @ 1.30pm	<b>Tue 10</b> China Painting: Lismore @ 1.30pm	<b>Wed 11</b> Hike: @ 10.30am Location TBC Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Thurs 12</b>	<b>Fri 13</b>
14	15	<b>Mon 16</b> Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	<b>Tue 17</b> Appy Hours: Cobden Golf Club @ 10.00am U3A Committee Meeting: Venue @ Time TBC China Painting: Lismore @ 1.30pm	<b>Wed 18</b> Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Thurs 19</b> Movie Matinee: Terang @ 12 noon Movie & time TBC	<b>Fri 20</b> Mah-jong: Cobden @ 10.00am Friday Forum: Cobden Senior Citizens @ 1.30pm
21	22	<b>Mon 23</b> Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	<b>Tue 24</b> China Painting: Lismore @ 1.30pm	<b>Wed 25</b> Croquet: Terang @ 1.00pm Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Thurs 26</b> Mah-jong: Terang @ 1.30pm Scrabble: Terang @ 1.30pm	<b>Fri 27</b> Mah-jong: Cobden @ 10.00am Travel Tales: Cobden Senior Citizens @ 1.30pm

## U3A ACTIVITIES CALENDAR MAY 2022 (CONTD)

		MAY (CONTD)			
28	29	<b>Mon 30</b> Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	<b>Tue 31</b> Appy Hours: Cobden Golf Club @ 10.00am China Painting: Lismore @ 1.30pm		

### U3A CORANGAMITE SPECIAL ACTIVITIES IN APRIL

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
<b>Let's Do Lunch</b>	Wednesday 20 <sup>th</sup> April	12.30pm	<b>Commercial Hotel, Camperdown</b> Bookings to Gary Kimber by Friday 14 <sup>th</sup> April	Gary Kimber 0439 079 098 <a href="mailto:gazzmazz3@gmail.com">gazzmazz3@gmail.com</a>
<b>Travel Tales</b>	Friday 22 <sup>nd</sup> April	1.30pm	<b>Macquarie Island - Barrie and Jean Giblett</b> Cobden Senior Citizens Centre Gold coin donation to assist with afternoon tea Bookings to Marilyn Kimber by Monday 18 <sup>th</sup> April <i>(See page 3 for full details)</i>	Marilyn Kimber 0437 584 998 <a href="mailto:mazz060253@gmail.com">mazz060253@gmail.com</a>



## U3A CORANGAMITE SPECIAL ACTIVITIES IN APRIL

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
<b>Tea and Tour for Ten (\$10)</b>	Tuesday 5 <sup>th</sup> April	@ 1.30pm	<p style="text-align: center;"><i>"Delia's Dahlias"</i> 263 Ansons Road, Carpendeit \$10 includes afternoon tea on the patio. Bookings to Marilyn Kimber by Friday 1<sup>st</sup> April <i>(See page 2 for full details)</i></p>	Marilyn Kimber 0437 584 998 <a href="mailto:mazz060253@gmail.com">mazz060253@gmail.com</a>
<b>Movie Matinee</b>	Thursday 21 <sup>st</sup> April	12.00 noon	<p style="text-align: center;"><i>"The Piano"</i> Commercial Hotel, Terang award-winning movie directed by Jane Campion and set in NZ. Includes lunch: \$5 Bookings to Gary by Monday 18<sup>th</sup> April <i>NOTE: members must advise the coordinator at the time they register for the event if they have any special dietary requirements.</i></p>	Gary Kimber 0439 079 098 <a href="mailto:gazzmazz3@gmail.com">gazzmazz3@gmail.com</a>
<b>Mini Golf</b> <i>Last chance before winter!</i>	Thursday 21 <sup>st</sup> April	10.00 am	<p style="text-align: center;">Mini Golf Course, Grayland Street, Cobden While the weather is still fine come along and have some fun, fresh air, laughter and even win a prize. Cost \$6 pp incl. morning tea. Bookings to Gary Kimber by Monday 18<sup>th</sup> April</p>	Gary Kimber 0439 079 098 <a href="mailto:gazzmazz3@gmail.com">gazzmazz3@gmail.com</a>
<b>Trivia Afternoon</b>	Tuesday 12 <sup>th</sup> April	1.30pm	<p style="text-align: center;">Commercial Hotel, Terang. Afternoon tea provided. Book individually or teams of 4 No cost. Prizes available. Theme: <i>"Australiana"</i> Bookings to Gary Kimber by Friday 8<sup>th</sup> April</p>	Gary Kimber 0439 079 098 <a href="mailto:gazzmazz3@gmail.com">gazzmazz3@gmail.com</a>