





ITEMS FOR INFORMATION

U3A Network Course Guides

U3A Network Victoria has commenced a project to establish a range of course guides that can be offered by individual U3As. Mentoring will be given by U3A Network in May 2023 to those who might consider running on of the courses

The course guides come with step-by step instructions on how to run the class, including discussions and experiments. Mentoring will be given to those wanting to run the course at their U3A this. **No background or expertise in any of the specified areas is required.**

Mentoring programs will be run in May for the following course guides:

-  Understanding Friendship in Later Life
-  Scribblers (art)
-  First Nations
-  Curious About Science

If there is a member who might like to participate in course guide mentoring in May, and then run the course later in the year, and would like further information, can they please contact the Secretary on 0429 951 643 to discuss and have your interest registered with U3A Network Victoria.

Karate for Over 50s

In November, the Committee was approached by Peter Conroy offering to explore the possibility of providing for U3A Corangamite, a traditional karate class specific to 50yo+. Although the Committee thought this was an '*interesting*' proposal for a new activity it decided not to include the activity as a scheduled U3A event but to let members make their own decision on the proposal and details will be provided in the newsletter. Members will then be in a position to contact Peter Conroy directly on peterconroy865@gmail.com if they wish to participate.

Details are:

3rd Age Karate classes will begin in Camperdown in 2023

3rd Age Karate is Specifically Designed for 50yo + who are starting their Karate Journey

Classes will be Monday Nights 7pm – 7.30pm 30 min ONLY

Classes will be NON contact Kata Class Only (No Kumite fighting)

Classes will begin Monday 6th Feb 2023 and run all 4 school terms

Location: Old Basketball Stadium cnr. Manifold Street and Bath Street
Camperdown entrance via rear door off the Police Station car park

Instructor: Peter Conroy Sensei has been training for 35 years and teaching Karate in Camperdown for 25 years with students aged between 6yo and 61yo (currently).

All Students will be offered 2 FREE Come and Try it classes before joining.

Costs: Membership to Funakoshi Karate International is \$45pa

Insurance is \$40 pa.

Class Fees \$14 for a casual class or \$110 per school term.

		MARCH				
				Wed 01 Singing: Terang @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 02	Fri 03 Mah-jong: Cobden @ 10.00am
04	05	Mon 06 Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Trivia Quiz: Noorat @ 1.30pm	Tue 07 Scrabble: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 08 Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 09 Mini Golf: Cobden @ 1.30pm	Fri 10 Mah-jong: Cobden @ 10.00am
11	12	Mon 13 Labor Day Public Holiday Let's do Coffee and Books: Noorat @ 2.00pm Let's do Coffee and Books: Cobden @ 1.30pm	Tue 14 China Painting: Lismore @ 1.30pm	Wed 15 Bird Watching: Lake Purrumbete @ 9.30am Singing: Terang @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 16	Fri 17 Mah-jong: Cobden @ 10.00am Friday Forum: Cobden Senior Citizens @ 1.30pm
18	19	Mon 20 Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	Tue 21 U3A Committee Meeting: Mt Noorat @ 10.30am Tea & Tour for \$10: Bookaar @ 1.30p China Painting: Lismore @ 1.30pm	Wed 22 Croquet: Terang @ 1.00pm Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 23 Mah-jong: Terang @ 1.30pm Scrabble: Terang @ 1.30pm	Fri 24 Mah-jong: Cobden @ 10.00am Travel Tales: Cobden Senior Citizens @ 1.30pm
25	26	Mon 27 Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	Tue 28 China Painting: Lismore @ 1.30pm	Wed 29 Let's Do Lunch: Woolsthorpe @ 12.30pm China Painting: Lismore @ 1.30pm	Thurs 30	Fri 31 Mah-jong: Cobden @ 10.00am Musical Theatre: Camperdown @ 1.00pm

ON-GOING U3A CORANGAMITE ACTIVITIES FOR 2023

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Mah-jong	Each Monday	10.00am	Timboon Hotel	Sandy McInnes - 0411 315 795
Mah-jong	Each Friday	10.00am	Cobden Golf Club	Dee Smith 0427 260 687
Mah-jong	Each Monday	1.30pm	Derrinallum Library	Danielle Blomeley 0457 557543
Mah-jong	4 th Thursday of the month	1.30pm	Commercial Hotel Terang	Suzanne Green 0411 453 318
Scrabble	1 st Tuesday & 3 rd Monday of month	1.30pm	Uniting Church Cobden	Linda Castaldo 0438 457 825
Scrabble	4 th Thursday of Month	1.30pm	Commercial Hotel Terang	Anne Corbin 0428 899 126
Let's Do Coffee & Books, Noorat	2 nd Monday of month	2.00pm	137 Glenormiston Road Noorat	Helen Durant 0418 389 751 Eve Black 5592 5333
Let's Do Coffee & Books, Cobden	2 nd Monday of month	1.30pm	Uniting Church Cobden	Gary Kimber 0439 079 098
Singing	1 st & 3 rd Wednesday of month	1.30pm	Commercial Hotel Terang	Gary Kimber 0439 079 098
Friday Forum	3 rd Friday every month	1.30pm	Senior Citizens Centre Cobden	Eve Black 5592 5333
Travel Tales	4 th Friday of every month	1.30pm	Senior Citizens Centre Cobden	Marilyn Kimber 0437 584 998

ON-GOING U3A CORANGAMITE ACTIVITIES FOR 2023

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Bike Ride	1 st Wednesday of month	10.30am	Location to be advised each month	Helen James 0409 438 044
Hike	2 nd Wednesday of month	10.30am	Location to be advised each month	Helen James 0409 438 044
Cribbage	2 nd and 4 th Wednesday of each month	1.30pm	Uniting Church Cobden	Gary Kimber 0439 079 098
Mini Golf	2 nd Thursday of month	1.30pm	Cobden Mini Golf Grayland Road, Cobden	Gary Kimber 0439 079 098
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
Trivia Quiz	1 st Monday of the month	1.30pm	137 Glenormiston Road Noorat	Gary Kimber 0439 079 098
Mindfulness	Every Monday	9.00	Willowglen Retreat, Scotts Creek In Person or via Zoom	Maureen O'Connor 0429 724 011
Let's do Lunch	As advertised	TBA	Venue to be advised each month	Gary Kimber 0439 079 098
Tea & Tour for Ten	As advertised	TBA	Activity to be advised each month	Marilyn Kimber 0437 584 998

U3A CORANGAMITE SPECIAL ACTIVITIES IN MARCH

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Friday Forum	Friday 17 th March	1.30pm	<p>Speaker is <i>Janine Fitzpatrick</i>. Janine has been the owner and driver of a Tesla for the last couple of years, and to say that she just loves the vehicle is an understatement! Her talk is called "<i>The Power of One Car</i>".</p> <p>Afternoon tea provided. Gold coin donation. Senior Citizens Centre, Cobden Bookings to Eve by Monday 13th March</p>	<p>Eve Black 5592 5333 mountnoorat@outlook.com</p>
Travel Tales	Friday 24 th March	1.30pm	<p style="text-align: center;"><i>Lizzie Patterson - Japan</i></p> <p>Last October, Lizzie travelled to Japan for the 3rd time. What kept drawing her back? It was a combination of things - the people, the food (obviously), the ease of getting around, the gardens, gorgeous scenery, all of those things, but most of all it was the culture and traditions. They are paramount in every-day life, so different to our Western ways, and they are so willing to share it with visitors. What is not to love; come and share with Lizzie!</p> <p>Afternoon tea included. Gold coin donation Senior Citizens Centre, Cobden Bookings to Marilyn by Monday 20th March on 0437 584 998 or mazz060253@gmail.com</p>	<p>Marilyn Kimber 0437 584 998 mazz060253@gmail.com</p>
Let's do Lunch	Wednesday 29 th March	12.30pm	<p style="text-align: center;"><i>Union Station Hotel</i> <i>23 Manifold Street, Woolsthorpe</i></p> <p>Bookings to Gary 0439 079 098 or gazzmazz3@gmail.com by Friday 24th March</p>	<p>Gary Kimber 0439 079 098 gazzmazz3@gmail.com</p>

ACTIVITY	DATE	TIME	VENUE	CONTACT PERSON
Mini Golf	Thursday 9 th March	1.30pm	<p><i>Cobden Mini Golf, 29 Grayland Street, Cobden</i> (Next to Mini Trains) Cost \$7 pp includes afternoon tea. Lots of prizes and fun. Bring a friend for some “friendly” competition. Booking to Gary on 0439 079 098 or gazzmazz3@gmail.com by Monday 6th March</p>	<p>Gary Kimber 0439 079 098 gazzmazz3@gmail.com</p>
Tea & Tour for \$10	Tuesday 21 st March	1.30pm	<p><i>Visit to the Historic Shearing Shed of “West Cloven Hills” farm owned by Nic Cole</i> Nic will be our presenter. West Cloven Hills was settled in 1839 by Peter McArthur and Nicholas Cole, squatting on the area known as West Cloven Hills & Meningoort. The run was divided in 1842 with McArthur at Meningoort and Cole at West Cloven Hills where the 2 families still live. The shearing shed at West Cloven Hills was built in 1851. Our visit will include a tour of this historic shearing shed and details of the farm’s history. Address: 1430 Darlington Road, Bookaar Cost \$10 includes afternoon tea and talk Bookings to Marilyn on 0437584998 or mazz060253@gmail.com by Friday 17th March</p>	<p>Marilyn Kimber 0437 584 998 mazz060253@gmail.com</p>
Bird Watching & Bird Identification	Wednesday 15 th March	9.30am	<p><i>Lake Purrumbete</i> Leader: Helen Langley To register contact Sue by Friday 10th March on 0428 230 244 or jitarning48@gmail.com</p>	<p>Sue McInnes 0428 230 244 jitarning48@gmail.com</p>

ACTIVITY	DATE	TME	VENUE	CONTACT PERSON
Special Terang Mahjong	Thursday 23 rd March	1.30pm	<p>Commercial Hotel, Terang</p> <p>There's no doubt that U3A Corangamite members love their Mahjong! How about stepping it up a level and try something NEW, or actually, very old. The aim of the game is not to win by going Mah-jong, but to create a hand which makes the highest score.</p> <p>Come along to the Commercial Hotel at Terang on the last Thursday of the month for a change of game. Learn and play the true art of Mahjong in a friendly and inclusive atmosphere. Afternoon tea included.</p> <p>Bookings to Suzanne Green on 0411 453 318 at suzannegreen1@bigpond.com by Monday 20th March</p>	<p>Suzanne Green 0411 453 318 suzannegreen1@bigpond.com</p>
Bike Ride & Hike			<p><u>NOTE:</u> There will be no bike ride or hike in March</p>	

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

