UNIVERSITY OF THE THIRD AGE
SEYMOUR & DISTRICT

COURSES 2027

SEMESTER 1

(February - June 2027)

"Any fool can know. The point is to understand." Albert Einstein**.**

1. **Art Workshop**
2. **Art 2**
3. **Book Buffet**
4. **Creative Writing**
5. **Garden Matters**
6. **Genealogy**
7. **Jessica's Corral Singing Group**
8. **Just Ukes**
9. **Luncheon Club**
10. **Mahjong**
11. **Matinee**
12. **Meditation**
13. **Stitches of all Sorts**
14. **Technology Tuition**
15. **Walk & Wonder**
16. **Write Your Life**

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

Visit the office at Chittick Place (the little grey building at the eastern end of the carpark) on a Monday between 10am and 12noon.

1. Art Workshop Keen to try yourself out in any area of Art? Follow your own interest in good company. You learn at your own pace, you share skills – and previous experience is not necessary. The group meets weekly. Beginners welcome.	*Contact: Barry Dunn* *Phone: 0401 359 918* *Email: clearpropdude@gmail.com* *Day/Time: Tuesdays 10.00-1.00pm* *Starting date: 2nd February* *Venue: Chittick Place*
2. Art 2 The above class has been so successful, it's expanded.	*Contact: Barry Dunn* *Phone: 0401 359 918* *Email: clearpropdude@gmail.com* *Day/Time: Wednesdays 10.00-12noon* *Starting Date: 3rd February* *Venue: Chittick Place*
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 at the way our chosen books lead us down surprising and challenging pathways. The only qualification is to love reading.	*Contact: Jo Gooden* *Phone: 0448 700 967* *Email: jogooden@gmail.com* *Day/Time: 3rd Monday 1.30-2.30pm* *Starting date: 15th February* *Venue: Seymour Library, Anzac Avenue*
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.	*Contact: Lola Puddy* *Phone: 0428 769 612* *Email: lolapuddy@gmail.com* *Day/Time: 3rd Tuesday 2.15-3.45pm* *Starting date: 16th February* *Venue: Seymour Library*
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.	*Contact: Pam Lawler* *Phone: 0437 377 479* *Email: lawler_p@yahoo.com* *Day/Time: 3rd Wednesday 10.30-12noon* *Starting date: 17th February* *Venue: Chittick Place to begin*
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. DNA, is it really worth it? Find out the best way to make it work for you.	*Contact: Trish Archer* *Phone: 0409 945 807* *Email: trisharch@gmail.com* *Day/Time: 1st Thursday 10.30-12noon* *Starting date: 4th February* *Venue: Seymour Library*
7. 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.	*Contact: Jo Gooden* *Phone: 0448 700 967* *Email: jogooden@gmail.com* *Day/Time: Mondays 1.30-2.30pm* *Starting Date: 1st March* *Venue: Uniting Church Foyer*
8. 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. We can also help you choose which ukulele suits.	*Contact: Moira Maher* *Phone: 0427 991 623* *Day/Time: Thursdays 11.00am-1.00pm* *Starting Date: 4th February* *Venue: Chittick Place*

9. 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. You will try a different restaurant each month	*Contact: Barbara Meredith* *Phone: 0417 384 712* *Email: barb@marengofarm.com.au* *Day/Time: 2nd Thursday 12 noon* *Starting Date: 11th February* *Venue: Various – ring for destination*
10. 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.	*Contact: Alice Hall* *Phone: 0488 021 594* *Day/Time: Mondays 10-11.30am* *Start date: 1st February* *Venue: Chittick Place*
11. 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.	*Contact: Trish Archer* *Phone: 0409 945 807* *Email: trisharch@gmail.com* *Day/Time: 3rd Thursday 1.30pm* *Starting Date: 18th February* *Venue: Chittick Place*
12. 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.	*Contact: John Stares* *Phone: 0433 324 607* *Email: johnstares9@gmail.com* *Day/Time: Thursdays 9.30-10.30* *Starting date: 4th February* *Venue: Chittick Place*
13. Stitches of all Sorts If you're into knitting, crochet, embroidery, lacemaking and more, this is the course for you. Maree has extensive knowledge and ability in numerous stitches and is only too happy to pass on that knowledge. Get your forgotten projects out of the cupboard and bring them along or start at the beginning with "how to".	*Contact: Maree Langley* *Phone: 0409 350 064* *Email: mjlangley13@gmail.com* *Day/Time: Mondays 10.00-12noon* *Starting Date: 1st February* *Venue: Chittick Place*
14. Technology Tuition Barry Dunn, our computer whiz, has divided the content of each two consecutive weeks as follows:- Feb – staying safe on the internet Mar – installing and uninstalling Apr – using your phone and computer in combination May – handy software, especially what's available for free Jun – digital software, particularly for photos	*Contact: Barry Dunn* *Phone: 0401 359 918* *Email: clearpropdude@gmail.com* *Day/Time: 1st & 2nd Tuesdays 1.30-3.00pm* *Starting Date: 3rd February* *Venue: Chittick Place*
15. Walk and Wonder The emphasis is on the "wonder". We visit interesting places with a focus on Nature in all its many guises. Mostly we visit local attractions like Hughes Creek, Bushland Park, Light Horse Park, and the river walking trail. We look for birds, wildflowers, butterflies. We also visit places further afield, like the Zoo and the Botanic Gardens. This is a warm welcoming group. Includes one walk a month focusing on birds with Val la May.	*Contact: Lesley Dalziel* *Phone: 5792 1848 or 0428 339 989* *Email: jldalziel12@bigpond.com* *Day/Time: Tuesdays 9.00am* *Starting date: 2nd February* *Venue: Meet in Chittick Place carpark*
16. Write Your Life A life is made up of countless experiences, decisions, advice and stories. Many people think they can't write and their lives aren't interesting enough to write about anyway. Come along and find out what's possible. You'll probably be surprised.	*Contact: Kaye Sutton* *Phone: 0407 334 377* *Email: kayesutton1@gmail.com* *Day/Time: Wednesdays 1.30-3.00pm* *Starting date: 17th February* *Venue: Chittick Place*

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 the 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 over 100 Victorian member U3As through running workshops, conferences and distributes grant money received 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/or to meet new people.

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

Name Tags - members are encouraged to wear their name tags so that everybody knows each other's names. It is important to put your **medical and contact details** on the back of your name tag. **This could be vital in the case of an emergency.**

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

Insurance. **General members of U3A are not covered in the event of an accident** under the Volunteer Personal Accident Policy and, in the event of an accident, general members must use their own medical insurance. Tutors and contacts are covered by the Volunteer Personal Accident Policy whilst doing anything related to the courses.
"If someone else, e.g. the owner of the premises, is legally liable for the injury, public liability insurance may be activated." (From the VMIA Insurance). To make a claim, the course/session must be registered and the attendance sheet completed, and returned, to the office at the completion of the course or semester. An incident report form (in the tutor's folder) should be completed after every incident and given to the Secretary. (This applies whether, or not, you eventually make a claim.)

The U3A Seymour office is situated in Chittick Place in the dark grey building near the Seymour Sports & Aquatic Centre, Pollard Street. It is open on Mondays between 10.00am and 12.00 noon for members to leave, or collect, information, or to talk with a member of the council. If you can't come to the office, ring 0448 153 572 or email seymu3a@gmail.com