



**CASTLEMAINE**  
UNIVERSITY OF THE THIRD AGE

U3A Castlemaine Inc. Reg. No A0017409G Established 1988  
Encompassing the Shire of Mount Alexander and nearby communities  
*Ageless Learning Begins with U3A*

## 2024 COURSE PROSPECTUS



*Sawmill Road Bridge over the railway line* — Photograph by Andrew Hutchison



- Keep your Prospectus for reference throughout the year
  - Pass it on to or share with friends & family
  - Please dispose of thoughtfully - RECYCLE

This Prospectus is also available on our website at [u3acastlemaine.com](http://u3acastlemaine.com)

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# Extreme Weather Policy

During summer periods, U3A Castlemaine has an **Extreme Weather** Policy which applies. On **Catastrophic Fire Danger** days, all U3A Castlemaine activities (including enrolment days, classes, office attendance, administrative meetings, excursions and coffee mornings) must be cancelled.

On other days of extreme weather, Class Leaders and class members will take responsibility for their own wellbeing and make decisions appropriate to their class format and individual circumstances. Class Leaders and class members are encouraged to be aware of forecast weather conditions.

- The U3A Castlemaine website ([www.u3acastlemaine.com](http://www.u3acastlemaine.com)) has a link to the weather forecast.
- Predicted temperatures for Castlemaine are broadcast on local ABC radio FM 91.1 every morning following the news. Forecasts are also available on the Bureau of Meteorology website <http://www.bom.gov.au/vic/forecasts/map7day.shtml>.
- Remember, heat kills more Australians than any natural disaster.

## Take care in extreme heat

The most common causes of death during extreme heat conditions are related to cardiac conditions, asthma and other respiratory illnesses, kidney disease, diabetes, nervous system diseases, and cancer. Although heat-related illnesses such as heat cramps, heat exhaustion and heat stroke may occur in hot weather, other conditions are known to occur far more commonly, such as exacerbation of medical conditions as above, confusion, muscle weakness, unsteadiness and falls due to dehydration and gastroenteritis, mostly due to poor food handling.

- People aged 65 years and over are at increased risk of heat-related illnesses and need to take special care in hot weather.
- Risk factors include living alone, chronic medical problems and certain drugs.
- Take steps to prevent heat stress on days when the temperature is predicted to rise above 30°C. So:
  - Drink plenty of water;
  - Reduce caffeine and alcohol intake — caffeinated and alcoholic drinks have a mild diuretic action. Limit tea, coffee and alcohol consumption in hot weather.
  - Stay cool — draw your blinds and curtains, turn on your air conditioner and set it to 'cool'. If you do not have an air conditioner, try cool showers or use wet towels and sit in front of an electric fan.

For more information visit the Better Health Channel online at [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

**Call NURSE-ON-CALL on 1300 60 60 24 for 24-hour health advice  
or see your doctor if you are unwell. In an emergency call 000.**

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### Wait...there's more !

Other short classes may be added later in the year. Watch out for information in:

- *Third Thoughts* newsletter
- The Noticeboard on our website — [www.u3acastlemaine.com](http://www.u3acastlemaine.com)

**You can also check the latest class listings in UMAS on the website at any time.**



### Where are courses run ?

All courses are run in and around Castlemaine in the Mt Alexander Shire, except where specified.

# Art and Design

Code: 241MON03 **Art Workshop**

Dates: 29/01/2024 – 16/12/2024

Venue: Leisterville Hall, William St

When Run: All Year

Frequency: Weekly, Mon 10:00 – 13:00

Class Leader: Barb Guerin

A workshop setting where people can work on their own projects or participate in exercises or themes led by fellow class members. Participants are encouraged to share knowledge, ideas and experiences. Topics may include drawing, water colour, acrylic, printing and collage as well as looking at particular artists.

All levels of experience are welcome.

& accessible venue

Code: 244THU10: **Pastel Painting Together – NEW**

Dates: 01/02/2024 – 19/12/2024

Venue: Uniting Church Manse Room 4, Lyttleton St

When Run: All Year

Frequency: Fortnightly, Thu 9:30 – 12:00

Class Leader: Sue Teltscher

This class is for beginners to experienced pastellists who wish to work on their own pieces in a collegial atmosphere. Some guidance can be given to beginners. Members need to provide their own materials. Still life could be provided to work on.

There is space to set up easels and put down cloths to protect the floor. There is also good natural lighting.

& accessible venue



## **Oversubscribed 2024 classes**

As has been the case in recent years, a random ballot will be used to allocate class places for oversubscribed classes.

Therefore, members who cannot enrol relatively early still have an equal chance of making the final class list, in the popularly oversubscribed classes.

# Computers

Code: 244THU09: **Social Media 101 – NEW**

When Run: Terms 1, 2

Dates: 08/02/2024 – 27/06/2024

Frequency: Weeks 2, 4 of each month Thu 13:30 – 15:30

Venue: Uniting Church Manse Room 4, Lyttleton St

Class Leader: Terry Murphy

If you have wondered what all the hype about SOCIAL MEDIA is about, you're not alone. Why would you want to use social media as a retired person? Which social media platform best suits your interests? How can you avoid the less-savoury bits of social media? There's no expectation that you'll start any social media accounts — but perhaps you'll be fascinated? The only prerequisite is access to a computer or smartphone where you'll be comfortable accessing social media (ie, not a public computer) and willingness to listen.

& accessible venue.



## **Insurance Cover for U3A Castlemaine Members**

The Committee of Management advises that members are covered by Public Liability for all U3A activities. However, members are **not** covered by personal accident insurance.

Public Liability insurance covers U3A Castlemaine as an organisation for any claim made against it in the case of an accident at one of our activities.

Personal accident insurance covers the individual for any harm or injury received while participating in an activity. Only Class Leaders are covered for personal accidents, while engaged in a U3A activity.

# History

Code: 241MON05: **The History of Castlemaine**

When Run: Short

Dates: 06/05/2024 – 10/06/2024

Frequency: Weekly, Mon 14:00 – 16:00

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: David Boucher

This class will examine the history of Castlemaine and the surrounding area from Castlemaine's first people until early twentieth century.

The six sessions will be as follows:

- Session 1. The Dja Dja Wurrung People of the Castlemaine Area
- Session 2. The Coming of the Europeans 1836 – 1851
- Session 3. The Golden Era (1)
- Session 4. The Golden Era (2)
- Session 5. The Growth of Castlemaine Town
- Session 6. Castlemaine's Significant Personalities and Places

There are no special requirements for this class, just an interest in our local area, and a willingness to take part in discussion.

& accessible venue

Code: 241MON06: **The Russian Revolution – NEW**

When Run: Short

Dates: 19/02/2024 – 25/03/2024

Frequency: Weekly, Mon 14:00 – 16:00

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: David Boucher

The Russian Revolution was a period of political and social change in the Russian Empire, starting in 1905 and extending to 1917. This period saw Russia abolish its monarchy and adopt a socialist form of government following three successive revolutions and a bloody civil war. The Russian Revolution can also be seen as the precursor for the other European revolutions that occurred during, or in the aftermath of, World War I.

The six sessions will be as follows:

- Session 1. Introduction to the Russian Revolution
- Session 2. 1905 to World War I
- Session 3. The 1917 February Revolution.
- Session 4. The 1917 October Revolution
- Session 5. Lenin in Power
- Session 6. The Civil War

There are no special requirements for his class, just an interest in history and in particular twentieth century history, and a willingness to take part in discussion.

& accessible venue



Code: 241MON07: **The Spanish Civil War – NEW**

When Run: Short

Dates: 16/09/2024 – 21/10/2024

Frequency: Weekly, Mon 14:00 – 16:00

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: David Boucher

No modern conflict has aroused the passions of both civilians and intellectuals as much as the Spanish Civil War of 1936-39. Burned onto our collective historical consciousness, it not only prefigured the imminent Second World War but also ushered in a new and horrific form of warfare that would come to define the twentieth century. At the same time it echoed the revolutionary aspirations of millions of Europeans after the painful years of the Great Depression.

The six sessions will be as follows:

- Session 1. Background to the Spanish Civil War
- Session 2. The Two Sides in the Civil War and their Supporter bases
- Session 3. The Spanish Civil War in 1936
- Session 4. The Spanish Civil War in 1937
- Session 5. The Spanish Civil War in 1938-39
- Session 6. The Consequences of the Spanish Civil War

There are no special requirements for his class, just an interest in history, and in particular twentieth century history, and a willingness to take part in discussion.

& accessible venue



### **Membership records**

The U3A Castlemaine Constitution requires that a Register of Members be kept. To ensure that our records are always up to date, members must complete a Membership Application annually. The Membership Officer is responsible for the Register of Members. U3A Castlemaine's Privacy Policy dictates that members' personal details are not given to any outside bodies or persons unless required by law. Please make sure that your details are always up to date — email address, phone numbers, postal address, and emergency contact name and contact number.

Code: 241MON08: **The Cold War – NEW**

When Run: Short

Dates: 01/07/2024 – 05/08/2024

Frequency: Weekly, Mon 14:00 – 16:00

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: David Boucher

The Cold War was a period of tension between the United States and the Soviet Union and their respective allies: the Western Bloc and the Eastern Bloc. The term Cold War is used because there was no large-scale fighting directly between the two superpowers, but they each supported opposing sides in major regional conflicts known as proxy wars. The conflict was based on the ideological and geopolitical struggle for global influence by these two superpowers following the Russian Revolution of 1917. Aside from the nuclear arms race and conventional military deployment, the struggle for dominance was expressed via indirect means, such as psychological warfare, propaganda campaigns, espionage, far-reaching embargoes, sports diplomacy, and technological competitions like the Space Race.

The six sessions will be as follows:

- Session 1. Background and Beginning of the Cold War (until 1953)
- Session 2. Open hostility
- Session 3. Escalation
- Session 4. World-wide Hostilities
- Session 5. Détente and its Failure
- Session 6. Final Years and Aftermath

There are no special requirements for his class, just an interest in history and in particular twentieth century history, and a willingness to take part in discussion.

& accessible venue

Code: 242TUE01: **Aboriginal History: Our Shared History**

When Run: All Year

Dates: 06/02/2024 – 03/12/2024

Frequency: Weeks 1, 3 of each month, Tue 10:00 – 12:00

Venue: Uniting Church Manse Room 1, Lyttleton St

Class Leader: Vic Say

We monitor current events and investigate the background to them. As well, we focus on the lesser-known aspects of our shared history and show the impacts of colonisation on the lives of Aboriginal people. We listen to Aboriginal voices through extensive use of video and audio material, hear an occasional visitor / expert and /or visit a museum or gallery. Members are invited to join in discussion, bring a folder and take any notes they wish to keep.

& accessible venue.

# Humanities and Literature

Code: 241MON13: **Understanding Autism – NEW**

When Run: Short

Dates: 05/02/2024 – 08/04/2024

Frequency: Week 1 or 2 of each month, Mon 10:00 – 12:00

Venue: Uniting Church Toy Library, Lyttleton St

Class Leader: Andrea Broughton

This class will help participants to understand and support Autistic children and adults. The first session will give an overview of key challenge areas associated with Autism, and some starting strategies. The second and third session will be opportunities to ask questions, and tailor the strategies to your personal situation. It will be very beneficial to those who have family members who are Autistic and who want to build their confidence in caring for them, communicating with them, or understanding their perspective of the world. Each session will last for approximately 2 hours.

Andrea Broughton has over 15 years' experience in working with and supporting Autistic children. Andrea is an Early Childhood and Primary qualified teacher who runs Early Childhood Outreach, an Inclusion Consultancy.

No previous knowledge is required.

& accessible venue

Code: 241MON14: **Sacred Ecology – NEW**

When Run: All Year

Dates: 12/02/2024 – 09/12/2024

Frequency: Week 2 of each month, Mon 10:30 – 12:00

Venue: Uniting Church Manse Room 4, Lyttleton St

Class Leader: Susan Becchio

Sacred Ecology is a way of learning to observe and reflect upon the natural world as having innate value and meaning for our personal, communal and global well-being. This is a small experiential class and will include sharing of your personal experiences. We will be observing and immersing into nature through the seasons, re-awakening our senses to the intimate details of the natural world around us and supporting a deeper connection to form, between us and the land we live on.

Sessions will relate to the 'living relationship' we have with nature in the present season and learning to 'bridge' nature's details back to our lives for practical application. Nature is our common foundation and reminds us that we are all interconnected. Through slowing down and reclaiming our primary relationship to the earth we have the ability to become more resilient and responsive to the joys and challenges of our lives. We will explore the processes of bud, blossom, root, seed and nature's continuum from a new perspective.

Everyone will be provided with a copy of the Sacred Ecology workbook.

& accessible venue.

Code: 244THU05: **Chaucer's *Canterbury Tales* – NEW**

When Run: Terms 1, 2

Dates: 07/03/2024 – 11/04/2024

Frequency: Weekly, Thu 13:30 – 15:00

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: Chris Hardy

Step into the Middle Ages with Geoffrey Chaucer at your side. What a man! What a raconteur! His wry humour and his sharp eye make the *Canterbury Tales* a delight in so many ways. The differences between now and then are intriguing, but even more so are the similarities; the way we can recognise the universality of the human condition. And then there's the beginnings of modern English, rising from the ashes of the Norman Conquest; strong, diverse and rich.

Class members need to get hold of a copy of the Chaucer's *Canterbury Tales* preferably in Middle English with annotations.

& accessible venue.



### **Respecting Class Leaders**

- Appreciate the time and effort that goes into researching and preparing a subject for presentation.
- When choosing your classes for enrolment, carefully consider the time you have available for attending classes, and what really interests you.
- If you are choosing multiple classes on the same day, please be mindful of the time between classes and the time it will take you to move between classes.
- Avoid selecting a whole host of classes to 'taste' so you can decide which to attend permanently. It may seem a reasonable thing to do, but with 500 plus members it is not practicable for us. Being 'choosy' will assist with keeping Waiting Lists short or non-existent.
- **Always inform the Class Leader if you are unable to attend a class, or will be away for a longer period.**

Code: 242TUE02: **Play Watchers**

When Run: All Year

Dates: 13/02/2024 – 10/12/2024

Frequency: Week 2 of each month, Tue 11:15 – 12:15

Venue: Uniting Church Manse Room 4, Lyttleton St

Class Leader: Bridget Leach

We formed the Play Watchers group because we enjoy theatre, and want to support local theatre companies and venues. Each month we meet to reflect on what we've seen, and we believe we get more out of performances when we talk about them after. Our main focus is to support our outstanding local theatre companies, the theatres in Bendigo, Macedon and Kyneton, and the touring companies that come to Bendigo and Castlemaine. In addition to live theatre we sometimes organise to watch 'live' performances online together. Meeting monthly means we can share information about forthcoming events, encourage those who would otherwise have no one to go with, and organise car sharing if we need to.

& accessible venue

Code: 244THU01: **Thursday Writers**

When Run: All Year

Dates: 08/02/2024 – 12/12/2024

Frequency: Fortnightly, Thu 10:00 – 12:00

Venue: Uniting Church Toy Library, Lyttleton St

Class Leader: Terry Murphy

This writing group is a place for anyone who enjoys writing, whether fiction, non-fiction, memoir, etc. All that is needed is imagination, life experience and the enthusiasm to tell a story.

This class is not an instructional 'how to write class'.

Each fortnight class members are given multiple topics to choose from. The piece of writing presented should be approximately 750 words. Class members read out their piece of writing at the following class. After each reading, the class is encouraged to respond in a positive way, identifying the aspects of the piece of writing that resonated for them.

After everyone has read their piece, the class is given a word, phrase or topic to write on for 5 minutes, 'on-the-spot'. These pieces are also read to the class.

It is hoped that this class will give members the confidence to enjoy, and perhaps develop, their writing and an opportunity to express themselves in an open and friendly environment.

Prerequisites: Just an interest in writing.

Class Materials: Please bring along pen and paper

& accessible venue

## Indoor activities

Code: 241MON09: **Learn How to Play Contract Bridge**

When Run: Term 1

Dates: 19/02/2024 – 25/03/2024

Frequency: Weekly, Mon 10:00 – 12:30

Venue: Uniting Church Manse Room 3, Lyttleton St

Class Leader: Graham Forbes

Learn Standard American Bidding Techniques and How to Play the Cards Well. Class Leader Graham Forbes offers to teach anyone who would like to learn how to play Contract Bridge. Graham is an experienced Bridge player who has been running classes in how to play Bridge for some years. Graham would like to hear from anyone who would like to learn Bridge or alternatively improve their Bridge. For most people, after some months of learning Bridge they can then join in the Tuesday Duplicate Bridge competitions run by U3A and Maine Bridge Club on Tuesday afternoons each week. Graham can deliver the learning either face-to-face or on-line. If there is enough interest Graham would probably run a class for several weeks in the February – April period.

The dates listed above with the other class details are not definite and may change depending on enrollments etc.

If you have any questions please feel free to call Graham on 0406 346 466.

& accessible venue

Code: 242TUE06: **Tuesday Contract Bridge (Duplicate)**

When Run: All Year

Dates: 30/01/2024 – 17/12/2024

Frequency: Weekly, Tue 13:30 – 17:00

Venue: Church of Christ, 66 Blakeley Rd

Class Leader: Graham Forbes

Some 20 to 30 enthusiastic Contract Bridge players gather each Tuesday afternoon in the function room at the Church of Christ, Blakeley Road, for a most enjoyable session of Bridge. To join in this session you need some experience of having played Contract Bridge. Our class leader Graham Forbes is happy to teach prospective players so that after some months of learning the game they are able to join in the Tuesday duplicate competition.

The Tuesday Bridge is run in conjunction with the Maine Bridge Club which also runs other online and face-to-face Bridge competition events during the year.

For further information on Tuesday Bridge or other competitions, or to arrange to learn Bridge, please phone Graham Forbes on 0406 346 466.

& accessible venue

Code: 241MON12: **Tai Chi – NEW**

When Run: All Year

Dates: 05/02/2024 – 16/12/2024

Frequency: Weekly, Mon 9:30 – 10:30

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: Rich Moffatt

Tai Chi is a movement and mindfulness practice suitable for all ages and all levels.

Beginners are very welcome.

It is said it may take a lifetime to master Tai Chi, so in this session will be simply start-where-we-are, working with the bodies we have and exploring practice together.

Your Tai Chi practice will enhance posture, stability and balance, flexibility and strength.

Each week we will warm up with some simple Qigong ( energy-work ) forms.

You may also hear an occasional Zen Koan, some life advice from the Tao Te Ching ( *The book of the Way* ), and other ancient wisdom handed down for thousands of years.

Over the course of the year we will learn the Tai Chi 10 form.

Tai chi will enhance your sense of well-being and connectedness to the community and the world around you.

As we learn to enhance and direct the Qi in our body, we move towards harmony with nature around us.

This is the Traditional Chinese Medicine model for health — our Tai Chi journey is taking responsibility for the health and happiness of not just ourselves, but the friends and family around us.

& accessible venue

Code: 242TUE08: **Learn to Meditate**

When Run: Term 1

Dates: 05/03/2024 – 23/04/2024

Frequency: Weekly, Tue 10:00 – 11:00

Venue: Jones residence

Class Leader: Annie Jones

This class is for those wishing to learn to meditate. It is also suitable for those new to meditation who would like to consolidate their practice.

This venue is not wheelchair accessible.

Code: 242TUE15: **How to Solve Cryptic Crossword Puzzles**

When Run: Term 2

Dates: 04/06/2024 – 25/06/2024

Frequency: Weekly, Tue 10:30 – 12:00

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: Christobel Comerford

Discover some strategies which will help make sense of cryptic clues, and practice solving these puzzles. A 4 week course for beginners.

Bring pencil and paper, eraser, a Thesaurus if you have one, and wear your lateral thinking caps.

& accessible venue.

Code: 243WED03: **Creative Papercraft – NEW**

When Run: Terms 1,2,3

Dates: 17/04/2024 – 19/06/2024

Frequency: Weeks 1, 3 of each month, Wed 10:00 – 13:00

Venue: Uniting Church Manse Room 1, Lyttleton St

Class Leader: Suzan Redlande

Learn how to make unique cards, create a journal or record of special occasions and how to use your photos and memorabilia in a variety of ways.

A fun, practical group to inspire as we share ideas and learn new skills and techniques. Come along to our friendly papercraft group and learn practical skills as we settle in to work on our own cards, paper art or journals. After a few supported introductory sessions, everyone will follow their own inclinations, bringing their own equipment and materials, but a lot of sharing will most likely take place. We will all have our own style. Some basic knowledge of working with card and paper is useful, but not necessary.

A list of basic requirements will be sent out to participants before the first session.

♿ accessible venue.



### **Please Consider – Help spread the load**

#### **Have you thought about volunteering with U3A Castlemaine?**

- U3A Castlemaine is a **completely voluntary organisation**. Volunteer opportunities are many and varied, some asking a little time and some more involved. For example:
- Staff the office, currently open on request. With more volunteers we could open at regular times thus providing a superior service for members, potential members and interested people from the local community.
- Become a member of a working group – Finance, Class Coordination, Communication, Grants, Information Technology or Newsletter. Membership of a working group is a great way to contribute your experience and skills and learn more about the organisation.
- Join the Committee of Management.
- Hospitality – assisting with Coffee Mornings, Founders Day lunch, Christmas lunch and other occasional gatherings or celebrations.
- Set up for coffee mornings – chairs, equipment, trading table.
- Become a Class Representative in one of the classes you attend. The Class Representative assists the Class Leader with such things as ensuring the roll is completed, and collecting any fees incurred for the class.
- Assist with printing and distribution of *Third Thoughts* newsletter, and perhaps take on the Editor's role when it becomes vacant.
- Assist with the annual compilation, printing and distribution of the Course Prospectus.



Code: 244THU02: **Mindfulness Meditation**

When Run: All Year

Dates: 01/02/2024 – 12/12/2024

Frequency: Weekly, Thu 10:00 – 11:00

Venue: Uniting Church Chapel, Lyttleton St

Class Leader: Karina de Wolf

This is an ongoing Mindfulness Meditation group for people wanting to deepen their meditation and relate mindfulness principles to daily living. The hour comprises 40 minutes meditation, a reading and some discussion. It is for people who have some experience of meditation and want to explore it further.

& accessible venue

Code: 244THU03: **Wine Appreciation**

When Run: All Year

Dates: 01/02/2024 – 02/12/2024

Frequency: Week 1 of each month, Thu 19:15 – 21:30

Venue: Mt Alexander Golf Club Clubrooms, Wimble St

Class Leader: Suzie Jackson

Fee: \$20.00 per class

This class is now successfully into its 7th year. This is a welcoming and friendly group, keen to learn and share more about wines, wine regions, different vintages and varieties of wine. We encourage and support our members to present through the year, but no pressure here!

This is an evening class, held on the first Thursday of each month. It continues to be based on a successful format developed over 40 years and run by U3A City of Melbourne.

For each evening the fee covers the cost of the 8 wines presented on the night and cheese platters to share. Monies remaining at the end of the year will go towards funding a Christmas function.

For this class to be successful it will require 22 members.

& accessible venue

Code: 244THU07: **Scrabble for Fun**

When Run: All Year

Dates: 08/02/2024 – 12/12/2024

Frequency: Weeks 2, 4 of each month, Thu 14:00 – 16:00

Venue: Edwards home and others

Class Leader: Helen Edwards

We plan to enjoy a game or two of Scrabble each session. Yes, we're always learning some new words and keeping ourselves alert as we add the scores, but we don't play by strict competition rules, and we laugh a lot! We look forward to teaching the game to brand new players.

This venue is not wheelchair accessible.

# Languages

Code: 241MON01: **French II**

When Run: All Year

Dates: 05/02/2024 – 09/12/2024

Frequency: Weekly, Mon 9:30 – 10:30

Venue: Uniting Church Manse Room 1, Lyttleton St

Class Leader: Sue Greed

This is a class for those who already have some knowledge of French and who wish to develop their ability to read, write and speak the French language. A basic knowledge of French grammar is essential. Members are expected to participate in class activities and complete a little homework each week.

& accessible venue

Code: 244THU13: **French for Pleasure**

When Run: All Year

Dates: 08/02/2024 – 19/12/2024

Frequency: Weekly, Thu 10:00 – 11:30

Venue: Uniting Church Manse Room 3, Lyttleton St

Class Leader: Claude Miller

If you like the idea of reading French aloud in an informal setting and discussing what you read, this may be for you. It's an enjoyable way, with its special focus on pronunciation, of improving our understanding of all aspects of the French language. Discussion is in English and class materials are provided.

& accessible venue.

Code: 242TUE14: **Italian 1**

When Run: All Year

Dates: 20/02/2024 – 17/12/2024

Frequency: Weekly, Tue 14:00 – 15:00

Venue: Uniting Church Manse Room 1, Lyttleton St

Class Leader: Jim Blain

This is an Italian language course which is suitable for those who have completed some beginner Italian or those who have previously studied Italian and want to brush up. The course continues the study of Italian from the U3A 2023 Italian for Beginners course and we will use the same textbook *Italian Made Simple* by Cristina Mazzoni.

In the course we will further explore the fundamentals of Italian grammar complemented by other activities, including conversation exercises and videos showing the language in action. There will be breaks due to travel etc. This will be discussed with class members.

& accessible venue.

Code: 245FRI02: **Italian II**

When Run: All Year

Dates: 09/02/2024 – 13/12/2024

Frequency: Weeks 2,3,4,5, Fri 10:00 – 11:00

Venue: Uniting Church Manse Room 1, Lyttleton St

Class Leader: Joe Scoglio

The prerequisite for this course is that you can participate in basic conversations using the most commonly used verbs in the present, recent past and future tenses. You will need a copy of Cristina Mazzone's *Italian Made Simple* (Three Rivers Press) from which there will be homework assigned. Besides grammar, some class time will be devoted to simple Italian conversation in couples.

& accessible venue

Code: 242TUE03: **Italian III**

When Run: All Year

Dates: 06/02/2024 – 10/12/2024

Frequency: Week 2,4,5, Tue 11:00 – 12:30

Venue: Uniting Church Manse Room 1, Lyttleton St

Class Leader: Lynda Prest

This is a language class for more advanced students. It is conducted in Italian and consists of advanced grammar and the reading of a novel together with contributions from each member.

& accessible venue

Code: 241MON10: **Italian Intermediate**

When Run: All Year

Dates: 12/02/2024 – 09/12/2024

Frequency: Weekly, Mon 11:00 – 12:30

Venue: Uniting Church Manse Room 1, Lyttleton St

Class Leader: Lynda Prest

This is a class for those who have some knowledge of the Italian language. Most of the attendees have been studying Italian for at least three years.

& accessible venue

Code: 243WED08: **Italian for Pleasure**

When Run: All Year

Dates: 07/02/2024 – 18/12/2024

Frequency: Weekly, Wed 10:00 – 11:30

Venue: Uniting Church Manse Room 4, Lyttleton St

Class Leader: Claude Miller

Gain fascinating insights into the world of Shakespeare and that of the Italian language. The focus of this class will be the reading aloud in Italian of Shakespeare's most famous play *Macbeth* along with a concurrent reading of the original English text.

Materials provided. Discussion in English.

& accessible venue

Code: 244THU06: **Italian Conversation**

When Run: All Year

Dates: 01/02/2024 – 19/12/2024

Frequency: Weekly, Thu 9:30 – 11:00

Venue: Uniting Church Manse Room 1, Lyttleton St

Class Leader: Gerry Egan

This class is for proficient speakers of Italian and is conducted in Italian. Members must have a good knowledge of grammar and vocabulary, and be able to speak spontaneously on a given subject. Members take turns to nominate a topic, and prepare and lead the conversation. The goal is to stimulate and encourage all members to participate in a lively and entertaining conversation.

& accessible venue

Code: 243WED02: **Latin Continuing**

When Run: All Year

Dates: 07/02/2024 – 18/12/2024

Frequency: Weeks 1, 3 of each month, Wed 10:00 – 11:15

Venue: Goldfields Library, 212 Barker St, Castlemaine

Class Leader: Wilf Savage

This program is designed for members with some background knowledge of the basics of Latin, who may have typically studied some Latin at school but have perhaps forgotten much of it over the intervening years. We make use of the Cambridge *Latin Course Book 3* and *Wheelock's Latin* as background texts, and the language is introduced in a lively, informal and accessible manner. There is little emphasis upon memorisation of vocabulary and more upon the structure of the language and its links with English and the other European languages that evolved from it. The course also provides lots of background information on Roman history.

& accessible venue.

Code: 242TUE05: **Spanish Conversation**

When Run: All Year

Dates: 13/02/2024 – 17/12/2024

Frequency: Weekly, Tue 10:00 – 11:30

Venue: Uniting Church Manse Room 3, Lyttleton St

Class Leader: Simon Benson

A class to practice basic Spanish conversation, led by an Australian, non-native Spanish speaker, who began learning Spanish in 2001, has traveled in Spain and South America, and is reasonably competent in the language. It requires a good basic knowledge of Spanish, and the ability to have a simple conversation. The intention is to maintain, and perhaps improve, your competence in spoken Spanish. There will be some breaks in the class during the year.

& accessible venue

# Music, Dance and Film

Code: 241MON04: **Find Your Inner Dancer**

When Run: Terms 1,2,3,4

Dates: 29/01/2024 – 16/12/2024

Frequency: Weekly, Mon 9:45 – 10:30

Venue: Anglican Church Hall, Kennedy Street

Class Leader: Joe Scoglio

This 45 minutes of self-inspired, improvised movement will begin with a gentle guided warm-up seated on a chair. You then have the option of improvising for yourself or following the simple moves offered by the teacher. Music to inspire you to move will range from jazz to tango to 17th-century French court music and everything in between. If you have any physical difficulties standing, you may do the whole class seated.

No classes are held on public or school holidays.

& accessible venue.

Code: 242TUE12: **Tuesday Morning Dancing (Beginners) – NEW** When Run: Term 1

Dates: 06/02/2024 – 27/02/2024

Frequency: Weekly, Tue 9:30 – 10:30

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: Veronica Hurley

This short course is for people who would like to get a feel for what we do in our Tuesday morning class and possibly join us. We'll introduce the dances that we have already covered. No dance experience needed. (See Tuesday Morning Dance Class below for more information.)

& accessible venue.

Code: 242TUE11: **Tuesday Morning Dance – NEW**

When Run: All Year

Dates: 05/03/2024 – 17/12/2024

Frequency: Weekly, Tue 9:30 – 10:30

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: Veronica Hurley

This class is an eclectic mix of Old Time ballroom dances, simple Line Dances and anything in between, to the music of the 30s, 40s, 50s. The main aim is to have fun, exercise the muscles and polish up the brain cells. No dance experience needed. No partners. Comfortable clothes and smooth soled shoes where possible. Participants need to commit to attending weekly as we try to introduce new dances each week with emphasis on consolidating as we go.

& accessible venue

Code: 243WED01: **Line Dancing – NEW**

When Run: All Year

Dates: 13/03/2024 – 11/12/2024

Frequency: Week 2 of each month, Wed 14:00 – 15:00

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: Veronica Hurley

In this class we will sharpen the brain cells and tone the muscles with dance, fun and laughter. Our aim is to learn a couple of simple Line Dances each month while becoming familiar with the different dance steps. Unlike our Tuesday class, members will not be expected to remember the dances the following month or commit to regular attendance. We'll do different dances each month and will not aim to build up a repertoire. We'll use the music of the 30s, 40s and 50s. No experience necessary but experienced line dancers are most welcome as they may enjoy sharing their knowledge with the rest of us. Comfortable clothes and smooth soled shoes where possible.

& accessible venue.

Code: 242TUE13: **U3A Community Choir**

When Run: All Year

Dates: 06/02/2024 – 03/12/2024

Frequency: Weeks 1, 3 of each month, Tue 13:30 – 15:00

Venue: Salvation Army Hall, Kennedy Street

Class Leader: John Meir

Fee: New members: One off \$25.00 for the year for a special choir folder and incidentals.

Returning members: \$15.00.

A choir purely for the enjoyment of singing mainly in 2 parts. All-comers welcome. The main aim is to enjoy singing together in both unison and parts covering a wide variety of musical periods. No previous experience is required. For returning members, there will be a charge of \$15.00 for the year to cover incidentals including music copyright, weekly tea and coffee etc.

The choir will be run by John Meir who has over 55 years experience as a teacher, performer and composer.

& accessible venue.



Please inform the Class Leader **if you are unable to attend a class** or will be away for an extended period of time.

You can record absences in UMAS: log in using your Member ID and password. From the 'My Membership' screen, click on Absences - Select the Class, select the Reason, Select the dates, select SUBMIT.

Code: 244THU12: **Composers: Their Lives, Times and Music – NEW**

When Run: All Year

Dates: 08/02/2024 – 14/11/2024

Frequency: Week 2 of each month, Thu 11:00 – 13:00

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: Simone Graham

The course will aim to satisfy classical music lovers' curiosity about what was happening in the world at the time of some of the greatest composers, their life stories, and of course some of their compositions. We will delve a little into form in music to better understand the works. Each class will include a YouTube performance of one or two of the composers' best known and loved works including some full symphonies, concerti, and perhaps also some smaller pieces. Some sessions will include several composers during a certain period; for example, Vivaldi and Corelli, Mozart together with Haydn, whereas Bach and Beethoven will be discussed in single sessions.

♿ accessible venue

Code: 245FRI01: **Requiem ... and then**

When Run: All Year

Dates: 02/02/2024 – 06/12/2024

Frequency: Weeks 1 & 3 of each month, Fri 13:30 – 15:30

Venue: Uniting Church Manse Room 1, Lyttleton St

Class Leader: Vic Say

We listen to Requiems composed through the ages . . . and then sometimes to other liturgically inspired choral works. Usually we identify tracks that we want to hear again and if anyone has a different recording of the same work we compare performances/recordings. Of about 70 Requiems in our collection there are a number we have yet to share. Meanwhile we have listened to over a dozen non Requiem works over twelve years. Members share the joys of listening together.

♿ accessible venue

Code: 245FRI08 **Fabulous Friday Flicks**

When Run: All Year

Dates: 16/02/2024 – 22/12/2024

Frequency: Weeks 3, 4, 5, Fri 9:30 – 12:30

Venue: Uniting Church Fellowship Room

Class Leader: Beverley and Philip Orgill

A wide variety of quality cinema from around the world is shown and discussed, with films generally arranged thematically. Almost ALL will involve reading subtitles and mixture of modern and Golden Years of Hollywood and even Silent Films will be shown.

There are no formal requirements, except all class members MUST have a current working email address and easy access to a computer as this course will involve some online learning from time to time.

In previous years, a wide variety of themes have been covered. Another set of interesting films have been chosen for 2024: e.g. "Lots of Billys" – films by Billy Wilder, William Wyler, Bill Forsyth, William Holden, Bill Hunter ... are planned.

The class meets in the Uniting Church Fellowship room on the 3rd, 4th and 5th Fridays of each month.

& accessible venue



### **Classes in Private homes**

Where a class venue is a private home, generally that of the Class Leader, you will be contacted by the Class Leader with the address.

If you do not hear from the Class Leader before the class begins please contact the Course Coordinator.



## Other

Code: 245FRI11: **Coffee Morning**

When Run: All Year

Dates: 01/03/2024 – 06/12/2024

Frequency: Quarterly, Fri 10:00 – 12:00

Venue: Various Castlemaine

Class Leader: TBA

For 2024, on the first Friday of March, June, September and December, we will conduct a Coffee Morning for members and guests. Most coffee mornings feature a guest speaker after which we break for morning tea. Reminders and venues will be advised through the *Third Thoughts* newsletter and by email to members. Coffee mornings are a great opportunity to meet members outside of the U3A classes you normally attend. There's always a lively social chat over a cuppa and a few nibbles. We look forward to seeing you at a coffee morning soon! You don't need to be enrolled in this class to attend coffee mornings.

& accessible venue

Code: 245FRI12 **U3A Newsletter Mailing**

When Run: All Year

Dates: 02/02/2024 - 08/12/2024

Frequency: Week 1 of each month, Fri 0:00 – 0:00

Venue: Various

Class Leader: None

If you prefer a printed newsletter to be mailed to you each month, enroll in this 'class'. Cost is \$15 in addition to membership subscription, which will be included on your invoice.

## Outdoor activities

Code: 243WED04: **Bushwalking**

When Run: All Year

Dates: 31/01/2024 – 11/12/2024

Frequency: Weeks 2, 4, 5, Wed 09:00 – 14:00

Venue: Gingell St Car Park, Gingell St

Class Leader: Bryan Fitzgerald

Our walks offer an opportunity to explore our local bushlands and sometimes further afield in the company of diverse, friendly folk; to learn about local history and ecology, to improve fitness, agility and balance and extend ourselves physically. A moderate to good level of fitness is required. Generally we walk between seven and ten kilometres and the grade of difficulty is described in pre-information emailed to all class members before each walk. Walkers should plan to be away from Castlemaine until around 2pm. Some walks are outside the immediate Castlemaine area, and most walks require car travel or carpooling to the start of the walk. It is suggested that members bring a snack and drink to have at a morning tea stop during the walk. Often, we have coffee/lunch at the conclusion of the walk at a local coffee shop.

The U3A Bushwalking webpage contains further information titled 'Information 2024'. It details essential information for walkers such as procedures and gradings of walks. Participants are to read this before beginning to walk with the group. All walkers have the opportunity to plan and lead a walk solo or in conjunction with others. Assistance with this is available from the coordinators and guidance for leaders is on the webpage. Please note: independent of the total number of members enrolled in the class, the maximum number of walkers for each walk will be 30.

Meet at the Gingell Street carpark opposite the Railway Hotel at 9.00am (8.30am daylight saving). **There will be no walks on days of Catastrophic Fire Ban.**

Code: 245FRI07: **Pétanque**

When Run: All Year

Dates: 01/03/2024 – 13/12/2024

Frequency: Weekly, Fri 13:45 – 16:00

Venue: Campbells Creek Park, Main Rd Campbells Creek

Class Leader: Barry Thomson

Pétanque is a great game to enjoy. We have an ongoing group of keen players – but you don't need any experience to join in. It is played in teams of two or three – and we pick the teams each week at random. We support each other to improve our skills. It is useful to own a set of boules, but not essential as we always have spares to lend. As there is no shade, please bring a hat and water to drink.

Code: 231MON15 **Golf Croquet**

When Run: Term 1

Dates: 26/03/2024 - 25/03/2024

Frequency: Weekly, Mon 10:00 – 11:00

Venue: Castlemaine Bowling Club, 27 Berkeley Street

Class Leader: Des Buckmaster

Golf Croquet is a game to challenge your brain, while enjoying mild exercise. It is one of a number of developments of the original game (Association Croquet) and is now the most popular form of Croquet. It is generally considered to be easiest to learn and to be the most social. Unlike many sports, Croquet is not divided along gender lines, with men and women playing together both socially and competitively.

If you are able to walk gently for about an hour and can hold a croquet mallet, then you are fit enough to play croquet. Players need to wear shoes without heels and to dress for the weather. An eye shade or a hat is a good idea.

Castlemaine Croquet Club, which is part of the Bowling Club, will be the venue. It will provide all equipment and its' coach will provide instruction. No prior knowledge of the game will be assumed. After completing the sessions in this U3A class, participants will have the opportunity, if they wish, to join the Club and continue to participate.

**Please Note: There will be a \$30 fee applicable, which is refundable if the member decides to join the Croquet Club.**

Code: 245FRI05 **Garden Group**

When Run: Terms 3, 4

Dates: 13/09/2024 – 15/11/2024

Frequency: Week 3 of each month, Fri 10:00 – 12:00

Venue: To be advised before each get together

Leader: Deb Wigglesworth

Our monthly get-togethers will mainly be visiting gardens. Participants will be asked to suggest potential gardens to visit.

Your course leader will contact you before the first get-together to let you know where to meet.

Code: 265FRI05 **Garden Group (Summer / Autumn)** When Run: Terms 2, 3  
Dates: 16/07/2024 – 21/09/2024 Frequency: Week 3 of each month, Fri 10:00 – 13:00  
Venue: To be advised before each get together Leader: Deb Wiglesworth

We will get together monthly. A planning meeting in January is optional but all participants will be asked for input such as what topics to discuss, gardens to visit or guest speakers to invite. Most months will be visiting nurseries or gardens.

Code: 242TUE09 **Visit to Ballarat Botanical Gardens – NEW** When Run: Term 1  
Dates: 26/03/2024 Frequency: Once  
Venue: Meeting point will be advised before 26/03/2024 Leader: Deb Wiglesworth

The Begonia Festival is on the long weekend in March in 2024. To avoid the crowds but still see the gardens in their prime, I plan to spend the day there after the actual Festival! I'd like to travel in private cars and car pool, but we'll see what interest there is.

Code: 242TUE04: **Social Dog Walking** When Run: All Year  
Dates: 06/02/2024 – 17/12/2024 Frequency: Weekly, Tue 9:30 – 11:30  
Venue: Various Castlemaine Class Leader: Sharyn Walters

This is a social activity for both owners and dogs so your dog needs to enjoy the company of other dogs. Participants need to be able to walk for an hour over variable terrain. This is also a social activity for the owners. At the completion of most walks we have a coffee, this may be BYO or at a café. Although the time for the walk is approximately an hour, the coffee and chat lasts as long as participants wish.

Participants will need their own car, as there will be some travel involved in getting to the start of the walks. To help share the load, members of this class are encouraged to lead at least one of the walks.

The meeting place for the first walk of the year will be at the main gates to the Castlemaine Botanic Gardens. Participants will be advised of the meeting places monthly and by reminder email each week with specific details if applicable.

Dogs are to remain on lead at all times. Please ensure your dog(s) is/are fully vaccinated. Owners are to pick up after their dogs and have water available for them.

**PLEASE NOTE: for safety reasons, retractable leads are NOT PERMITTED**

# Photography

Code: 244THU14 **Digital Photography and Editing**

When Run: All Year

Dates: 07/03/2024 – 05/12/2024

Frequency: Weeks 1, 3 of each month, Thu 13:30 – 15:30

Venue: Uniting Church Manse Room 1, Lyttleton St

Class Leader: Mick Evans

A working knowledge of your own digital camera and reasonable level of computer skills is highly desirable. The course teaching will include technical information on operating digital cameras for the main aim of studying and obtaining well composed images for electronic versions and printing. Post-production skills using Lightroom, Photoshop and On1 etc. will be discussed.

Excursions and practical activities will be arranged during the year with a basic guide being the theme of the month. The month's efforts will be reviewed and discussed by the group at the end of the month.

& accessible venue



## **Emergency Contact Information**

It is essential that you have an emergency contact, and that the person is recorded on your Membership application.

You will not be able to join online without entering an emergency contact, and we will not be able to register you online without one if you submit a paper Membership application (rather than joining online).

It is also very important that you write the details of your emergency contact on the back of your name badge. This is necessary so that we know who to contact if you become ill or have an accident while attending a U3A Castlemaine class or event.

If you are a renewing member, you will have already received a blue lanyard and name badge. Your name badge will not be renewed unless lost so please do not discard. New members will receive a lanyard and name badge with other welcoming material soon after joining.

Please wear your lanyard and name badge to all U3A Castlemaine Classes and Events. This helps to break the ice when meeting new people, and to remember names!

# Politics and Current Affairs

Code: 245FRI03: **Issues of Interest**

When Run: All Year

Dates: 02/02/2024 – 13/12/2024

Frequency: Weeks 2, 3, 4, + 5, Fri 13:30 – 15:30

Venue: Uniting Church Manse Room 4, Lyttleton St

Class Leader: Carol Dorman

A discussion group where participants may present subjects for discussion that interest them. Subjects may include, but are not limited to, politics, finance, health, education, human rights, science, the environment. Basic level computer skills and an internet connection will aid communication between members of the group. Members are encouraged to present subjects for discussion, have tolerance of other points of view and a sense of humour.

& accessible venue.



## Events and excursions

U3A Castlemaine has an Events Working Group who not only organise speakers for our monthly coffee mornings, they also organise excursions and other activities throughout the year. For example, in the past the Events Committee has organised trips to MONA (Museum of Old and New Art) in Hobart, to the MCG, to Living Legends (race horses out to paddock), to the Elmore Field Day and to an ANAM (Australian National Academy of Music) concert at the Recital Centre. Events are publicised in our *Third Thoughts* newsletter well in advance, and on the Noticeboard section of our website – [www.u3acastlemaine.com](http://www.u3acastlemaine.com) .

# Science, Maths and Technology

Code: 242TUE07: **Can I ask a Medical Question? – NEW**

When Run: Terms 1, 2

Dates: 12/03/2024 – 23/04/2024

Frequency: Weekly, Tue 10:15 – 11:45

Venue: Uniting Church Chapel, Lyttleton St

Class Leader: Alison Edwards

People still ask me "Can I ask a Medical question?" when they have concerns about their health or body or family or whatever. I enjoy answering in plain language, clarifying misconceptions and allaying concerns. My answers are not designed to be medical advice but more simply to distill 40 years of Medical General Practice experience to enable people to understand their worry and the possible solutions. I anticipate about 6 sessions covering older people and exercise, diet, ageing / staying youthful, travel, when to worry and perhaps a session on better understanding how bodies work. This type of session works better with a small number of people so everyone can ask and give their answers, and be part of the discussion.

Dr Alison Edwards is a retired General Practitioner.

& accessible venue.

Code: 243WED05: **The Little Ice Age**

When Run: Short

Dates: 09/10/2024 – 30/10/2024

Frequency: Weekly, Wed 9:30 – 11:00

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: Kate Couttie

The Little Ice Age was a 500 year cold snap that began in the 14th century. This class will look at the methods used to investigate the climate during this time and the current understanding of the causes of this climate period. It will also look at how the weather impacted agriculture, fishing etc. and consequent social and political effects. The class is a mixture of science and history, and is open to all.

& accessible venue

Code: 243WED06: **Elementary Chemistry**

When Run: Short

Dates: 06/03/2024 – 10/04/2024

Frequency: Weekly, Wed 10:30 – 11:30

Venue: Uniting Church Fellowship Room, Lyttleton St Castlemaine    Class Leader: Kate Couttie

What is heavy water & why was it an allied target in World War 2? Why are diamonds so hard? What is ozone and how does it minimize the effects of UV radiation? Why are lithium batteries so widely used and why do they sometimes catch fire? Why is aluminium so shiny? What element is linked to the British Trade Union movement and the island of Nauru? It all comes down to chemistry: the structure of atoms, and the type and strength of bonds they form with other atoms to form molecules. This short course will look at the basic structure of atoms & molecules, and how structure influences behaviour in general, and then at some elements in particular. No prior knowledge of chemistry is needed.

♿ accessible venue

Code: 244THU08 **GM Technology: Villain or Saviour?**

When Run: Term 4

Dates: 26/09/2024 - 17/10/2024

Frequency: Weekly, Thu 10:30 – 12:00

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: Kate Couttie

The subject of Genetic Engineering can be divisive, and evoke strong negative reactions in some people, while others view it positively. This class will look at GM techniques, the different applications where it is used, and the dangers and benefits of this technology. There will be time for discussion and contributions from class members.

♿ accessible venue



## Social Activities

Code: 245FRI08: **Fabulous Friday Lunches – NEW**

When Run: All Year

Dates: 23/02/2024 – 22/11/2024

Frequency: Week 4 of each month, Fri 11:30 – 14:30

Venue: Various Castlemaine

Class Leader: Susan Mayfair

Exploring the culinary offerings in the region, near and far. Looking at the venues' history and what has kept it going. There will be some travel and car sharing for these events.

Members to pay for their own lunch.

Code: 246SAT01: **Coffee and Chat Group**

When Run: All Year

Dates: 06/01/2024 – 14/12/2024

Frequency: Weekly, Sat 11:30 – 12:30

Venue: Green Folly Nursery Café, Duke St Wesley Hill

Class Leader: Anne-Marie Pedeau

Come and get to know other people from Castlemaine and surrounds by chatting to them over a coffee/lunch at the Green Folly Nursery Cafe. In the cafe look for a sign on a table for the Coffee and Chat group. Sometimes the group will meet at other places like in the leafy courtyard of the Malmsbury Bakery. We can talk about a wide range of topics (what's happening in the world, what's happening in Castlemaine, what group members have been doing etc.) so that everyone should be able to join in. People will get to know one another and over time possibly make new friends. It does not matter if you are not able to come each week.

Each week on the Friday Anne-Marie will send out an email to members of the group to see if they are coming the next day to the Coffee and Chat.

Members to pay for their own coffee/tea/lunch.

The total number in the group is limited to 8.

Code: 244THU04 **Secret Men's Business**

When Run: All Year

Dates: 15/02/2024 – 19/12/2024

Frequency: Week 3 of each month, Thu 12:00 – 14:00

Venue: Various

Class Leader: Peter Watts

A Thursday lunch club for the men to enjoy a good feed, a chat and perhaps a glass of wine, once a month.

This is an opportunity for men to get together and discuss topics that are relevant to them in a supportive environment.

Lunch will be at the member's expense. Approximate cost \$20-\$30 per session.

# Travel

Code: 241MON02: **Armchair Travel**

When Run: All Year

Dates: 22/01/2024 – 16/12/2024

Frequency: Week 4 of each month, Mon 16:00 – 17:30

Venue: Uniting Church Chapel, Lyttleton St

Class Leader: Beverley Orgill

This class aims to give class members an opportunity to learn a little more about people, places, cultures and other travel-related information from people who have been there and done it in many different ways. In a group or alone. With family and friends or with strangers.

At most classes, guests or class members will be invited to talk about their travels.

There are no formal requirements. Just an interest in travel and a desire to learn more about the wonderful world in which we live.

When: 4th Monday each month, except December (when we will meet on the Third Monday).

& accessible venue.

Code: 242TUE10: **Six Wonderful Pilgrim Trails – NEW**

When Run: Term 1

Dates: 06/02/2024 – 12/03/2024

Frequency: Weekly, Tue 11:00 – 12:30

Venue: Uniting Church Fellowship Room, Lyttleton St

Class Leader: Heather Pavitt

If you are interested in walking one of the famous Caminos then this short course will provide practical and useful information. We will discuss walks in Spain, France, Italy and Japan. These historic trails meander through famous towns and cities as well as small villages where you can sample local food and wine. You will experience the history, culture, and beautiful countryside with opportunities to stay in a variety of different pilgrim accommodation from monasteries to castles and meet fantastic people along the way.

- The History of Pilgrim Trails
- Camino de Santiago and Northern Route in Spain
- French Camino Trails
- Via Francigena – Canterbury to Rome
- Kumano Koda trail, Japan
- Tips for walking a Pilgrim trail

There are no special requirements for this course only an interest in seeing the world in a different way – whether you are interested in the spiritual, religious, cultural, social or environmental aspects of walking an ancient pilgrim path or not.

& accessible venue.

## Courses by Day

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Find Your Inner Dancer	29/01 – 16/12	09:45 – 10:30	21	
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Golf Croquet	26/02 – 25/03	10:00 – 11:00	27	
Italian Intermediate	12/02 – 09/12	11:00 – 12:30	19	
Learn how to play Contract Bridge	19/02 – 25/03	10:00 – 12:30	14	
Sacred Ecology	12/02 – 09/12	10:30 – 12:00	11	
Tai Chi	05/02 – 16/12	09:30 – 10:30	15	
The Cold War	01/07 – 05/08	14:00 – 16:00	10	
The History of Castlemaine	06/05 – 10/06	14:00 – 16:00	8	
The Russian Revolution	19/02 – 25/03	14:00 – 16:00	8	
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Understanding Autism	05/02 – 08/04	10:00 – 12:00	11	
<b>Tuesday</b>	<b>Date/s</b>	<b>Times</b>	<b>Page</b>	<b>Select ?</b>
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Can I ask a Medical Question	12/03 – 23/04	10:15 – 11:45	31	
How to solve Cryptic Crossword Puzzles	04/06 – 25/06	10:30 – 12:00	15	
Italian I	20/02 – 17/12	14:00 – 15:00	18	
Italian III	06/02 – 10/12	11:00 – 12:30	19	
Learn to Meditate	12/03 – 24/04	10:00 – 11:00	15	
Play Watchers	13/02 – 10/12	11:15 – 12:15	13	
Six Wonderful Pilgrim Trails	06/02 – 12/03	11:00 – 12:30	34	
Social Dog Walking	06/02 – 17/12	09:30 – 11:00	28	
Spanish Conversation	13/02 – 17/12	10:00 – 11:30	20	
Tuesday Contract Bridge (Duplicate)	30/01 – 17/12	13:30 – 17:00	14	
Tuesday Morning Dance	05/03 – 17/12	09:30 – 10:30	21	
Tuesday Morning Dancing Beginners	06/02 – 27/02	09:30 – 10:30	21	
U3A Community Choir	06/02 – 03/12	13:30 – 15:00	22	
Visit to Ballarat Botanical Gardens	26/03/2024	10:00 – 16:00	28	
<b>Wednesday</b>	<b>Date/s</b>	<b>Times</b>	<b>Page</b>	<b>Select ?</b>
Bushwalking	31/01 – 11/12	09:00 – 14:00	26	
Creative Papercraft	17/04 – 19/06	10:00 – 13:00	16	
Elementary Chemistry	06/03 – 10/04	10:30 – 11:30	32	
Italian for Pleasure	07/02 – 18/12	10:00 – 11:30	19	
Latin Continuing	07/02 – 18/12	10:00 – 11:15	20	
Line Dancing	13/03 – 11/12	14:00 – 15:00	22	
The Little Ice Age	09/10 – 30/10	09:30 – 11:00	31	

<b>Thursday</b>	<b>Date/s</b>	<b>Times</b>	<b>Page</b>	<b>Select ?</b>
Chaucer's <i>Canterbury Tales</i>	07/03 – 11/04	13:00 – 14:30	12	
Composers: Their Lives, Times and Music	08/02 – 14/11	11:00 – 13:00	23	
Digital Photography and Editing	01/03 – 05/12	13:30 – 15:30	29	
French for Pleasure	08/02 – 19/12	10:00 – 11:30	18	
GM Technology: Villain or Saviour ?	26/09 – 17/10	10:30 – 12:00	32	
Italian Conversation	01/02 – 19/12	09:30 – 11:00	20	
Mindfulness Meditation	01/02 – 12/12	10:00 – 11:00	17	
Pastel Painting Together	01/02 – 19/12	09:30 – 12:00	6	
Scrabble for Fun	08/02 – 12/12	14:00 – 16:00	17	
Secret Men's Business	15/02 – 19/12	12:00 – 14:00	33	
Social Media 101	08/02 – 27/06	13:30 – 15:30	7	
Thursday Writers	08/02 – 12/12	10:00 – 12:00	13	
Wine Appreciation	01/02 – 02/12	19:15 – 21:30	17	
<b>Friday</b>	<b>Date/s</b>	<b>Times</b>	<b>Page</b>	<b>Select ?</b>
Coffee Morning	01/03 – 06/12	10:00 – 12:00	25	
Fabulous Friday Flicks	16/02 – 29/11	09:30 – 12:30	24	
Fabulous Friday Lunches	23/02 – 22/11	11:30 – 14:30	33	
Garden Group	13/09 – 15/11	10:00 – 15/11	27	
Garden Group (Summer/Autumn)	16/02 – 21/06	10:00 – 13:00	28	
Issues of Interest	02/02 – 13/12	13:30 – 15:30	30	
Italian II	09/02 – 13/12	10:00 – 11:00	19	
Newsletter Mailing	02/02 – 06/12		25	
Petanque	01/03 – 13/12	13:45 – 16:00	26	
Requiem ... and then	02/02 – 05/12	13:30 – 15:30	23	
<b>Saturday</b>	<b>Date/s</b>	<b>Times</b>	<b>Page</b>	<b>Select ?</b>
Coffee and Chat Group	06/01 – 14/12	11:30 – 12:30	33	

# U3A Castlemaine 2024 Dates

Membership application, renewals and Class enrolments will be **open online** from **9am Tuesday 9 January 2024** and **in the U3A Office at the Manse**, from **10am Tuesday 9 January 2024**.

The enrolment ballot system for **oversubscribed courses** so that those members who are unable to enrol early are not disadvantaged, will apply again in 2024.

All enrolments will initially be provisional until we can determine which classes, if any, have been oversubscribed. Enrolments will be confirmed once any required ballots have been completed.

We believe that this delivers a fair system, giving all members an even chance to enrol into the more popular classes.

**The U3A office will be open from 10am - 12 noon, Tuesday 9 January to Friday 12 January inclusive, to provide personal membership renewal and enrolment assistance for any members who need this. Members or others needing assistance outside of these times, should call 0425 712 362 to arrange a suitable time.**

**Proposed Class Leaders Information Session: Tuesday 16 January 2024, 9am to 11am** at Church of Christ, Blakely Road, Castlemaine. The use of UMAS will be covered.

**Proposed Coffee Mornings:** The first Friday of March, June, September and December 2024, at 10am at venues to be advised through the monthly newsletter.

## HOLIDAYS 2024

### PUBLIC HOLIDAYS

New Year's Day	1 January
Australia Day Holiday	Friday 26 January
Labour Day	11 March
Good Friday	29 March
Easter Monday	1 April
ANZAC Day	Thursday 25 April
King's Birthday	10 June
AFL Grand Final Holiday	TBC
Melbourne Cup	5 November

### SCHOOL TERMS

<b>Term 1</b>	30 January	to	28 March
<b>Term 2</b>	15 April	to	28 June
<b>Term 3</b>	15 July	to	20 September
<b>Term 4</b>	7 October	to	20 December

2024/25 Summer School Holidays: 20 December 2024 to 28 January 2025

## Frequently asked questions about U3A

<b>Is U3A Castlemaine a University?</b>	No. It is a place where older people are encouraged to share and learn about things of mutual interest.
<b>How old must I be to join?</b>	There is no age restriction, but you need to be retired or semi-retired.
<b>Do I need qualifications to join?</b>	No.
<b>How much does it cost to join?</b>	The annual subscription fee is currently \$75.
<b>Is there a charge for attending classes?</b>	Generally, no. Some classes may have a small fee to cover rent or materials used.
<b>How many classes can I attend?</b>	As many, or as few, as you wish – however, please consider your time commitments and the <b>limited numbers of spaces</b> for many classes, when making your selections.
<b>When are the activities held?</b>	The majority of activities are held during the day on Mondays to Fridays.
<b>Are classes held in school/public holidays?</b>	Some classes continue, others are cancelled.
<b>How often do class groups meet?</b>	The Class Leader decides this. Some meet once a month, others on alternate week days of the month and others weekly. There are some one off and short-term activities.
<b>Who are the Class Leaders?</b>	Some are members with special interests or knowledge from their previous work experience, or from hobbies or recreation. Others lead groups because they enjoy the challenge of learning and sharing with others. Yet others act as 'convenors' using the knowledge and skills available from members of the group.
<b>How do I find out about the classes and activities?</b>	A prospectus outlining the classes offered is issued in December and available from the U3A Castlemaine office. It is also available at the Visitor Information Centre in the Market building, and from the Library and Castlemaine Community House. There are also copies distributed in towns around Mt Alexander Shire. <b>It is available on our website.</b>
<b>How do I find out about any new classes during the year?</b>	New classes and activities are advertised in our monthly newsletter <i>Third Thoughts</i> , <b>and on our website.</b>
<b>Who runs U3A Castlemaine?</b>	A Committee of Management of four elected Office Bearers and up to seven elected Committee members.
<b>How do I join a class?</b>	Visit our website: <a href="http://www.u3acastlemaine.com">www.u3acastlemaine.com</a> and select UMAS login. Then follow the instructions to become a member and enrol in classes or activities. Class enrolment days are held in conjunction with Membership registration / payment in mid-January.

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**CASTLEMAINE**  
UNIVERSITY OF THE THIRD AGE

## U3A Castlemaine Inc. Contact Details

U3A Castlemaine Inc.  
PO Box 792, Castlemaine 3450  
8 – 12 Lyttleton St, Castlemaine  
**(Manse at rear of Uniting Church)**

[www.u3acastlemaine.com](http://www.u3acastlemaine.com)  
[u3acastlemaine@gmail.com](mailto:u3acastlemaine@gmail.com)  
The office at the Manse will be open  
on request with 24hrs notice  
**Telephone: 03 5472 2249**

