



THE UNIVERSITY OF THE THIRD AGE

BRIGHT DISTRICT U3A INC

2022 Courses / Activities

1st July 2022



BRIGHT DISTRICT U3A INC

1 Railway Ave

Bright VIC 3741

General Email contact: info@u3abright.org.au

Courses / Activities Email contact: courses@u3abright.org.au

Web: <https://u3abright.org.au>

Table of Contents

Physical, outdoor activities	3
Drawing & painting	6
Utilising different materials eg wood, wool etc to create pieces of work	7
Board, card and various other games	8
Information & Communication Technology	8
Study of human thinking, behaviours & society	9
The study of languages other than English	10
Listening, reading, writing and discussions	11
Singing or playing an instrument	12
Group activities for socialising	13
Bookings of U3A HQ rooms by other users	14

Physical, outdoor activities

22ACT01: BIRDWATCHING

Type: Long inc holidays

Dates: 14/02/2022 - 12/12/2022 **Frequency:** 2nd and 4th week of month, Mon 9:00 - 16:00

Location: U3A Carpark Railway Avenue Bright **Convenor:** Bill Hayes

Local and away trips with various finish times depending on location

Car pooling pay driver \$5

If you join us, this is what you can expect:

Visiting pleasant bushland and parkland settings. Some gentle walking may be involved.

Finding birds, watching their behaviour.

Learning to identify birds visually, and by their calls.

Sharing knowledge with others, and learning from more experienced birders.

Learning correct use of binoculars, and how to use field guides.

Photographing birds and other nature subjects (optional)

Enjoying picnic lunches and coffee shops with sociable people

Having fun. No experience necessary, all are welcome.

22ACT02: CASUAL WALKING

Type: Long inc holidays

Dates: 07/02/2022 - 12/12/2022 **Frequency:** Each week, Mon 9:00 - 10:00

Location: Riverdeck carpark Riverside Howitt Lane Bright **Convenor:** None

The casual walkers' group is a relaxed, fun group that meets every Monday morning at the Riverdeck kitchen car park. We start at 8am in the warm weather, 9.00 am in the cooler months.

Come along and enjoy an approximately 1 hour walk with chatting along the way of course!

Join in for a cuppa afterwards at the Riverdeck Kitchen café

We continue all year but do break for the Christmas holidays.

22ACT03: CASUAL CYCLING

Type: Long inc holidays

Dates: 01/02/2022 - 13/12/2022 Frequency: Each week, Tue 9:00 - 0:00

Location: Railshed opp museum M2M Rail trail Bright Convenor: Sue van Winden

The aim of the group is in its name "Casual Cycling". A stop at a cafe/restaurant is an essential part of each ride. All riders who are members of U3A are welcome to join this relaxed social bike riding group.

Activities of the group include, but are not limited to, the following: Regular Weekly Rides

A regular weekly ride is organised most Tuesday mornings with starting times dependant on the season and the ride's route. These rides are a combination of local rides from our starting point at the old railway shed behind the Bright Museum and 'Drive and Rides' in the northeast Victoria area with various start points.

Non Regular Rides

Other rides eg lunch rides, rides to dinner locations, special interest rides, distance challenge ride (eg 50km, 100km), may also be organised at various times.

Away Rides

Occasionally an "away" trip of a few days to a week may be organised where members of the group travel independently to a location and arrange their own accommodation and then meet daily for rides around that location led by member/s with knowledge of the suitable rides in that location.

Social activities include get-togethers for fun, entertainment or education etc often with a bike focus eg film night, bike maintenance, Christmas party, celebrations etc at a venue or a member's house.

As this is such a large group with an extensive range and number of activities, there are additional leaders to support and assist Sue and Arno at various times throughout the year:-

Lorraine & Peter SHENNAN

Helen & Roger CARLSON

Ron & Leah MILNE

Convenors

Sue and Arno van Winden

Ph: 03 5750 1654 Email: suevanwinden@gmail.com

Own bicycle and cycling gear

U3A organised rides have a leader and a sweeper. A first aid kit and the riders' emergency contact list is carried on the ride. Riders "sign in" at the start of each ride. All riders are encouraged to share the responsibility of carrying the first aid kit and contact list and act as sweep/leader when they feel confident to do this. Riders who vary their route to the announced ride do so at their own risk.

You will receive an email from each week's coordinator, usually over the preceding weekend, to let you know the ride and when and where to meet for the weekly ride.

It is strongly recommended that all bike riders in the group have current ambulance insurance and that you carry a mobile phone, two spare tubes and a pump on every ride. Bike riding insurance that can be taken out through Bicycle Network (www.bicyclenetwork.com.au) is also worth considering.

22ACT04: BUSHWALKING

Type: Long exc holidays

Dates: 16/02/2022 - 21/12/2022 Frequency: 3rd week of the month, Wed 9:00 - 0:00

Location: Sen Citizens carpark 10 Cobden Street Bright. Convenor: Malcolm Millar

Various locations & start times. Car pooling pay driver \$5.

The Bushwalking group has a program of walks for the year so the venue changes for each walk. Car pooling is available for transport to the start point.

Walks range from easy to challenging and highlight the beauty of the Alpine Valleys and High Country.

22ACT05: BUSHWALKING

Type: Long inc holidays

Dates: 05/02/2022 - 03/12/2022 Frequency: First week of the month, Sat 9:00 - 0:00

Location: Sen Citizens carpark 10 Cobden Street Bright. Convenor: Malcolm Millar

Various locations & start times. Car pooling pay driver \$5

The Bushwalking group has a program of walks for the year so the venue changes for each walk. Car pooling is available for transport to the start point.

Walks range from easy to challenging and highlight the beauty of the Alpine Valleys and High Country.

Drawing & painting

22ART01: DRAWING & PAINTING

Type: Long inc holidays

Dates: 01/02/2022 - 13/12/2022 **Frequency:** Each week, **Tue 10:00 - 0:00**

Location: Bright Art Gallery 28 Mountbatten Ave Bright **Convenor:** Steve McCall

Uses the Bright Art Gallery for regular art sessions.

We run weekly throughout the year except for a short break over the Christmas period

Utilising different materials eg wood, wool etc to create pieces of work

22CRA01: WOODWORK

Type: Long inc holidays

Dates: 02/02/2022 - 14/12/2022 **Frequency:** Each week, Wed 12:00 - 16:00

Location: Bright United Mens Shed BUMS 14 Churchill Avenue Bright

Convenor: Glenn O'Connell

Members of the Woodwork Group meet weekly each Wednesday afternoon from 12 – 4pm at the Bright United Men's Shed. We are in recess over the Victorian Christmas school holiday period.

Under the Tutoring of John and Glenn, both men and women undertake a variety of personal projects to either create, repair or fabricate some wood feature.

A highlight of each week surrounds the afternoon tea break. Much hilarity and laughter fills the room. Here we exchange views on various topics from Politics to ethics and personal life experiences.

Our group maintains their finances and supplements the consumables we use by manufacturing and selling chopping boards to a local business.

All are inspired by the creativity and energy that is engendered within the group.

AN ECLECTIC GROUP INDEED.

22CRA02: WOOLCRAFTS

Type: Long inc holidays

Dates: 03/02/2022 - 15/12/2022 **Frequency:** 1st and 3rd weeks of the month, Thu 10:30 - 0:00

Location: Nightingales orchard & café 708 Morses Creek Road Wandiligong

Convenor: Cathy Eldred

Wool crafters meet on the first and third Thursday of every month. We normally meet at Nightingales, Wandiligong at 10.30 am, unless otherwise specified. We continue all year but break for the Christmas school holidays.

We are a fun group who get together to do any craft that involves wool; knitting, crocheting, embroidery, felting etc. We share patterns and ideas and also help with problem solving with patterns etc as needed.

Board, card and various other games

22GAM01: CANASTA

Type: Long inc holidays

Dates: 01/02/2022 - 20/12/2022 **Frequency:** Each week, **Tue 13:00 - 16:00**

Location: U3A HQ Big Room Railway Avenue **Bright** **Convenor:** Kevin Hancock

Canasta runs weekly all year with just a short break over Christmas

22GAM02: MAHJONG

Type: Long inc holidays

Dates: 02/02/2022 - 14/12/2022 **Frequency:** Each week, **Wed 13:00 - 16:00**

Location: U3A HQ Big Room Railway Avenue **Bright** **Convenor:** Jan Davey

Mahjong is a Chinese tile based game and is played individually not with partners. It is a game of luck and strategy aided by a games book for reference and helps to keep the mind active. Beginners are welcome to come along.

We have a break over the Christmas school holidays

22GAM03: SCRABBLE

Type: Long inc holidays

Dates: 04/02/2022 - 16/12/2022 **Frequency:** Each week, **Fri 10:15 - 14:00**

Location: All rooms at U3A HQ Railway Avenue **Bright** **Convenor:** Rosemary Withers

Join a friendly group each week for a relaxed game of Scrabble.

Scrabble is a fun word board game, played by forming interlocking words on the board using letter tiles with various score values, with the objective of getting the highest score.

Information & Communication Technology

22ICT01: BE CONNECTED

Type: Special

Dates: 11/07/2022 - 05/12/2022

Frequency: Each week, **Mon 10:30 - 12:00**

Location: All rooms at U3A HQ Railway Avenue **Bright**

Study of human thinking, behaviours & society

22HUM01: PHILOSOPHY

Type: Long inc holidays

Dates: 22/02/2022 - 13/12/2022

Frequency: 2nd and 4th week of month, Tue 10:00 - 12:00

Location: U3A HQ Big Room Railway Avenue Bright

Convenor: Keith Ashfold

WHY PHILOSOPHY?

The rationale of being, knowledge and right conduct
The investigation of natural phenomena
The gaining of a personal outlook on life

Matters to be discussed in two 2 hour sessions per month may include:-

- The purpose of life
- What is truth?
- How the ancients viewed their world
- The illusion of reality
- Beliefs are important
- The origins of gods
- Faith versus experience
- Views of modern philosophers
- Creation or evolution?
- Body and soul duality
- Foundations of personal beliefs
- The why of unhappiness
- Are worldly ills essential?
- Does God's heaven exist now on earth?
- How valuable to you is a personal philosophy?
- Can our senses be trusted?
- Ethics are elastic
- Machiavellian principles
- Two views of the earth's fate
- & more...

Persons of all beliefs are invited to join with others willing to discuss in a non-judgemental and non-confrontational way, the basis and worth of the many, often conflicting, beliefs held by great minds over past millennia.

To ensure discussions are open and productive, attendees will be expected to offer their own views calmly without intending offence and to listen attentively to others without taking offence.

Remember, people learn through listening not through talking

The main objectives of the course include giving attendees an appreciation of why they believe what they do and why the different beliefs of others may be equally valid. Also, through the opportunity to consider new and perhaps novel viewpoints, attendees may develop a personal philosophy of life that best suits themselves.

Suggestions on particular subjects of interest are most welcome.

Send any queries to the Convenor, KEITH ASHFOLD, at kayellaye@gmail.com

The study of languages other than English

22LAN01: BEGINNER FRENCH

Type: Long inc holidays

Dates: 03/02/2022 - 15/12/2022 **Frequency:** Each week, **Thu 9:00 - 10:00**

Location: U3A HQ Big Room Railway Avenue **Bright** **Convenor:** Brett Lidbury

A class Beginners (9:00AM Thursday - Bright U3A Office);

Intermediate - Advanced (10:30AM Thursday - Bright U3A Office or Dumu Cafe some weeks)

The French language programme offers lessons and conversation to accommodate any level of proficiency. To join the Beginners group, no previous background in French is required, with revision built into the lesson structure to allow members to join at any time without being disadvantaged.

For the Intermediate - Advanced class, the ability to speak basic sentences in French is an advantage, with moderate proficiency to read French text helpful. Listening is a core skill that we regularly practice during lessons, through access to French audio, broadcasts, and so on.

If a Beginner, you are always welcome to participate in the Intermediate - Advanced class once you feel ready, or simply listen to class as we conduct our language exercises. We also hold regular coffee and conversation meetings to practice - currently at Blackbird Café each Monday afternoon at 2:00PM for beginners in French!

22LAN02: FRENCH

Type: Long inc holidays

Dates: 03/02/2022 - 15/12/2022 **Frequency:** Each week, **Thu 10:30 - 11:30**

Location: U3A HQ Big Room Railway Avenue **Bright** **Convenor:** Suzanne McKinley

Beginners (9:00AM Thursday - Bright U3A Office);

Intermediate - Advanced (10:30AM Thursday - Bright U3A Office or Dumu Cafe some weeks).

The French language programme offers lessons and conversation to accommodate any level of proficiency. To join the Beginners group, no previous background in French is required, with revision built into the lesson structure to allow members to join at any time without being disadvantaged.

For the Intermediate - Advanced class, the ability to speak basic sentences in French is an advantage, with moderate proficiency to read French text helpful. Listening is a core skill that we regularly practice during lessons, through access to French audio, broadcasts, and so on.

If a Beginner, you are always welcome to participate in the Intermediate - Advanced class once you feel ready, or simply listen to class as we conduct our language exercises. We also hold regular coffee and conversation meetings to practice - currently at Blackbird Café each Monday afternoon at 2:00PM

22LAN03: RUSSIAN

Type: Long exc holidays

Dates: 04/02/2022 - 16/12/2022 **Frequency:** Each week, **Fri 9:00 - 10:00**

Location: U3A HQ Big Room Railway Avenue **Bright** **Convenor:** Tatjana Filicin

The aim of our group is to learn Russian language in a friendly and relaxed atmosphere. To achieve that, we use books, websites, Russian movies and Russian songs. That way we learn about the Russian culture as well.

Listening, reading, writing and discussions

21LIT01: Non Fiction Book Interest Group Type: Long exc holidays

Dates: 03/02/2021 - 22/12/2021 **Frequency:** Once per month, Wed 13:30 - 15:30

Location: Yvonne Ward 6703 Great Alpine Road Porepunkah **Convenor:** Yvonne Ward

There will be a different theme each month, and a featured book.

Hopefully a list will available at the start of each term, but due to circumstances, may have to be varied. I invite suggestions of books and themes to be featured. To date we have had themes of Antarctic exploration, and Shakespeare.

The format will be:

Welcome

PART 1: a. Presentation by Speaker – including a summary of the featured book.

b. Discussion of the book and books on the the broader theme by everyone

PART 2: “Show and Tell” Bring along a non-fiction book that you have read (or would like to read), and tell the group about it...

PART 3: Notice for next meeting; Ideas for future themes; Refreshments ...

22LIT02: WRITERS GROUP

Type: Long exc holidays

Dates: 10/02/2022 - 08/12/2022 **Frequency:** 2nd week of the month, Thu 10:30 - 12:00

Location: DUMU Balcony Café 4 Ireland Street Bright **Convenor:** Tony Strachan

The U3A Writers Group meets on the second Thursday of each month at 10:30 am at DUMU balcony café.

It is an informal session with lots of animated discussion around a topic chosen the previous month, and on which most of us write a short 200 – 300 word paragraph or poem. Encouraging and constructive comment is invoked from the group and a new topic chosen for the next meeting.

We also discuss various writers, their work and their ideas on the writing process, and just about anything else related to the writing world.

But most of all, we have fun and nothing is taken too seriously. Come along and sit in on a session.

Singing or playing an instrument

22MUS01: ALPINE VOICES

Type: Long exc holidays

Dates: 02/02/2022 - 14/12/2022 **Frequency:** Each week, **Wed 16:15 - 17:45**

Location: U3A HQ Big Room Railway Avenue **Bright** **Convenor:** Franki Walsh

Alpine Voices – meets:

Day -Wednesday through most of the year

Time – 4.14PM with a break for a cuppa at 5.00PM

Where – U3A H.Q. Big Room

Cost - annual membership of U3A

Description – no auditions, just a love of singing

– a range of mostly well-known songs, all genres

– some parts work

– heaps of fun!

22MUS02: INTERMEDIATE GUITAR PRACTICE holidays

Type: Long inc

Dates: 07/02/2022 - 12/12/2022 **Frequency:** Each week, **Mon 17:30 - 19:30**

Location: U3A HQ Big Room Railway Avenue **Bright** **Convenor:** Greg Withers

We meet in the big room at U3A HQ every Monday at 5:30 pm.

Participants need to bring their own electric guitar, and practice amp.

The activity is for existing guitarists of intermediate level.

The only activity will be group guitar practice, playing popular songs.

Group activities for socialising

22SOC01: BLOKES' BUSINESS

Type: Long inc holidays

Dates: 07/02/2022 - 19/12/2022 **Frequency:** 1st and 3rd weeks of the month, Mon 10:00 - 11:00

Location: Riverdeck Kitchen 16 Howitt Lane Bright **Convenor:** Terry Thompson

BLOKES' BUSINESS MEET ON THE 1ST AND 3RD MONDAY OF THE MONTH AT

RIVERDECK KITCHEN, 10 AM UNTIL 11 AM, OR SOMETIMES LATER. If there is a 5th Monday in the month, some of the guys choose to go along then as well. We enjoy great camaraderie.

Now you must believe we don't deceive never do we prevaricate.

We may not remember each other's name, so we just say, "that's right Mate"!

Our conversation revolves, is centred, is focussed, rotates.

We may not remember each other's name, but we are the best of mates.

It's fun, it's rewarding and according to each member we rarely make a mistake.

We're never rude, we are full of gratitude, you know it's vital to remember the name of your mates.

If this doesn't at all make sense then there is recompense, we do have one very important aim.

To be specific, it would be terrific, if we could all remember each other's name.

Maybe wearing a name-tag would help. (ONLY JOKING!)

Even after reading this terse verse you would like to join us, you will be made very welcome. We very much enjoy talking about, for instance, current news, world events and the tales of the differing past occupations, travels and hobbies.

Terrence Thompson – CONVENOR

22SOC02: DECKERS

Type: Long exc holidays

Dates: 10/02/2022 - 08/12/2022 **Frequency:** 2nd week of the month, Thu 16:00 - 18:00

Location: **Convenor:** None

Where: Various Venues – that is, peoples decks!! CONVENOR will notify members of the latest venue via email.

Come and share in some social action on the decks of Bright, you won't be disappointed!

Our Deckers group is just so much fun. There is a core group who have been coming along since 2010. Because of the flexibility of our group there are sometimes 8 people, sometimes 24 people joining in. It is a BYO everything group which means drinks, chairs sometimes, some nibbles if you feel like it. Hosts will provide coffee and tea .. all good there. It means that nobody has to RSVP .. you just come along, or you don't. Nothing is expected, whenever someone offers their home/deck/grass under the trees .. it is always appreciated. NEVER expected, ALWAYS appreciated. When someone offers their deck/home/grassy spot, they really don't have any obligations. It is very casual, seriously.

To some people this group may not seem to be important, it may not fall into the category of "education". I believe that it is a very important part of U3A and the community generally. It gives people the opportunity to socialise, to enjoy the company of other people ... some of whom have similar interests. Some of whom do not ... but hey, how else do we learn about what is going on around us in our wonderful community. How can we know what interesting lives some of our lovely Deckers have lived?

We are so lucky to meet so many interesting people, from all types of backgrounds, from different cultures and I thoroughly enjoy each and every Deckers group that I can get to.

22COM01: Committee of Management Meetings Type: None
Dates: 18/02/2022 - 16/12/2022 Frequency: Once per month, Fri
13:30 - 15:00
Location: U3A HQ Big Room Railway Avenue Bright Convenor: Kim
Robinson

Bookings of U3A HQ rooms by other users

22BOOK01: Booking of U3A HQ room by LANDCARE Type: None
Dates: 08/02/2022 - 13/12/2022 Frequency: Once per month, Tue
18:00 - 0:00
Location: U3A HQ Big Room Railway Avenue Bright Convenor:
None

22BOOK02: Booking of U3A HQ room by NEMA Type: None
Dates: 01/02/2022 - 13/12/2022 Frequency: Each week, Tue 0:00 -
0:00
Location: U3A HQ Small Room Railway Avenue Bright Convenor:
None

22BOOK03: Booking of U3A HQ room by HISTORIC. SOC. Type:
None
Dates: 15/02/2022 - 20/12/2022 Frequency: 3rd week of the month,
Tue 14:30 - 15:30
Location: U3A HQ Big Room Railway Avenue Bright Convenor:
None