

WELCOME

The 2020-2021 Mudgee District U3A Committee is pleased to present the Program Booklet for 2021.

2020 has been the most difficult and disruptive year in the life of Mudgee U3A. For 2021 the ongoing pandemic continues to present difficulties in organising venues. Some of our course venues are listed TBA (to be announced) as we await further developments in COVID-19 SAFE rules. Also it is possible that some listed venues may change by the time the course is due to begin. Course members will be notified of any changes.

Our sincere thanks to all the people who have offered their services as Presenters and those who have volunteered to be a contact person for the coming year.

Members who enrol prior to classes commencing should assume they are enrolled in their nominated classes, unless they hear otherwise.

After the course commencement date, prospective participants need to ensure they are a member of U3A, then contact the Presenter or contact person of the course to ascertain whether there is a vacancy before attending any class.

Enrolment Day/Showcase Day
Saturday, January 16th 2021

Baptist Hall Bruce Road
9.30 am to 12 noon

Please bring your Enrolment Form

Most Presenters will be available to talk with you about their classes.

Please park at the back of the Mudgee Baptist Church.

Course	Page
Arm Chair Traveller – Revisited	12
Art Group	20
Balance 'n' Bones	8
Book Groups	19
Book to Movie	16
Calligraphy	18
Canasta	8
Critical Literacy	13
Current Affairs	9
First Aid	10
Floor Yoga	14
Forensic Document Examination	15
Fun Friendly Scrabble	11
Introduction to Computers	17
Line Dancing	16
Local History	20
Mah Jong	12
Material Crafts	14
Painting with Watercolours	16
Persian Prophets	9
Sunday Movie Matinee	21
Understanding for iPhone/iPad	15
Yoga for Seniors	11

ABOUT U3A

University of the Third Age, now abbreviated to U3A, began in 1968 in France and is a voluntary non-profit organisation which offers low cost educational and social opportunities to retirees or semi retirees.

MEMBERSHIP GUIDELINES

Mudgee District U3A connects members from within the Mid-Western Regional Council area.

No entry or exam requirements are necessary to join Mudgee District U3A.

Most classes are held during the day in NSW school terms.

Membership Fees: A sliding scale is used to determine cost of enrolment.

Term 1: \$25 **Term 2:** \$20 **Term 3:** \$15 **Term 4:** \$10

Membership fees cover administration, postage and insurance. There is no charge for residents of Aged Care Facilities.

Insurance is provided through Network NSW, the State's U3A 'umbrella' organisation.

Members can access a copy of the Mudgee District U3A Constitution from the website www.mudgeedistrictu3a.org.au alternatively the Constitution is available, on request, from the Committee.

Newsletters are delivered to all members either by Australia Post or email. The use of electronic mail is encouraged to help save resources.

Class attendees must have enrolled prior to attending any class.

Locating suitable premises can be difficult, therefore some courses may have a small weekly fee to help defray hall hiring costs.

In some classes provision of your own materials may be necessary and a small fee may apply to cover the cost of class notes or computer use.

Members receiving printed notes from their class Presenter will be asked to contribute to the cost of photocopying. There is no charge for notes or handouts delivered by email. Class members are under no obligation to receive notes and may decline the offer of receiving them in either format.

Morning or afternoon tea may be available at a small cost in some classes; however, individual members have the right not to participate.

There is an expectation that class members keep the Presenter informed as to intended absences or complete withdrawals. Presenters' phone numbers are published in the Program Booklet.

The official Enrolment Day is mid-January each year (9.30 - 12 noon) at the venue advertised in the Program Booklet, where most class Presenters will be available to answer questions about courses offered.

On Enrolment Day members pay the annual membership fee and enrol in the classes of their choice; however, you may join during the year. A receipt will be issued on payment.

IF ENROLLING BY MAIL: Send a completed **Enrolment Form** and **Membership Fee** and if you require a receipt please include a stamped self-addressed envelope to:

The Secretary

Mudgee District U3A

PO Box 469

Mudgee NSW 2850

CHEQUES – to be made payable to ‘Mudgee District U3A’

DIRECT DEPOSIT – Account Name: Mudgee U3A

BSB: 082-726

Account Number: 396808275

Your payment reference: Write your own name or phone number

Additional Enrolment forms are available from the Mudgee U3A website or by contacting the Membership Enquiries Committee member.

The viability of classes is dependent on sufficient registrations. Some classes have a limit due to the size of the venue, nature of the course or resources available.

In the case of oversubscription in classes with a limit on participants, the Program Coordinator and Assistant Program Coordinator will draw participants' names out of a hat. The remainder will be placed on a waiting list.

You will be notified if you have missed out on a place in the draw and have been placed on a waiting list. If places become available the waiting list will be activated in the order of the draw and you will be contacted to advise the availability to join the class.

TERM DATES 2021

Term start and end days are Monday and Friday respectively unless otherwise stated

	Long Terms	Short Terms
Term 1	February 1 - April 1 (Thursday) (9 weeks)	February 8 - March 25 (7 weeks)
Term 2	April 19 - June 25 (10 weeks)	April 26 - June 18 (8 weeks)
Term 3	July 12 - September 17 (10 weeks)	July 19 - September 10 (8 weeks)
Term 4	October 5 - December 17 (Tuesday) (11 weeks)	October 11 - December 10 (9 weeks)



CLASS VENUES

Adams Street Complex Meeting Room – 12 Adams Street, Mudgee

The Adams Street Complex consists of residences surrounding a community meeting room. This space has been made available for the use of U3A classes free of charge. Class members must park in Adams Street and take care not to impede access to driveways. Members are also asked not to park in front of the residents' garbage bins and recycle bins on garbage collection day (Monday). BE AWARE there is a NO PARKING ZONE at the entrance to the Adams Street Complex. **ADAMS ST IS CURRENTLY UNAVAILABLE DUE TO COVID-19.**

OTHER CLASS VENUES

Baptist Church	153 Bruce Road Mudgee
Club Mudgee	Cnr Mortimer and Perry Streets Mudgee
Lions Club	Showground Nicholson St Mudgee
Mid-Western Regional Library	64 Market Street Mudgee
Prince of Wales Opera House	101 Mayne Street Gulgong
Oak Tree Retirement Village	15 Meramie Street Mudgee, Caerleon Estate

SOCIAL EVENTS

The Committee will occasionally have the opportunity to organise a social event, such as a morning tea or luncheon at the end of a term.

Details of these events will be distributed to members when the booking for each event opens.

Spaces available are sometimes limited and the list of attendees is compiled based on the order in which payment is received by the organiser if the event is a prepaid event.

COURSES

MONDAY

CANASTA

CC:MC

Learn to play or brush up on your Canasta skills.

Weekly, all year including school holidays.

1.30 pm to 4.30 pm

Venue: Club Mudgee WHEN COVID RESTRICTIONS CHANGE

Starting Date: Monday February 1 (depending on club availability)

Presenter: Wendy Fuller 0428 721 648

BALANCE 'n' BONES

CC:MBB

An exercise program for active, mobile, mature aged participants. A fun workout aimed to increase flexibility, balance, coordination and bone strength.

\$2 weekly fee towards hall hire is requested.

30 participants for this group.

Weekly, long terms

9.30 am to 10.30 am

Venue: Mudgee Baptist Church

Starting Date: Monday February 1

Presenter: Sue Grant-Frost 0413 848 910

Judith Darling 0431 551 596

Parking is only available at the back of the Mudgee Baptist Church. Please use the back car park entry to the venue.

MONDAY

CURRENT AFFAIRS

CC:MCA

Discussion of news events from Australia and around the world.

Group limited to 12 participants.

Weekly, short terms

9.30 am to 11.00 am

Venue: ZOOM until safe to return to Adams Street

Starting Date: Monday February 8

Presenter: Tony Shaw

0418 216 219

*Nostalgia is like a grammar lesson: you
find the present tense, but the past perfect.
Owen Lee Pomeroy*

PERSIAN PROPHETS

CC:MPP

The historical events of the founders of the Baha'i Faith and their early followers.

Fortnightly, 2nd and 4th Mondays, short terms

11.45 am to 1.15 pm

Venue: TBA

Starting Date: Monday February 8

Presenter : David Bailey

6372 1812

MONDAY

FIRST AID TRAINING

CC:MFA

Three explanatory First Aid sessions, on health and first aid delivered by NSW First Aid, Mudgee.

Topics selected are aimed to cover areas that U3A members would find interesting and informative.

There is no additional cost to members of U3A and no examination.

This is a continuation of the course started in 2020.

Short Course three sessions initially

1.00pm to 3.00pm

Venue: Oak Tree Retirement Village

Dates:	Monday	February	15
		March	29
		May	10

Presenter: Karl Fletcher

6372 3888

They say that age is all in your mind.
The trick is keeping it from creeping
down your body.

TUESDAY

YOGA FOR SENIORS

CC:TYS

Seated/standing Yoga for Seniors with health challenges.
\$2 weekly fee each week towards hall hire is requested.
This class is run on a timber floor so grip socks are necessary.

Weekly, long terms

10.00 am to 11.00 am

Venue: Mudgee Baptist Church

Starting Date: Tuesday February 2

Parking is only available at the back of the Mudgee Baptist Church.
Please use the back car park entry to the venue.

Presenter: Kay Dickinson

0405 182 101

*Everyone has a photographic memory,
some people just don't have film.*

FUN FRIENDLY SCRABBLE

CC:TFS

Two or three people having a laugh over words.

Weekly, long terms

10.00am to 11.30 am

Venue: 21 Winbourne St. Mudgee

Starting Date: Tuesday February 2

Presenter: Barbara Vickary

0404 921 639

TUESDAY

ARMCHAIR TRAVELLER , REVISITED

CC:TAT

Revisiting destinations explored previously. Possibilities include: The Arctic and Greenland, Iceland, North East India, Ecuador, Galapagos Islands.

Short Course weekly for 4 sessions

2.00 pm to 3.30 pm

Venue: TBA

**Dates: Tuesday February 9
February 16
February 23
March 2**

Presenter: Heather Rushton 0428 721 244

MAH JONG

CC:TMJ

Mah Jong is originally a Chinese game played with tiles. It is very similar to Gin Rummy. A card version of the game is also possible. Beginners are welcome.

Weekly, long terms

2.00 pm to 4.00 pm

Venue: Lions Club Room - Showground

Starting Date: Tuesday February 2

Presenter: Nancy Rangj 6372 0807

TUESDAY

CRITICAL LITERACY

CC:TCL

'Fake News' misinformation, manipulated images. We are bombarded with visual, spoken and written messages every day. How do we sort out the 'real' from the 'not so real'?

Short Course weekly for 4 sessions

2.00 pm to 3.30 pm

Venue: TBA

**Dates: Tuesday April 20
April 27
May 4
May 11**

Presenter: Heather Rushton 0428 721 244

WEDNESDAY

MATERIAL CRAFTS

CC:WMC

Do you like to knit, crochet, embroider, do patchwork.....or would you like to learn? The Material Crafts group allows you to meet like-minded people who love to share their skills and ideas and give helpful hints, swap ideas and patterns as they work on their own small hand-worked pieces.

Weekly, long terms

9.45 am to 12 noon

Venue: Mudgee Baptist Church meeting room

Starting Date: Wednesday February 3

Presenter: Joan Harris

0488 503 180

FLOOR YOGA

CC:WFY

Floor Yoga with the aid of a chair for strength and balance.

\$2 weekly fee towards hall hire is requested.

This class is run on a timber floor so grip socks are necessary.

A floor mat or towel is also required.

Weekly, long terms

10.00 am to 11.00 am

Venue: Mudgee Baptist Church

Starting Date: Wednesday February 3

Parking is only available at the back of the Mudgee Baptist Church. Please use the back car park entry to the venue.

Presenter: Kay Dickinson

0405 182 101

WEDNESDAY

FORENSIC DOCUMENT EXAMINATION

CC:WFD

Forensic Document Examiner Chris Anderson will detail the types of examinations he undertakes and the equipment used. He will present a series of case studies and a brief look at other types of examinations.

Short Course weekly for 2 sessions

10:00 am to 11:30 am

Venue: Oak Tree Retirement Village

**Dates: Wednesday March 24
June 16**

Presenter: Chris Anderson

0428 721 244

UNDERSTANDING YOUR IPHONE/IPAD

CC:WUI

Learn the basics of using your iPhone or iPad. Nothing is assumed. You will learn how to turn it on, the basics of how to use it, and be introduced to some of the popular Apps.

Short Course – 5 sessions only

11:00 am to midday

Venue: Prince of Wales Opera House – Gulgong

**Dates: February 3
February 10
February 17
February 24
March 3**

Presenter: Scott Etherington

0408 726 722

WEDNESDAY

PAINTING WITH WATERCOLOURS

CC:WPW

Expand your vision through art. Guidance is offered with watercolours, but participants work with a variety of mediums (not oils), depending on personal projects. Enjoy an afternoon of mixing ideas as well as colours. \$2 weekly fee each week towards hall hire is requested.

Weekly, long terms

2.00 pm to 4.00 pm

Venue: Mudgee Baptist Church

Starting Date: Wednesday February 3

Presenter: Thelma Beechey 6372 3432

Parking is only available at the back of the Mudgee Baptist Church.
Please use the back car park entry to the venue.

BOOK TO MOVIE

CC:WBM

Enjoy watching movies based on published books.

No need to have read the book beforehand. A discussion over tea and coffee afterwards, time permitting.

Monthly – 1st Wednesday of the month

1:30 pm to 4.00 pm

Venue: Mid-Western Regional Library training room

Dates : **February 3 March 3**
 May 5 June 2
 August 4 September 1
 October 6 November 3 December 1

There is no session in April or July due to school holidays.

Presenter: Sally Colley 0427 874 096

THURSDAY

INTRODUCTION TO COMPUTERS

CC:THI

Learn how to confidently turn on your computer and how to access email and the internet.

Participants must have their own laptop with Windows system.

Short Course weekly for 4 sessions

9.30 am to 11 am

Venue: TBA

**Dates : Thursday February 11
February 18
February 25
March 4**

Presenter: Ray Parle

0439 735 424

LINE DANCING

CC:THL

Easy physical exercise to a range of music. Good exercise for the mind too!

Great for beginners or more experienced dancers. Comfortable, closed in shoes necessary and remember to bring water.

\$2 weekly fee towards hall hire is requested.

Weekly, long terms

10 am to 12 noon -- Beginners until 11 am

Venue: Mudgee Baptist Church

Starting Date: Thursday February 4

Presenter: Libby Dorahy

0409 605 802

Parking is only available at the back of the Mudgee Baptist Church.
Please use the back car park entry to the venue.

THURSDAY

CALLIGRAPHY

CC:THC

Turn your handwriting into something beautiful. Learn to write with precision and operating flair, using a broad-tipped pen. Class limited to 10/12

Weekly, long terms

1.30pm to 3.30 pm

Venue: TBA

Starting Date: Thursday February 4

Presenter: Andrew Matheson

0448 947 267

Looking for a course that you can do at home and at your leisure?

Are you interested in Shakespeare or playing the ukulele, Religions of the World or maybe Antarctica? What about Climate Change or Astronomy?

Check out the U3A online site: u3aonline.org.au

You can join anytime as an individual for \$30 per 12 months. Enrol in as many courses as you like once you have joined. Currently there are 76 courses to choose from ranging across World Affairs and History; Nature, Writing and Creativity; Lifestyle and Science.

U3A Online is an individual, independent and autonomous U3A.

THURSDAY

BOOK GROUPS

Each month, read a book and then get together, perhaps over a relaxing coffee or tea to discuss your thoughts and opinions.

- Participants need to be a member of the Mid-Western Regional Council Library (no charge).
- A Mudgee Library borrowing fee of \$5 is payable to the Library for each book borrowed from their Book Group sets.
- Numbers are restricted to 10 participants in each group because of the number of books available.
- ***Book Groups take place on designated Thursdays, regardless of school holidays.***

Book Group 2

CC: TH2

Monthly 3rd Thursday of the month

2.00 pm to 3.00 pm

Starting Date: Thursday February 18

Mudgee Baptist Church meeting room

Presenter: Barbara Vickary 0404 921 639

Book Group 3

CC: TH3

Monthly 4th Thursday of the month

2.00 pm to 3.00 pm

Starting Date: Thursday February 25

Mudgee Baptist Church meeting room

Presenter: Sue Brierty 6372 1752

FRIDAY

ART GROUP

CC:FAR

Spend a relaxing morning painting with acrylics. Paint on anything you like – wood, metal, glass, canvas or fabric. Paint shapes, designs, scenes or animals. It is up to the individual. Enjoy good company and have some fun. Members are always happy to share their skills and tips.

Weekly, long term

10.00 am to 12.30 pm

Venue: TBA

Starting Date: Friday February 5

Contact: Cheryl New

6372 3318

LOCAL HISTORY

CC:FLH

Local Mudgee History – come along to learn about and discuss the town and its surroundings, the people and events that have made it what it is today.

Monthly – 3rd Friday of the month; short terms

Term 1 - February 19 and March 19

Term 2 - May 21 and June 18

Term 3 –August 20 and September 17

Term 4 – October 15 and November 19

Time: 2.00 pm – 3.30 pm

Venue: Mudgee Baptist Church

Presenter: Barry Wells

6373 3857

SUNDAY

SUNDAY MOVIE MATINEE

CC:SMM

Enjoy a Sunday afternoon at the movies.

3rd Sunday of the month from February to November including school holidays

2.00 pm to 4.00 pm

Venue: TBA

Starting Date: Sunday February 21

Presenter: Ann Burrows 0401 359 305

**Enrolment Day/Showcase Day
Saturday, January 16th 2021**

**Baptist Hall Bruce Road
9.30 am to 12 noon**

Please bring your Enrolment Form

**Most Presenters will be available to talk with you
about their classes**

Please park at the back of the Mudgee Baptist Church

U3A COMMITTEE 2021

President	Heather Rushton	0428 721 244
Vice President	Margaret Brennan	0427 773 238
Secretary (acting)	Heather Rushton	0428 721 244
Treasurer	Ray Parle	0439 735 424
Program Coordinator	Janet Duffy Margaret Brennan	0419 989 322 0427 773 238
Publicity Officer	Debrah McGarrigle	0402 037 181
Events Coordinator	Debrah McGarrigle	0402 037 181
Welfare Officer	Nancy Chapman	0490 058 362
Membership Enquiries	Kaisa Giles	0438 004 018
Committee Members	Barbara Vickary Susanne Scholes Cheryl Russell	0404 921 639 6373 1394 0407 915 277
Website Manager	David Price www.mudgeedistrictu3a.org.au	

*Happiness is good health and a bad
memory.
Ingrid Bergman*