

**MUDGE
DISTRICT
U3A
2023
PROGRAM BOOKLET**



Come and join the journey of life-long learning



KILDALLON
EDUCATION CENTRE

WELCOME

The 2022-2023 Mudgee District U3A Committee is pleased to present the Program Booklet for 2023.

2022 has seen some disruptions to some courses but overall, all courses proceeded;

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 14th 2023**

**Kildallon
70 Court Street
Mudgee
9.30 am to 12 noon**

Please bring your Enrolment Form

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

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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 1,2,3,4:	\$30
Term 2,3,4:	\$25
Term 3,4:	\$20
Term 4 only:	\$15

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.

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 no cost in some classes; however, could you please bring a cup or mug. 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.

At the official Enrolment Day on Saturday 14 January 2023 (9.30am - 12 noon 70 Court Street Mudgee NSW 2850) 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
Kildallon
70 Court Street
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, nature of the course or resources available.

In the case of oversubscription in classes with a limit on participants, the Program Coordinators 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 2023

Term 1	Feb 7	April 6
Term 2	April 24	June30
Term 3	July 17	September 22
Term 4`	October 9	December 15

CLASS VENUES

Most classes will be held at **KILDALLON: EDUCATION CENTRE**
Kildallon is located on the former TAFE site, 70 Court Street, Mudgee. Some presenters have negotiated for other locations, as shown below. Kildallon is the name of the original Kellett residence on this site. We have two single and two double classrooms, along with storage facilities and an office. There is onsite parking, but members are requested to **not park on grassed areas**. Wifi, power, toilets, and in time, an area where members may have facilities for morning or afternoon tea are available.



Other venues are those listed below

Baptist Church	153 Bruce Road Mudgee
Prince of Wales Opera House	101 Mayne Street Gulgong

“I am still learning”

Michelangelo at age 87

Learning never exhausts the mind”

Leonardo da Vinci

COURSES

MONDAY

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.

Max 24 participants for this group.

Weekly

9.30 am to 10.30 am

Venue: Kildallon 70 Court St Mudgee

Start Date: Monday February 6

End date: Monday December 11

Presenters: Sue Grant-Frost 0413 848 910

Judith Darling 0431 551 596

UNDERSTANDING YOUR IPHONE/IPAD

CC: MUI

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: 7 Sessions

Weekly for 7 weeks

10:00 am to 12pm

Venue: Prince of Wales Opera House – Gulgong

Dates: Monday February 6

End date: March 20

Presenter: Scott Etherington 0408 726 722

CURRENT AFFAIRS

CC: MCA

Discussion of news events from Australia and around the world.

Group limited to 12 participants and will be held via Zoom

Weekly

10.00 am to 11.30 am

Venue: Three (3) ZOOM meetings each month with a meeting in person on the fourth Monday at a coffee shop, preferably outside, as it is perceived as a lower covid risk

Start Date: Monday February 6

End Date: Monday December 11

Presenter: Tony Shaw 0418 216 219

CREATIVE WRITING FOR FUN

CC:MCW

This is a course for people who like telling stories and reading short stories and who would like to explore some ways to write for themselves. In this short course participants will learn about the rules of story structure and how to break them, they will participate in activities to develop vibrant characters and play with words as well as finding the styles of story telling that suite them best. The goal is to enjoy the process, to reflect on our own writing and share if we choose.

Weekly during Term 1

12:00am – 1:00pm

Venue: Kildallon 70 Court St Mudgee

Start Date Monday Feb 6

End Date Monday April 6

Presenter: Jen Davies 0407 254 524

CRIME FICTION: Cosy School & Closed Room

CC: MCF

Crime fiction is one of the most popular genres widely read by people of all ages and backgrounds. This course will explore the origins of crime fiction and focus of Cosy School crime texts from writers like Agatha Christie and PD James. We will consider developments in Closed Room writing like the development of historical mysteries and some modern ways to restrict the pool of suspects. There's lots of opportunity to consider the detectives and the clues and ponder why we love a good murder. There wont be a "set text" list, instead we will draw on your reading

Weekly during Term 1

10:00 – 11:00

Venue: Kildallon 70 Court St Mudgee

Start Date Monday Feb 6

End Date Monday April 6

Presenter: Jen Davies 0407 254 524

TRIVIA

CC: MTR

Fancy yourself to be a trivia buff? It's time to test your knowledge with fun trivia questions of a wide range if categories from geography, history, health, cooking, animals, society and culture, games and riddles to music and literature. Form a team or play by yourself. There may be prizes!

Fortnightly during Term 1

2pm to 3pm

Venue: Kildallon 70 Court St Mudgee

Start Date Monday 6 Feb

End Date Monday April 3

Presenter: Cheryl Russell 0407 915 277

*"Learning is a treasure that will follow its owner
everywhere"*

Chinese proverb

MEDIEVAL HISTORY

CC:MMH

The Medieval period lasted from about CE 500 to CE 1500. We will look at the mindset of the medieval world superstitions and beliefs, the feudal system, castles, knights, crime and punishment, witches, food and feasting, health, hygiene and death (esp the Black Death).

Weekly during Term 2

2pm to 3pm

Venue: Kildallon 70 Court St Mudgee

Start Date Monday 24 April

End Date Monday 22 May

Presenter: Cheryl Russell 0407 915 277

THE TUDORS

CC: MTT

1485-1603 was one of the most remarkable periods in English History. This was the time of the Tudors, Henry VII, Henry VIII, Edward VI, Mary I Elizabeth I. Power struggles, religious upheaval, intrigue, and a beheading or two.

It all happened in the Tudor period

Weekly during Term 2

2pm to 3pm

Venue: Kildallon 70 Court St Mudgee

Start Date Monday 29 May

End Date Monday 26 June

Presenter: Heather Rushton 0428 721 244

CRIME FICTION: Modern Developments & True Crime

CC:MTC

Crime fiction is one of the most popular genres, widely read by people of all ages and backgrounds. In this course we will explore the changes made to the genre by police procedural texts like those of Colin Dexter and Ian Rankin. We can consider the development of grittier forms of the genre including Forensic Crime Texts and Nordic Noir, as well as considering whether True Crime stories are actually crime fiction. Again, we will look at the nature of the detectives and the clues and draw some conclusions about what the love of crime texts suggests about society. There is the potential to be flexible and meet the reading interests of the group. While I may ask the participants read something by a particular author or in a particular style, I don't want to dictate a list of "set texts"

Weekly during Term 4

2:00 – 3:00

Venue: Kildallon 70 Court St Mudgee

Start Date Monday Oct 9

End Date Monday Dec 11

Presenter: Jen Davies 0407 254 524

SMALL CHORAL GROUP FOR WOMEN

CC: MCG

Can you sing? U3As's small choral group for women-Cantobella- is looking for new members, particularly altos. Some previous choir experience is preferable as applicants need to be able to hold a part.

Weekly 4:00pm

Venue: Kildallon
Start: February 6
End Date: December 11
Presenter: Jenny Davenport 0437 080 900

TUESDAY

YOGA FOR SENIORS

CC: TYS

Seated/standing Yoga for Seniors with health challenges.
Even though the floor is carpeted grip socks may be necessary.

Weekly

10.00 am to 11.00 am

Venue: Kildallon 70 Court St Mudgee
Start Date: Tuesday February 7
End Date: Tuesday December 12
Presenter: Kay Dickinson 0405 182 101

FIRST AID TRAINING

CC: TFA

Four 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.

Four sessions: One each Term

10.00pm to 11.00pm

Kildallon 70 Court St Mudgee

Dates: February 7, May 2, July 18, October 10.

Presenter: Karl Fletcher 6372 3888

MAH JONG WESTERN STYLE

CC: TMJ

An updated version of the Chinese game. Lots of fun and mental exercise. Beginners are welcome.

Weekly

2.00 pm to 4.00 pm

Venue: Kildallon 70 Court St Mudgee
Start Date: Tuesday February 7
End Date: Tuesday December 12
Presenter: Nancy Rangì 6372 0807

BRAIN TICKLERS**CC:TBT**

Designed to have fun, it encourages social interaction to solve a variety of activities eg codes, word puzzles, lateral problems, riddles.

Term 3 Weekly**10:00 to 11:00 am****Venue: Kildallon 70 Court St Mudgee****Start Date: 18 July****End Date: 19 September****Presenter: Janet Duffy 0419 989 322****PERSIAN PROPHETS_****CC: TPP**

The historical events of the founders of the Baha'i Faith and their early followers. A trip through Eastern and Western history.

Fortnightly, 2nd and 4th Tuesday of each month**11.45 am to 1.15 pm****Venue: Kildallon 70 Court St Mudgee****Start Date: Tuesday February 7****End date : Tuesday December 12****Presenter: David Bailey 6372 1812****ARMCHAIR TRAVELLING AGAIN****CC:TAT**

After a two-year hiatus it is time to get moving again. New destinations to explore with Australia and beyond. Guest presenter for the fourth session -stay tuned!!

Short course: 4 Sessions**2:00pm to 3:00pm****Kildallon 70 Court St Mudgee****Start 7 Feb****End Date: 28 Feb****Presenter: Heather Rushton 0428 721 244****SING SHARE & LISTEN****CC:TSS**

Singing by popular request, share a song or musical piece, listen to others choices

1:30 to 2.30 pm**Venue: Kildallon 70 Court St Mudgee****Start Date: Tuesday February 7****End date : Tuesday April 4****Presenter: Andrea Sauerbier 0417 423 830**

CONSUMER RIGHTS FOR SENIORS

CC:TCR

NSW Fair Trading will be presenting a one (1only) seminar on consumer rights for senior citizens.

Topics include:

- shopping rights
- scam awareness
- buying and maintaining a car
- resolving renting Issues
- strata living
- moving to a retirement village
- travelling con men and women (eg I can clean you roof cheaply)
- planning ahead (eg inheritance, finance
- organising a funeral,
- making a will,
- making a complaint about a service provider or Government Department

Start: 7 March 11:00am
Venue: Kildallon 70 Court St Mudgee
Enquiries Please contact Cheryl Russell 0407 915 277

WEDNESDAY

FLOOR YOGA

CC: WFY

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

Even though the floor is carpeted grip socks may be necessary.

A floor mat or towel is also required.

Weekly

10.00 am to 11.00 am

Venue: Kildallon 70 Court St Mudgee

Starting Date: Wednesday February 8

End Date: Wednesday December 13

Presenter: Kay Dickinson 0405 182 101

INTRODUCTION TO COMPUTERS

CC:WIC

This is a short course to develop skills with file management and the basics as well as some of the mysteries of MS Word and if time permits MS Excel.

Participants will need access to a Laptop with MS Word and Excell

Weekly for 4 weeks

10 am to 11 00

Venue: Kildallon

Start Date: Wednesday February 15

End date: Thursday March 8

Presenter: Steve Russell 0414 327 858

CREATIVE PAPER FOLDING

CC:WCP

Fold paper to sculpt a piece of art/talking point for your house. Enjoy a couple of hours each week creating works of art through paper folding and moulding.

Projects could include a flower arrangement, a bowl of spheres, balls or pine cones, a free standing (or hanging) folded book, simple paper Christmas ornaments.

Weekly during May

10:00 am to 12:00

Venue: Kildallon 70 Court St Mudgee

Dates: Wednesday May 3, May 10, May 17, May 24

Presenters: Jenny Davenport 0437 080 900
Sally Colley 0427 874 096

BEGINNERS KNITTING AND CROCHET

CC:WKC

Improve your skills. A course for beginners to experts

Weekly 2:00 to 4:00

Venue: Kildallon

Start Date: April 24

End Date: September 22

Presenter: Maureen Brummell 0413 487 835

MICROWAVE MADE EASY

CC:WME

One session only, Recipes, handy hints and good food using your microwave will be demonstrated. Beverley will be making soup, main course and desert. Recipes will be given out and food sampled. \$10 to be paid on the day to cover ingredients, utensils, paper napkins etc.

10 am to 1 00pm

Venue: Kildallon

Start Date: Wednesday May 31

Limit of 15 participants

Presenter: Beverley Larden 0407 484 747

WATERCOLOUR ART

CC: WWA

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. Encouragement is offered at all times to improve.

Weekly

2.00 pm to 4.00 pm

Venue: Kildallon 70 Court St Mudgee

Start Date: Wednesday February 8

End date: Wednesday December 13

Presenter: Shirley Fisher 0402 864 745

CHRISTMAS TABLE DECORATIONS

CC:WTD

A relaxed atmosphere in which to create a table decoration with help if you need it.

Short course, weekly three sessions

10am – 12pm

Venue: Kildallon 70 Court St Mudgee

Dates: November 8

November 15

November 22

Presenter: Jenny Davenport

0437 080 900

THURSDAY

QUILTING & HANDICRAFTS

CC:ThQ

This course is for the experienced or beginners who are interested in handicrafts such as quilting by hand or machine, embroidery etc. Members are encouraged to bring their own projects and UFOs to work on. Knowledge and skills shared in a fun, friendly and informal group

Fortnightly 2nd and 4th Thursday of the month

10am – 12.30pm

Venue: Kildallon 70 Court St Mudgee

Start date: Thursday 23 February

End date: November 23

Presenter

Kaisa Giles

0448 339 520

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 donation towards hall hire is requested.

Weekly.

10 am to 12 noon

Beginners until 11 am

Venue: Mudgee Baptist Church

Start Date: Thursday February 9

End date: Thursday December 14

Presenter:

Libby Dorahy

0409 605 802

*“Develop a passion for learning. If you do you will never
cease to grow”*

Anthony J. D'Angelo

WHAT DO YOU KNOW ABOUT ...

CC:ThWD

A walk-through interesting people and events. We might investigate the Ming Dynasty, Joan of Arc, the Crusade Wars Australian Mega fauna or none of the above

Short course in weeks 2 and 3 of each Term, 8 sessions in total

2pm – 3.30pm

Venue: Kildallon 70 Court St Mudgee

Dates : March 9 & 16
 June 8 & 15
 September 14 & 21
 December 7 & 14

Presenters: Janet Duffy and Marianne Matthews 0419 218 648

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 Group 2

CC: Th2

Monthly 3rd Thursday of the month

11am to 12:00 pm

Start Date: Thursday February 16

End date: November 17

Venue: Kildallon 70 Court St Mudgee

Presenter: Barbara Vickary 0404 921 639

Book Group 3

CC:Th3

Monthly 4th Thursday of the month

2.00 pm to 3.00 pm

Start Date: Thursday February 23

End date: November 23

Venue : Kildallon 70 Court St Mudgee

Presenter: Sue Brierty 6372 1752

“The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live”

Mortimer Adler

FRIDAY

THAI CHI

CC:FTC

Thai Chi is good for overall health especially balance, slowing the mind and relaxation. Patricia has 10 year experience teaching Thai Chi

Weekly 10:00 am – 11:00 am

Venue: Kildallon 70 Court St Mudgee

Start date: 3 Feb

End date: 30 June

Presenter: Patricia Robinson 0478 397 357

THE WONDER OF THE COLOURED PENCIL

CC:FCP

We will explore ways of creating images using the humble coloured pencil. Bring your own pencils – water colours , pastels and ordinary old coloured pencils.

Short course: 10:00 am – 11:30 am

Venue: Kildallon 70 Court St Mudgee

Start date : 3 Feb

End Date: 24 Feb

Presenter: Marianne Matthews 0419 218 648

A SHORT TASTER OF CALLIGRAPHY

CC:FTC

A short taster course in the most popular calligraphy fonts including Gothic, Italic, Uncial, Copperplate and Humanistic. Each session will explore the font and use it in a small project. You will need a calligraphy marking pen (easier to use than a fountain pen); Staedtler Calligraphy Duo are available at the newsagents and have 2 tips... 2.0mm and 3.5mm. It is also handy to have some lined paper, small music exercise books are ideal.

Weekly 10:00 – 11:30

Start Date: April 28

End date: May 26

Presenter: Marianne Matthews 0419 218 648

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. We are currently negotiating the hire of a minibus to enable Barry to show us points of interest in Mudgee, eg hotels, bridges, significant residences and locations. There may be a small cost involved and will be held on one of the dates below (advice will be provided ASAP).

Monthly 3rd Friday of the month.

Term 1 - February 17 and March 17

Term 2 - May 19 and June 16

Term 3 –August 18 and September 15

Term 4 – October 20 and November 17

Time: 2.00 pm – 3.30 pm

Venue: Kildallon 70 Church St Mudgee

Presenter: Barry Wells 6373 3857

**Enrolment Day/Showcase Day
Saturday, January 14th 2023**

**Kildallon
70 Court Street
Mudgee
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 in defined spaces **not the Grass***

For further information please contact:

Barbara barb48.bv@gmail.com

Cheryl chezza2229@gmail.com

U3A COMMITTEE 2023

President	Heather Rushton	0428 721 244
Vice President	Barbara Vickary	0404 921 639
Secretary	Stephen Russell	0414 327 858
Minutes Secretary	Marianne Matthews	0419 218 648
Treasurer	Janet Duffy	0419 989 322
Assistant Treasurer	Susanne Scholes	6373 1394
Program Coordinators	Cheryl Russell Barbara Vickary	0407 915 277 0404 921 639
Publicity Officer	Liz McNamara	0434 400 815
Events Coordinator	Debrah McGarrigle	0402 037 181
Welfare Officer	Nancy Chapman	0490 058 362
Membership Enquiries	Barbara Vickary	0404 921 639
Website Manager	David Price www.mudgeedistrictu3a.org.au	