

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. This program is endorsed by NSW Health.

Weekly

9.30 am to 10.30 am.

Venue: Kildallon

Start Date: Monday February 5

End date: Monday December 9

Maximum Number of Participants: 28

Presenter: Sue Grant-Frost

0439 697379

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. Learn how to take photos, send/receive text messages and all other features of your device. *Course not suitable for non-Apple devices.*

Short Course: 7 Sessions

Weekly for 7 weeks

3:00pm to 4:00pm

Venue: Prince of Wales Opera House – Gulgong

Start Dates: Monday February 5

End date: Monday March 11

Maximum Number of Participants: 15

Presenter: Scott Etherington

0408 726 722

PEOPLE WHO MADE A DIFFERENCE

CC:MPD

We live relatively comfortable lives, but how much do we know about the people whose hard work, persistence and inventiveness led to changes that make our lives easier? This course is an opportunity to explore the lives and impact of some of these people. It largely focuses on changes from Europe in the 18th and 19th centuries. If you have survived an operation, voted, worn clothing made of woven fabric or read a book then these people have affected your life. Come and learn more about them.

Weekly during Term 1

11:00am – 12:00pm

Venue: Kildallon

Start Date Monday 5 February

End Date Monday 8 April

Maximum Number of Participants: 20

Presenter: Jen Davies

0407 254 524

IN PRAISE OF QUIET COURAGE

CC: MQC

History books are full of the stories of ambitious people, kings and queens, military leaders and politicians, many of them lauded as heroes. But those are only some of the stories. Throughout history there are also many people who showed amazing courage without a thought of glory. They are “ordinary” people who make difficult decisions, showed courage or spoke up when others didn’t. Many of these are people we often don’t know a lot about, though we may remember their names. Come and learn more about them.

Weekly during Term 4

11:00 – 12:00

Venue: Kildallon

Start Date Monday 14 October

End Date Monday 16 December

Maximum Number of Participants: 20

Presenter: Jen Davies

0407 254 524

“Learning is a treasure that will
follow its owner everywhere”

Chinese proverb

A SHORT SPRINT THROUGH HUMANITY'S LONG HISTORY**CC:MSS**

What stimulated the West's emergence from the Dark Ages? It could not and did not miraculously "pick itself up by its bootstraps". The West was gifted millennia of civilization in the making - one chapter building on others in the "book" of humanity's development to great an ever-advancing civilization.

Weekly during Term 1**2:00 pm – 3:30pm****Venue: Kildallon****Start Date Monday 5 February****End Date Monday 8 April****Maximum Number of Participants: 30****Presenter Louise Windeyer****0428 727 882****THE STUARTS****CC:MTS**

Following the Tudors came the Stuarts (1603 – 1714). It was a period marked by conflict between the King and Parliament, resulting in a Civil War and a gradual shift in power away from the monarch.

2:00 pm – 3:30pm**Venue: Kildallon****Start Date Monday 22 July****End Date Monday 23 September****Maximum Number of Participants: 30****Presenter: Heather Rushton****0428 721 244****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. The ability to read music is an advantage. We sing mostly three- and four-part harmonies unaccompanied.

Weekly 4:00pm – 5:30pm**Venue: Kildallon****Start: Monday 30 January****End Date: Monday 16 December****Maximum Number of Participants: No maximum****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 are advised.

Weekly

10.00 am to 11.00 am

Venue: Kildallon

Start Date: Tuesday January 30

End Date: Tuesday December 10

Maximum Number of Participants: 14

Presenter: Kay Dickinson 0405 182 101

THE CURIOUS SCIENTIST

CC:TCS

Morning tea focusing on the curious aspects of science. Starting with the eye on 5 March we look at why we can't believe what we see. Other topics will be advised closer to the dates.

One session per term

5 March, 7 May, 6 August

10:00 – 11:00

Venue: Kildallon

Start Date: Tuesday 5 March

Maximum Number of Participants: 500

Presenter: David McLennan 0429 360 121

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

Start Date: Tuesday February 6

End Date: Tuesday December 12

Maximum Number of Participants: 15

Presenter: David Bailey 6372 1812

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****Start Date: Tuesday February 6****End Date Tuesday December 10****Maximum Number of Participants: 20****Presenter: Sue Grant-Frost 0439 697 379****FORENSIC DOCUMENT EXAMINATION****CC:TFD**

This informative two-part talk starts by defining forensic science, then delves into what is forensic science, briefly touching on relevant legal aspects. Part of this discussion considers the role forensic science played and the mistakes made in the original conviction of Lindy Chamberlain and subsequently its overturning by a Royal Commission.

The second part of the talk delves into the field of forensic document examination. It details the types of examinations undertaken by the forensic document examiner and the equipment used in these examinations. A series of case studies will be used to illustrate the different classes of signature examinations, which help facilitate an overview of signature and handwriting examinations. Lastly there will be a brief look at other types of examinations including limitations imposed on an examination using printed and photocopy documents.

11.00 am to 12.00 am**Venue: Kildallon****Start Date: Tuesday 23 July****End Date: Tuesday 30 July****Maximum Number of Participants: 20****Presenter: Chris Anderson 0418 269 941**

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

Start Date: Wednesday January 31

End Date: Wednesday December 11

Maximum Number of Participants: 12

Presenter: Kay Dickinson

0405 182 101

MINDFULNESS and MEDITATION

CC:WMM

Learn and practise mindfulness techniques for everyday life; breathing, EFT (anxiety relief), Brain Gym, Laughter Yoga and meditation.

Weekly for 6 weeks each term.

T1 7 Feb- 13 March

T2 1 May – 5 June

T3 24 July – 28 August

T4 16 October -20 November

12 am to 2:00pm

Venue: Kildallon

Start Date: 7 Feb

Maximum Number of Participants: 20

Presenters: Loretta Prowse

0487 248 955

SIMPLE 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 and wreaths.

10:00 am to 12:00

Venue: Kildallon

Start Date: 8 May, 15 May, 22May.

Maximum Number of Participants: 10

Presenters: Jenny Davenport

0437 080 900

KNITTING AND CROCHET**CC:WKC**

Improve your skills in both knitting and crotchet A course for beginners to experts. All welcome!

Weekly 2:00 to 4:00**Venue: Kildallon****Start Date: Wednesday May 1****End Date Wednesday September 25****Maximum Number of Participants: 10****Presenter: Maureen Brummell 6373 3302****WATERCOLOUR ART****CC: WWA**

Expand your vision through art. Guidance is offered with watercolours, pencil, or acrylics 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 always offered to improve. The following materials will enhance your enjoyment of this course:

- Paper tape to tape the paper to a backing board.
- An old towel to wipe brushes.
- A roll of paper towels for removing excess water from a painting.
- A palette or white china plate. Any dried paint left on these can be reused by applying water.
- A 2B pencil for drawing (don't have to press hard with a 2B)
- A putty eraser to remove the pencil lines (kneaded to keep it clean)
- A spray bottle with a fine spray to keep your painting damp.
- A ruler for marking distances and perspectives.
- A pipette/dropper to add a few drops to your paint.

A gold coin donation to purchase additional materials would be appreciated.

Weekly**2.00 pm to 4.00 pm****Venue: Kildallon****Start Date: Wednesday February 8****End Date: Wednesday December 13****Maximum Number of Participants: 20****Presenter: Shirley Fisher 0402 864 745**

CHRISTMAS TABLE DECORATIONS

CC:WTD

A fun three sessions making tree decorations, bonbons and wreaths for Christmas celebrations.

Short course, weekly three sessions

10am – 12pm

Venue: Kildallon

Dates: November 6

November 13

November 20

Maximum Number of Participants: 10

Presenter: Jenny Davenport 0437 080 900

Sue Brierty 0488 660 308

To cover costs a gold coin donation would be appreciated.

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, sewing, embroidery, crochet 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

Start Date: Thursday 22 February

End Date: November 28

Maximum Number of Participants: 10

Presenter Kaisa Giles 0438 004 018

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 1****End Date:** **Thursday December 19****Maximum Number of Participants: 37****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

Continuing our interactive social history-based sessions. We may investigate megafauna or renaissance or Tahiti or

Short course in weeks 2 and 3 of Terms 1, 2 and 4

2pm – 3.30pm

Venue: Kildallon

Dates : March 14 & 21

June 13 & 21

November 14 & 21

Maximum Number of Participants: 73

Presenters: Janet Duffy 0419 989 322

WEAVING FROM NATURE

ThW

Create baskets, wall art or wreaths from grass, leaves and vines. A small charge of \$3 to cover needles and raffia, everything else is supplied. Just bring your Imagination.

Weekly 2:00pm – 4:00pm

Venue: Kildallon

Start Date: 8 February

End Date: 29 February

Maximum Number of Participants: 8

Presenter: Margaret Rookledge 0428 294 047

A JOURNEY FROM POLAND TO MUDGEES

ThJP

My Polish parent's experiences during World War 2, their immigration to Australia, their lives in Sydney. My husband, Stan's arrival in Australia, our experiences with The Department of Immigration, our life in Sydney and arrival in Mudgee.

Once only Presentation

10:00 – 11:00

Venue: Kildallon

Start Date: 5 September 2024

Maximum Number of Participants: 20

Presenter: Erica Wojciechowski 0419 406 865

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

Venue: Kildallon

Start Date: Thursday February 15

End date: Thursday November 21

Maximum Number of Participants: 10

Presenter: Barbara Vickary

0404 921 639

Book Group 3

CC:Th3

Monthly 4th Thursday of the month

2.00 pm to 3.00 pm

Venue: Kildallon

Start Date: Thursday February 5

End Date: Thursday November 21

Maximum Number of Participants:10

Presenter: Sue Brierty

0488 660 308

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

FRIDAY

TAI CHI Beginners

CC:FTB

Tai Chi is good for overall health especially balance, slowing the mind and relaxation. Patricia has 11 years of experience teaching Tai Chi.

Weekly: 11:00 am – 12 pm

Venue: Kildallon

Start date: 2 February.

End date: 13 December

Maximum Number of Participants: 15

Presenter: Patricia Robinson 0478 397 357

TAI CHI Advanced

CC:FTA

Tai Chi is a form of slow exercise and relaxation.

Weekly: 9:30 am – 10:30 am

Venue: Kildallon

Start date: 2 February.

End date: 13 December

Maximum Number of Participants: 15

Presenter: Patricia Robinson 0478 397 357

THE WONDERFUL WORLD OF THE COLOURED PENCIL CONTINUES

CC:FCP

Explore the world of coloured pencils and their special qualities. Bring your own pencils. We will be completing one work per session.

Short course: 10:00 am – 11:30 am

Venue: Kildallon

Start date: 1 March

End Date: 22 March

Maximum Number of Participants: 12

Presenter: Marianne Matthews 0419 218 648

ARTISTS WHO CHANGED OUR WORLD**CC:FAC**

A look at twelve (12) artists who changed the way we see our world. We will investigate form, paint, expression, and message. Is an adventure in the wonderful world of visual arts history.

Weekly **10:00 am – 11:00 am**
Venue: **Kildallon**
Start Date: **May 3**
End date: **May 24**
Maximum Number of Participants: 20
Presenter: **Marianne Matthews 0419 218 648**

TRIVIA**CC: FTR**

Fancy yourself to be a trivia buff? It's time to test your knowledge with fun trivia questions of a wide range of 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 2**2pm to 3pm**

Venue: **Kildallon**
Start Date **Friday 3 May**
End Date **Friday 5 July**
Maximum Number of Participants: 20

Presenter: **Cheryl Russell** **0407 915 277**

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 – 16 February, 15 March
Term 2 – 17 May, 21 June
Term 3 – 16 August, 20 September
Term 4 – 18 October 15 November

Time: 2.00 pm – 3.30 pm
Venue: Kildallon

Presenter: Barry Wells 6373 3857

FRIDAY NIGHT QUILTING/PATCHWORK**CC:FNP**

Come together and share skills and knowledge.

Weekly 4:30 -8:00
Venue: Kildallon
Start Date Friday 2 February
End Date 13 December
Maximum Number of Participants: 12

Presenter Maree Barnes 0437 894 250

Virtual Courses can be found at:

U3A Network NSW Inc.

Supporting our Members for over 30 years

<https://nsw.u3anet.org.au/>
