



# Goulburn Valley University of The Third Age

(For active semi-retired or retired persons of mature age)

GVU3A Hall: Esson Street, Shepparton. Postal: PO Box 14, Shepparton 3632 Phone: 58213333



WE'RE ON THE WEB - [gvu3a.com.au](http://gvu3a.com.au)

**AUGUST 2026**

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Goulburn Valley U3A  
**Use your name as reference**

## A MESSAGE FROM THE PRESIDENT

Connect Engage, Enjoy, Learn



Over the last month, winter has certainly made its presence felt, however, it is great to see that courses are still well attended despite the cold. Quite a few things have changed since July's report.

First and foremost, thanks to a community matching grant from Greater Shepparton City Council, our toilet flooring has been replaced, I would also like to thank the Council for replacing the men's toilet too. It was great to hear the positive comments about this from members, for their contribution towards improving the hall for all users. I know that some courses continued, despite the hall being closed, as some groups took the opportunity to run sessions at other venues. For example, GVU3A Melody Makers invited me to attend their Christmas in July carol singing. It was great fun and I know there is a report about it later in the newsletter.

Now to the Thank Yous

Firstly, Greg Barnes for organising speakers to come to talk about their experiences in coming to Australia. Those who attended really enjoyed the presentation.

Secondly, Ray Watt who pruned all the roses in the garden and to everyone who helped with the working bee. The garden looks much tidier, so does the hall interior. It makes the hall and grounds more welcoming for all.

The next task is to sort out the storeroom; It is overcrowded and contains many items that can be moved to the outside sheds for storage. I am asking course leaders to see what they have in this room over the next two months. After this, quite a lot of unused material will then be moved. (An example the box of the complete works of Shakespeare and a carton containing old newsletters).

On the 30th of July I will accompany Don Roberts and Marg Clarke when they are recognised as part of the Tutor Recognition program. There will be photos and reports of this event in a future newsletter. Congratulations to both Don and Marg for their work in running Bird watching so well for such a long period of time.

Even though it is only August, I would like to encourage all members to consider joining the committee. To paraphrase Mahatma Gandhi, "You must be the change you want to see in the World". I know every member has something to offer so consider joining. It is a commitment of about 2 hours every month. Everyone is welcome to come and see how the committee operates. Meetings begin 3pm on the third Wednesday of the month at the hall.

Our biennial concert will be held in October, that means you have a few months to practice a song, poem, skit etc to be performed on the night. See Greg Barnes and Carol Davidson for more information.

I look forward to seeing you at the social morning on August 4th to hear Kristy Rudd speak and will continue to visit different courses as time allows.

Livia Tiso      0467 952 159

|                                     |                                                          |
|-------------------------------------|----------------------------------------------------------|
| Social Morning<br>4th August @10 am | Guest Speaker<br>Kristy Rudd, Shepparton Heritage Museum |
|-------------------------------------|----------------------------------------------------------|

### QUIZ

The July quiz session welcomed 6 new people keen to join the regulars for some mental challenges. They quickly realised the morning also provides a heap of laughter. Our next session is on Monday 17th August from 10am until 11.30-11.45am.

Questions from the July quiz session with answers on the last page.

1. Which city will host the 2028 Summer Olympic Games?
2. Which Australian state has land borders with the most other states?
3. True or False? In Morse code 'dash-dash-dash' represents S.
4. Sigrid Thornton starred as Laura Gibson in which TV series?
5. 'Old West action' is an appropriate anagram of which actor's name?

Susan McCarten 0437 215 130 (SMS preferred)

### TAFE Talks

On July 15<sup>th</sup> four young migrant people who are studying English at TAFE, came to GVU3A and told us part of their life stories. They spoke using, PowerPoint slides and film clips, about their lives in either Syria, Afghanistan, Saudi Arabia, Pakistan, Lebanon, Jordan, Egypt etc. (they lived in more than one place). Some spoke about how they got to Shepparton and how they are adjusting to their new lives here. One person was understandably, quite upset by the oppression of women in the country from whence she came from. A couple of comments were made on how quiet it is here in Shepparton when compared to the cities in which they lived. Some commented on how they were enjoying the freedom here.

Anyway, it was interesting to see how tough life can be for some people and how resilient and stoic some people are.    Greg Barnes

### SCRIBBLERS

Every Thursday from 10.00 a.m. – 12 noon, our group enjoys a morning of drawing, chatting and being inspired by our members. With the completion of the six-week basic drawing course held in May-June, we have welcomed 10-12 new members to our group. If everyone turns up, we almost take up the whole hall once our tables and chairs are set out. Our mentors, Judy and Jill, continue to inspire and challenge us. Recently Judy asked us to all draw a small picture of a reef scene. This "top secret challenge" was to be handed in inside a brown paper bag/envelope. Judy has skilfully created two framed collages with our works, and they are currently hanging in the foyer. They look fabulous.

Kaye Faulkner

## WALK AND TALK

The walk and talk group went to Euroa in July. The group of 11 had morning tea near the large magpie named Swoop, possibly the largest magpie statue in Australia. We then did a walk along the Seven Creek. On our walk we stopped at the separation tree and plaque to commemorate the separation of Victoria, or Port Philip as it was known, from New South Wales, in July 1851. Our next pause was at the shelter tree that has a hollowed space at its base which has provided shelter for many years to people, birds and animals. To finish our walk in to town we stopped at the statues and information boards to learn a little about the 3 men who received the Victoria cross in world war one. Euroa is the only town in Australia that has 3 recipients of the Victoria Cross.



We then drove about 4 km to the Euroa arboretum for a short walk before lunch around a fire which we lit, with permission from the arboretum. To finish the day, we went to the Farmers Arms Hotel Museum.

Our next walk is on Wednesday 12 August going to Tongala to see the murals and if time and weather allows, on our return to Shepparton we will walk a part of the new pathway that links Kidstown to the west side of Mooroopna. We will meet at U3A hall at 08.45 to car share and leave at 09.00. Please bring morning tea which we will have in Tongala. We plan to be back at the hall at about 1 pm.

All welcome please join us if you are free.

Iain Jaap  
0428218229

## FRENCH

On France's National Day, Bastille Day as the rest of the world calls it, the U3A Beginners and Intermediate French classes combined to celebrate the occasion with a wonderful morning tea with many French delicacies and the singing of The Marseillaise. That was followed by watching a video of people on the streets of Paris talking about their thoughts of 'La Fête Nationale'. Then we had a short dictation on this topic. There was a further treat in store for us as Carol had prepared a PowerPoint, in French, about her recent brush with fame when she was asked to be in a new TV show. Well done Carol and thanks to our leader, Sue Birrell for all our interesting classes!

## WRITING FOR PLEASURE

Thirteen members enjoyed stories on the topics of The Volunteer and Maybe this Time.

Peter's 20 August topics are:

1. I am a nobody
2. I turned on (off) the light

Meredith's 17 September topics are:

1. A very happy event
2. That (It) did not turn out as expected

Contact: Marion MacLennan      0417 319 839.

## BIRD WATCHING

The August 19th outing will be a morning at Cussen Park, Ross Street Tatura. Please meet at the car park for a 9am departure. Please contact Don Roberts 0448 889 224 or Marg Clarke 0429 350 875

Our July outing was at the Lower Goulburn National



Park - Reedy Swamp Shepparton, it was a beautiful winter morning with lovely conditions for a recently filled wetland. We recorded 46 species some being; Chestnut Teal, Hardhead, Musk Duck, Peaceful Dove, Tawny Frogmouth, Australian Pelican, Whistling Kite, White-bellied Sea-Eagle, Crimson Rosella (Yellow Form ) Brown Treecreeper, New Holland Honeyeater, Blue-faced Honeyeater, Weebill, Pied Butcherbird, Grey Fantail, White-winged Chough, Little Grassbird and Red-browed Finch.

Photo: White-Bellied Sea Eagle



## SOCRATES CAFE

On Monday at 10 am 27<sup>th</sup> July the folk at Socrates Cafe will be discussing "Love". Is it an emotion, an action or a choice or all three. Some questions we might talk about are as follows: Can you really love your Country? Do women tend to be more pragmatic and cautious about love? If so, why? Can love exist without compromise? Can you really love God? Is unconditional love actually real? When you take on the interests and well-being of a partner, do you lose your individual sense of self? Is love ultimately a form of selfishness? Can you love someone without truly knowing yourself? Is there a destined partner for everyone, or is love entirely a matter of timing, proximity, and chance? If you love someone based on their qualities (like kindness or humour), what happens to love if those qualities change or fade? What is the scariest part of being deeply in love with someone? Is love a state in which a person see things as they are not? Are unhappy marriages not due to a lack of love, but rather a lack of friendship? Does romantic love manifest as a desire to possess and control another person completely, making it more akin to greed than selflessness? Chaucer and Shakespeare said love is blind. Are they correct?

Come along and if you don't have a heart of stone, feel the love.

On Monday 24<sup>th</sup> August we will discuss (though this topic is not set in stone) "Is education in Victoria really indoctrination? If so, is that a problem?"

Greg Barnes

## MONDAY LUNCH GROUP

During the month of August, the group will gather at The Overland Hotel at 12 noon. If you would like to come and share a meal and a chat on the 3rd, 10th, 17th, 24th and 31st please let Gail know you are coming so a seat can be reserved for you. Some people come each week. Others come monthly. New members are always welcome. Ring Gail on 0400 531 856

## SINGING FOR PLEASURE



A big thank you to the U3A melody makers who celebrated Christmas in July at the Australia Hotel on the 1st of July. A great way to meet in a different setting due to the hall being closed for the week. Led by Christine Wilson and Adrian Evans and with piano playing by Graeme Brewer, patrons were treated to a range of well-known Christmas Carols, commencing with some Australian ones and then some familiar old favourites. This was followed by a lovely lunch and a chance to socialise. (And the weather was suitable for a winter Christmas too). Here is a photo of the event. Livia Tiso.

## Uke3A

With two weeks of no Uke3A due to the school holidays, news is sadly lacking. However, I thought you may like to learn some interesting facts about the ukulele.



*Leader Andrew Lelliot modelling the new shirt with logo.*

Portuguese workers sailed to Hawaii in 1879 to work on sugar plantations. These immigrants

played their traditional folk instruments such as the cavaquinho, a small guitar-like instrument.

Hawaiian local instrument makers adapted the Portuguese design using local koa wood with four strings made of animal gut. They named it 'ukulele' which means 'jumping flea' or Uku = gift, lele = to come, 'the gift that came here'. King Kalakaua promoted the use of the instrument at royal events.

The ukulele travelled to the US mainland for the 1915 Panama-Pacific International Exposition in San Francisco. Seeing the ukulele played in the Hawaiian Pavilion sparked a craze. By the 1920s it became a standard rhythm instrument in Jazz.

Today its popularity spans all music genres and countries with players including Israel Kamakawiwo'ole, Jake Shimabukuro, Taimane Gardner,

Neil Armstrong, George Harrison, Paul McCartney, Brian May, Tom Hanks, Pink, Sam Neill, Elvis, Taylor Swift, George Formby and, of course, Tiny Tim.

The Largest Ukulele Ensemble record was set in Hong Kong in 2017 when 8,065 people played 'Amazing Grace' together.

## CURIOSITY TRAVEL

This will not run this month. Further news in next month's edition.  
Thank you, Robyn Glasson

## AROUND THE WORLD FOODIES GROUP

As you are reading this newsletter, the Foodies group will either be about to or will have just enjoyed another night out together, this time eating Italian cuisine. Pizza Plus, our destination for July.

We thoroughly enjoyed our last venture to Asia, when we visited the Malaysian Tea Stall in McIntosh Street, Shepparton. You can check out some fun photos of everyone and the food on the GUV3A website (well you can when David gets back to put them on). We'd like to give a shout out to Gerard and Amutha for the beautiful food and convivial service on the night.

August will see us dine at Degani.

You all know by now how to book in with Lyndal (0429 808 602) and to write your names on the booking form when you deposit your money (in a clearly named envelope) in the box near the office door.

## CRYPTIC CROSSWORDS

Cryptic Crosswords continue to challenge us all. We look forward to getting together again on the 1st and 3rd Thursdays in August. Unfortunately meeting only once during July as we missed the first week because of the bathroom renovations. See you on Thursday 6th August at 1.30pm.  
Harry 0400 770 972

## ITALIAN

Intermediate Italian with Lelia has recommenced after the school holidays. It was good to be back together again and share some stories. Helen has been walking in the Italian Alps; some have departed north to escape the monotony of cold nights. Not to be outdone by the Frenchie's, we have also decided to sing an Italian song (maybe 2) at the concert in October. We hope some of you will come along and participate. Liz 0409 703 868

## SCIENCE

We're really labelled with the acronym STEM and the August 17th gathering will hear of a variety of things related to mathematics and numbers. The theme will be "What constitutes Proof? The Egyptians knew from experience how a 3, 4, 5 triangle gave them a right angle [handy if you're into pyramids] but the Greeks [more interested in Geometry and probably Pythagoras] wondered why. In about 300 BC Euclid set up a system that created universal truths from fundamental principles in a series of books called "The Elements". It became a best-selling guide to finding the truth through reason, second only to the Bible in printed editions, and profoundly influenced Western thought for centuries to come.

Ray Pearson will use relatively straight forward examples [they need to be relatively straight forward for Ray] to illustrate various standards of proof, from proof by intimidation to proof by contradiction. He will use some number facts that have interested and intrigued him over his many years of teaching; unfortunately, rarely for his students but they survived and so will you if you attend. There will be no test, and it could be handy if you can find the calculator on your smart phone. See you there.

## SCAM Watch

If you think you have been scammed, or something doesn't feel right, there are a few things you can do to help limit the damage.

Think SPC

**S - Stop** - Call your bank to stop the transaction. cancel credit card transactions if you can.

**P - Passwords** - change passwords on your devices and online accounts

**C - Call Scamwatch** to warn others <https://www.scamwatch.gov.au/report-a-scam>

Do this after your details are secure.

## BRIDGE

As reported last month Nick Walsh & Wayne "Spotty" Leppard competed in the Australian National Seniors Championships last week representing Victoria.

The Vic team performed reasonably winning 7 of 12 matches over 4 days, coming 4th out of the 7 teams. Nick was quite happy with his & Spotty's performance winning more than half of their matches. The bridge club wishes to congratulate Nick & Spotty for their endeavours.

The bridge club is willing to conduct more classes for beginners this year depending on interest. Anyone wishing to learn to play this amazing game can contact Nick on 0436347621.



*Spotty (Wayne) and Nick*

## HISTORICAL STUDIES

Many thanks to those who brave the cold and attended to talk about the history of nursery rhymes and crosswords. Some nursery rhymes are more complicated than we thought with many meanings behind the deceptively simple words. Next month, Greg Barnes will be presenting a talk on societal collapse looking at some of the reasons behind it. Hopefully, the weather will have improved, and we will see you then. Remember, if you would like to present a topic then please let me know. Livia

## CURIOSITY LIFE ABOUNDS

Our strong group continues. We discuss areas that relate to enhancing an improved lifestyle.

Current focus is on Values. An important area to be aware of for our quality of life.

Meetings are held twice a month. Second and fourth Friday at 1pm. Next meeting 24th July.

Love to see you there.

Robyn Glasson Email. [rlasson65@gmail.com](mailto:rlasson65@gmail.com)

John Padman Email. [john.n.padman@gmail.com](mailto:john.n.padman@gmail.com)

## MUSIC THEORY

Music Theory classes will commence in Term 4, on Tuesday October 13th from 9 to 10am for those who have completed the Beginners Grade earlier in the year and anyone with basic knowledge of Music Theory. We will spend a couple of weeks revising the basics of written music before we progress into Grade 1, where we will learn about terms and signs, rhythm, keys, scales, chords, and transposing of tunes.

Please contact me if you are interested in joining these classes. The grade 1 book will cost about \$23 and the Beginners Book, about \$20.

Christine Wilson 0428 399 648.

## **GVU3A WEBSITE**

A bit of spare computer time, check out some of the things that have been done by various GVU3A groups. Click on the links below, or visit the website and check out the Course Pages:

- [‘Around the World Foodies’](#)
- [Writing For Pleasure](#)
- [Technology](#)
- Check out some past events – eg Our Virtual Exhibitions [2020](#) and [2021](#)

If anyone has some suggestions as to something else, they’d like to see on the website, please feel free to contact me.

David Muir 0414881369

## **QUIZ ANSWERS**

1. Los Angeles.
2. South Australia
3. False (O).
4. Sea Change
5. Clint Eastwood

## **U3A NETWORK VICTORIA**

Enjoy this month's Network News. [Click here.](#)

To see what GVU3A has to offer and what other groups in GVU3A are doing.

**Scan the QR code here and go to [course pages](#).**



## August at a glance

### Monday 3rd August

|             |                    |
|-------------|--------------------|
| 8.45 -9.30  | Strength & Balance |
| 12 noon     | Lunch Group        |
| 12.00- 1.00 | Uke3A              |
| 12:30-5:00  | Comm. w. Tech.     |
| 1.30 – 2.45 | Armchair Travel    |
| 3.00 – 4.30 | Current Affairs    |
| 700 -10.30  | Bridge (comp)      |

### Tuesday 4th August

|              |                     |
|--------------|---------------------|
| 9:00 -10     | Begin. Music Theory |
| 10.00 -11.30 | Social Morning      |
| 11.45 – 1.00 | Book Club Three     |
| 1:00-4:00    | Creative Craft      |
| 1:00-3.30    | Mah Jong            |
| 3.30 -5.30   | 500 card game       |

### Wednesday 5th August

|             |                      |
|-------------|----------------------|
| 9:00-10:00  | French Beginners     |
| 9:00-10:00  | Singing for Pleasure |
| 10:00 -2:30 | Art Group            |
| 10- 12noon  | French               |
| 1:00 -4:00  | Bridge (social)      |

### Thursday 6th August

|              |                    |
|--------------|--------------------|
| 8:45-9:30    | Chair Aerobics     |
| 10.00 -12:00 | Scribblers         |
| 1:00- 4:00   | Bolivia            |
| 1:30 -3:00   | Cryptic Crosswords |
| 4:00 -5:00   | Yoga               |
| 5:15- 6:15   | Line Dancing       |
| 7:00-8:00    | Astronomy          |

### Friday 7th August

|              |              |
|--------------|--------------|
| 10.00 -11.30 | Stock Market |
| 1:00- 300    | Scrabble     |
| 1:30-3.00    | Italian      |

### Monday 10th August

|             |                    |
|-------------|--------------------|
| 3.15 -4:15  | Tai-Chi            |
| 8.45 -9.30  | Strength & Balance |
| 10:00-11:30 | Historical Studies |
| 12 noon     | Lunch Group        |
| 12.00- 1:00 | Uke3A              |
| 12.30 -5:00 | Comm. w. Tech      |
| 2:00 – 3:30 | Play Reading       |
| 7:00 -10.30 | Bridge (comp)      |

### Tuesday 11th August

|               |                   |
|---------------|-------------------|
| 9:00-10:00    | Beg. Music Theory |
| 9:00- 10:00   | French Beginners  |
| 10.15 -12 :00 | French            |
| 11.00 –12:00  | Book Club Two     |
| 1:00 -4:00    | Creative Craft    |
| 1:00-3.30     | Mah Jong          |
| 3.30-5:00     | 500 card game     |

### Wednesday 12th August

|             |                      |
|-------------|----------------------|
| 8.45-       | Walk & Talk          |
| 9 :00-10:00 | Singing for Pleasure |
| 10:00-2:30  | Art Group            |
| 1:00-4:00   | Bridge (social)      |

### Thursday 13th August

|             |                |
|-------------|----------------|
| 8:45-9:30   | Chair Aerobics |
| 10.00 -1200 | Scribblers     |
| 1:00 - 4:00 | Bolivia        |
| 1:30 -4.00  | Photography    |
| 4:00 -5.00  | Yoga           |
| 5:15-6:15   | Line Dancing   |

### Friday 14th August

|            |                            |
|------------|----------------------------|
| 1:00-3:00  | Curiosity Abounds for Life |
| 1:30-3.00  | Italian                    |
| 3.15 -4:15 | Tai Chi                    |

### Monday 17th August

|             |                    |
|-------------|--------------------|
| 8.45 -9.30  | Strength & Balance |
| 12 noon     | Lunch Group        |
| 12.00- 1.00 | Uke3A              |
| 12.30 -5:00 | Comm. w. Tech.     |
| 1.30 – 3:00 | Science            |
| 3.00 – 4.30 | Current Affairs    |

### Tuesday 18th August

|            |                   |
|------------|-------------------|
| 9:00-10:00 | Beg. Music Theory |
| 9:00-10:00 | French Beginners  |
| 10:15-noon | French (2)        |
| 1:00- 4:00 | Creative Craft    |
| 1:00 -3.30 | Mah Jong (2)      |

### Wednesday 19th August

|            |                   |
|------------|-------------------|
| 3.30 -5.30 | 500 Card game     |
| 7:00       | Shepp Camera Club |

### Thursday 20th August

|              |                      |
|--------------|----------------------|
| 9:00-10:00   | Singing for Pleasure |
| 9:00-12noon  | Bird Watching        |
| 10:00 – 2:30 | Art Group            |
| 1:00-4:00    | Bridge               |
| 3:00-5:00 pm | Committee Meeting    |
| 8:45-9:30    | Chair Aerobics       |
| 10.00 -12:00 | Scribblers           |
| 1:00- 4:00   | Bolivia              |
| 1:30 -3.00   | Cryptic Crosswords   |

### Friday 21st August

|              |               |
|--------------|---------------|
| 4:00 -5.00   | Yoga          |
| 5:15- 6:15   | Line Dancing  |
| 10:00- 11:45 | Earth Science |
| 1:00-3:00    | Scrabble      |
| 1:30- 3:00   | Italian       |
| 3:15-4:15    | Tai Chi       |

### Monday 24th August

|             |                       |
|-------------|-----------------------|
| 8.45 -9.30  | Strength & Balance    |
| 10:00-11:30 | Socrates Café         |
| 12 noon     | Lunch Group           |
| 12.00- 1.00 | Uke3A                 |
| 12.30 -5:00 | Comm. w. Tech         |
| 2:00 – 3:30 | Play reading          |
| 2:00: 3:30  | Basking in Literature |
| 7:00-10:30  | Bridge (Social)       |

### Tuesday 25th August

|                |                   |
|----------------|-------------------|
| 9:00-10:00     | Beg. Music Theory |
| 9:00- 10:00    | French Beginners  |
| 10:15 -12 noon | French            |
| 11.00 – 12noon | Book Club Two     |
| 1:00 -4:00     | Creative Craft    |
| 1:00-3.30      | Mah Jong          |
| 3.30 -5.30     | 500 card game     |

### Wednesday 26th August

|             |                      |
|-------------|----------------------|
| 9:00 -10:00 | Singing for Pleasure |
| 10.00 -2:30 | Art                  |
| 1:00-4:00   | Bridge (social)      |

### Thursday 27th August

|              |                         |
|--------------|-------------------------|
| 8:45-9:30    | Chair Aerobics          |
| 10.00 -12:00 | Scribblers              |
| 10:30 -11:30 | Book Club One           |
| 1:00-4:00    | Bolivia                 |
| 1:30 - 4:00  | Photography             |
| 4:00-5:00    | Yoga                    |
| 5:15-6:15    | Line Dancing            |
| 6:00         | Round the World Foodies |

### Friday 28th

|              |                            |
|--------------|----------------------------|
| 10:00- 11:45 | Earth Science              |
| 1:00-3:00    | Curiosity Abounds for life |
| 1:30- 3:00   | Italian                    |
| 3:15-4:15    | Tai Chi                    |



# **GVU3A'S BIG NIGHT OUT**

6.30pm, Friday  
October 16<sup>th</sup>, 2026

Come and be part of this fun  
night!

If you can sing, dance, tell  
stories, jokes, recite poetry, act  
or do magic! On your own or  
with a group, we are looking for  
you!

If you are interested in performing for this wonderful  
night of entertainment, contact Greg Barnes (0438569611)  
or Carol Davidson (0411483920)