

Newsletter - October 2026

Are you aged 50-plus and retired or semi-retired? Live in the Bass Valley or surrounds? Want to keep your brain and body active and make new friends? Want to share your skills and experience with others? Then join in the University of the Third Age Bass Valley (U3A Bass Valley). For a modest annual membership fee you can participate in a wide range of courses, social activities, excursions and events. Learn, Laugh & Live

U3A Bass Valley Committee

President: Di Goeman	Committee Members:
Vice President: Marg Boyer	Geoff Guilfoyle
Treasurer: Glenda Bent	Janet Cobden
Secretary: David Laing	Jenny Fernando

Note: Magella King had to resign from the committee due to competing commitments. We are pleased that she remains the leader of Book Club B.

Message from the President

What a fantastic term we have just had! It's been incredible to see so many new and familiar faces packing out our courses and 'Learning with Locals' sessions.

From buzzing Book and Games Clubs to strumming ukuleles, snapping photos, stretching in Chair Yoga, and finding peace in Tai Chi, our community is absolutely thriving. Every single session proves that we are hitting our mission out of the park: keeping our minds and bodies moving while we 'Learn, Laugh and Live'!

Thank you to the brilliant volunteers, our hardworking Committee and our members who make the U3A Bass Valley community so special. A huge, heartfelt thank you also goes to our outgoing President, Pam Richmond, for her incredible leadership over the last two years and her commitment to continue as our Newsletter Editor.

Enjoy this month's newsletter and get ready for a brilliant line-up of new activities and guest speakers!

Warm regards

Di Goeman

President, U3A Bass Valley Inc

“The brain, it seems, can become like a well-loved kitchen knife: a little worn from extensive use – just in need of sharpening. And cognitive training may act as its proverbial whetstone.”

U3A Victoria

News

Seniors Festival October - Connect, Create & Celebrate

The Victorian Seniors Festival returns this October with thousands of free and low-cost events for older people across the state.

Celebrate positive ageing and take part in events and activities close to home and right across the state.

To check out what's on, visit www.seniorsonline.vic.gov.au/festival

Intergenerational Activities with Bass Coast College

Wednesday 21 October

As part of Seniors Week some U3A members will be joining Bass Coast College students and staff in Tai Chi and Book Club activities. Our Tai Chi members will be demonstrating their routine followed by discussions with the students.

The **Intergenerational Book Club** will involve 4 members of our Book Club B and 4 chosen English students who have read the novel *The Outsiders*. We will be discussing the novel through a set of prepared questions. There will also be an opportunity to mix with staff and students over lunch.

Congratulations and thanks to the organisers of this event: Di Goeman, David Laing, Steve Howitt from U3A, and Julie-Anne Trease, Samuel Widdowson, Matthew Rose from Bass Coast College.

“We hope to experience your catchphrase for Bass Valley U3A - Learn, Laugh and Live”

Julie-Anne Trease

If you would like to familiarise yourselves with one of the inspirations for this project – please enjoy Old people's Home for Teenagers on ABC iView.

Nutrition Sessions - @ Waterline Library 1.30-2.30pm starting Wednesday 14 October 2026

We are delighted to announce that in collaboration with our local Myli Library at Grantville we are providing the U3A Victoria six presentations on health and wellbeing, created by Accredited Practising Dietitian Dr Mitra Zarrati.

Designed especially for U3A members, the course provides clear, practical guidance on healthy eating, gut health, mood, mobility, heart health and sleep — all using simple, evidence-based strategies and everyday foods. They are all stand alone sessions.

Come along, bring a friend and join others in a comfortable setting and watch the sessions on the big screen.



BASS VALLEY
UNIVERSITY OF THE THIRD AGE



Eat Well,

LIVE WELL

**Nutrition – Information Session
Healthy Eating In Our Third Age:
U3A Bass Valley Online Sessions**

14/10

Healthy Eating –
Understanding Food Groups
and Daily Servings

21/10

Gut Health – Supporting
Digestion and a Healthy
Microbiome

28/10

Food and Mood – The Connection
Between Nutrition, Gut Health, and
Mental Wellbeing

4/11

Fuel Your Future with the Right
Nutrition Today! Bone Health!

11/11

Heart-Healthy Eating – Protecting
Your Heart Through Everyday Food
Choices

11/18

Nutrition and Quality of Sleep –
Foods and Habits for Better Rest



Dr Mitra Zarrati is an Accredited Practising Dietitian (APD) with extensive experience in community health, aged care, and chronic disease management.

Dr Mitra Zarrati has volunteered her time and expertise to create this Nutrition course specifically for U3A members who are interested in maintaining health, independence, and vitality as they age.

Time: 1:30-2:30pm

**Location: Waterline
Community Library,
Grantville**



How cometh you don't strummeth? Ukelele Group



You too could join this happy group of strummers who get together twice a month and get their endorphins going. No prior experience or musical knowledge is necessary, only an enthusiastic attitude! Come and find out what it's all about.



Come along
&
play a song

**You can never
be sad when
you play the
ukulele**



**If singing, strumming and
laughter strike a chord with you
then come along.
We cater for all musical abilities
including beginners.**

**The 2nd and 4th
Sunday of the month,
2-4pm**

**Corinella & District
Community Centre**

FOR MORE INFORMATION CONTACT DAVID ON 0411 049 708, OR EMAIL
ADMIN@U3ABASSVALLEY.COM

“Learning is not just an activity. It is the heart of a strong, inclusive and sustainable U3A community. One where people continue to belong, contribute and enjoy retirement.”

Trivia Night Saturday 24 October

Corinella & District Community Centre.

Here's an opportunity to support a good cause and have loads of fun as well. We enjoy working with Christine Slavin, Centre Manager, and appreciate her support of U3A Bass Valley.



****Again we would ask the community to support this endeavour and help us out with any donations for prizes and donations that they might have.**

Editor's note

The following excerpt concerning Ageism featured in the last issue of the U3A Victoria Newsletter:

We are not all the same because we are older

One of the biggest problems with ageism is the way it compresses an enormously diverse group of people into a single label.

“Older people” can describe someone in their 50s, 60s, 70s, 80s, 90s and beyond. Within that span are people with completely different lives, abilities, interests, cultures, ambitions, health conditions, confidence, experience and expectations.

Some are working. Some are volunteering. Some are travelling. Some are studying. Some are caring for others. Some are learning their first digital skills while others have used technology throughout their careers.

Age tells us something about how long a person has lived. It tells us very little about who that person actually is. And yet age can quietly influence who is invited, who is encouraged, who is listened to and whose ideas are taken seriously.

Memberships

Recently we have had some inquiries concerning membership renewals. Our memberships are valid for one calendar year ie January to December and membership applications open each January. At our recent AGM it was decided to keep the annual membership fee at \$35, or \$17.50 for a half year. Members have free access to all our courses and events and receive pre-notice of coming events through our regular newsletters.

All our tutors, presenters and committee members are volunteers and we are supported as well by wonderful volunteers from the Bass Valley community. Thanks again to all of you who keep us active and vibrant!

“For those of us over 50, connection is not a luxury. It’s part of healthy ageing, lifelong learning and living well.”