

Newsletter - September 2025

*Are you aged 55-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: Pam Richmond	Committee Members:
Vice President: Marg Boyer	Geoff Guilfoyle
Treasurer: Glenda Bent	Janet Cobden
Secretary: David Laing	Marcia Comber
Minutes Secretary: Di Goeman	

News

Annual General Meeting and Spit Roast lunch

The AGM was well attended. A major outcome was the election of new committee members. Each year there is a spill of committee members, and a chance for new blood.



Committee members l to r: Marcia Comber, Glenda Bent, Pam Richmond, David Laing, Geoff Guilfoyle, Di Goeman, Marg Boyer. Absent Janet Cobden.

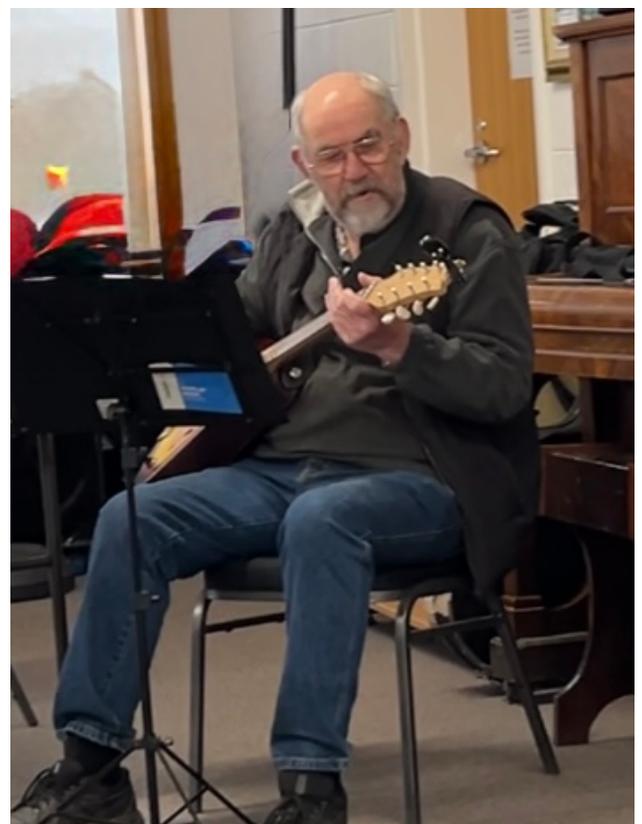
The election resulted in all current members being re-elected. There is continuity provided by the Vice President, Marg Boyer, and Geoff Guilfoyle who are able to recall our past history.



Another outcome of the AGM was that our membership fees remain at \$35 per calendar year. Half year fees are \$17.50 if you want to join now.

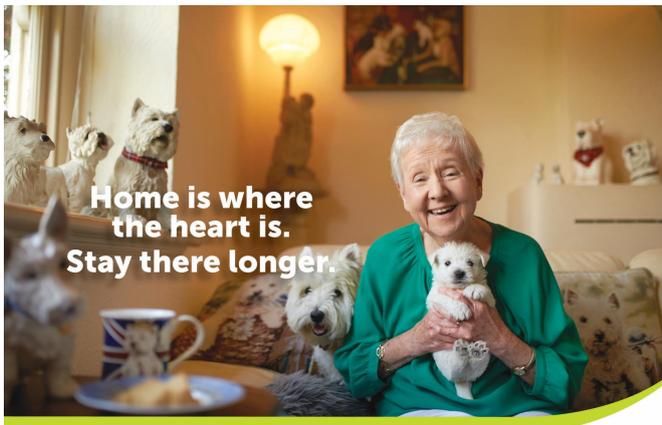
The lunch was most enjoyable and it was good to meet new members. Background music was provided by Allan Harris, our Ukelele group leader, on his home made mandolin - another example of a multi-talented member.

Don't forget, Ukelele tuition is available free to members on the 2nd and 4th Sunday of the month at the CDCC main room at 2pm. Come along and join the fun while learning to play and sing along.



Allan Harris provides dining music

"How to Live at Home For Longer" Information Session Friday 17 October @ 1.30pm



How to live at home for longer

Our health needs change as we age, but one thing stays the same: our desire to remain living in our own home. Hear our service experts explain how you can access government funding to help you stay living at home for longer.

When: Friday 17th of October at 1:30pm

Where: 48 Smythe Street, Corinella Victoria 3984

RSVP: Friday 10th of October

Contact: 0411 049 708 or admin@u3abassvalley.com

Laura Corbett – 0483 289 683 or laura.corbett@lchs.com.au
1800 242 696 dial 2 then option 2 for Home Care Packages

As of November 1st, 2025, significant changes are being introduced across the Home Help and Aged Care sectors.

As part of our *Learning with Locals* program we will be hosting a session presented by the Latrobe Community Health Service, hopefully in October. This will be a 40 minute session followed by questions and answers, with a **take home information pack for all attendees.**

Key Topics Covered:

- **Understanding My Aged Care:** What it is and how to get started
- **Eligibility Criteria:** Who qualifies for support
- **Navigating the System:** How to register and what to expect
- **Commonwealth Home Support Program:** Updated services and access
- **Support at Home Program:** Key updates and choosing the right provider
- **Other Resources:** Additional support available for older Australians

Don't miss out on this important opportunity to learn about the new changes. (Open to the public. Gold coin donation to cover coffee & tea.)

****Registration for this event is essential. To register simply send an email with your name to admin@u3abassvalley.com with the subject HEALTH.**

Meditation class

One of our members has offered to run these sessions. We are seeking expressions of interest. These sessions will occur every Tuesday 11-11.30am, following Tai Chi, at the Corinella Hall. To express your interest simply email your name to admin@bassvalley.com with the subject **MEDITATION**. Here's another chance to get the most from your U3A Bass Valley membership.

Chair Yoga - starting Wednesday 22 October

We are excited to announce this joint venture in partnership with the MyLi Waterline library at Grantville. After a long gestation period this has finally come to fruition. The library will be staffed for this event every 4th Wednesday of the month. Just wear comfortable clothes and simply turn up. Starting Wednesday 22 October.

myli.org.au



**CHAIR YOGA @
WATERLINE
LIBRARY**

myli.org.au/events

Date: Beginning 22/10/2025
Time: 11.30am
Location: Waterline Community Library, Grantville
Branch phone number: (03) 5674 1169

In partnership with U3A Bass Valley, join Myli for a relaxing morning of chair yoga.

Meeting on the 4th Wednesday of the month, this exercise session is perfect for those wanting gentle movement.

President's Message

We are pleased to announce some new events and classes, and collaboration with the Myli Waterline Library. We currently hold our Games Club and Book Club at the library, and our latest venture, Chair Yoga, will also be held there. The library will be staffed for this session. The Myli Waterline Library conducts many activities that our members would be interested in. In particular, there is a Creative Writing run by one of our members, Ajanta Judd. We are keen to cross promote events with our partners.

The proposed Meditation Class will be held after Tai Chi at 11am every Tuesday at the Corinella Hall. Expressions of interest can be emailed to admin@bassvalley.com with the subject **MEDITATION**.

There are lots of opportunities until the end of this year to attend important events and our new classes. Half year membership is available for \$17.50.

How knitting may be rewiring your brain

According to an article in National Geographic “Grandma hobbies” like knitting are making a comeback among Gen Z—but it’s not just for nostalgia. Neuroscience shows these tactile pastimes may help preserve brain health as we age.

The rhythmic click of needles. The softness of yarn running over fingertips. The satisfying logic of knit, purl, repeat. Knitting—and other so-called “grandma hobbies”—is making a comeback, especially among younger generations. According to [Eventbrite data](#), Gen Z’s interest in “[grannycore](#)” gatherings, such as knitting circles and needlework workshops, has surged in recent months, driven in part by a search for relief from digital burnout. But the benefits go beyond nostalgia. Recent [studies](#) suggest that slow, tactile tasks, such as knitting, may activate brain systems in ways that support long-term cognitive health in various ways, including engaging memory, attention, and motor function, while helping to regulate stress.

In other words, regardless of age or gender, engaging in hands-on, mentally demanding hobbies—whether knitting, wood carving, or model building—may be one of the simplest ways to support brain health. Here’s what the science says.

How knitting activates your brain.

While meditation and puzzles also offer brain benefits, knitting uniquely combines fine motor coordination, creative planning, and rhythmic bilateral movement—all of which engage different brain systems at once. This kind of creativity in any capacity is helpful, says [Emily Sharp](#), a licensed therapist at NY Art Therapy.

That bilateral stimulation—created by the alternating use of both hands—is similar to what’s used in EMDR therapy, says Sharp, adding that this type of stimulation is [linked to](#) reduced cortisol levels, increased serotonin and dopamine, and improved emotional regulation.

It also engages the brain’s dopamine system in ways that can improve focus and potentially delay age-related cognitive decline, says [Alvaro Pascual-Leone](#), professor of neurology at Harvard Medical School and chief medical officer at [Linus Health](#).

Victorian Seniors Festival 2025

The 2025 Victorian Seniors Festival, themed "Connect, Create, Celebrate", will be held in October, with local councils and community groups offering various online and in-person events for older Victorians to enjoy.

Running all of October, the festival presents thousands of free and low-cost events for older Victorians. Check out the online event calendar or pick up a festival guide from Coles, local libraries, some community organisations and councils to plan your festival.

Victorian Seniors Card holders can access 8 days of free public transport across Victoria from 5 to 12 October 2025. Travel for free to festival events or get out and explore Melbourne and regional Victoria. Come along to the official launch of the festival – Celebration Day – on Sunday 5 October at Fed Square. Celebration Day features a 7-hour line-up of free entertainment, dance and workshops.

Ahead of Foster Care Week, we highlight the vital contributions foster carers make to the lives of children and young people. Hear from more members of the Senior Victorians Advisory Committee. You can also read about the Social Housing Volunteer Awards, now open for nominations.

Finally, we have 3 great competitions for Seniors Card members. Enter the draw to win one of 20 double passes to the National Gallery of Victoria's *Kimono* exhibition, exploring centuries of Japanese art, design and fashion. We have 20 prizes on offer to each win 2 flexible tickets to visit Harry Potter™: The Exhibition at the Fever Exhibition and Experience Centre. You can also enter the draw for a double pass to see FreeSteps – Swinging Years, at the Melbourne Fringe Festival. See seniorsonline.vic.gov.au for more information.

Coming Events

Poetry Night - 5 Sep

Settle into a cosy night of poetry, enjoying mulled wine and cheese, at the Waterline Library.



POETRY NIGHT @ WATERLINE LIBRARY

Settle into a cosy night of poetry while enjoying mulled wine and cheese in an intimate library setting.

Whether you want to read from your own works, share a favourite poem by another author or soak in the atmosphere in a quiet corner, this is a space for creation and connection. All welcome.

Date: 05/09/25
Time: 6pm
Location: Waterline Community Library
Branch phone number: (03) 56 741 169



myli.au/events

Grantville Market - 7 Sep



Grantville

First Sunday 6 April
of the month 4 May
Market 1 June
6 July
from **8am - 1pm** 3 Aug

Candles,
Soap,
Plants,
Fruit & Veg,
Toys,
Bric a Brac
and lots more...

SauSage SIZZLE 7 Sept
7 Sept
5 Oct
2 Nov
7 Dec

Outside stalls and under cover too...

Creative Writing - 8 Sep

Is it time to write your life story? Acquire contemporary creative writing techniques to spark new ideas, unlock your creativity, and craft compelling stories? Suitable for beginners through to professionals. Join Ajanta and the group on the first Monday of every month. Next session is 8 September.



WRITERS SUPPORT GROUP

Join multi skilled writer Ajanta Judd for a monthly support group focusing on recording life stories. All other genres and skill level welcome!

More info here!

Running on the first Monday of every month.

For Eventbrite ticket assistance, please ring the branch!

Waterline Library
03 5674 1169
 Unit 3
 1524 Bass Hwy, Grantville
10am – 12pm
myti.au/events

Memberships

If you want to participate in some of our classes or events half year membership is available for \$17.50.

Our EFTPOS Deposit details are:

BSB 633000 Account No. 132310517

U3A Bass Valley

Bendigo Bank (please include your name as reference)

No matter how you pay your renewal please also complete the membership application form so we know what courses you are interested in. The form is available on our website at u3abassvalley.com under “Membership”.

Brain Tickler September

If the day before the day before yesterday was a Monday, then what day is it a day after a fortnight after the day before the day before tomorrow?

Last month's tickler

Alison has 20 sweets to share. She doesn't know if she will have to share between 3, 4 or 5 children. Sharing between 4 children will be the simplest where sharing between 3 or 5 children will mean 1 sweet is left over. How many sweets does Alison have?

Last month's solution:

This problem is misleading!! Alison actually has 16 sweets - a multiple of 4, and leaves a remainder of 1 when divided by 3 or 5.