

Newsletter - November 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

Christmas lunch - Royal Hotel Kooweerup

Friday 5 December @ 12.30pm

This is a great opportunity to catch up with other members and celebrate the end of a great year for U3A Bass Valley. Those of you who attended last year will testify that there is a great selection of good food, reasonably priced, and of course great company. So come along and enjoy!

To book your place just email admin@u3abassvalley.com with the subject **U3A Xmas Lunch**, or tell your group leader or a committee member.

"How to Live at Home For Longer" Information Session

There was a good turnout at the CDCC to hear Laura Corbett from Latrobe Community Health talk about the Aged Care system and proposed changes. This was part of our "Learning with Locals" program.

All attendees received an Aged Care kit outlining the options.



Elder Rights - Friday 14 November @ 1.30pm CDCC

To complement the previous Aged Care session we are hosting a session from Elder Rights Australia, presented by Maree Bayley. The session is open to the public. A gold coin donation at the door to cover tea/coffee.

To register simply email admin@u3abassvalley.com with the subject **ELDER RIGHTS**.



ERA Elder Rights Australia
Promoting the human rights of all older people

**Invitation to all
U3A Bass Valley Members**

Elder Rights Australia
will be attending on:

**Friday the 14th of November at
1.30 pm**

To provide information on:

- Navigating the Aged Care System
- Accessing aged care services at home
- Aged Care Rights
- The Value of Advocacy

Aged Care Advocacy Line
1800 700 600 | elderrights.org.au

Elder Rights Australia Ltd is a founding member of the National Older Persons Advocacy Network (NOPAN), delivering the National Aged Care Advocacy Program (NACAP), an Australian Government initiative. ABN 63 367 539 827.

Chair Yoga - Wednesday 26 November @ 11.30-12.30.

Unfortunately we had to cancel our first session due to inclement weather. We hope this hasn't put a damper on your enthusiasm!

So the new starting date is Wednesday 26 November.

The Waterline library at Grantville will be staffed for this event every 4th Wednesday of the month (except December). Just wear comfortable clothes and simply turn up.



myli.org.au

**CHAIR YOGA @
WATERLINE
LIBRARY**

myli.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.

 

Meditation class - starting Tuesday 4 November @ 11am Corinella Hall

One of our members, Christine Kent, has offered to run these sessions. These sessions will occur every Tuesday 11-11.30am, following Tai Chi, at the Corinella Hall, starting on Tuesday 4 November (yes Cup Day!). So don't miss out - just come along and enjoy. This is another chance to get the most from your U3A Bass Valley membership.

Date Slice - courtesy of Cathy McLeod

(Another one of Cathy's delicious creations.)

1 cup SR flour

1 cup coconut

1 cup castor sugar

1/2 cup choc bits

1/2 cup chopped dates

Mix together: 1 lightly beaten egg, 125g melted margarine, 1tbs golden syrup

Mix into dry ingredients

Put into lined slice pan, cook 20 mins @180

Sprinkle with icing sugar

President's Message

We are entering the "busy" season, or some might say the "silly" season and we have quite a few events coming up, including our Christmas lunch on Friday 5 December at the Kooweerup Hotel 12.30pm. They offer a wide range of delicious food, as many of you tasted last year. I hope to see you there!

Bass Coast Cultural Events: Some of our members attended the Victoria State Concert Orchestra at Bernineet, Cowes on Sunday 26 October. The program included a wide repertoire with some highlights from West Side Story and Star Wars. Some other items were Pink Panther, Nessum Dorma and Blue Danube. It was the 100th year of the orchestra and the concert was sold out.

If you would like to see the 2026 program of Bass Coast Cultural Events you can subscribe to the "Backstage Pass" newsletter at www.basscoastculturalvenues.com.

I recently read about **things you can do in the morning to help you live to 100** (if you want to!) according to experts:

1. Hydrate Right Away

"Drinking a glass of water first thing in the morning aids digestion, supports metabolism, and helps eliminate toxins," Dr. Egler says. An easy way to ensure you hydrate immediately after waking up is by keeping a glass of water by your bedside before falling asleep. In the morning, reach for the glass first thing—and notice its impact on your energy levels.

2. Eat a Nutrient-Dense Breakfast

Breakfast is the most important meal of the day, and for good reason. Dr Amati recommends high-protein foods like natural yogurt or oatmeal with berries or mixed nuts and seeds.

3. Stretch Your Body

“Starting your day with some form of movement, whether it’s stretching, yoga, or a brisk walk, is key for boosting circulation, increasing flexibility, and setting your circadian rhythm if you can get outside in natural light,” Dr. Amati says. Between brushing your teeth and eating breakfast, spend five to 10 minutes engaging in physical movement. You can stretch your legs, arch your back, or even go on a walk through your neighborhood to get some activity in.

4. Activate your nervous system

They suggest completing a “quick three-minute somatic exercise, like body tapping with balled fists,” he says. “This practice wakes up your nervous system to start the day, and promotes healthy vagal tone, which improves stress resilience and cellular health.”

5. Practice Mindfulness

Dr. Amati suggests practicing mindfulness and gratitude—like journaling, deep breathing, and meditation—early in the day, ideally as a part of your morning routine.

6. Set Intentions for the Day

“Taking a few moments to outline your goals and priorities for the day can increase focus and productivity, contributing to a sense of purpose,” Dr. Egler says. You’re more than welcome to do this in your head, but if you benefit from putting pen to paper, feel free to write down these goals and priorities and carry them with you throughout the day. You might just find yourself making a habit of it!

7. Enjoy Your Morning Coffee

Dr. Amati explains, citing a recent study. “The study revealed that coffee drinkers have a unique signature in their gut microbiome, specifically a ‘coffee-loving’ microbe called Lawsonibacter, which thrives on coffee,” she says. “Interestingly, this microbe is present even in people who drink decaf, showing that it’s the compounds in coffee, not just caffeine, that matter.”

Source: Real Simple magazine, Apple News.



Memberships

Our memberships will be opening soon for the coming year. At our recent AGM it was decided to keep membership fees at \$35 per calendar year.

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 November

Five years ago Ray was eight times as old as his daughter Becky. In five years Ray will be five times older than three times Becky's age. How old are they now?

September Brain Tickler:

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?

Solution. Monday was the day before the day before yesterday, so today is Thursday. The day before the day before tomorrow is yesterday, which is Wednesday, so a fortnight after that is also Wednesday. So a day after that is Thursday.