



# Nillumbik U3A Mini-Expo

Monday, 3rd October

10.00am – 1.30pm

32-34 Elizabeth St, Diamond Creek

## Program

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### **BOUNTIFUL BREAKFAST 8.30am – 10.00am**

#### **Seniors Festival U3A Breakfast**

#### **Golden Hills Brewery Restaurant, 25 Station Street, Diamond Creek**

Start the day with a delicious breakfast at Diamond Creek's well known Brewery Restaurant right next door to the DC Senior Citizens Centre. Both members and their non-member friends and acquaintances will be welcomed by Carole Meade, event organiser. The cost of \$19 per person includes a choice of six meals plus tea or coffee.

**Then take a very short walk to our Mini Expo right next door - it'll start immediately after the breakfast.**

Click here to [Book your place](#).

### **MINI-EXPO OPENING 10.00am – 10.10am Room 1**

#### **Diamond Creek Senior Citizens' Centre, 32-34 Elizabeth Street, Diamond Creek**

**Acknowledgement of Country by Jan Aitken.**

### **10.10am – 10.20am Room 3**

#### **IT Info Session. Solve your Android Mobile Phone Mysteries with Guy Palmer.**

*A 'come and ask' session.*

This is an opportunity to solve your android mobile phone riddles - Guy will be available to answer (one-on-one) questions re mobile phones at 10.10am – 10.20am then again from 11.00am to 11.30am.

### **10.10am – 1.30pm Room 1**

#### **See our members in action...**

- Have you ever wondered what happens in our Art sessions and do you know about their participation in the active Nillumbik art scene?
- Do you know what happens to the fine craftwork our nimble-fingered ladies produce?
- How do you play Chinese *Mahjong*, or the card games, *Bridge*, *Canasta* or *500*?
- Another art related topic, *Zentangles*, is not just doodling, so what is it?
- Would you like to know where the best local walks are?
- Do you need to exercise your *Mind Game* skills?

You'll find out the answers to these questions and lots more when you visit our Demonstration Room between 10.10am and 1.30pm. There'll be plenty to see and hear - our exhibitors are excited to talk about what they do and how they do it, so come along and join in the fun!

### **10.10am – 10.25am Room 2**

#### **Jazz Appreciation Group – John Crichton, Maree Papworth**

You'll hear classic Jazz recordings, see a display of 'original' gramophones and learn about the accomplishments of our Jazz Group.

### **10.15am – 1.00pm Foyer Refreshments**

#### **Morning Tea – Carole Meade**

Carole Meade, fresh from the U3A breakfast next door at the Brewery Restaurant, will provide an ongoing morning tea throughout our Mini Expo featuring homemade fare (what could be better?) tea and coffee.

**10.30am – 10.50am Room 2**

**Indigenous Studies – Jan Aitken**

Learn about the links between Nillumbik and First Nations Peoples from Jan Aitken, one of our First Nations Group Tutors.

**10.30am – 10.55am Room 3 Zoom Session**

**Tuning into Opera – Lyn Richards**

This popular group will conduct a Tuning Into Opera class over Zoom – whether or not you're an opera buff, this is an opportunity to see and hear something a little different.

**11.00am – 11.30am Room 3**

**IT Info Session. Solve your Android Mobile Phone Mysteries with Guy Palmer.**

*A 'come and ask' session.*

If you missed the first session, come now to solve your android mobile phone riddles - Guy will be answer (one-on-one) your questions re your android mobile phone during this slot.

**11.00am - 11.20am Room 1**

**Chinese Traditional Exercise – Tai Chi and Qigong -  
Jenni Bull, Sue Brenkovitch, Judy Vizzari**

Learn about the benefits of Chinese traditional exercise – Tai Chi and Lotus routines and Qigong. These are simple practices which encourage balance and coordination and leave participants refreshed and renewed at the end of each session. The martial arts teams will demonstrate Lotus, Tai Chi and Qigong forms. Watch, listen and even join in at the end of the demo.

**11.30am – 11.50am Room 2**

**“The Best Ever Traditional Art!” An interactive session with Guy Palmer.**

Guy will present around 100 traditional paintings from the Middle Ages onwards and, by audience voting, decide on a final, 'best ever' artwork from that period. It's all about personal taste so no prior artistic knowledge needed... Guy's investigations are always lots of fun - not to be missed!

**12 noon – 12.30pm Room 2**

**Taste the Pink Bastard with our Food and Wine Team**

Karen Coulston has a history of wine making and over the years she's shared her knowledge to a devoted group of U3A members. They have produced their own blend, the 'Pink Bastard,' annually for some time now and they're pretty pleased with the results. This is their offer - come share a tasting with our members – it's a great opportunity to find out how good our local wines can be.

**12.30pm-1.00pm Room 1**

**Musical Performance**

Stay on to listen to our very own Recorder Group performing a variety of music to entertain our members. A lovely way to finish off our Maxi-Mini-Expo!

**Thank you to the many Nillumbik U3A members  
who have volunteered to make our**

**MAXI-MINI-EXPO**

**A great celebration of the many opportunities available to Third-Agers!**