



# MYRTLEFORD AND DISTRICT

## UNIVERSITY OF THE THIRD AGE

### TERM 4 COURSES for U3A Myrtleford and District Inc.

More Information is available at [www.u3amyrtleford.org.au](http://www.u3amyrtleford.org.au) or contact Jan Mock on 0401 064 030

Day of Week	Course Title	Time and Venue	Description
MONDAY	<b>Finska/Games</b>	10.00-11.00 every week apart from public holidays VENUE – MSCC*	Game of skittles for everyone. Indoor games during winter months.
	<b>Tai Chi</b>	2.00 -3.00 Starting Oct 14 VENUE-MSCC*	Tai Chi has health benefits
TUESDAY	<b>Games morning</b>	10.00 – 12.00noon VENUE-MSCC*	Come and learn new games and perfect old favourites & enjoy a good chat at the same time.
	<b>Discover Mount Buffalo</b>	8.30am (Car park at MSCC*) 2 <sup>nd</sup> Tuesday of month	Enjoy the many walks on Mt Buffalo.
	<b>Pasta Night</b>	6.00pm 1 <sup>st</sup> Tuesday of the Month at Club Savoy	Come and enjoy great Italian pasta with U3A members. (Let Jan Mock know if you are coming.)
	<b>Smart Phones</b>	<b>Dates and times TBC</b>	What capabilities does your phone have that you do not know about. Let young people show you.
WEDNESDAY	<b>Italian Conversation</b>	2.00 -3.30pm VENUE – MSCC*	Explore the mysteries of Italian grammar
	<b>Play the game of Bridge</b>	1.30-3.30 VENUE-MSCC*	Continuing on from introductory bridge. Playing games of bridge.
	<b>Gypsy Caravan Tribal Bellydance</b>	10:00-11:00am VENUE – Dance studio upstairs Buffalo Farm	Belly dancing is a great way to exercise and improve flexibility.
THURSDAY	<b>Crewel Embroidery</b>	2:00-4:00pm VENUE – MSCC*	You can learn different types of embroidery. There will be examples to help you choose.
	<b>Card Making</b>	1:30-3:30pm VENUE –MSCC*	Make beautiful stitched cards. All supplies available at class. Cost \$10
	<b>Make a Christmas Wreath</b>	6.00 -7.30pm December 5 VENUE- L'amour Florist	Make your own Christmas wreath. Cost \$20 plus decorations (or bring your own)
	<b>Bee Keeping</b>	1.00-3.00pm Nov 21 & Nov 28 VENUE – MSCC*	Learn all about bees. You need protective clothing and identify yourself if you are allergic to bees.
	<b>Christmas Break Up</b>	12pm – 3.00pm 5 December VENUE – MSCC*	Bring a plate of food to share for lunch and enjoy the company of fellow members.
FRIDAY	<b>Lifeball</b>	11:00-12:00 noon VENUE - Sports Stadium	Walking netball for everyone! Cost \$3.00 per week Include a cuppa.
	<b>Gardening in the North East</b>	10:00-12:00 noon on 2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month VENUE - MSCC*	Gardening techniques and tours of gardens
	<b>Gardening Tour – Bus Trip</b>	All day Friday 22 November	Yarra Valley garden and nurseries. Contact Malcolm McKinnon to book your place. Mob: 0408 826 955
	<b>Gentle Chair Yoga</b>	9.00-9.45 starting Oct 11 VENUE-MSCC*	Gentle yoga to improve flexibility



# MYRTLEFORD AND DISTRICT

UNIVERSITY OF THE THIRD AGE

TERM 4 COURSES for U3A Myrtleford and District Inc.

More Information is available at [www.u3amyrtleford.org.au](http://www.u3amyrtleford.org.au) or contact Jan Mock on 0401 064 030

Day of Week	Course Title	Time and Venue	Description
FRIDAY (cont.)	<b>Coffee/Speakers</b>	2:00-3:30pm on 11 October, at Myrtleford RSL and 15 November and 7 December VENUE – Myrtleford Lawn Tennis Clubrooms	Coffee and chat with an interesting speaker
	<b>Food Glorious Food</b>	2.00-4.00pm October 25 and November 29, VENUE - Myrtleford P-12 College	
	<b>Open Garden – Eurobin Flowers</b>	11 October. Anytime during morning. VENUE – Eurobin Flowers (McKinnons)	Peak time for waratahs. to enjoy the garden. Morning tea provided for a donation to Make A Wish Foundation
SATURDAY	<b>Art on Glass</b>	11.00 -4.00pm Saturday 19 October. VENUE – MSCC*	Learn to paint on glass with visiting artist, Mechtild Runde-Witjes, from Germany. Look up her website <a href="http://www.rundeart.de">www.rundeart.de</a> and get excited.

\*MSCC – Myrtleford Senior Citizens Centre