



MYRTLEFORD AND DISTRICT

UNIVERSITY OF THE THIRD AGE

TERM 1 COURSES for U3A Myrtleford and District Inc.

More information is available at www.u3amyrtleford.org.au or contact Jan Mock on 0401 064 030

Day of Week	Course Title	Time and Venue	Description
MONDAY	Finska/Games	10.00-12.00 every week apart from public holidays Starting 20 th Jan VENUE - MSCC	Game of skittles for everyone. Indoor games during winter months.
	Tai Chi	2.00 -3.00 Starting 3 rd Feb VENUE-MSCC	Tai Chi has health benefits
	Food Glorious Food	2.00-4.00pm March 23 VENUE – Myrtleford P-12 College	Chef, Pam, from Café Fez cooking vegetable terrines.
TUESDAY	Games morning	10.00 – 12.00noon Started 14 th January VENUE-MSCC	Come and learn new games and perfect old favourites & enjoy a good chat at the same time.
	Discover Mount Buffalo	Postponed until further notice	Enjoy the many walks on Mt Buffalo.
	Pasta Night	6.00pm 1 st Tuesday of the Month at Club Savoy.	Come and enjoy great Italian pasta with U3A members. Contact Vanda to book – 0427376955 or email- vandabow@tpg.com.au
	Bridge for Beginners	10:00-12:00 Starting 4 th Feb VENUE-MSCC	Come and learn how to play bridge in a relaxed environment.
WEDNESDAY	German Conversation	10:30-11:30am Starting 29 th Jan -fortnightly VENUE - Buffalo River Rd	Learn conversational German
	Italian for Travel and Fun	2.00 -3.30pm Starting 5 th Feb VENUE - MSCC	Explore the mysteries of Italian grammar
	Non-fiction Interest Book Group	1.30 – 3.30pm 2 nd Wednesday of the month	Discuss a non-fiction book / topic
	Bridge -ongoing	1.30-3.30 Started 16 th Jan VENUE-MSCC	Continuing on from introductory bridge. Playing games of bridge.
	Gypsy Caravan Tribal Bellydance	10:00-11:00am Starting 5 th Feb VENUE – Dance studio upstairs Buffalo Farm	Bellydancing is a great way to exercise and improve flexibility.
THURSDAY	Photographs that Matter	10.00 – 12.00pm. Starting 5 March for 4 weekly sessions	In this course you will examine our own responses to different styles of photography, and learn how the images have been crafted.
	Embroidery	2:00-4:00pm Starting 6 th Feb VENUE – MSCC	You can learn different types of embroidery. There will be examples to help you choose.
	Card Making	1:30-3:30pm Starting 30 th Jan VENUE –MSCC	Make beautiful stitched cards. All supplies available at class. Cost \$10
	Coffee and Chat	10:30-11:30am Starting 30 th Jan -fortnightly VENUE- Delizie Café for 30 th Jan	Come for a coffee and a chat- chat about anything and everything.



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	Community Education for Vic Seniors in 2020	10:30-12:00 27 th Feb VENUE -MSCC For more information or support call Lisa Neville (Alpine Health) on 5755 0132	The session will discuss the following- <ul style="list-style-type: none">• Protecting your rights• Money, aging and Family• Planning ahead.
	Silo Trail	16 th April Meet at MSCC 8:30am	Day trip following the Painted Silo Trail and surrounding area. Contact Jan Mock to book Email: (u3amyrtleford@gmail.com or Mob: 0401 064 030)
FRIDAY	Lifeball	11:00-12:00 noon Starting 30 th Jan at Sports Stadium	Walking netball for everyone! Cost \$3.00 per week Include a cuppa.
	Gardening in the North East	10:00-12:00 noon on 2 nd and 4 th Friday of the month VENUE - MSCC	Gardening techniques and tours of gardens
	Coffee/Speakers	2:00-3:30pm on 1st Friday of month VENUE – Myrtleford Lawn Tennis Clubrooms	Coffee and chat with an interesting speaker
	Food Glorious Food	2.00-4.00pm – monthly depending on availability of chefs. First session Feb 28. VENUE- Myrtleford P-12 College	Master Chef, Nino Mautone cooking Carbonara