



# MYRTLEFORD AND DISTRICT

UNIVERSITY OF THE THIRD AGE

## TERM 1 COURSES for U3A Myrtleford and District Inc. 2021

More information is available at [www.u3amyrtleford.org.au](http://www.u3amyrtleford.org.au) or contact Yvonne Tabalotny on 0468 482 971

| Day of Week | Course Title  | Time and Venue  | Description  |
|-------------|---|---|--|
| MONDAY      | <b>Finska/Games</b><br><br><b>Leader: Carmel Wyatt</b>                                  | 10.00-12.00pm<br>starting 1 February<br><br>Venue: *MSCC  | Game of skittles anyone can play. Have you ever thought throwing a lump of wood at pegs would be challenging and fun – it is.  |
|             | <b>Knife and Tool sharpening</b><br><br><b>Leader: Alan Fleming</b>                     | 2 sessions,<br>10.00-12.00noon.<br>15 and 22 February<br><br>Venue: private residence                               | Are you fed up trying to use blunt knives and tools?<br>First session: bring an old unserrated butter or dinner knife.<br><br>Second session to be negotiated but Alan will advise on blunt objects, knives, chisels, secateurs etc and any sharpening tools to bring.<br>Maximum number of participants: 8.   |
|             | <b>Health Talks</b><br><br><b>Leader: Bill Hackett</b>                                  | 4 sessions<br>2.00-3.30pm<br>8 and 22 February and 1 and 22 March.<br><br>Venue: *MSCC                              | Health talks will include topics on the 8 vital body systems. These include the circulatory, digestive, endocrine, exocrine, immune, muscular, nervous and renal systems. Heart health, diabetes and mental health will also be covered as well as how to use a defibrillator.<br>Bill Hackett has extensive nursing experience having worked in Shepparton, Wangaratta, Bunbury, Halls Creek, Winton and Tasmania. He has completed a critical care course, was a nurse educator with North East Health for 3 years and was Director of Nursing at Winton hospital. |
| TUESDAY     | <b>Games morning</b><br><br><b>Leaders: Yvonne Tabalotny/ Judy Pitts</b>                | 10.00 – 12.00noon<br>starting 2 February<br><br>Venue: *MSCC  | Come and learn new card and board games and perfect old favourites as well as enjoying a good chat.  |
|             | <b>Discover Mount Buffalo</b><br><br><b>Leaders: Jan Mock Sarah Deas Jon Harrington</b> | 2 February and every first Tuesday of the month, weather dependent.<br><br>Meet at the car park at *MSCC at 8.30am. | Enjoy the many walks on Mt Buffalo. Walks are typically of half a day duration.<br><br>Walk 2 February: Mt Dunn<br>Walk 2 March: Backwall (if open)  |



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|             | <b>Singing – Treble Makers</b><br><br><b>Leader: Kaye McGuffie</b>          | 1.30 – 3.30pm<br>starting 2 February<br><br>Venue: TBC   | Come along and make some joyful noise, singing in an informal setting with a small group led by Kaye McGuffie.  |
|             | <b>Solo</b><br><br><b>Leader: Jackie Stagg</b>                              | 1.30 – 4.00pm<br>starting 2 February<br><br>Venue: *MSCC   | This is a trick-taking card game. Help will be given to new players.  |
| WEDNESDAY   | <b>Yoga and You</b><br><br><b>Leader: Franca Shewell</b>                    | 9.30-11.00am<br>starting 3 February<br><br>Venue TBC (depending on number of participants)               | <i>Slow Mindful Yoga</i> offers many benefits, including the potential for increased flexibility, strength, balance, and mobility: all qualities frequently sought after by older adults. Bring a towel, blanket and cushion and an exercise mat if you have one. |
|             | <b>Gypsy Caravan Tribal Belly dance</b><br><br><b>Leader: Kerrie Hansen</b> | 10:00-11:00am<br>starting 3 February<br><br>Venue: Dance studio upstairs Buffalo Farm Equipment          | Belly dancing is a great way to exercise and improve flexibility as well as a good excuse to own amazing costumes.  |
|             | <b>Beekeeping</b><br><br><b>Leader: Jon Hansen</b>                          | 10.00am<br>starting 10 March<br><br>Venue: *MSCC   | 2 sessions, 10 and 17 March. First session at Myrtleford Senior Citizens Centre, second session on site.  |
|             | <b>Non-fiction Interest Book Group</b><br><br><b>Leader: Yvonne Ward</b>    | 1.30 – 3.30pm<br>2 <sup>nd</sup> Wednesday of the month<br>starting 10 February<br><br>Venue: Porepunkah | Discuss a non-fiction book / topic<br><br>This class is offered to both the U3A Myrtleford and District as well as U3A Bright.  |
|             | <b>Bridge -ongoing</b><br><br><b>Leader: Sara Thorley-Smith</b>             | 1.30-3.30pm<br>starting 3 February<br><br>Venue: *MSCC   | Continuing course of bridge.  |
|             | <b>Italian for Travel and Fun</b><br><br><b>Leader: Nino Mautone</b>        | 2.00 -3.30pm<br>starting 3 March<br><br>Venue: *MSCC   | Explore the mysteries of Italian grammar and practice tongue gymnastics, attempting to pronounce every letter in every word.  |



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| THURSDAY    | <b>Tai Chi</b><br><br><b>Leader: Mike McGurgan</b>  | 10.00 - 11.00am<br>starting 1 February<br><br>Venue: Rotary Park  | Tai Chi is a low impact, slow motion exercise. Movements are usually circular and never forced. It aids concentration and flexibility and can be adapted for anyone.        |
|             | <b>Photographs that Matter</b><br><br><b>Leader: Meredith Briggs</b>                                  | 10.30 – 12.30pm<br>starting 4 February, for 3 consecutive weekly sessions<br><br>Venue: private home                | In this course you will examine our own responses to different styles of photography, and learn how the images have been crafted. New enrolments are welcome.               |
|             | <b>Card Making</b><br><br><b>Leader: Eileen Giles</b>   | 1:30-3:30pm<br>starting 4 February<br><br>Venue: *MSCC  | Make beautiful stitched cards. All supplies available at class. Cost \$10 a kit.  |
|             | <b>Embroidery</b><br><br><b>Leader: Ros Bruncher</b>  | 2:00-4:00pm<br>starting 4 February<br><br>Venue: *MSCC  | You can learn different types of embroidery.  |
|             | <b>Cards: 500</b><br><br><b>Leaders: Eileen Giles<br/>Bev Cunningham</b>                              | 7.30pm<br>starting 4 February<br><br>Venue: *MSCC   | For beginners and advanced players.   |
| FRIDAY      | <b>Lifeball</b><br><br><b>Leader: Janet Ivone</b>   | 11:00-12:00noon<br>starting 12 February<br><br>Venue: Sports Stadium  | Walking netball for everyone!<br>Cost \$3.00 per week which include a cuppa and biscuits.   |
|             | <b>Gardening in the North East</b><br><br><b>Leader: Malcolm McKinnon, Pat Easterbrook, Lyn Brown</b> | 10:00-12:00noon<br>4 <sup>th</sup> Friday of the month<br><br>Venue: *MSCC  | Gardening techniques and tours of gardens in and around our region.   |
|             | <b>Coffee/Speakers</b><br><br><b>Leader: Jan Mock</b>   | 10.30am<br>1st Friday of month<br><br>Venue: Myrtleford Lawn Tennis Clubrooms<br>A gold coin donation is requested. | Coffee and chat with an interesting speaker.<br><br>Note: you do not need to enrol into this activity You are welcome to bring your family members, neighbours and friends. |



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### \*MSCC – Myrtleford Senior Citizens Centre

**Food Glorious Food** will be offered but need to confirm availability of cooking centre at Myrtleford P-12 College. Information will be available either via newsletter or separate emails.

|                                 |   |  |
|---------------------------------|---|--|
| <b>TRIP: Painted Silo Trail</b> | Thursday 25 March<br>Meet at *MSCC 8:30am<br><br>Transport: bus or private cars to be determined closer to the date, according to COVID restrictions. | Day trip following the Painted Silo Trail and surrounding area. Enrol on the website or contact Jan Mock to book<br>Email: <a href="mailto:u3amyrtleford@gmail.com">u3amyrtleford@gmail.com</a><br>or Mob: 0401 064 030) |
|---------------------------------|---|--|

To enrol into any of these courses/activities you are requested to use the website with your details. [www.u3amyrtleford.org.au](http://www.u3amyrtleford.org.au).

If you have problems doing this please contact Yvonne Tabalotny (Mob: 0468 482 971) and she will assist you with enrolment.

Have fun, be active and enjoy meeting your friends and new people.

U3A Committee.