

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>Painted Silos tour</b>  <b>Tour leader:</b> <b>Malcolm McKinnon</b>	<b>One day only trip,</b> Monday 3 May, 8.30am – 5.00pm  Venue: meet at 8.30am at *MSCC and travel together by bus.	The tour route will include silos at Goorambat, Devenish, St James and Tungamah. Included in the price is a Devonshire morning tea at the Devenish Hotel. After visiting the last silo, the tour heads to Yarrowonga for a late lunch. Participants can either bring their own lunch or purchase it from one of the many eateries in Yarrowonga. Cost \$37. Please pay your money at least a week ahead into the Bendigo Bank: BSB 633 000 Acc # 1618 595 33 and reference your name against the deposit.
	<b>Finska/Games</b>  <b>Leader: Carmel Wyatt</b>	10.00-12.00pm starting 19 April  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>  <b>Leader: Alan Fleming</b>	10.00-12.00 noon. 2 sessions, 17 May and 24 May  Venue: private residence	Are you fed up trying to use blunt knives and tools? First session: bring an old unserrated butter or dinner knife. Second session to be negotiated but Alan will advise on blunt objects, knives, chisels, secateurs etc and any sharpening tools to bring. Maximum number of participants is 8.

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## TERM 2 COURSES



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Day of Week	Course Title	Time and Venue	Description
	<b>Walking with Poles</b>  <b>Leader: Maureen Ryland plus others</b>	2.00 -3.30pm Starting 19 April  Meet at MSCC and then head off.	Maureen Ryland, Alpine Health, will lead this activity for the first 2 weeks to show people how to use poles to walk to increase your health and fitness as well as for enjoyment and companionship. Poles give you stability and confidence. Alpine Health will provide the poles for this activity.
	<b>Health Talks</b>  <b>Leader: Bill Hackett</b>	2.15 – 3.45pm 4 sessions starting 26 April, 10 May, 24 May and 14 June  Venue: *MSCC	Continuing a series of talks on the body systems.
TUESDAY	<b>Games morning</b>  <b>Leaders: Yvonne Tabalotny/ Judy Pitts</b>	10.00 – 12.00 noon starting 20 April  Venue: *MSCC	Come and learn new card and board games and perfect old favourites as well as enjoying a good chat.
	<b>Local History – ‘From the Beginning, 1821—2021’</b>  <b>Leaders: John Taylor, Chris Wicks</b>	10.00 – 12.00 noon 4 sessions; 4 May, 11 May, 18 May, 25 May  Venue: The Old School Museum, Elgin Street,	A new program on local history from our own local experts. May 4: First Peoples, Explorers & Overlanders. May 11: Historic Myrtleford & Mount Buffalo May 18: Changing Streetscape: The CBD & Residential Landscape May 25: Pioneers & Personalities: Portraits of People & Community Groups. Cost is \$5/course which includes materials and morning tea.

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	<b>Discover Mount Buffalo</b>  <b>Leaders:</b> <b>Jon Harrington,</b> <b>Jan Mock</b>	20 April and thereafter every second Tuesday of the month, weather dependent.  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.  Walk: 20 April, Le Souef Plateau and The Hump. This walk will cater for those who want a long or short walk as well as an opportunity to take photos.
	<b>Leatherwork – the basics</b>  <b>Leader: Mike Salmon (a saddler with more than 60 years’ experience)</b>	10.00 – 12.00pm 5 sessions starting 20 April  Venue: 2217 Happy Valley Road, Rosewhite.	Leatherwork is an ancient craft and has many branches. Some include the designing and making of saddlery, footwear, clothing, furniture, upholstery, carriage springs, luggage, and military strappings and ceremonial artifacts. This course aims to teach interested students the basic skills in working with leather. Cost \$100.00 For more detail, please see the website; <a href="http://www.u3amyrtleford.org.au">www.u3amyrtleford.org.au</a>
	<b>Singing – Treble Makers</b>  <b>Leader: Kaye McGuffie</b>	1.30 – 3.30pm starting 20 April  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>  <b>Leader: Jackie Stagg</b>	1.30 – 4.00pm starting 20 April  Venue: *MSCC	This is a trick-taking card game. Help will be given to new players.
	<b>Exploring Shakespeare</b>  <b>Leader: Chris McCracken</b>	1.30 -3.30pm Starting 20 April  Venue: Myrtleford Library	This time the play will be Julius Caesar.  If you have never read Shakespeare before this should be no impediment. Chris will give a quick one -on-one class to get you started. Texts will be supplied.

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	<b>Food Glorious Food</b>  <b>Leaders: Jan Mock and qualified "cooks".</b>	3.30 – 5.00pm May 25 June 8 June 22  Venue: Myrtleford P-12 College	Guest cooks will show you how to cook some of their favourite dishes. You may even go home with dinner or something tasty to have with dinner. May 25: Chocolate Chestnut cake June 8: Curried sausages June 22: Meatballs – Italian style Maximum number of participants: 10 Enrol for each week. Cost \$10/session
WEDNESDAY	<b>Conversational German</b>  <b>Leader: Klaus Wirper</b>	9.00-11:00am Starting 21 April -fortnightly  Venue: 313 Buffalo River Road	Learn how to speak this useful European language with a relaxed small group. You may find a surprise bonus for your morning coffee break since Klaus is a talented baker/cook.
	<b>Mobile Phones and Electronic Devices made easy</b>  <b>Leader: Jono Dean</b>	9.30 – 11.30am starting 21 April  Venue: Myrtleford Neighbourhood Centre	Get to know your device and what it can do – make your life in the 'technosphere' easy. 5 sessions with the last 2 concentrating on the Australian Government's 'Be Connected' network. Maximum number of 6 people for this course.
	<b>Yoga and You</b>  <b>Leader: Franca Shewell</b>	9.30-11.00am starting 21 April  Venue: Club Savoy	<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>Non-fiction Interest Book Group</b>  <b>Leader: Yvonne Ward</b>	1.30 – 3.30pm 28 April 26 May  Venue: Porepunkah	Discuss a non-fiction book / topic  This class is offered to both the U3A Myrtleford and District as well as U3A Bright.

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	<b>Bridge -ongoing</b>  <b>Leader: Sara Thorley-Smith</b>	2.30-4.30pm starting 21 April  Venue: *MSCC	Continuing course of bridge.
	<b>Italian for Travel and Fun</b>  <b>Leader: Nino Mautone</b>	2.00 -3.30pm starting 19 May  Venue: *MSCC	Explore the mysteries of Italian grammar and practice tongue gymnastics, attempting to pronounce every letter in every word.
THURSDAY	<b>Interesting Structures and Places</b>  <b>Leaders: Jon Harrington John Twyford</b>	Meet at 9.30am starting 8 April. Finishing time will be dependent on the location of the site for any particular day and if lunch is included.  6 sessions in total. See the website for more detail and subsequent dates.  Venue: meet at MSCC	Did you know that the Department of Defence operated a flax mill at Myrtleford during WW2 and for many years afterwards? or there were five active gold mines at Gapsted in the late 1800s? Or, have you always wanted to visit a tobacco farm complex to understand how tobacco was grown and processed?  You can learn all of this and partake in some top smokos and lunches. Series 1, kicks off on Thursday 8 April 2021. You will visit local sites that are not usually open to the public where you meet hosts who are passionate about their interesting places. Only 10 places are available for each visit. Cost for community bus (if used) and morning tea. lunch at own expense.
	<b>Tai Chi</b>  <b>Leader: Mike McGurgan</b>	10.00 - 11.00am starting 22 April  Venue: Rotary Park and/or Club Savoy depending on the weather.	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.

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	<b>Card Making</b>  <b>Leader: Eileen Giles</b>	1:30-3:30pm starting 22 April  Venue: *MSCC	Make beautiful stitched cards. All supplies available at class. Cost \$10 a kit.
	<b>Embroidery</b>  <b>Leader: Ros Bruncher</b>	2:00-4:00pm starting 22 April  Venue: *MSCC	Come and learn different types of embroidery from .
	<b>Cards: 500</b>  <b>Leaders: Eileen Giles Bev Cunningham</b>	7.30pm starting 22 April  Venue: *MSCC	For beginners and advanced players.
FRIDAY	<b>Lifeball</b>  <b>Leader: Janet Ivone</b>	11:00-12:00noon starting 23 April  Venue: Sports Stadium	Walking netball for everyone! Cost \$3.00 per week which include a cuppa and biscuits.
	<b>Gardening in the North East</b> <b>Leader: Malcolm McKinnon, Pat Easterbrook, Lyn Brown, Noela Dawes</b>	10:00-12:00noon 4 <sup>th</sup> Friday of the month  Venue: Club Savoy or unless otherwise notified in the program.	Gardening techniques and tours of gardens in and around our region.
	<b>Coffee/Speakers</b>  <b>Leader: Jan Mock</b>	2.30pm 2nd Friday of month  Venue: Myrtleford Lawn Tennis Clubrooms A gold coin donation is requested.	Coffee and chat with an interesting speaker.  Note: you do not need to enrol into this activity You are welcome to bring your family members, neighbours and friends.

\*MSCC – Myrtleford Senior Citizens Centre

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