



TERM 3, 2021

<i>Day of Week</i>	<i>Course Title</i>	<i>Time and Venue</i>	<i>Description</i>
<i>MONDAY</i>	<b>Finska/Games</b>  <b>Leader: Carmel Wyatt</b>	10.00-12.00pm starting 12 July  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. If the weather is not suitable for Finska indoor games will be played instead
	<b>Tours of Red Ramia's shop.</b>  <b>Leader: Jan Mock, Yvonne Tabalotny</b> <i>New for Term 3</i>	2.00-3.30pm  19 July 16 August 20 September	Tour through Red Ramia's shop discovering hidden gems from India, China, Japan or Morocco.
	<b>Line Dancing for beginners</b>  <b>Leader: Helen Morgan</b> <i>New for Term 3</i>	2.30 – 3.30pm 10 sessions starting 12 July  Venue: MSCC	Line dancing is fun, and excellent exercise for your body and brain. Helen Morgan is a friendly, experienced, enthusiastic line dancer.
	<b>Bus trip- Beechworth and Bonegilla</b>  <b>Leader: Malcolm McKinnon</b>	Depart 9.00am and return by 5.00pm  13 September	Coffee in Beechworth and then a tour of Mayday Hills Asylum. Lunch in Yackandandah and onto Bonegilla, migrant museum. Cost \$54 not including morning coffee or lunch (based on 20 participants). Register on website <a href="http://www.u3amyrtleford.org.au">www.u3amyrtleford.org.au</a>
<i>TUESDAY</i>	<b>Games morning</b>  <b>Leaders: Yvonne Tabalotny/ Judy Pitts</b>	10.00 – 12.00 noon starting 13 July  Venue: *MSCC	Come and learn new card and board games and perfect old favourites as well as enjoying a good chat. A favourite card game is 500 – if you don't know how come along and you can be taught.

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	<p><b>Discover Mount Buffalo</b></p> <p><b>Leaders:</b> <b>Jon Harrington,</b> <b>Jan Mock</b></p>	<p>Low level walk 13 July</p> <p>Snow shoe (depending on snow) 10 August).</p> <p>Meet at the car park at *MSCC at 8.30am.</p>	<p>Low level walk – a choice of Rollason’s Falls and Eurobin Falls or Cherry walk and the Canyon in Bright.</p> <p>Snow shoe on Mount Buffalo or on the Hotham Dinner Plain trail. Snow shoes will have to be hired from local outlets if you don’t own any.</p>
	<p><b>Leatherwork – the basics</b></p> <p><b>Leader: Mike Salmon (a saddler with more than 60 years’ experience)</b></p>	<p>10.00 – 12.00pm 5 sessions starting 13 July</p> <p>Venue: 2217 Happy Valley Road, Rosewhite.</p>	<p>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.</p> <p>Cost \$100.00 to be paid directly to Mike.</p>
	<p><b>Solo</b></p> <p><b>Leader: Jackie Stagg</b></p>	<p>1.30 – 4.00pm starting 13 July</p> <p>Venue: *MSCC</p>	<p>This is a trick-taking card game. Help will be given to new players.</p>
	<p><b>Exploring Shakespeare</b></p> <p><b>Leader: Chris McCracken</b></p>	<p>1.30 -3.30pm Starting 13 July for 6 weeks</p> <p>Venue: Myrtleford Library</p>	<p>This time the play will be King Lear.</p> <p>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.</p>
	<p><b>Italian Card Games</b></p> <p><b>Leader: Nino Mautone</b> <i>New for Term 3</i></p>	<p>2.00 -3.30pm Starting 20 July</p> <p>Venue: MSCC</p>	<p>Come and learn traditional Italian card games.</p>

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<b>WEDNESDAY</b>	<b>Food Glorious Food</b>  <b>Leaders: Jan Mock and qualified "cooks".</b>	3.30 – 5.00pm  Tuesday 13 July Tuesday 10 August Tuesday 14 September  Venue: Myrtleford P-12 College	Guest cooks will share their favourite dishes. You may even go home with dinner or something tasty to have with dinner. Enrol for each week, details on the website. Cost \$10/session
	<b>Yoga and You</b>  <b>Leader: Franca Shewell</b>	9.30-11.00am starting 14 July  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 July 25 August  Venue: Porepunkah	Discuss a non-fiction book / topic  This class is offered to both the U3A Myrtleford and District as well as U3A Bright.
	<b>Bridge -ongoing</b>  <b>Leader: Sara Thorley-Smith</b>	2.30-4.30pm starting 14 July  Venue: *MSCC	Continuing course of bridge.
	<b>Italian for Travel and Fun</b>  <b>Leader: Nino Mautone</b>	1.30 -3.00pm starting 14 July  Venue: *MSCC	Explore the mysteries of Italian grammar and practice tongue gymnastics, attempting to pronounce every letter in every word.
	<b>Welding for beginners</b>  <b>Leader: Alan Fleming</b> <i>New for Term 3</i>	3.30-5.30pm Starting 21 July  Venue: Myrtleford P-12 College	This course will be restricted to 2 people. Learn various methods of welding. If you are interested but course is full, please register on website so we can plan more sessions.

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THURSDAY	<b>Tai Chi</b>  <b>Leader: Mike McGurgan</b>	10.00 - 11.00am starting 15 July  Venue: Club Savoy and/or Rotary Park 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.
	<b>Card Making and Embroidery</b>  <b>Leader: Eileen Giles</b>	1:30-3:30pm starting 15 July  Venue: *MSCC	Make beautifully stitched cards and/or try your hand at many different types of embroidery. Card supplies available through Eileen. Cost \$10 a kit. Embroidery options instructed by Roslyn Bruncher.
	<b>Drawing on the Right Side of the Brain</b>  <b>Leader: Kerry Hansen</b> <i>New for Term 3</i>	2.00-3.30pm Starting 12 August for 6 weeks  Venue: MSCC	Need a sketch book and 4B pencil. You can bring other pencils too, but not mandatory. A watercolour brush #7 will also be needed further into the course.
	<b>Cards: 500</b>  <b>Leaders: Eileen Giles</b> <b>Bev Cunningham</b>	7.30pm starting 15 July  Venue: *MSCC	For beginners and advanced players.
FRIDAY	<b>Lifeball</b>  <b>Leader: Janet Ivone</b>	11:00-12:00noon starting 16 July  Venue: Sports Stadium	Walking netball for everyone! Cost \$3.00 per week which include a cuppa and biscuits.

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	<b>Gardening in the North East</b>  <b>Leaders:</b> <b>Pat Easterbrook, Mirella and Malcolm McKinnon, Lyn Brown, Noela Dawes, Di Rickard</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

**One off Events**

- **Mobile Phones and Electronic Devices made easy. Book into the Neighbourhood Centre for one on one with leader: Jono Dean. Ph 5752 2775.**
- **Sunday 25 July: Christmas in July, 12 noon at Club Savoy. \$28 per head. RSVP via the website**
- **Friday 3 September: The Robertson Brothers – a trip down memory lane. Wangaratta Performing Arts Centre, 8pm. Tickets \$65, Concession, Bus \$10.**

Do you dream of reliving the good old days? Well don't miss THE ROBERTSON BROTHERS 1960's TV variety show with special guest Simon Brook McLachlan – from the original cast of the hit musical Jersey Boys. Take a trip down memory lane with this amazing interactive live TV Variety Show featuring the hits from: The Seekers, Bee Gees, Frankie Valli and The Four Seasons, Neil Sedaka and The Everly Brothers!

**Bookings via the website by mid July.**

- **Check out the bus trip listed in the program for Monday 13 September**

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# MYRTLEFORD AND DISTRICT

UNIVERSITY OF THE THIRD AGE

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