



TERM 4, 2021

<i>Day of Week</i>	<i>Course Title</i>	<i>Time and Venue</i>	<i>Description</i>
Monday	Finska/Games Leader: Carmel Wyatt	10.00-12.00pm Every Monday apart from public holidays 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
	Discover Mount Buffalo Leaders: Jan Mock	October 18 Walk on Mount Buffalo November 15 Walk out on Razorback towards Mount Feathertop December 6 Walk on Mount Buffalo Meet at the car park at *MSCC at 8.30am.	Half day walk – destination to be determined depending on the weather. Full day walking along the Razorback and returning via the same track. This will be strenuous. Half day walk – destination to be determined depending on the weather.
	Line Dancing for beginners Leader: Helen Morgan	2.30 – 3.30pm 10 sessions Starting when COVID restrictions allow Venue: MSCC	Line dancing is fun, and excellent exercise for your body and brain. Helen Morgan is a friendly, experienced, enthusiastic line dancer.
	Bus trip- Beechworth and Bonegilla Leader: Malcolm McKinnon	Depart 9.00am and return by 5.00pm November – date to be determined	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 www.u3amyrtleford.org.au

To enrol into any of these courses/activities you are requested to use the website with your details.

www.u3amyrtleford.org.au and if you have problems doing this please contact Yvonne Tabalotny (Mob: 0468 482 971) and she will assist you with enrolment.

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Tuesday	Games morning Leaders: Yvonne Tabalotny/ Judy Pitts	10.00 – 12.00 noon Every Tuesday Venue: *MSCC	Come and learn new card and board games and perfect old favourites as well as enjoying a good chat.
	Leatherwork – the basics Leader: Mike Salmon (a saddler with more than 60 years' experience)	10.00 – 12.00pm 5 sessions starting to suit tutor and participants 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 to be paid directly to Mike.
	Solo Leader: Jackie Stagg	1.30 – 4.00pm starting 13 July Venue: *MSCC	This is a trick-taking card game. Help will be given to new players.
	Italian Card Games Leader: Nino Mautone	2.00 -3.30pm Starting 20 July Venue: MSCC	Come and learn traditional Italian card games.
	Food Glorious Food Leaders: Jan Mock and qualified "cooks"	3.30 – 5.00pm Tuesday October 12 – Tuesday November 9 – Tuesday December 7 – 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

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Wednesday	Yoga and You Leader: Franca Shewell	9.30-11.00am starting when COVID restrictions allow 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.
	Non-fiction Interest Book Group Leader: Yvonne Ward	1.30 – 3.30pm October 27 November 24 December 22 Venue: Porepunkah	Discuss a non-fiction book. Topics in order will be Trees and Engineering Feats – Panama Canal. Topic for last session still to be decided. This class is offered to both the U3A Myrtleford and District as well as U3A Bright.
	Bridge -ongoing Leader: Sara Thorley-Smith	2.30-4.30pm Every Wednesday Venue: *MSCC	Continuing course of bridge.
	Italian for Travel and Fun Leader: Nino Mautone	1.30 -3.00pm Every Wednesday Venue: *MSCC	Explore the mysteries of Italian grammar and practice tongue gymnastics, attempting to pronounce every letter in every word.
	Arc Welding for beginners Leader: Alan Fleming	3.30-5.30pm Date to be determined in November with tutor and participants Venue: Myrtleford P-12 College	This course will be restricted to up to 4 people. Learn various methods of welding. If you are interested and course is full, please register on website so we can plan more sessions.

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<i>Day of Week</i>	<i>Course Title</i>	<i>Time and Venue</i>	<i>Description</i>
	Basic First Aid Leader: Bill Hackett	2 sessions 7.30 – 8.30pm October 13 and 20 Venue: *MSCC	Ist Session: wound care and bleeding 2nd Session: bandaging, broken bones, snake, wasp and spider bites
Thursday	Tai Chi Leader: Mike McGurgan	10.00 - 11.00am Every Thursday 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.
	Card Making and Embroidery Leader: Eileen Giles	1:30-3:30pm Every Thursday 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.
	Drawing on the Right Side of the Brain Leader: Kerry Hansen	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.
	Cards: 500 Leaders: Eileen Giles Bev Cunningham	7.30pm Every Thursday Venue: *MSCC	For beginners and advanced players.

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Friday	Lifeball Leader: Janet Ivone	11:00-12:00noon Starting when COVID restrictions allow Venue: Sports Stadium	Walking netball for everyone! Cost \$3.00 per week which includes a cuppa and biscuits.
	Gardening in the North East Leaders: Pat Easterbrook, Mirella and Malcolm McKinnon, Lyn Brown, Noela Dawes, Di Rickard	10:00-12:00noon 4 th 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.
	Coffee/Speakers Leader: Jan Mock	29 October, 2.30pm 12 November, 2.30pm 10 December, 2.30pm Venue: MSCC	Local History: John Taylor, OAM, to talk as guest speaker for Seniors Month – history of Myrtleford. Local History: Follow up with John Taylor, OAM – PoW camp at Whorouly Speaker TBC Note: you do not need to enrol into this activity You are welcome to bring your family members, neighbours and friends.
	An Afternoon in Harrietville Leader: Jan Mock	5 November, 2.00pm Meet at the car park of MSCC at 1.30	Let's get rid of the COVID blues. Car pool for drive to Harrietville and meet at Taware Park. Enjoy a walk along the river and afternoon tea at the Bakery or the Coffee Van.

*MSCC – Myrtleford Senior Citizens Centre

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