



TERM 1, 2022

<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 – well it is! If the weather is not suitable for Finska, indoor games will be played.
	Discover Mount Buffalo Leaders: Jan Mock	February 7 Back Wall, Mount Buffalo March 7 Mount Loch to Derricks Hut and Spargos Hut April 4 Walk on Mount Buffalo	12km walk skirting The Horn and looking down into the Buffalo valley Full day, approx.12km starting from Mount Loch car park near Mount Hotham village. Half day walk –Mackies Lookout to Rollasons Falls on the Big Walk and then to the Rollasons Falls.
	Line Dancing for Beginners Leader: Helen Morgan	2.30 – 3.30pm Starting when COVID restrictions allow dancing. 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- Falls Creek Leader: Malcolm McKinnon	Depart 9.00am and return by 5.00pm Monday 31 January Masks must be worn on the bus.	Bus will drive visit Bogong Village and through to Falls Creek Village and around Rocky Valley Dam to the walking track leading to Wallaces Hut with option of short walk to the hut. Return via Tawonga Gap.
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.

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.



TERM 1, 2022

<i>Day of Week</i>	<i>Course Title</i>	<i>Time and Venue</i>	<i>Description</i>
	Solo Leader: Jackie Stagg	1.30 – 4.00pm Every Tuesday Venue: *MSCC	This is a trick-taking card game. Help will be given to new players.
	Italian for Travel and Fun Leader: Nino Mautone	2.00 -3.30pm Every Tuesday starting February 1. Venue: *MSCC	Explore the mysteries of Italian grammar and practice tongue gymnastics, attempting to pronounce every letter in every word.
	Food Glorious Food Leaders: Jan Mock and qualified "cooks"	Dates to be finalised when school returns.	Guest cooks will share their favourite dishes. You may even go home with dinner or something tasty to have with dinner. Cost \$10/session
Wednesday	Yoga and You Leader: Franca Shewell	9.00-11.00am 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.
	Walking around town Leader: Lyn Hallett	9.00am start every Wednesday from March 2	First session will start from Rotary Park (opp Club Savoy) and do the Mosaic Trail – Helen’s Walk. Coffee could follow afterwards depending on the walkers.
	Non-fiction Interest Book Group Leader: Yvonne Ward	10.30 – 12.30pm 4 th Wednesday of each month. February 23 March 23 Venue:	Discuss a non-fiction book. Topic for first session is "Other People’s Letters". This class is offered to both the U3A Myrtleford and District as well as .U3A Bright.

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.

TERM 1, 2022

<i>Day of Week</i>	<i>Course Title</i>	<i>Time and Venue</i>	<i>Description</i>
		6703 Great Alpine Road, Porepunkah	
	Colouring in for relaxation and companionship Leader: Maureen Andrews	1.30pm – 3.30pm Every Wednesday starting February 2. Venue: MSCC	Bring along your colouring in books pencils, erasers etc and spend some time colouring and chatting as you go. Tea and/or coffee will be on tap.
	Italian Card Games Leader: Nino Mautone	2.00 -3.30pm Every Wednesday starting February 2. Venue: MSCC	Come and learn traditional Italian card games. Learning the cards is fun.
	Bridge Leader: Sara Thorley-Smith	2.30 – 4.30pm Every Wednesday Venue MSCC	Continuing course of bridge. This course is not suitable for anyone who has not played Bridge before. If you want to learn to play Bridge, please register your interest with Sara (Mob:0409 884 567) and she will establish a group of beginners if there is sufficient interest.
Thursday	Tai Chi Leader: Mike McGurgan	10.00 - 11.00am Every Thursday starting February 3 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.
	Discover Beechworth Contemporary Art Space	11.00am Thursday 10 March Venue: Beechworth	Alan will take a guided tour of this new art gallery. Alan is an artist who exhibits in this gallery.

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.



TERM 1, 2022

<i>Day of Week</i>	<i>Course Title</i>	<i>Time and Venue</i>	<i>Description</i>
	Leader: Alan Phillips		Meet at MSCC car park to organise transport at 10.00am
	Card Making and Embroidery Leader: Eileen Giles	1:30-3:30pm Every Thursday starting February 3 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.
	Cards: 500 Leaders: Eileen Giles Bev Cunningham	6.30pm Every Thursday Venue: *MSCC	For beginners and advanced players.
Friday	Bus trip- Falls Creek Leader: Malcolm McKinnon	Depart 9.00am and return by 5.00pm Friday 4 February Masks must be worn on the bus.	Bus will visit Bogong Village and drive through Falls Creek Village and around Rocky Valley Dam to the walking track leading to Wallaces Hut with option of short walk to the hut. Return via Tawonga Gap.
	Lifeball Leader: Janet Ivone	11:00-12:00noon Starting February 4. Venue: Sports Stadium	Walking netball for everyone! Cost \$3.00 per week which includes a cuppa and biscuits.
	Gardening in the North East Leaders: Mirella and Malcolm McKinnon,	10:00-12:00noon 4 th Friday of the month First meeting at Club Savoy, Friday 28 January.	All things gardening - Gardening techniques, tours of gardens in and around our region and whatever else interests gardeners.
	Coffee/Speakers Leader: Jan Mock	2.30-4.00pm 11 February 11 March 8 April	February – John and Helen Simpson Travels in Ethiopia in 2020.

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.



TERM 1, 2022

<i>Day of Week</i>	<i>Course Title</i>	<i>Time and Venue</i>	<i>Description</i>
		Venue: Myrtleford Lawn Tennis Clubrooms	Note: you do not need to enrol into this activity You are welcome to bring your family members, neighbours and friends.
Sunday	Lunch at Happy Valley Hotel, Ovens	12.30pm Sunday April 3	A social occasion – an opportunity to chat and socialise whilst enjoying a nice lunch.

*MSCC – Myrtleford Senior Citizens Centre

Performing Arts: these events will be on the website for you to enrol into. If there is enough interest in one or both events, transport will be organised, either by car pooling or a bus.

- **Wangaratta Performing Arts Centre (<https://www.wpacc.com.au/Whats-On>)**

2 possible options: (car-pooling can be organised)

The Travelling Wilbury Session, Thursday 17 February at 7.30pm. Cost \$65

A Taste of Ireland, Saturday 5 March at 7.30pm. Cost \$69.90 or for a group of 10 or more the cost will be \$64.90.

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.