



TERM 2, 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 and other places in our vicinity Leaders: Jan Mock, Jon Harrington	May 2 June 27 (please note change of date – not first Monday in June) Meet at *MSCC car park at 9.00am	Discover the treasures that are on Reform Hill in Myrtleford Paradise Falls (King Valley) – this will be a very short walk but it is to a magical place. Lunch will be in Whitfield.
	Line Dancing for Beginners Leader: Helen Morgan	2.30 – 3.30pm Venue: *MSCC	Line dancing is fun, and excellent exercise for your body and brain. Helen Morgan is a friendly, experienced, enthusiastic line dancer.
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.
	Genealogy – discover and or build on your family tree Leader: Vicki Burrington	10.00 – 12.00noon Every Tuesday Venue: *MSCC	Learn how to start your family tree or to build your existing tree by searching digitised records including Trove, Cemetery Records, Military Records, Birth, Death and Marriage registrations and more. Whether you have just started or are advanced join us for some hints, tips and laughs as we discover who we are, where we come from and what to do with all that information.

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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	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 Venue: *MSCC	Explore the mysteries of Italian grammar and practice tongue gymnastics, attempting to pronounce every letter in every word.
	Food Glorious Food Leaders: Bev Hackett, Jan Mock and qualified “cooks”.	Dates to be finalised when school returns.	A guest cook will share their favourite dishes. You may even go home with dinner or something tasty to have with dinner. Cost \$10/session
	Exploring Shakespeare – Romeo and Juliet Leader: Chris McCracken	1.30 – 3.30pm Starting 26 April to 14 June. Venue: Myrtleford Library	Join us in exploring Shakespeare through his plays. Many have seen films of Romeo and Juliet but there is so much more to discover when we read the text together – wonderful words and wonderful characters! Texts will be supplied. You do not need to have read Shakespeare to enjoy and participate in this course.
Wednesday	Yoga and You Leader: Franca Shewell	9.00-11.00am 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.
	Italian for Beginners Leader: Yvonne Tabalotny	11.30am – 1.00pm Starts every Wednesday from 27 April. Venue: *MSCC	Have you always wanted to be able to speak a little of this lovely language? Has a trip to Italy been on your bucket list? Come along and give your brain and vocal cords a bit of a workout as you begin your adventure in Italian, in a small group. Bring along a notebook and an apple for the teacher.

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	Non-fiction Interest Book Group Leader: Yvonne Ward	2.00 – 4.00pm 4 th Wednesday of each month. April 27 May 25 June 22 Venue: 6703 Great Alpine Road, Porepunkah	Discuss a non-fiction book. Biographies of Henry Handel Richardson and her literature - incorporating a midday picnic at her home, Lake House, in Chiltern; National Trust tour 1.00pm. Discussion to follow. \$5.00 or \$4.00 concession. National Trust members free. Inventions - old and new Composers of music This class is offered to both the U3A Myrtleford and District as well as .U3A Bright.
	Colouring in for relaxation and companionship Leader: Maureen Andrews	1.30pm – 3.30pm Every Wednesday. 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.
	Bridge Leader: Sara Thorley-Smith	2.30 – 5.00pm 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 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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<i>Day of Week</i>	<i>Course Title</i>	<i>Time and Venue</i>	<i>Description</i>
	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.
	Cards: 500 Leaders: Eileen Giles Bev Cunningham	6.30pm Every Thursday Venue: *MSCC	For beginners and advanced players.
Friday	Lifeball Leader: Janet Ivone	11:00-12:00noon Every Friday except public holidays. Venue: Sports Stadium	Walking netball for everyone! Cost \$3.00 per week which includes a cuppa and biscuits.
	Gardening in the North East Leaders: Kay Souter, Lyn Cummins and committee	10:00-12:00noon 3rd Friday of the month	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 13 May 8 July Venue: Myrtleford Lawn Tennis Clubrooms	Sergeant Dominica Hunkin, Sergeant in charge at Myrtleford Police Station. CFA – Kitchen fire simulation and update on new fire ratings to be introduced for summer of 2022/2023. 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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<i>Day of Week</i>	<i>Course Title</i>	<i>Time and Venue</i>	<i>Description</i>
	Trip to Old Beechworth Gaol Leader: Yvonne Tabalotny	Tour at 11.00am Venue: Meet at 10.00am at the *MSCC car park to arrange carpooling. 27 May	Enrolments and payment (\$19.25) must be completed by Tuesday 24 May, to allow time to book and notify the numbers attending. Proof of vaccination must be shown to the guide. Coffee and/or lunch to follow.
	Drive up the King Valley to Lake William Hovell. Leader: Malcolm McKinnon	9.00 - 4.30pm. June 24 Costs will consist of the bus, still to be determined. Morning tea and lunch at your expense.	This trip includes coffee at Gracebrook winery and lunch at a bakery in Cheshunt. Maximum of 20 people
Sunday	Lunch at Buffalo Hotel	12.00 midday 26 June Venue: Buffalo Hotel	Lunch, "because we can", with U3A members your family and friends.

*MSCC – Myrtleford Senior Citizens Centre

Discussion Group:

There is some interest in starting a discussion group – group could select their topics. We just need someone to lead the discussion.

If this is you please let Jan Mock (Mob: 0401 064 030) or Yvonne Tabalotny (Mob: 0468 482 971) know.

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