

Writing & Languages

101: Book Club
3rd Mon 11am-12noon
Participants bring along a book they have read and discuss it with the group.

102: Creative Writing Workshop
2nd and 4th Wed 10am-12noon
This informal group gives advice and encouragement to members keen to write about their family history, own lives, and other topics.

103: Pen to Paper
1st, 3rd and 5th Thurs 11am-1pm
A fun and relaxed group who write about whatever inspires them, and then share their writing with others. Topics are set each month.

104: Conversational German
Weekly Wed From 5th Feb 11am-12noon
Learning German words and phrases, while having a lot of fun and laughter!

105: Science Fiction: Hopes and Fears
4 Weeks June Tue 9th, 16th, 23rd, 30th
10.30am-1.30am
Explore Science Fiction as a literary genre, focussing on current films. Dealing with the hopes and fears of our civilization – such as the threat of catastrophe (e.g. global warming), and hopes of a greater force coming to our rescue. A list of films will help you explore the possibilities!

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107: Singing for Pleasure
1st and 3rd Mon 9.30am-11am
A group for those who love to sing with others in a friendly, relaxed environment. Suitable for all abilities. Definitely no auditions!

108: Fun with Photography
3rd Thurs 1.30pm-3.30pm
Come and enjoy discussion, sharing photographic techniques, ideas and much more, in a friendly inclusive group. Bring along your camera or phone.

109: Old Fashioned Cooking Classes
1st Wed Feb, Apr, Jun, Aug, Oct, Nov 10am-12noon
Learn from your local home cooks anything from pickles to pastries and everything in between, using local, seasonal produce from kitchen gardens. Walk away with new skills that will fortify your cooking repertoire. Small cost for ingredients.

110: The Beauty of Stencil Painting
2 workshops Tue 10 Mar and Tue 15 Jun
10am-3pm, with a break for lunch
In these workshops you will learn how to make vibrant images using stencils, dyes and paint pens. This is especially for those who don't think they are artistic, but would like to have a go. Small cost for materials.

111: Make Your Own Artistic Prints
Wed 25th Mar 10am-3pm
In this one day, hands-on workshop, you will be introduced to the art of print making. You will choose an image, transfer it to a plate and then print it using either hand pressure or a press. Small cost for materials.

112: The Gardeners
1st Wed Mar, May, July, Sept 10am-12noon
Sessions will explore Water Saving Measures, No-dig Gardening, Making Compost and Crop Rotation.

113: Galloping Gourmets
4th Friday for lunch
Come together and enjoy good food, in good company at different venues throughout the year.

114: Op-Shopping
3rd Tues 9.30am
If you enjoy finding a bargain and scrounging around Op Shops, then come and join us once a month as we visit different areas, eg Seymour, Healesville, Lilydale, Marysville/Eildon, Yea/Yarra Glen, Euroa, Mansfield, Kilsyth and Benalla.

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Creative Arts & Music

202: Crafty Stuff
3rd Wed 2pm-4pm
Amid chatter and laughter, we turn used objects and materials into works of art and craft.

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2020 COURSE PROGRAM



Enrol now for • educational • recreational • creative • social programs
for the over 50s in retirement

WHAT IS U3A?

U3A, or University of the Third Age, is a world-wide organisation that encourages people over 50 to stay mentally, physically and socially active in their retirement years. Although it is called a "university", there are no entry requirements, no exams and no awards are given. It is about learning for the love of it and, in the process, enjoying life and making new friends.

U3As are self-help, non-profit organisations with courses and activities run by volunteers. All courses are provided at no cost or low cost to members. In Victoria alone there are around 100 U3As supporting 35,000 members. So, why not join in and make retirement the best time of your life?

You can enrol online at murrindindieastu3a.org.au from 29 November 2019 onwards or fill out the enrolment form on this brochure.

Need more information?

If you have any questions about our courses or activities please call Jenni Shaw 0409 858 997 or email info@murrindindieastu3a.org.au
You can also take a look at our Facebook page or visit our website at murrindindieastu3a.org.au

MURRINDINDI EAST
U3A
UNIVERSITY OF THE THIRD AGE
PO BOX 217 ALEXANDRA VIC 3714
Enquiries to Libby Longham 0408 896 730
U3A Campus is CH@T,
Old Taggerty Primary School, Taggerty

Creative Arts & Music

211: Pastel Drawing Workshop
Tue 7th July 10am-4pm
In this workshop you will learn about types of pastels and papers, suitable subject matters for pastel, underpainting etc. Come and try your hand! Small cost for materials

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Please fill in BOTH SIDES of this form and return to Murrindindi East U3A, PO Box 217, Alexandra VIC 3714
Enquiries to Libby Longham 0408 896 730

MEMBERSHIP FORM

First Name:

Surname:

Street Address:

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Postal Address:

.....

.....

Postcode:

Phone (Home):

(Mobile):

Email: (Please write clearly):

.....

Year of Birth

Emergency Contact: (in case of accident or illness)

Name:

Phone:



Health and Well-Being

Ageing with Attitude (Affiliated Course)

Every Tues and/or Thurs 10am-11am

These exercise to music classes for the over 50's combine dance routines with specific exercises to improve strength, flexibility, balance and co-ordination. 10% discount on multi-week packages for U3A members ie \$54 for 6 weeks.

Contact: Karen Howden 0408 866 208 or karen@musicandmotion.com.au

Classes held at PT on the Run, 42 Downey St Alexandra

602: Natural Healing: A Pathway to Well-Being

2nd and 4th Thurs 10.30am-12.30pm

In these fun, hands-on sessions we will explore how a range of natural healing techniques, including meditation, can be used to improve physical and emotional well-being.

Heather Robb CH@T Limit 10

603: Guided Meditations, Mantras and Activities for Peace and Relaxation

Wednesdays 12.30pm-2pm

Four blocks of 6 weeks beginning Feb 12; April 22; June 24; Aug 19.

Participants can book for one or more blocks. Cost \$20 per block to cover notes, tea and coffee etc.

Participants will practice guided meditations and techniques for relaxation, peace and healing

Vicki Klein Meditation Room 24 Mc Coll Lane, Acheron Min 6, Max 16

History / Travel / Games

401: Australian History

2nd and 4th Thurs 9.30am-10.30am

Stroll through the highways and byways of Australia's very early history with this enthusiastic group.

Jenni Shaw CH@T Limit 15

402: Interesting People from Across the Centuries

2nd and 4th Thurs 11am-12noon

Participants select a person they have found interesting from past or present times and prepare a presentation for the group.

Greta Vallance CH@T Limit 15

404: Archaeology: Insights into Early Civilisations

6 sessions fortnightly from Tue 10th Mar

10.30am-12noon

Beginning in 6000BC (Neolithic Age) and moving forward to 1460BC (Bronze Age), we focus on the civilizations of Sumer and Crete, the growth from early agriculture to city civilizations, and the impact of the development of writing.

Margaret Rea CH@T Limit 15

405: Armchair Travel

2nd and 4th Wed June & July 2pm-3.30pm

These four sessions will take you to faraway places such as Europe, Middle East or Canada without ever leaving your home.

Greta Vallance Alex Hub Limit 20

406: Mahjong

Every Mon 2pm onwards

A group that meets to play this traditional Chinese game using tiles, not cards.

Thelma Lucas Private Home Eildon Limit 15

U3A Independent Online Study

U3A Online has around 60 courses that you can study independently at your own pace. All you need is a computer and internet connection. Costs just \$35 a year.

To find out more go to u3aonline.org.au

Information Technology

701: Introduction to Facebook

Mon 5th and 12th October 1pm-3.30pm

In this course you will learn how to use Facebook confidently and safely. An initial 2.5 hour session will be followed by a 2 hour workshop focussed on your questions.

Chris Barry CH@T Limit 6

702: iPad Users Group

3rd Wed 10am-12noon

David will help you with any problems and teach various uses of your own Apple iPad.

David Hibbert and Thelma Lucas CH@T Limit 15

704: Introduction to Computers/Laptops

1st Tues Mar, Apr, May 10am-12noon

Over 3 sessions you will learn how to use your computer/laptop. The first session will cover basic operations, while the next two sessions will address your individual concerns in Q&A style. For Windows operating system 10.

Chris Barry CH@T Limit 6

705: Introduction to Android Tablets

Mon 2nd Nov 10am-12 noon

This Q&A style workshop will help you become more confident in using your tablet computer. (eg Samsung).

Chris Barry CH@T Limit 5

One on One Computers

By arrangement No need to enrol

Individual assistance is given to U3A members only to develop Android computer skills and solve problems.

Contact Roger Gibson on 57 722 225 to arrange a session

Outdoor Activities

802: Walking Group

1st and 3rd Friday 9am-11am

Our walks follow sections of the Great Victorian Rail Trail and other venues. Members walk at their own pace for 1-2 hours then visit a nearby café.

Libby Longham Details emailed Limit 65

804: 4WD Trips

2 mid-week base camps Mar and Sept

For members with some 4WD experience, including low-range, these multi-day base camps will enable us to explore different areas of Victoria.

Graeme Munro and Carol Hopkins Limit 10 (5 vehicles per trip)

805: Fly Fishing Forays

1st Tues Mar, Apr, May and Sep, Oct, Nov

9.30am-12.30pm

Develop your fly fishing skills during six visits to different locations. Basic tuition will be provided. All participants must have their own equipment.

Ted Norris and Graeme Munro Limit 6

806: Introduction to Golf

Tues Mar 3, 10, 17, 24, 31 9am-10.30am

Come and join Helen and learn the basics of golf, such as club selection, grip, stance, swing and hitting the ball. \$5 per session

Helen Findlay Alexandra Golf Course Limit 10

807: Cycling

4th Mon 9.30am-11.30am

Dust off your bicycle and join us for some relaxed rides along the rail trail. A lunch or coffee stop is included. Moderate cycling ability is required.

Sally Dean and Helen Findlay Limit 30

808: Weather Awareness

4 seasonal sessions 3rd Tuesday of Feb, May, Aug, Nov 2pm-3.30pm

This course aims to improve your weather awareness by showing you where to access, and how to better understand, the weather information available on the internet. Over the sessions, different weather topics will be discussed, including hands-on exercises using your smart-phone, tablet or laptop.

Robert Dahni CH@T Limit 15

Outdoor Activities

809: Introduction to Lawn Bowls

4 weekly sessions from Monday 3rd Feb

9am-10.30am

Learn about the playing surface, equipment and how to bowl with Graeme, who is a qualified instructor. You will then be ready to play recreational bowls, and Barefoot Bowls at the bowling club. Participants must have flat-soled shoes. All equipment provided.

Graeme Matthews Alexandra Bowling Club No Limit

Open-to-All Activities

(No need to enrol)

Pop-Up Talks:

No set schedule – Details emailed

Throughout the year we arrange occasional talks on topics of interest. Greta Vallance

Day Trips by Bus:

No set schedule – Details emailed

Several times a year we organise day-long bus trips to a place or event of interest. Thelma Lucas

Happy Hour:

3rd Fri 5pm – Details emailed

On the 3rd Friday of the month we invite everyone to come along to our campus or other venues and share good food, wine and conversation.

Greta Vallance

Interstate Bus Trip:

Yearly – Details emailed

This year's trip is to South Australia in late March and early April. Watch your emails and post an expression of interest.

Greta Vallance and others

Please fill in BOTH SIDES of this form and return to Murrindindi East U3A, PO Box 217, Alexandra VIC 3714

MEMBERSHIP FORM

Which courses would you like to attend?

Please write number and name

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....

Please send the completed form together with your fees to:

The Secretary, Murrindindi East U3A, PO Box 217, Alexandra Vic 3714

Membership Fees:

\$30 (individual) \$50 (couple) \$15 (affiliated* or if joining from July-Dec) *affiliated means member of another U3A

You can pay by EFT to Bendigo Bank BSB 633 000 A/C 156255986 or over the counter at the Bendigo Bank agency at Alexandra Newsagency and you must include your name.

Photography Permission

(for photos taken at U3A events):

I give my permission for photographs to be taken and used for U3A purposes YES NO I understand that I am responsible for managing my own safety and care at U3A events.

I wish to renew/apply for membership of Murrindindi East U3A and agree to the aims as set out in the Murrindindi East constitution.

Signature:.....

Date:.....