

Open-to-All Activities

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 and Sue Aitken*

Happy Hour: 3rd Friday 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*

101: Book Club
3rd Monday 11am-12 noon
Participants bring along a book they have read and discuss it with the group.
Jan McKaskill Private home Alexandra Limit 15

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

103: Pen to Paper
1st, 3rd and 5th Thursdays 11am-1pm
A fun, creative writing group where we all write a ten minute exercise, then share and discuss it in the session, along with our homework topic which we share as well. It is an enthusiastic and supportive group, with much laughter and sharing.
Heather Robb CH@T Limit 10

Reading, Writing



2021 COURSE PROGRAM



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

PO BOX 49 ALEXANDRA VIC 3714
U3A Campus is CH@T, Old Taggerty Primary School, Taggerty

Creative Arts & Music

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 Friday 27 November 2020 onwards or fill out the enrolment form on this brochure.

From the President

We present our 2021 program with an awareness that there are uncertainties that shape our current world, and on enrolment, this must be taken into account.

While looking forward positively to a new year, and planning to reopen face-to-face classes and outdoor activities, these will be delivered within the constraints of Covid-19 and Government guidelines.

This means strict hygiene routines, social distancing, wearing of masks, smaller group gatherings, staying home if you are unwell and shutting down if required.

We will continue, as during 2020, to practise flexible and creative ways to adapt our activities to keep us all healthy and connected.

Greta Vallance, President



UNIVERSITY OF THE THIRD AGE

Creative Arts & Music

Please fill in BOTH SIDES of this form and return to Murrindindi East U3A, PO Box 49, Alexandra VIC 3714

Membership enquiries to Ian McKaskill 0416 250 203

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:



Food, Gardens & Outings

212: Water Colour Painting
Weekly in Term 1, beginning Thursday 4th Feb 1pm-3.30pm
Beginners and experienced painters welcome. Learn to apply tone, colour, perspective and various techniques to create atmospheric water colours.
Subjects range from land and seascapes and marine subjects, always depicting light with a romantic interpretation. Bring your own materials, or Ron can organise these for you at discounted prices.
Ron Muller CH@T Limit 15

302: Plant Propagation
1st Wednesday Mar, May, Jul, Sep 10am-12noon
Join us for some gardening magic as you learn new skills and increase your plant supply! Peter is a very experienced gardener who will guide you through various types of plant propagation according to the seasons.
Peter Raymond Private Home Alexandra Limit 15

Food, Gardens & Outings

304: Old Fashioned Cooking Classes
1st Wednesday Feb, Apr, Jun, Aug, Oct, Nov 10am-12noon
Learn from your local home cooks anything from preserves to one pot meals 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.
Greta Vallance Details emailed Limit 15

305: Galloping Gourmets' Group
4th Friday for lunch
Come together and enjoy good food, in good company at different venues throughout the year.
Vicki Klein and Judy Maloney Details emailed Limit 40

209: Singing for Pleasure
1st and 3rd Monday 9.30am-11am
A group for those who like to sing with others in a friendly, relaxed environment. Suitable for all abilities.
Definitely no auditions!
Libby Longham Alexandra Bowling Club Limit 50

211: Pastel Drawing Workshop
Tuesday 6th July
In this one day workshop you will learn about, and experiment with pastel as an art medium, techniques, papers etc.
Small cost for materials
Margaret Rea CH@T Limit 12

207: Fun with Mixed Media
Workshop 1: Tue 9 Mar 10am-2pm
Workshop 2: Tue 15 Jun 10 am-2pm
In these workshops you will learn how to make vibrant images using a variety of mediums. This is especially for those who don't think they are artistic, but would like to have a go. Materials cost extra.
Anne Slater CH@T Limit 8

205: Make Your Own Artistic Prints
Workshop 1: Wednesday 10th March 10am-3pm
Workshop 2: Wednesday 24th March 10am-3pm
In these one day, hands-on workshops, 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.
Juliet Corhill Private Studio Buxton Limit 3

202: Crafty Stuff
3rd Wednesday 2pm-4pm
Amid chatter and laughter, we turn used objects and materials into works of art and craft.
Greta Vallance and others CH@T Limit 15

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Health and Well-Being

Ageing with Attitude (Affiliated Course)

Every Tuesday and/or Thursday 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. i.e. \$60 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, Esoteric Philosophy and Meditation

2nd and 4th Thursday 10.30am-12.30pm

Learn meditation techniques, discuss esoteric philosophy and natural healing methods. Fun, hands on activities, discussion, teachings and meditation. A fun, warm group with lots of laughter and sharing.

Cost: \$10 annual fee, with larger manuals at cost.

Heather Robb CH@T Limit 10

604: Guided Group Meditation

Six week blocks within each term

Beginning Tuesday 16th Feb 2pm-4pm

Using a gradual, step by step approach, and broadly based on Mindfulness Based Stillness Meditation, these sessions are suitable for those wishing to learn how to meditate, and those who wish to enhance their meditation practise. Each session will combine instruction, discussion and practise, and will cover such topics as preparation, relaxation, concentration, visualisation, contemplation, mindfulness and stillness. Cost: Gold coin donation to cover notes and refreshments.

Ian McKaskill Private Home Alexandra Limit 10

605: One Life. One Chance.

Thursday 6th May 2pm-3.30pm

Help yourself and others onto the path for a healthier, happier and more peaceful life. Discover how to handle confusion and eliminate that pessimistic voice we all carry within us. Develop wholesome thinking and positive attitudes, which encourage our most innovative and mindful self ... it's called mind-strength!

Dr Eileen N Slack CH@T Limit 12

History / Travel / Games

401: Australian History

2nd and 4th Thursday 9.30am-10.30am

This year we move forward from Federation, and also learn something of our local history too.

Jenni Shaw CH@T Limit 15

402: Interesting People from Across the Centuries

2nd and 4th Thursday 11am-12 noon

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

Greta Vallance Details emailed Limit 15

404: Archaeology: Insights into Early Civilisations

6 sessions fortnightly from Tuesday 9th March

10.30am-12noon

Beginning in 6000 BC (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 Wednesday 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 Details emailed Limit 20

History / Travel / Games

406: Mahjong

Every Monday 2pm onwards

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

Thelma Lucas Private Home, Eildon Limit 15

407: Western Dreaming - Classical Studies

Tuesday 1.30pm-3.30pm

Beginning Tuesday 13th July 2021

This course explores the influences on European art, literature and music, particularly from Ancient Greece, by examining the myths, gods, heroes and epic tales. The course also includes an exploration of the wider Mediterranean religions and their shared myths, including Creation and Flood stories.

Bronwyn Ondracek CH@T Limit 20

408: Cryptic Crosswords

4th Thursday Feb, Mar, Apr 1.30-2.30

Learn to solve the mystery of cryptic crosswords! Melinda will use the daily Age cryptic puzzles, which can be accessed on your iPad or Tablet, as examples.

Melinda Jackson Private Home Alexandra Limit 10

Current affairs

501 : Tantalising Topical Topics

3rd Thursday of each month 1.30pm-3.30pm

A group discussion of a tantalising, topical topic using evidence based on online articles, videos or audios. One or two group members will select the material and send links to participants two weeks before each session for pre-reading. Topics can include current affairs, political debates or environmental issues, depending on group interests.

Ian McKaskill CH@T Limit 15

Information Technology

701: Introduction to Facebook

Monday 4th and 11th 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 Wednesday 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 Tuesday 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

Monday 1st November 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 5772 2225 to arrange a session

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

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 enjoy refreshments together in a park or café.

Libby Longham Details emailed Limit 65

803: Bushwalking

2nd Thursday Feb, Apr, Jun, Aug, Oct, Dec 9am-4.30pm

Enjoy walking through our beautiful National Parks and forests. A reasonable level of fitness is required for this activity.

Peter Raymond Details emailed Limit 30 with 15 people per walk

806: Introduction to Golf

Tuesday Mar 2, 9, 16, 23, 30 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 Monday 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, Stargazing and Photography

No need to enrol Be surprised! Robert will send an email to everyone when this event will take place

Robert Dahni

809: Introduction to Lawn Bowls

4 weekly sessions

from Monday 1st February 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

Enquiries about Courses to Jenni Shaw 0409 858 997

MEMBERSHIP FORM

Which courses would you like to attend?

Please write number and name

-
-
-
-
-
-

Fill both sides of the form and send together with your fees to:

The Secretary, Murrindindi East U3A, PO Box 49, 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:.....

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