



BENALLA AND DISTRICT
COURSES AND ACTIVITIES IN SEMESTER 1, 2017
Venues and Meeting Places

Please note most courses in W4 run from 10 am - 12 noon afternoon sessions 1.30 - 3.30 pm (except on Fridays).

The site is referred to as 'Flexible Learning'. It is part of **Benalla College Dunlop Campus in Barkly St.**

No classes are scheduled on public holidays.

Armchair History Contact Terry Case 5762 1700 email case.terence@gmail.com

2nd & 4th Friday 1.15 - 3.15 pm W4

Continuing our focus on British history, this year we will cover the period from the Normans to the Tudors. Why "Armchair history"? The intention is to entertain and inform using DVDs from TV history series enabling you to sit back and enjoy these wonderful productions. We will have time to discuss what we have seen, read about this period and perhaps recall visits you have made to Britain?

Armchair Traveller Contact John Avery 5762 1818 email jcavery@bigpond.net.au

3rd Tuesday 10.00 am – 12 noon Semester 1 March and May W4

An opportunity to share your traveller's tales with others and to hear theirs, however inspiring or hair-raising. Two sessions are planned this semester.

Art Appreciation Contact Carole & Godfrey Marple 5762 6165

1st Monday 10.00 - 11.00 am Benalla Art Gallery

The group meets the first Monday of each month at the Benalla Art Gallery where members of the gallery staff discuss items in the gallery's collection, special exhibitions, art genres etc. The group occasionally organizes trips to other galleries.

(Astronomy – see 'Exploring the Universe')

Bird Watching Contact Kathy Costello 5762 5755 Mobile 0447625755

1st Tuesday 10.00 - 12 noon April, May, June Various Locations

Meet in the Benalla College Barkly Street tennis court car park, behind the Aldi store.

If you would like to know more about birds in the Benalla district and would appreciate help in identifying birds, this group could be for you. The program involves mainly morning walks in local habitats rich in a range of bird life such as Reef Hills, Winton Wetland and Benalla Lake. There will also be one or two all day outings to more distant areas such as the Warby Ranges. Bring along a pair of binoculars to gain more value and enjoyment from this activity.

(Book Groups see:- 'E-book group' & 'Let's Talk Books').

Brain Games Contact Elspeth Maconachie 5762 1700

1st and 3rd Monday 1.30 – 3.30 pm W4

It is well established that new skills can help build brain pathways with benefits for memory, confidence, happiness and even falls prevention. Brain Games will offer a variety of entertaining and informative ways to challenge, inform and exercise your brain. Thus we might solve word, number, shape, picture or logic puzzles, take part in a quiz, brainstorm solutions to a dilemma, draw a picture or maybe even learn to juggle! There will be some time spent viewing DVDs or reading articles which explore such topics as illusions and tricks, dementia, brain repair, gender differences, optimism & pessimism, lateral thinking and creativity.

Bush Walking Contact Vaughan Cowan 5762 1980

2nd Wednesday all day – meet at the Benalla College Barkly St tennis court car park, behind the Aldi store.

Walks are organised by the Benalla Bushwalking Club Inc. and are held on the second Wednesday of each month, weather permitting. These walks are suitable for the retired person of reasonable fitness. U3A members wishing to go on these walks need to join the Benalla Bushwalking Club for insurance purposes. Membership fees at present are Single \$30, Family \$40. We pool cars and share transport costs.

Chat n' Chew Lunch Group Contact Shirley Kearney 5762 6768

3rd Friday 11.45 – 1.45 pm Various locations in Benalla

This group meets once a month at one of Benalla's many "eateries" for good nosh and a natter. A very popular activity. All U3A members welcome.

Collectors Contact Judith Borthwick 5762 3442

3rd Monday 10.00 - 12 noon W4

Do you enjoy The Collectors and Bargain Hunt on TV? Have you a collection or the beginnings of one? 'Collectors' is for people who enjoy collecting and seeing the collections of others. Sessions take the form of 'show and tell', with participants bringing along an item or a collection to share with others in the group. Items shown last year ranged from the quirky to the beautiful. They may be inherited, be valuable antiques or items purchased from the Op Shop but which you enjoy. It is hoped to have a guest speaker for one session to help us develop skills in identifying and valuing our purchases. Please bring along to the first session one or two of your favourite items and be prepared to 'show and tell'.

E-Book Group Contact Helen Scheller 5762 3937

1st Tuesday 10.00 - 12 noon Benalla Library February to November

Our E-book group is a forum for discussion of books, ranging from classic to contemporary fiction. To access the monthly book choice, participants are welcome to use their own E-readers/tablets, or borrow books from the library (when available). New members are always welcome, and will enjoy the atmosphere of lively debate, morning tea, and a general get together.

Easy Walks Contact Vaughan Cowan 5762 1980

1st Wednesday all day -- meet at 10 am in the Benalla College Barkly St tennis court car park behind the Aldi store.

'Easy Walks' are aimed at maintaining fitness by introducing people to bushwalking, and giving people who have walked in the past the opportunity to continue on shorter and easier tracks. It is also a very social occasion, as we normally have morning tea on arrival at the start of the walk, much chatter as we walk, and lunch either on the track or on return to the cars, depending on the length of the track. Most walks are about 4km, although we sometimes go further if it is fairly level, and we try to pick areas that do not require too much climbing. We do not start the walks till April due to the summer heat. The last walk of the year is in November, as we find it gets too busy nearing Christmas. Contact Vaughan Cowan on 5762 1980 prior to each walk, or for any enquiries.

Exploring the Universe Contact Bev Morton 5764 1245 bevorton@bigpond.com/Jan Andrews 0438 624036

3rd Tuesday 1.30 - 3.30 pm W4

Explore and enjoy the wonders of the Cosmos. Journey far into the solar system, courtesy of NASA and other world space agencies who share their discoveries through text and audio visual content. Advanced technologies have given a new perspective of the universe. Now spacecraft travel to the outer reaches of the solar system on voyages of discovery. Special telescopes and cameras return brilliant images, revealing billions of galaxies, star breeding clouds of gas, and weird new planets, some in habitable zones; allowing us to look back in time as the history of the universe is unfolding. What are the stars made of? What is really "OUT THERE?" There is scope for discussion. You don't have to be a scientist--we are all learning. Beginners are welcome.

Film and Literature Contact Joy Shirley 0417065351

2nd Wednesday 1.00 – 3.30 pm W4

Do you enjoy watching and discussing movies? At our monthly group we present films and possibly books, followed by discussion. Movies are planned at least one month in advance, and advertised in the newsletter. Participants are encouraged to choose a movie for the following month, and before we watch the movie, tell us why they have chosen it. This could be a favourite movie; a movie they think reflects a book well, or badly, and why; a movie that was popular but they did not know why; or even a movie they did not understand or like, and wanted some discussion around. If time allows, participants are encouraged to review a movie they have seen recently.

Garden Appreciation Contact Gwen Turner 5762 7017

4th Thursday all day Meet in the Benalla College Barkly St tennis court car park behind the Aldi store.

We meet once a month to visit gardens in our area and sometimes further afield. Gardens range from private gardens to Botanic Gardens such as Melbourne and Albury. We have also visited Ripponlea, the Victorian Rose Garden at Werribee Park and other special gardens.

Garden Team Contact Elspeth Maconachie 0418 62 1764

2nd* and 5th Monday 2.00 – 4.00 pm Meet at members' gardens by turn.

A band of enthusiastic gardeners gathers once a month for an afternoon at each member's garden in rotation. The working bee uses each member's skills and abilities to achieve about six hours effect in an hour and a half. Then we rest on our laurels with tea provided by the host and a home-baked and/or healthy plate from the visitors. We head home a little fitter and inspired, often with a new cutting or garden tip.

In the Mood for Opera Contact Meg Dillon 572 6558

2nd Wednesday 7 pm 21 Warana Court

In the mood for opera? Following the 2016 U3A season of 'Opera on the Dark Side', a monthly opera will be offered to those interested in following mostly popular traditional operas, including Mozart, Puccini, Verdi, Donizetti, Strauss etc. We can stray into some modern twentieth century operas in the 2nd half of the year e.g. Ravel, Debussy, Vaughan Williams, Bartok, Glass etc. DVDs of the best possible versions will be screened with subtitles in English and participants will receive a synopsis of the story in the week prior to screening. Participants will have a chance to influence our choices at the first meeting. Limited to 10 participants.

Investment Contact Margaret Jenkins 5762 6944

1st Friday 1.15 - 3.15 pm W4

This group includes U3A members who are interested in the share market and want to participate in discussion about investments. Whilst the share market is our primary focus, we often have a related broader investment topic as well at our monthly meeting.

Let's Talk Books Contact Geraldine McCorkell 5762 2134

1st Tuesday 2.00 - 4.00 pm Benalla Library Meeting Room.

Have you read a good book you would like to share with others? Bring your book along to the Benalla Library and tell the group about it. This is a casual discussion group about books/papers/magazines we have read and enjoyed. You will hear about books others have read that you may be interested in reading too.

Lifeball Contact Marg Merriman 5762 1404

Every Monday 10 am (90 minutes) Indoor Recreation Centre Ackerley Avenue.

Lifeball is a game adapted from basketball which is suitable for all ages and abilities and has regular and enthusiastic participants. For those who think that competitive sport is now beyond you this is the game for you.

Meet and Mingle Contact Dorothy Webber 5762 2116 & Lorraine Knox 5762 1531

3rd Wednesday 10.00 – 12 noon W4

This is a general social gathering of members to have morning tea, a chat, and sometimes have a guest speaker. It is not a formal business meeting but a short time will be allocated for news from the Executive and program groups. **All members welcome.**

Music Appreciation Contact John Avery 5762 1818

2nd and 4th Friday 10.00 – 12.00 noon W4

If you enjoy listening to and discussing classical music in a relaxed atmosphere this might be the group for you. The great classics of the 17th, 18th and 19th centuries are played on CD followed by discussion, and if you would like to know more about Beethoven, Mozart and their ilk then you would like this group.

(Opera - -see 'In the Mood for Opera')

Patchwork Contact Dorothy Webber 5762 2116

1st and 3rd Thursday 1.00 – 4.00 pm The Hub, Coinda.

Participants provide their own fabric and sewing aids. New members will be introduced to patching and quilting techniques.

Play reading Contact Keith Rogers 5762 4086 or Jenny Sawyer 5763 3279

1st Wednesday 9.45 – 12.15 W4

Have you always enjoyed drama and going to the theatre? Perhaps you have had previous experience in a theatre environment, or always wanted to. During monthly sessions the group will read chosen plays and share news of theatre experiences in a relaxed classroom setting. You won't have to learn lines!

Politics and Current Affairs Contact Terry Case 5762 1700

2nd and 4th Tuesday 10.00 am – 12 noon W4

Join our discussions as we dissect local, state, federal and world affairs.

Singing for Fun Contact Joyce Borschmann 5762 5013

1st & 3rd Thursday 10.00 – 12 noon Baptist Church, 57 Bridge Street West

The only criteria for joining this group is that you like singing. You do not need to be able to read music. We sing for fun and we find it a great sharing experience.

Harmony group 2nd Thursday 10-12 noon Baptist Church.

Tech Savvy Beginners Contact Jenny Sawyer 5763 3279

1st and 3rd Wednesday 1.30 - 3.00 pm W4

Have you been given an iPad, other tablet or mobile phone and don't know where to start? Would you like to learn about tablets on one of our iPad or Samsung tablets? A fortnightly 'hands on' session for beginners keen to develop skills and confidence in using the internet, sending emails, attaching photographs and more. Tech Savvy mentors will help to provide one to one assistance and small group tuition. All welcome!

Tech Savvy Plus Contact Terry Dillon 0419343129

2nd and 4th Tuesday 1.30 - 3.30 pm W4

A fortnightly 'hands on' group for confident internet users who are adept at basic use of their smart devices (Android or Apple) and proficient in the installation of apps. Time will be set aside to troubleshoot problems; to consolidate skills in using Cloud based programs such as Google Apps and to explore the connectivity of smart devices.

Tech Savvy Talks Contact Bev Lee 5762 8171 Les Rodgers 5762 7600

2nd Wednesday 10.00 - 12 noon W4

Are you reasonably 'Tech Savvy', keen to continue developing your knowledge base and to assist others to develop digital literacy? Then this 'Tech Savvy' discussion group may be of interest. Monthly meetings include viewing of topical 'TED Talks'; sharing of ideas; news of the latest IT developments; presentations on topics of interest by class members or guest speakers and planning time for the Internet of Things (IoT) and Mentors groups. New in 2017! 'Internet of Things (IoT)' reading group at a local cafe on the 4th Wednesday at 10.30 am—contact Les on 5762 7600.

Towards a Sustainable Future Contact John Lloyd 5765 2476 email: andrewslloyd@inet.net.au

1st and 3rd Friday 9.30 - 11.30 am W4

The human impact on our planet has, in recent times, become the concern of governments and ordinary people world-wide and has resulted in many questions about the sustainability of our present lifestyle. This course aims to explore topics such as global warming and climate change, reducing greenhouse gas emissions, clean energy options, the challenge of population growth, sustainable agricultural practices, water use, sustainable use of resources, sustainable and energy efficient building design and various economic and lifestyle issues. From time to time we might also focus on the politics of climate change – a topic that can hardly be ignored. No prior knowledge of these topics is required just a general interest in the issues around climate change and sustainability. With discussion of these topics throughout the year you will find that you become better informed about these issues.

Wine Appreciation Contact Noel Meagher 5762 3149 and Keith and Heather Rogers 5762 4086

4th Wednesday all day Various locations

This group meets monthly for a trip to explore the wineries of the North East and learn more about the varieties of wines and the people who make them. We meet once a month on the fourth Wednesday gathering at Benalla College's Barkly Street car park on the tennis court behind Aldi for car-pooling. Lunch is also part of the excursion, sometimes at a local pub and other times somewhere a bit grander.

Writing Workshop Contact Beverley Lee 5762 8171

4th Monday 1.30 - 3.30 pm W4 Cafe 'catchup' 2nd Monday 2.30 - 3.30 pm – various locations

Writing workshop provides an outlet and support for members keen to write about their lives, to tell stories their families may not get around to asking them about. Writing tasks are reminiscence oriented and largely chosen from ABC Open's '500 Words' writing project topics.