



BENALLA AND DISTRICT
COURSES AND ACTIVITIES IN SEMESTER 1, 2016
Venues and Meeting Places

Changes for 2016: Most courses in W4 now run from 10 am-12 noon in the morning and 1.30 - 3.30 pm in the afternoon (except on Fridays). The Centre site is now referred to as the Benalla Flexible Learning Centre. No classes are scheduled on public holidays.

Armchair History: Invaders! Contact Terry Case 5762 1700

2nd & 4th Friday 1.15pm to 3.15pm W4

We will start with the Romans and should get as far as the War of the Roses, covering a momentous millennium. The period was typically portrayed in old history text books as the "Dark Ages", but modern interpretations now portray it in a different light. 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 and 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 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 am - 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 Contact Bev Morton 5764 1245 bevmorton@bigpond.com/Jan Andrews (0438 624036)

3rd Tuesday 1.30pm to 3.30 pm W4

Astronomy is a natural science, a study of celestial objects such as stars, galaxies, planets, comets and nebulae. The evolution of such objects and phenomena that originate outside the atmosphere of Earth. U3A Astronomy is a self-help group. Members discuss their interests in this field and each contribute to the program. Beginners are welcome, come and learn with us. We are also welcome to attend Astronomy Benalla's viewing nights. It is not necessary to own a telescope

NEW! Bird Watching Contact Kathy Costello 5762 5755

2nd Thursday Various Locations (February session in W4 10.00-12noon).

If you would like to know more about birds in the Benalla district and would appreciate help in identifying birds, this new group could be for you. Kathy Costello is interested in sharing her passion for bird watching and will run a pilot group during Semester One. February's introductory session will be in W4, followed by birdwatching sessions in local habitats rich in a range of bird life including Reef Hills, Winton Wetland and Benalla Lake. The program will involve mainly morning walks, with the possibility of one or two all day outings to more distant areas such as the Warby Ranges. If you can bring a pair of binoculars you will gain more value and enjoyment from this activity.

(Book Groups see:-"E book group & Let's talk books).

NEW! Brain Games Contact Elspeth Maconachie. 5762 1700

1st Monday 1.30 – 3.30 p.m 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 in Benalla Flexible Learning Centre Car Park

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 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 and all U3A members welcome.

NEW! Collectors Contact Judith Borthwick 5762 3442

3rd Monday 10.00-12 noon W4

Do you enjoy The Collectors and Bargain Hunt? Have you a collection or two or the beginnings of one? Collectors Corner is for people who are passionate about a collection – small or large - and enjoy hearing about and seeing the collections of others. Collectors Corner will consist of five sessions held one each month from February to June. These sessions will take the form of "show and tell" with participants bringing along a collection to share with others in the group. It is hoped to have a guest speaker at least one of our sessions who can help us develop skills in identifying and valuing our purchases. All members are asked to bring to the first session one or two of their favourite items. These do not have to be part of a collection, or valuable, just something which you treasure and are prepared to "show and tell" to others. It might be something pretty, useful, or have sentimental value etc.

Comparative Religion Contact Mike Larkin 5767 2323/ (0428273613 - no reception at home)

1st Wednesday 1pm to 3.00 - 3.30pm W4

This program is a systematic comparison of the doctrines and practices of some of the world religions. In order to gain a richer experience of a particular faith, a relevant film will be shown to enhance the understanding of the diverse nature of the religion being studied. Faiths covered will include Pacific Islander/Australian Indigenous beliefs, Buddhism, Hinduism, Taoism, Christianity and Judaism. As well as guest speakers and film, we will source material from the internet projected onto the TV via USB stick.

Easy Walks Contact Vaughan Cowan 5762 1980

1st Wednesday all day. Benalla Flexible Learning Centre Car Park

"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 leave the Benalla Flexible Learning Centre car park (tennis courts) at 10.00 am on the first Wednesday of the month but 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.

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.

Film and Literature Contact Jim Casey 5762 1020

2nd Wednesday 1 pm to 3.00 - 3.30 pm W4

A review of Films and Literature. Our aims for our monthly group will be to present films and possibly books, either by convenors or participants, followed by discussion.

Games

The indoor games is in recess for the remainder of 2016 as from mid March.

Garden Appreciation Contact Gwen Turner 5762 7017

4th Thursday all day. Benalla Flexible Learning Centre Car Park

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 members' 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. *When the 2nd Monday falls on a public holiday the garden team meets on the 3rd Monday.

Investment Contact Margaret Jenkins 5762 6944

1st Fridays 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.

Legal Matters (A series of classes to be announced in 2016 timetabled for third Friday from 1.15 to 3.15)

Let's talk books Contact Geraldine McCorkell 5762 2134

1st Tuesday 2-4 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 10am (90 minutes) Indoor Recreation Centre Ackerley Avenue.

This is a game adapted from basketball and 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 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.

Patchwork Contact Dorothy Webber 5762 2116

1st and 3rd Thursday 1 pm - 4 pm. The Hub, Cooinda.

Participants provide their own fabric & sewing aids. New members are introduced to patching & quilting techniques.

NEW! Play reading Contact Keith Rogers 5762 4086

1st Wednesday 10.00-12 noon 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 share news of theatre experiences and read chosen plays in a relaxed classroom setting. You won't have to learn lines!

Politics and Current Affairs Contact Terry Case 5762 1700

2nd Tuesday 10.00 am – 12 noon W4

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

NEW! Rail and Tourism Contact Bill Dewing 5762 5883

A 7 session series: **1st Tuesday, March-September 9.30-12 noon W4**

Join Bill for a rail tour of South West Canada and North West America, each session will feature a dvd.

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 Contact Bev Lee 5762 8171

2nd Wednesday from 10 to 12 in W4

Are you reasonably 'Tech Savvy', keen to continue developing your knowledge and skills and to assist others to develop digital literacy? Then 'Tech Savvy' may be of interest to you. Monthly meetings include sharing of ideas and pearls of wisdom; news of the latest in IT development and presentations on topics of interest by informed group members and guest speakers. Meetings also provide a regular forum for working groups involved in tasks such as blogging; monitoring the website; procuring and maintaining IT related resources and mentoring other U3A members at the Tech Savvy Drop In.

NEW! Tech Savvy Drop In Contact Bev Lee 5762 8171

Apple Users – 1st Tuesday and 3rd Wednesday 1.30-3.30 pm W4

Microsoft/Android (eg Samsung) users – 2nd and 4th Tuesday 1.30 to 3.30 pm W4

Are there things you would like to learn to do on your computer, laptop, tablet or mobile phone? Perhaps you need help with word processing or have been given an iPad and don't know where to start. Perhaps you would like to learn how to pay a bill by mail; check out your Centrelink account on line or take photos using the camera on your phone. A monthly 'drop in' session facilitated by the Tech Savvy group is beginning in 2016 for members keen to develop computer skills and solve problems which come up when using computers. Tech Savvy members will provide one to one assistance and small group tuition when a number of members have the same learning need. If the problem is outside Tech Savvy members' expertise, you will be referred on to IT specialists in the area. All welcome!

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

1st and 3rd Friday 9.30 am - 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. Our sessions during the year will examine different aspects of these major topics with a focus on looking towards a sustainable future. 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. The Benalla Flexible Learning Centre car park.

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 The Benalla Flexible Learning Centre 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

3rd Monday 1.30-3.30 pm W4

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. A formal two hour session is held on the third Monday of the month between 1.30 & 3.30 pm in W4, with an informal meeting at a local café on the first Monday between 2.30 & 3.30 pm.