

**Armchair Traveller**

Contact John Avery

5762 1818

**3rd Tuesday 10.00 – 12.00 March & May**
**U3A**

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 Neville Gibb

5762 5922

**1st Monday 10-11am**
**Benalla Art Gallery**

The group meets 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.

**Bird Watching**

Contact Kathy Costello

5762 5755

**2nd Thursday March, April & May 9.30-12.00**
**Meet Seniors car park**

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.

**Brain Games**

Contact Elspeth Maconachie

0418 621 764

**1st Monday 13.30-15.30**
**U3A**

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 Barkly St carpark**

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 11.45-13.45**
**Varied venues**

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

**2nd Monday 10.00-12.00**
**U3A**

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'.

### Easy Walks

Contact Vaughan Cowan

5762 1980

**1st Wednesday from April All Day starting 10am**

**U3A**

'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 College Barkly St car park (tennis courts behind Aldi) 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 10.00-12.00**

**Benalla library**

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.

### Exercises for fun

Contact Helen Jeffree

0490 092 267

**Monday 9.30-11.30**

**U3A**

Have you heard the saying "If you don't move it, you lose it"? Well, these mild exercises to music are fun for all ages and will be held weekly. Come along, enjoy the morning, and socialise with a cuppa after. All members welcome!

### Exploring the Universe

Contact Bev Morton /Jan Andrews

5764 1245  
0438 624036

**3rd Tuesday 13.30-15.30**

**U3A**

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.

### Exploring New Operas 2018

Contact Meg Dillon

5762 6558

**2nd Wednesday 19.00-21.00**

**21 Warana Crt**

This will run for the first half of 2018 only. One night a month at 7pm with a maximum of 10 participants. This year we will mostly be looking at operas from the twentieth century with perhaps a couple of older examples as well, if time permits.

- Alban Berg's *Lulu*, 1937 but revised 1979 (German)
- Benjamin Britten, *Death in Venice*, 1973 (British)
- Leonard Bernstein's *Candide*, 1989 (American)
- Nicholas Maw's, *Sophie's Choice*, 2002 (British)
- John Adam's, *Doctor Atomic*, 2005 (American)

Most of these operas are based on twentieth century novels or events. DVDs all have English subtitles, which helps viewers even though four of these are sung in English.

**Film and Literature**

Contact Joy Shirley

0417 065 351

**2nd Wednesday 13.00-15.30**
**U3A**

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. This would give us an opportunity for wide involvement. We expect that many movies could be based on a book or a play, and discussion can include how well the movie represents the book or play. If time allows, participants are encouraged to tell us about a movie they have seen recently, and how they reacted to it.

**Garden Appreciation**

Contact Gwen Turner

5762 7017

**4th Thursday 10.00 to 15.00**
**Various**

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 621 764

**2nd & 5th Monday 14.00 to 16.00**
**Various**

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.

**Investment**

Contact Margaret Jenkins

5762 6944

**1st Friday 13.30-15.30**
**U3A**

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 14.00-16.00**
**Benalla Library**

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 Contact Marg Merriman

5762 1404

**Monday 10.00-11.30**
**Indoor Recreation Centre**

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  
 Bill Parris

5762 2116

5762 6912

**3rd Wednesday 10.00-12.00**
**U3A**

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.

**Moments in Australian History**

Contact Meg Dillon

5762 6558

**2nd & 4th Friday 13.00-15.30**
**U3A**

We will use discussion, art, photos and videos where possible to explore the following five topics that are based mostly in the nineteenth century.

1. The indomitable Captain William Bligh: Hero or Villain?
2. The Squatter Kings in Grass Castles
3. The Large Hole in the Ground
4. The Boom/Bust Years. Is it all about greed?
5. The Growth of the Labour Movement in the 1890s

**Music Appreciation**

Contact John Avery

5762 1818

**2nd & 4th Friday 10.00-12.00**
**U3A**

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.

**Over There**

Contact John Barry &amp; Bev Lee

5762 8171

**3rd Friday 13.30-15.30**
**U3A**

Do you take an interest in John Barry's Anzac Commemoration column in the Ensign each week? Perhaps you have relatives who fought in the First World War? 'Over There', to be taken by John Barry, will cover the following themes 'How WWI began'; 'The aims of the parties – what were they trying to do?'; 'Changing Technology during the course of the war'; 'Blockades, Famine and Terror'; 'What happened at the end?' and 'How did WW1 effectively come to be an 80 year war?'

**Patchwork**

Contact Dorothy Webber

5762 2116

**1st & 3rd Thursday 13.00-16.00**
**U3A**
**5th Thursday All Day**

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

**Play Reading**

Contact Heather &amp; Keith Rogers

5762 4086

**1st Wednesday 9.45-12.15**
**Library**

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 & 4th Tuesday 10.00-12.00**
**U3A**

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

**Recorder Group**

Contact Janet Douglas

 5767 2257  
 0427 080 351

**1st Wednesday 12.15-13.15**
**U3A**
**4th Wednesday 10.00-12.00**

'I wish I hadn't given up learning ...music, the violin. piano, recorder, guitar...' Music teacher Janet Douglas says she would be very wealthy if she received \$1 every time she heard an older person say this! Janet believes it's never too late to learn music or to learn a musical instrument and considers the recorder a good choice as it is such an accessible instrument. A group for beginners to intermediate, there will also be scope for more proficient users of the recorder to play together and mentor others. Unlike most U3A courses, there will be homework. You will need to practise--there's no other way to learn and improve!

**Singing for Fun**

Contact Joyce Borschmann

5762 5013

**1st & 3rd Thursday 10.00-12.00**
**U3A**

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.

**Singing for Fun: Harmony group**

Contact Joyce Borschmann

5762 5013

**2nd Thursday 10.00-12.00**
**U3A**

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 U3A room.

**Stock & Land**

 Contact David Palmer & Kathy  
Murphy

5766 4223

**1st Tuesday 10.00-12.00**
**U3A**

Are you a regular watcher of 'Country Wide' or reader of 'Stock and Land' or 'The Weekly Times'? Did you grow up on, run, still run, or downshift into Benalla from a farm? Perhaps you studied/taught food and agriculture related courses or worked in an area related to agriculture? Or perhaps, like most of us, you are interested in where food comes from. This group aims to provide a regular forum for members with interest and experience in agriculture to discuss agricultural issues and current developments in farming. Monthly two-hour sessions will feature well informed speakers from particular areas of farming who will share their story, their understanding of current issues and developments in their field of farming. This will be followed by questions and discussion. The group will also discuss current news and events in farming and share stories of 'our farms'.

**Tech Savvy: Projects**

Contact Bev Lee

5762 8171

**2nd & 4th Tuesday 13.30-16.30**
**U3A**

Have you a project you'd like to work on using information technology? Tech Savvy Projects provides the opportunity for members to complete family history projects using Ancestry.com; create a photo-book; develop a blog or a website; or even create a small robot using an Arduino board. An alternate fortnightly session will provide a drop in opportunity to gain additional support for projects. Small group sessions.

**Tech Savvy: iPad for Beginners**

Contact Jenny Sawyer

**1st & 3rd Wednesday 13.30-15.30**
**U3A**

Do you have an Apple iPad and don't know where to start?

We hold two sessions per month for beginners keen to develop skills and confidence in using and managing their device for emails, photography, internet searching and more.

Tech Savvy mentors will provide one to one assistance and small group tuition.

You can borrow one of our iPads if you don't have your own

**Tech Savvy: Talks**

Contact Les Rodgers

5762 7600

**2nd Wednesday 10.00-12.00**
**U3A/Rustik**
**4th Thursday 15.00-16.00**

Are you reasonably 'Tech Savvy'; interested in technological developments and keen to continue developing your knowledge base? Then the 'Tech Savvy Talks' group may be of interest. Monthly sessions include viewing of topical 'TED Talks'; presentations on topics of interest by class members or guest speakers; shared news of developments across a range of technologies such as 'robotics'; 'alternative options to baseload energy'; 'driverless cars'; 'alternative vehicles' and more. Topics discussed include developments in science as well as technology. An optional 'Tech Savvy Talkers' discussion group meets at Rustik cafe on the 4th Thursday from 3 pm to 4 pm.

**Towards a Sustainable Future**

Contact John Lloyd

5765 2476

**1st & 3rd Friday 9.30-11.30****U3A**

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.

**Travel Club**

Contact Judy Perry

0428 118 853

**3rd Wednesday 12.15-13.15****U3A**

U3A Benalla Travel Club - for those who love to travel but don't always want to travel alone. The Benalla U3A Travel Club will particularly appeal to budget solo and 'timid travellers'. New adventures will be preplanned by the convenor, experienced traveller Judy Perry, in consultation with group members. Regular sessions will be held each month to discuss plans and trips. A wonderful chance to keep your travel options open!

**Wine Appreciation**

Contact Noel Meagher

5762 3149

Keith and Heather Rogers

5762 4086

**4th Wednesday All Day****Meet at Barkly St Tennis Court**

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

**2nd Monday 13.00-14.15 & 14.30-15.30****U3A & Northo****4th Monday 13.30-15.30**

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. We also run a 'Creative Writing' Workshop on the 2nd Monday from 1 to 2.15 pm followed by an optional session at the Northo from 2.30 to 3.30 pm to share more of our writing.