

'A Taste of Art'

Carol Perry 03 5762 2373
0438 111 057

Fortnightly on Wednesdays 1:30 pm to 4:00 pm

Broken River Painters, Barc Hut 11

Benalla's Broken River Painters group is offering this course to U3A members interested in taking up or renewing their interest in drawing and painting. The course will operate as an art workshop in a relaxed atmosphere with mentoring and support from artists of the Broken River Painters. No experience is necessary, however more experienced artists are welcome to enrol. No materials or equipment are required, but feel free to bring along pencils, charcoal, paints and brushes for watercolour, oils, acrylics and pastels. Members are welcome to join the Broken River Painters group and exhibit with their members in art shows and markets in the northeast as well as in the Benalla Hospital.

Armchair History

Brian Harker 0478 606 398
Neville Gibb 0428 858 688

2nd & 4th Friday 2:00 pm to 4:00 pm

U3A Room 1

We'll range from local history through the intrusion of new settlers on original inhabitants' land, examine colonial office control of this British outpost and the myth of terra nullius. We'll look at gold and democracy but balance it with some awkward truths. Today we are still part of the struggle to share power and give all a voice.

Art Appreciation

Neville Gibb 0428 858 688

1st Monday 10:00 am to 11:00 am

Benalla Art Gallery

Join Benalla Art Gallery staff and other members of the community on the first Monday of every month at 10 am for an eclectic and ever-changing curated program of talks and tours. See the latest exhibitions and listen to talks by guest artists and curators. Stay on after the session for a coffee in the Gallery Cafe and catch up with other members of the Art Appreciation group.

'As Time Goes By' - Memoir Writing

Bev Lee 0478 607 838

3rd Monday 2:00 pm to 4:00 pm

U3A Room 1

'As Time Goes By' provides an outlet and support for members keen to write about their lives and tell stories their families may not get around to asking them about. A memoir is a slice from a person's life which focuses on a particular theme or lesson or flavour of experience, an aspect of life that is most unusual or fascinating. Each month class members share stories responding to set 500 Words themed writing topics. New members are invited to share the current 500-word story at their first meeting, or choose from 'I Was There', Have you experienced a significant news, historical or cultural event first-hand? or 'New in Town', Have you ever been the new person in town? Please note that 'As Time Goes By' does not include writing skills sessions or cover writing a detailed, chronological autobiography

Birdwatching

Kathy Costello 03 5762 5755
0447 625 755

2nd Thursday 9:30 am to 12:00 noon
Sept /Oct/Nov

Meet at Seniors Carpark

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 may also be an all-day outing to a more distant location. Bring along a pair of binoculars to gain more value and enjoyment from this activity.

Brain Games

Elsbeth Maconachie 0418 621 764

4th Tuesday 2:00 pm to 4:00 pm

U3A Room 1

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! We may, at times, read or view material on topics such as (dementia, brain repair...etc), gender differences, optimism & pessimism, lateral thinking and creativity.

Bushwalking - Easywalks

Julie McNeill

0407 823 031

1st Wednesday 9:30 - All Day

Meet at Seniors Carpark

This is a group for those who have enjoyed bushwalking in the past and for anyone interested in exploring the amazing tracks, trails and lookouts within about an hour's drive of Benalla. Meeting monthly, the day will include a walk of about 8km, a picnic or cafe lunch and very often include sites of historical or botanical interest. In the past twelve months trips have included an Italian ossuary, one of Sir John Monash's earliest bridges, and some great wildflower photography on the rocky ledges of Mt Pilot.

Participants should be able to walk at a reasonable pace on well-defined tracks, without a lot of climbing. Sturdy shoes are essential! You will also need to carry a small daypack with lunch, drinks etc as needed.

Car sharing is usually available with a small cost.

Meeting times are usually at 9.30am, with the convenor notified of attendance three days prior. While Covid and adverse weather have tested us to our limits, we have managed many memorable walks-and lots of talking!

Cards '500'

Doug Smith

0417 527 171

1st & 3rd Wednesday 2:00 pm to 4:00 pm

U3A Room 1

The card game of 500 is a simple social game to play with groups of 4 players or more. Playing cards is a fun way of enjoying other's company without physical exertion. Our U3a group of card players has many laughs and fun at our sessions with easy-to-understand rules. Players do not have to have had previous experience as you will be taught how to play by others present. We are a friendly and welcoming group where the focus is having fun in a mild competitive environment. There is no gambling or money involved. The game is flexible and can be configured to accommodate any number of participants. This allows for flexibility if you cannot come along on a regular basis.

Chat 'n' Chew

Lorraine Knox

03 5762 1531

0427 376 991

2nd Friday 11:45 am to 1:45 pm

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. For catering purposes attendees are required to notify Lorraine by the Tuesday prior to each of these Fridays. New members are welcome. For further information contact Lorraine.

Coin Collectors

Doug Smith

0417 527 171

4th Monday 1:30 pm to 3:30 pm

U3A Room 1

People over the years have bags, boxes, or tins of old coins of pre decimal, decimal and foreign currency. If this is an interest or hobby of yours and you would like to discuss the significance of coins and notes with different designs that commemorate the events and people that create a history of Australia and other countries, consider joining our Coin Collectors group. Meet others who have been putting coins aside and have not yet sorted or catalogued their collection. Discuss, view and swap coins to complete various sets. We aim to get more enjoyment from our collections, educate ourselves and others and look forward to seeing your coins and sharing stories.

Collectors

Dorothy Webber

0412 263 071

1st Monday 10:00 am to 12:00 noon

U3A Room 1

Do you enjoy 'Antique Roadshow' 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 range 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.

Community Singing

Margaret Jenkins

03 5762 6944

4th Thursday 10:00 am to 11:30 am

Coinda Hub

Brian Greed will conduct Community Singing from the piano using a variety of song books suitable for each meeting. Members of U3A as well as members of Singing for Fun are invited to attend. Each session will have a relaxed atmosphere and will run for an hour and a quarter with a break for morning tea.

Creative Writing Joy Shirley 0417 065 351
2nd Monday 2:00 pm to 4:00 pm (inc P.Hols) U3A Room 1

Have you ever thought of writing a short story, a novel, entering a writing competition? Or perhaps you just love to write stories. Creative Writing is a 'guided self-help' creative writing session. The class provides the incentive to write and to receive feedback from like-minded 'creative writers'.

Each month we have a writing prompt, or a selection of prompts, to provide a starting point. This can be a starting sentence, a topic, or perhaps a writing challenge. The stories written during the month are shared with the class for feedback. When meeting together, each session will start with a short writing or word challenge, followed by sharing of the feedback and, where time allows, discussion of writing hints and lessons.

Demystifying Psychology Jane Rushworth 0437 621 575
3rd Tuesday 10:00 am to 12:00 noon U3A Room 1

A five-session light-hearted course introducing psychology in everyday life and some of the theories that attempt to explain how and why we do things. The course will include personality types and preferred coping styles; theories and practices applied to drug treatment, raising children, family violence, and other topics as suggested by participants. The course will also include social psychology, the concepts of obedience, power, group dynamics and states of mind. We'll then discuss how we experience the various theories as they play out in daily life.

Demystifying Psychology Discussion Group Jane Rushworth 0437 621 575
3rd Thursday 2:00 pm to 4:00 pm Ruby Blue

An open discussion group with a psychological focus looking at current events. If you are interested in various interpretations of relationships of all kinds, you are welcome and can expect to have fun. No preparation required.

Executive Meeting Margaret Jenkins 03 5762 6944
2nd Thursday 1:30 pm to 3:30 pm U3A Room 1
 U3A Benalla Monthly Executive Committee Meeting.

Exercises for Fun Helen Jeffree 0490 092 267
Mondays 9:30 am to 11:30 am Seniors Auditorium

Research shows that there are many benefits of exercising with a group. Exercise can reduce the risk of falls and can increase our mobility, while maintaining our strength. It can improve our mood too.

Come along and join our Exercise group in the Seniors hall, and have fun.

Exploring the Universe Bev Morton 03 5764 1245
3rd Tuesday 2:00 pm to 4:00 pm U3A Room 1

At 'Exploring the Universe' we journey far beyond our solar system with material from scientists of International Space Agencies who share their discoveries through text and audio-visual content that is easily understood.

A telescope is like a time machine. The Hubble Space Telescope and advanced technologies gave us a whole new perspective of the Universe. Now the new James Webb Space Telescope has the power to see even further back in time to the birth of the first stars and planets! Will the James Webb unravel the mysteries of the elusive dark energy and the expansion of the Universe?

Why not join us to enjoy the wonders of the Cosmos. You don't have to be a scientist! We are all learning together. The only requirement is an enquiring mind.

Family Research - Advanced Bev Lee 0478 607 838
 Barry O'Connor 0407 266 688
 Jane Rushworth 0437 621 575
4th Thursday 1:00 pm to 4:00 pm U3A Room 1

Family Research - Advanced is a guided self-help group for members with good computer skills who are already working confidently on their family tree. Sessions commence with report backs on 'pains and gains' during research over the previous month accompanied by shared problem solving and lots of encouragement and ideas for next steps.

Presentations by group members and guest speakers provide inspiration and suggestions of different approaches and resources. Stories are also shared each month on topics designed to encourage deeper reflection on our research.

Family Research – Beginners

Bev Lee 0478 607 838
 Barry O'Connor 0407 266 688
 Deb Saunders 0419 898 236

1st & 2nd Thursday 1:00 pm to 4:00 pm
U3A Room 2

Family Research – Beginners is a continuing group for beginners to family research and online genealogy programs who began working on their family tree in Semester I or previously. In Semester II the first session each month will introduce new themes and skills in family research, with the second 'hands on' session providing the chance to develop these skills and undertake problem solving supported by mentors.

Family Research - Intermediate

Bev Lee 0478 607 838
 Judy Barry 0414 319 935

3rd Thursday 1:00 pm to 4:00 pm
U3A Room 2

A group for members from previous beginners' groups and others who have already completed quite a lot of research on their family, enjoy sharing their journey with others but lack confidence with technology and gain from hands on sessions and mentoring along the way. The group's monthly session includes report backs on 'pains and gains', a theme and a hands-on segment. Intermediate group members can also attend other family research group sessions where relevant to their learning.

Film Discussion Group

Joy Shirley 0417 065 351

2nd Wednesday 2:00 pm to 3:30 pm
Benalla Library (July) then U3A Rm 1

Do you enjoy watching films? Do you find discussing films adds to your enjoyment? Do you find you have a better understanding of a film by hearing and sharing thoughts about the film? At our Film Discussion Group classes, we discuss a film we have watched during the month.

In 2023:

- We will select a film screening at BPACC.
- Participants will attend the film at a time that works with their individual commitments.
- We will meet in the library/U3A Rm 1 on the 2nd Wednesday at 2:00pm to discuss the film.

If a participant cannot attend a specific film, they can come along to learn about the film, or add to the discussion by talking about another film they have seen. BPACC sell books of ten tickets for \$100 (meaning the films cost only \$10.00 each) or I will have individual tickets available for \$10.00 from a book pre-purchased.

Garden Appreciation

Gwen Turner 03 5762 7017

**4th Thursday - All Day
 Sept/Oct/Nov**
Meet at Seniors Carpark

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

Elsbeth Maconachie 0418 621 764

2nd & 5th Monday 2:00 pm to 4:00 pm
Various venues

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.

German

Horst Gunther 0447 595 059

Tuesdays 12:15 pm to 1:45 pm (3:15 on 5th Tues)
U3A Room 1

Some knowledge of the German language is required, but all levels, from beginners to fluent speakers, will be accommodated, there will be a special group with mentors to cater for beginners a half hour before the main session.

In the Lap of the Gods

John Barry jpb303@gmail.com

1st Friday 2:00 pm to 4:00 pm
U3A Room 1

This course in Graeco Roman Religion and Mythology, conducted by historian John Barry, will explain Graeco Roman mythology in the context of religion as a whole and differentiate it clearly from modern religions.

Investment

 Malcolm Sanders 0408 194 469
 John Hanlon 03 5762 2892

1st Monday 2:00 pm to 4:00 pm
U3A Room 1

This group of U3A members participate in discussion about the share market and other investment areas. Members are encouraged to present items of interest at the monthly meeting via printed or on the overhead projector. There is no investment advice given by the Convenors or any participating member.

Jane Austen Book Club

Meg Dillon 03 5762 6558

2nd Tuesday 2:00 pm to 4:00 pm
U3A Room 1

Can you ever get too much Jane Austen Books, TV series, films? Across the year we will read Austen's 6 novels and have time for some films. Teenagers running off with soldiers, your best friend marrying a dud, your mother impossible and haughty rich men ridiculing you! Really!!! Come and discover why Regency England was very similar to today. Meets in U3A main room, unlimited numbers.

Let's Talk Books

Geraldine McCorkell 0408 522 662

1st Monday 2:00 pm to 4:00 pm
Seniors Auditorium

Have you read a good book you would like to share with others? Bring your book along 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 also be interested in reading.

Lifeball

 Marlene Pitts 0428 210 944
 Julie McNeill 0407 823 031

Mondays 10:00 am to 11:30 am
Semester 2 resumes September 4
Indoor Recreation Centre

Missing team sports? Looking for a different way to keep fit? Lifeball might be what you're looking for. It's a game adapted from basketball which suits all ages and abilities and is great for balance and coordination - no experience necessary! We're a competitive group who get plenty of laughs from playing, and always finish up with a cuppa and a discussion of the finer points of the game. New players are always welcome to drop in and see us in action. Semester 2 resuming September 4th.

Meet and Mingle

Margaret Jenkins 03 5762 6944

3rd Wednesday 10:00 am to 12:00 noon
U3A Room 1

This is a general social gathering of members to have morning tea, a chat, and listen to 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 are welcome.

Music Appreciation

Bill Squire 03 5762 6334

2nd & 4th Friday 10:00 am to 12:00 noon
U3A Room 1

Learning about and listening to classical music from across the ages to the present day is what we do. Our twice monthly sessions feature at least one major composition and a couple of shorter works. They are presented in video format by world class artists performing in the great concert halls of the world so that you can see and hear the music in performance. Full notes relating to each music work, the composers and the artists are provided to assist your listening and learning experience. If you would like to know more about and enjoy the music that has helped shape our world, we would welcome you joining us on the 2nd and 4th Fridays each month February to November - 10am to 12noon.

Page Turners Book Group

Meg Dillon 03 5762 6558

1st Tuesday 10:00 am to 12:00 noon
Meg Dillon's Home

The group reads a selection of 11 contemporary novels. These include some recent prize-winning novels and possibly some crime fiction and stories from Australia, America or England. It's a wide selection chosen by the 2022 Page Turners Group for 2023. The list can be obtained from Meg at meg.benalla@gmail.com.

You will need to obtain your own copy of the books either by eBooks, purchasing a hard copy, borrowbox or library copies if the titles are available. The group is limited to 10 -12 members due to constraints on where we meet.

<p>Patchwork and Craft</p> <p>1st & 3rd Thursday 1:00 pm to 4:00 pm, 5th Thurs All Day</p> <p>The Patchwork and Craft group meets fortnightly from 1 to 4 pm and on occasions conducts day long workshops. It is a group for members with skills in patchworking and quilting who enjoy the support, encouragement and company of others as they complete existing projects and take on new challenges. It is not a beginners' group. Members also bring along needlework, knitting and crocheting projects.</p>	<p>Dorothy Webber</p>	<p>0412 263 071</p> <p>U3A Room 1</p>
<p>Photography</p> <p>4th Thursday 10:00 am to 12:00 noon Sept/Oct/Nov</p> <p>Are you interested in taking more interesting photographs? Do you have a device – mobile phone, tablet – or a reasonably simple camera, SLR which you would like to learn to apply new skills on? This course focuses mostly on the former, but hopefully will also help in developing confidence in using your camera – whether phone or other – to take creatively composed photographs.</p>	<p>Rene Martens</p>	<p>0414 779 458</p> <p>U3A Room 1</p>
<p>Play Reading</p> <p>1st Wednesday 9:30 am to 12:00 noon</p> <p>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 don't have to learn lines! Depending on interest we may also carpool at times to see local theatre performances. Running of the class is a team effort, with different members taking responsibility for different aspects. There will be a small contribution required to cover the cost of accessing scripts.</p>	<p>Joy Shirley</p>	<p>0417 065 351</p> <p>U3A Room 1</p>
<p>Politics and Current Affairs</p> <p>2nd & 4th Tuesday 10:00 am to 12:00 noon</p> <p>Join our discussions as we dissect local, state, federal and world affairs.</p>	<p>Brian Harker</p>	<p>0478 606 398</p> <p>U3A Room 1</p>
<p>Recorder Group</p> <p>2nd & 4th Wednesday 10:00 am to 12:00 noon</p> <p>"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!</p>	<p>Janet Douglas</p>	<p>03 5767 2257 0427 080 351</p> <p>U3A Room 1</p>
<p>Singing for Fun</p> <p>1st, 2nd & 3rd Thursday 10:00 am to 12:00 noon</p> <p>The only criterion 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.</p>	<p>Margaret Jenkins</p>	<p>03 5762 6944</p> <p>Coinda Hub</p>
<p>Sky's the Limit</p> <p>1st Tuesday 2:00 pm to 4:00 pm</p> <p>For those with an interest in gliding, flying, the history of aviation, with past lives involving aircraft in some way. Sessions will include guest speakers with backgrounds in aviation and stories to tell, the occasional excursion and more....</p>	<p>Claire Rudolph David Palmer</p>	<p>0428 151 750 0408 470 468</p> <p>U3A Room 1</p>

Stock and Land

 David Palmer 03 5762 4468
 0408 470 468

1st Tuesday 10:00 am to 12:00 noon
U3A Room 1

Are you a regular watcher of Landline, a reader of Country News, Stock and Land or The Weekly Times? Did you grow up on a farm, are you still on a farm, are you engaged in an agribusiness, or did you down shift into Benalla? 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 interests and experience in agriculture, to discuss agricultural issues and current developments. Monthly two-hour sessions, on the first Tuesday of each month, feature well informed speakers from particular areas of farming, who share their story, their understanding of current issues and developments in their field. This is followed by questions and discussions. When time permits, the group also discusses current farming news and shares farming stories.

Sustainability

John Lane 0474 936 460

1st & 3rd Friday 10:00 am to 12:00 noon
U3A Room 1

True sustainability is only achieved when our society achieves this in each of the three spheres of our activity: Social, economic and environmental. Sustainability in each of these three spheres is far from being achieved. This has 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, improving the social condition of people and various economic issues. 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 sustainability. With discussion of these topics throughout the year you will find that you become better informed about these issues.

Tech Advice

 Robyn Lukey 0403 164 931
 Jenny Sawyer 0409 545 182

By appointment
U3A Room 2

An appointment only tech problem solver session providing 'one on one' help in operating mobiles, tablets or laptops with either Robyn (Android devices) 0403 164 931 or Jenny (Apple devices) 0409 545 182. It is available to all enrolled U3A members. 'One on One' appointments are held in Classroom 2.

Tech Savvy Beginners - Android

Robyn Lukey 0403 164 931

1st and 2nd Thursday 10:00 am to 12:00 noon
U3A Room 1

Gain skills and confidence in using your Android Mobile Phone or tablet. A course focused on achieving skills while at the same time having fun operating Android phones and tablets. The course will also prepare you to move on to self-directed learning using Be Connected online learning resources.

Tech Talks

Neville Gibb 0428 858 688

2nd Tuesday 2:00 pm to 4:00 pm
U3A Room 2

Are you reasonably Tech Savvy; interested in technological developments and keen to continue developing your knowledge base? Then the Tech 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. Topics discussed include developments in science as well as technology. We hope to attract more interest by having guest speakers. Please note that wide discussion of topics is encouraged

Ukes4Fun

 Heather Wallace 0418 353 244
 Dorothy Webber 0412 263 071

Mondays 12:45 pm to 1:45 pm
Seniors Auditorium

Have you always wanted to play a musical instrument? Perhaps you have played a ukulele, guitar or banjo in the past and have always wanted to get back to playing music? The ukulele is simple to learn and lots of fun as an activity with others. Using 'Uke3A Introduction to learning the ukulele' as a guide you will learn how to hold, tune and play simple chords on your ukulele, with a variety of strumming patterns. You will get lots of support and will have fun learning together. Before you know it, you'll be accompanying songs. You will need a ukulele of reasonable quality, a music stand, and a tuner.

Wine Appreciation

Nicole McFarlane

0428 696 408

3rd Friday 10:00 am to 4:00 pm**Meet at Barkly Street Carpark behind Aldi**

This group meets monthly for a trip to explore the wineries of the Northeast and learn more about the varieties of wines and the people who make them. We meet once a month on the third Friday gathering at Benalla College's Barkly St. car park on the tennis court behind Aldi for car-pooling. Lunch is part of the excursion at a suitable venue.

Wise Guys Book Group

David Palmer

0408 470 468

4th Wednesday 2:00 pm to 4:00 pm**U3A Room 1**

The Wise Guys Book Group will cater for predominantly men's interests, with book titles drawn largely from non-fiction genres including 'Biography/Memoir', 'Exploration', 'Warfare', 'Spycraft', 'Mystery', 'Crime', 'Adventure', 'Politics', 'Farming', and more. Titles might include Burke and Wills by Peter Fitzsimmons; a Vietnam memoir, Tunnel Rats by Jimmy Thomson; Light and Shadow: Memoirs of a Spy's Son, the biography of journalist Mark Colvin; as well as books suggested by group members as the course progresses.