

A Different View of German History

Neville Gibb 0428 858 688

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

U3A

A Different view of German History will be split into several subjects.

- Pre-Empire Period
- Empire Period
- Weimar Republic
- Nazi Period
- German Democratic Republic Period.

There are some policies that were common in all periods.

The German Culture was an influential movement in 19th Century Europe.

We will be veering off on tangents whenever the opportunity arises.

'A Taste of Art'

Carol Perry 03 5762 2373
0438 111 057

2nd & 4th Wednesday 1:30 pm to 4:00 pm from March

Broken River Painters, Barc Hut 11

Broken River Painters are 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 and acrylics and pastels. As Broken River Painters participate in many art shows and markets in the north-east, as well as exhibiting paintings in the Benalla Hospital, there is an opportunity to eventually exhibit work.

Armchair History - Tudors

Terry Case 0427 621 700

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

Coinda Hub

Tudors - Power and Religion

Armchair Traveller

Ray O'Shannessy 03 5762 1559

1st Tuesday 2:00 pm to 4:00 pm

U3A

An opportunity to share your traveller tales with others and to hear theirs, however inspiring or hair-raising.

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 03 5762 8171

4th Monday 2:00 pm to 4:00 pm

U3A

'As Time Goes By' - Memoir Writing sessions provide an outlet and support for members keen to write about their lives and to tell stories their families may not get around to asking them about.

Be Connected 2021

Jenny Sawyer 0409 545 182

1st & 2nd Wednesday 2:00 pm to 3:30 pm

U3A

Attention to all members with portable computing devices

-smart phones -tablets -iPads -laptops

Be Connected is being offered in 2021 for members that would like to broaden their computing knowledge and increase their confidence using smart phones, tablets, iPads and laptops. You will need to bring a device to each session - internet access is provided by U3A.

Also U3A have a limited number of iPads and tablets for borrowing.

Bird Watching

Kathy Costello 03 5762 5755

2nd Thursday 9.30 am to 12:00 noon
March, April, May.

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.

Bush Walking - Easy Walks

Glen Chessells 0431 201 077

Julie McNeill 0407 823 031

1st Wednesday 9:00/10:00 am - All Day from March

Meet at Seniors Car Park

Easy Walks are aimed at maintaining fitness by introducing people to bushwalking and giving previous bushwalkers the opportunity to continue bushwalking on shorter, easier, and well-defined tracks. Walks will be approximately 5 - 7 kms without a lot of climbing and usually within an hour's drive of Benalla. Participants will require sturdy shoes and be able to carry a backpack containing a snack, lunch, adequate water, waterproof jacket, and personal items. Members will be required to notify walk leaders of attendance at least 3 days prior to walk to enable carpooling, travel costs and other arrangements.

Easy Walks are held on the first Wednesday of the month recommencing in March 2021 and leave from the carpark behind the Seniors Complex (U3A), Fawckner Drive Benalla. Meeting times are usually around 9-10am depending on the season and weather conditions or as determined by the walk leader.

Check the monthly U3A newsletter and confirm any details with the walk leader.

Bush Walking - Mid Week Walks

John Boehm 0428 254 801

2nd Wednesday - All day

Meet at Barkly Street car park behind Aldi

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 \$45 per person or \$40 incl. \$5 discount if paid before March 31.

We pool cars and share transport costs.

Chat 'n' Chew

Lorraine Knox 03 5762 1531

3rd 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

Alex Adkins 0427 820 287

3rd Monday 10:00 am to 12:00 noon

U3A

People over the years have bags, boxes or tins of old coins of pre decimal and decimal 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, 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, swap and/or buy coins to complete various sets. We aim to get more enjoyment from our collections and look forward to seeing your coins and sharing stories.

Collectors

Dorothy Webber 03 5762 2116

0412 263 071

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

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 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 11:15 am
Cooinda Hub

Community Singing will be conducted by Brian Greed 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
U3A

Have you ever thought of writing a short story, a novel, entering a writing competition? Do you want to write but do not know where to start or what to write about? Creative Writing is a 'guided self-help' creative writing session. 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

1st Tuesday 10:00 am to 12:00 noon
Cooinda Hub and U3A
3rd Friday 1:00 pm to 3:00 pm

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.

Executive Meeting

 Dorothy Webber 03 5762 2116
0412 263 071

2nd Thursday 1:30 pm to 3:30 pm
U3A

Executive committee meeting

Exercises for Fun

Helen Jeffree 0490 092 267

Mondays 9:30 am to 11:30 am
Town Hall then Senior Cit's Clubrooms

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! The program will be conducted in the Town Hall until Senior Cit's renovations are completed

Exploring the Universe

Bev Morton 03 5764 1245

3rd Tuesday 2:00 pm to 4:00 pm
U3A

Exploring the Universe and enjoying the wonders of the Cosmos.

Have you ever wondered, "What's out there in space?" Advanced technologies are giving us a whole new perspective of the Universe. At "Exploring the Universe" we journey far beyond the solar system with material from International Space Agencies who share their discoveries through text and audio-visual content that is easily understood. Why not join us? You don't have to be a scientist! We are all learning together. The only requirements are enthusiasm and an enquiring mind.

Family Research

 Bev Lee 03 5762 8171
 Wendy Sturgess 0403 226 649

4th Thursday 1:00 pm to 4:00 pm
U3A

Family Research is a guided self-help group which aims to provide support and encouragement to members who are working on their family history. We also plan to provide

- Mentoring for members keen to develop skills in using family history resources such as Ancestry.com; Trove; My Heritage; Scotland's People and other online records like Births/Deaths/Marriages, Rates Notices and Cemetery Records.
- Links to the resources available at the Benalla Family History Group.

Opportunities to write about our families, with monthly topics such as 'Found'; 'A Family Secret'; 'A Family Treasure'; 'I wish I'd met...'; 'In search of'; 'A black hole'; 'Grandparents', and more!

Film as Literature

Joy Shirley 0417 065 351

2nd Wednesday 1:30 pm to 3:00 pm
Benalla Library

Do you enjoy watching films? Do you find discussing films adds to your enjoyment? We certainly do. Do you find that you can better understand a film by hearing and sharing thoughts about the film? In our Film as Literature class we review a film we have watched, discussing the film as if we would a book. In 2019 we all watched a selected film screening at BPACC and then discussed the film at our regular class. Due to the closure of BPACC, during 2020, we each chose a different film, depending on what we could access (DVD, iView, SBS World Movies, Netflix etc). We then shared a review of the film with the rest of the class. This approach resulted in a wide range of films and interests covered. We will continue this approach for 2021 until we are able access films at BPACC, either meeting in person to discuss the films watched or sharing our thoughts via email.

Games

Dorothy Webber 03 5762 2116

1st Monday 1:30 pm to 3:30 pm
U3A

This group meets monthly with a focus on board games.

Garden Appreciation

Gwen Turner 03 5762 7017

4th Thursday 9:30 am to 3:00 pm
Meet at Seniors 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

Elspeth Maconachie 0418 621 754

2nd and 5th Monday 2:00 pm to 4:00 pm
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.

German

Pauline Bailey 0434 147 605

2nd & 4th Tuesday 12:15 pm to 1:45 pm
U3A

Some knowledge of the German language is required, but all levels, from beginners to fluent speakers, will be accommodated.

Investment

Margaret Jenkins 03 5762 6944

1st Friday 2:00 pm to 4:00 pm
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 as our monthly meeting.

Let's Talk Books

Geraldine McCorkell 03 5762 2134
0408 522 662

1st Tuesday 2:00 pm to 4:00 pm

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 also be interested in reading.

Lifeball

Max Powell 0423 525 565

Mondays 10:00 am to 11:30 am

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.

Meditation

Carolyn Sims 0438 624 891

1st & 3rd Monday 4:00 pm to 5:00 pm

U3A

We just take an hour of your time to show you ways to relax, breathe correctly and practice meditation.

Meet and Mingle

Bill Parris 0417 329 278

3rd Wednesday 10:00 am to 12:00 noon

U3A

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

Should you enjoy listening to and discussing classical music in a relaxed atmosphere you will enjoy this group. Our intention for 2021 is to mirror (in a limited way) the concert programmes of both the Melbourne and Sydney Symphony Orchestras. That is, our sessions each month will feature works that either or both orchestras are performing that same month. They will be 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 the composers and each music work presented and to the artists will be provided to assist your listening and learning experience. If you would like to know more about and enjoy some of the music that has helped shape our world, we would welcome you joining us.

Page Turners

Meg Dillon 03 5762 6558

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

Benalla Library

Our Page Turners 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.

Patchwork

Dorothy Webber 03 5762 2116
0412 263 071

1st & 3rd Thursday 1:00 pm to 4:00 pm 5th Thursday all day

U3A

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

Play Reading

Jenny McKenna 03 5762 6855

1st Wednesday 9:30 am to 12:00 noon

U3A

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 car pool at times to see local theatre performances.

Politics and Current Affairs

Terry Case 0427 621 700

2nd & 4th Tuesday 10:00 am to 12:00 noon
Cooinda Hub

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

Recorder Group

 Janet Douglas 03 5767 2257
0427 080 351

2nd & 4th Wednesday 10:00 am to 12:00 noon
U3A

"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!

Saturday Games - '500'

Heather Wallace 0418 353 244

1st & 3rd Saturday 1:30 pm to 3:30 pm
U3A

Many people have mentioned that they stay home on Saturdays and as they are not interested in sport are looking for something to do. Interest has been expressed in conducting an activity on Saturday afternoons in the U3A Rooms at the Senior Citizens Building. It is proposed to play the card game 500 to kickstart this afternoon of fun. It will be a social activity commencing at 1:30pm to 3:30pm with afternoon tea provided.

Singing for Fun

Margaret Jenkins 03 5762 6944

1st & 3rd Thursday 10:00 am to 12:00 noon
Cooinda Hub

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.

Singing for Fun - Harmony group

Margaret Jenkins 03 5762 6944

2nd Thursday 10:00 am to 12:00 noon
Cooinda Hub

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.

Stock and Land

 David Palmer 0408 470 468
03 5762 4468

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

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 Lloyd 03 5765 2476

1st & 3rd Friday 9:30 am to 11:30 am

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.

Tech Savvy Beginners (Android Phones)

Robyn Lukey 0403 164 931

3rd Wednesday 12:15 pm to 1:45 pm from March

U3A

This program aims to help participants to gain skills and confidence in using their Android Mobile Phone. It is focused on achieving learning skills while at the same time having fun operating their Android Mobile Phone. It also aims to prepare learners to move on to self directed learning using the Be Connected online learning resources.

Proposed Content - The following topics will be covered:-

- Personal problem solving.
- Attaching photos to documents etc. for emailing.
- Photo enhancements, sorting & naming.
- Using your emails.
- Using the Internet
- Recording voice & sound.
- Maintenance of phone.
- Using 'Be Connected' for self help (<http://www.beconnected.esafety.gov.au/>)

The course will operate in a relaxed small group format to allow for individual learning needs.

Tech Savvy Beginners 2021 (Apple)

Jenny Sawyer 0409 545 182

3rd & 4th & 5th Wednesday 2:00 pm to 3:30 pm

U3A

Tech Savvy Beginners is on again for anyone who has an Apple phone or iPad or is thinking about purchasing one. Each session we will explore different functions with a hands on approach; or I should say 'fingers on' approach.

Settings, Emails, Internet data, Internet research, Staying in touch through the internet, Camera, Photos, Money transactions, Apps (Apps that come with your device and Apps you can choose yourself/The App Store)

We have iPads available for borrowing so that you can familiarise yourself with the Apple operating system for either the iPad or iPhone.

In 2021 the Tech Savvy Beginners Course will run in the second half of the month for two or three weeks beginning February through to June.

Tech Talks

Neville Gibb 0428 858 688

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

U3A

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.

The News - Fact or Fiction

Brian Harker 03 5762 8464

3rd Tuesday 10:00 am to 12:00 noon

Cooinda Hub

An adjunct to the Politics and Current Affairs course, 'The News - Fact or Fiction' provides a structured round table forum for selected stories and issues which are hitting the headlines which affect our lives and the society in which we live.

Sessions will include an analysis of the contents and letters pages of different media outlets to see how various issues have been reported by different organisations; discussion of one of these topics in more detail; and a pre-alerted topic to be explored.

Wine AppreciationKeith Rogers 03 5762 4086
Heather Rogers 0429 876 999**4th Wednesday 10:00 am to 4:00 pm****Meet at Barkly Street car park behind Aldi***Will not resume until we can meet comfortably at the wineries and eating venues.*

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 St. car park on the tennis court behind Aldi for car-pooling. Lunch is part of the excursion sometimes at a local pub and other times somewhere a bit grander.