

### Summer Program - Community Singing

Margaret Jenkins 03 5762 6944

Friday 10, 17, 24, January 10:30 am - 11:45 am

U3A

All Singing for Fun members and also other members of U3A are invited to attend Community Singing kindly offered by Brian Greed. Each session will have a break for morning tea, and is expected to finish about 11.45am

### Summer School - Tech Savvy 'Be Connected'

Jenny Sawyer 0409 545 182

Tues 7, 14, 21, January 10:00 am to 11:00 am

U3A

Attention to all members with portable computing devices

- smart phones
- tablets
- iPads
- laptops

During the summer break, there will be continuing Tech Savvy Be Connected sessions. Whether or not you attended previous sessions last semester, you are welcome to bring your portable devices to extend your computing knowledge and skills. We are running three sessions in January on Tuesday mornings at the U3A room.

### A Different History of Germany

Neville Gibb 0428 858 688

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

U3A

'A Different History of Germany', will range from the Hanoverian Monarchy to the present day. We will have all kinds of diversions and will jump from century to century when required. People should be prepared for lots of discussions. Much new information is available on past events.

Later in the course we will concentrate on the German Democratic Republic.

### 'A Taste of Art'

Carol Perry 03 5762 2373  
0438 111 057

2nd & 4th Wednesday 1:00 pm to 4:00 pm  
(March to June)

**Broken River Painters, Barc Huts**

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 Fridays 2:00 pm to 4:00 pm

U3A

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' - Drop In

Margaret Jenkins 03 5762 6944

Bill Parris 0417 329 278

1st & 3rd Monday 10:00 am to 12:00 noon

U3A

The U3A room (with NBN Wi Fi) and rostered 'Be Connected' mentors will be available to assist U3A members who would like some help with their device. There will usually be a 'theme' for the session; members will be encouraged to use *Be Connected*\* modules and the course will evolve according to needs. \**Be Connected* is an Australian Government initiative targeting people over 55 years comprising online learning modules which help to make the most out of being online.

### Bird Watching

Kathy Costello 03 5762 5755

2nd Thursday 9.30 am to 12:00 noon

Meet Seniors Car Park

March, April, May.

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

Elsbeth Maconachie 0418 621 764

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

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 - Easy Walks

Wendy Sturgess 0403 226 649

Margaret Walshe 0427 005 202

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 and easier tracks. Walks will be approximately 5 - 7 kms without a lot of climbing, usually within an hour's drive of Benalla. Participants will require sturdy shoes and be able to carry a backpack containing snack, lunch, adequate water, waterproof jacket and personal items. Members will be required to notify the convenors of attendance 3 days prior to the walk to enable carpooling, travel costs, and other arrangements.

Easy Walks are held on the first Wednesday of the month recommencing in March 2020 and leave from the carpark behind the Senior Complex (U3A), Fawckner Drive, Benalla. Depending on the season and weather conditions meeting times are usually around 9 -10 am or as determined by the convenors. **Please check the monthly U3A Newsletter and confirm details with the convenor.**

### Bush Walking - Mid Week Walks

John Boehm 0428 254 801

2nd Wednesday - All day

Meet at Barkly St. 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 \$40 Family \$60. 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 Wednesday 12:15 pm to 1:45 pm****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 new 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. As this is a lunchtime meeting, bring some nourishment along - tea and coffee will be available.

**Collectors**Dorothy Webber 03 5762 2116  
0412 263 071**2nd 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.

**Creative Writing**

Joy Shirley 0417 065 351

**2nd Monday 2:00 pm to 4:00 pm****U3A**

Do you want to write but do not know where to start? Have you ever thought of writing a short story, a novel, entering a writing competition? Creative Writing is a 'guided self-help' creative writing session held on the second Monday of the month between 2:00 and 4:00pm in the U3A meeting room. Each month we provide a writing prompt, or a selection of prompts. This can be a starting sentence, a topic, or perhaps a challenge. Each session will start with a short writing or word challenge and then we share our writing and seek helpful feedback.

**Demystifying Psychology**

Jane Rushworth 0437 621 575

**3rd Friday 2:00 pm to 4:00 pm****U3A**

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****Seniors Hall**

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

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.

## 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 discuss a film we have watched, discussing the film as a we would a book.

In 2020:

- 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 on the 2nd Wednesday at 1:30 pm 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 a film they have seen.

BPACC sell books of ten tickets for \$97.50 (meaning the films cost only \$9.75 each) or I will have individual tickets available for \$9.75 from a book pre-purchased.

## 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**

**Various - Meet 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 621 754

**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 - Conversation

Janet Martens 0401 321 047

Pauline Bailey 0434 147 605

**2nd Monday 12:00 noon to 1:30 pm - Library**

**Library and U3A**

**4th Monday 12:00 noon to 1:30 pm - U3A**

This informal group is suitable for those who attended German in 2019 and for those who already have an understanding of the language. Fluent speakers are encouraged to join.

**German - Elementary**

Pauline Bailey 0434 147 605

2nd Monday 12:30 pm to 2:00 pm  
4th Monday 10:00 am to 11:30 am  
Feb, March, April, May.

**U3A**

This course is pitched to the beginner. A German-English dictionary, notepaper and pen are recommended. By year's end, participants can expect to have an understanding of spoken and written German and be able to speak and write it at a reasonable level of competency. Fortnightly classes will be from Feb to May.

**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 at our monthly meeting.

**Let's Talk Books**

Geraldine McCorkell 03 5762 2134

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 9:45 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.

**Member Services Group**

Dorothy Webber 0412 263 071

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

**U3A**

Member Services Group meeting

**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 this might be the group for you. Each session we explore the life and music of at least one composer. We listen to their great works discuss their musical style and approach and learn about their life story. Notes relating to the composers and their music are 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 then you would like this group. We would welcome you joining us.

**Page Turners**

Helen Scheller 03 5762 3937

**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**
**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**

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!

**Politics and Current Affairs**

Terry Case 0427 621 700

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

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

**Recorder Group**

 Janet Douglas 03 5767 2257  
0427 080 351

**2nd Wednesday 9:00 am to 11:00 am**
**U3A**
**4th Wednesday 10:00 am to 12:00 noon**

"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 (9:30 Feb)**
**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.

**Singing for Fun - Harmony group**

Margaret Jenkins 03 5762 6944

**2nd Thursday 10:00 am to 12:00 noon (9:30 Feb)**
**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.

**Stock & Land**

David Palmer 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 - Community Projects**

Bev Lee 03 5762 8171

**4th Thursday 10:00 am to 12:00 noon**
**U3A**

Are you using computers as a volunteer for U3A or other community group? Book in to *Tech Savvy - Community Projects* for one to one support to help to develop the 'tech savvy' skills you need. You need to be a confident user of the internet and have a project idea in mind so that there is a clear objective for your learning and an outcome at the end. Come along to the scheduled session on the fourth Thursday and work on your project in the company of others, or book a separate time to fit in to your busy life.

**Tech Savvy - Family Research**

Bev Lee 03 5762 8171

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

*Tech Savvy (Family Research)* provides the opportunity for members to develop skills in using internet based family history resources including Ancestry.com; My Heritage; Trove; Scotland's People; online Births/Deaths/Marriages to research their family history. Group members who travel overseas, *in search of their ancestors*, are encouraged to develop photobooks drawing upon travel blog programs such as Fine Penguins. Small group sessions.

**Tech Savvy Apple Devices - Beginners**

Jenny Sawyer 0409 545 182

**2nd & 3rd & 4th Wednesday 2:00 pm to 4:00 pm**
**U3A**

Semester 1. 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 using a hands-on approach. There will be mentors to assist and give individual help. Participants are encouraged to share their knowledge and skills with others as well. iPads are available for borrowing so that you can familiarise yourself with the Apple operating system for either the iPad or iPhone. Topics include: 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).

**Tech Savvy Apple Devices - Intermediate**

Jenny Sawyer 0409 545 182

**1st Wednesday 2:00 pm to 4:00 pm**
**U3A**

Tech Savvy Apple (Intermediate) is for people who have completed the Tech Savvy Beginners Course and wish to further their understanding and skills on their iPads. The course content will in the main be driven by the participants; whereby they can suggest explorations of different functions they wish to learn about and master.

## Tech Savvy Talks

Neville Gibb 0428 858 688

**2nd Wednesday 11:00 am to 1:00 pm**

**U3A**

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. 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**

**U3A**

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 Appreciation

Keith Rogers 03 5762 4086  
Heather Rogers

**4th Wednesday 10:00 am to 4:00 pm**

**Meet Tennis Court behind Aldi**

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.