

Armchair Traveller

Contact Ray O'Shannessy 03 5762 1559

1st Tuesday 2:00 pm - 4:00 pm
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 0428 858 688

1st Monday 10:00 am - 11:00 am
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.

'As Time Goes By' - 500 Words

Contact Beverley Lee 03 5762 8171

4th Monday 2:00 pm - 4:00 pm
U3A

'As Time Goes By' - Memoir Writing sessions provide an outlet and support for members to write about their lives, to tell stories their families may not get around to asking them about. The tasks set are reminiscence oriented and often chosen from ABC Open's '500 words' writing project topics.

Bird Watching

 Contact Kathy Costello 03 5762 5755
0447 625 755

2nd Thursday 9.30 am - 12:00 noon
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

2nd Tuesday 2:00 pm - 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

 Contact Wendy Sturgess 0403 226 649
Margaret Walshe 0427 005 202

1st Wednesday from April - All Day starting 10:00 am
Meet 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 kms without a lot of climbing, within an hour's drive of Benalla. Participants will require sturdy shoes & able to carry a backpack containing snack, lunch, adequate water, waterproof jacket & personal items. Members will be required to notify the convenor of attendance 3 days prior to the walk to enable carpooling, travel costs, and other arrangements. Easy Walks will be held on the first Wednesday of each month from April to November and leave from the carpark behind the Senior Complex (U3A), Fawckner Drive at 10 am or as determined by the convenor.

Bush Walking - Mid Week Walks

Contact John Boehm 0428 254 801

2nd Wednesday All day from March
Meet Barkly Street Car Park

Walks are organised by the Benalla Bushwalking Club Inc. and are held on the second Wednesday of each month, weather permitting. These walks are suitable for the retired person of reasonable fitness. U3A members wishing to go on these walks need to join the Benalla Bushwalking Club for insurance purposes. Membership fees at present are Single \$30, Family \$40. We pool cars and share transport costs.

Chat 'n' Chew

Contact Shirley Kearney 03 5762 6768

3rd Friday 11:45 am - 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 Shirley by the Tuesday prior to each of these Fridays. New members are welcome. For further information ring Shirley - allow a long ring time if you have to leave a message.

Collectors

Contact Judith Borthwick 03 5762 3442

2nd Monday 10:00 am - 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

Contact Joy Shirley 0417 065 351

2nd Monday 2:30 pm - 4:30 pm
U3A

Do you want to write but don't 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 4:00 pm in the U3A meeting room. Each month we provide a prompt. This can be a starting sentence, a topic, or perhaps a challenge. At the session we then share our writing and seek helpful feedback

E-book group

Contact Helen Scheller 03 5762 3937

1st Tuesday 10.00 am - 12.00 noon
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

Mondays 9.30 am - 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

Contact Bev Morton 03 5764 1245

3rd Tuesday 2.00 pm - 4.00 pm
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.

Film and Literature

Contact Joy Shirley

0417 065 351

2nd Wednesday 1:30 pm - 3:00 pm
Various Venues

Do you enjoy watching movies? Do you find discussing movies adds to your enjoyment? Do you find that you can better understand a movie by hearing and sharing thoughts about the movie? Then come along to our Film and Literature class. In the class we discuss a movie we have watched, treating the movie as a form of literature. In 2019 we will be attending current movies chosen from BPACC's program at a time which suits our individual commitments. A 'Movie Money' voucher from BPACC will enable group members to watch each movie at a cost of \$9.50. We will then catch up at the library or one of Benalla's wonderful coffee shops at 1:30 pm on the second Wednesday of the month to discuss the movie.

Games

Contact Dorothy Webber

03 5762 2116

1st Monday 1:30 pm - 3:00 pm
U3A

This group meets monthly with a focus on board games.

Garden Appreciation

Contact 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

Contact Elspeth Maconachie 0418 621 754

2nd & 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 for beginners

Contact Pauline Bailey

0434 147 605

Mondays 12.00 noon - 1.00 pm
U3A

This course should give you a good understanding for basic communication in German. There are no set texts, but a small German-English dictionary would be useful. Notes will be provided at each session. The first 10 weeks will provide the vocabulary and grammar underpinning the language. After a winter recess, we will resume for more advanced learning.

History - After the Victorians

Contact Terry Case

0427 621 700

3rd Tuesday 10:00 am - 12:00 noon
U3A

The 20th Century saw enormous changes in the period from 1900-1939. From the Boer War and Federation in Australia we then look at the White Australia policy and the fear of Japan as a world power. Germany and the USA overtook Britain as the leading industrial and military power. The Bolshevik Revolution was a turning point not just in W.W.1, but in European history. Socialism, Fascism and Communism challenged existing orders. The British Empire reached its peak in the 1930s, but the belief that Britain had a right to rule was challenged by Gandhi and others.

DVDs will be used to illustrate the sessions.

Investment

Contact Margaret Jenkins

03 5762 6944

1st Friday 2:00 pm - 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

Contact Geraldine McCorkell 03 5762 2134

1st Tuesday 2:00 pm - 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 be interested in reading also.

Lifeball

Contact Max Powell 0423 525 565

Mondays 10:00 am - 11:30 am (*9.30am summer months)
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

Contact Caroline Sims 0438 624 891

1st & 3rd Mondays 4:00 pm - 5:00 pm
U3A
Meet and Mingle

Contact Bill Parris 0417 329 278

3rd Wednesday 10:00 am - 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 welcome.

Member Services Group

Contact Dorothy Webber 03 5762 2116

4th Thursday 10:00 am - 12:00 noon
U3A Meeting Room
Music Appreciation

Contact Bill Squire 03 5762 6334

2nd & 4th Friday 10.00 am - 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.

Patchwork

Contact Dorothy Webber 03 5762 2116

1st & 3rd Thursday 1.00 pm - 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. (See also Patchwork: Beginners).

Patchwork - Beginners

Contact Heather Sloan 03 5762 4777

1st Tuesday 12:00 noon to 2:00 pm
U3A
4th & 5th Tuesdays 1:00 pm to 4:00 pm

The course will cover the basics of patchwork and quilting whilst making a small panel. It is designed for people with no experience of patchwork and does not require a sewing machine. By the end of the semester participants will have the skills to make a basic quilt

Play Reading

Contact Jenny McKenna 03 5762 6855

1st Wednesday 9.30 am - 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 won't have to learn lines!

Politics and Current Affairs

Contact Terry Case 0427 621 700

2nd & 4th Tuesday 10.00 am - 12.00 noon
U3A

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

Recorder Group

 Contact Janet Douglas 03 5767 2257
0427 080 351

2nd Wednesday 9:00 am – 11:00 am
U3A
4th Wednesday 10:00 am – 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 Session - '500'

Contact Heather Wallace 0418 353 244

Saturdays 1.30 pm - 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.

This activity will commence on 6th July and will be held each Saturday from that date onwards. If you are interested in attending please contact Heather Wallace on 0418 353 244

Singing for Fun

Contact Margaret Jenkins 03 5762 6944

1st & 3rd Thursday 10:00 am - 12:00 noon
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

Contact Margaret Jenkins 03 5762 6944

2nd Thursday 10:00 am - 12:00 noon
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

Contact David Palmer 03 5762 4468

1st Tuesday 10.00 am -12.00 noon
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.

Sustainability

Contact John Lloyd

03 5765 2476

1st & 3rd Friday 9:30 am -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

Contact Bev Lee

0478 607 838

3rd Friday 1:00 pm - 4:00 pm
U3A

Are you a volunteer using computer skills in community organisations (including U3A)? Would you like support in learning new skills to assist you to contribute to newsletters, presentations, social media and websites for the organisation?

'Tech Savvy Projects - Community Projects' offers a monthly session to assist volunteers using information technology and social media. You will need to be a confident user of the internet.

Come along with your device and learning needs to our now NBN linked 'coworking timeslot' in the U3A meeting room on the third Friday between 12.30 and 4.30pm, work on your project and be guided and encouraged to achieve your goals.

Tech Savvy Beginners 'Be Connected' - Android Devices

Contact Margaret Jenkins

03 5762 6944

Wednesdays 2:00 pm - 4:00 pm
U3A

Tech Savvy for Beginners sessions will continue on Wednesday afternoons in Semester 2 when Margaret Jenkins, supported by tech savvy mentors, will present a course drawing upon the 'Be Connected' online program with a particular focus on Android devices. For further information, contact Margaret on 03 5762 6944

Tech Savvy Projects - Family History

Contact Beverley Lee

03 5762 8171

4th Thursday 1:00 pm - 2:45 pm
U3A

Tech Savvy Projects (Family History) 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 are encouraged to develop photobooks drawing upon travel blog programs such as Fine Penguins. Small group sessions.

Tech Savvy Talks

Contact Les Rodgers

03 5762 7600

2nd Wednesday 11.00 am - 1.00 pm
U3A (Wed)
4th Thursday 3.00 pm - 4.00 pm
The Northo' (Thu)

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 'The Northo' on the 4th Thursday from 3 pm to 4 pm.

Wine AppreciationContact Keith Rogers 03 5762 4086
Heather Rogers 0429 876 999**4th Wednesday - All Day****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 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 and Publishing Your Memoirs

Contact Noelle McCracken 0457 272 777

3rd Monday 2:00 pm - 4:00 pm**U3A**
