

'A Taste of Art'

 Carol Perry 03 5762 2373
 0438 111 057

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

Terry Case 0427 621 700

2nd & 4th Friday 2:00 pm to 4:00 pm
U3A Room 1

Australian History

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
 0478 607 838

4th 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. The course is memoir based - it does not cover writing a detailed, chronological autobiography. 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 reminisce, write about and share memorable slices from their lives in response to set '500 Words' themed writing topics. New members in 2022 are invited to bring a story to the first meeting on the 4th Monday in February. The topic? *'I Was There'*. **The brief?** "Have you experienced a significant news, historical or cultural event first-hand? Share your personal piece of history in 500 words".

Be Connected 2022

Jenny Sawyer 0409 545 182

1st & 2nd Wednesday 2:00 pm to 3:30 pm
U3A Room 1

Attention to all members with portable computing devices

- smart phones
- tablets
- iPads
- laptops

Be Connected is being offered in 2022 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.

Birdwatching

 Kathy Costello 03 5762 5755
 0447 625 755

2nd Thursday 9:30 am to 12:00 noon
Sep, Oct, Nov
Meet at 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 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! 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

Glen Chessells 0431 201 077

Julie McNeill 0407 823 031

1st Wednesday 9:00 - 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 are required to notify walk leaders of attendance at least 3 days prior to walk to enable carpooling, travel costs and other arrangements.

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.

Chat 'n' Chew

Dorothy Webber 03 5762 2116

0412 263 071

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

Doug Smith 0417 527 171

3rd 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 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 0412 263 071

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

U3A Room 1

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 (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. 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.

Executive Meeting

Margaret Jenkins 03 5762 6944

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

U3A Benalla Executive Committee Meeting

Exercises for Fun

Helen Jeffree 0490 092 267

Mondays 9:30 am to 11:30 am
Seniors Auditorium

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 Room 1

The Hubble Telescope and advanced technologies have given us a whole new perspective of the Universe. The new James Webb Telescope due to come on-line this year has the power to see even further back in time to the birth of the first stars and planets.

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

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

Bev Lee 03 5762 8171

Wendy Sturgess 0403 226 649

Barry O'Connor 0407 266 688

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

Family Research is a guided self-help group for members who are already working 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. Social distance regulations permitting, 'hands on' segments to learn new skills on our devices will be included in 2022. Stories are also shared each month on topics designed to encourage deeper reflection on our research. Topics to begin 2022 include 'A Sense of Place', 'Hunch' and 'They were there when...'

Family Research – Beginners

Bev Lee 03 5762 8171

0478 607 838

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

Family research mentoring and small group workshops for members who aren't familiar or confident with online genealogy programs such as ancestry.com. In Term 1, participants will meet 'one to one' with a mentor with the goal of setting up or recommencing work on an online family tree. This will be followed in Term 2 by small group sessions in the small classroom opposite the U3A meeting room.

Film Discussion Group

Joy Shirley 0417 065 351

2nd Wednesday 2:00 pm to 3:30 pm

Benalla Library

Do you enjoy watching films? Do you find discussing films adds to your enjoyment? Do you find that you can better understand a film by hearing and sharing thoughts about the film? We certainly do. At our Film Discussion Group classes we discuss a film we have watched during the month.

In 2022:

- 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 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 \$99.50 (meaning the films cost only \$9.95 each) or I will have individual tickets available for \$9.95 from a book pre-purchased.

Garden Appreciation

Gwen Turner 03 5762 7017

4th Thursday - All Day

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

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 - Advanced

Horst Gunther 0447 595 059

Tuesdays 12:15 pm to 1:30 pm

U3A Room 1

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 Monday 1:30 pm to 3:30 pm

U3A Room 1

This group of U3A members participate in discussion about the share market and other investment areas. There is no investment advice given by the Convenor or any participating member.

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 0407 240 943

Julie McNeill 0407 823 031

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 12:00 noon to 1:00 pm
U3A Room 2

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

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

Should you enjoy listening to and discussing classical music in a relaxed atmosphere you will enjoy this group. Our intention for 2022 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 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
Dillon's Home

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 0412 263 071

1st & 3rd Thursday 1:00 pm to 4:00 pm, 5th Thurs All Day
U3A Room 1

The Patchwork 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.

Play Reading

Jenny McKenna 03 5762 6855

1st Wednesday 9:30 am to 12:00 noon
U3A Room 1

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.

Politics and Current Affairs

Terry Case 0427 621 700

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

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 Room 1

"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

2nd & 4th Saturday 1:30 pm to 3:30 pm

U3A Room 1

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, 2nd & 3rd Thursday 10:00 am to 12:00 noon

Cooina Hub

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.

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
Frank Dunin 0409 966 604

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

U3A Room 1

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

Robyn Lukey 0403 164 931

1st & 2nd & 3rd 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 Savvy Beginners - Apple

Jenny Sawyer 0409 545 182

3rd Wednesday 2:00 pm to 3:30 pm**U3A Room 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 with a hands 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 2022 the Tech Savvy Beginners Course will be held once a month on the the third week of the month - February through to June - 2:00pm until 3:30pm.

Tech Talks

Neville Gibb 0428 858 688

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

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 have several guest speakers and please note that discussion of topics is encouraged.

The News - Fact or Fiction

Brian Harker 03 5762 8464

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

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.

The Sky's the Limit

Claire Rudolph 0428 151 750

1st Tuesday 2:00 pm to 4:00 pm (From August)**U3A Room 1**

'*The Sky's the Limit*' is a course/activity 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. Class members will play an active role in suggesting and deciding upon topics for the monthly sessions/expeditions.

Wine Appreciation

Nicole McFarlane 0428 696 408

4th Wednesday 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 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 at a suitable venue.
