

**'A Taste of Art'**

 Carol Perry 03 5762 2373  
 0438 111 057

**Fortnightly on Wednesdays 1:30 pm to 4:00 pm**
**Broken River Painters, Barc Hut 11**

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

**Armchair History**

Brian Harker 0478 606 398

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

There are many perspectives on history that have brought us to where we are today. What is History? In the second year of this two-year course, we will explore different viewpoints and histories in the Australian context. While we will follow a timeline, there will also be space for member presentations; for guest speakers to share their passions; to watch relevant documentaries and for us all to share our views on local, regional, and national 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 0478 607 838

**3rd Monday 2:00 pm to 4:00 pm**
**U3A Room 1**

Explore your life's ordinary and extraordinary moments with "As Time Goes By - Memoir Writing", a creative outlet and supportive community for members eager to pen the stories of their lives that their families may never have the chance to ask about.

A memoir is a selected slice of one's life, a captivating glimpse into a particular theme, lesson, or experience. In our monthly sessions, members embark on a journey of reminiscence, sharing stories in response to themed writing topics, with a recommended limit of 500 words.

"As Time Goes By - Memoir Writing" is not a traditional writing skills class. It is not designed to guide you through the process of creating a detailed, chronological autobiography. Instead, it's a platform for sharing profound and cherished moments of your life within a warm and empathetic community of fellow memoirists.

**Australian Shares and Stock Market**

Malcolm Sanders 0408 194 469

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

This group of U3A members participate in discussion about the Australian share market. Members are able to select Long and Short term stocks each month and a spreadsheet report by the co-ordinator is provided to look at the individual performances. Members are encouraged to present items of interest at the monthly meeting, verbally, via printed sheet or on the overhead projector.

There is no investment advice given by the Convenors or any participating member.

**Be Connected - Android**

Ruth Jelliff 0437 904 554

**1st and 2nd Thursday 10:00 am to 11:30 am**
**U3A Room 1**

**Semester 1 - *Be Connected-Android*** will assist beginners who lack confidence in using their Android Mobile phone or tablet to gain skills while at the same time having fun operating these devices. One-to-one appointments will be available to assist beginners gain confidence.

**Semester 2 -** Our focus will shift to short project-based courses on topics such as 'Photo Books', word processing using 'Google Docs', and more.

Throughout the year class members will be able to suggest topics and issues they would like help with. The course will draw upon a range of resources including the Be Connected Online Learning Resources.

**Be Connected - Tech Advice**

 Robyn Lukey 0403 164 931  
 Jenny Sawyer 0409 545 182

**By appointment**
**U3A Room 2**

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

**Birdwatching**

Kathy Costello 0447 625 755

**2nd Thursday 9:30 am to 12:00 noon**
**Meet at Seniors Carpark**
**Aug/Sept/Oct/Nov**

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**

Elspeth Maconachie 0418 621 764

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

It is well established that new skills can help build brain pathways with benefits for memory, confidence, happiness and even falls prevention. Brain Games will offer a variety of entertaining and informative ways to challenge, inform and exercise your brain. Thus, we might solve word, number, shape, picture or logic puzzles, take part in a quiz, brainstorm solutions to a dilemma, draw a picture or maybe even learn to juggle! We may, at times, read or view material on topics such as dementia, brain repair, gender differences, optimism & pessimism, lateral thinking and creativity.

**Bushwalking - Easywalks**

Julie McNeill 0407 823 031

**1st Wednesday 9:30 - All Day (from March)**
**Meet at Seniors Carpark**

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

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

Car sharing is usually available with a small cost.

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

**Cards '500'**

Doug Smith 0417 527 171

**1st & 3rd Wednesday 2:00 pm to 4:00 pm**
**U3A Room 1**

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

**Chat 'n' Chew**

Lorraine Knox 0427 376 991

**2nd Friday 11:45 am to 1:45 pm**
**Varied venues**

This group meets once a month at one of Benalla's many eateries for good nosh and a natter. A very popular activity. All U3A members welcome. For catering purposes attendees are required to notify Lorraine by the Tuesday prior to each of these Fridays. New members are welcome. For further information contact Lorraine.

**Chess**

Doug Smith 0417 527 171

**3rd Tuesday 1:30 pm to 3:30 pm****U3A Room 2**

Don't be frightened off by Chess; it is a very social game involving one to one face to face and it is not too late to learn. It has progressed in the electronic age to be able to be played on-line for free, either against a bot or a real person. Our Chess group offers an introduction to on-line Chess and hosts monthly social Chess sessions to players of all grades from beginners to experienced players. Joining Chess you will be matched to your chess playing skill level together with enjoying the interaction that this presents. The other benefit is you can practise at home online to hone your skills in between your U3A sessions. Our trial in 2023 aroused a moderate interest that we hope strengthens in 2024.

**Coin Collectors**

Doug Smith 0417 527 171

**4th Monday 1:30 pm to 3:30 pm****U3A Room 1**

Coins with their various shapes, designs and now colours have a fascinating attraction and intrigue with their design often celebrating images of milestone events in history. Many people have coins from the past left by their relatives and are unsure of the value or worth. Coin Collectors welcome people to the group who want to find out more about their collection or are collectors wanting to share their knowledge. The age of the cashless society is now encroaching upon Australia making the collection of coins a more interesting hobby as they become scarce and by their scarcity more valuable. Coin Collectors welcomes you to its group whatever your interest.

**Community Singing**

Margaret Jenkins 03 5762 6944

**4th & 5th Thursday 10:00 am to 11:30 am****Coinda Hub**

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

**Creative Writing**

Joy Shirley 0417 065 351

**2nd Monday 2:00 pm to 4:00 pm  
(including Public Holidays)****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. The class provides the encouragement to write and the opportunity to receive feedback from like-minded 'creative writers'

To provide a starting point each month we have a writing prompt, or a selection of prompts. This can be a starting sentence, a topic, or perhaps a writing challenge. The length of the stories will vary. It could be 300 words or 3000, whatever works to provide a complete story.

Each class will include some discussion points or hints around writing, and perhaps a writing challenge. Then we will discuss stories written by class members, providing constructive feedback to help us improve our writing.

**Demystifying Psychology Discussion Group**

Jane Rushworth 0437 621 575

**3rd Thursday 2:00 pm to 4:00 pm****RSL & Ruby Blue Cafe, 67 Nunn Street.**

A discussion group with a psychological focus looking at current events. If you are interested in various interpretations of a variety of relationships and events, you are welcome and can expect to have fun. No preparation needed, unless you find something of group interest to share.

Note that a prerequisite applies: completion of the 5 session Demystifying Psychology Course. Enquiries welcome: – call Convener Jane on 0437 621 575.

**Enjoying the Internet**

Dawn Stephens 0418 552 932

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

A course for members keen to venture beyond the basics to find out more about what the internet can offer! Targeting members already comfortable with tasks such as online subscriptions, emailing with photo attachments and managing files, there's an enormous range of possible content to explore. Members will be encouraged to contribute topics, to develop the skills covered in class during the month, and to report back during a 'Pains and Gains' segment at the following class. 'Enjoying the Internet' will focus on supporting PC and laptop users; however, users of other devices are also welcome.

**Exercises for Fun**

Helen Jeffree 0490 092 267

**Mondays 9:30 am to 11:00 am**
**Seniors Auditorium**

Research shows that there are many benefits of exercising with a group. Exercise can reduce the risk of falls and can increase our mobility, while maintaining our strength. It can improve our mood too. Come along and join our Exercise group in the Seniors hall, and have fun.

**Exploring the Universe**

Bev Morton 03 5764 1245

**3rd Tuesday 2:00 pm to 4:00 pm**
**U3A Room 1**

At 'Exploring the Universe' we journey far beyond our solar system with material from scientists of International Space Agencies who share their discoveries through text and audio-visual content that is easily understood. A telescope is like a time machine. The Hubble Space Telescope and advanced technologies gave us a whole new perspective of the Universe. Now the new James Webb Space Telescope has the power to see even further back in time to the birth of the first stars and planets! Will the James Webb unravel the mysteries of the elusive dark energy and the expansion of the Universe? Why not join us to enjoy the wonders of the Cosmos. You don't have to be a scientist! We are all learning together. The only requirement is an enquiring mind.

**Family Research - Drop in**

Bev Lee 0478 607 838

**3rd Thursday 1:00 pm to 4:00 pm (Drop in)**
**U3A Room 2**

A drop in option for members currently working on their family tree who enjoy, learn and gain confidence from group interaction. Sessions begin and end with a hands-on component supporting participants to resolve problems they are in danger of putting in the too hard basket and complete their project goals. From 2 to 3pm we share pains and gains; resolve common problems together and share stories from the topic list and other writing--all welcome!

**Family Research – Getting Started**

Deb Saunders 0419 898 236

**1st Thursday 1:30 pm to 4:00 pm (Group session)**
**U3A Room 2**
**2nd Tues, Wed, Thurs. 1:00 pm to 4:00 pm (One-on-one mentoring sessions)**

Are you wondering where to start with your Family Tree? Have you started your tree but would like to further develop your skills using online family history resources? This could be the course for you!

It is a very hands-on course that requires basic computer skills and access to a laptop or computer.

The course includes two sessions a month.

1. A group session where we focus on helpful online family history resources including Ancestry.com; Trove; My Heritage; Scotland's People and other online records such as Births/Deaths/Marriages, PROV, State Library, Rates Notices and Cemetery Records.
2. A one-on-one mentoring session which will focus on your specific needs as you research and develop your Family Tree.

Please note that there is a maximum of 8 places for this course per semester.

**Film Discussion Group**

Joy Shirley 0417 065 351

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

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

Fims screened at the Benalla Cinema or Swanpool provide a range of films that could be of interest. Where upcoming films are known these may be discussed at the class to help select films to watch during the following month, and if several people see the same film this can add to the depth of discussion.

**Garden Appreciation**

Gwen Turner 0438 627 010

**4th Thursday - All Day**
**Meet at Seniors Carpark**

We meet once a month to visit gardens in our area and sometimes further afield. Gardens range from private gardens to Botanic Gardens such as Melbourne and Albury. We have also visited Ripponlea the Victorian Rose Garden at Werribee Park and other special gardens.

**Garden Team**

Elspeth Maconachie 0418 621 764

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

A band of enthusiastic gardeners gathers once a month for an afternoon at each member's garden in rotation. The working bee uses each member's skills and abilities to achieve about six hours effect in an hour and a half. Then we rest on our laurels with tea provided by the host and a home-baked and/or healthy plate from the visitors. We head home a little fitter and inspired, often with a new cutting or garden tip.

**German**

Horst Gunther 0447 595 059

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

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

**Let's Talk Books**

Geraldine McCorkell 0408 522 662

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

Have you read a good book you would like to share with others? Bring your book along and tell the group about it. This is a casual discussion group about books/papers/magazines we have read and enjoyed. You will hear about books others have read that you may also be interested in reading.

**Lifeball**

Marlene Pitts 0428 210 944

Julie McNeill 0407 823 031

**Mondays 10:00 am to 11:30 am****Indoor Recreation Centre**

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

**Meet and Mingle**

Margaret Jenkins 03 5762 6944

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

At the beginning of each Meet and Mingle news from the U3A Benalla Committee meeting held the previous week will be given to those attending. This will be followed by a guest speaker who will talk for about 40 minutes on an interesting topic. A cup of tea or coffee and a chat with the guest speaker and other members will complete the morning.

**Music Appreciation**

Bill Squire 03 5762 6334

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

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

**Page Turners Book Group**

Meg Dillon 03 5762 6558

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

The group reads a selection of contemporary novels, some crime fiction and a few books based on actual events. This selection for the first half of 2024 was chosen by the 2023 Page Turners Group. The list can be obtained from Meg at meg.benalla@gmail.com. You will need to obtain your own copy of the books either as eBooks, purchasing a hard copy, borrowbox or library copies if the titles are available. New members are welcome.

**Patchwork and Craft**

Dorothy Webber 0412 263 071

**1st, 3rd and 5th Thursday 1:00 pm to 4:00 pm.**
**U3A Room 1**

The Patchwork and Craft group meets on the 1st, 3rd, and 5th Thursday from 1 to 4 pm. It is a group for members with skills in patchworking, quilting and other crafts 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. Other crafts brought along include needlework, knitting and crocheting projects.

**Photography**

Rene Martens 0414 779 458

**4th Thursday 10:00 am to 12:00 noon**
**U3A Room 1**
**February to May, September to November.**

Are you interested in taking more interesting photographs? Do you have a device - mobile phone, tablet or a reasonably simple camera, SLR which you would like to learn to apply new skills on? This course will also develop confidence in using your camera - whether phone or other - to take creatively composed photographs. This course will suit new members and deepen the understanding and skills of those continuing from last year.

**Play Reading**

Joy Shirley 0417 065 351

**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.

We access scripts from the Victorian Drama League. There is a hiring fee for this access and postage costs. A small contribution by class members is requested cover these costs.

**Politics and Current Affairs**

Brian Harker 0478 606 398

**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!

**Singing for Fun**

Margaret Jenkins 03 5762 6944

**1st, 2nd & 3rd Thursday 10:00 am to 12:00 noon**
**Coinda 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.

**Sky's the Limit**

 David Palmer 0408 470 468  
Andrew McFarlane 0422 690 390

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

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....

**Spanish**

Alejardo Diaz 0459 347 559

**Saturdays 10:00 am to 12:00 noon**
**U3A Room 1**

Description TBA

**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. Each year we feature excursions to local properties - always a highlight for members.

**Sustainability**

John Lane 0474 936 460

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

True sustainability is only achieved when our society achieves this in each of the three spheres of our activity: Social, economic and environmental. Sustainability in each of these three spheres is far from being achieved. This has become the concern of governments and ordinary people world-wide and has resulted in many questions about the sustainability of our present lifestyle. This course aims to explore topics such as global warming and climate change, reducing greenhouse gas emissions, clean energy options, the challenge of population growth, sustainable agricultural practices, water use, sustainable use of resources, sustainable and energy efficient building design, improving the social condition of people and various economic issues. Our sessions during the year will examine different aspects of these major topics with a focus on looking towards a sustainable future. No prior knowledge of these topics is required just a general interest in the issues around sustainability. With discussion of these topics throughout the year you will find that you become better informed about these issues.

**Tech 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 attract more interest by having guest speakers. Please note that wide discussion of topics is encouraged.

**Ukes4Fun - Just Jamming**

 Heather Wallace 0418 353 244  
 Elly Smith 0410 600 987

**Mondays 11:30 am to 1:30 pm**
**U3A Room 1**
**Now combined with "Getting Started"**

A group for uke players who can use basic cords and strumming patterns and enjoy getting together for a weekly jamming session, playing and singing songs, and having fun.

'Pop up' sessions guided by more advanced players will assist players keen to learn more complex strumming patterns and chord progressions.

Songs played at our 'Just Jamming' sessions may be performed by interested players at U3A and local events during the year. News of learning opportunities at ukulele musters and other ukes related events which include skills building workshops will be shared.

**Wine Appreciation**

Nicole McFarlane 0428 696 408

**3rd Friday 10:00 am to 4:00 pm**
**Meet at Seniors Carpark 10:00 - 10:30am.**
**Exact time will be notified before each outing.**

This group meets monthly for a trip to explore the wineries of the Northeast and learn more about the varieties of wines and the people who make them. We meet once a month on the third Friday gathering at Senior Citizens carpark for car-pooling between 10:00 and 10:30 am. The time will be advised separately each month. Lunch is part of the excursion at a suitable venue.