

Because your brain doesn't want to retire.

2021 Courses & Activities

Alpine U3A, Mount Beauty

NOTES - Activities are dependent on groups having at least four (4 to 6) active members.

1. If you cannot make a session, please contact your course convenor either by SMS or phone or email. Contact numbers are given with course descriptions.
2. If you wish to withdraw from a course, please inform course convenor.
3. If you are joining a group which does a physical activity, please ensure that you can meet the physical requirements. Talk to your course convenor about what is needed for the safety of yourself and others, including providing an Emergency Contact. Also discuss your personal insurance requirements with your course convenor.
4. Session breaks are at the discretion of course convenors.

1. COFFEE MORNINGS – All members welcome. The format includes a social get together, general meeting and guest speaker. Arrive from 10.00am for coffee and a chat.

Where: Senior Citizens' Centre, Tawonga Crescent, Mount Beauty

When: First Friday of each month at 10.30am sharp

Please note: Unless stated otherwise, all courses are held at the Senior Citizens Centre in Tawonga Cres Mt Beauty.

2.CHESS AND GAMES - Learn chess or play a variety of games available. All players welcome, whether you are a beginner or an experienced player.

Thursday 2:00 - 4:00 pm Requirements: None

Course Convenor: Laraine Zejbrlik Ph 5754 4903

3.CHEMISTRY for beginners. This is a beginners' course which is suitable for members who may have taken chemistry at school and have done no chemistry since that time or never did any chemistry at school. Chemistry is the backbone of human life and all that the world contains.

The course does not have a practical element, instead video presentations are given to illustrate some of the important characteristics of the elements and their reactions.

Included in the course are aspects of drug use and how they affect the body. Many chemicals are toxic and history includes many cases of murder by chemical poisoning. There will be regular presentations of such murders with some detail of the chemical mechanisms that led to the poisoning or attempted poisoning.

When: Friday 2 - 3.30 pm

Requirements: An interest in chemistry and a blank USB stick, maybe a notebook. **Course Convenor:** David Wood 0419 514 399

4.CHEMISTRY 2 Industrial process chemistry - (Possibly second term)

5.CRAFTS - Learn or teach knitting, crochet, needle work or other crafts. Our craft group spends time knitting and crocheting items that can be donated to charities in our area including scarves, gloves, beanies, blankets, toys and baby clothes. We are happy to teach anyone who would like to learn these skills. Thursdays 10am - noon.

Requirements: None really, but you can bring your craft projects.

Course Convenor: Laraine Zejbrlik Ph 5754 4903

6.FILM SOCIETY - Monthly showing of films from a variety of genres. Film details are advised at Alpine U3A Coffee Mornings and through the newsletter.

When: Monthly at 7pm as advised in newsletter and our FB group.

Course Convenor: Sandra Eldridge Ph 5754 1915 or 0407 250 129

7.FRENCH - Basic - Recall or learn anew, some basic French. Learn how to greet and meet people, get around, read a menu, some poetry, literature and a French linguistic "Soap". Extend your vocabulary and dare to talk! Students are encouraged to suggest topics they would like to cover. Monday 9 - 10.30 am (large room)

Requirements: Text - Hugo - French in 3 Months (ISBN 9781405332927)

Course Convenor: Luise Mock Ph 5754 4051 or 0427 941 388 or email: ozmocky@bigpond.com

8.FRENCH - Advanced - We talk, write, listen, revise, laugh, try, make mistakes all in French. We use all sorts of different methods, means and materials to practise our French with the aim of being able to speak and understand. Periodically, we cover some aspect of grammar but overall it is a question of building confidence to be able to ask for

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what you want in French and to be able to speak socially.

Existing group members will be given priority for places because they have developed their skills over time and probably wish to continue.

The ability to converse in French at a simple level is required for this course.

Course Convenor: Sandra Eldridge 0407 250 129

Monday 9 - 10.30 am (small room)

9. GERMAN - Mondays 11 - 12.30. Contact the convenor Luise Mock 0427 941 388.

10. GYM FOR SENIORS - This is a strength training program. We have a 10-minute aerobic warm-up followed by a 40-minute circuit, which uses fit balls, TheraBand exercise bands, weights and various machines and is designed to strengthen all parts of the body. We finish with a 10-minute cool down with stretches and balance exercises. Check with your health professional if you have not done a class like this before.

Requirements: Participants in this class must be members of the Neighbourhood Centre. Comfortable clothing and footwear. A floor mat for floor work.

Where: Alex McCullough Hall, Mt Beauty Neighbourhood Centre, Wednesday 4.30 - 5.30 pm.

Course Convenor: Nola Skey Ph 5754 1109 or 0456 647 777

11. MAHJONG - Mahjong is a popular tile-based game that originally comes from China and was developed during the Qing Dynasty. The game is typically played with 4 players and is a game of skill and strategy with an element of chance also thrown in for good measure. The course caters for beginners and advanced players.

Tuesday 2 - 4 pm Requirements: Pen and paper.

Course Convenor: Helen L'Huillier 0421 273 699

12. PILATES BASIC - The course is open to both men and women and covers the traditional Pilates floor exercises; and with the availability of the N'hood Centre equipment, we can include additional exercises, such as the use of a fit ball.

No previous skills are required but one must be able to get up and down from the floor - not necessarily in a hurry. If unable to attend a session, an early apology would be appreciated.

Requirements: Participants in this class must be members of the Neighbourhood Centre. Wear comfortable clothing and bring a personal exercise mat for floor work.

Where: Neighbourhood Centre (if enough numbers)

When: Tuesday 3 - 4 pm

Course Convenor: Mary Pike 0428 226 922

13. PILATES WITH A KICK - The course is open to both men and women. The class commences with an aerobic warm up and then moves on to Pilates floor exercises, finishing with a relaxation period. As much as possible the Pilates exercises are varied from the Tuesday session.

No previous skills necessary except the ability to get down and up from the floor. If unable to attend a session an early apology would be appreciated.

Requirements: Comfortable clothing. You will need to bring a personal exercise mat for floor work.

Thursday 8.30 - 9.30 am

Course Convenor: Mary Pike 0428 226 922

14. PILATES INTERMEDIATE - This is a floor-based exercise program designed to strengthen the core muscles that help to support the back and to improve posture. We also do stretches to improve spinal flexibility. Check with your health professional if you have not done a class like this before.

Tuesday 4.30 - 5.30 pm

Requirements: Comfortable clothing. You will need to bring a personal exercise mat for floor work.

Course Convenor: Nola Skey Ph 5754 1109 or 0456 647 777 Tuesday 4.30 - 5.30 pm

15. STRETCH - A programme to improve your flexibility from head to toe. For those unable to get up and down from the floor, the exercises are adapted to enable the participant to do them either sitting or standing.

Requirements: Comfortable clothing. For those using the floor, you will need to bring a personal exercise mat for floor work.

Monday 3.45 - 4.30 pm

Thursday 4:30 - 5:15 pm

Convenor: Nola Skey Ph 5754 1109 or 0456 647 777

16. TABLE TENNIS - Table Tennis provides physical exercise and mental agility in a social environment. Members of all standards (from raw beginners to experienced players) are welcomed and assistance is provided to beginners.

Requirements: Loose, comfortable clothes and footwear. All equipment is provided.

When: Tuesday 9.30 - 11.30 am. (Sundays also for extra practice - contact Sandra on 0407 250 129.)

Course Convenor: Graham Caulfield Ph 5754 1438

WALKING GROUPS -

There are two walking groups, Active Walks and Easy Walks. The meeting point, for both groups, is the car park across the road from the Visitor Information Centre.

17. BUSHWALKING IN NATIONAL PARKS - Walks not on the flat for health, fitness and enjoyment. The group meets each Wednesday at 8am in the summer months and 9am in the winter months. We change the meeting time at the end and start of the daylight-saving period.

We share the planning of the walks each week as this allows for members to be absent from time to time. As many of our walks require car transport, we pay \$5, when necessary, per member, into a petrol kitty and drivers are reimbursed.

Each Sunday, prior to Wednesday, an email is sent to group members, stating the planned route, the distance and estimated length of time required, the degree of difficulty, and the type of track or fire track to be walked.

Requirements: Walkers need to be reasonably fit and able to walk up to 15 km on a variety of terrains. \$5 per person each time you attend towards fuel costs.

Equipment: Sturdy walking boots, gaiters, waterproof jacket, backpack, hat, fly net, sunscreen, water bottles.

Some walkers use walking poles. A first aid kit and Emergency Beacon is carried by a group member on each walk.

Where: Meeting point is car park opposite Visitor Information Centre, Kiewa Valley Hwy

Convenor: Barb Kiek Ph 5754 1750 or 0419 814 240

18. THURSDAY WALKERS - In spring, summer and autumn we walk on the Bogong High Plains and in winter we walk locally. The walk is usually no more than 6 km and no longer than 2 hrs and we finish up with coffee. Walks are conversational strolls. As many of our walks require car transport, we pay \$5, when necessary, per member, into a petrol kitty and drivers are reimbursed.

Requirements: An ability to walk on mostly level ground with the occasional incline, for about one-and-a-half to two hours.

Equipment: Sturdy shoes, comfortable clothing, sunhat, rain jacket (just in case), water. Walk information requires your email address and phone number to advise weekly walk information.

Where: Meeting point is car park opposite Visitor Information Centre, Kiewa Valley Hwy.

When: Thursday 9.00 am to 11 am. \$5 per person towards fuel costs when necessary.

Course Convenor: Ian Docking Ph 5754 4950

19. HAVE YOUR SAY! - A "free ranging" discussion covering a wide range of topics of general interest. The program is open to all comers. It will run for 1 ½ hours, including a break for coffee & biscuits.

Fridays, (except first in each month) 10 - 11.30

{Insufficient number to commence this course yet}

Course Convenor: Linda Parkinson 0407 091 742 & David Wood 0419 514 399

20. BRIDGE - Learn the basics of bridge. Keep your brain active. No partner or experience required. Mondays 2 - 4 pm.

Convenor: Wendy Blake 0407 105 811

21. LOOK GOOD FEEL BETTER - This course is unlikely to commence till term 2, and even then, not until the Covid situation is resolved. The first class is full so there are no current vacancies.

22. CARD GAMES - Social cards on Thursday nights. 7.30 - 9.30. starting from Feb 18th. Contact Pat Eldridge (convenor) for more info. 0419 871 013

23. UKULELE PLAYERS - We are a group of ukulele and similar instrument players who play and sing songs from Stephen Foster through to modern pop. on Tuesday nights. 5.30 - 7.00. starting from April 20th. Contact Doug Hamilton (convenor) for more info. 0431 248 298.

Other possible courses

NORDIC POLE WALKING - Expressions of interest accepted. This course is planned to run in Term 2 from end of April.

Contact Linda Parkinson 0407 091 742

SOMETHING DIFFERENT? - Contact David Wood on 0419 514 399 if you are interested in setting up a different course.

General course enquiries

The Secretary

Mobile: 0400 056 247

Email <secretary@alpineu3a.org.au>