



Alpine U3A
UNIVERSITY OF THE THIRD AGE

— **Live, Learn & Enjoy** —

Coffee Morning & Guest Speaker – Fri 9th April



The next Coffee Morning & Guest Speaker event will be on **Friday 9th April** from 10:00 am for a talk at 10:30 am. (2nd of April is Good Friday.) The speaker will be Kelly Gibbons (Optometrist) from **Wodonga Eyecare** and should provide valuable information on eye health for all of us.

Visit the **Wodonga Eyecare website** for information on 'Eyes'
<<https://www.wodongaeyecare.com.au/>>.

Film Night #2 – Wed 14th April

The second film night of the year is Wednesday 14th April – 6.30 for a 7:00 pm start.

The screening will be '**On the Basis of Sex**'

The film tells an inspiring and spirited true story that follows young lawyer Ruth Bader Ginsburg as she teams with her husband Marty to bring a groundbreaking case before the U.S. Court of Appeals and overturn a century of gender discrimination. The feature premiered in 2018 in line with Justice Ginsburg's 25th anniversary on the Supreme

2010 in line with Justice Ginsburg's 20th anniversary on the Supreme Court.

The Convenor, *Sandra Eldridge*, has planned the year's program **with some slots reserved for special requests**. So get your requests to Sandra. If you have not attended a Film Night previously, do come along. They are good social gatherings with supper provided at the interval. See you on Wednesday night 14th April.

Sandra is looking for a couple of volunteers to bring along some supper. Please call her on 0407 250 129 if you can help.

Film Schedule for the Year



2021

March 10	YESTERDAY	Sue and Laurie Woods
April 14	ON THE BASIS OF SEX	David and Elene Wood
May 12	FISHERMEN'S FRIEND	Heather Bevan
June 9	RED JOAN	
July 14	GREYHOUND	
August 11	THE MAN WHO KNEW INFINITY	

September 8

October 13

November 10 A HIDDEN LIFE

December 8

Pole Walking Introduction



Mt Beauty Nordic Polewalking Come and Try Day

Learn correct Nordic polewalking technique with Accredited Exercise Physiologist and qualified nordic polewalking instructors, Leah Cooper and Maureen Ryland from Alpine Health.

Suitable for all fitness levels and abilities. Try this class for fitness, rehabilitation or socialising. Poles will be available for use.

Ongoing it is hoped for Polewalking to become a weekly session with Alpine U3A

This session is being offered by Alpine U3A (you don't have to be a

member to attend)



All enquiries please contact Linda on 0407 091 742



When: Wed 28th April 9.30-11.00am

Where: BBQ Shelter near the Library

Linda Parkinson is the initiator of this '**Come & Try It Day**'. If there is enough interest the activity will be introduced in Term 2. Please come along and have a go and bring a friend. New members are always welcome. The Day is open to anybody in the community, not just members. **Note**: Some years ago U3A purchased 12 sets of poles for the Nordic Walking Group which was active at the time. Some of these poles are missing. Please, if you have a set at home, can you please call mobile: 0407 091 742 to arrange collection.

For more information on the **benefits** of Pole Walking read [this article](#).

Welcome to new members

- Don Mason – Table Tennis
 - Rob Moreland – Stretch
-

Alpine U3A Facebook Page

Join our Alpine U3A Facebook Group to keep up to date with the latest news. [Logon to your Facebook Page](#), search for [Alpine U3A](#) and *join the public group*.

Membership Administration System (U-MAS)

The development of this system within Alpine U3A is progressing. Since our February enrolment day, we have had six new members all joining and enrolling in courses/activities via the system. Recently **Convenors** have been sent login details as ordinary members so they

~~Members~~ have been sent login details as ordinary members so they can check their own Personal Profiles. After Easter they will get information about logging in **specifically** as a Convenor to access privileges only available to Convenors.

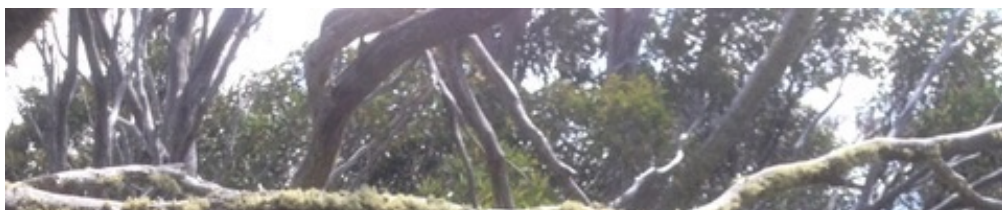
Soon all members will be emailed details about how they can login to the system and check their own Personal Profiles and Enrol in other courses/activities if they wish.

Please visit our website <www.alpineu3a.org.au> to learn more about U-MAS and what courses/activities are on offer and don't forget to tell others about what U3A is about and refer them to the website.

Thursday Bushwalkers



On top of Mt Cope (Bogong High Plains). A bit windy it seems. From left: *Sandy Sutherland & George Slivarich*





Ian Docking (Thursday Bushwalkers Convenor) taking a well-earnt rest (out of the wind) near the top of Mt Cope.

Paul L'Huillier
Secretary

Email <secretary@alpineu3a.org.au>

Website <www.alpineu3a.org.au>

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Alpine U3A – Mount Beauty
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