



### Blumes Fashions – Thur 22nd April

Feel like a change?  
.. or in need of a treat!

...then come along and check out

# Blumes Fashions

Thursday 22nd April, 2 pm Seniors Hall

Entry \$5.00 (includes Afternoon Tea)

A variety of styles and sizes available

All Welcome

More info: 5754 4903

Want a change? Come and view **Blumes Winter Collection** at Mt Beauty Senior Citizens Centre next Thursday 22nd April at 2:00 pm. \$5 admission which includes a yummy afternoon tee provided by [Tawonga Red Cross branch](#).

### Ukulele Players – new activity

This group of Ukulele Players has been meeting for some years but has now decided to make the group official under the U3A organisation and meet on Tuesdays from 5:30 pm to 7:00 pm at the Senior Citizens Centre. You will need your own Ukulele. The convenor is *Doug Hamilton* mobile: 0431 248 298. Check out the activity details here <<https://alpineu3a.org.au/courses-activities/>>.

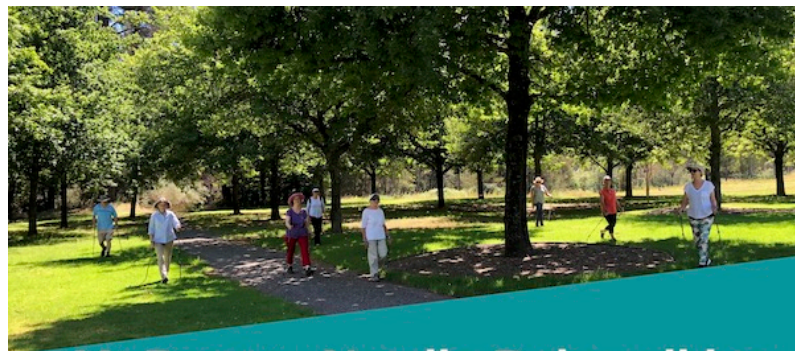
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## Committee of Management Meeting – Thur 29th April

The next CoM Meeting is on Thursday 29th April starting at 2:00 pm at the Neighbourhood Centre. If any member wishes to raise any issues or concerns to the committee please email the secretary prior to the meeting <[secretary@alpineu3a.org.au](mailto:secretary@alpineu3a.org.au)>.

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## 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, Leeah 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 Linda mobile: 0407 091 742 to arrange collection.

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

## Welcome to new members

- John Hunt – Ukulele Players (new activity)
  - Kelli Bick – Film Night
  - Glen Wilson – Film Night
  - Maggie Lyons — French - Advanced
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## Film Night – last night

The second screening of the year was held last night with 20 members in attendance. The movie was 'On the Basis of Sex'. The next screening is on Wednesday 12th May and is called '**Fisherman's Friend**'. Remember Film Nights are always on the second Wednesday of the month and start at 7:00 pm at the Senior Citizens Centre.

Thank you to *Sandra Elderidge* who convenes the Film Night, orders the films and arranges the supper at the interval.

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## Membership Administration System (U-MAS)

The development of this system within Alpine U3A is progressing.

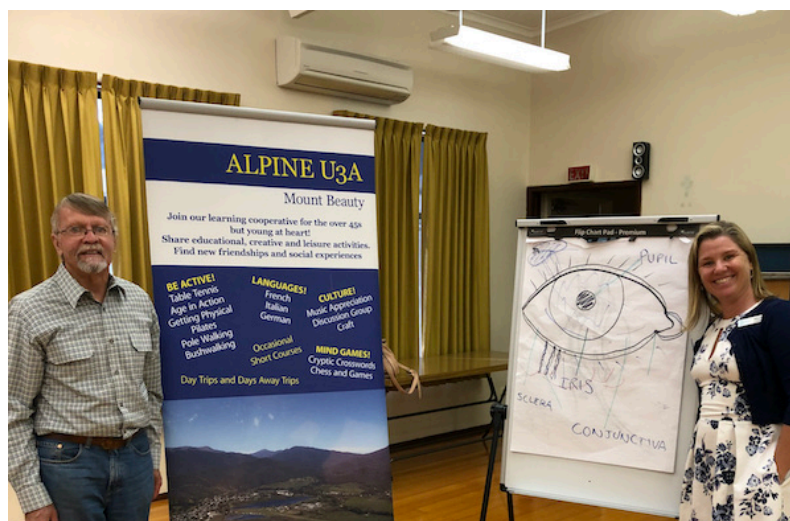
In the next week, ALL MEMBERS will be emailed details about how they can log in to the system and check their own Personal Profiles and Enrol in other courses/activities if they wish.

**Please note** — If you are one of few members or convenors that has gone through this process to test out the procedure it is not necessary for you to do so again unless you wish to familiarise yourself further with the process. Thank you to those who have done that and provided feedback. It is very much appreciated.

Please visit our website <[www.alpineu3a.org.au](http://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 to JOIN up.

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## Guest Speaker (last Friday)







Last Fridays Coffee Morning and Guest Speaker event (always the first Friday of the month unless a public holiday) was attended by 20 members. The Speaker was **Kelly Gibbons from Wodonga Eyecare** (they visit Mt Beauty every second week). Pictured are president *Rollo Kiek* and *Kelly* following the presentation.

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## 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*.

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*Paul L'Huillier*  
Secretary

Email <[secretary@alpineu3a.org.au](mailto:secretary@alpineu3a.org.au)>  
Website <[www.alpineu3a.org.au](http://www.alpineu3a.org.au)>

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