

Because your brain doesn't want to retire.

This is a list of the Courses & Activities offered in 2022

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/activity convenors.

1 COFFEE MORNING - GUEST SPEAKER – All members welcome. The format includes a social get together, a general meeting and guest speaker. Arrive from 10:00 am for coffee/tea and a chat.

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

When: First Friday of the each month from 10:00 am.

Convenor: Rollo Kiek (president)

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.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

4.FILM NIGHT - All members welcome. Monthly showing of films from a variety of genres. Film details are advised at Alpine U3A Coffee Mornings and through the newsletter.

When: Monthly (2nd Wednesday of the month) at 7:00 pm.

Course Convenor: None (Activity will possibly run later in the year).

5.FRENCH - Beginners & Intermediates - This course is for beginners and intermediates with short excursions into German. 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.

When: 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

6.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 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)

7. 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

8. 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

9. 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

10. 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

11. 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

12. BUSHWALKING IN NATIONAL PARKS & SURROUNDS - 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, Mt Beauty.

Convenors: **Steve & Roni McDowell** Ph 5754 1750 or 0419 814 240

13. 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

14. MEDITATION - We will be exploring
* relaxation techniques to let go of tension and emotions held in the body.
* mindfulness trains the mind to be present in the moment without judgement, to focus on one thing at a time and to let go of all but what we are focusing on.
* breathing techniques.
* meditation: training the mind to be still and focussed.

The difference between mindfulness and meditation.

Meditation involves withdrawing for a specified time and resting the mind. Mindfulness is practised throughout the day, observing what we are doing and how we are being, without complicating and judging things.

Course Convenor: **Wendy Blake** 0407 105 811

General course enquiries

Course Co-ordinator

- Mobile: 0400 056 247
- Email <members@alpineu3a.org.au>