

2022 — Alpine U3A Course Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.00 – 10.30 Beginner & Intermediate French <i>Luise Mock 0427 041 388</i></p> <p>Advanced French (Small Room) <i>Sandra Eldridge 0407 250 129.</i> <i>Beth Smith 0404 0296 050</i></p>	<p>9.30 – 11.30 Table Tennis <i>Graeme Caulfield</i> 0428 419 208</p>	<p>8 am in Summer & 9 am in Winter Bushwalking in National Parks <i>Roni McDowell 0419 814 240</i> (meet opposite Info Centre)</p> <p>9.00 – 10.30 Hall Private Hire</p>	<p>10.00 – 12.00 Crafts <i>Laraine Zejbrlik 0488 076 561</i></p>	<p>10.00 – 12.00 Coffee Morning with guest speaker. First Friday of each month. <i>Rollo Kiek (president)</i> 0419 814 240</p>
<p>2.00 – 4.00 Bridge (Small Room) <i>Wendy Blake 0407 105 811</i></p> <p>3.45 – 4.30 Stretch (Big Room) <i>Nola Skey 0456 647 777</i></p> <p>5.15 – 6.45 Hall Private Hire</p> <p>7:00 – 8:30 Meditation <i>Wendy Blake 0407 105 811</i></p>	<p>2.00 – 4.00 Mahjong (Small Rm) <i>Helen L’Huillier</i> 0421 273 699</p> <p>4.30 – 5.30 Intermediate Pilates <i>Nola Skey 0456 647 777</i></p>	<p>4.30 – 5.30 Gym for seniors (Alex McCullough Hall @ N’hood Centre) <i>Nola Skey 0456 647 777</i></p> <p>7.00 – 9.00 Film night Films monthly (2nd Wed of the month) – Check newsletter <i>(This will possibly run later in the year)</i></p>	<p>2.00 – 4.00 Chess & Games <i>Laraine Zejbrlik</i> 0488 076 561</p> <p>4.30 – 5.15 Stretch <i>Nola Skey 0456 647 777</i></p>	