

## 2023 — Alpine U3A Course Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9.00 – 10.30</b>  <b>Beginner &amp; Intermediate French</b>  <i>Luise Mock 0427 041 388</i>  <i>Fire Station Room <u>Tawonga</u></i></p> <p><b>French - Casual</b> (Small Room).  <i>Beth Smith 0404 296 050</i></p>	<p><b>9.30 – 11.30</b>  <b>Table Tennis</b>  <i>Graeme Caulfield</i>            0428 419 208</p> <p>Also on <b>Sundays</b> –            Contact <i>Sandra Eldridge</i>            0407 250 129</p>	<p><b>8.00 Summer 9.00 Winter</b>  <b>Bushwalking in National Parks</b>  <i>Roni McDowell 0417 554 728</i>            (Meet in car park opposite Info Centre)</p> <p><b>9.00 – 10.30</b>  <i>Mary-Lou's Yoga (<u>non- U3A</u>)</i>  <i>Private Hire</i></p> <p><b>9.15 – 10.15 Swim Lessons</b>  <i>Helen L'Huillier 0421273 699</i></p>	<p><b>10.00 – 12.00 Crafts</b>  <i>Laraine Zejbrlik 0488 076 561</i></p>	<p><b>10.00 – 12.00</b>  <b>Coffee Morning with guest speaker at 10:30 am.</b>            First Friday of each month.  <i>Rollo Kiek</i> (president)            Mob: 0419 814 240</p> <p><b>9.15 – 10.15 Swim Lessons</b>  <i>Helen L'Huillier 0421273 699</i></p>
<p><b>2.00 – 4.00</b>  <b>Bridge</b> (Small Room)  <i>Wendy Blake 0407 105 811</i></p> <p><b>3.45 – 4.30</b>  <b>Stretch</b> (Big Room)  <i>Nola Skey 0456 647 777</i></p> <p><b>5.15 – 6.45</b>  <i>Mary-Lou's Yoga (<u>non- U3A</u>)</i>  <i>Private Hire</i></p>	<p><b>4.30 – 5.30</b>  <b>Intermediate Pilates</b>  <i>Nola Skey 0456 647 777</i></p>	<p><b>4.30 – 5.30 Gym for seniors</b>            (Alex McCullough Hall @ Neighbourhood Centre)  <i>Nola Skey 0456 647 777</i></p> <p><b>7.00 – 9.00 Film night</b>            Films monthly (2<sup>nd</sup> Wed of the month) – <u>Check newsletter</u></p> <p><b>2.00- 4.00</b>  <b>Mahjong</b>  <i>Wendy Blake 0407 105 811</i></p> <p><b>4.00 – 5.30</b>  <b>RSL Branch meeting</b>  <i>Bob Williams 0427 784 499</i></p>	<p><b>2.00 – 4.00 Chess &amp; Games</b>  <i>Laraine Zejbrlik</i>            0488 076 561</p> <p><b>4.30 – 5.15 Stretch</b>  <i>Nola Skey 0456 647 777</i></p>	<p><b>1.00– 2.30 Table Tennis practice for Tuesday players</b>  <i>Lin Hall 0417 340 599</i></p> <p><b><u>SATURDAY</u></b></p> <p><b>10.00am– 3.00pm</b>  <b>Saturday Stitchers (<u>non U3A</u>)</b>            Second and third Saturday of each month.  <i>Private Hire</i></p>

(Last Wednesday of Jan, Mar,  
May, July, Sep, Nov.)