

2023

Alpine U3A Course Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.00 – 10.30 <i>Beginner & Intermediate French</i> <i>Luise Mock 0427 041 388</i> <i>Fire Station Room <u>Tawonga</u></i></p> <p><i>French - Casual (Small Room).</i> <i>Beth Smith 0404 296 050</i></p>	<p>9.30 – 11.30 Table Tennis <i>Graeme Caulfield</i> <i>0428 419 208</i> <u>Extra Practice sessions for Tuesday players:</u> Friday 1.30-3.30 Lin: 0417 340 599 Sunday am: Sandra: 0407 250 129 Sunday pm: 2-4pm Jane: 0419 509 792</p>	<p>8.00 Summer 9.00 Winter Bushwalking in National Parks <i>Roni McDowell 0417 554 728</i> (Meet in car park opposite Info Centre)</p> <p>9.00 – 10.30 <i>Mary-Lou's Yoga <u>(non- U3A)</u></i> <i>Private Hire</i></p> <p>9.15 – 10.15 Swim Lessons <i>Helen L'Huillier 0421273 699</i></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 at 10:30 am. First Friday of each month. <i>Rollo Kiek (president)</i> Mob: 0419 814 240</p> <p>9.15 – 10.15 Swim Lessons <i>Helen L'Huillier 0421273 699</i> Summer only</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 <i>Mary-Lou's Yoga <u>(non- U3A)</u></i> <i>Private Hire</i></p>	<p>4.30 – 5.30 Intermediate Pilates <i>Nola Skey 0456 647 777</i></p>	<p>2.00- 4.00 Mahjong <i>Wendy Blake 0407 105 811</i></p> <p>4.30 – 5.30 Gym for seniors (Alex McCullough Hall @ Neighbourhood Centre) <i>Nola Skey 0456 647 777</i></p> <p>7.00 – 9.00 Film night Films ~ monthly (2nd Wed of the month) – <u>Check newsletter</u></p> <p>4.00 – 5.30 RSL Branch meeting <i>Bob Williams 0427 784 499</i> (Last Wednesday of Jan, Mar, May, July, Sep, Nov.)</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>	<p><u>SATURDAY</u></p> <p>10.00am– 2.00pm Saturday Stitchers <u>(non U3A)</u> Second and third Saturday of each month. <i>Private Hire</i></p>