

Alpine U3A COURSES & ACTIVITIES OFFERED in 2024

NOTES - Activities depend on groups with at least four (4) active members.

1. If you cannot make a session, please contact your course convenor by SMS, phone or email. Contact numbers are given with course descriptions.
2. If you wish to withdraw from a course, please inform the course convenor.
3. If you are joining a group that 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.

Please note: Unless stated otherwise, all courses are held at the Senior Citizens Centre in Tawonga Crescent Mt Beauty.

1 COFFEE MORNING - GUEST SPEAKER – All members welcome. The format includes a social get-together, a general meeting and a guest speaker. Arrive at 10:00 am for coffee/tea and a chat. Speaker at 10:30 am.

- **Where:** Senior Citizens Centre, Tawonga Crescent, Mount Beauty.
- **When:** First Friday of each month from 10:00 am.
- **Convenor:** **Rollo Kiek** (president) Mob: 0419 814 240

2.CHESS AND GAMES - Learn chess or play various games available. All players are welcome, whether you are a beginner or an experienced player.

- **When:** Thursday 2:00 - 4:00 pm Requirements: None
- **Convenors:** **Laraine Zejbrlik** 0488 076 561
Pat Eldridge 0419 871 013

3.CRAFTS - Learn or teach knitting, crochet, needlework 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.

- **When:** Thursdays 10 am - noon.
- **Requirements:** None really, but you can bring your craft projects.
- **Convenors:** **Laraine Zejbrlik** 0488 076 561
Bev Mitas 0432 654 411

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

- **Where:** Tawonga Fire Station meeting room
- **When:** Monday 9 - 10.30 am
- **Requirements:** Text - Hugo - French in 3 Months (ISBN 9781405332927)
- **Convenor:** **Luise Mock** Ph 5754 4051 or 0427 941 388

5. FRENCH - Casual - We talk, write, listen, revise, laugh, try, make mistakes all in French. We use all sorts of different methods, means and materials to practice our French with the aim of being able to speak and understand French. 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 but more importantly, 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.

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- **When:** Monday 9 - 10.30 am (small room)
- **Convenor:** **Beth Smith** 0404 296 050

6. 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 designed to strengthen all body parts. 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. There is a **\$2.50 charge per session.**

- **Where:** Alex McCullough Hall, Mt Beauty Neighbourhood Centre,
- **When:** Wednesday 4.30 - 5.30 pm.
- **Convenor:** **Nola Skey** Ph 5754 1109 or 0456 647 777

7. 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.

- **When:** Tuesday 4.30 - 5.30 pm
- **Requirements:** Comfortable clothing. You will need to bring a personal exercise mat for floor work.
- **Convenor:** **Nola Skey** Ph 0456 647 777

8. 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 sit or stand.

Requirements: Comfortable clothing. For those using the floor, you must bring a personal exercise mat for floor work.

- **When:** Monday 3.45 - 4.30 pm
- **When:** Thursday 4:30 - 5:15 pm
- **Convenor:** **Nola Skey** Ph 0456 647 777

9. 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.
- **Convenor:** Lin Hall 0417 340 599

Extra practice sessions for Tuesday players:

Friday pm Contact Lin 0417 340 599

Sunday am – Contact Sandra 0407 250 129

Sunday pm - Contact Jane 0419 509 792

10. BUSHWALKING IN NATIONAL PARKS & SURROUNDS - Walks NOT on the flat for health, fitness and enjoyment. The group meets each Wednesday at 8:00 am in the summer and 9:00 am 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 members to be absent occasionally. As many of our walks require car transport, we pay \$10.00, when necessary, per member into a petrol kitty, and drivers are reimbursed.

Each Sunday before 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 must be reasonably fit and able to walk up to 15 km on various terrains. \$10:00 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 snake bit kit are carried by a group member on each walk.

- **Where:** The meeting point is the Mountain Bike Carpark on Bogong High Plains Road, Mt Beauty.
- **When:** The group meets each Wednesday at 8:00 am in the summer months and 9:00 am in the winter months.
- **Convenors:** Steve 0409022523 & Roni McDowell: 0417554728

11. MAHJONG - Mahjong is a popular tile-based game initially from China and developed during the Qing Dynasty. The game is typically played with four 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.

- **When:** Wednesdays 2 pm - 4 pm
- **Convenor:** Wendy Blake 0407 105 811

12. HUMMERS & WARBLERS SINGING CIRCLE Come along to a singing circle group, where you don't need to read music nor sing in perfect harmony. All you need is a passion for music and to want to have fun. We will sing various songs and genres in a relaxed and supportive environment. Bring your voice, and let's make some joyful noise together. Light refreshments are provided after class.

- **When:** Last Saturday of the month 1:30 pm - 2:30 pm
- **Convenor:** Rachel Finette 0434 338 957

13. HAPPY FEET DANCERS Practice popular dance styles like ballroom and line dance in a laid-back, welcoming atmosphere. Our playlist will cover songs suitable for ballroom and line dancing in a social setting. Light refreshment provided after the session.

- **When:** Last Saturday of the month 3:00 pm- 4:15 pm
- **Convenor:** Richard Finette 0403 163 622

General course enquiries

Course/Activity Co-ordinators

- Jane Zagorski - 0419 509 792
- Lin Hall - 0417 340 599

Email <members@alpineu3a.org.au>