

# Alpine U3A Course Timetable 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9.00 – 10.30</b>  <i>Beginner &amp; Intermediate</i>  <b>French</b>  <i>Luise Mock 0427 041 388</i>  <i>Fire Station Room <u>Tawonga</u></i></p> <p><b>French - Casual (Small Room).</b>  <i>Beth Smith 0404 296 050</i></p>	<p><b>9.30 – 11.30</b>  <b>Table Tennis</b>  <i>Lin Hall 0417 340 599</i>  <u>Extra Practice sessions for</u>  <u>Tuesday players:</u>  <b>Friday 1.30-3.30 Lin:</b>            0417 340 599  <b>Sunday am: Sandra:</b>            0407 250 129  <b>Sunday pm: 2-4pm</b>  <i>Jane: 0419 509 792</i></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>  <b>Mary-Lou's Yoga (<u>non- U3A</u>)</b>  <i>Private Hire</i></p>	<p><b>10.00 – 12.00 Crafts</b>  <i>Laraine Zejbrlik 0488 076 561</i>  <i>Bev Mitas 0432 654 411</i></p>	<p><b>10.00 – 12.00</b>  <b>Coffee Morning with guest speaker at 10:30 am.</b>  <b>First Friday</b> of each month.  <i>Rollo Kiek (president)</i>            Mob: 0419 814 240</p>
<p><b>3.45 – 4.30</b>  <b>Stretch (Big Room)</b>  <i>Nola Skey 0456 647 777</i></p> <p><b>5.00 – 6.45</b>  <b>Mary-Lou's Yoga (<u>non- U3A</u>)</b>  <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>2.00- 4.00 Mahjong</b>  <i>Wendy Blake 0407 105 811</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>4.00 – 5.30</b>  <b>RSL Branch meeting</b>  <i>Bob Williams 0427 784 499</i>            (Last Wednesday of Jan, Mar, May, July, Sep, Nov.)</p>	<p><b>2.00 – 4.00 Chess &amp; Games</b>  <i>Laraine Zejbrlik 0488 076 561</i>  <i>Pat Eldridge 0419 871 013</i></p> <p><b>4.30 – 5.15 Stretch</b>  <i>Nola Skey 0456 647 777</i></p>	<p><b><u>SATURDAY</u></b></p> <p><b><u>Last Saturday each Month</u></b>  <b>1.30 – 2.30</b>  <b>Hummers &amp; Warblers</b>  <b>Singing Circle</b>  <i>Rachel Finette 0434 338 957</i></p> <p><b>3.00 – 4.15</b>  <b>Happy Feet Dancers</b>  <i>Richard Finette 0403 163 622</i></p> <p><b><u>2nd and 3rd Saturday of each month</u></b>  <b>10.00am– 2.00pm</b>  <b>Saturday Stitchers (<u>non U3A</u>)</b>  <i>Private Hire</i></p>