**2025 GVU3A Course Guide 25/02/2025**

**500 Card Game Sessions**

500 card games are held on a weekly basis for the duration of the year. Cards are provided. 500 is an easy to learn card game for 3-6 people, though usually played by 4 people in 2

teams of two. A normal pack of cards and a brief review of the rules is all that is needed to get most people going. 500 provides an opportunity to meet other card players in the U3A community, to have a lot of fun and enjoy playing cards for 2 hours once a week. Beginners are most welcome and will be slotted into a table of other beginners or paired with an instructor. They will be given extra tuition and guidance early on. House rules apply and will be taught, but people are free to negotiate their own rule version at the table.

Time: Every Tuesday, 3.30 pm to 5.30 pm.

Contact: Gale Hatton: email galehatton@gmail.com; mob: 0402 047 167

**“Around the World” U3A Foodies Group**

All U3A members are welcome to join our group to visit restaurants for dinner within Shepparton and surrounding region. We enjoy tasting varied cuisines from around the world.

This is an excellent way to experience local restaurants with friends and to extend our appreciation of international cuisines. The aim is to broaden our palates in a social interactive atmosphere and support local businesses at the same time.

Members will pay for their individual meals (pre-payment/pre-ordering may sometimes be required)

**Time:** 4th Thursday in the month, unless otherwise advised. 6pm. February until November.

**Contacts:** Booking information available from Lyndal Lancaster 0429 808 602

Lyndal Lancaster, Maree Schneider, Winona Mitchell and Carol Davidson

**Art Group**

Our art group offers practical experience in painting and drawing, sharing ideas and experience throughout each session. Occasional sessions led by local professional artists are offered and appreciated. All artists do need to cover their own cost for paints and equipment although these are supplied for the first few times. Sessions cover most of the day so members need to bring lunch.

Time: Every Wednesday, 10am -3.30pm.

Contact: Jeanette Fry jeanettefry604@gmail.com 00438 253 982

**Astronomy**

The main activity is star gazing in and around Shepparton. The activities of the group are planned in conjunction with the Astronomical Society of Victoria (ASV).

ASV Shepparton has meetings and/or star gazing activities planned most months. Meetings are sometimes by zoom. U3A members are welcome to participate. Attendance at Leon Mow Dark Sky Site (LMDSS) at Heathcote. Crux newsletter and ASV year book are available to ASV members. We have telescopes that were donated by U3A members and/or purchased through ASV. These telescopes are available for loan by U3A members at minimal cost. We are planning a public star gazing event as part of the Shepparton Festival, and also plan to invite Duane Hamacher to give a talk on his book 'The First Astronomers' in 2025.

**Time:** Meetings in 2025 are planned to be held at the Ardmona Community Centre, or by zoom, unless otherwise advertised.

**Contacts**: Derek Poulton 0418 559 263, SMS preferred

**Basking in Literature**

*“That is part of the beauty of all literature. You discover that your longings are universal longings, that you’re not lonely and isolated from anyone”.* F Scott Fitzgerald

This group provides an opportunity to explore and discuss with like-minded people books, poetry, authors, plays, etc. It is not the same as a book club as we go where the whim takes us and everyone has a say in what we study. We will explore various types of literature and how they relate to our lives. In 2024 we began with authors and read Jane Austen novels followed by novels by Geraldine Brooks. We then began to explore lists of books, beginning with the New York Times list of best books for the 21st Century, then a list of classic novels less than 25 years old and finally from The Guardian’s Top 100 Books for this Century. People in the group selected books in these lists and shared them at the monthly get together. There was a lot of discussion, and many people read books the next month from the recommendations of the group. It was interesting to hear peoples’ different perspectives on the same book.

The great thing about this course is that everyone has a say in what we read, and we are not restricted to everyone reading the same book. If you enjoy reading, then this is the course for you. We meet on the fourth Monday of the month from 2.00 – 3.30pm.

Our first meeting for 2025 will be on Monday 24 February 2025.

We would love you to join us.

**Time:** 4th Monday, 2.00 -3.30pm.

**Contact:** Jan Gregory 0438 093 668 jangregory4@outlook.com

**Beading Classes**

If you would like to learn how to do beading, (see picture below), come along to the Lincraft Community Room on Monday 3rd of March between 1.00 to 3.00 pm. Bring your own water but everything else is supplied. The kit will cost $15



**Time:** 1st Monday of the month 1.00 pm to 3.00 pm

**Contact** Dianne 0419 394 328

**Bird watching**

Bird watching will recommence in March and finish in November. Members will meet at the U3A car park for a morning outing or all-day trips in the spring. Previous morning outings have been to Victoria Park Lake, Reedy Swamp, Gemmill’s Swamp, Cussen Park, Jordan’s Bend, and Australian Botanic Garden. All-day trips have been to such places as Warby-Ovens National Park, Strathbogie and Rushworth.

**Time**: 3rd Wednesday 9am-12noon or day outing 9am-3pm.

**Contact**: Marg Clarke Mob. 0429350875. Don Roberts 58252404 or Mob. 0448 889 224

**Bolivia**

Bolivia comes easily to those who have played Canasta. Equally, it is simple to learn for complete novices. We offer the perfect environment in which to play. It is comfortable and sociable, and so much fun. A warm welcome is extended to new players, whether you can play or not. We will be more than happy to teach you.

**Time:** Every Thursday, 1.00 - 4.00pm.

**Contact**: Kerrie Midgley mob. 0439 511 929

**Book Club 1**

Book Club 1 offers U3A members the opportunity to read a large variety of books - from Horror, Mystery, Science Fiction, Adventure, Fantasy, Romance, Biography, Historical fiction, Classics, Thriller, Drama, Fable, History to Non-Fiction and much more. To join the group, you must be a member of the Shepparton Library, a member of U3A and pay an annual fee to the library which is currently $60. The group meets at the U3A Hall and is limited to 10 members. We have great discussions and also enjoy a social chat.

**Time:** The last Thursday of the month from 10.30 – 11.30 am

 **Contact**: Gail Jelliff on 0400 531 856.

**Book Club 2**

This group was formed in late 2011 to cater for members interested in reading a range of interesting novels. The members select books provided by the GV Regional Library. Class size is limited to 10 members, some of whom have been members since day one. You will need to be a Library member and pay a $60 book club library fee.

**Time:** 11.00am - 12.00 noon on 2nd Tuesday of each month. We go out for lunch 12 .00 - 1.00 if you wish to come.

**Contact:** Wendy Humphrey. Tel: 0428 549 924.

**Book Club 3**

Books are provided by the GV Regional Library. You need to be a library member and pay their $60 annual fee. This group was formed in early 2022 to cater for members interested in reading a range of interesting books. Class size is limited to ten members.

**Time:** First Tuesday of each month, 11:45 -1:00 at the U3A hall and on several occasions during the year we go out for lunch.

**Contact:** Winona Mitchell 0491 093 474 Jan Wallace 0439 728 126

**Bridge**

If you enjoy playing Bridge or would like to learn to play, this group’s sessions are for you.

**Times:**Every Wednesday. 1 - 4pm (social bridge)

Every Monday, 7 -10.30pm (competition)

Every Saturday, 1 – 4.30pm (competition)

Beginner’s lessons will run from March on Wednesdays 6-8pm. Details in the March newsletter.

**Contact:**Derek Poulton. Tel: 5825 4112, Mob. 0418559263, email: dcp.klp@gmail.com

**Communicating with Technology**

These sessions will incorporate all aspects of technology we use to communicate within today’s technological world. The course will run for three sessions on Mondays,

12.30pm-2.pm, 2pm-3.30pm, 3.30pm-5pm, catering for**all** levels of ability.

Class sizes are restricted to 6 per session. There is no set course - Sessions run according to what YOU want to learn.

Assistance/instruction can be given for **Windows**and **Apple computers**, **iPhones** and **Android mobile phones**and **iPads**.

Topics can include computer familiarisation, emailing, Word, Excel, Publisher, photos, photobooks, Ebay, Paypal, printing and more. Using your own computer helps familiarisation with both the programs on your computer and makes sure you have all the files/programs you need to complete your tasks. iPad and mobile phone activities can, depending on individual skill levels, deal with familiarisation, personalising settings, using Apps, emailing, texting, photography, maps, podcasts, creating contacts and using the calendar.

**Requirements**: Your own piece of technology, something on which to write your questions and record solutions, your passwords (to save a lot of hassle!) and patience as we deal with everyone's issues.

**Times:** Mondays, 12.30pm-2.pm, 2pm-3.30pm, 3.30pm-5pm,

**Contact:**David Muir. Tel: 0414 881 369 for a booking or enquiry

**Creative Craft**

Members bring their own projects to work on. There are a variety of crafts including knitting, crocheting, embroidery, patchwork. Members are always willing to share their knowledge and expertise with others. On occasions a member will teach a particular technique for those who are interested. New crafts always welcome. It is a very friendly group and new members are most welcome.

**Time:** Every Tuesday, 1.00 -4.00pm.

**Contact:** Gael Thompson Mob. 0458 215 794

**Cryptic Crosswords**

“Cryptic crosswords don’t make sense!”

You have probably heard this comment from others, and you may have said it yourself. And everyone is right – in a manner of speaking! In fact, if a cryptic clue makes sense to you before you have learnt a little about them, then you are wrong. You see, there is trickery going on here. You must always ignore any meaning of the clue as a whole. You need to understand the compiler’s tricks.

Come along to learn these tricks and contribute your thoughts. Some of you may be familiar with Cryptic Crosswords and would like to share what you know. Each class will involve solving one easy and one hard cryptic from “the Sun” or “the Age” as well as reviewing one of the 6 types of Cryptic clues.

 Room 2 (carpeted room) beginning on March 20th for 6 sessions until June 5th.

**Time:** 1st and 3rd Thursday 1.30-3.00pm

**Contact**: Course Leader, Harry Lee 0400 770 972

**Current Affairs**

This group discusses not only at topical news issues, but also looks at the ethics, the reason and maybe the ramifications of these issues.

**Time:** 1st and 3rd Monday 3.00 – 4.30pm

**Contact:** Greg Barnes Mob: 0438 569 611

**Earth Science**

This year the focus will be on the “Geology of Australia”. From the earliest days of Pangaea, Eurasia, and Gondwanaland to the current continental island. The coverage will be completed state by state/ territory.

The more important geological, structural and fossil evidence of each state will be explained, to build a comprehensive vision over geological time.

Iconic landforms, geological tourist attractions and destinations will be covered.

There will be NO assumed knowledge of any relevant geology, and this overview will be complimented with personal experiences and resources.

As always with this course, the class group will determine the direction and time spent on each aspect.

**Time:** 3rd and 4th Friday, 10 -11.45 am

**Contact:** Nigel Liggins 0400 694 618

**French**

The French course caters for beginners to intermediate level. It includes pronunciation, conversation, listening, reading and grammar. We discuss French culture including songs, art and food. We use stories, vocabulary lists, grammar, and video clips.

**Beginners**

The beginners’ class will run for the first two terms and will include basic vocabulary, pronunciation, and grammar. The aim of this course is to prepare beginners to join the intermediate class by the second half of the year.

**Intermediate**

The intermediate class aims to improve spontaneous conversation as well as listening and reading comprehension. The grammar taught will support these aims.

**Times**

**Beginners:** Classes will run on the first Wednesday of each month, then Tuesdays, from 9.00 am until 10.00 am. The first class will be on Tuesday 11th February 2025.

**Intermediate:** Classes will run on the first Wednesday of each month, then Tuesdays, from 10.15 am until 12.00 pm. The first class will be on Tuesday 11th February 2025.

**Contac**t: Sue Birrell, Tel: 0438 210 914. Email: suebirrell21@gmail.com

**Guitar for Beginners**

The GVU3A Guitar for Beginners group was unofficially started in October 2024 by two ukulele players who shared a keen interest in playing guitar. These two players thought they would make these classes official and have now opened it up to all GVU3A members. Classes will begin on Monday January 27th and run on the first Monday of the month 11.00 to 12 noon and the second and fourth Mondays of the month between 1.20 and 2.00 pm. This class is for novice players who would like to develop their skills through guidance with learning selected beginner friendly songs. If you can play a couple of open chords and would like to learn more, come and join us.

**Time**: 1st Monday 11.00 am to 12.00 and 2nd and 4th Mondays 1.20 to 2.00 pm

**Contact:** Yvonne Kartner: Phone: 0450 568 340. Email: ykartner44@gmail.com

**Health & Wellness**

This course is an interactive learning group for positive people. The course covers all aspects of well-being that not only makes us feel good, it helps us reduce stress and ultimately allows us to live a healthier life. The things that make us feel good are also the things that improve our health and well-being

Meetings are held on the second and fourth Friday @ 1pm.

Contact Robyn Glasson email rglasson65@gmail.com

John Padman email: john.n.padman@gmail.com

**Historical Studies**

Last year, Historical Studies had local, national and international content with a look at local historical sites and plaques. Australia was studied through TV ads and participation in the Summer Olympics. Internationally, we looked at the History behind the Israeli -Palestinian conflict, Opera, Rock and Roll and learnt about figures such as Winston Churchill and Billy Joel.

This year, Historical Studies will look at a variety of topics including: The History of Computers, An Investigation of Glass, A look at the Australian Constitution and The Tour de France. There will also be a presentation on Ancient Egypt, but that date is yet to be determined. This list is not exhaustive, and it will be added to / amended as the year progresses.

Audience participation is very much encouraged, and should you want to present a topic then all it takes is to let the convenor (Livia) know. I strongly recommend this; you don’t want to hear my voice the whole time. We meet on the second Monday of the month at 10 am. Please sign up on the day in February and come armed with suggestions. The first session for the year will be in February.

**Time**: 2nd Monday 10.00-11.30 am - February's topic (10th of February). Glass and its role in History

**Contact** Livia Tiso Email: lpt3629@optusnet.com.au

**Italian**
Intermediate Italian will be held every Friday afternoon in School Terms from 1.30 – 3.00 p.m. beginning February 14th, 2024.

Lelia Amadei is our tutor and gives us opportunities to improve Italian conversation, refine grammar rules and have a perfectly wonderful time.

Students should have some basic knowledge of Italian or have attended the Beginners class, run previously. Everyone enrolling in the Intermediate Course in 2025 may find a copy of the following book useful but not essential.

“ULTIMATE ITALIAN (BEGINNER-INTERMEDIATE)” Revised edition 2009

Authors: Salvatore Banchieri and Michael Lettieri (Toronto).

Published by Living Language/Random House ISBN 978-1-4000-096. For enquiries about this class, please contact Elizabeth.

**Beginners Italian** will **NOT** be running in 2025 or until we can find a tutor**.**

**Time** Every Friday in School Terms from 1.30 to 3.00 pm.

**Contact**: Elizabeth Lee PH 0409 703 868 email: lizlee01@gmail.com

**Life’s Curiosity 2025**

The year 2025, will be a year to resurface our family memories.

Our memories are history, let’s bring them to life. We all have memories of our childhood and the people involved in developing our life e.g., parents, carers, grandparents, aunties and uncles, neighbours, teachers etc.

When we look at the past it helps us to appreciate our present, bring significances into our values, beliefs, ideas, we feel a sense of ownership of our lives, a sense of belonging etc.

Each month we will cover a certain subject, e.g., values, beliefs, lifestyle, work ethics, social life, cultural beliefs, family ethics, nutrition, etc. These subjects will evoke some interesting discussion.

You will be notified in advance via the newsletter of the topic each month. You may like to bring along photos, a note book for notes, and items of significance in regards to your memories.

All members of U3A are welcome and each person that wishes to partake will be given an opportunity to share.

**Time:** 1st Monday 1.30 to 2.45 pm starting March 3rd

**Contact:** Robyn Glasson rglasson65@gmail.com

**Line Dancing**

Line Dancing will commence on Thursday 16th of January. YouTube clips connected to the hall speakers will be used to teach members some of the basic dance steps. Line Dancing is good for older adults to engage in a healthy physical activity. It is a perfect exercise for improving coordination and balance, increasing cardiovascular health and brain memory, and is seen as an effective treatment for Alzheimer's, dementia and depression. I hope to see you there.

**Time:** Thursday 5.30 pm to 6.30 pm.

**Contact:** Judi Chapman 0422 255 824, judi.chap58@hotmail.com

**Lunch Group**

Members meet every Monday throughout the year for lunch and a chat at various venues around Shepparton and sometimes Mooroopna. Venue details are advertised in the monthly newsletter. All U3A members are welcome to join the group.

Ringing Gail will ensure a place has been reserved for you.

**Time**: Every Monday 12.00 to 1.30 pm

**Contact**: Gail Jelliff 0400 531 856

**Mah Jong**

This is an ancient Chinese game which is now played all over the world. It is reasonably easy to learn and we have many experienced players able to teach you if you would like to have a go. Mah Jong is played with tiles placed into suits of Chinese characters, in some ways similar to cards.

**Time**: Players meet each Tuesday at U3A to play from 1.00pm to 3.30pm.

**Contact**: Kerrie Midgley mob. 0439 511 929

**Morning Tea Get-Together**

We are having a monthly Morning Tea Get-Together to encourage members to get to know each other better. We will meet for approximately an hour to an hour and a half at the Shepparton Club (Wyndham St next to JB Hi Fi)

**Time:** Third Wednesday of the month at 10am

**Contact:** John Padman 0428 745 282 Email: john.n.padman@gmail.com

 Janice Dreyer

**Music - Beginners' Music Theory**

This course will be held on Thursdays at 10.00-11.00am except for the last Thursday of the month, starting on February 6th 2025. We will start with very basic music theory for those who have never had the opportunity to learn when they were young. We will use a workbook which presents the subject in a fun way with easy little exercises to fill in the workbook (which will cost you $20). If anyone wants to learn more, we will continue on to the Grade 1 book which costs $24.

**Time:** Thursdays 10.00 -11.00 am, except for the LAST Thursday of the month

**Contact**: Christine Wilson 0428 399 648

**Music - Theory Grade 1**

This course is for those who have completed the Beginners' course in 2024 and will be held on Tuesdays at 9-10am in Room 4. We will continue to use the Grade 1 text book.

**Time:** 2nd, 3rd, 4th & 5th Tuesdays at 9 to 10.00 am.

**Contact**: Christine Wilson 0428 399 648

**Photography**

Are you a Happy Snapper who records a timeline of events and people in your life with absolutely no artistic or creative pretentions? Are you a TAKER of images and usually get what the camera gives you such as unwanted silhouettes, dull boring photos or perhaps just lack impact? If your photos are important to you, the good news is, you CAN take control of your camera. You too can make great images; you only need to join our photography group. All you need is a basic camera and a willingness to learn. Join us and explore your creativity within a friendly group. We meet on the second and fourth Thursdays from 1:30pm to 4pm and we love to share our knowledge. Existing members can look forward to some exciting new concepts and challenges. We mix theory and indoor practical lessons with field trips to expand our creativity.

Learn how to use correct Camera settings to photograph zoo animals whilst hiding the cage. This is one of our many fun techniques.

We will be using a “Non-Sequential Modular Training System”, designed to run in an environment where students cannot guarantee their attendance on a sequential basis. It allows for participation to be effective despite irregular attendance caused by a busy life, conflicting at times with one’s good intentions, indifferent health and other commitments. It is designed with present U3A photography in mind.

**Time:** 2nd and 4th Thursday 1:30pm to 4pm

**Contact**: Lex Neville lexsan8@dodo.com.au,

 Allan Parker allanpa500@gmail.com Kay Cowan kaycowan@live.com

**Play Reading**

Play reading scripts are sourced from The Victorian Drama League Inc. They have a wide selection of one or two act plays that are suitable for reading in one session.
Plays will be selected that have a similar number of characters to the number of participants, so that everybody involved in a session has a chance to play the part of a particular character. The group will meet fortnightly

**Time:** 2nd and 4th Monday 2:00pm to 3.30 pm

**Contact**: Brian Riordan brianriordan118@gmail.com

**Quiz**

Come along and enjoy light-hearted questions about interesting and diverse topics, general knowledge and specialised subjects.

Each session features several ‘quizmasters’ who have compiled sets of questions from newspapers, books, television, online and personal experiences.

Sessions include Ice Breakers, Personal Best, Special Interest, and True or False. Following a coffee break, we form 2 teams for the friendly rivalry of Challengers & Defenders.

We always have a few laughs, are surprised by the trivia we remember, and enjoy learning something new.

New members are welcome to come any month.

**Time:** Third Monday 10am - 11.45am

**Contact:** Susan McCarten 0437 215 130 (sms is easiest or leave a Voicemail)

**Science**

The science group is planning that 2025 will be another year of exciting presentations to delight and enlighten you.

We will have a range of presenters who will provide sessions on a variety of science topics, but we can always find room for a new presenter and new topics.

There will be sessions about energy, both renewable and non-renewable, material on the latest findings on astronomy and exploration of the universe, computing, critters you’ve never heard of and how they lived and evolved, the human body, the development of new and existing materials for modern life, and new topics that pop up out of nowhere.

New topics and new presenters are always most welcome.

Watch the monthly newsletter for details of the proposed sessions.

**Contact:** John Bush, Mobile 0408 290 751

**Time:** Third Monday at 1.30 – 2.45 pm

**Scrabble**

GVU3A scrabble is a friendly and social game where everyone is welcome.

**Time**: 1st and 3rd Fridays 1.00-3.00pm starting 17th of January.

**Contact**: Sue Walmsley Mob. 0432 016 152

**Scribblers**

**Scribblers for Beginners** runs for 6 weeks (starts Thursday February 13th) each Thursday morning for 2 hours. During this time, you will learn the basics of drawing using black-lead pencils.

This will include a number of different techniques in a relaxed and supportive group where the emphasis is on fun. No previous drawing experience necessary, just a willingness to try.

Ongoing Scribblers will continue once the Beginners 6 weeks have been completed. You can join our group of dedicated ongoing scribblers who draw for fun and relaxation.

Visit the GVU3A Scribblers’ webpage to see some of their wonderful drawings.

Please bring:

· A4 pad of drawing paper

· Black lead pencils (a minimum of 1 x HB, 1 x 3H, 1 x 4B and a 1 x 8B or as close as you can find.

· An eraser

· a smile (can be more than one)

Link to course page: https://www.gvu3a.com.au/scribblers

**Dates: Ongoing Scribblers**    Start Thursday 9th January (room 3)

**Scribblers for Beginners**   Start Thursday 13th February (room 2)

**Time:** Both groups Thursday 10.00am to 12.00 noon

**Contact**: Please enrol via email to Jill Riordan – marigold.riordan@gmail.com

**Singing4Pleasure 2025**

Our singing group recommenced 3 years ago, with 12 people. The group has now swelled to 30 “Melody Makers” including 5 men. If you love listening to a song, or you sing when no one is nearby, come along and join our group. Reading music or having a “good” voice is not a prerequisite. Music, fun and laughter are wonderful for your brain health. Currently, we sing a variety of more than a hundred songs from the 1930’s through to the 80’s, contained in 4 Books. Christmas, St. Patrick’s and Anzac Day are celebrated with song. Our conductor Robyn Leembruggen, is supported by pianist Graeme Brewer’s vast musical talent on keyboard. After singing, we invite those who would like a chat to join Graeme and Robyn at Noble Monks Café in Maude Street. Our group meets in the U3A building at 9.00 – 10.00 am every Wednesday; excluding school holidays. There is an initial cost of $20 for the 4 songbooks.

**Time:**1st 2nd 3rd 4th and 5th Wednesdays 9.00 -10.00 am. Commences February 5th.

**Contact:**Adrian Evans – 0448 027 090, Jeanette Fry – 0438 253 982, Robyn Leembruggen 0411 819 299

**Socrates Café**

Socrates Café is a monthly opportunity for open discussion, under the Chatham House Rules, an informal group meeting on the fourth Monday of each month, January to November, at 10am. Come along and join in, or just sit and listen, all are welcome.

Examples of subjects discussed last year are:

Should scientists help beat old age? How can punishment fit the crime in today’s culture?

Does marriage as an institution need to be updated or is it OK as it is?

What would happen if a maximum income was implemented?

How should we measure productivity? Is producing nuclear power ethical?

**Time:** Fourth Monday 10 – 11.30 am, January to November.

**Contact**: Greg Barnes**. Phone**: 0438 569 611 **Emai**l: dngbarnes@hotmail.com

**Stock Market**

Classes about the Stock Market will study the ASX, have guest speakers, and discussions for members to share their insights, experiences and wisdom. It is proposed that the group members will establish and monitor a virtual portfolio for fun, focus and some competition.

**Time:** First Friday of the month 10.00 am to 11.30 am.

**Contact**: Graeme Hannan email: graeme.hannan7@gmail.com

**Strength and Balance**

Classes for 2025 will commence on Monday 6th of January and new participants are most welcome to come along and improve their fitness as well as enjoying some laughs and social outings (is not all about hard work). The classes vary each week and comprise components of aerobic fitness, strength, balance, tai chi, yoga, stretching, Pilates and circuit training.

For this class you will need a reasonable level of fitness, as there is sometimes floor work in-volved (although there are alternatives if you can't manage to go to the floor) and good rubber soled shoes.

You are most welcome to come and observe if you are not sure if this is for you or ring me (around dinner time is best).

**Time**: Every Monday, 8.45am-9.30am.

**Contact**: Lyn Davidson Tel; 5821 7653 Mob; 0402 019 552

**Tai Chi for Beginners**

The beginners’ class will have much the same as the Intermediate class (see below) but will be at a slower pace and won’t be doing so many different forms in the session, they will work to their comfort so not to be stressed

**Time:** Friday between 3:15 to 3:30pm

**Contact:** Sandra Bassett Mobile 0418 571 246, Email: josanbass@bigpond.com

**Tai Chi**

Tai Chi is a gentle exercise programme; it's easy to learn and is suitable for most people and their abilities. It focuses on your balance helping to prevent falls, improves your flexibility, improves balance and co-ordination, increases blood circulation, improves heart and lung function and muscle strength, and can also reduce stress and anxiety. You do not have to have done Tai Chi before to attend this program. It can be done sitting, standing or in bed. No equipment is needed and can be done almost anywhere. Tai Chi is enjoyable and has been shown to improve many aspects of health

Tai Chi for Rehabilitation - Will improve health and wellness. Help recover from injury, stroke, heart disease, surgical procedure or tiredness and stress.

Tai Chi for Diabetes - Strengthen muscles, improve stamina, blood circulation, balance

Tai Chi for Arthritis - Relieves pain, reduces falls and improves quality of life

The program will be for one hour and a fee of $3 per session. Please wear comfortable clothes and shoes.

If you have any questions, you can phone me. If I don't answer please leave a message and I'll get back to you ASAP.

**Time:** Friday between 3:30 to 4:30pm

**Contact:** Sandra Bassett Mobile 0418 571 246, Email: josanbass@bigpond.com

**Uke3a – 2025 (Ukulele)**

Learning Intention:

To help you with your journey to learn to play the ukulele and/or develop your skills with this unique and fun instrument. You will learn some limited musical theory as well as developing your playing techniques, to allow you to play the songs you have always wanted to.

Delivery:

The core of our program is our Monday sessions where we guide you on your journey. These are fun sessions where we learn some theory, play songs as a group and individually as you become more confident. To gain the full benefit from the program you will need to do some practice outside these sessions. We often practise set of tunes to perform at small venues during the year and this adds purpose to our sessions as well.

**Time:** 12:00 to 1.00 pm Mondays (except for Monday Public Holidays and the Victorian School Holidays)

**Contact:**Andrew Lelliott. Email: andrew.lelliott@bigpond.com  Mobile: 0427 970 463

**Uke3a (for beginners)**

The man said you only need to be able to play three chords on the ukulele and you then have the ability to play 50 tunes. The lady (Professor Cristina) said it is good for your ageing brain to learn something totally different like a musical instrument or a language. So not only will you get a more functional brain, you will gain another skill and you will have a good time.

The start date for this class will be **March 3rd 2025**

**Time**: First Mondays of the month, 11.00 am – 12.00 noon

**Contact** Andrew Lelliott.Email**:** andrew.lelliott@bigpond.comMobile**:** 0427 970 463

**Walk and Talk**
The Walk and Talk group for 2025 will be for U3A members who would like to share a day, or half a day a month, out walking and talking (with plenty of time for coffee and lunch breaks). Depending on the seasonal conditions, walks will be in our local area, along rivers, wetlands, swamps and lakes and also sometimes to nearby towns and places of interest. Transport (car-pooling, where passengers reimburse driver) is organized when we meet at the car park at U3A at 8.45am for 9am start.
**Time:** 2nd Wednesday, 8.45am.
**Contact:** John Padman 0428 745 282 Email: john.n.padman@gmail.com

**Writing for Pleasure**

Whether you have been writing for years or are a complete beginner, you will receive the welcome, encouragement and incentive to continue.

You may choose family history, fact or fiction; our aim is to encourage your writing.

**Place:** Shepparton Library

**Time**: 3rd Thursday, 1pm-3.30pm

**Contact**: Moya Turnbull (0407 680 337) Marion MacLennan (0417 319 839)

**Yoga**

It is hoped to continue Yoga classes with Jenny Scanderlora at the hall using Zoom. Yoga is a spiritual practice that has become popular as a way of promoting physical and mental health. What is yoga and what does it do? Yoga is an ancient practice that incorporates gentle exercise, breath control, and quiet meditation.

There are many health benefits of yoga that may include lowering blood pressure, improve posture and Circulation and help you develop a sense of wellbeing.

Our yoga group is a place where you can learn to relax, to increase your sense of well-being and enjoy a quiet time.

**Time:** Thursdays, 4.15 to 5.15 pm.

**Contact:** Rita Bloomfield (0418 580 697)