



BRIGHT DISTRICT U3A INC

2024 Courses / Activities

January 2024



BRIGHT DISTRICT U3A INC

2 Cobden St

Bright VIC 3741

General Email contact: info@u3abright.org.au

Courses / Activities Email contact: courses@u3abright.org.au

Web: <https://u3abright.org.au/>

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24ACT01: BIRDWATCHING **Type: Long inc holidays** **4**
Dates: 12/02/2024 - 23/12/2024. Frequency: 2nd and 4th week of month, Mon 8:00 - 0:00
Convenor: Bill Hayes
Fee: \$0.00

24SOC01: BLOKE'S BUSINESS **Type: Long inc holidays** **4**
Dates: 05/02/2024 - 18/12/2024 Frequency: 1st and 3rd weeks of the month, Mon 10:00 - 11:00
Location: Riverdeck Kitchen 16 Howitt Lane Bright Convenor: Terry Thompson
Fee: \$0.00

24CRA03: CARD MAKING **Type: Long inc holidays** **4**
Dates: 26/02/2024 - 18/12/2024 Frequency: Once per month, Mon 13:00 - 17:00
Location: U3A Room 1 2 Cobden Street Bright Convenor: Jules Thompson
Fee: \$0.00

24HUM01: PHILOSOPHY **Type: Long inc holidays** **5**
Dates: 12/02/2024 - 18/12/2024 Frequency: 2nd and 4th week of month, Mon 1:00 - 3:00
Location: U3A Room 1 2 Cobden Street Bright Convenor: Keith Ashfold
Fee: \$0.00

24MUS02: INTERMEDIATE GUITAR **Type: Long inc holidays** **5**
Dates: 05/02/2024 - 18/12/2024 Frequency: Each week, Mon 4:30:00 - 8:30
Location: U3A Main Hall 2 Cobden Street Bright Convenor: Greg Withers
Fee: \$0.00

Tuesday 6

24ACT03: CASUAL CYCLING **Type: Long inc holidays** **6**
Dates: 06/02/2024 - 18/12/2024 Frequency: Each week, Tue 9:00 - 4:00
Location: Railshed opp museum M2M Rail trail Bright Convenor: Sue Van Winden
Fee: \$3.00 Convenor2: Helen Carlson

24ART01: DRAWING AND PAINTING **Type: Long inc holidays** **7**
Dates: 06/02/2024 - 18/12/2024 Frequency: Each week, Tue 10:00 - 12:00
Location: Bright Art Gallery 28 Mountbatten Ave Bright Convenor: Steve McCall
Fee: \$0.00

24ACT04: YOGA **Type: Long exc holidays** **7**
Dates: 06/02/2024 - 18/12/2024 Frequency: Each week, Tue 11:00 - 12:30
Location: Room 1 and 2 Convenor: Franca Shewell
Fee: \$0.00

24ACT07: INDOOR BOWLS **Type: Long inc holidays** **7**
Dates: 06/02/2024 - 18/12/2024 Frequency: Each week, Tue 13:00 - 16:00
Location: U3A Main Hall 2 Cobden Street Bright Convenor: Glenda Raymond
Fee: \$0.00

24GAM04: BRIDGE GROUP Tues **Type: Long exc holidays** **7**
Dates: 06/02/2024 - 18/12/2024 Frequency: Each week, Tue 19:00 - 22:00
Location: U3A Room 1 and 2 2 Cobden Street Bright Convenor: Leonie Katekar
Fee: \$0.00

Wednesday **8**

24ACT02: BUSHWALKING **Type: Long inc holidays** **8**
Dates: 21/02/2024 - 18/12/2024 Frequency: 3rd week of the month, Wed 9:00 - 0:00
Location: Sen Citizens carpark 10 Cobden Street Bright Convenor: Malcolm Millar
Fee: \$3.00

24CRA01: WOODWORK **Type: Long inc holidays** **8**
Dates: 07/02/2024 - 18/12/2024 Frequency: Each week, Wed 12:00 - 4:00
Location: Bright United Mens Shed BUMS 14 Churchill Avenue Bright
Convenor: Glenn O'Connell Convenor2: Hilda Rozitis
Fee: \$0.00

24GAM02: MAHJONG **Type: Long inc holidays** **8**
Dates: 07/02/2024 - 18/12/2024 Frequency: Each week, Wed 1:00 - 4:00
Location: U3A Room 1 2 Cobden Street Bright Convenor: Jan Davey
Fee: \$0.00

24LIT01: NON FICTION BOOK INTEREST GROUP **Type: Long exc holidays** **9**
Dates: 2 28/02/2024 - 18/12/2024 Frequency: 4th week of the month, Wed 2:00 - 4:00
Location: Yvonne Ward 6703 Great Alpine Road Porepunkah Convenor: Yvonne Ward
Fee: \$0.00

24MUS01: ALPINE VOICES **Type: Long exc holidays** **9**
Dates: 07/02/2024 - 18/12/2024 Frequency: Each week, Wed 4:00 - 5:15
Location: U3A Main Hall 2 Cobden Street Bright Convenor: Olivia Stapleton
Fee: \$0.00

24GAM06: LEARN TO PLAY BRIDGE **Type: Short** **9**
Dates: 07/02/2024 - 25/03/2024 Frequency: Each week, Wed 7:00pm - 9:00pm
Location: U3A Room 2 2 Cobden Street Bright Convenor: Leonie Katekar
Fee: \$0.00

Thursday **10**

24LAN01: BEGINNER FRENCH **Type: Long inc holidays** **10**
Dates: 01/02/2024 - 18/12/2024 Frequency: Each week, Thu 9:00 - 10:00
Location: U3A Room 1 2 Cobden Street Bright Convenor: Brett Lidbury
Fee: \$0.00

24CRA02: WOOLCRAFTS **Type: Long inc holidays** **10**
Dates: 08/02/2024 - 19/12/2024 Frequency: 1st and 3rd weeks of the month, Thur 10:30 - 12:00
Location: U3A Room 2 2 Cobden Street Bright Convenor: Cathy Eldred

24LAN02: FRENCH **Type: Long inc holidays** **10**
Dates: 01/02/2024 - 18/12/2024 Frequency: Each week, Thu 10:30 - 11:30
Location: U3A Room 1 2 Cobden Street Bright Convenor: Suzanne McKinley
Fee: \$0.00 Convenor2: Brett Lidbury

24LIT02: WRITERS GROUP **Type: Long exc holidays** **11**
Dates: 01/02/2024 - 18/12/2024 Frequency: Second week of the month, Thu 10:30 - 12:00
Location: DUMU Balcony Café 4 Ireland Street Bright Convenor: Tony Strachan
Fee: \$0.00

24GAM05: BRIDGE GROUP Thurs **Type: Long exc holidays** **11**
Dates: 01/02/2024 - 18/12/2024 Frequency: Each week, Thu 1:00pm - 4:00pm
Location: U3A Room 1 and 2 2 Cobden Street Bright Convenor: Leonie Katekar
Fee: \$0.00

24LAN04: IRISH LANGUAGE	Type: Long exc holidays	11
Dates: 01/02/2024 - 18/12/2024	Frequency: Each week, Thu 1:00 - 2:00	
Location: U3A Main Hall 2 Cobden Street Bright	Convenor: Roy Kennedy	
Fee: \$0.00		
24ACT05: TAI CHI	Type: Long exc holidays	12
Dates: 15/02/2024 - 22/12/2024	Frequency: Each week, Thu 2:30pm - 3:30p	
Location: U3A Main Hall 2 Cobden Street Bright	Convenor: Helen Brecknell	
Fee: \$0.00	Convenor2: Mike McGurgan	
24MUS03: INTERMEDIATE GUITAR	Type: Long inc holidays	12
Dates: 01/02/2024 - 18/12/2024	Frequency: Each week, Thu 5:00 - 8:30	
Location: U3A Room 1 2 Cobden Street Bright	Convenor: Greg Withers	
Fee: \$0.00		
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24LAN03: RUSSIAN	Type: Long exc holidays	13
Dates: 02/02/2024 - 18/12/2024	Frequency: Each week, Fri 9:00 - 10:00	
Location: U3A Room 1 2 Cobden Street Bright	Convenor: Tatjana Filicin	
Fee: \$0.00		
24ACT06: QIGONG	Type: Long exc holidays	13
Dates: 02/02/2024 - 18/12/2024	Frequency: Each week, Fri 9:30am - 10:30am	
Location: U3A Main Hall 2 Cobden Street Bright	Convenor: Olivia Stapleton	
Fee: \$0.00		
24GAM03: SCRABBLE	Type: Long inc holidays	13
Dates: 02/02/2024 - 20/12/2024	Frequency: Each week, Fri 10:15 - 2:00	
Location: U3A Room 1 2 Cobden Street Bright	Convenor: Rosemary Withers	
Fee: \$0.00		
24LIT03: BOOK GROUP	Type: Long inc holidays	13
Dates: 02/02/2024 - 18/12/2024	Frequency: Once per month, Fri 2:00pm - 3:00pm	
Location: U3A Room 1 2 Cobden Street Bright	Convenor: Helen Carlson	
Fee: \$0.00		
24SOC04: CUPPA, CAKE 'N CONVERSATION	Type: Long exc holidays	14
Dates: 03/03/2023 - 31/12/2023	Frequency: Once per month, Fri 10:30 - 11:30	
Location: U3A Main Hall 2 Cobden Street Bright	Convenor: Marianne Dredge	
Fee: \$2.00		

MONDAY

24ACT01: BIRDWATCHING

Type: Long inc holidays

Dates: 12/02/2024 - 23/12/2024.

Frequency: 2nd and 4th week of month, Mon 8:00 - 0:00

Convenor: Bill Hayes

Fee: \$0.00

Local and away trips with various finish times depending on location. Carpooling is encouraged and passengers may be asked to contribute to fuel costs. If you join us, this is what you can expect: Visiting pleasant bushland and parkland settings. Some gentle walking may be involved. Finding birds, watching their behaviour. Learning to identify birds visually, and by their calls. Sharing knowledge with others, and learning from more experienced birders. Learning correct use of binoculars, and how to use field guides. Photographing birds and other nature subjects (optional) Enjoying picnic lunches and coffee shops with sociable people Having fun. No experience necessary, all are welcome.

hayesbill@bigpond.com

24SOC01: BLOKE'S BUSINESS

Type: Long inc holidays

Dates: 05/02/2024 - 18/12/2024 Frequency: 1st and 3rd weeks of the month, Mon 10:00 - 11:00

Location: Riverdeck Kitchen 16 Howitt Lane Bright

Convenor: Terry Thompson

Fee: \$0.00

We very much enjoy talking about, for instance, current news, world events and the tales of the differing past occupations, travels and hobbies.

Terrence Thompson – CONVENOR

24CRA03: CARD MAKING

Type: Long inc holidays

Dates: 26/02/2024 - 18/12/2024

Frequency: Once per month, Mon 13:00 - 17:00

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Jules Thompson

Fee: \$0.00

A monthly gathering of like-minded paper crafters and anyone wishing to participate in this fun session of creative cutting and pasting. Included in your small monthly fee of \$5 are all paper, card stock, embellishments and adhesives. The class will participate in a monthly card making session, then free time to create more cards or other papercraft activities such as mini album making or scrapbooking. Participants who already do their own papercraft are encouraged to bring along any current projects and use the session to complete them.

24HUM01: PHILOSOPHY

Type: Long inc holidays

Dates: 12/02/2024 - 18/12/2024

Frequency: 2nd and 4th week of month, Mon 1:00 - 3:00

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Keith Ashfold

Fee: \$0.00

WHY PHILOSOPHY? The rationale of being, knowledge and right conduct The investigation of natural phenomena The gaining of a personal outlook on life Matters to be discussed in two 2 hour sessions per month may include:- The purpose of life What is truth? How the ancients viewed their world The illusion of reality Beliefs are important The origins of gods Faith versus experience Views of modern philosophers Creation or evolution? Body and soul duality Foundations of personal beliefs The why of unhappiness Are worldly ills essential? Does God's heaven exist now on earth? How valuable to you is a personal philosophy? Can our senses be trusted? Ethics are elastic Machiavellian principles Two views of the earth's fate & more...

Persons of all beliefs are invited to join with others willing to discuss in a non-judgemental and non-confrontational way, the basis and worth of the many, often conflicting, beliefs held by great minds over past millennia.

To ensure discussions are open and productive, attendees will be expected to offer their own views calmly without intending offence and to listen attentively to others without taking offence. Remember, people learn through listening not through talking The main objectives of the course include giving attendees an appreciation of why they believe what they do and why the different beliefs of others may be equally valid. Also, through the opportunity to consider new and perhaps novel viewpoints, attendees may develop a personal philosophy of life that best suits themselves. Suggestions on particular subjects of interest are most welcome.

Send any queries to the Convenor, KEITH ASHFOLD, at kayellaye@gmail.com

PLEASE NOTE that for the month of February, Philosophy will be commencing WEEK 4 Tuesday 22nd Feb

There are no prerequisites for this course and members can join after the initial start date. Course notes for Philosophy will SOON be available on our U3A website:- www.u3abright.org.au under the OUT N ABOUT drop down arrow. This will allow you to read online or download the course notes.

24MUS02: INTERMEDIATE GUITAR

Type: Long inc holidays

Dates: 05/02/2024 - 18/12/2024

Frequency: Each week, Mon 4:30:00 - 8:30

Location: U3A Main Hall 2 Cobden Street Bright

Convenor: Greg Withers

Fee: \$0.00

Participants need to bring their own electric guitar, and practice amp. The activity is for existing guitarists of intermediate level. The only activity will be group guitar practice, playing popular songs.

gregandrosiewithers@gmail.com

TUESDAY

24ACT03: CASUAL CYCLING

Type: Long inc holidays

Dates: 06/02/2024 - 18/12/2024

Frequency: Each week, Tue 9:00 - 4:00

Location: Railshed opp museum M2M Rail trail Bright

Convenor: Sue Van Winden

Fee: \$3.00

Convenor2: Helen Carlson

Activities of the group include, but are not limited to, the following:

Regular Weekly Rides

A regular weekly ride is organised most Tuesday mornings with starting times dependant on the season and the ride's route. These rides are a combination of local rides from our starting point at the old railway shed behind the Bright Museum and 'Drive and Rides' in the northeast Victoria area with various start points.

Non-Regular Rides

Other rides e.g. lunch rides, rides to dinner locations, special interest rides, distance challenge ride (eg 50km, 100km), may also be organised at various times.

Away Rides

Occasionally an "away" trip of a few days to a week may be organised where members of the group travel independently to a location and arrange their own accommodation and then meet daily for rides around that location led by member/s with knowledge of the suitable rides in that location.

Social activities include get-togethers for fun, entertainment or education etc often with a bike focus eg film night, bike maintenance, Christmas party, celebrations etc at a venue or a member's house.

As this is such a large group with an extensive range and number of activities, there are additional leaders to support and assist Sue and Arno at various times throughout the year: -

Lorraine & Peter SHENNAN lshennan50@gmail.com

pshennan@bigpond.com

Helen & Roger CARLSON handrcarlson@gmail.com

Ron & Leah MILNE rronm73@hotmail.com

leahmilne1@hotmail.com

Convenors

Sue and Arno van Winden

Ph: 0418 846 839 Email: suevanwinden@gmail.com

arnovanwinden1@gmail.com

Own bicycle and cycling gear

U3A organised rides have a leader and a sweeper. A first aid kit and the riders' emergency contact list is carried on the ride. Riders "sign in" at the start of each ride. All riders are encouraged to share the responsibility of carrying the first aid kit and contact list and act as sweep/leader when they feel confident to do this. Riders who vary their route to the announced ride do so at their own risk.

You will receive an email from each week's coordinator, usually over the preceding weekend, to let you know the ride and when and where to meet for the weekly ride.

It is strongly recommended that all bike riders in the group have current ambulance insurance and that you carry a mobile phone, two spare tubes and a pump on every ride. Bike riding insurance that can be taken out through Bicycle Network (www.bicyclenetwork.com.au) is also worth considering.

24ART01: DRAWING AND PAINTING

Type: Long inc holidays

Dates: 06/02/2024 - 18/12/2024

Frequency: Each week, Tue 10:00 - 12:00

Location: Bright Art Gallery 28 Mountbatten Ave Bright

Convenor: Steve McCall

Fee: \$0.00

Uses the Bright Art Gallery for regular art sessions.

We run weekly throughout the year except for a short break over the Christmas period

snp.mccall@gmail.com

24ACT04: YOGA

Type: Long exc holidays

Dates: 06/02/2024 - 18/12/2024

Frequency: Each week, Tue 11:00 - 12:30

Location: Room 1 and 2

Convenor: Franca Shewell

Fee: \$0.00

Franca has been practicing and teaching various forms of yoga for 23+ years and now teaches Slow, Mindful Yoga.

Slow Mindful Yoga offers many benefits, including the potential for increased flexibility, strength, balance, and mobility: all qualities frequently sought after by older adults.

Participants are asked to pay \$5 per session to cover convenor's travelling expenses.

You are asked to bring a mat, blanket and cushion as well as any yoga props you may have.

There must be at least 8 participants for this group to go ahead.

24ACT07: INDOOR BOWLS

Type: Long inc holidays

Dates: 06/02/2024 - 18/12/2024

Frequency: Each week, Tue 13:00 - 16:00

Location: U3A Main Hall 2 Cobden Street Bright

Convenor: Glenda Raymond

Fee: \$0.00

Teams of up to 4 complete against each other on the carpet. Lots of energy and laughs.

24GAM04: BRIDGE GROUP Tues

Type: Long exc holidays

Dates: 06/02/2024 - 18/12/2024

Frequency: Each week, Tue 19:00 - 22:00

Location: U3A Room 1 and 2 2 Cobden Street Bright

Convenor: Leonie Katekar

Fee: \$0.00

Join a group of friendly card game players once or twice a week at your leisure. Once the most popular game in the world, bridge is a four player partnership trick taking game with 13 tricks per deal. Duplicate bridge is played which enables comparative scoring in tournament play. Lessons can be provided for those new to the game.

WEDNESDAY

24ACT02: BUSHWALKING

Type: Long inc holidays

Dates: 21/02/2024 - 18/12/2024

Frequency: 3rd week of the month, Wed 9:00 - 0:00

Location: Sen Citizens carpark 10 Cobden Street Bright

Convenor: Malcolm Millar

Fee: \$3.00

PLEASE NOTE that BUSHWALKING is held on the FIRST SATURDAY & THIRD WEDNESDAY of each month.

The 12 month program of walks is available on our website in 2 parts-January to June & July to December. The Convenor will also email the program to all participants in January & July.

Various locations & start times. Car pooling - pay driver

The Bushwalking group has a program of walks for the year so the venue changes for each walk. Car pooling is available for transport to the start point.

Walks range from easy to challenging and highlight the beauty of the Alpine Valleys and High Country.

malcolmmillar@optusnet.com.au

24CRA01: WOODWORK

Type: Long inc holidays

Dates: 07/02/2024 - 18/12/2024

Frequency: Each week, Wed 12:00 - 4:00

Location: Bright United Mens Shed BUMS 14 Churchill Avenue Bright

Convenor: Glenn O'Connell

Fee: \$0.00

Convenor2: Hilda Rozitis

Members of the Woodwork Group meet weekly each Wednesday afternoon from 12 – 4pm at the Bright United Men's Shed. We are in recess over the Victorian Christmas school holiday period.

Under the Tutoring of Glenn, both men and women undertake a variety of personal projects to either create, repair or fabricate some wood feature.

A highlight of each week surrounds the afternoon tea break. Much hilarity and laughter fills the room. Here we exchange views on various topics from Politics to ethics and personal life experiences.

Our group maintains their finances and supplements the consumables we use by manufacturing and selling chopping boards to local businesses.

All are inspired by the creativity and energy that is engendered within the group.

glennocconnell30@gmail.com

24GAM02: MAHJONG

Type: Long inc holidays

Dates: 07/02/2024 - 18/12/2024

Frequency: Each week, Wed 1:00 - 4:00

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Jan Davey

Fee: \$0.00

Mahjong is a Chinese tile based game and is played individually not with partners. It is a game of luck and strategy aided by a games book for reference and helps to keep the mind active. Beginners are welcome to come along. jan.davey1@bigpond.com

24LIT01: NON FICTION BOOK INTEREST GROUP **Type: Long exc holidays**

Dates: 2 28/02/2024 - 18/12/2024 **Frequency:** 4th week of the month, Wed 2:00 - 4:00
Location: Yvonne Ward 6703 Great Alpine Road Porepunkah **Convenor:** Yvonne Ward
Fee: \$0.00

There will be a different theme each month, and a featured book.

Hopefully a list will available at the start of each term, but due to circumstances, may have to be varied. I invite suggestions of books and themes to be featured. To date we have had themes of Antarctic exploration, and Shakespeare.

The format will be:

Welcome

PART 1: a. Presentation by Speaker – including a summary of the featured book.

b. Discussion of the book and books on the the broader theme by everyone

PART 2: “Show and Tell” Bring along a non-fiction book that you have read (or would like to read), and tell the group about it...

PART 3: Notice for next meeting; Ideas for future themes; Refreshments ...

Email: yward13@gmail.com

24MUS01: ALPINE VOICES **Type: Long exc holidays**

Dates: 07/02/2024 - 18/12/2024 **Frequency:** Each week, Wed 4:00 - 5:15
Location: U3A Main Hall 2 Cobden Street Bright **Convenor:** Olivia Stapleton
Fee: \$0.00

Alpine Voices – meets: Day -Wednesday through most of the year

Where – Main Hall

Cost - annual membership of U3A Description – no auditions, just a love of singing – a range of mostly well-known songs, all genres – some parts work – heaps of fun!

24GAM06: LEARN TO PLAY BRIDGE **Type: Short**

Dates: 07/02/2024 - 25/03/2024 **Frequency:** Each week, Wed 7:00pm - 9:00pm
Location: U3A Room 2 2 Cobden Street Bright **Convenor:** Leonie Katekar
Fee: \$0.00

Boris Shapiro was 89 when he won the bridge world championship. Learning to play bridge can be a daunting task for some, so the lessons will do everything possible to create a friendly environment for all to learn enjoyably. It's never too late to start to play one of the world's most popular games.

THURSDAY

24LAN01: BEGINNER FRENCH

Type: Long inc holidays

Dates: 01/02/2024 - 18/12/2024

Frequency: Each week, Thu 9:00 - 10:00

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Brett Lidbury

Fee: \$0.00

The French language programme offers lessons and conversation to accommodate any level of proficiency. To join the Beginners group, no previous background in French is required, with revision built into the lesson structure to allow members to join at any time without being disadvantaged.

For the Intermediate - Advanced class, the ability to speak basic sentences in French is an advantage, with moderate proficiency to read French text helpful. Listening is a core skill that we regularly practice during lessons, through access to French audio, broadcasts, and so on.

If a Beginner, you are always welcome to participate in the Intermediate - Advanced class once you feel ready, or simply listen to class as we conduct our language exercises. We also hold regular coffee and conversation meetings to practice - currently at Blackbird Café each Monday morning at 10.30am for beginners in French!

24CRA02: WOOLCRAFTS

Type: Long inc holidays

Dates: 08/02/2024 - 19/12/2024 Frequency: 1st and 3rd weeks of the month, Thur 10:30 - 12:00

Location: U3A Room 2 2 Cobden Street Bright

Convenor: Cathy Eldred

Fee: \$0.00

Wool crafters meet on the first and third Thursday of every month. We normally meet at Nightingales, Wandiligong at 10.30 am, unless otherwise specified. We continue all year but break for the Christmas school holidays. We are a fun group who get together to do any craft that involves wool; knitting, crocheting, embroidery, felting etc. We share patterns and ideas and also help with problem solving with patterns etc as needed. MAY MEET AT LIBRARY.

24LAN02: FRENCH

Type: Long inc holidays

Dates: 01/02/2024 - 18/12/2024

Frequency: Each week, Thu 10:30 - 11:30

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Suzanne McKinley

Fee: \$0.00

Convenor2: Brett Lidbury

The French language programme offers lessons and conversation to accommodate any level of proficiency. For the Intermediate - Advanced class, the ability to speak basic sentences in French is an advantage, with moderate proficiency to read French text helpful. Listening is a core skill that we regularly practice during lessons, through access to French audio, broadcasts, and so on.

If a Beginner, you are always welcome to participate in the Intermediate - Advanced class once you feel ready, or simply listen to class as we conduct our language exercises. We also hold regular coffee and conversation meetings to practice - currently at Blackbird Café each Monday morning at 10.30am

24LIT02: WRITERS GROUP

Type: Long exc holidays

Dates: 01/02/2024 - 18/12/2024 **Frequency:** Second week of the month, Thu 10:30 - 12:00

Location: DUMU Balcony Café 4 Ireland Street Bright

Convenor: Tony Strachan

Fee: \$0.00

The U3A Writers Group meets on the second Thursday of each month at 10:30 am at DUMU balcony café.

It is an informal session with lots of animated discussion around a topic chosen the previous month, and on which most of us write a short 200 – 300 word paragraph or poem. Encouraging and constructive comment is invoked from the group and a new topic chosen for the next meeting.

We also discuss various writers, their work and their ideas on the writing process, and just about anything else related to the writing world.

But most of all, we have fun and nothing is taken too seriously. Come along and sit in on a session.

tonystrchn@gmail.com

24GAM05: BRIDGE GROUP Thurs

Type: Long exc holidays

Dates: 01/02/2024 - 18/12/2024

Frequency: Each week, Thu 1:00pm - 4:00pm

Location: U3A Room 1 and 2 2 Cobden Street Bright

Convenor: Leonie Katekar

Fee: \$0.00

Join a group of friendly card game players once or twice a week at your leisure. Once the most popular game in the world, bridge is a four player partnership trick taking game with 13 tricks per deal. Duplicate bridge is played which enables comparative scoring in tournament play. Lessons can be provided for those new to the game.

24LAN04: IRISH LANGUAGE

Type: Long exc holidays

Dates: 01/02/2024 - 18/12/2024

Frequency: Each week, Thu 1:00 - 2:00

Location: U3A Main Hall 2 Cobden Street Bright

Convenor: Roy Kennedy

Fee: \$0.00

The Irish language program offers lessons and conversation at Beginner's level. No previous knowledge or background in the language is required with review and revision built into the course so that members can join at any time. The course will focus on conversational Irish using a variety of resources including a textbook, websites, podcasts, and Irish language TV & Radio to engage in the language.

Participants are encouraged to purchase the multi-media textbook, *Gaeilge gan Stró*, available at cost price (\$50 plus postage) through the convenor.

roy.w.kennedy@outlook.com

24ACT05: TAI CHI

Type: Long exc holidays

Dates: 15/02/2024 - 22/12/2024

Frequency: Each week, Thu 2:30pm - 3:30p

Location: U3A Main Hall 2 Cobden Street Bright

Convenor: Helen Brecknell

Fee: \$0.00

Convenor2: Mike McGurgan

Tai Chi is a form of moving meditation that has been practiced for thousands of years in China. It is based on continuous flowing movements and performed in slow motion to enhance co-ordination, balance and focuses on deep diaphragmatic breathing. Through practice of the art, one seeks to harmonise internal energy by promoting a balance between mind and body.

Tai Chi has relaxing and calming effects, but due to it's non-strenuous movements, it makes it suitable for all ages. It helps to develop self awareness mentally and physically. Tai Chi is the physiotherapy of traditional Chinese Medicine. Tai Chi's therapeutic effects are used to help treat many conditions such as stress, depression, insomnia, arthritis, diabetes, asthma and pain and many more.

24MUS03: INTERMEDIATE GUITAR

Type: Long inc holidays

Dates: 01/02/2024 - 18/12/2024

Frequency: Each week, Thu 5:00 - 8:30

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Greg Withers

Fee: \$0.00

Participants need to bring their own electric guitar, and practice amp. The activity is for existing guitarists of intermediate level. The only activity will be group guitar practice, playing popular songs.
gregandrosiewithers@gmail.com

FRIDAY

24LAN03: RUSSIAN

Type: Long exc holidays

Dates: 02/02/2024 - 18/12/2024

Frequency: Each week, Fri 9:00 - 10:00

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Tatjana Filicin

Fee: \$0.00

The aim of our group is to learn Russian language in a friendly and relaxed atmosphere. To achieve that, we use books, websites, Russian movies and Russian songs. That way we learn about the Russian culture as well.

24ACT06: QIGONG

Type: Long exc holidays

Dates: 02/02/2024 - 18/12/2024

Frequency: Each week, Fri 9:30am - 10:30am

Location: U3A Main Hall 2 Cobden Street Bright

Convenor: Olivia Stapleton

Fee: \$0.00

Qigong is a mind-body exercise form that uses meditation, breathing, and movement to increase energy and enable the body to heal itself. The exercise and healing techniques used were developed in ancient China and Tibet. It is practiced for a variety of reasons and has countless health-related benefits.

24GAM03: SCRABBLE

Type: Long inc holidays

Dates: 02/02/2024 - 20/12/2024

Frequency: Each week, Fri 10:15 - 2:00

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Rosemary Withers

Fee: \$0.00

Join a friendly group each week for a relaxed game of Scrabble. Scrabble is a fun word board game, played by forming interlocking words on the board using letter tiles with various score values, with the objective of getting the highest score. gregandrosiewithers@gmail.com

24LIT03: BOOK GROUP

Type: Long inc holidays

Dates: 02/02/2024 - 18/12/2024

Frequency: Once per month, Fri 2:00pm - 3:00pm

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Helen Carlson

Fee: \$0.00

Books to be selected by members and each book suggested to be "facilitated" by the member who recommended the book (ie an introduction to the book and facilitation of discussion by members).

**24SOC04: CUPPA, CAKE 'N CONVERSATION
exc holidays**

Type: Long

**Dates: 03/03/2023 - 31/12/2023
11:30**

Frequency: Once per month, Fri 10:30 -

Location: U3A Main Hall 2 Cobden Street Bright

Convenor: Marianne Dredge

Fee: \$2.00

Come along to the main hall at U3A building in Cobden Street for an hour of chat, coffee and cake.
No need to enrol - just turn up.

Cost is \$2 for food and beverages
