



BRIGHT DISTRICT U3A INC

2025 Courses / Activities

January 2025



BRIGHT DISTRICT U3A INC

2 Cobden St

Bright VIC 3741

General Email contact: secretary@u3abright.org.au

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

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

Monday **5**

25ACT01: BIRDWATCHING **5**
Type: Long inc holidays
Dates: 10/02/2025 - 10/11/2025 Frequency: 2nd and 4th week of month, Mon 8:00 - 0:00
Convenor: Bill Hayes
Fee: \$0.00

25LAN04: IRISH LANGUAGE **5**
Type: Long exc holidays
Dates: 03/02/2025 - 23/12/2025. Frequency: Each week, Mon 9:00 - 10:30
Location: U3A Room 1 2 Cobden Street Bright Convenor: Roy Kennedy
Fee: \$0.00
Convenor: Roy Kennedy

24SOC01: BLOKE'S BUSINESS **5**
Type: Long inc holidays
Dates: 03/02/2025 - 23/12/2025 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

25CRA04: OCCASIONAL COOKING **6**
Type: Long inc holidays
Dates: 03/02/2025 - 23/12/2025 Frequency: None, Mon 13:00 - 16:00
Location: U3A Kitchen 2 Cobden Street Bright Convenor: Jan Smith
Fee: \$0.00

24HUM01: PHILOSOPHY **6**
Type: Long inc holidays
Dates: 27/01/2025 - 23/12/2025 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

25GAM06: SUPPORTED BRIDGE **7**
Type: Long inc holidays
Dates: 14/04/2025 - 25/12/2025 Frequency: Each week, Mon 15:00 - 18:00
Location: U3A Room 1 and 2, 2 Cobden Street Bright. Convenor: Leonie Katekar
Fee: \$0.00 Convenor2: Giselle Braithwaite

25GAM08: LEARN TO PLAY BRIDGE **7**
Type: Short
Dates: 10/02/2025 - 07/04/2025 Frequency: Each Week, Mon 15:00 - 18:00
Location: U3A Room 1 and 2, 2 Cobden Street Bright Convenor: Leonie Katekar
Fee: \$0.00 Convenor2: Giselle Braithwaite

Tuesday **8**

25ACT03: CASUAL CYCLING **8**
Type: Long inc holidays
Dates: 04/02/2025 - 17/12/2025 Frequency: Each week, Tue 9:00 - 13:00
Location: Railshed opp museum M2M Rail trail Bright Convenor: Helen Carlson
Fee: \$0.00 Convenor2: Sue van Winden

25ART01: DRAWING AND PAINTING **8**
Type: Long inc holidays
Dates: 04/02/2025 - 23/12/2025 Frequency: Each week, Tue 10:00 - 12:00
Location: Bright Art Gallery 28 Mountbatten Ave Bright Convenor: Steve McCall
Fee: \$0.00

25ACT04: YOGA **9**
Type: Long exc holidays
Dates: 04/02/2025 - 25/12/2025 Frequency: Each week, Tue 11:00 - 12:30
Location: U3A Room 1 and 2 2 Cobden Street Bright Convenor: Robyn Cirulis
Fee: \$0.00 Convenor2: Franca Shewell

25ACT07: INDOOR BOWLS **9**
Type: Long inc holidays
Dates: 04/02/2025 - 17/12/2025 Frequency: Each week, Tue 13:00 - 16:00
Location: U3A Main Hall 2 Cobden Street Bright Convenor: Glenda Raymond
Fee: \$0.00

25GAM07: LEARN TO PLAY CHESS **Type: Long exc holidays** **9**
Dates: 04/02/2025 - 25/12/2025 Frequency: Each week, Tue 14:00 - 16:00
Location: U3A Room 1 2 Cobden Street Bright Convenor: Olivia Stapleton
Fee: \$0.00 Convenor2: Keith Ashfold

25GAM04: BRIDGE GROUP Tues **Type: Long inc holidays** **9**
Dates: 04/02/2025 - 16/12/2025 Frequency: Each week, Tue 19:00 - 22:00
Location: U3A Room 1 and 2 2 Cobden Street Bright Convenor: Leonie Katekar
Fee: \$0.00 Convenor2: Ingrid Klein

Wednesday **10**

25ACT02: BUSHWALKING Wed & Sat **Type: Long inc holidays** **10**
Dates: 01/02/2025 - 17/12/2025 Frequency: 1st Sat & 3rd Wed of the month, 9:00 - 0:00
Location: Senior Cits Carpark Bright Convenor: Malcolm Millar
Fee: \$0.00

25CRA01: WOODWORK **Type: Long inc holidays** **10**
Dates: 05/02/2025 - 17/12/2025 Frequency: Each week, Wed 12:00 - 16:00
Location: Bright United Mens Shed BUMS 14 Churchill Avenue Convenor: Michael Roberts
Fee: \$40.00 Convenor2: Hilda Rozitis

25GAM02: MAHJONG **Type: Long inc holidays** **10**
Dates: 05/02/2025 - 23/12/2025 Frequency: Each week, Wed 13:00 - 16:00
Location: U3A Room 2 2 Cobden Street Bright Convenor: Jan Davey
Fee: \$0.00

25ACT06: QIGONG **Type: Long exc holidays** **11**
Dates: 05/02/2025 - 19/12/2025 Frequency: Each week, Wed 14:00 - 15:00
Location: U3A Main Hall 2 Cobden Street Bright Convenor: Olivia Stapleton
Fee: \$0.00

25LIT01: NON FICTION BOOK INTEREST GROUP **Type: Long exc holiday** **11**
Dates: 26/02/2025 - 25/12/2025 Frequency: 4th week of the month, Wed 14:00 - 16:00
Location: Yvonne Ward 6703 Great Alpine Road Porepunkah Convenor: Yvonne Ward
Fee: \$0.00

25MUS01: ALPINE VOICES **Type: Long exc holidays** **11**
Dates: 05/02/2025 - 17/12/2025 Frequency: Each week, Wed 16:00 - 17:15
Location: U3A Main Hall 2 Cobden Street Bright Convenor: Olivia Stapleton
Fee: \$0.00

Thursday **12**

25LAN01: BEGINNER FRENCH **Type: Long inc holidays** **12**
Dates: 06/02/2025 - 23/12/2025 Frequency: Each week, Thu 9:00 - 10:00
Location: U3A Room 1 2 Cobden Street Bright Convenor: Brett Lidbury
Fee: \$0.00

25LAN02: FRENCH **Type: Long inc holidays** **12**
Dates: 06/02/2025 - 23/12/2025 Frequency: Each week, Thu 10:30 - 11:30
Location: U3A Room 1 2 Cobden Street Bright Convenor: Brett Lidbury
Fee: \$0.00

25LIT02: WRITERS GROUP **Type: Long exc holidays** **12**
Dates: 13/02/2025 - 11/12/2025 Frequency: Once per month, Thu 10:30 - 12:00
Location: U3A Room 2 2 Cobden Street Bright Convenor: Tony Strachan
Fee: \$0.00

25GAM05: BRIDGE GROUP Thurs **Type: Long inc holidays** **13**
Dates: 06/02/2025 - 18/12/2025 Frequency: Each week, Thu 12:30 - 16:00
Location: U3A Room 1 and 2 2 Cobden Street Bright Convenor: Leonie Katekar
Fee: \$0.00 Convenor2: Ingrid Klein

25ACT05: TAI CHI **Type: Long exc holidays** **13**
Dates: 06/02/2025 - 17/12/2025 Frequency: Each week, Thu 15:00 - 16:00
Location: U3A Main Hall 2 Cobden Street Bright Convenor: Annette Paech
Fee: \$0.00

25MUS02: INTERMEDIATE GUITAR **Type: Long inc holidays** **13**
Dates: 06/02/2025 - 23/12/2025 Frequency: Each week, Thu 16:00 - 19:00
Location: U3A Room 1 and 2 2 Cobden Street Bright Convenor: Greg Withers
Fee: \$0.00

Friday **14**

25ACT10: QIGONG FRIDAY **Type: Long exc holidays** **14**
Dates: 21/02/2025 - 23/12/2025 Frequency: Each week, Fri 9:00 - 10:00
Location: U3A Main Hall 2 Cobden Street Bright. Convenor: Olivia Stapleton
Fee: \$0.00 Convenor2: Annette Paech

25LAN03: RUSSIAN **Type: Long exc holidays** **14**
Dates: 07/02/2025 - 23/12/2025 Frequency: Each week, Fri 9:00 - 10:00
Location: U3A Room 1 2 Cobden Street Bright. Convenor: Tatjana Filicin
Fee: \$0.00

25GAM03: SCRABBLE **Type: Long inc holidays** **14**
Dates: 07/02/2025 - 25/12/2025 Frequency: Each week, Fri 10:00 - 13:00
Location: U3A Room 2 2 Cobden Street Bright Convenor: Rosemary Withers
Fee: \$0.00

25SOC04: Cuppa, Cake & Conversation **Type: Long exc holidays** **14**
Dates: 07/03/2025 - 05/12/2025 Frequency: Once per month, Fri 10:30 - 11:30
Location: U3A Main Hall 2 Cobden Street Bright Convenor: Marianne Dredge
Fee: \$0.00

25COM01: Committee of Management Meetings **Type: Long inc holidays** **15**
Dates: 14/02/2025 - 23/12/2025 Frequency: Once per month, Fri 13:30 - 15:00
Location: U3A Room 1 2 Cobden Street Bright Convenor: Andrew Bird
Fee: \$0.00

25LIT03: BOOK GROUP **Type: Long inc holidays** **15**
Dates: 07/02/2025 - 24/12/2025 Frequency: Once per month, Fri 14:00 - 15:00
Location: U3A Room 1 2 Cobden Street Bright Convenor: Helen Carlson
Fee: \$0.00

Saturday **16**

25ACT02: BUSHWALKING **Type: Long inc holidays** **16**
Dates: 01/02/2025 - 17/12/2025 Frequency: 1st Sat & 3rd Wed of the month, 9:00 - 0:00
Location: Senior Cits Carpark Bright Convenor: Malcolm Millar
Fee: \$0.0

WEDNESDAY - 1 session only **16**

25ART02: MACRO PHOTOGRAPHY **Type: Short** **16**
Dates: 05/03/2025 - 05/03/2025 Frequency: None, Wed 9:30 - 13:30

MONDAY

25ACT01: BIRDWATCHING

Type: Long inc holidays

Dates: 10/02/2025 - 10/11/2025

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

25LAN04: IRISH LANGUAGE

Type: Long exc holidays

Dates: 03/02/2025 - 23/12/2025.

Frequency: Each week, Mon 9:00 - 10:30

Location: U3A Room 1 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

Convenor: Roy Kennedy

24SOC01: BLOKE'S BUSINESS

Type: Long inc holidays

Dates: 03/02/2025 - 23/12/2025 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

25CRA04: OCCASIONAL COOKING

Type: Long inc holidays

Dates: 03/02/2025 - 23/12/2025

Frequency: None, Mon 13:00 - 16:00

Location: U3A Kitchen 2 Cobden Street Bright

Convenor: Jan Smith

Fee: \$0.00

Please Note: Dates and content of classes will be communicated by email beforehand. We are looking for people with specific interests and skills to run each session. Elevate your culinary skills and have fun with exciting new cooking classes. These will run occasionally, some hands on, some demonstration style. Food costs will be shared by participants. The purpose is 1. To learn the basics to make cooking easier and more enjoyable for yourself. 2. To increase your skills and knowledge of different techniques and cultures. 3. To delight in creating and sharing delicious meals with fellow food enthusiasts. If you're interested in running a class, please email convenor

24HUM01: PHILOSOPHY

Type: Long inc holidays

Dates: 27/01/2025 - 23/12/2025

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.

25GAM06: SUPPORTED BRIDGE

Type: Long inc holidays

Dates: 14/04/2025 - 25/12/2025

Frequency: Each week, Mon 15:00 - 18:00

Location: U3A Room 1 and 2, 2 Cobden Street Bright.

Convenor: Leonie Katekar

Fee: \$0.00

Convenor2: Giselle Braithwaite

Supported bridge sessions brush up the key concepts of how to play bridge. There is plenty of guided bidding and card play practice under the expert tutelage of experienced bridge players. Anyone who wishes to improve their bridge or experienced bridge players who want come along to mentor the participants are all very welcome. If you are completely new to bridge, please contact the convenor prior to commencing. Runs all year (inc. Vic school and public holidays) There is a \$2 charge per person per game (for catering, bridge supplies and technology)

25GAM08: LEARN TO PLAY BRIDGE

Type: Short

Dates: 10/02/2025 - 07/04/2025

Frequency: Each Week, Mon 15:00 - 18:00

Location: U3A Room 1 and 2, 2 Cobden Street Bright

Convenor: Leonie Katekar

Fee: \$0.00

Convenor2: Giselle Braithwaite

Learning to play bridge can be a daunting task for some, A set of 10 lessons will be provided aiming at absolute beginners, although any intermediate players and/or those who have not played from some time are welcome to enrol and are likely to enjoy the lessons as a 'refresher'. There will be 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. Once completed, the participants can join the other bridge sessions as players.

TUESDAY

25ACT03: CASUAL CYCLING

Type: Long inc holidays

Dates: 04/02/2025 - 17/12/2025

Frequency: Each week, Tue 9:00 - 13:00

Location: Railshed opp museum M2M Rail trail Bright

Convenor: Helen Carlson

Fee: \$0.00

Convenor2: Sue van Winden

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

You need your own bicycle (manual or electric) and cycling gear. U3A organised rides have a leader and a sweep. 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.

25ART01: DRAWING AND PAINTING

Type: Long inc holidays

Dates: 04/02/2025 - 23/12/2025

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

25ACT04: YOGA

Type: Long exc holidays

Dates: 04/02/2025 - 25/12/2025

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

Location: U3A Room 1 and 2 2 Cobden Street Bright

Convenor: Robyn Cirulis

Fee: \$0.00

Convenor2: Franca Shewell

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.

25ACT07: INDOOR BOWLS Type: Long inc holidays

Dates: 04/02/2025 - 17/12/2025

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.

25GAM07: LEARN TO PLAY CHESS

Type: Long exc holidays

Dates: 04/02/2025 - 25/12/2025

Frequency: Each week, Tue 14:00 - 16:00

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Olivia Stapleton

Fee: \$0.00

Convenor2: Keith Ashfold

This U3A course is intended 1 - To teach Chess to those new to the game, 2 – To improve the skills of existing players. The course method follows stage by stage the instructions in the book 'Bobby Fischer Teaches Chess' which, in easy steps, builds up knowledge of chess moves and game situations. It is primarily a learning course and will look at various board-situations designed to provide knowledge of the various chess pieces and their moves and to illustrate particular game ploys and winning strategies. It is a programmed instruction method designed to give positive results. If there is sufficient interest the course could later include playing actual games among attendees, but it is stressed that the main intention is to introduce chess to complete beginners and to revive interest in the game for those who have existing knowledge.

25GAM04: BRIDGE GROUP Tues

Type: Long inc holidays

Dates: 04/02/2025 - 16/12/2025

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

Location: U3A Room 1 and 2 2 Cobden Street Bright

Convenor: Leonie Katekar

Fee: \$0.00

Convenor2: Ingrid Klein

Join a group of friendly bridge players at your leisure. Bridge is a four player partnership trick taking game with 13 tricks per deal. Since the 1890's it has been the most popular card playing game in the world. Players of all levels are welcome. There are three sessions per week which must be enrolled in individually. Tuesday evenings and Thursday afternoons are duplicate bridge tournament play. Wednesday evening is supported bridge for those who are learning and for anyone who wishes to improve their play. Runs all year (inc. Vic school and public holidays) There is a \$2 charge per person per game (for catering, bridge supplies and technology)

WEDNESDAY

25ACT02: BUSHWALKING Wed & Sat

Type: Long inc holidays

Dates: 01/02/2025 - 17/12/2025

Frequency: 1st Sat & 3rd Wed of the month, 9:00 - 0:00

Location: Senior Cits Carpark Bright

Convenor: Malcolm Millar

Fee: \$0.00

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

25CRA01: WOODWORK

Type: Long inc holidays

Dates: 05/02/2025 - 17/12/2025

Frequency: Each week, Wed 12:00 - 16:00

Location: Bright United Mens Shed BUMS 14 Churchill Avenue

Convenor: Michael Roberts

Fee: \$40.00

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. 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 covers 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. Unless participants are members of BUMS then they are required by the Bright Men's Shed to have personal accident insurance, this is charged on an annual basis. AN ECLECTIC GROUP INDEED.

25GAM02: MAHJONG

Type: Long inc holidays

Dates: 05/02/2025 - 23/12/2025

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

Location: U3A Room 2 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

25ACT06: QIGONG

Type: Long exc holidays

Dates: 05/02/2025 - 19/12/2025
15:00

Frequency: Each week, Wed 14:00 -

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.

25LIT01: NON FICTION BOOK INTEREST GROUP **Type: Long exc holiday**

Dates: 26/02/2025 - 25/12/2025

Frequency: 4th week of the month, Wed 14:00 - 16:00

Location: Yvonne Ward 6703 Great Alpine Road Porepunkah

Convenor: Yvonne Ward

Fee: \$0.00

There will be a different theme each month, and sometimes a featured book. Participants can find their own books or take suggestions from us. Format of the Sessions: Welcome PART 1: Each person will offer a brief summary of the book they have read on the topic. PART 2: "Show and Tell". Bring along a non-fiction book that you have read (or would like to read) on a different topic, and tell the group about it... PART 3: Confirm Date, Topic and books for next meeting. Afternoon Tea. yward13@gmail.com

February 26th: THE NON-FICTION OF SIMON WINCHESTER

March 26th: BLOOD

April 23rd: PHOTOGRAPHY

May 28th: REWILDING

June 25th: JAPAN

July 23rd: AUSTRALIAN SCIENTISTS

August 27th: REVOLUTIONS AND DEMOCRACIES

September 24th: GOLD (the FIFTIETH MEETING OF THIS GROUP - OUR GOLDEN JUBILEE)

October 22nd: THE ARCTIC

November 26th: UNUSUAL OCCUPATIONS

December 3rd: IN MINIATURE

25MUS01: ALPINE VOICES

Type: Long exc holidays

Dates: 05/02/2025 - 17/12/2025

Frequency: Each week, Wed 16:00 - 17:15

Location: U3A Main Hall 2 Cobden Street Bright

Convenor: Olivia Stapleton

Fee: \$0.00

Alpine Voices – meets: 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!

THURSDAY

25LAN01: BEGINNER FRENCH

Type: Long inc holidays

Dates: 06/02/2025 - 23/12/2025

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 10am for beginners in French!

25LAN02: FRENCH

Type: Long inc holidays

Dates: 06/02/2025 - 23/12/2025

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

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. 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 10.00am

25LIT02: WRITERS GROUP

Type: Long exc holidays

Dates: 13/02/2025 - 11/12/2025

Frequency: Once per month, Thu 10:30 - 12:00

Location: U3A Room 2 2 Cobden Street Bright

Convenor: Tony Strachan

Fee: \$0.00

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

25GAM05: BRIDGE GROUP Thurs

Type: Long inc holidays

Dates: 06/02/2025 - 18/12/2025

Frequency: Each week, Thu 12:30 - 16:00

Location: U3A Room 1 and 2 2 Cobden Street Bright

Convenor: Leonie Katekar

Fee: \$0.00

Convenor2: Ingrid Klein

Join a group of friendly bridge players at your leisure. Bridge is a four player partnership trick taking game with 13 tricks per deal. Since the 1890's it has been the most popular card playing game in the world. Players of all levels are welcome. There are three sessions per week which must be enrolled in individually. Tuesday evenings and Thursday afternoons are duplicate bridge tournament play. Wednesday evening is supported bridge for those who are learning and for anyone who wishes to improve their play. Runs all year (inc. Vic school and public holidays) There is a \$2 charge per person per game (for catering, bridge supplies and technology)

25ACT05: TAI CHI

Type: Long exc holidays

Dates: 06/02/2025 - 17/12/2025

Frequency: Each week, Thu 15:00 - 16:00

Location: U3A Main Hall 2 Cobden Street Bright

Convenor: Annette Paech

Fee: \$0.00

Tai Chi (Taiji) is an ancient form of martial art which combines your breath and internal energy (Qi) with gentle movements that benefit your health while also providing self-defence skills. It is widely used around the world today as an art form in movement, fighting technique and spiritual journey. Regular practice is considered essential for best results.

25MUS02: INTERMEDIATE GUITAR

Type: Long inc holidays

Dates: 06/02/2025 - 23/12/2025

Frequency: Each week, Thu 16:00 - 19:00

Location: U3A Room 1 and 2 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

25ACT10: QIGONG FRIDAY

Type: Long exc holidays

Dates: 21/02/2025 - 23/12/2025

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

Location: U3A Main Hall 2 Cobden Street Bright.

Convenor: Olivia Stapleton

Fee: \$0.00

Convenor2: Annette Paech

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.

25LAN03: RUSSIAN

Type: Long exc holidays

Dates: 07/02/2025 - 23/12/2025

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.

25GAM03: SCRABBLE

Type: Long inc holidays

Dates: 07/02/2025 - 25/12/2025

Frequency: Each week, Fri 10:00 - 13:00

Location: U3A Room 2 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

25SOC04: Cuppa, Cake & Conversation Type: Long exc holidays

Dates: 07/03/2025 - 05/12/2025

Frequency: Once per month, Fri 10:30 - 11:30

Location: U3A Main Hall 2 Cobden Street Bright

Convenor: Marianne Dredge

Fee: \$0.00

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

March 7th.

May 2nd.

June 6th.

August 1st

September 5th.

November 7th

25COM01: Committee of Management Meetings Type: Long inc holidays

Dates: 14/02/2025 - 23/12/2025

Frequency: Once per month, Fri 13:30 - 15:00

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Andrew Bird

Fee: \$0.00

25LIT03: BOOK GROUP

Type: Long inc holidays

Dates: 07/02/2025 - 24/12/2025

Frequency: Once per month, Fri 14:00 - 15:00

Location: U3A Room 1 2 Cobden Street Bright

Convenor: Helen Carlson

Fee: \$0.00

This group is a great way to share in the joy of reading fiction, including autobiographies and biographies. Members select the books to review - one book per month. At meetings the book is introduced by the nominee with discussion around the table. Book groups are a great way of discovering new and different books and authors.

SATURDAY

25ACT02: BUSHWALKING

Type: Long inc holidays

Dates: 01/02/2025 - 17/12/2025

Frequency: 1st Sat & 3rd Wed of the month, 9:00 - 0:00

Location: Senior Cits Carpark Bright

Convenor: Malcolm Millar

Fee: \$0.0

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

WEDNESDAY - 1 SESSION ONLY

25ART02: MACRO PHOTOGRAPHY

Type: Short

Dates: 05/03/2025 - 05/03/2025

Frequency: None, Wed 9:30 - 13:30

This course will focus on MACRO photography and focus stacking many images to create a perfectly focussed image.

The first step will be to produce the base images using various focussing techniques. You may wish to use a fully manual focus method, use 'focus peaking' or a fully automated method. Following the image capture we will use specialist software to combine those images to produce a perfectly focussed final product.

You will need a camera and lens - a macro lens if you have one, a tripod and a laptop computer.

You will need to bring along something small to photograph - something that preferably will not move around! Suggestions - a small flower, a leaf, grass head, an object from your kitchen, or anything else you can think of that will make an interesting photograph and, if necessary, something to hold it in place. If you own a small LED light that could be beneficial too.

Attendees will be contacted with further details

NOTE: this is NOT a course in using your camera - you must know your way around its functions but help will be available for the focussing methods it has built in.