

BOOK CLUB .

Lively discussion is assumed as members share their opinions of the book of the month. We combine popular titles and member recommendations to compile a reading list covering a wide range of genres.

When: 1st Wednesday commencing 7/2/24, 2pm
 Where: Strathalbyn Neighbourhood Centre
 Leader: Jasmine Hunt 0423 138 311



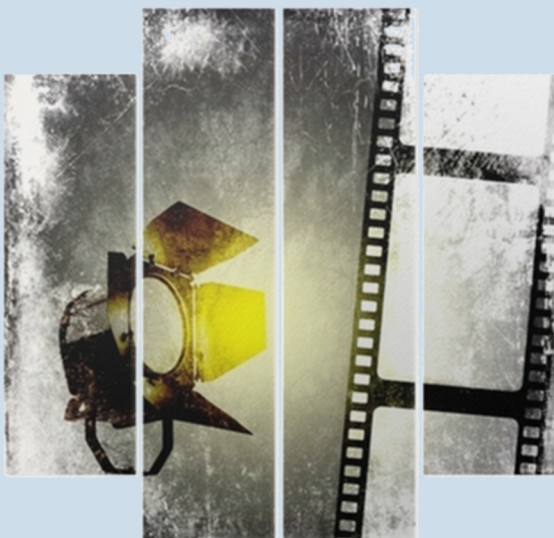
So many books, so little time!

CHI KUNG . (Qigong)

This gentle exercise gently improves inner health, mind, body and soul. As awareness grows we relax, and release tension. It is a process, much like learning an instrument – each time you learn a little more, it builds gradually. No time to rush in Qigong. Feel the body letting go. Participants find many different benefits - balance, posture, circulation, joint mobility, breathing to name a few. Letting softness and stillness back into the body, being present in the moment. Come and see if it suits you. Up to 20 students can participate.

When: Wednesday weekly, (school terms only)
 commencing 7/2/24, 10.15– 11am
 Where: Good Shepherd Hall, Chapel St
 Leader: Jen Binney 0412 595 102

UNAVAILABLE UNTIL FURTHER NOTICE



FILM CLUB .

Watch a recently released to DVD movie in the comfort of a private home. Discuss the movie as the credits roll.

When: 4th Wednesday, commencing 28/2/24,
 1.30pm
 Where: 10 Milnes Road, Strathalbyn
 Leader: Joan Dawson 8536 4009

FRENCH .

BASIC CONVERSATION

Suited to anyone keen to brush up on their school room French or to maintain their linguistic skill. Beginners are welcome to join.

When: 1st and 3rd Friday (during school terms), commencing 2/2/24, 10.30 - 12 noon

Where: 94 Phillips Hill Road, Bull Creek

Leader: Pat Eglinton 0418 956 725

ADVANCED CONVERSATION

Designed for students of French who need even more of a challenge.

Time and place to be advised (a new leader is being sought and the group is deciding how to proceed).



GENEALOGY .

Need help tracing pioneer ancestors, families overseas, or with documenting your family history?

Join our enthusiastic bunch of genealogy sleuths and share your ideas and problems, progress and achievements as we trace our family history. Find out about researching on-line, genealogy magazines, and methods of recording family history on various computer programmes.

When: 3rd Tuesday commencing 20/2/24, 9.30 -11.30am

Where: Angus Room, Strathalbyn Library

Leader: Jan Stacey 0438 809 372

ITALIAN .

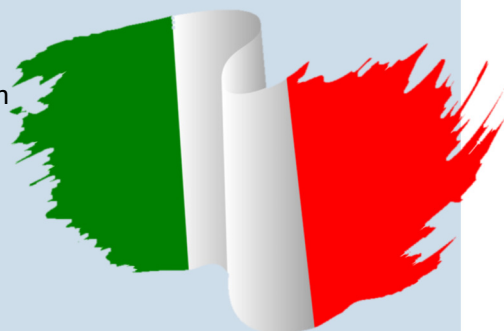
The course is an introduction to Italian language and culture through a variety of enjoyable listening, reading, writing and speaking exercises covering essentials such as greetings, grammar and everyday interactions at shops, restaurants, the library etc.

Participate in Italian conversation, listening to and writing dictation, and highlighting the use of language in the context of stories are other ways we develop skills.

When: 2nd and 4th Wednesdays commencing 14/2/24, 10.00- 11.30am

Where: Red Hen, South Tce

Leader: Doriana Barone 0401 717 756



JAPANESE FOR BUSY PEOPLE .

Conversational Japanese taught using a simple method developed for teaching school students. Students learn the sentence structure, vocabulary and grammar used in common situations such as travelling, shopping and weekend activities. Recognition and writing of Japanese characters is also encouraged, along with composing sentences, speaking, listening and responding to the group.

This course may divide into beginners and advanced depending on demand.

When: 1st and 4th Thursdays (school terms), commencing 1/2/24, 10.30 - 12 noon

Where: 94 Phillips Hill Road, Bull Creek

Leader: Pat Eglinton 0418 956 725



PETANQUE (BOULES) .

A non-threatening game played by a rather exuberant group of people who try to adhere to a simple set of game rules. What better way to start the week.

The game is usually followed by refreshments at a local café.

When: 1st and 3rd Mondays commencing 15/1/24, 9am

Where: Coleman Tce Lawns

Leader: Maria Maxwell 8536 3731



PHILOSOPHY IN A CLIMATE OF CHANGE .

Building community resilience in a changing climate.

Everyone is invited to contribute to the topics suggested.

The group meets on alternate Friday mornings.

When: 2nd and 4th Fridays, commencing 10/5/24, 10.30 - 12 noon

Where: 178 Ashbourne Rd, Strathalbyn

Leader: Candy Scown 0403 661 188

SOCIAL ART .

This group provides an opportunity to take along your canvas and paint or pencils and paper to spend time doing you own art among congenial like-minded people.

This course gives you the opportunity to try new techniques and to attempt the different mediums on offer. Workshops and demonstrations are occasionally organised.

A friendly group that also enjoys a cuppa together.

When: Thursdays from 1/2/24, 9.30 - 11.30am

Where: Scout Hall, Milnes Road, Strathalbyn

Leader: Rhonda McCarthy 0473 111 516



WALKING FOR FUN .

Walks are once a month, taking approximately one and a half hours at a variety of interesting places within a 40 minute drive of Strathalbyn.

The walks can differ in degrees of difficulty, but mostly are easy going – it's certainly not a power walk! We enjoy a coffee stop too.

Members are encouraged to take a turn in organising a walk. Carpooling is practical and convenient.

When: 3rd Wednesdays, commencing 20/3/24, 9am

Where: Meet at Colman Tce car park

Leader: Di Picard 0478 391 304

WALKAEROBICS .

Walk aerobics involves gentle exercises to music, a few in the form of simple dance routines but all designed to keep the body as supple as possible. The focus is on maintaining flexibility, balance and aerobic health as well as bone density and mental well being.

When: Tuesdays & Fridays commencing 9/1/24, 8am

Where: Lutheran Hall

Leader: Bronwyn Holdsworth 8536 2085



WINE APPRECIATION .

If you enjoy a glass of wine but would like to know more about how to truly appreciate the colour, smell and taste?

This convivial group meets on a Friday evening once a month.

A \$10 charge per session covers the cost of the wine.

When: 1st Friday commencing 1/3/24, 5.30 - 7 pm

Where: Strathalbyn Neighbourhood Centre

Leader: Colin Forbes 0400 029 771



YOGA .

Bringing mind, body and spirit together is the mantra of yoga.

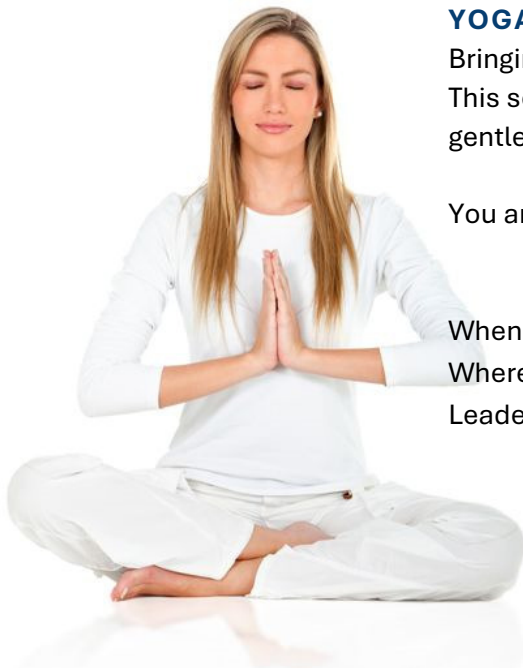
This session is so designed with emphasis given to breathing and gentle stretching.

You are encouraged to work within your own capabilities.

When: Tuesdays (school terms only), commencing 30/1/24, 9.30am

Where: Anglican Hall

Leader: Gaynor Hartvigsen 0409 363 907



Enrolment .

Enrolment forms can be:

- * Downloaded, filled in and emailed to strathu3a@gmail.com
- * Printed and returned to the U3A dropbox at the Strathalbyn Neighbourhood Centre
- * Collected from the Strathalbyn Neighbourhood Centre from *Tuesday 16th Jan 2024*.

Payment .

Payment can be via direct transfer to:

- * University of the Third Age, Strathalbyn *BSB 105 019 Account 047010340*
- * Cash /cheque to the U3A dropbox in a clearly named envelope with the correct money.
- * Payment by credit card is also available when paying in person.

Forms and payment can also be brought to the AGM for processing.