



**2018**

**CLASS PROGRAM**

**Term dates:**

- Term 1     Monday 12 February to Friday 6 April
- Term 2     Monday 30 April to Friday 22 June
- Term 3     Monday 23 July to Friday 14 September
- Term 4     Monday 15 October to Friday 7 December

[www.mvu3a.org](http://www.mvu3a.org)

[meandervalleyu3a@gmail.com](mailto:meandervalleyu3a@gmail.com)

PO Box 51 Westbury 7303

Phone 0484 758 466

## **Membership and enrolments**

Meander Valley U3A membership in 2018 is \$50 per person for the calendar year.

Membership for one or two terms within the calendar year is available for \$30.

This fee covers enrolments in any number of classes, depending on places.

Note: Some classes may have extra fees for resources and materials used.

## **Membership and Enrolment Day**

**Tuesday 30 January**

**Westbury Town Hall Supper Room, Lyall Street**

**11.00 am to 1.00 pm**

Membership can be paid before this date by:

sending a cheque to Meander Valley U3A, PO Box 51, Westbury 7303

or

transferring to our bank account with your name as reference:

***Bendigo Bank***

***BSB 633-000***

***Account No 146162219***

Personal enrolment in classes is necessary to ensure your place. Places in classes cannot be confirmed before membership fees are paid.

If you can't attend the enrolment day personally, please try to arrange for someone else to pay your membership fees and enrol you in classes.

Please complete an Application for Membership form and bring to enrolment day. There will also be membership forms available that day.

Receipts and name badges will be available there for those who have already paid membership fees.

Unless mentioned for particular classes, terms are 8 weeks.

If you wish to enrol in a class after the membership and enrolment day, please contact the leader directly to find out if there are places and to make arrangements to join.

## CLASSES AND GROUPS STARTING WEEK OF MONDAY 12 FEBRUARY 2018

<b>MONDAY</b> <b>9.00</b> 26 Feb and 26 March Term 1	<b>NEW!</b> <b>WALKING FOR PLEASURE</b>	Carmel Taylor 0437 103 221 <a href="mailto:carmel130751@hotmail.com">carmel130751@hotmail.com</a> Wendy Hays 0477 807 518 <a href="mailto:Wmhays1959@gmail.com">Wmhays1959@gmail.com</a>	Westbury Sports Centre
Walking for pleasure, leisure and activity in a natural setting with convivial company. February walk will be Westmorland Falls, March to Duck Reach. Participants need to be capable of walking 5 kilometres including uphill steps. We will meet at Westbury Sports Centre to arrange transport each time.			
<b>MONDAY</b> <b>11.00 – 12.00</b> Term 1	<b>UKULELE FOR THE IMPROVING</b>	Bev Stevenson 0418 741 162 / 6393 1621 <a href="mailto:bj.stevenson@bigpond.com">bj.stevenson@bigpond.com</a>	Westbury Bev's place
Continuation of Ukulele for beginners.			
<b>MONDAY</b> <b>1.00 – 2.00</b> Term 1	<b>NEW!</b> <b>GUITAR 101</b>	Bev Stevenson 0418 741 162 / 6393 1621 <a href="mailto:bj.stevenson@bigpond.com">bj.stevenson@bigpond.com</a>	Westbury Bev's place
Guitar for beginners – chords and strumming.			
<b>TUESDAY</b> <b>9.30 – 11.30</b> Weekly all year	<b>SOCIAL TENNIS</b>	Carmel Taylor 0437 103 221 <a href="mailto:carmel130751@hotmail.com">carmel130751@hotmail.com</a>	Westbury Recreation Ground
Make new friends and enjoy tennis in a non-competitive way. Weekly, continuous through year depending on weather.			
<b>TUESDAY</b> <b>11.00 – 12.30</b> Term 1 for 6 weeks	<b>NEW!</b> <b>ARMCHAIR TRAVEL</b>	Wolfram Borgis 6393 7960	Westbury Fitzpatrick's Inn
Travel Australia and the world without leaving home! Experience the travels of the class leader and share your own. Through images and discussion learn more about places near and far, familiar and exotic, without the expense, the crowds and the dangers of travel.			
<b>TUESDAY</b> <b>1.00 – 4.00</b> Terms 1, 2, 3, 4	<b>PAINTING GROUP 1</b>	Linda Ireland 6362 4368 <a href="mailto:1248ireltni@gmail.com">1248ireltni@gmail.com</a>	Deloraine Creative Studios
This group offers members the opportunity to pursue and expand on existing painting abilities with tutor support. A 6-session "Introductory Course" is also offered, commencing at the start of Terms 1 and 2, with a view to artists continuing on, as part of the group, to complete artworks. Contact Linda to check on available places in the group.  A \$15 materials fee applies to beginners. \$10 surcharge per term is also required to cover ongoing additional art supplies and afternoon tea.			

<b>TUESDAY</b> <b>2.00 – 3.00</b> Terms 1, 2, 3, 4	<b>TAI CHI</b>	Jenni Bailey 6362 3260	Carrick Hall
Gentle exercise for all, improves health and assists relaxation.			
<b>TUESDAY</b> <b>4.15 – 5.30</b> Terms 1, 2, 3, 4	<b>YOGA</b>	Kristina Nicklason 6367 8241 <a href="mailto:kristinakm@bordnet.com.au">kristinakm@bordnet.com.au</a>	Deloraine House
Simple postures, healthy breathing techniques and guided relaxation suitable for everyone. Participants are asked to bring their own yoga mats if they have them.			
<b>WEDNESDAY</b> <b>9.30 am</b> Continuous through year with interest	<b>NEW!</b> <b>BIKE RIDING AROUND WESTBURY VILLAGE</b>	Russ Witcombe 0408 596 593 <a href="mailto:russwitcombe@gmail.com">russwitcombe@gmail.com</a>	Westbury Village Green
Casual cycling around the “flat” streets of Westbury village for 45 to 60 minutes, following with a cup of coffee. Suitable for beginner bike riders. (Stronger riders welcome but will pedal slower!) Join us for fun, fitness and friendship. Meet opposite RSL on Village Green.			
<b>WEDNESDAY</b> <b>10.00 – 1.00</b> Terms 1, 2, 3, 4	<b>PAINTING GROUP 2</b>	Linda Ireland 6362 4368 <a href="mailto:1248irelmi@gmail.com">1248irelmi@gmail.com</a>	Deloraine Creative Studios
This group offers members the opportunity to pursue and expand on existing painting abilities with tutor support.  A 6-session “Introductory Course” is also offered, commencing at the start of Terms 1 and 2, with a view to artists continuing on, as part of the group, to complete artworks. Contact Linda to check on available places in the group.  A \$15 materials fee applies to beginners. A \$10 surcharge per term is also required to cover ongoing additional art supplies and morning tea.			
<b>WEDNESDAY</b> <b>2.00 – 3.30</b> Term 1 +	<b>TRIVIA FUN</b>	Geoff Mooney 0408 941 189 <a href="mailto:cfl@dodo.com.au">cfl@dodo.com.au</a>	Westbury Community Health Centre
If you want to have fun, test your memory and learn many insignificant facts, join our fun group. Teams of at least two compete for absolutely nothing but the kudos!			

<b>THURSDAY</b> <b>10.00 – 12.00</b> Term 1 +	<b>CARRICK</b> <b>CROQUET CAPERS</b>	Dawne Walker 6393 6361 <a href="mailto:ashburn160@bigpond.com">ashburn160@bigpond.com</a>	Carrick at Dawne's house
Small group for fun and skill, learning croquet basics with Dawne's scoring system, allowing for greater participation. A resource fee of \$5 assists with equipment provision.			
<b>THURSDAY</b> <b>10.00 – 12.30</b> Term 1	<b>FUN FELTING</b>	Marilyn Nicholls 0458 566 193 <a href="mailto:marilynnicholls937@gmail.com">marilynnicholls937@gmail.com</a>	Westbury Marilyn's house
This class has been so popular and places are limited so you will need to indicate an interest to be placed on a waiting list.			
<b>THURSDAY</b> <b>10.30 – 12.30</b> Term 1 for 6 weeks	<b>NEW!</b> <b>AMERICAN</b> <b>REVOLUTION:</b> <b>the birth of a nation</b>	Richard Mack 0411 244 103 <a href="mailto:dickmack42@gmail.com">dickmack42@gmail.com</a>	Deloraine House
<p>"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness" (Jefferson). How and why did thirteen loyal North American colonies declare themselves independent of Britain in 1776 and spend the next decade fighting for that independence? What type of government did they put in its place?</p> <p>Sessions will focus on: early colonial development; grievances and misunderstandings after 1763; the path to revolution; the revolutionary war; and the aftermath to 1791.</p>			
<b>THURSDAY</b> <b>1.00 – 4.00</b> Terms 1, 2, 3, 4	<b>MOSAICS</b>	Linda Ireland 6362 4368 <a href="mailto:1248irelmi@gmail.com">1248irelmi@gmail.com</a>	Deloraine Creative Studios
<p>This group offers members the opportunity to pursue and expand on existing mosaic abilities with tutor support. Beginners are also welcome but places are limited.</p> <p>A \$15 materials fee applies to beginners. Participants are expected to acquire their own supplies for ongoing projects although materials will be available with a surcharge to cover replacement. A contribution of \$5 per term is requested to cover afternoon tea supplies.</p>			
<b>THURSDAY</b> <b>1.30 – 3.30</b> Weekly all year	<b>CROQUET</b>	Geoff Gard 6393 1237 <a href="mailto:geoffgard@dodo.com.au">geoffgard@dodo.com.au</a>	Westbury Village Green
Enjoy fun and companionship of playing on the Village Green every week, weather permitting.			

<b>FRIDAY 10.30</b> First week of month all year	<b>LET'S TALK BOOKS</b>	Marg Leedham 0409 892 462 <a href="mailto:marg.leedham@bidpond.com">marg.leedham@bidpond.com</a>	Westbury Simple Pleasures Café
Contact Marg to see if there are any places available in this group which discusses books around various themes or topics.			
<b>FRIDAY 1.30 pm</b> Term 1 + Fortnightly from 23 February	<b>BENDIGO BANK MOVIE CLUB</b>	Marg Leedham 0409 892 462 <a href="mailto:marg.leedham@bidpond.com">marg.leedham@bidpond.com</a>	Deloraine Performing Arts Centre
Bendigo Bank Movie Club offers a program of four films during the term. Titles will be available at enrolment day. Because of sponsorship from Bendigo Bank – Deloraine and Districts Community Branch this year there will be no extra charge for projector use.			
 			

For enquiries about individual classes, please contact leader as shown in program.

For general class and membership enquiries, contact:

Marg Leedham 0409 892 462

[marg.leedham@bigpond.com](mailto:marg.leedham@bigpond.com)

**NEW FRIENDS**

**NEW SKILLS**

**U3A**

***Sharing learning throughout the Meander Valley***