**GVU3A Course Guide 2024**

**500 Card Game Sessions plus Course**

The course will be over 10 weeks. 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. This course provides an opportunity to meet other 500 players in the U3A community, to have a lot of fun and enjoy playing cards for 2 hours once a week for 10 weeks. 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. The course is limited but at the end of the course people usually continue 500 as a U3A social event on Tuesday afternoons.

**Time:** Every Tuesday, 3.30 pm -5.30pm for 10 weeks 13th Feb. until 9th Apr 2024

**Contact:** Gale Hatton:  email galehatton@gmail.com; mob: 0402047167

**“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 to enthusiastically experience 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.

**Time:** 4th Thursday in the month. 6pm. February until November.

**BOOKINGS with Carol Davidson 0411 483 920**

Barb Stansfield, Maree Schneider and Carol Davidson

**Art Group**

Our art group offers practical experience in painting and drawing, sharing ideas and experience throughout each session. Some direct tutoring is offered teaching basic techniques of art application. 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 - 0438253982

**Astronomy**

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

ASV Shepparton has a short meeting on the second Tuesday unless there is a star gazing activity planned for that month. U3A members are welcome to participate. In 2024 ASV are planning star gazing activity in Shepparton open to the public. Attendance at Leon Mow Dark Sky Site (LMDSS) at Heathcote, Crux newsletter, ASV year book and the loan telescope programme are available to ASV members. We have two telescopes that were donated by U3A members and these telescopes are available for loan by U3A members.

**Time:** If a meeting is required it will be on 2nd Tuesday of the month at 7pm.

**Contacts:** Michael Goodwin 0448 402 032 michaelvgood42@gmail.com

Derek Poulton 0418 559 263

**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 themes in literature and how they relate to our lives. Last year’s themes were based on animals, Aborigines, books about books, poetry and books based on leaders/leadership. So, the topics are very broad and last for two months which gives us an opportunity to read books that others have read and recommended.

We would love to you join us.

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

**Contact:** Jan Gregory 0438093668 jangregory4@outlook.com

**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 M 0448889224

**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:** Pat Commons. Mob 0458 939 747

**Book Club 1**

If you would like to read a variety of books on topics that you might not otherwise select to read then come and join our book group. Membership of the GV Regional Library is mandatory as is payment of an annual fee of $60. Group is limited to 10 members. We have great discussions and also enjoy a social chat.

**Time:** Every Thursday, 10.30 – 11.45am.

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

**Book Club 2**

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 late 2011 to cater for members interested in reading a range of interesting books. Class size is limited to ten members.

**Time:** 2nd Tuesday of each month, 11.00am -12.00 noon. We go out to lunch 12.0-1.00 if you wish to come.

**Contact:** Wendy Humphrey. Tel: 5831 1741 or Mob 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, 11.45am -1.00 pm. We go out to lunch 1.00-2.00 if you wish to come.

**Contact:** Winona Mitchell 0491093474 Jan Wallace 0439728126

**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, 0418559263 dcp.klp@gmail.com

**Communicating with Technology**

These sessions will incorporate all aspects of technology we use to communicate with in 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**

We meet once a month on the first Thursday of the month,

Would use Australian or Age crosswords

**Time:** 1st Thursday 1.30-3.00pm

**Contact**: 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 Sciences**

We learn about the function of the earth as in rocks, volcanoes, erosion and earthquakes. This is covered by reference to textbooks (eg Geology of Australia, Introducing Victorian Geology, A Voyage of Discovery, Introduction to Geology Prof. Renton Ohio Uni) , DVDs (eg How the Earth was made), trips to areas of interest (eg Dookie, Corop, Bendigo, Barmah Choke) and talks by members who have travelled to areas of interest. The lecturer is Nigel Liggins a Geology and Science teacher

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

**Contact:** Nigel Liggins 0400 694 618

**Feel Good Empowering Hub**

Leaders Robyn Glasson and John Padman

Are you a person that wishes to adapt, learn, and grow? The aim of this hub is in believing in the potential for change and evolution. It is never too late to shift your perspective. Embrace your growth mindset and unlock potential that lies within. We understand the power of “people empowering people” in a safe protected environment.

 We seek longevity, and we all need each other. Per Tony Robbins: If you are not growing, you are dying.

We aim to explore the “bigger pictures” in life, do you seek answers and like to explore areas like the universe and where we as individual fit in? What is our purpose? What part does nature play?

We have been provided our human bodies, it is very complex and science is still discovering how it functions, how it all interacts and just what are we capable of. Some remarkable feats have been achieved over time with humans and we are still trying to understand it all. We all have “energy codes” vibrational states, conscious and sub-conscious minds, magnetic fields etc. Just what can we do with this knowledge. We especially would like to hear from you if you have achieved any outstanding result in your health journey that was just not achieved by the medical professional help.

Understanding your emotional fitness is also paramount, knowing your thinking patterns, beliefs, and understanding the stress levels, feeling of guilt you may be holding on to and the unresolved traumas stored in your body all contribute to your health issues,

After our session we will gather for refreshments.

If this resonates with you and has you with more questions or simply curious then speak with us on U3A orientation day. See you then

**Time:** 2nd and 4th Friday 1.00 -3.00pm

**Contact:** Robyn Glasson, 0408 613 321, rglasson65@gmail.com

**French**

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

**Almost beginners to Intermediate**:

**Times:** First Wednesday of the month, then Tuesdays, 10.15 am – 12 noon.

**Raw beginners:**

During first term I will run a beginners’ class from 9.00am until 10 00 am on the same days as the Intermediate course. The aim of this is to ready new students for the Intermediate class. Current “beginners” can continue to come as long as it runs and new people who either have never done French before or who don’t feel confident about their skills are welcome too. However, my aim is to have everybody ready to be together in the Intermediate class by half way through the year.

**Times: First term** Start date: 13th February start date then the first Wednesday of the month, then Tuesdays, 9.00 – 10.00 am.

**Contac**t: Sue Birrell, Tel: 0438210914. Email: suebirrell21@gmail.com

**Friends Matter**

Come along and explore how friendships are made, discuss how important friends are in later life. Look at ideas of how to deal with negative friends and think about what makes a good friend. These are some of the topics discussed and developed by U3A Network in exploring how friendships are made in later life. Come with an open mind you never know what you may learn.

**Times** Monday February 12th, Feb 19thth, Feb 26th, March 4th, March 11th 1.30-2.45pm

**Contact** Rita Bloomfield 0418580697

**Historical Studies**

Thanks to John Dainton for all his work in History, I have big shoes to fill. History for this year will focus on local history and then topics of interest. Topics that are being looked at are Heritage Plaques through the Shepparton region. The Olympic Games (or Australia’s participation in the summer Olympics.) Possibly Cobb and Co route through Shepparton and the history of Opera. I am happy to do some presentations given topics but would really like some ideas on what you want to see covered. 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 (12th of February) will be Heritage plaques in the Shepparton region by John Dainton

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

**Italian 2020**
**Introduction to Italian**
Every Friday in School Terms from 12.00 noon – 1.30 pm beginning February 9th with Meredith Chilman. This class will start again with the basics of the Italian language with an emphasis on conversation. We use the same textbook as stipulated in the Intermediate class

**Time** Every Friday in School Terms from 12.00 noon – 1.30 pm
**Contact:**Meredith Chilman email: ich32011@bigpond.net.auor mobile: 0437 313 840.

**Intermediate Italian**
Bienvenuto. Intermediate Italian will be held every Friday afternoon in School Terms from 1.45 – 3.15 p.m. beginning February 9th, 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.

Everyone enrolling in this Course in 2023 should have a copy of the following book. 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 both these classes, and for help in finding the best price online for the textbooks please contact Elizabeth.

**Time** Every Friday in School Terms from 1.45 to 3.15 pm.

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

**Life’s Curiosity**

Welcome to the year 2024. Life is extremely interesting, remain curious and open to adventure and it will find you. Opportunities will open up but you must be able to see them and take action.

We commence the year on February 5th, the day before orientation day. For this meeting we will have a guest speaker Mr John Dainton. John will enlighten us on his life’s

story. His life has been mainly involved in the “water industry” many successes have occurred and we are to hear about the challenging times he has had as well. We will hear about his formative years and family also. John has an extensive knowledge of our local area and the history. He will be intriguing to hear and learn from. Pop in on your diary February 5th 1.30pm

For the remainder of the year our theme is going to be “Enhancing Friendship” We will be

exploring our basic need for friendship in life. They are at our very core of need. Our March

meeting will be the commencement of “Friendship Matters see Rita Bloomfield’s note on this.

Our May meeting will return to normal monthly session. The theme of friendship will continue and explored with activities that bring us together. Details closer to the time.

Gratitude for life and surroundings brings us much joy and happiness

**Time:** 1st Monday 1.30 to 2.45 pm February 5th then May 6th through to December

For March and April see Friendships Matter by Rita Bloomfield

**Contact:** Robyn Glasson, 0408 613 321, rglasson65@gmail.com

**Line Dancing**

Line Dancing will commence on Friday 14th June. 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:** Friday 4.40 pm to 6.00.

**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

**Photography**

We are a small group of about 5-9 participants and go out on photo shoots when the weather is favourable and when inclement we meet in the hall and compare our work and discuss hint, tips and even a bit of technical stuff. A sharing attitude with knowledge is something we are proud of and it shows in members improvement.

Our skill levels vary and we welcome beginners and experienced photographers alike. We will also work on some group projects such as using studio lights and macro photography. Feel free to join us.

**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

**Q3A - QUIZZES FOR THE THIRD AGE**

Light hearted quizzing with interesting and diverse topics, general knowledge and specialized subjects. Each session features several 'quizmasters' who have compiled sets of questions from TV, newspapers, books, online and personal experiences.  Sessions include Ice Breakers, Personal Best, Special Interest, and following a coffee break, we form 2 teams for the friendly Challengers and Defenders.  We have a few laughs, are surprised by the trivia we know, and enjoy learning something new.

**Time:**Third Monday 10am to 12am.

**Contact**: Susan McCarten    0437 215 130

**Science**

The science group is planning that 2024 will be a year of exciting presentations to amaze and enlighten you.

We will utilise a range of presenters who will provide sessions in a variety of scientific disciplines.

There will be material on the latest findings on consciousness and intelligence, what’s so good about quantum computers, how the earth has evolved and how it works now, the human body, ecosystems, materials for modern life, evolution of major animal groups and more.

We welcome ideas and suggestions for other material.

Keep an eye on the monthly newsletter for details of the proposed session for the month ahead and remember that a white lab coat is optional.

**Contact:** John Bush, Mobile0408290 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 1.00-3.30pm starting 20th of January.

**Contact**: Sue Walmsley Ph 0432 016 152

**Scribblers**

**Scribblers for beginners** runs for 6 weeks (**starts Thursday February 8th**) 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** Once the 6 weeks are done you can join our group of dedicated ongoing scribblers who draw for fun and relaxation.

Visit the GV U3A 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 11th January

            **Scribblers for Beginners**        Start Thursday 8th February

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

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

**Singing for Pleasure 2023**

“Singing for Pleasure” is starting up again so we would be very happy to have the original members as well as new members join us. You don’t have to think you can sing, don’t have to have a great voice, but just enjoy singing together. We look for happy songs and variety.  Members may suggest songs they think the group would enjoy and if we can find the music, we will sing them. Singing together has many benefits – physical, emotional and social, and feeling better is pretty much guaranteed. I hope you’ll join us.

**Time:**1st 2nd 3rd 4th and 5th Wednesdays 9.00 -10.00 am. Commences February 7th.

**Contact:**Adrian Evans - 0448 027 090

   Jeanette Fry - 0438 253 982 - jeannettefry604 at gmail.com

**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.

**January 22nd**: “Is it 42?” Does life have a meaning?

**February 26th** : What is education? Why is it important? What is a great education?

**March 25th** What is the impact of sport on our society?

**April 22nd** ??????:

**Subject suggestions:**

\*What international codes of conduct are there (nation to nation and mankind to natural resources) and why do they fail or work?

\*Do animals have rights and do those rights extend to all animals or do the rights increase with the complexities of the animals?

\*Is hookup culture (casual sex encounters) leaving your generation unhappy and unprepared for love?

\*How can punishments fit the crime in a modern society?

\*What role does the economy play in the state of our mental health?

\*Should we put ourselves or society first?

\*Where does your responsibility begin and end with a friend or neighbour, or are they different and so should be treated differently?

\*Is humanity headed in the right direction?

\*Epistemology - The Art of Knowing

\*Do We Need Art in Our Lives

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

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

**Strength and Balance**

Classes for 2024 will commence on Monday 8th 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-9.40am.

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

**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 – 2023 (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.

**Time**12:15 to 1.15 pm Mondays (except for Monday Public Holidays and the Victorian School Holidays)

**Contact** Andrew Lelliott.Email**:** andrew.lelliott@bigpond.comMobile**:** 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 4th 2024**

**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 2024 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, swamp and lakes and also sometimes to nearby towns and places of interest. Transport is organized to be shared among members when we meet at the car park at U3A at 8.45am for 9am start.
**Time:** 2nd Wednesday, 8.45am.
**Contact:** David Taylor.    Phone 5822 0872    Mob.0412 802 427

**Writing for Pleasure**

Writing for Pleasure is a course which aims to promote the written word.

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 the 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:** Thursday @ 4.15 in R 2 for I hour.

**Contact:** Rita Bloomfield (0418580697)