

## OUR COMMUNITY

U3A Bairnsdale operates as a RESPECT Community. The practices of our community include:

- ~ **Respect for Self:** in the way we speak, participate, and present ourselves and our ideas that allows each member of a class to feel comfortable in their environment.
- ~ **Respect of Others:** in encouraging participation of others in activities and discussion, respecting their views and ideas and accepting that all individual ideas may not be accepted by others.
- ~ **Respecting the Environment:** there is an expectation that rooms are left clean and tidy and ready for the next class.
- ~ **Respecting the Opportunity:** to learn by sharing skills and knowledge, taking time to listen to others and by allowing all to participate.

## HOW TO JOIN

### 1. ONLINE

~ Visit our Website: <https://u3abairnsdale.org.au>

Click the symbol for how to join and follow the prompts

Complete the details required

~ Once you have joined follow the prompts to choose the available classes

### 2. MANUALLY

~ Call at the office between 10am ~ 3pm daily

Collect a membership form, complete and hand it in at the office

### 3. PAYMENT

- Online using direct debit or PayPal
- Obtain a pay-in slip from the office and pay directly at Bendigo Bank
- Pay Cash or EFTPOS at the Office



Scan the QR Code  
to access our website



Office Hours  
10am ~ 3pm  
Monday ~ Thursday  
10am ~ 1pm  
Friday

2024

## COURSES & CLASSES 2024



UNIVERSITY OF THE THIRD AGE

ABN: 42 764 828 242  
REG. NO: A0031653Z



[u3abairnsdale@gmail.com](mailto:u3abairnsdale@gmail.com)



0493 672 446



[www.u3abairnsdale.org.au](http://www.u3abairnsdale.org.au)



Cnrs Service and Rupert Sts  
Bairnsdale, Victoria, 3875

PO Box 973  
Bairnsdale, Victoria, 3875

# CURRENT COURSES

ART & CRAFT

ASSISTANCE WITH COMPUTERS, iPad or PHONE

EXERCISE

GAMES

GENERAL

HOBBIES

LANGUAGES

LITERATURE

MUSIC

OUTDOOR ACTIVITIES

ENVIRONMENT

**PLEASE NOTE: SOME CLASS DETAILS MAY CHANGE DUE TO UNFORESEEN CIRCUMSTANCES**



## JIGSAW FUN!

We have an ongoing jigsaw puzzle set up in our community room, free for anyone to attempt to find the right spot for a piece or two! Make yourself a cuppa and while away some hours.

Jigsaw puzzles allow for increased mental stimulation, increased "good-feelings", and improved interactions with others.



# TERM DATES

Term 1 - 29th January to 28th March 2024  
 Term 2 - 15th April to 28th June 2024  
 Term 3 - 15th July to 20th September 2024  
 Term 4 - 7th October to 20th December 2024

**SAVE THE DATE**

20th March 2024  
 Annual General Meeting

# PUBLIC HOLIDAYS

## JANUARY

Monday 1st - New Year's Day  
 Friday 26th - Australia Day  
 Monday 29th Term 1 Begins

## FEBRUARY

## MARCH

Monday 11th - Labour Day  
 Friday 29th - Good Friday  
 Saturday 30th - Easter Saturday  
 Sunday 31st - Easter Sunday

## APRIL

Monday 1st - Easter Monday  
 Thursday 25th - ANZAC Day

## MAY

## JUNE

Monday 10th  
 King's Birthday

## JULY

Monday 8th  
 Remember The Sixties  
 Wednesday 10th  
 Celebrating The Good Years

## AUGUST

## SEPTEMBER

Friday 27th - Friday before  
 AFL Grand Final

## OCTOBER

Wednesday 2nd  
 Spring In The Garden  
 Wednesday 16th  
 U3A Open Day

## NOVEMBER

Tuesday 5th  
 Melbourne Cup At Rosie's

## DECEMBER

Wednesday 11th  
 Birthday Luncheon  
 Wednesday 25th  
 Christmas Day  
 Thursday 26th  
 Boxing Day/Proclamation Day

## STAYING ACTIVE & ENGAGED AT U3A

Learning new skills and socialising at U3A Bairnsdale is not only intellectually stimulating but also great for overall well-being. Engaging in meaningful activities and interacting with others can boost cognitive function, promote mental and emotional well-being, and enhance overall quality of life.



U3A Bairnsdale provides seniors with a platform to stay active, both physically and mentally, while also enjoying the social benefits of being part of a supportive community.

U3A Bairnsdale offers seniors the opportunity to learn, socialise, and stay active. With a variety of classes and courses to choose from, seniors can pursue their interests and discover new passions alongside like-minded individuals. The inclusive and supportive environment at U3A Bairnsdale ensures that everyone feels welcome and valued, regardless of their prior experience or qualifications.

So, why not join one of the many courses and/or classes at U3A Bairnsdale today and embark on a journey of lifelong learning and friendship? It's never too late to start something new and experience the joys of learning and socialising in a vibrant, friendly community setting.



**BAIRNSDALE**  
UNIVERSITY OF THE THIRD AGE

## UNVEILING THE WORLD OF AWESOME COURSES FOR SENIORS IN 2024 AT U3A BAIRNSDALE

For many seniors, retirement is the perfect time to focus on acquiring a new skill, fostering a long-abandoned hobby, or simply learning something new to keep the mind sharp and lively. It offers a chance to socialise, have fun, and engage mindfully in a variety of exciting activities. But what courses are available for seniors? And why would seniors want to consider taking them?

### COURSES FOR SENIORS: AN EXCITING WORLD AWAITS

Seniors today are increasingly active, both mentally and physically. They are seeking ways and means to remain healthy, productive, and to connect with their community. Courses for seniors at U3A Bairnsdale, cater specifically to these needs, embracing the mature learner's experience, expertise, and life wisdom. What's more, no experience or qualifications are required to sign up for these courses.

### WHY SHOULD SENIORS TAKE COURSES?

Firstly, pursuing an interest or a hobby can offer immense personal satisfaction. Perhaps you've always wanted to learn painting or photography? Or how about mastering the art of Tai Chi or learning to play the guitar or ukulele? Let your imagination take flight! Secondly, courses for seniors provide an opportunity to socialise. It's a terrific way to make new friends who share similar interests, thus helping combat feelings of loneliness or isolation. Plus, learning has been shown to boost cognitive function and slow cognitive decline.

### WHAT COURSES ARE AVAILABLE FOR SENIORS AT U3A?

A wide variety of courses are available for seniors at U3A Bairnsdale, ranging from arts and crafts, writing and reading groups, to games and outdoor activities. Tech-savvy seniors may also opt for computer and digital technology courses. Physical activities are also quite popular, such as Yoga classes or QiGong classes that are specially tailored to the needs and abilities of seniors. Plus, U3A offer lifelong learning, with classes in culture, history, current affair and other topics, not to mention the range of Language classes available!

### WHAT'S NEXT?

The world is at the feet of eager, curious seniors. Now, all that remains is for you to decide which course to enrol in! So, which one will it be? Remember, retirement need not mean the end of learning! If anything, it's a golden opportunity to broaden your horizons. Keep evolving, keep learning, and stay vital, regardless of your age! After all, age is just a number, isn't it?



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## VOLUNTEERS NEEDED

### Volunteer Opportunities at U3A for Teachers and Facilitators

Are you a retired school teacher or possess teaching/facilitating skills?

Why not join our team of volunteers at U3A and make a difference in the lives of seniors?

We welcome volunteers who can teach seniors, assist with office duties, speak multiple languages, or provide one-on-one mobile device instruction.

In fact anything you think you have to offer we'd love to hear about it.

The commitment is minimal, just one or two hours per week or fortnight.

At U3A, we offer seniors the opportunity to learn and interact with people who have valuable life experience. Most importantly, we believe in living, learning, and laughing together.

Contact us via the details above to discuss how you can help!



*~ By The Members for The Members ~*

## EVENTS

### REMEMBER THE SIXTIES

Monday 8th July - 10am - 3pm

Remember the Sixties explores what was happening around the world and in everyday lives of Australians.

Luncheon with Sixties food followed by the film Grease.

There will be a small charge of \$5 for Lunch

### CELEBRATING THE GOOD YEARS

U3A hosts a luncheon for our members and partners or carers who are nonagenarians. 11.30am - 2pm Wednesday 10th July

### SPRING IN THE GARDEN

Wednesday October 2nd

Explore a cottage garden and enjoy

A Devonshire morning tea 10am - 12pm - \$5

OR

Afternoon high tea 1.30pm - 3pm - \$10

### U3A OPEN DAY

Facilities will be open for public to come and see what is on offer at U3A from 10am - 2pm 16th October

### ART SHOW

Art Show 14th - 18th October A display of art U3A members. Members are invited to participate and works may be sold 10am - 3pm daily

### MELBOURNE CUP AT ROSIE'S

5th November 2024. Enjoy Rosie's lovely country garden, afternoon tea & good company. 2pm - 4pm

### BIRTHDAY LUNCHEON

December 11th 12pm - 2:30pm

Celebrate another successful year at U3A as we reach our 37th Year. This is held at the Bairnsdale RSL. It is a fun day to celebrate the year's achievements

## MUSIC

### RHYTHM GUITAR

**Tutor: Malcolm Wilson | Starts 29/01/2024 | Mon 9:30am-12:30pm Weekly | Room 18**

This course will be teaching basic rhythm guitar for beginners covering chords and notes. More confident players from 10:30am Contact Malcolm on 0422 611 373

### CELTIC FOLK - TRADITIONAL

**Tutor: Steve Coldwell | Starts 30/01/2024 | Tue 9:30am - 11:30am Weekly | Room 15**

Celtic/Folk tunes - the sessions are about playing with other like-minded people. Our sessions will be mostly tunes with a few ballads. A part of the session will be focused on learning new tunes and playing by ear. Acoustics instruments only which will have to be suitable for Celtic/Folk music. Contact Steve on 0417 376 264

### UKULELE - BEGINNERS

**Tutor: Liz Hrouda | Starts 31/01/2024 | Wed 12pm - 1pm Weekly | Room 17**

No musical knowledge or previous playing experience is needed for this fun program. Learn to play simple chords and sing along to many old favourites. Contact Liz on 0427 654 038

### UKULELE - ADVANCED

**Tutor: Pam Cracknell | Starts 31/01/2024 | Wed 1pm - 3pm Weekly | Room 17**

This class takes the next step in playing, where you will be able to use your instrument to make music, perform at concerts, gatherings, or just entertain yourself. Contact Pam on 0408 663 031



## OUTDOOR ACTIVITIES

### GARDENING - COMMUNITY GARDEN



**Tutor: Lesley Fenton | Starts 29/01/2024 | Mon 10am - 12pm Wkly | Location: Outside**

Come to the U3A garden and learn the tips for gardening or help the other members tend our vegetable patch and fruit trees. Learn about propagating short cuts to sustainable and easy growing and enjoy the company of enthusiastic and like-minded people. Contact Lesley on 5152 7311



### BOULE - PETANQUE

**Tutor: John Mills | Starts 29/01/2024 | Mon 1pm - 3pm Weekly | Location: Outside**

This game is both interesting and skilful. Join the other members in this outdoor activity for a friendly competitive game. Contact John 0450 162 366

### AMBLERS



**Tutor: Carol Johnson | Starts 02/02/2024 | Fri 9:30am - 12pm Weekly | Location: Outside**

This is for those who like a gentle walk in pleasant company. We finish at a coffee shop for refreshments at the conclusion of our walk. Contact Carol on 0412 778 530

## ENVIRONMENT

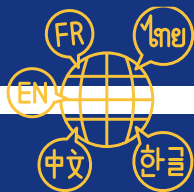
### ENVIRONMENTAL ISSUES

**Tutor: Alistair Mailer | Starts 31/01/2024 | Wed 10am - 12pm Wkly | Room 16 or Zoom**

Each week we have a different look at the way our lives are changing, the climate, energy, pandemics, etc., and what we can do to make this world a better place to live. Contact Alistair on 0429 351 097 Mike Hinchey 0417 572 603 Peter Gardiner 0435 673 864



## LANGUAGES



### ITALIAN FOR BEGINNERS

**Tutor: Bev Summers | Starts 01/02/2024 | Thu 9:30am - 10:30am Wkly | Room 20**  
This is the beginners session of this class. Join this group to learn Italian either for pleasure or for taking that trip to Italy. You can converse so that menu ordering, asking directions or reading the signs can be made simple. Practice with your fellow students which will surely bring a few laughs. Most students attend both this beginners first hour, and the intermediate hour that follows at 11:00 — it is your choice.  
Contact Bev Summers 0450 147 307

### ITALIAN - ADVANCED

**Tutor: Bev Summers | Starts 01/02/2024 | Thu 11am - 12pm Weekly | Room 20**  
This Intermediate-level program follows on from the 9:30 beginners hour. Most students participate in both hour 1 and hour 2, but you can attend just this second half of the class if you prefer. Contact Bev Summers 0450 147 307

### FRENCH CONVERSATION

**Tutor: Catherine Ross | Starts 01/02/2024 | Thu 10am - 11:am Weekly | Room 23**  
An immersion class (small group) for advanced French speakers which covers French culture, general conversation and listening/ comprehension practice  
Contact the office (03) 5152 3063

### FRENCH FOR TRAVEL

**Tutor: Catherine Ross | Starts 01/02/2024 | Thu 11:15am - 12:30pm Weekly | Room 23**  
An immersion course in basic French designed for those wishing to travel to a French-speaking country. Suitable for those who have a basic or limited (school-level) grasp of the French language or those wishing to brush up their skills. Includes songs, games and role-play. Build your confidence and communicate with ease. In 2024 the texts will be destination-based. Contact the office (03) 5152 3063

### FRENCH - INTERMEDIATE

**Tutor: Bernadette Williams | Starts 31/01/2024 | Wed 10am - 12pm Wkly | Room 17**  
Take yourself to a different world where English is not the first language. Engage with other members to expand your skills in both speaking, conversation, and grammar of the French. Contact Bernadette on 0409 419 917.

## READING & WRITING

### BOOK CLUB - 1

**Tutor: Alistair Mailer | Starts 29/01/2024 | Mon 1pm - 3pm 1st week of mth | Room 23**  
The 1st Monday Book Club meets on the first Monday of every month. Members share their books amongst the group. Discussions of the books can lead to examination of broader issues. A great way to access new authors, books and diverse discussion. For further information contact Alistair Mailer on 0429 351 097.

### BOOK CLUB - 3

**Tutor: Sue Tanian | Starts 19/02/2024 | Mon 1pm - 3pm 3rd week of month | Room 23**  
This is where members have a selection of books to share and discuss. Book Club 3 meets monthly covering books of all genres, giving an opportunity to talk and listen to other member's thoughts. Contact Sue on 0428 621 273

### BOOK CLUB - 4

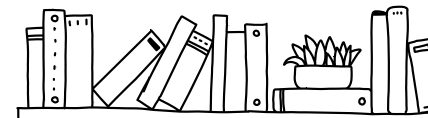
**Tutor: Caz Mills | Starts 22/02/2024 | Thu 1pm - 3pm 4th week of month | Room 19A**  
An opportunity to read a wide-ranging variety of books, and enjoy sharing thoughts and impressions with other members. The selected books are provided by the local Library from a set of titles particularly recommended for book club discussions.  
Contact Caz 0450 162 366

### JUST WRITE

**Tutor: Beatty Blennerhassett | Starts 01/02/2024 | Thu 10am -12pm Wkly | Room 23**  
In this group writers share what they've written – memoir, novel, novella, short stories or poetry – and invite comments from the group. Any discussion must be constructive, kind and hopefully helpful to the writer. Contact Beatty on 5153 1798.

### AUSTRALIAN LITERATURE

**Tutor: Beatty Blennerhassett | Starts 02/02/2024 | Fri 10am - 12pm Weekly | Room 23**  
Join members to talk about Australian Literature, books they have read, discuss the author, recommend titles, and generally enjoy like minded people and their opinions.  
Contact Beatty on 5153 1798



## HOBBIES

### SIMPLY ELECTRONICS



**Tutor: Peter Hart | Starts 29/01/2024 | Mon 10am - 12pm Weekly | Room 20**

In this course you will be introduced to the basic components used in electronics. You will learn to explore, understand and build simple electronic devices. You will be encouraged to choose a simple device to build. Topics addressed will include microprocessors (Arduino), circuits, and code. You may need to purchase a variety of components as well as a Arduino board. You will be helped to source these materials to keep costs as low as possible. Contact Peter on 0490 143 094.

### FLY TYING



**Tutor: John Scott | Starts 30/01/2024 | Tues 10am - 12:pm Weekly | Room 23**

Learn the basics of fly tying and extending fly tying skills to create flies that are suitable to Australian and New Zealand waters. There will be opportunity to further develop the art of fly fishing. Participation in fly fishing in the high country is possible depending on the interest of the participants. Contact John on 0400 378 165

### DRAMA & THEATRE



**Tutor: Helen Gottschalk | Starts 01/02/2024 | Thu 1pm - 3pm Weekly | Room 18**

A fun way to spend an afternoon joining members in rehearsals, play reading, and you might like to write a short drama or comedy for a shot at U3A notoriety. Contact Helen on 0417 327 302

### MAKING BETTER PHOTOS

**Tutor: Michelle Murden | Starts 29/01/2024 | Mon 1pm - 3pm Weekly | Room 16**

Explore the world of photography with like minded individuals. Anything takes a photo but let's make them better! Call Michelle Murden 0427 871 139

### POST PROCESSING OF PHOTOGRAPHY



**Tutor: Self guided | Starts 31/01/2024 | Mon 1pm - 3pm Wkly | Room 17**

Bring your Post Processing program (or 'App', if you prefer modern language) on your laptop and other class members may be able to assist you with your editing. Many Post Processing aspects overlap between programs. There will be some formal presentations using Adobe Lightroom, Camera Raw and/or Photoshop. Contact the office 0493 672 446

## LANGUAGES

### GERMAN

**Tutor: John Kahsnitz | Starts 30/01/2024 | Tue 10am - 12pm Weekly | Room 17**  
German for people with a basic knowledge of the language. We study and translate texts of current affairs, take part in reading from them, discuss them, translate them. Weekly written homework is encouraged — we read it out and correct any errors. Anybody wishing to brush up on their German is very welcome! 0467 377 267

### JAPANESE - ADVANCED

**Tutor: Elaine Bryant | Starts 30/01/2024 | Tue 9:30am-12pm Weekly | Room 19A**  
Advanced Japanese is a small group of students who are working their way together through the textbook KooKoo Seikatsu, book 2. If you have a good knowledge of katakana and hiragana, and familiarity with the common kanji and grammar, this class may suit you. Contact Elaine 0498 333 667

## SHORT COURSES & WORKSHOPS

### ORCHID WORKSHOP



**Tutor: John Scott**

Do you know that there are over 28,000 species of orchids in the world that have symmetrical flowers, fused male and female organs, and a flap of tissue that prevents self-pollination. Like to know more and find out how to grow them successfully. Need help repotting? This is the course for you.

It will be held over four sessions.

Tuesday 24th September 1pm - 3pm

Thursday 26th September 10am - 12pm

Tuesday 1st October 1pm - 3pm

Thursday 3rd October 1pm - 3pm

(this will be a visit to the tutor's private orchid collection) Course limit 10

### PROGRESSIVE ART ACTIVITY



This activity provides the opportunity to go from Bairnsdale to Sale, stopping along the way to sketch at scenic spots, including the Port of Sale, a visit to the Sale Gallery and return home via a different route with a different sketching spot. (date and cost to be advised)

## GAMES

### CHESS



**Tutor: Bob Parrôt | Starts 29/01/2024 | Mon 10am - 12pm Weekly | Room 17**

The Chess program caters for absolute beginners to accomplished players. Our aim is to have FUN whilst covering all the rules and tactics of chess. Past classes have been equally divided between men and women so come along if you want to find out how to beat your grandchildren! Contact Bob 0429 329 392

### MAH-JONG

**Tutor: Glenda Hein | Starts 30/01/2024 | Tue 1pm - 3pm Weekly | Room 17**

Come and learn this game developed in China during the Qing Dynasty, now enjoyed each week, usually with four players. A very popular game of tactics, observation and good for the memory. We practise the Western game. Contact Glenda on 0429 904 684 for further information

### MAH-JONG



**Tutor: Glenda Hein | Starts 01/02/2024 | Thu 1pm - 3pm Weekly | Room 17**

A game developed in China during the Qing Dynasty, now enjoyed each week, usually with four players. A very popular game of tactics, observation and good for the memory. We practise the Western game. Contact Glenda on 0429 904 684 for further information.

### CANASTA

**Tutor: Sue Kubale | Starts 01/02/2024 | Thu 1pm - 3pm Weekly | Room 20**

This Canasta Group gets together to enjoy the game and the social time. No need to be an expert. Contact Sue 0427 075 287



## GENERAL

### EXPLORING HISTORY

**Tutor: Lorraine Scott | Starts 29/01/2024 | Mon 10am - 12pm Weekly | Room 16**

History is what has created the world we live in today. Enjoy discovering some of the known and unknown history from around the world. The course involves lectures, discussion, excursions, and online videos. It is designed to be informative, challenging, and exciting. Contact Lorraine on 0438 196 292

### CURRENT AFFAIRS

**Tutor: George Ellingsen | Starts 01/02/2024 | Thurs 10am - 12pm Weekly | Room 17**

A get together of members who are interested in what is happening in the world, like to contribute their views and listen to the other side of the story. Contact George Ellingsen 0490 331 912

### U3A DISCUSSION GROUP

**Tutor: Roger Newman | Starts 14/02/2024 | Wed 1pm - 3pm Weeks 2 & 4 | Room 20**

Class that discusses news and other issues recognising their complexity and their fascinating history. Contact Roger 0417 403 398

### EVERYDAY LEGAL ESSENTIALS

**Tutor: Catherine Ross | Starts 01/02/2024 | Thurs 1pm - 2pm Weekly | Room 23**

An activity-based course designed to enable participants understand the civil law system and find solutions to various everyday legal problems, including navigating the VCAT, Privacy and Intellectual Property. Participants do not require legal qualifications or previous legal experience. Contact the office (03) 5152 3063

### SATURDAY MOVIES

**Tutor: Bonnie Walker | Starts 03/02/2024 | Sat 1pm - 3pm Weekly | Room 20**

For those who love movies especially the old time ones this is a relaxed and enjoyable way to spend a Saturday afternoon from 1pm. You can view the movie titles on our notice board and website. Contact Bonnie Walker on 0438 432 482





## COMPUTER ASSISTANCE - IPADS - PHONES

### ONE - ON - ONE APPLE PRODUCTS



**Tutor: Gary La Roche | Starts 29/01/2024 | Mon 11am - 3pm Weekly | Room 19A**  
This one-on-one assistance and tutoring with iPhone, iPad, Mac or other Apple device is available on request. Call tutor Gary La Roche on 0400 050 423 to book a time. (You will also need to enrol in the course, either online or through the office).

### TECHNOLOGY SUPPORT SESSIONS

**Tutor: Jody Herbert | Starts 30/01/2024 | Tues 10am - 12pm Weekly | Room 20**  
Support with your mobile phones, iPads and Tablet devices or laptop computers. Assistance with assistive technology devices (for visually impaired). Assistance with upgrading your devices software, installing applications or programs or showing you how to use your device. Call 0408 021 689

### ARTS AND CRAFTS ART AND CRAFT



**Tutor: Joan Waites | Starts Starts 29/01/2024 | Mon 1pm - 3pm Weekly | Room 18**  
Come and share this class with other members who work on their Art & Craft, have a chat, share a cuppa, and enjoy convivial company. Contact Joan on 0438 275 191

### EXPLORING ART

**Tutor: Self Guided | Starts Starts 31/01/2024 | Wed 1pm - 3pm Wkly | Room 18**  
An enthusiastic group that gets together on a weekly basis to paint with acrylics and draw for fun. This is a self guided class. Contact Wendy 0439 383 240

### WATERCOLOUR PAINTING

**Tutor: Pip Cooper | Starts 31/01/2024 | Wed & Thurs 10am-12pm Wkly | Room 18**  
A wonderful class where your creative skills can be extended under the guidance of a professional. Let your imagination carry the brush to the canvas, giving your talent a chance to express itself. Contact Pip on 0413 300 774

### ARTISTS CIRCLE

**Tutor: Cheryl Jeffs | Starts Starts 02/02/2024 | Fri 10am - 12pm Wkly | Room 18**  
Cheryl and Robbie lead a friendly group of enthusiastic painters who come together each Friday morning to paint, share skills, and encourage each other to explore the world of painting. Cheryl 0407 599 207 Robbie 0432 696 824

### CONVERSATIONS IN QUILTING



**Tutor: Diane Granger | Starts 30/01/2024 | Tue 10am - 12pm Weekly | Room 18**  
This course provides the opportunity for members interested in patchwork to share their work, ideas and skills in a friendly relaxed way. Contact Diane on 0427 610 769

## VISION IMPAIRED

### VISION IMPAIRED SUPPORT GROUP

**Tutor: Jody Herbert | Starts 30/01/2024 | Tues 1pm - 3pm Mthly | Room 18**  
The Vision Impaired Support Group meet monthly to provide a social support group for people with a visual impairment. A vision impairment refers to all conditions resulting in difficulty in seeing, and not necessarily near blindness or total blindness. We would have guest speakers, some informative outings and possibly instruction on crafts and other activities to be explored. Come along and join Jody & Brenda for a chat 2nd Tues of the month Call 0408 021 689

### EXERCISE & MOVEMENT

#### TAI CHI - STAGE 1

**Tutor: Janet O'Connell | Starts 01/02/2024 | Thu 11am - 12pm Weekly | Room 16**  
Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation. Program by Dr Paul Lam. Directed by online and consistent support. Clothing should be comfortable and shoes flat. Facilitator Janet O'Connell on 0417 270 239

#### TAI CHI - STAGE 2

**Tutor: Janet O'Connell | Starts 01/02/2024 | Thu 1pm-2pm Weekly | Room 16**  
Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation. Program by Dr Paul Lam. Directed by online and consistent support. Clothing should be comfortable and shoes flat. Facilitator Janet O'Connell on 0417 270 239

### BETTER BALANCE

**Tutor: Elsa Hodge | Starts 30/01/2024 | Tues 11am - 12pm Weekly | Room 16**  
Balance is the ability to distribute your weight in a way that lets you stand or move without falling or recover if you trip. Good balance requires the coordination of several parts of the body: the central nervous system, inner ear, eyes, muscles, bones, and joints. A guided exercise program can assist in improving balance. Exercises are simple, gentle and easy to follow and more fun in a group than alone. Clothing should be comfortable and shoes flat. Contact Elsa Hodge 0421 800 102



## EXERCISE & MOVEMENT

### MUSICAL CHAIR AEROBICS

**Tutor: Helen Gottschalk | Starts 31/01/2024 | Wed 9am - 9:30am Wkly | Room 16**  
You'd like to improve your fitness, but don't know where to begin? If you would like a safe, gentle program for your first step, Musical Chairs Aerobics may be for you. Exercises to improve your strength and flexibility are performed to music, all while sitting safely. Call Helen Gottschalk on 0417 327 302

### MUSICAL CHAIR AEROBICS

**Tutor: Helen Gottschalk | Starts 01/02/2024 | Thu 9am - 9:30am Wkly | Room 16**  
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### MUSICAL CHAIR AEROBICS

**Tutor: Helen Gottschalk | Starts 02/02/2024 | Fri 9am - 9:45am Weekly | Room 16**  
You'd like to improve your fitness, but don't know where to begin? If you would like a safe, gentle program for your first step, Musical Chairs Aerobics may be for you. Exercises to improve your strength and flexibility are performed to music, all while sitting safely. Call Helen Gottschalk on 0417 327 302.

### DANCE FOR FUN & FITNESS - BODY GROOVE

**Tutor: Nikki & Sue | Starts 02/02/2024 | Fri 10am - 11am Weekly | Room 16**  
This will be a fun dance class designed for seniors that can be done freely at the individuals pace and ability. There are no set rules. 'Body Groove' was founded by Misty Tripoli and designed to get people moving for fitness while having a whole heap of fun. Yvonne & Roger Puckett created and included a series called 'Young at Heart' which is where we'll be focusing. This dance class will be viewed and followed on the TV screen. mainly focusing on the 'Young at Heart' series that has been designed for older people. Each dance is approx. 3 - 5 mins and can be done seated.  
Contact the Office (03) 5152 3063



## EXERCISE & MOVEMENT



### SIMPLY YOGA 1

**Tutor: Thea Talbot | Starts 30/01/2024 | Tue 9:30am - 10:45am Weekly | Room 16**  
Yoga is a gentle effective way of forming a healthier more supple body. The combination of breathing and unhurried movement enables you to achieve the state of mental calm. You are required to wear comfortable clothes, bring a mat/floor covering, neck/back support when supine on mat, stool/cushion for sitting comfort, covering for warmth when relaxing, remove shoes and place at the door. Please contact the tutor, Thea Talbot, for more information on 0476 253 957

### SIMPLY YOGA 2

**Tutor: Thea Talbot | Starts 30/01/2024 | Tue 1:45pm - 3pm Weekly | Room 16**  
Yoga is a gentle effective way of forming a healthier more supple body. The combination of breathing and unhurried movement enables you to achieve the state of mental calm. You are required to wear comfortable clothes, bring a mat/floor covering, neck/back support when supine on mat, stool/cushion for sitting comfort, covering for warmth when relaxing, remove shoes and place at the door. Please contact the tutor, Thea Talbot, for more information on 0476 253 957

### QIGONG

**Tutor: Thea Talbot | Starts 01/02/2024 | Thu 2:30pm - 3:30pm Wkly | Room 16**  
Qigong/CHEE-GUNG is a traditional Chinese healing system which through breathing techniques, movement and meditation, helps to bring you into harmony with yourself and the world. Thea is happy to discuss any issues or questions you may have. Please bring water, wear loose fitting/comfortable clothes, remove jewellery including watches, respect others, arrive on time and refrain from wearing any fragrance. Contact Thea Talbot for more information on 0476 253 957

### PARTICIPATION IN CLASSES

**Please Note:** *Our exercise classes are generally considered safe and gentle, however all exercise and activity does have an inherent risk of injury. If you are unsure about participating in any of our classes we suggest you consult your doctor or qualified medical practitioner before starting any new exercise program or activity. You should always avoid any exercise, activity or specific movement that causes any pain or discomfort.*