

Arts and craft

CRAFT

Dates: 06/02/2024 - 17/12/2024

Weekly, Tue 10:00 - 14:00

Location: Airlie Bank Homestead 33 The Boulevard, Morwell

This is a very social group where all kinds of craft and stitching are enjoyed. Everyone is willing to help with instructions regarding a variety of craft activities.

Bring along your UFOs (materials and equipment, including sewing machines which can be used in Room 3). No prior knowledge or experience is needed.

PAINTING & DRAWING

Dates: 08/02/2024 - 19/12/2024

Weekly, Thu 10:00 - 14:00

Location: Latrobe Regional Gallery 138 Commercial Rd, Morwell **Leader: June McMeeken Brown**

We all have a pleasant day where everyone helps out where they can. Bring your lunch if you want to. Tea and coffee are provided. Please advise the Leader if you are not attending class.

Computer skills

SELF HELP COMPUTER GROUP

Dates: 14/02/2024 - 11/12/2024

Fortnightly, 2nd & 4th weeks, Wed 12:30 - 16:00

Location: Airlie Bank Homestead 33 The Boulevard, Morwell

Leader: John Hill

Focus on open-sourced software (Linux), plus assistance with Windows.

Bring your laptop and some knowledge of computer use. Note the title: self-help.

Culture and lifestyle

AT THE MOVIES

Dates: 01/03/2024 - 01/11/2024

Monthly, 1st week, Fri 13:00 - 15:30

Location: St Peter's Theatre

Leaders: Adam Sharp and Tricia Lawson

We will be viewing movies from different genres, eras, and countries. Some films may be Foreign Language Films. Not only will participants derive enjoyment from the films, hopefully they will learn some of the techniques and information associated with the films.

CLASSICAL MUSIC

Dates: 8/02/2024 - 28/11/2024

Fortnightly, 2nd & 4th weeks, Thu 10:00 - 12:00

Location: Airlie Bank Homestead 33 The Boulevard, Morwell

Leader: Kaye Birks

We will watch and review the DVD series by Professor Robert Greenberg – Concert Masterworks - starting with Beethoven's Violin Concerto, followed by Brahms Violin Concerto, etc.

SINGERS / KARAOKE

Dates: 14/02/2024 - 11/12/2024

Fortnightly, 2nd & 4th weeks, Wed 13:30 - 15:30

Location: Rose Garden Room corner Maryvale Cr and Ann St, Morwell

Leader: John Mihan

We sing along with recorded songs, or follow karaoke tracks supplied by Kara Fun Player. Participants may choose to sing solo (karaoke) or as a group.

Bring Bottled water if required.

Exercise

CYCLING GROUP

Dates: 05/02/2024 - 18/11/2024

Fortnightly, 1st & 3rd weeks, Mon 9:00 - 15:00

Location: To be advised

Co-ordinator: Alby Van Berkel

We aim to ride between 30 and 40 km, to destinations at all points of the compass, mainly on rail trails and quiet back roads. Detailed instructions for each ride will be emailed to registered participants. E-bikes are most welcome.

Please bring food and drink.

WALKING GROUP

Dates: 12/02/2024 - 25/11/2024

Fortnightly, 2nd & 4th weeks, Mon 8:30 - 15:00

Location: To be advised

Co-ordinator: Alby Van Berkel

We aim to walk between 6 and 10 km, but shorter walks can be included. Our destinations are to all points of the compass, usually within 1 hour's drive from the Valley, and are subject to change depending on weather conditions and leader availability. Detailed instructions for each walk will be emailed to registered participant.

Special requirements: sturdy footwear, water and drinks, lunch, snacks, sunscreen, insect repellent, appropriate clothing. If ride-sharing, \$5-\$10.

TAI CHI A **Dates:** 15/01/2024 - 16/12/2024

Weekly, Mon 9:30 - 10:30

TAI CHI B **Dates:** 18/01/2024 - 19/12/2024

Weekly, Thu 14:00 - 15:30

Location: Morwell Scout Hall 43 Margaret Street

Leader: Felicity Carroll

Tai Chi is a gentle form of exercise creating harmony between the mind and body. It is often referred to as "moving meditation". Tai Chi's gentle movements and physical postures can be done by all ages and abilities. Some of the many benefits of Tai Chi can include helping to maintain and improve lower and upper body strength, flexibility, balance, and joint mobility while relieving arthritis pain. It can help improved focus, memory and cognitive function, and also relieve stress, anxiety and depression, while relaxing and calming the mind. All details about the instructor, Felicity Carroll, can be accessed on the website lvtaichi.com.au

Please wear loose comfortable clothing and flat-soled shoes or runners, and bring your water bottle.

Games

CARDS

Dates: 12/01/2024 - 13/12/2024

Weekly, Fri 10:00 - 11:30

Location: Morwell Club, 136 Helen Street

Leader: Ed Vermeulen

Come and play 500 in a congenial atmosphere. New players are always welcome.

No prior knowledge or experience is required, just enthusiasm.

GAMES GALORE

Dates: 12/02/2024 - 09/12/2024

Fortnightly, 2nd & 4th weeks, Mon 13:30 - 16:00

Location: Airlie Bank Annexe 33 The Boulevard, Morwell

Leader: Flo White

Your inner child is begging you to join in! Come along and select from a variety of games, both old and new, including: backgammon, boggle, mastermind, chess, Chinese checkers, dominoes, draughts, Othello, Phaze10, rummykub, scrabble, take 2, tri-ominos, upwords, and others. Let the games begin!

Bring a friend, and your favourite table- or board-game (if U3A doesn't already have it).

MAH-JONG

Dates: 18/01/2024 - 19/12/2024

Weekly, Thu 9:30 - 12:30

Location: Morwell East Senior Citizens 263 Vary St

Leader: Lorraine Leviston

Mah-jong is an intriguing ancient Chinese game played with 144 tiles. Beginners are always welcome.

History

AUSTRALIAN HISTORY

Dates: 14/02/2024 - 27/11/2024

Fortnightly, 2nd & 4th weeks, Wed 10:00 - 11:30

Location: St Peter's Hall

Tutor: Kim McDuffie

The 1st semester unit features a selection of the best classes from LVU3A Australian History over the last ten years. From pre-history to the present day, many traditional topics will be covered; discovery, the convict years, explorers, bushrangers, federation and the wars among others. Significant themes from the last decade will also be included such as the first Australians, women and the people who changed our history.

The 2nd semester unit looks at the relationship between Australian art and the context in which it arises. Various artists and works of art will be considered, including some photography and film. Starting with indigenous art from 45000 years ago, the earliest depictions of Australia by European artists and the work of early settlers and native-born Australians we will move through various art movements and how these were represented locally. The depictions of history in art will be explored, as will social realism through the decades.

Literature

BOOK GROUP A

Dates: 07/02/2024 - 04/12/2024

Monthly, 1st week, Wed 13:30 - 15:00

Location: Morwell Library 63-65 Elgin St

Leaders: Jill Fidler and Olivia Jackson

Each month we read a book provided by the Library, and chosen from a list also provided by the Library. Then we discuss the book at the monthly meetings.

All you need is a love of reading, and membership of Latrobe City Library. Last year's participants have priority.

BOOK GROUP B

Dates: 19/02/2024 - 09/12/2024

Monthly, 3rd week, Mon 13:30 - 15:00

Location: Morwell Library 63-65 Elgin St

Leader: Annie McDuffie

Books are chosen by the participants from a booklist provided by the Library. Our discussions are very open, and members can contribute as much or as little as they wish. We are an on-going group with membership at capacity due to the number of books that can be sourced by the Library.

Regrettably, there are no vacancies at present – last year's participants have priority. Waiting list only.

Political and societal issues

CURRENT AFFAIRS

Dates: 08/02/2024 - 28/11/2024

Weekly, Thu 14:30 - 16:00

Location: Morwell Library 63-65 Elgin St

Leader: Phil Rayment

Group members suggest issues, and then the views of participants are sought. The Leader may circulate background resources via advance email where appropriate. Lively discussion of international, Australian, state and local matters is a feature of the class. There is opportunity to invite guest presenters from time to time.

Zoom access may be available.

TED TALKS

Dates: 23/02/2024 - 22/11/2024

Monthly, 4th week, Fri 13:15 - 15:00

Location: Morwell Library 63-65 Elgin St

Leader: Mary Mattheyse

At each session, we watch a TED talk, and follow this with a discussion which is usually lively and stimulating. TED talks are short talks presented by excellent speakers on a variety of interesting subjects. (see TED.com)

Science and technology

FORESTRY

Dates: 06/02/2024 - 05/11/2024

Monthly, 1st week, Tue 14:00 - 16:00

Location: Latrobe Regional Gallery 138 Commercial Rd, Morwell

Leader: Oliver Raymond

Like most things in life, consideration of our environment requires a balanced and informed view-point. We will concentrate on the trees – how they grow, where they grow, and the results, mainly in native forests. We will also cover plantation forestry. There will be plenty of opportunity for discussion, and hopefully one or two field trips.

SCIENCE & TECHNOLOGY

Dates: 09/02/2024 - 08/11/2024

Monthly, 2nd week, Fri 10:00 - 12:00

Location: Morwell Library 63-65 Elgin St

Tutors: John Lawson and Bob Temple

We will discuss the way water is available, is used and misused by the 8 billion inhabitants of Earth. "Water makes up 60-75% of human body weight. A loss of just 4% of total body water leads to dehydration, and a loss of 15% can be fatal. A person could survive a month without food, but wouldn't survive 3 days without water. This crucial dependence on water broadly governs all life forms. Clearly water is vital for survival, but what makes it so necessary?" from Biological Roles of Water: Why is water necessary for life? - Science in the News (harvard.edu)

Social and recreational

FISHING

Dates: 07/02/2024 - 04/12/2024

Monthly, 1st week, Wed

Location: To be advised

Leader: John Mihan

Recreational angling, both inland and coastal, at a different location each month. We meet up at a pre-determined location and carpool to the venue where possible. Chosen venues will be safe and easy access (given that none of us are getting any younger). We have tried Blue Rock Lake, the Avon River at Stratford, Perry Bridge, Port Welshpool, Port Albert, McLoughlins Beach.

Participants need to: bring their own fishing gear (as desired); be prepared to share the cost of bait as required; provide their own transport, but car-pooling will be encouraged.

GARDENING FOR EVERYONE

Dates: 16/02/2024 - 15/11/2024

Monthly, 3rd week, Fri 13:30 - 15:00

Location: Airlie Bank Annexe 33 The Boulevard, Morwell

Leader: Kath Kneebone

The Garden Group is for anyone who likes to grow plants, and share them, and generally chat about them. Also, ideas for plant and soil health are frequent topics of conversation. Some visits to members' gardens, as well as to official Garden Shows, are organised through the year. We are a very welcoming group of ladies and gents who enjoy company, and learning from the experience of others.

MEN'S LUNCH

Dates: 20/02/2024 - 17/12/2024

Monthly, 3rd week, Tue 12:00 - 15:00

Location: Morwell Bowling Club 52 Hazelwood Road

Leader: John Mihan

We meet to have a meal of our choice (up to about \$30), and then we just sit and socialise. Excellent for mental health!

MORNING TEA

Dates: 06/03/2024 - 06/11/2024

Monthly, 1st week, Wed 10:00 - 11:30

Location: The Morwell Club, Helen St

Leader: Adam Sharp

A social gathering each month for a chat and refreshments.

You will need to pay \$10-\$12 each time for your drink and snack.