

We hope everyone has had a great Easter break and enjoyed the perfect autumnal weather. What a relief that Term 1 saw a return to normality of our U3A program. It was great to see so many friendly faces at our Enrolment Day. We have already welcomed over 20 new members this year. Numbers to all activities have been healthy, as we have enjoyed gathering together again.

Our committee has decided that Term 2 enrolment is to be done via email or phone. (**u3aararat1@gmail.com**). A prompt reply about the sessions you would like to attend would be greatly appreciated. We will be forwarding class lists of members indicating interest to the group leaders prior to Term starting so they can be prepared! Do not hesitate to contact any committee member if you have any queries about the program.

Following Mary ALP's fabulous presentations of the course : "**The Untold History of Australia**" last year there has been great anticipation for her return. A postponement has meant her **Wednesday** sessions 1-3 pm will be held in **Term 4** rather than Term 2. Her course will be scheduled on **Thursdays** from 1-3pm in **Term 3**. Her Australian history course looks at our history from the Indigenous perspective. It is a lecture series and discussion group, complimented by a DVD series. Mary's preparation and detailed research makes this an informative and thought provoking course.

Mary has capped her courses at 20. We did take enrolments at the start of this year, so spaces are limited, but let me know if you wish to have your names added to either list.

**Term 3** Thursdays 1- 3pm (Marlene G, Heather H, Anne H, Gerry H, Kath H, Lynne W, Kevin H, Fay H, Janine A, Alwyn K, Ian W, Carmel S, Pam O, Maree M.....**6 spaces**)

**Term 4** Wednesdays 1-3pm ( Rose R, Chris Mcl, Dorothy A, Joan P, Anne M, Coral B, Yvonne D, Pat L, Gwen M, Rick T....**10 spaces**)

We have a number of new sessions starting this term and are hoping they are embraced with enthusiasm.

On Monday afternoons Linda Heard is returning with **Sewing Sessions** from 1:15 - 3:15 pm, inspiring members to create fabulous items and teach many sewing skills.

We are fortunate to have Lisa Haddow, from Claridge House, visit on Mondays mornings at 11:15 am to instruct participants in the gentle '**Tai Chi**' movements of stretching, strength and balance. Wear comfortable clothes and bring \$10 per session.

Experienced Science Guru, Janine Adams is offering '**Mad About Science**'. Come along to experience Science activities you can do at home for Grandparents and Grandchildren or if you just love learning new things! In each class you will be actively exploring different topics through experiments and then learning the Science involved. Janine and Pam are going to continue assisting members learn about many aspects of their digital devices.

Due to **Margaret Wright**'s fabulous session in Term 1, we have invited her back to share her skills of painting on her iPad using the APP ' My Brushes Pro'. All members are welcome to be inspired. Bring your iPad to achieve your own creation or just come and observe an expert at work at **11am on Tuesday May 11th**.

Another guest presenter is visiting craft at **1pm on April 28th**. Elena Tommasi, President of Ballarat U3A, is going to share her expertise in '**Book Folding**'. This session is open to all interested members and friends. A hard cover book is a requirement for this activity.

Not to be missed is Graeme Ward's presentation of superb photography and entertaining stories of his travels to Western Australia.

We are very excited that the **AFROBEAT** company ([afrobeat.com.au](http://afrobeat.com.au)) is offering us a **Djembe Drumming workshop** on **Thursday 20th May at 11:30 am** for an hour. The instructor will provide all the drums to lead us through a fun and energetic group session. There is a growing body of research on the therapeutic effects of group drumming. Ground breaking studies show drumming benefits the immune system, stress levels and mood. U3A is subsidising the travel costs, however participants will be charged \$22 for the workshop. We require 30 participants to run the workshop so we are encouraging members to *drum* up interest and invite a friend. If the response is overwhelming, we will run a second workshop at 12:30pm. Confirmation of your place will occur when the \$22 fee is deposited in the U3A account( BSB:633000 ACC: 138617667). The good news is if members are inspired, Heather McRae is willing to train and lead regular Djembe Drumming sessions for U3A. 🥁 🥁 🥁 😊

A big congratulations to the achievements of our newly formed **Gardening Group** who have transformed the surrounds of the Melbourne Polytechnic Training centre. They are an enthusiastic and hard working group who will welcome any others who wish to become involved.

We are continually grateful to the dedication of all the group leaders of or regular sessions and the time they attribute to this organisation.

Our social gatherings during Term 1 proved very popular. This term we encourage members to join us for dinner at the Indian restaurant **Desi Swag at 6pm on Tuesday May 4th**. They are offering us a 10% discount for individual meals. The banquet is available for table groups at a reduced price of \$30. BYO wine with a \$5 corkage. Our afternoon tea gathering this term is at **Fred and Bet's on Tuesday 15th June at 2:30pm**.

Please remember to **RSVP prior to these events** so venues are aware of numbers attending.

We encourage others to join Marg Farrar's enthusiastic group for **Bushwalking** meeting fortnightly on Fridays at 9 am at the Carpark next to Ararat Bowls to venture into the great outdoors! Come equipped for all weathers! Every Friday numerous U3A members do Alexandra **Lake Walk**, before stopping for a chat over coffee at the Lakes Cafe.

Two **Excursions** have been planned for Term 2

<b>GREAT STUPA OF UNIVERSAL COMPASSION</b>		<b>Friday 30th April</b>	<b>Carpool 8:30 am</b>
Excursion Leader: <b>Lynne Wilson.</b>		<a href="mailto:countryclub39@hotmail.com">countryclub39@hotmail.com.</a>	0417524054
9:30 am	Bull & Mouth Hotel 119 High Street, Maryborough	Morning Tea	
11:15 am	Great Stupa Of Universal Compassion 25 Sandhurst Town Road, Myers Flat <a href="https://stupa.org.au/">https://stupa.org.au/</a>	Guided Tour \$9 1.25hrs *Guided Meditation \$1 0.5 hrs (*optional)	
1:30 pm	Bendigo Pottery 146 Midland Highway, Epsom <a href="http://www.bendigopottery.com.au/">http://www.bendigopottery.com.au/</a>	Self-guided tour of pottery & museum. \$7 *Lunch at Bendigo Pottery *optional...bookings required	

<b>FRENCH IMPRESSIONISM.</b>		<b>Friday 25th June</b>	<b>Meet at Ararat Station</b>
Excursion Leader: <b>Heather Hevey.</b>		<a href="mailto:to.freds@gmail.com">to.freds@gmail.com</a>	0409384601
7:15 am	VLine to Melbourne	Organise Own Tickets	
9:45 am	Age Building for Coffee		
	#96 Tram up Bourke Street to Swanston Street #3, #6, #16, #67, #72 Trams along Swanston Street to Arts Precinct.		
11:30 am	<b>NGV: National Gallery of Victoria</b> <b>French Impressionism from The Museum of Fine Arts, Boston</b> <i>An International exclusive featuring works by Monet, Renoir, Degas, Pissarro,.</i> 180 St. Kilda Road, Melbourne	<b>\$28 (Seniors)</b> <b>**** Essential to book tickets online prior (11:30 am session)</b>	
Tickets	<a href="https://www.ngv.vic.gov.au/exhibition/french-impressionism/">https://www.ngv.vic.gov.au/exhibition/french-impressionism/</a>		
Review	<a href="https://www.theguardian.com/artanddesign/2021/mar/01/monet-renoir-and-degas-paintings-to-travel-to-melbourne-for-ngv-impressionist-exhibition">https://www.theguardian.com/artanddesign/2021/mar/01/monet-renoir-and-degas-paintings-to-travel-to-melbourne-for-ngv-impressionist-exhibition</a>		
1:30 pm	Lunch - own choice	Own Cost	
4:33 pm 6:23 pm	Southern Cross Station. Train to Ballarat. Bus to Ararat Southern Cross Station Train to Ararat		

If you have any questions or suggestions about our U3A program, do not hesitate to contact one of our committee members or our group tutors

President	Lynne Wilson	0417524054	
Secretary	Pam Brennan		
Treasurer	Carmel Stringer		

\*\*\*\*\*We also encourage members to check our website : <https://u3aararat.org.au/>

A big shout out to Carmel Stringer who keeps it updated with Programs, Newsletters, Events and Photographs.

**U3A Contacts & Tutors**

Time	Frequency	Class	Contact/ Tutor	Phone	Email
<b>MONDAYS</b>					
10:00 am	weekly	MEDITATION	<i>Kevin Free</i>		
11:15am	weekly	TAI CHI	<i>Lisa Haddow</i>		
1:00 pm	weekly	WOODIES	<i>David Mitchell</i>		
1:30 pm	monthly	BOOK GROUP	<i>Pam Brennan</i>		
1:00 pm	x 5 term	U3A BIG SCREEN	<i>Margaret Burbidge</i>		
<b>TUESDAYS</b>					
10:00am	Fortnightly	ART	<i>Erin Waite Ballinger</i>		
9:30	Fortnightly	MAD ABOUT SCIENCE	<i>Janine Adams</i>		
11:00am	Fortnightly	Digital Devices	<i>Pam Brennan Janine Adams</i>		
1:00pm	Weekly	SOLO	<i>Alwyn Kitchen</i>		
<b>WEDNESDAYS</b>					
10:00 am	weekly	FINSKA	Wendy Lewis		
10:00 am	Fortnightly	GARDENING	Alan Grant		
1:00 pm	weekly	CRAFT	Wendy Lewis		
<b>THURSDAYS</b>					
10:00 am	weekly	SINGING	Pat McAloon		
1:00pm	weekly	BRIDGE	Anne Marshall		
1:00pm	Fortnightly	KNITTING & CROCHET	Wendy Lewis		
1:00 pm	Fortnightly	BOARD GAMES	Phil Goudie		
3:00 pm	weekly	PILATES. \$10	Zaiga Watts		
<b>FRIDAYS</b>					
9:00 am	scheduled	BUSHWALKING	Margaret Farrar		
10:00 am	weekly	LAKE WALK	Margaret Burbidge		