

U3A TERM 1 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
29th January	30th January	31st January	1st February	2nd February	
<p>ENROLMENT DAY 10:30 enrolment 11:00 Guest Speaker Roy Reekie 12.00 Free BBQ Or enrol by Email u3aararat1@gmail.com or pH Janine: 0419113487</p>	10:00 SCRIBBLERS	10:00 FINSKA	10:00 SINGING	9:00 BUSHWALKING GREEN HILL LAKE	
	11:30 PILATES/YOGA \$10			10:00 LAKE WALK	
				12:00 STRENGTH CLASS \$10	
				12:30 BRIDGE	
	1:00 SOLO		1:00 CRAFT		
5th February	6th February	7th February	8th February	9th February	
9:30 <i>COMMITTEE MEETING</i>	9:15 GENETICS	10:00. FINSKA	10:00 SINGING	9:00 BUSHWALKING ARARAT EAST	
10:30 BREATH PRACTICE <i>Meditation Session with Margaret Hill</i>		10:00 GARDENING APPRECIATION & MAINTENANCE			
	10:30 DJEMBE DRUMMING		12:00 TAI CHI \$10	10:00 LAKE WALK	
1:00 U3A BIG SCREEN Spartacus <small>1960 American epic historical drama Kirk Douglas as a slave who leads a rebellion against Rome</small>	11:30 PILATES/YOGA \$10	1:00 CRAFT	12:30 BRIDGE	<p style="text-align: center;">LOCAL EXCURSION Rosie Sanders SEKOND COAT up-cycled and recycled furniture at 776 Ararat-Halls Gap Rd Carpool 1.15pm</p>	
	1:00 SOLO		1:00 BOARD GAMES		
12th February	13th February	14th February	15th February	16th February	
10:30 BREATH PRACTICE <i>Meditation Session with Hill</i>	10:00 SCRIBBLERS		10:00 SINGING	10:00 LAKE WALK	
		10:00. FINSKA			
	11:30 PILATES/YOGA \$10		12:00 STRENGTH CLASS \$10		
			12:30 BRIDGE	<p>Warrnambool Gallery Exhibition LISA GORMAN + MIRKA MORA: to breathe with the rhythm of the heart celebrates the two artists shared love of colour, illusion, highlighting the pivotal role fashion and textiles played in their daily lives. CARPPOOL 8:30 Conc \$12</p>	
1:30. BOOKCLUB The Returns By Phillip Salom	1:00 SOLO	1:00 CRAFT			
		2:00 CUPPA CAKE & CAKE <i>FORAGERS CAFE at Art Gallery</i>			

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19th February	20th February	21st February	22nd February	23rd February
	9:15 GENETICS	10:00. FINSKA	10:00 SINGING	
10:30 BREATH PRACTICE <i>Meditation Session with Margaret Hill</i>		10:00 GARDENING APPRECIATION & MAINTENANCE		10:00 LAKE WALK
	10:30 DJEMBE DRUMMING		12:00 TAI CHI \$10	
			12:30 BRIDGE	SATURDAY 24th FEBRUARY
1:00 U3A BIG SCREEN ZORBA the GREEK 1964 drama film Anthony Quinn as Zorba, a boisterous Cretan peasant, and Alan Bates as the buttoned-up young intellectual he befriends.	11:30 PILATES/YOGA \$10	1:00 CRAFT	1:00 BOARD GAMES	Australian Chamber Choir Concert 3pm Sterling Place Community Centre, Dunkeld Possibility of lunch at Royal Mail Hotel, carpooling. Conc \$31.00
	1:00 SOLO			
26th February	27th February	28h February	29th February	1st March
	10:00 SCRIBBLERS	10:00 FINSKA	10:00 SINGING	9:00 BUSHWALKING ARARAT NORTH
10:30 BREATH PRACTICE <i>Meditation Session with Margaret Hill</i>			12:00 STRENGTH CLASS \$10	
	11:30 PILATES/YOGA \$10		12:30. BRIDGE	
		1:00 CRAFT	2:00 LOOKING AFTER YOUR INDOOR PLANTS Talk by Robyn Phillips at Grow Master Nursery	10:00 LAKE WALK
	1:00 SOLO			
4th March	5th March	6th March	7th March	8th March
9:30 COMMITTEE MEETING	9:15 GENETICS	10:00. FINSKA	10:00 SINGING	10:00 LAKE WALK
10:30 BREATH PRACTICE <i>Meditation Session with Margaret Hill</i>		10:00 GARDENING APPRECIATION & MAINTENANCE		
	10:30 DJEMBE DRUMMING		12:00 TAI CHI \$10	Carpool 12.00 Join us trackside at the U3A Umbrellas and tables.
			12:30 BRIDGE	FRIDAY Racing at Ararat Turf Club Cost \$20.00
10:30 U3A BIG SCREEN Please note early start BYO lunch film 251mins Cleopatra 1963 epic the film stars Elizabeth Taylor, Richard Burton, Rex Harrison.	11:30 PILATES/YOGA \$10		1:00 BOARD GAMES	
		1:00 CRAFT	6:30. DINE OUT NIGHT INDIAN RESTAURANT	
	1:00 SOLO			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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11th March	12th March	13th March	14th March	15th March
PUBLIC HOLIDAY LABOUR DAY	10:00 SCRIBBLERS	10:00 FINSKA	10:00 SINGING	9:00 BUSHWALKING ARARAT SOUTH
	11:30 PILATES/YOGA \$10			10:00 LAKE WALK
	1:00 SOLO	1:00 CRAFT	12:00 STRENGTH CLASS \$10	MOYSTON DOG TRIALS
			12:30. BRIDGE	Lunch \$15.00
				CARPOOL 11.00am
18th March	19th March	20th March	21st March	22nd March
10:30 BREATH PRACTICE <i>Meditation Session with Margaret Hill</i>	9:15 GENETICS	10:00. FINSKA	10:00 SINGING	10:00 LAKE WALK
	10:30 DJEMBE DRUMMING	10:00 GARDENING APPRECIATION & MAINTENANCE	12:00 TAI CHI \$10	
	11:30 PILATES/YOGA \$10	1:00 CRAFT	12:30 BRIDGE	MELB INTERNATIONAL GARDEN SHOW Royal Exhibition Building Conc \$25 venue is cashless TRAIN Depart 7:15am Return 4.58pm
1:30. BOOKCLUB The Winter Road By Kate Holden	1:00 SOLO	1:00 BOARD GAMES		
25th March	26th March	27th March	28th March	29th March
10:30 BREATH PRACTICE <i>Meditation Session with Margaret Hill</i>	10:00 SCRIBBLERS	10:00 FINSKA	10:00 SINGING	GOOD FRIDAY Holiday
	11:30 PILATES/YOGA \$10		12:00 STRENGTH CLASS \$10	
1:30 AGM Guest Speaker	1:00 SOLO	1:00 CRAFT	12:30 BRIDGE	
2:30 Committee Meeting				

