

U3A Kilmore & District Inc Time Table.

Mondays

Walking Group, Walk, Talk and Coffee.

9.30am
2nd and 4th Monday of month.

Family History on the Internet

2.00pm
1st Monday of month.

Technology for Dummies

2.00pm
3rd Monday of month.

Know your Body

10.30am
3rd Monday of month.

Tuesday.

Hand workers.

Stich and Chat.
1.30pm
1st Tuesday of month.

Craft

1.30pm
2nd Tuesday of month.

General Embroidery

1.30pm
3rd Tuesday of month.

Luncheon Club.

Times various.
4th Tuesday of month.

Dog Walking and Socialisation.

9.30am
1st, 3rd, and 5th Tuesday of month.

Current Affairs Forum.

1.30pm
1st and 3rd Tuesday of month.

Wednesday

Planes, Trains and Automobiles.

1.30pm
1st Wednesday of month.

Muscle Strength Exercises and Chair Aerobics.

9.30am

Muscle Strength Exercise & Power Walking.

9.30am

Muscle Strength & Gentle Exercises.

9.30am

Various Wednesday in month.

Yoga.

2.30pm
Every Wednesday.

Wednesday continued.

Carpet Bowls.

1.00pm
Every Wednesday in month.

Art and Drawing-Group 1.

10.00am
1st and 3rd Wednesday of month.

Art and Drawing – Group 2

10.00am
2nd Wednesday of month.

Thursday.

OKRFM Radio Workshop.

2.00pm
As advised.

Book Club

10.00am
3rd Thursday of month.

Gardening Group.

Times as advised.
2nd Thursday of month.

International Lunch Club.

Times as advised
1st Thursday of month.

Friday.

Recorder Group, “KANDIS”

1.30pm
Every Friday of month.

The Theatre Group.

The Theatre Group organise a number of shows each year.

Various venues and times.

For more details regarding locations and activity contacts, email:

info@u3akilmoreanddistrict.com.au