



Incorporated.

Reg.No. A0026531J – ABN 58 851 625 543

COURSES

2021

Term Dates

Term 1	1 February - 1 April
Term 2	19 April - 18 June
Term 3	12 July - 17 September
Term 4	4 October - 3 December

Manningham U3A office is located at

The Pines Learning and Activity Centre

2/520 Blackburn Road
Doncaster East
(Melway 34 D5)

Postal Address:

PO Box 3288, The Pines,
Doncaster East, 3109

Office Hours:

9:00 am – 3:00 pm, weekdays
(During U3A term times)

Phone: 9894 5955

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enrolments@u3amanningham.org.au

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Course	Pge	Course	Pge
<u>Ancient Egyptian History</u>	<u>6</u>	<u>Computers - Internet and Email, Word and Excel.....</u>	<u>11</u>
<u>Astronomy, Physics & Cosmology.....</u>	<u>6</u>	<u>CPR Lecture</u>	<u>39</u>
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<u>Ballroom Dancing - Beginners Level 2.....</u>	<u>24</u>	<u>Dance to the Beat</u>	<u>25</u>
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<u>Book Group</u>	<u>20</u>	<u>Drawing, Pastels PLUS</u>	<u>14</u>
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Course	Pge	Course	Pge
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Course	Pge	Course	Pge
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<u>Petanque - French Bowls</u>	<u>26</u>	<u>Tennis - Friday</u>	<u>31</u>
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<u>Pilates (Gentle)</u>	<u>27</u>	<u>Through the Looking Glass: Truth Inside the Fiction</u>	<u>10</u>
<u>Pilates for Beginners</u>	<u>27</u>	<u>Travellers' Tales</u>	<u>10</u>
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WELCOME TO U3A MANNINGHAM

Manningham University of the Third Age (U3A) provides a stimulating learning and social environment for senior members of the community. It commenced in October 1991 when 12 classes were offered to about 35 members. Membership is open to people aged 55 years and over who are not in full-time employment and who are interested in engaging with others to keep their minds active. There are no ability limits and no entry requirements although some classes may require a level of experience as stated in the course descriptions – and there are NO examinations.

COSTS AND VOLUNTEERS

Tutors and office bearers provide their services free. Costs are kept as low as possible. The annual membership fee is \$70. This fee enables you to attend most classes with no additional course costs. The U3A movement worldwide has a policy of engaging its members as volunteers to fulfil all the administrative and teaching tasks needed to keep the organisation operating effectively. Members are invited to share their skills in a variety of volunteer opportunities. You can indicate either on the online system or hardcopy volunteer checklist the areas in which you may wish to help U3A Manningham. The volunteer contribution provided during the year is acknowledged during re-enrolment by allowing all volunteers to enrol ahead of those who have no volunteer duties.

CLASS PLACES AND WAITLISTS

At the start of the year a **maximum of 5** class choices may be made. By introducing that limit, it is hoped to make classes available to as many members as possible. This restriction will be lifted in mid-January.

Classes where the format is progressive may be closed to newcomers beyond a set date, e.g. a computer training class. This means no more members will be taken into these classes after that date even if vacancies occur. An Enrolment Officer will advise in writing when a vacancy occurs and the position will be offered to the person at the head of the waitlist. Acceptance into any course at any time is for the current year only. Continuous membership of a class from year to year is not possible.

RESTRICTED CLASSES

Those classes which traditionally incur very long waitlists have been classified as **Restricted**. Members may only choose **TWO** restricted classes at the beginning of the year. If places become available in these classes the restriction may be lifted during term 1.

ATTENDANCE AT CLASSES

Following application, members must have confirmation of enrolment in a class through the online database system or a printed copy forwarded by mail in order to attend it. It is important that you notify the class rep or tutor of absences. NB: If there is a waitlist for a class, your place may be offered to someone else if you are absent for 3 consecutive unexplained absences or 10 absences throughout the year (subject to review by tutor and curriculum officers).

VENUES AND DURATION OF COURSES

Classes are held in a variety of venues - note details on the online database course lists or in this brochure. Alternatively, enquire at our office. Many courses run for four terms during the dates listed on the front cover. Most classes are held weekly in 80 minute sessions between 9:00am and 4:30pm. Where classes are not held weekly – for example 2nd & 4th Monday – this refers to the 2nd & 4th Monday of the month within terms. Check the online course list or this brochure for class days, times and venue.

ELIGIBILITY FOR CLASSES

There are no prerequisites for entry into most classes. However, some classes may require prior experience, e.g. computer and language courses. The Committee of Management advises that the material presented in classes is at the discretion of the tutor or leader and does not necessarily reflect the views of the management. Members are solely responsible for their own level of participation in any exercise, performance or activity, especially where physical ability and health status are concerned. The class summaries indicate the content and the requirements expected to be covered and members are advised to seek clarification from the tutor if required. The classes offered depend on the availability of volunteer tutors. Volunteers for existing and new activities are always welcome. Information in this brochure is believed to be correct at the time of publication.

ENTERING OR EXITING CLASSES

Should you wish to withdraw from a class, you are encouraged to do so through your online profile (Member Login). Click the box alongside the class(es) from which you wish to withdraw, scroll down to the bottom, select the reason for the withdrawal from the offered list and click on the **Delete classes** button. If you are unable to withdraw or apply for a class online, a Request to Change Enrolment in Class (yellow) form is available from the office. NB: If you are using this form for additional classes and do not have an email address on your profile, you must supply a stamped, self-addressed envelope so that you can be notified of the result of your application. If you withdraw from a class it would be appreciated if you did so BEFORE the class commences or as early as possible in the course period so another member can be offered an opportunity to participate.

UP-TO-DATE INFORMATION can be found on our website and course database (www.u3amanningham.org.au). **Enjoy your participation with U3A Manningham.**

PLEASE NOTE:

NO CLASSES

WILL BE HELD

ON DECLARED

CODE RED

DAYS

Ancient Egyptian History

This course will take us from the pyramids to the golden treasures of Tutankhamun to Cleopatra and the end of pharaonic Egypt. Pyramids, mummies, mystery and mayhem - ancient Egypt had it all. Discover the marvels of this ancient, vibrant and fascinating civilization.

Joan Kelleher Thu 9:00am-10:20am Weekly
Venue: R13 Terms: 1,2,3,4 (Code 1025-01)

Astronomy, Physics & Cosmology

What is it all for? WELCOME to OPTIMISTIC BIG HISTORY: Big Bang to Big Brain: our awesome cosmic pedigree. Be amazed by DEEP SPACE and TIME, our local night sky (Stellarium), Einstein's relativity and time dilation, quantum origins, multiverse, ongoing creation of galaxies, stars, planets, asteroids, comets, life, brain and mind, Earth's geological history, climate, sustainability limits. Great visuals, updated notes. Enjoy!

Detailed course notes available (\$12) - optional.

John O'Connor, Tony Heyes Wed 1:30pm-2:50pm Weekly
Venue: R13,14 Terms: 1,2,3,4 (Code 1055-01)

Bird Watching - Self Help

Learn the joys of bird watching in our local parks - short walks in good company to develop our bird watching skills. Advice on binoculars and field guides will be provided if required. The schedule for each half year will be on the notice board. First class at Banyule Flats, Melway ref. 32 F2. Meet at the carpark off Somerset Drive. The group will not meet on declared TOTAL FIRE BAN days.

Bruce Ford Tue 9:00am-11:30am wk4
Venue: VAR Terms: 1,2,3,4 (Code 1350-01)

Current Affairs

You have read the newspaper headlines, seen the TV news and current affairs programs. Do you still have unanswered questions or views you would like to express? Join our group of people with diverse backgrounds and views to discuss current, social, political and economic issues. NB ONLY ONE Current Affairs Group A, B OR C per member.

Group A. David Jenz Jenz Tue 12 Noon-1:20pm Weekly
Venue: R14 Terms: 1,2,3,4 (Code 3495-01)

Group B. David Jenz Jenz Tue 1:30pm-2:50pm Weekly
Venue: R14 Terms: 1,2,3,4 (Code 3495-02)

Group C. David Jenz Jenz Fri 12 Noon-1:20pm Weekly
Venue: R14 Terms: 1,2,3,4 (Code 3495-03)

Current Affairs - Behind the News

If you are interested in a broad range of current affairs as reported through the media and would like to explore these topics in more detail, feel welcome to join this group of members from diverse backgrounds.

Joe Leibowitz Fri 1:30pm-2:50pm Weekly
Venue: R14 Terms: 1,2,3,4 (Code 3490-01)

Financial Health in Retirement

Guest speakers will cover a variety of topics pertaining to your financial health in retirement. \$10 per year to cover cost of gifts for guest speakers.

John Hased Thu 12 Noon-1:20pm Weekly
Venue: R13,14 Terms: 1,2,3,4 (Code 4360-01)

Genealogy / Family History

This is a discussion group for those who are researching their family history and perhaps need help with any problems they may have, or just need the incentive to keep going. Want to progress or need help in researching your family history, then this is the group that can help.

Anthony Robinson Mon 12 Noon-1:20pm wk1,3
Venue: R13 Terms: 1,2,3,4 (Code 5105-01)

Healing - Mind, Body, Spirit

Are you searching for peace, tranquillity and meaning in your life? Join a group of friendly, like-minded people where you can relax and enjoy a calming, healing session.

Please bring a cushion for comfort.

Corale Taylor Tue 9:00am-10:20am Weekly
Venue: R18 Terms: 1,2,3,4 (Code 5420-01)

History - Australian

Talks on particular years of the 20th Century relative to Australia, with emphasis on prominent individuals and events.
John Penwill Tue 11:15am-12:45pm wk1,3,5
Venue: R16 Terms: 1,2 (Code 9801-01)

History - Australian (local)

Students will first examine Aboriginal thought systems which guided their social structure and land management practices and this will then be contrasted to European thought systems and will then enable the understanding of local Aboriginal history and the significant events and personalities of the Colonial period.

Jim Poulter Mon 3:00pm-4:20pm Weekly
Venue: R13 Terms: 1,2 (Code 5530-01)

Introduction to Genetics

An interactive course that introduces biological and genetic concepts relevant to genetic engineering. Genetic engineering techniques to be explored include the treatment of genetic disorders, forensic science, criminal investigations, DNA profiling, GM plants, GM animals, GM food, paternity identification and criminal investigations. No previous knowledge required. Class participants to contribute to cost of photocopying - approximately \$2 per term.

Shirley Fung Wed 9:00am-10:20am Weekly
Venue: R1 Terms: 1,2,3,4 (Code 5605-01)

Italy - A Land of Contrasts

This course is for people wishing to travel to Italy, have already had a taste of it or for anyone who loves all things Italian. It gives an insight into the amazing diversity of customs, dialects, climate and cuisine of the regions and the two largest islands of Italy, all of which make up the tapestry of this fascinating country.

Marie Maglito Mon 9:00am-10:20am wk2,4
Venue: R14 Terms: 1,2 (Code 9774-01)

Journey in Awareness

We explore the many perceptions, beliefs and concepts that hold us captive to the control of our over-active mind. By developing awareness through the investigation and discussion of ancient wisdoms and modern teachings, we transform our consciousness to a more enlightened state and thus impact an evolving humanity.

Deidre Heppell Thu 10:30am-11:50am Weekly
Venue: R14 Terms: 1,2,3,4 (Code 3520-01)

Life Skills in Our Later Years

Develop and reconnect with the wisdom and resources found in your family and your social context in a supportive, interactive group. Includes lots of Psychology and Sociology.

Jo Grant Tue 11:15am-12:45pm wk2,4

Venue: R16 Terms: 1,2,3,4 (Code 6140-01)

Mathematics

Defeated by Maths at High School? Here is your opportunity to conquer the basics in number theory, algebra, geometry and trigonometry in a friendly non-intimidating environment.

Myrna Manton Mon 9:00am-10:20am Weekly

Venue: R1 Terms: 1,2,3,4 (Code 6220-01)

Movie Club

During COVID a quality 'SBS on demand' movie is selected, you watch at your leisure, and a few days later we meet on Zoom to discuss it. Post COVID hopefully we will return to Applewood Retirement Village who kindly provide excellent facilities including a purpose-built room, overhead projection and quality sound system. At ARV a film is introduced, we watch it together and participate in a short discussion afterwards.

Rodney Shield Wed 1:30pm-4:00pm wk2,4

Venue: ARV Terms: 1,2,3,4 (Code 4350-01)

Pathways to Inner Peace, Inner Power - Meditation

This is in the form of Q and A regarding human consciousness and being consciousness. It gives answers to: Who am I? What am I? What is my destiny? Karma?

Kirtida Baxi Tue 3:00pm-4:20pm Weekly

Venue: PR Terms: 1,2,3 (Code 9799-01)

Philosophy Social

A philosophical analysis of social issues. Photocopying costs: ~\$5 per term.

Dawn Heffernan Wed 10:30am-11:50am Weekly

Venue: R13,14 Terms: 1,2,3,4 (Code 7220-01)

Religions of the World

A comparative study. In this course we will explore the concepts of faith, myth, sin, liberation, after-life, symbols, religion and science/philosophy, religious artistic expression across all the major religions. Cost of photocopying and gift for guest speakers: \$5.

Jane Lithoxopoulos Thu 3:00pm-4:20pm Weekly

Venue: R13 Terms: 4 (Code 7850-01)

Safer, Smarter Road Use

This one-term course is for any road user. It will cover a range of topics including better awareness of road safety (including safer roads, cars, people and speed), road rules refresher, the effects of ageing on driving and how to address these.

Patricia Liew Fri 1:30pm-2:50pm Weekly
Venue: R13 Terms: 3 (Code 9770-01)

The Meaning of True Happiness

An 8 week per term experiential course designed to inform participants about one way of finding "TRUE HAPPINESS" through meaning. In particular, exploring a pleasant life versus a good life.

Marcel Saxone Mon 1:30pm-2:50pm Weekly
Venue: R13 Terms: 3,4 (Code 9814-01)

Through the Looking Glass: Truth Inside the Fiction

Literature and History are intertwined. The daily lives of classic writers, historians and social commentators provide fascinating insights into three centuries of history.

We will investigate the melting pot of political intrigue, social drama, scandals and murder that provide the backdrop to many of the famous writers and historical figures that are today common household names.

Jackie Fritzlaff Wed 12 Noon-1:20pm Weekly
Venue: R13 Terms: 1,2,3 (Code 9789-01)

Travellers' Tales

Each interactive session will be on a specific destination or topic. Speakers, mostly from U3A, will discuss places to go, what to do and things to see, followed by a question and answer session. Guest speakers are welcome or will be recruited.

Joady Barnes, Marg Pratt Tue 1:30pm-2:50pm wk1,3
Venue: R13 Terms: 1,2 (Code 8810-01)

COMPUTERS**Basic photo editing**

A 4-week course designed to introduce the basic operations for editing digital photographs: rotate, crop, resize, adjust colour. Software is supplied, only suitable for Windows. Basic computer skills are needed. Attendance at the first class is required. Memory stick desirable. Costs ~\$1. CD of software will be supplied. Class notes will be supplied. Total cost \$1.

Barry Klein Mon 1:30pm-2:50pm Weekly
Venue: R1 Terms: 2 (Code 2700-01)

Computers - Advanced Word/Excel

This is a course for the more experienced users of these programs. It will entail the moving of information from one program to another, e.g., mail merging; graphs to a Word document, etc.; presentation of an advertising poster; newsletter production with Internet inserts; how and when to use columns; watermarks on pages; symbols; and formulas within Excel.

A memory stick must be brought to each class to enable you to complete this course.

Attendance at the first class is required.

Bernice Charity Thu 1:30pm-2:50pm Weekly

Venue: R1 Terms: 3 (Code 9757-01)

Computers - Basics Level 1

An 8-week course with 4 weeks computer basics including opening and closing programmes, management of files and folders, plus 2 weeks of word processing and 2 weeks of Internet and Email.

Please bring a USB stick to the first class.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Term 2. Quintin Coutinho Thu 10:30am-11:50am Weekly

Venue: R1 Terms: 2 (Code 2000-01)

Term 3. Quintin Coutinho Thu 10:30am-11:50am Weekly

Venue: R1 Terms: 3 (Code 2000-02)

Computers - Internet and Email, Word and Excel

This course begins with exploring - how to search and some help to buy and sell items either on Gumtree or eBay. Booking a holiday including looking at airlines, hotel sites and activities at each destination.

For the email component we will set up your own email address - attaching photos or documents, the use of folders and some discussion about scams and viruses. If time, we will look at Word and Excel for beginners.

Bernice Charity Thu 12 Noon-1:20pm Weekly

Venue: R1 Terms: 3 (Code 9775-01)

Introduction to iPad

One-on-one tuition on the introduction to use of the iPad.
Consists of 2x1 hour sessions. Not meant to replace an iPad
Beginners course, but a quick familiarisation for people who
have just received an iPad.

**TUITION IS ARRANGED ON AN INDIVIDUAL BASIS BY
THE TUTOR. TUITION IS BY APPOINTMENT ONLY.
DO NOT ATTEND UNTIL CONTACTED BY THE
TUTOR.**

Ken Hosking Fri 9:00am-10:20am Weekly

Venue: R1 Terms: 1,2,3,4 (Code 9773-01)

IPad - Intermediate Users Group

This course is ideal for members who have basic competency
of using the iPad, usage of native applications, but not yet
ready for the advanced class.

Ensure your email address is up to date for notifications.

Class members to bring a fully charged iPad to class; know
your Apple ID and password; notepad and pen.

Colleen Danaher Wed 3:00pm-4:20pm wk1,3

Venue: R13 Terms: 2,3 (Code 9810-01)

IPad Advanced Users Group

Only members who have NOT previously attended this iPad
class are eligible for this course due to huge waiting lists. This
class will build on your existing iPad knowledge, it is NOT a
beginners' class. Basic operational competency and usage of
iPad native applications is assumed. Bring fully charged iPad,
notepad and pen and know your Apple ID and password.

Heather Close Wed 3:00pm-4:20pm wk2

Venue: R13 Terms: 1,2,3,4 (Code 1045-01)

IPad Workshop for Beginners on Zoom

This course is ONLY for Apple Ipad Users.

You will be introduced to using many of the basic Ipad
functions including MAIL, SAFARI, FACETIME, PHOTOS,
BOOKS, NOTES, MAPS and more.

Knowing your Apple ID and password is essential to make
progress.

Heather Close Mon 3:00pm-4:20pm Weekly

Venue: Z1 Terms: 2 (Code 9815-01)

Photobooks

Learn to do photobooks, calendars and canvasses online. The software used is called Photobookshop. Members must be computer literate and they must own a PC or laptop. Tablets and iPads are not suitable.

Same course repeated each term.

Term 1. Barbara Spagnolo Wed 1:30pm-2:50pm Weekly
Venue: Z2 Terms: 1 (Code 9726-01)

Term 2. Barbara Spagnolo Wed 1:30pm-2:50pm Weekly
Venue: Z2 Terms: 2 (Code 9726-02)

Term 3. Barbara Spagnolo Wed 1:30pm-2:50pm Weekly
Venue: Z2 Terms: 3 (Code 9726-03)

Term 4. Barbara Spagnolo Wed 1:30pm-2:50pm Weekly
Venue: Z2 Terms: 4 (Code 9726-04)

CREATIVE ARTS

Calligraphy - Level 1

Calligraphy is the art of transcription using a variety of styles. The aim is to develop skill in producing hand written material for special occasions, e. g. greeting cards, invitations etc.

Hennie de Vries Wed 11:00am-1:00pm Weekly
Venue: R17,18 Terms: 1,2,3,4 (Code 1650-01)

Calligraphy with Illumination - Level 2

Calligraphy is the ART of beautiful writing. Develop skills in illumination to produce works of art. Not for beginners.

Materials: new members will be advised.

Laurie Bicknell Wed 11:00am-1:00pm Weekly
Venue: R17,18 Terms: 1,2,3,4 (Code 1655-01)

Classical Guitar - Beginners

This is a beginner's course with an emphasis on playing ensemble. It does not continue on from last year. Each student needs his/her own classical guitar. Students must contact the Tutor via email prior to commencement of course to show and discuss their choice of instrument.

This is a Beginner's class and members may not enrol if they have attended the Beginners class in a previous year.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Etienne de Lavaulx Fri 10:30am-12 Noon Weekly
Venue: PR Terms: 1,2,3,4 (Code 1900-02)

Drawing & Pastels - Level 1

An introduction to drawing and pastels using a range of media, including soft pastels.

New members will be advised on materials.

Sandra Dean Mon 11:00am-1:00pm Weekly

Venue: R16,17 Terms: 1,2,3,4 (Code 3700-01)

Drawing & Pastels - Level 2

A group for the more experienced pastelists. Members bring own materials.

Desiree Higgins Mon 11:00am-1:00pm Weekly

Venue: R16,17 Terms: 1,2,3,4 (Code 3705-01)

Drawing and Painting for Absolute Beginners

This course focuses on the basic techniques and concepts you need to create successful drawings and paintings. It is an opportunity to discover the pleasure and satisfaction of creating your own work of art. Materials required will be emailed prior to class.

Chris Padgham Thu 9:00am-11:00am Weekly

Venue: R18 Terms: 1,2,3,4 (Code 9780-01)

Drawing, Pastels PLUS

This is a multi-medium class (except oils) where the ultimate aim is to achieve basics, inspiration, awareness and the means for an artistic result.

New members are to commence at 9.00am -9.30am for the first weeks.

Equipment required: Lead pencils 2B - 4B, kneadable eraser, cartridge pad or field pad. Further details of supplies discussed at 1st class.

Lynne Deans Fri 9:00am-12:20pm Weekly

Venue: R16,17,18 Terms: 1,2,3,4 (Code 3710-01)

Embroidery - Needles & Threads

This is a self-help group suitable for experienced members.

Participants may work on embroidery, tapestry, etc.

Embroidery Members bring something to embroider, cottons, etc.

Helen Martin Tue 11:00am-1:00pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 4100-01)

Embroidery - Self Help

This is a self-help group of Embroidery for the beginner to the more experienced. Needles, threads and materials bought by members as needed.

Gayle McCann Tue 10:30am-12:30pm Weekly

Venue: Prd Terms: 1,2,3,4 (Code 9804-01)

Handcrafts/Cardmaking

A self-help group for sharing skills & experimenting. Includes making greeting cards, covered boxes, gifts, etc., using the techniques of rubber-stamping, quilling, decoupage, beading, etc. We will attempt to cover individual requests. Equipment provided for 1st class plus a list of tools required.

Pam Stewart Wed 1:00pm-3:00pm Weekly

Venue: PR Terms: 1,2,3,4 (Code 5300-01)

Knitting and Crochet

Participate in a fun and friendly class making all sorts of things. Ideas welcomed, learn basic knitting and crocheting.

Cheryl Walsh Mon 12 Noon-1:20pm Weekly

Venue: Prd Terms: 2,3 (Code 5980-01)

Mandalas

Mandala means sacred circle. Mandala design is a fulfilling creative activity awakening geometric skills as well as your dormant artistic side. Enjoy colour, beauty, zentangles and much more.

Bring to class 1 HB pencil, sharpener, long ruler 40cm, expanding strong compass, protractor, rubber, coloured pencils, (good quality), Prismacolor, FABER-Castel and A3 sketchpad, black unipens OR ARTLINE pens No.o5/No.o8

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Trudi Dempsey Fri 10:30am-11:50am Weekly

Venue: R15 Terms: 1,2,3,4 (Code 6195-01)

Marquetry - Self Help

Marquetry is the art of using wood veneers to make pictures or designs. Some veneers can be provided. Beginners and those with experience are welcome in this enjoyable hobby.

Purchase of cutters and veneers are at members' discretion.

A craft knife & cutting board are required.

Lindsay Roberts Tue 9:00am-11:00am Weekly

Venue: R15 Terms: 1,2,3,4 (Code 6210-01)

Music - Piano - Advanced

This is for people who have some knowledge of playing the piano, and would like to advance, to know how to harmonise with chords.

Please don't book if having more than a block of two weeks holiday, this is a very dedicated course.

You may be required to buy a music book, cost not known until course starts. Allow up to \$30.

Christine Lees Wed 10:30am-11:15am Weekly

Venue: PR Terms: 1,2,3,4 (Code 9813-01)

Music - Singing for Pleasure

Singing is good for body, mind and spirit, so come along and join this happy group. No previous experience is necessary nor are there auditions. The repertoire is songs that are well known and easy to sing. Music will be provided at the beginning of each term for which you will be charged for photocopying only.

Mavis Blake Fri 10:30am-11:50am Weekly

Venue: SMC Terms: 1,2,3,4 (Code 6680-01)

Music Lovers' Group

Convenor: John Mitchell; Assistants: Joan Creber, Barry Wilkins. This course is for lovers of fine music. As a self-help group, members will present their favourite music. Guest speakers will be invited to present programs of interest.

John Mitchell Mon 2:15pm-3:45pm Weekly

Venue: SDACH Terms: 1,2,3,4 (Code 6640-01)

Music Theory

Basic theory - do you want to play music or join a choir?

Learn to read and understand music. Have fun discovering the joys of music. The notes are there - you can learn to read them.

Textbook: Master Your Theory by Dulcie Holland. ~ \$20.

Photocopying costs will be collected by class rep as needed.

Level 1. Don O'Gorman Mon 11:15am-12:45pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 6685-01)

Needlework

Anything worked with needles can be done in this class, with preference for even-weave stitchery, eg: cross-stitch, hardanger, tapestry, etc. and some embroidery. Also knitting, bead-knitting, beading, crochet & ribbon work. Bring your own project to work on.

Kaye Harvie Thu 9:30am-11:30am Weekly

Venue: PR Terms: 1,2,3,4 (Code 6800-01)

Painting - Acrylics Self Help

This is a self help group for people who have acrylic painting experience. Purchase of materials and equipment are at members' discretion.

Materials: paints, brushes, palette, canvases or paper, pencils, rubber, cloth, plastic sheet to cover table, water container (for washing brushes).

Frank O'Neill Fri 1:00pm-3:00pm Weekly

Venue: R16,17,18 Terms: 1,2,3,4 (Code 7010-01)

Painting - Chinese Self Help

This is a self help class for people who have Chinese painting experience.

Purchase of materials and equipment are required.

Bring rice paper, Chinese brushes, ink and water colours.

Liya Fairless Fri 12 Noon-1:20pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 7020-01)

Painting - Outdoor Pen and Wash

Sketching and painting outdoors in various Manningham locations. Learn to make a visual diary of your work.

Equipment: Uniball black pen (micro or fine deluxe), 2B pencil, small sketchbook (A6), watercolour brush, watercolour paints (NOT tubes), small water jar, stool, hat, umbrella.

Location for first class - Timber Ridge Reserve, Anthony Avenue, Doncaster (Mel. 32 K9). Meet in grandstand near carpark. See the class entry in your MyU3A profile for date.

No class if:

(a) temperature forecast is over 32c,

(b) Total Fire Ban day in metro area.

Rene Carrasco Mon 1:00pm-3:00pm wk2,4

Venue: VAR Terms: 1,2,3,4 (Code 7040-01)

Painting Watercolour - Level 2

This course includes exercises in wash techniques, colour, tone and simple perspective. We will then progress to using these techniques in landscapes, seascapes and still life.

New students please bring any paints, paper and brushes you have already. This is NOT a class for beginners.

Jan Palmer Thu 9:00am-11:00am Weekly

Venue: R16,17 Terms: 1,2,3,4 (Code 7055-01)

Painting Watercolour - Self Help

A watercolour course for people with some experience. Materials will be discussed at first class.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Carolyn Francis Tue 3:00pm-4:20pm Weekly
Venue: R15 Terms: 3,4 (Code 7045-01)

Painting Watercolour Self Help

This class assumes a certain level of skill. Class members work on their own projects. This is NOT a class for beginners. BYO materials and equipment, paint, brushes, paper, reference material. Have a project in mind. New members welcome.

Lisbeth Wilks Mon 9:00am-11:00am Weekly
Venue: R15 Terms: 1,2,3,4 (Code 7060-01)

Painting with Oils

This course is for those with some experience in painting with oils. Artists with little or no experience may apply. Artists provide assistance to each other. Initial cost for supplies is about \$50. Bring canvas, brushes (for oil), palette, paints, pencil, ruler, mineral turpentine in a glass resealable jar, plastic sheet (for table), apron or old shirt.

Wilmore Bajada Wed 12:30pm-2:45pm Weekly
Venue: R15 Terms: 1,2,3,4 (Code 7080-01)

Patchwork, Applique & Quilting for Beginners

The class will include traditional and modern techniques which can be used for quilts, cushions and other decorative items. Purchase of materials and equipment is at members' discretion. Materials will be discussed at the first class.

Patricia Wright Mon 3:00pm-4:20pm Weekly
Venue: R17,18 Terms: 1,2,3,4 (Code 7090-01)

Sculpture - Self Help

A self help group exploring clay, stone and wood to produce small and medium sized projects. Tools and materials acquired as needed. Beginners welcome. Materials will be discussed at first class.

Alfred Eiden Wed 9:00am-11:00am Weekly
Venue: R15 Terms: 1,2,3,4 (Code 8220-01)

Sketching & Drawing for Beginners

Starting with pencil & paper, members will learn about perspective, light and form, still life, nature studies and portraits. These will be investigated with charcoal, coloured pencils or pen (bring your own sketch pad, 4B pencil and a good quality rubber/eraser). This course is intended for members who have not enrolled in this class before. Re-enrolment accepted only after the first month to give absolute beginners a chance. Any re-enrolments prior to that date will be removed.

Carol Griffiths Wed 1:00pm-2:45pm Weekly
Venue: R17 Terms: 1,2,3,4 (Code 9769-01)

Wood Carving - Self Help

This is a self help group where we whittle and carve small objects. Members provide their own tools and materials. Some help will be given by class members. Equipment: sharp carving knife, safety glove, wood.

Desiree Higgins Mon 9:00am-11:00am Weekly
Venue: R17 Terms: 1,2,3,4 (Code 9050-01)

Woolcraft

This is a class in knitting and crotchet to suit all ability levels, from beginners to advanced. Please bring your current project (yarn, pattern, needles, crochet hook) to your first class. Beginners will be advised in first class as to materials they will need.

Marie Klein Mon 1:30pm-2:50pm Weekly
Venue: R15 Terms: 1,2,3,4 (Code 9080-01)

Zentangles

A decorative doodling, participants can create any art work using zentangles. What to bring to class: 1 x A5 unlined notebook, HB pencil, eraser, and 1 x 0.1 UniBall or Artline black pen.

Trudi Dempsey Mon 1:30pm-2:50pm Weekly
Venue: R18 Terms: 1,2,3,4 (Code 9729-01)

ENGLISH: WRITTEN & SPOKEN

Book Group

Through the power of the written word, we can 'visit' other times and places and share in other peoples' experiences. Join a group of like-minded people to read and talk about books that may change the way we see the world.

Book Group - The first book for the year will be advised before week 1.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Elizabeth Ross Mon 1:30pm-2:50pm wk3

Venue: R17 Terms: 1,2,3,4 (Code 1455-01)

English (ESL) - Basic Writing

For speakers of English as a Second Language who have a basic literacy in English. Aims include improving spelling, grammar and sentence construction, broadening vocabulary and writing in different forms and styles for different purposes. Focus will vary according to individual needs and preferences.

Photocopying cost: \$2.00 per term.

Lynne Lloyd Mon 3:00pm-4:20pm Weekly

Venue: R16 Terms: 1,2,3,4 (Code 4195-01)

English (ESL) - Conversation Level 1

For speakers of English as a second language. Increase your vocabulary and improve your pronunciation through small group conversation. A workbook will be required.

Photocopies \$5 per year

Group B. Joan Creber Wed 9:15am-10:15am Weekly

Venue: R18 Terms: 1,2,3,4 (Code 4200-01)

English (ESL) - Conversation Level 2

For speakers of English as a second language who already speak at an intermediate level or better. You will take part in conversations and improve your vocabulary, grammar and pronunciation. Up to \$5 per year for photocopying.

Bring pen/pencil, notebook.

Group A. Jean de Neef Thu 9:00am-10:20am Weekly

Venue: R14 Terms: 1,2,3,4 (Code 4201-01)

Group B. Joy Fletcher Thu 12 Noon-1:00pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 4201-02)

Writing - Creative

For people interested in regularly developing their writing skills. Class members are required to submit a piece of writing periodically on a topic of their own choice, to provide a weekly written critique of other member's stories prepared at home and complete a short written exercise each week.

N.B. Only ONE writing class (Writing - Creative OR The Written Word) per member

Richard Davis Wed 9:00am-10:20am Weekly
Venue: R13 Terms: 1,2,3,4 (Code 9115-01)

Writing - The Written Word

Explore all aspects of the written word, including memoir, family history, fiction, poetry and scriptwriting in a relaxed and supportive environment. Work is critiqued in a constructive and respectful manner, encouraging a practical understanding of self-editing.

Lula Black Mon 9:00am-10:20am Weekly
Venue: Prd Terms: 1,2,3,4 (Code 9120-01)

Writing Poetry

Our emphasis is on sharing and improving our poetic creations in a friendly atmosphere. Constructive and respectful critiquing is carried out on some poems. We learn how to read and appreciate published poetry, exploring the use of poetic forms and devices through the ages.

Mary Edgar Thu 1:30pm-2:50pm Weekly
Venue: R14 Terms: 1,2,3,4 (Code 9118-01)

GAMES & HOBBIES**Bridge - Beginners**

Learn the basics of Bridge. You need to have some card games experience such as Solo or Five Hundred.

This class is held every week for the entire year.

No new players after the 3rd Tues class in February.

Required: Text book "Beginner Bridge" (purchased from Tutor).

Nena Reid Tue 9:00am-11:00am Weekly
Venue: R16 Terms: 1,2,3,4 (Code 1500-01)

Bridge - Duplicate

This class caters for players who are familiar with Duplicate Bridge and who wish to advance their skills in the Standard American system. Some guidance will be available for the less experienced players.

Participants must know how to play Bridge.

NB Only ONE Duplicate Bridge Group per member.

Group A. Ross Henderson Tue 1:30pm-4:20pm Weekly

Venue: R16,17,18 Terms: 1,2,3,4 (Code 1520-01)

Group B. Antonino John Ingrassia Thu 1:10pm-4:20pm

Weekly

Venue: R16,17,18 Terms: 1,2,3,4 (Code 1520-02)

Group C. Antonino John Ingrassia Wed 1:30pm-4:20pm

Weekly

Venue: R18 Terms: 1,2,3,4 (Code 1520-03)

Bridge Practice/Social

For players with a basic knowledge of Bridge, wishing to gain experience in a friendly and social atmosphere with some guidance offered where required.

Group A. Arthur Michie Tue 11:00am-1:00pm Weekly

Venue: R17,18 Terms: 1,2,3,4 (Code 1530-01)

Group B. Tess Gibbs Tue 9:00am-11:00am Weekly

Venue: R17 Terms: 1,2,3,4 (Code 1530-02)

Card Games

Come and play cards for fun, mental stimulation and social interaction. Members are expected to contribute to the cost of new packs of cards. We usually play Bolivia and sometimes Five Hundred.

Joanne Kelly Fri 1:00pm-3:00pm Weekly

Venue: Prd Terms: 1,2,3,4 (Code 1673-01)

Card Games: Learn and Have Fun

Learn and play Canasta, Samba and Bolivia. Socialise, exercise your brain and have fun. Members are expected to contribute \$5.00 per year to the cost of new cards.

Jan Bauer Tue 1:15pm-3:15pm Weekly

Venue: Prd Terms: 1,2,3,4 (Code 9751-01)

Cryptic Crosswords (Intermediate)

An interactive class in which an Age or similar cryptic crossword is solved by the group each week.

Incidental teaching will be offered and wordplay explained.

Basic knowledge of cryptic crosswords is needed.

Margaret Gentile Wed 9:00am-10:20am Weekly

Venue: R14 Terms: 1,2,3,4 (Code 9791-01)

Mahjong - Western - Self Help

Western style self-help form of this ancient Asian tile game.
For independent, self-motivated experienced players. NB Must
play western style (NOT Chinese style). NO tuition given.
Carol Henderson Mon 10:45am-12:15pm wk2,4
Venue: DRV Terms: 1,2,3,4 (Code 6190-01)

Scrabble (Advanced)

Scrabble is fun and good exercise for the brain. Previous
playing experience essential. Not suitable for beginners.
Bev Dittmann Thu 1:30pm-3:30pm Weekly
Venue: R15 Terms: 1,2,3,4 (Code 8200-01)

HEALTH & FITNESS**Badminton**

This Badminton group is for players of all skill levels who would
enjoy a game in a relaxed atmosphere where you can have fun
along with exercise.

A charge of \$5 for Shuttlecocks.

Own racquet and suitable runners required.

NB: Only ONE Badminton class per member.

Kay Newcombe Mon 10:30am-11:30am Weekly
Venue: DISC Terms: 1,2,3,4 (Code 1200-01) Fee: \$40

Badminton for Fun

This group welcomes all levels of expertise. Those new to
Badminton will receive friendly guidance & tuition, while the
proficient will be encouraged to improve technique & fitness.
There will be a few racquets for first-timers. Annual fee for
shuttlecocks: \$5. Bring your own racquet.

NB: Only ONE Badminton class per member.

Roy Porter Wed 10:00am-12 Noon Weekly
Venue: DISC Terms: 1,2,3,4 (Code 1210-01) Fee: \$40

Ballroom Dancing - Advanced

Dancing is a fantastic way to get mentally and physically active,
to stay fit, and most importantly, to have fun. Come and join our
friendly group. For the advanced level you must have more than
3 years' experience.

Wear comfortable shoes for dancing, NOT rubber, ripple-soled
shoes or sneakers.

NB: Only ONE Ballroom Dancing class per member.

Patrick Khaw Wed 1:00pm-2:30pm Weekly
Venue: PFR Terms: 1,2,3,4 (Code 1250-01)

Ballroom Dancing - Beginners Level 1

This class teaches basic steps and dances useful for a social occasion. It is also a good foundation for the Ballroom Dancing Beginners Level 2 class.

Wear comfortable shoes - NOT rubber, ripple-soled shoes or sneakers.

NB: Only ONE Ballroom Dancing class per member.

Lily Ong Wed 12 Noon-1:00pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 9782-01)

Ballroom Dancing - Beginners Level 2

To do this class you need to have done at least one year in the Ballroom Dancing - Beginners class [Level 1] or Dinner Dancing.

Wear comfortable shoes - NOT rubber, ripple-soled shoes or sneakers.

NB: ONLY ONE Ballroom Dancing class per member

Ethel Fredericks Thu 2:00pm-3:00pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 1251-01)

Ballroom Dancing - Intermediate

Class members will need to have done at least one year in Beginners Level 2 class unless they are already competent ballroom dancers. Members will be examined in the first two weeks to see if they are suitable to stay in the Intermediate class. Dancing is a fantastic way to keep physically fit and mentally active. This is a stepping stone to the Advanced Ballroom class. Wear comfortable shoes for dancing, NOT rubber, ripple-soled shoes or sneakers.

NB: Only ONE Ballroom Dancing class per member.

Noel Wright Wed 2:30pm-3:30pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 1252-01)

Chair-based Exercise

For flexibility and fun. Suits participants unable to lie on the floor. Check your suitability with your GP PRIOR to enrolling.

Comfortable casual wear. Purchase a child's small, dimpled rubber ball. Bring a bottle of water. Not available to anyone already participating in any U3A strength training, floor yoga or energetic dance classes.

Sandra Marshall Thu 3:00pm-4:20pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 1785-01)

Dance to the Beat

You don't need a partner. Enjoy dancing to the beat of latin, contemporary and popular music.

The Monday class is the same as the Thursday class but is conducted via Zoom, so you must have a webcam facility to join the Monday class.

Members may enrol in both classes if they wish.

Group A. Barbara Spagnolo Thu 1:00pm-2:00pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 9812-01)

Group B. Barbara Spagnolo Mon 3:30pm-4:30pm Weekly

Venue: Z2 Terms: 1,2,3,4 (Code 9812-02)

Get Active

Gentle exercise that incorporates aerobic, strength with light weights, stretching, coordination, balance and agility in a fun way. NOT for those already doing Strength Training.

Marg Dawdy Mon 12:30pm-1:30pm Weekly

Venue: TACC Terms: 1,2,3,4 (Code 9743-01)

Golf for All

Members must have their own clubs and be experienced playing golf. Nine holes of golf on a weekly basis. Green fees apply.

Pamela Mann Tue 8:30am-12 Noon Weekly

Venue: FGC Terms: 1,2,3,4 (Code 5145-01)

Golf for Fun

For non-serious golfers. If you play the occasional game of golf, join us for fun and exercise. A round of 9 holes weekly. Green fees apply.

Eric Morris Wed 7:00am-10:00am Weekly

Venue: FGC Terms: 1,2,3,4 (Code 5150-01)

Greek Dancing

Learn some Greek dancing along with some history and culture associated with the dancing. Good exercise guaranteed!

Beginners must attend at 11:30, others may start at 11:45.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Irene Michaelides Thu 11:30am-1:10pm Weekly

Venue: R16,17,18 Terms: 1,2,3,4 (Code 5210-01)

Lawn Bowls for Beginners

If you've thought about trying Lawn Bowls this is for you. For beginners only, so come and learn the basics of this enjoyable game for young people that old people can play! All you need is a pair of sneakers and a broad-brimmed hat. Borrow club bowls or use your own. No fees.

Location: Mullum Mullum Reserve, eastern cnr Springvale and Reynolds Roads, Donvale.

Barry Wilkins Thu 1:30pm-3:30pm Weekly

Venue: DBC Terms: 1,2,3,4 (Code 6050-01)

Line Dancing - Beginners

This class will be suitable for those new to Line Dancing as well as those who already have some line dancing experience and wish to enjoy learning at a more relaxed pace and simpler dance steps and sequences. Footwear: Wear comfortable, flat shoes (no open toed shoes). NB: only ONE Line Dancing class per member.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Julie Ong Fri 3:00pm-4:00pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 6145-01)

Line Dancing - Improver/Intermediate

This is a class for those who are already familiar with and can comfortably do common Line Dance steps, such as Weave, Vine, Kick-Ball Change, Coaster Step, Quarter Turn, Half Turn, Pivot Turn, Sailor Step, Charleston, Jazz Box etc. Some dances taught will have a medium to fast tempo as well as more complicated sequences and footwork. Wear comfortable, flat shoes (no open toed shoes).

NB: only ONE Line Dancing class per member.

Julie Ong Fri 1:00pm-2:30pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 6147-01)

Petanque - French Bowls

Petanque is a fun, social, easily learned game, played with steel boules on a gravel surface. Instruction will be given and 'boules' provided for the first two sessions, then participants will need to purchase their own.

Coral Vercoe Mon 9:00am-10:30am Weekly

Venue: DISC Terms: 1,2,3,4 (Code 7100-01)

Pilates (Gentle)

Participants follow a floor-based exercise routine with a focus on developing and maintaining core strength, muscle control and balance. The Tutor will speak individually to NEW members before the term commences to discuss readiness to participate in this group class. Members bring their own mat to class.

Carole McNamara Mon 3:00pm-4:00pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 9800-01)

Pilates for Beginners

Pilates is a concise exercise routine designed to strengthen the body. Emphasis is placed on switching on the deep abdominal muscles in order to avoid problems with the hips and lower back. Most exercises are done lying on the floor so please bring a thick mat. (Class location is to the right of the Living and Learning Centre). Pilates circles are supplied via a \$10 refundable deposit. Participants with recent operation or health issue need to have an evaluation by the teacher by appointment to discuss how you can participate in a group class.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Robyn Stephens Mon 1:45pm-2:45pm Weekly

Venue: TACC Terms: 1,3,4 (Code 9727-01)

Rock & Roll - Diamond Group

This group is for beginners and dancers with some experience but who have not previously participated in U3A Rock and Roll classes.

Emanuel Alexiou Mon 12 Noon-1:00pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 9798-01)

Rock & Roll and Swing - Gold Group

This class is for people who can dance in time with music, lead or follow, and who wish to go dancing with friends. To enrol in this class members must be recommended by the Diamond Group Tutors. Members new to Rock and Roll at U3A should initially enrol in Diamond where they will immediately be directed to the group appropriate to their skills and aspirations.

Ed Goodieson Mon 12 Noon-2:00pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 7905-01)

Rock & Roll and Swing - Platinum Group

For people who wish to acquire the dancing skills, confidence and social dancing etiquette to attend external (to U3A) Rock and Roll dance classes.

All applicants (new to Rock and Roll) should initially enrol in Diamond Group. They will be immediately placed in the group most appropriate to their current dancing skills and aspirations.

Will not start in 2021 until Covid Social Distancing laws allow couples to dance together restrictions are removed. You are invited to join SO YOU WANT TO DANCE - WITH SOCIAL DISTANCING and will get priority enrolment

Ed Goodieson Mon 1:00pm-3:00pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 7895-01)

Sequence Dancing for Beginners

Ballroom Dance, Modern Latin and Sequence Dances, New Vogue.

Liza Ng Thu 12 Noon-1:00pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 9792-01)

Strength Training - Level 1

Through working with weights you can improve your strength, balance, bone density, blood sugar control and general well-being. Prior to enrolling in a Strength Training group, ALL NEW participants must check with their GPs/Specialists that this program will be suitable for them.

ATTENDANCE TWICE WEEKLY FOR ALL PARTICIPANTS IS REQUIRED.

This is a one term course and on successful completion you may move into a Level 2 group. Attendance at the first session is ESSENTIAL.

Attendance at BOTH weekly sessions is expected. Bring a mat for floor exercises & small cushion (optional); wear comfortable clothes & training shoes.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Marg Dawdy Mon,Thu 9:00am-10:20am Weekly

Venue: SHTAC Terms: 1 (Code 8500-01)

Strength Training - Level 2

Attendance at BOTH weekly sessions is expected. Bring a mat for floor exercises & small cushion (optional); wear comfortable clothes & training shoes.

Only people who have completed the introductory course (Level 1) will be accepted into a Level 2 group.

Group A. Vivienne Newman Mon,Thu 9:00am-10:20am Weekly
Venue: PFR Terms: 1,2,3,4 (Code 8505-01)

Group B. Gina Evans Mon,Thu 10:30am-11:50am Weekly
Venue: PFR Terms: 1,2,3,4 (Code 8505-02)

Group C. Julie Gamble, Robyn Jones Tue,Fri 9:00am-10:20am Weekly
Venue: R13,14 Terms: 1,2,3,4 (Code 8505-03)

Group D. Linda Beston, Sylvania Cheung Tue,Fri 10:30am-11:50am Weekly

Venue: R13,14 Terms: 1,2,3,4 (Code 8505-04)

Group E. Marg Dawdy Mon,Thu 9:00am-10:20am Weekly
Venue: SHTAC Terms: 1,2,3,4 (Code 8505-05)

Group F. Telmay Dodd Mon,Thu 10:30am-11:50am Weekly
Venue: SHTAC Terms: 1,2,3,4 (Code 8505-06)

Table Tennis

Learn the basic rules of Table Tennis. It could improve your reflexes by getting the eyes and body moving. This is done in a friendly atmosphere in good company. The facilities are excellent. Wear suitable shoes.

Bring your own table tennis bat.

Ian Anderson Thu 11:00am-12:30pm Weekly
Venue: DISC Terms: 1,2,3,4 (Code 8600-01)

Table Tennis Spin & Smash

These sessions are for members who want to improve spin and smash skills by practising in single games. Members to bring their own bat; pay \$2 for table tennis balls for the year (no pro-rata if you join later); wear suitable indoor sports shoes and all class members are requested to set up tables (under supervision) from 9:50 AM.

Peter Chan Thu 10:00am-11:00am Weekly
Venue: DISC Terms: 1,2,3,4 (Code 8605-01)

Tai Chi Ch'uan - Beginners

A simple movement by movement progression to learning the Beijing 24 forms of Tai Chi Ch'uan. The class may include warm up flexibility exercises, a set of Tai Chi Qigong breathing exercises and a set of relaxation/meditation movements - The Lotus.

NB: ONLY ONE TAI CHI CLASS PER MEMBER

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

William Mak Wed 9:00am-10:10am Weekly

Venue: PFR Terms: 1,2,3,4 (Code 8652-01)

Tai Chi Ch'uan Intermediate/Advanced

All members MUST have completed Tai Chi Ch'uan Beginners and/or approved by the tutor to allocate to intermediate or advanced class prior to commencement of the course.

Participants should have previous and/or good knowledge and experience of Tai Chi Ch'uan. The class will build on previous knowledge and experience in learning the Beijing 24 forms of Tai Chi Ch'uan. The class may include warm up flexibility exercises, a set of Tai Chi Qigong breathing exercises and a set of relaxation/meditation movements - The Lotus, Tai Chi with walking stick, Tai Chi Fan or Tai Chi Sword.

NB: ONLY ONE TAI CHI CLASS PER MEMBER

William Mak Wed 10:30am-11:40am Weekly

Venue: PFR Terms: 1,2,3,4 (Code 9805-01)

Tai Chi Level 1

Tai Chi Qi-gong - 18 movements. This is followed by the simplified Sun Style form which is very beneficial for general health and well-being, improving breathing, balance, flexibility and coordination.

NB: ONLY ONE TAI CHI CLASS PER MEMBER

Angelina Chung Tue 9:00am-10:00am Weekly

Venue: BSWC Terms: 1,2,3,4 (Code 8655-01)

Tai Chi Level 2

Yang Style Tai Chi 24 form, progressing to learning Yang Style Tai Chi Fan 18 form. This level is for those who have completed Level 1 and is NOT suitable for beginners.

NB: ONLY ONE TAI CHI CLASS PER MEMBER

Angelina Chung Tue 10:15am-11:15am Weekly

Venue: BSWC Terms: 1,2,3,4 (Code 8660-01)

Tennis - Friday

Own racquet and proper tennis shoes required (no joggers). MUST have played before. Extra yearly cost of \$20 per person for holiday court hire, paid at start. Ball money contribution throughout the year. We play right through the year - all holidays except Good Friday. Four weeks only at Christmas. No coaching.

Andrew Narsey Fri 8:30am-10:00am Weekly

Venue: DTC Terms: 1,2,3,4 (Code 8752-01)

Tennis - Monday

Own racquet and proper tennis shoes required (no joggers). MUST have played before. Extra yearly cost of \$20 per person for holiday court hire, paid at start. Ball money contribution throughout the year. We play right through the year - all holidays except Good Friday. Four weeks only at Christmas. No Coaching available.

Ern Kiefer Mon 8:30am-10:00am Weekly

Venue: DTC Terms: 1,2,3,4 (Code 8750-01)

Walking for Exercise - Friday

Easy walking, approximately 1 hour. Meet at 8:50am at parks listed on walk sheets. BYO water bottle, hat, sunscreen, morning tea.

See walk sheets for venues. First walk: Banksia Park, Melway: 32 E5; meet near covered tables. Walks will not be held on declared TOTAL FIRE BAN days.

Douglas Brewer, Marg Dawdy Fri 8:50am-10:00am Weekly

Venue: VAR Terms: 1,2,3,4 (Code 9005-01)

Walking for Exercise - Monday

Meet at barbeque area tables beside Wombat Park, Finns Reserve, near car park.

Walk at your pace, approximately 1 hour. Walks will be held rain or shine except for CODE RED days.

Jan Roberts Mon 8:50am-10:00am Weekly

Venue: FRDS Terms: 1,2,3,4 (Code 9728-01)

Walking for Exercise - Thursday

One hour walks in and around Manningham and nearby parks and reserves. The schedule for each term will be on the U3A notice board. Walks will not be held on declared TOTAL FIRE BAN days.

For first walk Term 1 meet at Finn's Reserve - Duncan St, Mel 33 B4. Meet at car park.

Don McKelvie Thu 9:00am-10:00am Weekly

Venue: VAR Terms: 1,2,3,4 (Code 9010-01)

Walking for Exercise - Tuesday

Venue: Finns Reserve. Meet in the carpark on the left at the river end of Duncan Street, Templestowe Lower. Melway ref. 33B4. Walk for an hour then morning tea if you have time. Walks will not be held on Total Fire Ban days.
Pauline Dinatale Tue 8:55am-10:00am Weekly
Venue: FRDS Terms: 1,2,3,4 (Code 9000-01)

Walking for Exercise - Wednesday

Walk in Ruffey Lake Park. Meet in the 2nd car park off Victoria Street. Melways 33 J10. A regular morning walk is the best exercise for seniors. Improve your health fitness in good company. If possible, stay for a cuppa afterwards. Walks will not be held on declared TOTAL FIRE BAN days.
David Ellis Wed 9:00am-10:00am Weekly
Venue: RLP Terms: 1,2,3,4 (Code 9003-01)

Walking for Fitness - Advanced

One-hour walks in and around Manningham and nearby parks and reserves. As a guide, participants need to walk at a minimum pace of 4 km/h and be fit enough to manage some challenging hills. Appropriate walking shoes necessary for safety on some unsealed paths. Walks will not be held on declared Total Fire Ban days.
David McNamara Thu 9:00am-10:00am Weekly
Venue: VAR Terms: 1,2,3,4 (Code 9747-01)

Yoga

Yoga is a great way to relieve stress and bring calm. Through the combination of breath and movement this ancient art works on moving energy through the body. Deep breathing relaxes muscle flexibility and increases strength. Wear comfortable clothing. Please bring a yoga mat to class. This course is for participants who cannot get on the floor or have not done Yoga before.

NB ONLY ONE YOGA CLASS PER MEMBER.

Gentle. Gloria Matison Mon 1:30pm-2:50pm Weekly
Venue: R14 Terms: 1,2,3,4 (Code 9280-01)

Yoga - Classical

Stay young and inject health and vitality into your life with Yoga by improving flexibility and fitness. Achieve better balance, coordination and calm the mind through deep relaxation. Bring a yoga mat and rug.

NB: ONLY ONE YOGA CLASS PER MEMBER.

Nalini Singam Mon 11:15am-12:15pm Weekly
Venue: TACC Terms: 1,2,3,4 (Code 9224-01)

Yoga for Health

Be vitalised by Yoga, to improve flexibility, tone the body and relax the mind. Breathing exercises and deep relaxation to strengthen the mind and body are included in the sessions. Please bring a yoga mat to class. NB: ONLY ONE YOGA CLASS PER MEMBER.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Saroja Swami Fri 3:00pm-4:20pm Weekly

Venue: R13,14 Terms: 1,2,3,4 (Code 9250-01)

Yoga Hatha Integral

Yoga is a great way to relieve stress and bring about calm. Through the combination of breath and movement this ancient art works on moving energy through the body. Deep breathing relaxes muscle flexibility and increases strength.

Wear comfortable clothing, please bring a yoga mat to class.

Members of this class must have done Yoga before. NB: ONLY ONE YOGA CLASS PER MEMBER.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Gloria Matison Tue 3:00pm-4:20pm Weekly

Venue: R14 Terms: 1,2,3,4 (Code 9275-01)

Gloria Matison Tue 3:00pm-4:20pm Weekly

Venue: R13 Terms: 1,2,3,4 (Code 9275-02)

LANGUAGES

Chinese - Advanced

To discover and enjoy, in a relaxed and friendly way, the beauty and philosophy of Chinese culture through reading, writing and conversation in everyday situations. Ability to read and write Chinese characters is a prerequisite. A textbook will be required.

Linda Chin Tue 12 Noon-1:20pm Weekly

Venue: R13 Terms: 1,2,3,4 (Code 1800-01)

Chinese - Mandarin Conversation Level 2

Participants MUST be able to use 'pinyin' in this class, and have studied Mandarin for at least 2 years.

This course aims to increase vocabulary and improve conversation through group discussion and presentation.

Group A. Wei Xing Huang Thu 10:30am-11:50am Weekly

Venue: R13 Terms: 1,2,3,4 (Code 1815-01)

Group B. Yanwen Huang Mon 9:00am-10:20am Weekly

Venue: R13 Terms: 1,2,3,4 (Code 1815-02)

Chinese - Mandarin Level 1

This class is not for beginners. It is for students who understand 'pinyin' and who have studied Mandarin for at least one full year.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Wei Xing Huang Fri 3:00pm-4:10pm Weekly

Venue: R16,17 Terms: 1,2,3,4 (Code 1810-01)

Chinese Mandarin for Absolute Beginners

This course is designed for students who have never learned Chinese Mandarin. Chinese sentences, greetings and characters will be introduced in class.

Bei Tang Wed 3:00pm-4:20pm Weekly

Venue: R14 Terms: 1,2,3,4 (Code 9787-01)

French - Bridging

This course will offer a link for those who have done Beginners' French and wish to continue to Level 2. Level 2 French does not cater for French debutants - hence a linking course is required to improve language skills.

The text used is "Talk French Book 2" by Sue Purcell (Editor: Alwena Lamping) available from Foreign Language bookshop. about \$14.95. Please retain "Easy French Step by Step" as well.

Emmeline Oakley Wed 3:00pm-4:20pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 9740-01)

French - Continuation

This course will offer a continuation class for members who have done Beginner's French or have a basic but very limited experience of the language.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Geoff Sheldon Mon 10:30am-11:50am Weekly

Venue: R14 Terms: 1,2,3,4 (Code 9803-01)

French Conversation Level 2

This is NOT a beginner's course. Class members must have done at least 5 years French in school and have a good grasp of spoken French, having completed Beginner's French. Textbook: French Conversation, Eliane Kurbegov.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Emmeline Oakley Fri 1:30pm-2:50pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 4490-01)

French Conversation Level 3 Group A

This course offers an opportunity to practise speaking and listening skills, so a basic familiarity with the language is required. Be prepared to participate and interact - but without taking things too seriously.

Geoff Sheldon Wed 3:00pm-4:20pm Weekly

Venue: R16,17 Terms: 1,2,3,4 (Code 4495-01)

French Conversation Level 3 Group B

This is an Intermediate course, NOT for beginners. It will include listening, speaking, grammar and various activities to improve your French. Be prepared to interact.

Odile Amparis Wed 9:00am-10:20am Weekly

Venue: R16 Terms: 1,2,3,4 (Code 4496-01)

French Conversation Level 4

Modern French with songs, stories and slang. For advanced students.

Jenny Madeley Mon 10:30am-11:50am Weekly

Venue: R8 Terms: 1,2,3,4 (Code 4500-01)

French Self Help

Prior knowledge of French is required with all class members invited to share their knowledge.

The class will be reading about aspects of French life, history, tradition, geography, culture, gastronomy etc. Some grammar and speaking will be included.

This class is a continuation from the work done in 2020.

Text: to be advised

Level 2A. Helen Anderson Thu 10:30am-11:50am Weekly

Venue: R15 Terms: 1,2,3,4 (Code 4504-01)

Level 2B. Helen Anderson Fri 9:00am-10:20am Weekly

Venue: R15 Terms: 1,2,3,4 (Code 4504-02)

German Advanced Level 1

This class is suitable for those with an Intermediate knowledge of German wishing to further develop their oral and general communication skills. The level will be determined by the knowledge of the participants.

A textbook will be required. There will be a small charge for photocopying.

Jutta-Inge Szwed Mon 10:30am-11:50am Weekly

Venue: R18 Terms: 1,2,3,4 (Code 5112-01)

German Advanced Level 3, 4 & Beyond

This course assumes students have studied at least 550 hours of German. The course will be conducted in German and will focus on conversation and discussion of current affairs, film, poetry, short stories, travel and topics of general interest. Class will be held on 5th Monday of the month when it occurs during terms. There will be a small charge for photocopying.

Jutta-Inge Szwed Mon 9:00am-10:20am wk1,3,5

Venue: R14 Terms: 1,2,3,4 (Code 9764-01)

German Beginners

An introduction to the German language and culture, concentrating on speaking. A continuation class from last year - we will assume some basic knowledge of German is required.

Equivalent to 25-30hrs study. Some study materials will be provided. Some home study between classes will be expected. The textbook is "A Grammatik", by Anna Busch & Szilia Szita Schubert-Verlag.

Peter Griffiths Mon 9:00am-10:20am Weekly

Venue: R16 Terms: 1,2,3,4 (Code 5113-01)

German Intermediate

In this German class you can further develop your skills of reading, writing and speaking German. We will learn about the country and its culture, read stories and articles, sing songs and revise important grammar. Some knowledge of German required. Text to be advised.

Trudy Ward Wed 1:30pm-2:50pm Weekly

Venue: R16 Terms: 1,2,3,4 (Code 9765-01)

German Intermediate (Beginners)

This Beginners Intermediate course provides continued study of the German language and culture, in a friendly, supported atmosphere. Most students have completed 180 hours of study. A textbook will be required and a small contribution for photocopying.

Jutta-Inge Szwed Mon 12 Noon-1:20pm Weekly

Venue: R18 Terms: 1,2,3,4 (Code 5110-01)

German Kaffeeklatsch

Would you like to have a friendly chat in German over a cup of coffee? Then join this group once a month. Your level of German does not matter; however we would like you to participate in German. Venue: Indulgence Cafe, The Pines. Cost: a cuppa.

Jutta-Inge Szwed Mon 9:00am-10:15am wk2

Venue: IND Terms: 1,2,3,4 (Code 5120-01)

Greek - Level 1

Suitable for beginners who have a basic knowledge of Greek and wish to develop their reading, writing and conversation skills in a relaxed, encouraging environment and gain an understanding of the Greek culture. Text book: Build your Greek vocabulary.

Lula Black Thu 9:00am-10:00am Weekly

Venue: Prd Terms: 1,2,3,4 (Code 5200-01)

Greek Conversation

This course is for Greek speakers who wish to improve their conversation skills. An opportunity to interact with a small group in a positive environment to help develop your Greek vocabulary and oral skills.

Lula Black Thu 10:10am-11:20am Weekly

Venue: Prd Terms: 1,2,3,4 (Code 5205-01)

Italian Conversation Intermediate/Advanced

This class is for people who have good knowledge of basic Italian and grammar. We will do translations both ways Italian/English, English/Italian in class reading articles, conversation, tapes and homework.

Texts:

Easy Italian Reader-Premium 2nd Edition -ISBN 978-0-07-184983-8.

Read and Think Italian ISBN 978-0-07-176365-3

Classes to be conducted via Zoom for Term 1, 2021 and then depending on the Covid situation they may return to the classroom in Term 2

Students must attend the first class.

Paola Flammini Mon 1:30pm-2:50pm Weekly

Venue: R16 Terms: 1,2,3,4 (Code 5617-01)

Italian for Beginners

Suitable for people with no previous experience in learning Italian. The focus is to introduce the basics of the language. Our emphasis is on pronunciation, grammar and homework. Those who have been in this class more than 3 years are no longer considered beginners and may no longer enrol in this class. Text book: Italian for Beginners, Usborne Language Guides.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Lucia Di Fiore Mon 3:00pm-4:20pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 5610-01)

Italian Level 2

Suitable for those who have studied Italian for two or more years. Grammar revision where necessary, reading and conversation. Current and new members welcome.

Text books:

Italian Grammar- Third or Fourth Edition. "Schaum's Outlines" McGraw Hill - ISBN 978-0-07-182360-9

Read and think Italian ISBN 978-0-07-176365-3

Paola Flammini Wed 12 Noon-1:20pm Weekly

Venue: R16 Terms: 2,3,4 (Code 5620-01)

Italian Level 3

At least 2 years of previous Italian is required. Students can only enrol in either Level 2 or Level 3, not both.

Text books for 2021:

1) Colori d'Italia, P Quadrini and A. Zannirato, Edilingua, marzo 2015.

2) Primi Racconti Classici, Italo Calvino, Edilingua, febbraio, 2017

Raffaella Dinelli Wed 10:30am-11:50am Weekly

Venue: R16 Terms: 1,2,3,4 (Code 5625-01)

Spanish - Level 1

This class focuses on basic grammar pronunciation, reading and translation in Spanish so that students can gain confidence in forming simple sentences for every day communication in Spanish. An Oxford school Spanish dictionary is needed.

NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.

Arta Xenophontos Mon 10:30am-11:50am Weekly

Venue: R13 Terms: 1,2,3,4 (Code 8330-01)

Spanish Conversation

Learn how to communicate and have fun in Spanish. This class aims to provide an opportunity to learn some basic grammar and to gain a general understanding of Spanish, to communicate basic needs to travel and "survive" in Spanish speaking countries.

Photocopying cost: \$2 per term.

Lynette De Bortoli Mon 12 Noon-1:20pm Weekly

Venue: R14 Terms: 1,2,3,4 (Code 8335-01)

SPECIAL PROJECT

CPR Lecture

This program has been developed to promote awareness and confidence among people aged 50 and over to perform CPR. This is an informal presentation with lecture, discussion and workshop.

Workshop places will be allocated at the lecture.

Thomas Clark Mon 3:00pm-4:20pm wk2

Venue: R13 Terms: 3 (Code 3200-01)

CPR Workshop

CPR workshop following CPR Lecture in July.

All participants must have attended the CPR Lecture in July.

Group A. Thomas Clark Mon 3:00pm-4:20pm wk3

Venue: R13 Terms: 3 (Code 3201-01)

Group B. Thomas Clark Mon 3:00pm-4:20pm wk4

Venue: R13 Terms: 3 (Code 3201-02)

Mobile Phone Tuition

The tuition is one-on-one. The objective is for students to perform the basic functions on their mobile phone as follows:

- a) identify what the icons are on their mobile phone
- b) make an outgoing call
- c) receive an incoming call
- d) adding a contact
- e) taking a photo
- f) sending a text or a photo.

TUITION IS ARRANGED ON AN INDIVIDUAL BASIS BY THE TUTOR. TUITION IS BY APPOINTMENT ONLY. IGNORE ANY DATES OR TIMES SHOWN FOR THIS CLASS.

DO NOT ATTEND UNTIL CONTACTED BY THE TUTOR.

Ken Hosking Fri 9:00am-10:20am Weekly

Venue: R1 Terms: 1,2,3,4 (Code 6400-01)

Workshop for Migrant English Tutor Training

This 6 week course is a series of workshops designed to provide training to those wishing to join the ManninghamU3A team of Migrant English Tutors and assist migrants with their learning of English, in particular conversational English, on a one-to-one basis. Participants are provided with a comprehensive Resource Book Manual, and workshops are designed to be interactive and discussion based.

Members who wish to participate in these workshops should enrol online for the 6-week course commencing at the beginning of Term 3.

Jeanette Badge, Ken Coleman Thu 1:30pm-4:20pm Weekly

Venue: R13 Terms: 3 (Code 8840-01)

Venue Legend		
Venue	Description/Address	Melway Ref
ARV	Applewood Retirement Village 13-49 Tram Road Doncaster	47D3
BSWC	Basketball Stadium Sheahans Road Reserve Bulleen	32G5
DBC	Donvale Bowls Club Mullum Mullum Resrve, Donvale	34H7
DISC	Donvale Indoor Sports Centre 360 Springvale Road Donvale	48F4
DRV	Donvale Retirement Village 160 Springvale Road Donvale	34F10
DTC	Tennis Club Access from Mitcham Road Donvale	48E2
FGC	Freeway Golf Course Columba Street Balwyn North	32B10
FRDS	Finns Reserve Duncan Street Templestowe Lower	33B4
IND	Indulgence Cafe The Pines 520 Blackburn Road Doncaster East	34D5
PFR	The Pines 520 Blackburn Rd Doncaster East	34D5
PR	Private Residence	
Prd	Private Residence - Various Classes TBA Donvale	
R1-18	The Pines 520 Blackburn Rd Doncaster East	34D5
RLP	Ruffey Lake Park Victoria Street Doncaster	33J10
SDACH	St David's Anglican Church Hall 1111 Doncaster Road Doncaster East	48E1
SHTAC	Scout Hall Ajani Centre 284 Thompsons Road Templestowe Lower	32K7
SMC	St. Mark's Church Cnr. High Street and Dellfield Drive Templestowe	33C7
TACC	Ajani Community Centre 284 Thompsons Road Templestowe Lower	32K7
VAR	Various Locations Please check schedules on notice board Doncaster East	
Z1	Zoom Online only Doncaster East	
Z2	Zoom Online only Doncaster East	

Notes

Notes



ENROLMENT

Please apply online by clicking on the **Join Now** button at www.u3amanningham.org.au/courses.html or calling at the office during office hours for a 'Membership and Enrolment Application' form or ringing 9894 5955. New members must be at least 55 years old at the time of application. When completing your application form use **the full code number of up to 5 digits followed by a hyphen followed by 2 digits**. Send completed application forms along with a cheque made out to **U3A Manningham** to:-

Enrolments

U3A Manningham
PO Box 3288
The Pines Doncaster East 3109

Membership \$70 (no pro rata)

U3A is founded on a policy that members volunteer their services. You will be invited to nominate the type of contribution you might like to make.

