

New Courses Term 2, 2016

Art Appreciation (Women Artists) – Term 2 and Term 4

This course explores three women artists each term. An overview of their art will be followed by discussion and analysis of their work.

Tutor – Cathy Price

Date and Time – Monday 9:00 am - 10:20 am week 2 and 4 (2nd and 4th Monday of the month)

Venue – Room 14 (maximum 30) Code: 9723-01

Ballroom Dancing - Beginners Level 2 – Term 2 - 4

Tutor – Ethel Frederick

Date and Time – Thursday 2:00 pm - 3:00 pm

Venue – Pines Function Room (PFR) (max. 50) Code: 9724-01

Energy for Aging Well – Term 2 only

Participants will learn and practice energy enhancing techniques to restore and improve energy and wellness

Tutor – Mariana Goldenfarb

Date and Time – Friday 1:30 pm - 2:50 pm

Venue – Room 14 (max. 20) Code: 9725-01

Photo Book – Term 2, 3 and 4

This is a four week course and is repeated in term 3 and 4 (2 courses in each term)

Learn how to create and manipulate online photo books.

Participants must have basic computer skills and bring favourite photos in own USB to class. Cost of photo book at own expense.

Tutor – Barbara Spagnolo

Date and Time – Thursday 9:00 am - 10:20 am

Venue – Room 1 (max. 10)

Codes: (Term 2) 9726-01 & 9726-02,

(Term 3) 9726-03 & 9726-04

(Term 4) 9726-05 & 9726-06

Pilates for Beginners – Term 2 only

Pilates helps balance, coordination, strengthens the abdominal muscles and improves flexibility. Members will need to bring a mat as most exercise is done lying on the mat. **Before enrolling please contact the tutor as certain medical conditions may require a doctor's approval.** Contact MU3A office for telephone number or email of tutor. *(Mobile) 0422 264 065 (Email) robsie@hotmail.com

Tutor - Robyn Stephens

Date and Time – Monday 3:00 pm – 4:00 pm

Venue – Ted Ajani Community Centre (TACC) (max. 15)

Code: 9727-01

Walking for Exercise Monday – Term 2 - 4

Tutor – Jan Roberts

Date and Time – Monday 9:00 am - 10:00 am week 1 and 3 (1st and 3rd Monday of the month)

Venue – Finns Reserve meet at 8:50 am at tables beside

Wombat Park near car park and BYO morning tea (max.30)

Code: 9728-01

Zentangles – Term 2 - 4

A decorative doodling, participants can create any art work using zentangles.

Tutor – Trudi Dempsey

Date and Time – Monday 1:30 pm - 2:50 pm

Venue – Room 18 (max.16) Code: 9729-01

Course descriptions and details available on MyU3A Application

Enrol on line and bring confirmation letter to the first class

OR

Complete pink form and submit with self stamped addressed envelope to the U3A office.